
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

October 2019



CONGRATULATIONS TO ALL OUR

“Inspirational at 80 “ Award winners!!!!

Nominated for their Volunteer work with different organizations in our town. Nominations were made by community members.

Winners of our 2019 Team:

**Dayton Delorme
Joseph Furgal
Ruth Heath
Sheila Heflin
Marilyn Kelly**

**Edward Lahey
Eileen Maxfield
Paul Monachina
Mary Morrissey
Ronald Nickerson
Joan Pamer**

**Barbara Scolforo
Peter Scolfora
Madelyn Tremblay
John Turner
Brigitte White
Joan Wickham**

You all give so much of yourselves and expect nothing in return. You are the glue that holds our community together and we did not want your efforts to go un-noticed. We can all learn from you!

Thank You to ALL of YOU!

(cover picture by Nancy Masterson)

**READ about the October
BUZZZZZ.....**



OUR EDUCATIONAL PROGRAM October 17th!!!

**REFRESH YOUR DRIVING SKILLS WITH JAY ZEIF, INSTRUCTOR FOR THE
AARP SMART DRIVER COURSE**



The AARP Smart Driver course teaches valuable defensive skills and provides a Refresher of the rules of the road. Since 1079, the course has helped over 14 million drivers learn proven strategies and tips for how to adapt one's driving to compensate for physical and cognitive changes that may come with aging.

Take the AARP
Smart Driver course at

The Lee Senior Community Center
On Thursday October 17th from 10-2

The classroom course cost \$15 for AARP members and \$20.00 for non-members. Space is limited so PLEASE call today to register your seat. Call Council on Aging at 243-5545
SORRY: there will be NO BINGO TODAY

COOKING CLASS

OUR Prince Spaghetti Make and Take Day
Wednesday October 16th
Time: 10:30

Menu: Spinach Tomato Tortellini

The most unbelievably creamy tortellini you will make in just 15 min. Doesn't get any easier than that!!!!

Please remember those containers. Take some home for you dinner!
Bon Appetit

FOR YOUR HEALTH

IT'S FLU SEASON TIME!

Please Join us and BIG Y
For our FLU SHOT CLINIC
WEDNESDAY OCTOBER 23rd.
Right here our Senior Center
Low dose as well as High dose strains
will be available.

TIME: 10-12
Lt. refreshments will be served!

Movie: A Dogs Purpose

A devoted dog (Josh Gad) discovers the meaning of his own existence through the lives of the humans it teaches to laugh and love.

October 29th Time 3 o'clock Soup to follow



**A HUGE THANK YOU TO Denise and Rosie and the Chefs at
THE LANDING OF LAUREL LAKE
FOR A WONDERFUL LUNCHEON ON Sept. 28th It was AWESOME!**

Fun Happenings

October 8th: Yom Kipper Begins

Exploring the customs of our friends and wish them' G'mar Chatimoh tovah,"
"May you be sealed for a good year ahead"

After Bingo today or just stop in at 1:30 to enjoy a dish of Sweet Noodle Kugel with us.

Octoberfest is Here!!!!



Celebrate with us.

Join us for lunch on Monday October 21st at 11:30

Celebrate with an Octoberfest luncheon RSVP by Oct.17th and at 12:30

Enjoy the music of SANDY AND SANDY



I was working in the lab Late one night.....

It's time for some Halloween fun. Get out those hats,

Curlers, or any strange costumes you have around!

It's a Halloween dress up Party. Our guest will be the

Lee Youth Association children! So join us at 10:30 (in costume) and have some fun. Join us for

lunch for \$2.00 (turkey, mashed potato, squash, desert) Please make reservations by Oct. 28th. At 12:15 play a game of






BLACK CAT BINGO!!!!

RULE #1 Bring a Prize!!! WRAP IT UP!!! (please only \$1-\$2 prizes)

Have some fun with us!

Thank you to Rosemary Wirtes for the
Delicious soup for our Movie and Soup night



Monday	Tuesday	Wednesday	Thursday	Friday
	1. 9:00 blood pressure clinic 10:00 Gym walk 11:30 Lunch 1 12:00 bingo	2. 8:30 Tai chi 11:30 Lunch 1:00 Bridge	3. 11:30 Lunch 12:00 Bingo 1:30 Yoga 6:00 Knitting Group	4. 10:00 Open gym walk 11:30 lunch
7. 9:00 Osteo exercises 11:30 lunch 1:00 Art class with Bill 	8. 9:00 Blood Pressure Clinic 10:00 open gym walk 11:30 lunch 12:00 Bingo 1:45 Desert Yom Kipper begins	9. 8:30 Tai Chi 11:30 lunch 1:00 Bridge  Brown Bag Day	10. 11:30 Lunch 12:00 Bingo 1:30 Yoga No Knitting group tonight National Handbag day-bring your hand-bag, you may win a prize!	11. 10:00 Open Gym Walk 11:30 Lunch 
14. Columbus Day Center is closed 	15. 9:00 Blood pressure clinic 11:30 Lunch 12:00 Bingo	16. 8:30 Tai chi 10:30 Make and Take Cooking Class 11:30 Lunch 1:00 Bridge	17. 10: Wal-Mart 10:00-2 AARP Driving Course 11:30 Lunch Sorry –No BINGO 6:00 Knitting	18. 10:00 Open Gym Walk 11:30 Lunch
21. 9:00 Osteo exercise Class 11:30 Ocktoberfest 12:30 Music with Sandy and Sandy No ART TODAY	22. 9:00 Blood pressure clinic 10:00 Open gym walk 11:30 Lunch 12:00 Bingo	23. 8:30 Tai chi 10-12: Big Y Flu Clinic- 11:30 Lunch 1:00 Bridge	24. 11:30 Lunch 12:00 Bingo 1:30 Yoga No knitting To-night	25. 10:00 Open gym Walk 11:30 Lunch
28. 9:00 Osteo exercise class 11:30 Lunch 1:00 Art class with Bill 	29.9:00 Blood Pressure / Foot nurse by apt. 10:00 Gym walk 11:30 Linch 12:00 Bingo 3:00 Movie/soup night	30. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge HAPPY	31. 10:30 LYA Halloween party 11:30 lunch 12:15 Black cat Bingo party HALLOWEEN!!!!	