

---

---

# LEE



## SENIOR CITIZEN NEWS

243-5545

LEE COUNCIL ON AGING

21 CROSSWAY ST., LEE MA.

OFFICE HOURS: MONDAY - THURSDAY 9:00-1:30

Patricia DiGrigoli –Director

Susan Holian– Assistant

---

---

November 2019



### The Miracle of Friendship

**There's a "Miracle called Friendship" That dwells within the heart And you don't know how it happens Or where it gets its start..... But the happiness it brings you Always gives a special lift. And you realize that "Friendship" Is God's most precious gift!** Happy Thanksgiving and THANK YOU to all! We love and appreciate you ! We have so much to be Thankful for.

**ACT NOW: Seniors of Lee and Tyringham**  
**You are cordially invited to a Veteran's Day Dinner**  
**Monday, November 11, 2019 —1:00**  
**Lee Middle and High School Cafeteria**  
**Featuring a Turkey Dinner with all the trimmings**  
**RSVP a must by Nov. 4th to Sue @243-2780, ext. 2001**



**COMING SOON!!!!!!**

**Lee COA presents... Divas Who Dared !!! With Laura Roth**  
**Right here at our newly Renovated Cranwell Resort**  
**THURSDAY MAY 14, 2020!!!! Show and dinner \$69.00**

**We have reserved a table!!! This is a SELF DRIVE EVENT!! We will also**  
**drive so don't hesitate to call to reserve seating for our table of 20!!!!**  
**Reserve your reservation**

---

The holiday season is fast approaching. This can lead to a stressful time. So lets treat everyday as a gift and surround ourselves with people who make us happy. During the months of November and December we will focus on activities that will help with short “to do” lists that will make us feel that we have accomplished something and several activities to combat “lonliness”

Cut out this page and post on refridge. Please join us for several activities!  
**Saturday November 2nd . : Turn your clocks BACK 1 hour!!!!!!**

### WEEK ONE -----

**Monday** November 4th: National Candy Day

**Tuesday** November 5th: National Chinese Take Out: Added to Meals on Wheels menu will be Egg Drop Soup and Chinese Almond Cookies-Sign up for a \$2.00 Meals on Wheels lunch and enjoy then play a fun game of BINGO!

**Wednesday** November 6th National Nachos Day. Cheese Nachos and Mojitos added to luncheon by Senior center

**Thursday** November 7th: Veteran’s Day Luncheon 12:00 BINGO

**Friday** November 8th: Stay Active in the open gym walk at 10

### WEEK TWO

**Monday** November 11th: **Thank YOU to ALL our Veteran’s (Center closed to-day)**

**Tuesday** November 12th: **Bingo followed by National Happy Hour Day Social**

**Wednesday** November 13th: **National Indian Pudding Day ( Pudding with lunch)**

**World Kindness Day— Just smile at someone today**

**Thursday** November 14th Bingo ALSO **National Pickle Day** after Bingo try our

### FRIED PICKLES!!!!!!

**Friday** November 15th Day’s for Girls Sewing project

### WEEK THREE

**Monday** November 18th Art class National Princess day Mickey Mouse birthday

**Tuesday** November 19th: Bingo —Movie and Soup night

**Wednesday** November 20th Make and take cooking class

**Thursday** November 21st The Price is Right Game

**Friday** November 22nd WALK-WALK -WALK in the gym

### WEEK FOUR

**Monday** November 25th: **Wreath craft**

**Tuesday** November 26th: **Thanksgiving luncheon**

**Wednesday** November 27th: **French toast breakfast day**

**Thursday** November 28th: **Happy Thanksgiving**

**Friday** November 29th: **Day’s for Girls Sewing Project**

You are warmly invited to our Veterans Day

DON'T FORGET TO TURN YOUR  
CLOCK BACK AN  
HOUR

November  
2nd



Luncheon on **Nov. 7th at 11:30**  
If you know a Veteran **PLEASE**  
invite him/her  
(Bingo will be at 12: 30this day)



BINGO TODAY **November 12th @ 12**  
o'clock followed by a Celebration Social  
for National Happy  
Hour Day !!



JOIN US!!!

Prince Spaghetti make and take Cooking Class!

