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 let's 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 “loneliness”

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

Prince Spaghetti make and take Cooking Class!
November 20th at 10:30
Menu: Spaghetti with grilled beans and mushrooms
Remember you containers

November 14th
Have you tried FRIED PICKLES? YES!! THERE'S 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)

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!

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

HAPPY THANKSGIVING !!!!!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>1. 10:00 Open Gym Walk</td>
<td>11:30 Lunch</td>
<td>1. 8:30 Tai Chi</td>
<td>11:30 Lunch $2.00 Bonus lunch day</td>
<td>8. 10:00 Open Gym Walk</td>
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<td>1:00 Bridge</td>
<td>1:00 Bridge</td>
<td>11:30 Lunch</td>
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<tr>
<td>4. 9:00 Osteo Exercise</td>
<td>5. 9:00 Blood Pressure Clinic</td>
<td>6. 8:30 Tai Chi</td>
<td>7. 11:30 Veteran’s luncheon</td>
<td>15. 10:00 Open gym walk</td>
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<tr>
<td>11:30 Lunch</td>
<td>10:00 Gym Walk</td>
<td>11:30 Lunch $2.00 Bonus lunch day</td>
<td>12:30 Bingo</td>
<td>11:30 Lunch</td>
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<tr>
<td>1:00 ART Class with Mr. Bill</td>
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<td>1:00 Bridge</td>
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<td>11. Veteran’s Day</td>
<td>12. 9:00 Blood Pressure-clinic</td>
<td>13. 8:30 tai Chi</td>
<td>14. 11:30 Lunch</td>
<td>15. 10:00 Open gym walk</td>
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<tr>
<td>We THANK all our Veterans!!!</td>
<td>10:00 Gym walk</td>
<td>11:30 lunch $2.00 Bonus lunch day</td>
<td>12:00 Bingo</td>
<td>11:30 Lunch</td>
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<td>CLOSED TODAY</td>
<td>11:30 Lunch</td>
<td>1:00 Bridge</td>
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<tr>
<td>18. 9:00 Osteo Exercise class</td>
<td>19. 9:00 Blood Pressure Clinic</td>
<td>20. 8:30 Tai chi</td>
<td>21. 10:00 Wal-Mart trip</td>
<td>22. 10:00 Open gym walk</td>
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<tr>
<td>11:30 Lunch</td>
<td>10:00 Open gym walk</td>
<td>10:30 Make and Take class</td>
<td>11:30 Lunch</td>
<td>11:30 Lunch</td>
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<tr>
<td>1:00 Art class with Bill</td>
<td>11:30 Lunch</td>
<td>11:30 lunch</td>
<td>12:00 Price is Right (no Bingo today)</td>
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<tr>
<td>25. 9:00 Ostei Exercise Class</td>
<td>26. 9:00 Blood Pressure clinic and Foot</td>
<td>27. 8:30 Tai Chi</td>
<td>28. Thanksgiving!!</td>
<td>29. 10:00 Open gym walk</td>
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<tr>
<td>11:30 Lunch</td>
<td>nurse 243-5545</td>
<td>9:00 French Toast day</td>
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<td>11:30 Lunch</td>
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<td>12:30 Crafts</td>
<td>10:00 Gym walk</td>
<td>11:30 lunch</td>
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<tr>
<td>No Art today</td>
<td>12:00 Thanksgiving Luncheon by reservation</td>
<td>1:00 Bridge</td>
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