

JUNE 2016

The Spencer Senior Center and Community Center

is open Monday through Thursday

9:00 AM through 3:00 PM

Our phone number is 508-885-7546

If you need help, please call to make an appointment and I will get back to you as soon as possible.

Lunches are available Tuesdays and Thursdays at noon.

48 hour reservation for lunch

SENIOR TAX WORK OFF PROGRAM

You may be able to save up to **\$1000 off your real estate tax bills** by working for the various town departments.

You will earn \$10 per hour which will be taken off your tax bill. All departments use senior workers and there may be something you are interested in.

If you are 62 and up and make under \$20,750 for a single person or under \$49,200 for a married couple, you qualify to begin the program 7/1/16. Incomes over that amount may begin on 10/1/16.

Call 508-885-7546 for more information

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.

ELDERBUS

IN TOWN TRANSPORTATION DAILY

MEDICAL APPOINTMENTS IN WORCESTER ON

MONDAY, WEDNESDAY FRIDAY.

48 BUSINESS HOUR

NOTICE

1-800-321-0243



I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIAL SECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNCILOR. PLEASE CALL THE CENTER AT 508-885-7546

Members of the Council on Aging

<i>Pamela Woodbury-Director</i>	<i>Joan Houston-Member</i>
<i>James Letendre-Chair</i>	<i>Janet Goff-Member</i>
<i>Christine Alessandro-Vice Chair</i>	<i>Christine Mancini-Member</i>
<i>Diane Johnson-Treasurer</i>	<i>Susan Arsenault-Member</i>
<i>Pat Corson-Member</i>	<i>Sheila Phoenix-Member</i>

June Meals

At the Center

June 2: Pork Rib/Hot Potato Salad/ Mandarin Oranges/ Bun

June 7 :Pasta Bar with all the trimmings

June 9: Garlic Herbed Chicken/ Couscous/ Veggie/ Cake

June 14: Chicken Parm/Penne/Fresh Fruit

June 16: Swedish Meatballs/ Mashed Potato/ Veggie/ Strawberry shortcake

June 21: Roast Turkey with Gravy/ Potato/ Veggie/ Choc. Mousse

June 23: Baked Potato Bar/ all the trimmings. (last one for now)

June 28: Meatloaf/ Potato/ Fresh Fruit

June 30: Beef w/peppers/ Potato Wedges/ Fruit/ Sandwich roll

(All meals served with bread/milk)

Served at 12:00 PM

You must call and sign up 48 hours before the meal.

508-885-7546. Sign up sheet is in the back of the room

We reserve the right to make substitutions



ATTENTION



After surveying other senior centers, the Council on Aging unanimously voted to begin charging fees for all classes here at the center. The fees will become effective on July 1, 2016 and will run quarterly.

The quarterly fees will be:

Exercise will be \$15 per quarter for residents (58¢ per class), and \$20 per quarter for out of town (77¢ per class).

Yoga will be \$15 per quarter for residents (58¢ per class), and \$20 per quarter for out of town (77¢ per class).

Tai Chi will be \$10 per quarter for residents (77¢ per class) and \$15 per quarter for out of town (\$1.15 per class).

Line Dancing will be \$10 per quarter for residents (77¢ per class) and \$15 per quarter for out of town (\$1.15 per class).

You must sign up and pay by June 30, 2016 to be in this class. There will no longer be drop ins allowed. Please make your checks payable to The Town of Spencer.

Please be on time for all classes. It is distracting for the other students when you are late.

*****If you can not afford the fees, we will review your need case by case. *****



NEWS FROM SHINE FOR JUNE 2016

Staying Healthy with No Cost Medicare Preventative Benefits

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

“SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs. **We also have a link to our very informative cable TV program Medic**

THAT WAS THE YEAR.....1971

President and Vice President: Richard Nixon and Spiro Agnew

Headlines: Voting Age in the U.S. is lowered to 18 years old when the 26th Amendment was ratified.

Amtrak created to provide US inter city passenger train service

Harris public opinion poll claims 60% of Americans are against the war in Viet Nam

Federal Express is started by Fred Smith

National Public Radio begins broadcasting



Cost of Living: Income: \$10,600 Gas: 40¢ per gallon
House : \$25,250 Datsun 1200 sports coupe: \$1866
Rent: \$150 month Dodge Charger: \$3,579
US Postage Stamp; 8¢ Movie Ticket: \$1.50
Life expectancy was 67.4 for men and 75 for women. Minimum wage was \$1.60 per hour

Cost of Food: Bread: 25¢ per loaf Eggs: 53¢
Milk: \$1.32 per gallon Cool Whip: 38¢ per container
Quarter Pounder: 53¢ Potatoes: 98¢ per 10 lb.

Firsts: First Starbucks opened in Seattle First Cat Scanner
Greenpeace founded Apollo 14 lands on the moon
Coca Cola introduced the plastic bottle First soft contact becomes available in the US
Disney World opens in Florida
Intel releases the world's first microprocessor
Texas Instruments releases the first pocket calculator



Sports: World Series: Pittsburgh Pirates over the Baltimore Orioles 4-3
Stanley Cup: Montreal Canadiens over the Chicago Black Hawks 4-3
Super Bowl V: Baltimore Colts over the Dallas Cowboys 16-13
NBA Championship: Milwaukee Bucks over the Baltimore Bullets 4-0

Movies of the Day: Love Story; Summer of '42 The Owl and the Pussycat; The French Connection; Carnal Knowledge

Deaths: Jim Morrison
Nikita Khrushchev
Louis Armstrong
Audie Murphy
Coco Chanel
Duane Allman
J C Penny
Ogden Nash





JUNE 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	2 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	3	4
5	6 9:30 Cribbage \$1 Bakery T/B/A	7 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	8 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	9 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	10	11
12	13 9:30 Cribbage \$1 Bakery T/B/A	14 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic 12:00 Lunch 1:00 Bingo	15 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	16 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	17	18
19	20 9:30 Cribbage \$1 Bakery T/B/A	21 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	22 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	23 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	24	25
26	27 9:30 Cribbage \$1 Bakery T/B/A	28 9:30 Yoga 10:30 Exercise 11:30 B/P Clinic 12:00 Lunch 1:00 Bingo	29 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	30 9:30 Yoga 10:30 Exercise 11:30 BP clinic 12:00 Lunch 1:00 Bingo		

All programs at the senior center are fully funded by a Formula grant through the Executive Office of Elder Affairs