November 20th at 10:30

Menu: Spaghetti with **grilled** beans and mushrooms  
Remember you containers

No-



**November 14th**  
Have you tried  
**FRIED PICKLES?**  
**YES!! THERS** is a  
A Fried Pickle Day  
Come try some Fried  
Pickles after Bingo

**November 13th- WORLD KINDNESS DAY!**  
SMILE and say Hello to everyone in your path!  
( this should be everyday)



\*\*\* **Movie and Soup Night: AT 3 Movie "Home For the Holiday" Nov. 19th**  
When daughter opts out of Thanksgiving  
single mother travels home for the holiday!

**Nov. 21st This  
GAME IS FOR**



**ALL THE FUN LOVING GAME PLAYERS!**

**RULES: Must come dressed for the game!**  
**Must be ready to have some fun!!!** **SHOW TIME: 12:00**  
**(NO BINGO TODAY)**

**November 25th : Wreath making class: 12:30 MUST RSVP BY NOVEMBER 21st!!!**

For years the AARP Tax-Aide program has provided FREE tax preparation services to low and moderate income seniors and others. Last year in Berkshire County more than 1000 tax payers were able to take advantage of this service. The 2020 tax -Aide team will experience a staffing decrease and may not be able to serve as many as in the past. Tax Aide is seeking NEW VOLUNTEERS to keep FREE tax services in Berkshire County. An informational meeting for those interested in becoming a volunteer will be held at the Lee Council on Aging senior center ,21 Crossway St. on Thursday Nov. 21st. From 5 to 7 pm. For more information please CALL 413-446-7483. Please do not hesitate to call WE NEED YOU!

No-

**November 26th**  
You are Cordially invited to  
Our **THANKSGIVING Luncheon**  
Provided by COA Board!  
Please join us Tuesday Nov. 26 at 12  
For traditional Thanksgiving luncheon!




**November 27th**  
**French Toast Breakfast**  
(It's National Fresh toast Day)  
Time : 9:00

Please call Center by



Nov. 21st.

**HAPPY THANKSGIVING !!!!!**

Monday	Tuesday	Wednesday	Thursday	Friday
				1. 10:00 Open Gym Walk 11:30 Lunch
4. 9:00 Osteo Exercise 11:30 Lunch ***** 1:00 ART Class with Mr. Bill	5. 9:00 Blood Pressure Clinic  10:00 Gym Walk 11:30 Lunch \$2.00 Bonus lunch day 12:00 Bingo	6. 8:30 Tai Chi 11:30 Lunch \$2.00 Bonus lunch day 1:00 Bridge	7. <b>11:30 Veteran's</b> luncheon 12:30 Bingo 1:30 YOGA	8. 10:00 Open Gym Walk 11:30 Lunch
<b>11. Veteran's Day</b> We THANK all our Veterans!!!! CLOSED TODAY	12. 9:00 Blood Pressure-clinin 10:00 Gym walk 11:30 Lunch 12:00 Bingo/ Happy Hour	13. 8:30 tai Chi 11:30 lunch \$2.00 1:00 Bridge BROWN BAG DAY Kindness Day	14. 11:30 Lunch 12:00 Bingo Fried pickle Day so- cial 1:30 YOGA 6-8 Knitting group	15. 10:00 Open gym walk 11:30 Lunch
18. 9:00 Osteo Exercise class 11:30 Lunch 1:00 Art class with Bill	19. 9:00 Blood Pressure Clinic 10:00 Open gym walk 11:30 Lunch 12:00 Bingo	20. 8:30 Tai chi 10:30 Make and Take class 11:30 lunch 1:00 Bridge	21. 10:00 Wal-Mart trip 11:30 Lunch 12:00 Price is Right (no Bingo today) 1:30 YOGA 6-8 knitting group	22. 10:00 Open gym walk 11:30 Lunch
25. 9:00 Ostei Exercise Class 11:30 Lunch 12:30 Crafts No Art today	26. 9:00 Blood Pressure clinic and Foot nurse 243-5545 10:00 Gym walk 12:00 Thanksgiving Luncheon by reservation	27. 8:30 Tai Chi 9:00 French Toast day 11:30 lunch 1:00 Bridge	28. Thanksgiving!!! 	29. 10.00 Open gym walk 11:30 Lunch

