

November 2016

Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>Always Stay</i> </p> <p><i>Humble and Kind</i> </p>	<p>1 <i>Apricot Chicken</i></p> <p>10:00 Veterans Corner </p> <p>12:30 Quilting/ Needle Work</p>	<p>2 <i>Pot Roast w/ Gravy</i></p> <p>10:00 Tai Chi </p> <p>1:00 Fun Cards</p>	<p>3 <i>Baked Haddock</i></p> <p>9:00 Foot Care by Appt.</p> <p>10:00 Healthy Bones and Balance</p> <p>11:30 Blood Pressure Clinic</p> <p>12:30 Sen. Lesser's Office Hours</p> <p>1pm Downton Abbey</p>	<p>4 <i>Spaghetti & Meatballs</i></p> <p>9a-12p Veteran's Agent</p> <p>10a Fallon Informational</p> <p>1p Downton Abbey</p>
<p>7 <i>Chicken Drumsticks w/ Garlic sauce</i></p> <p>10:00 Healthy Bones and Balance </p> <p>1p Downton Abbey</p>	<p>8 <i>Taco Salad</i></p> <p>9:00 Hearing Clinic</p> <p>12:30 Quilting/ Needle Work </p> <p><i>Birthday Celebration</i></p>	<p>9 <i>Roast Pork</i></p> <p>10:00 Tai Chi</p> <p>11am Dining Out w/ Kim</p> <p>1:00 Fun Cards</p>	<p>10 Thanksgiving Meal</p> <p>9a-11a Veteran's Breakfast </p> <p><i>(No Healthy Bones and Balance today)</i></p> <p>1p Downton Abbey</p>	<p>11 Center Closed No meals served Veteran's Day</p> 
<p>14 <i>BBQ Chicken</i></p> <p>10:00 Healthy Bones and Balance</p> <p>10:30a Bluebird Estate Tour & Lunch</p>	<p>15 <i>Salmon</i></p> <p>Brown Bag pick up After 11:00 a.m.</p> <p>12:30 Quilting/ Needle Work</p>	<p>16 <i>Lazy Golumpkis</i></p> <p>10:00 Tai Chi </p> <p>1:00 Fun Cards</p>	<p>17 <i>Sweet & Sour Chicken</i></p> <p>9:00 Foot Care by Appt.</p> <p>10:00 Healthy Bones and Balance</p> <p>11am Fallon Informational</p> <p>11:30 Blood Pressure Clinic</p> <p>12:45 Travel Log: Hungary</p>	<p>18 <i>Hearty Beef Stew</i></p> <p>9a-12p Veteran's Agent</p> <p>1:00 Movie: "Miracles from Heaven"</p>
<p>21 <i>Chicken Piccata</i></p> <p>10:00 Healthy Bones and Balance </p> <p>1p Downton Abbey</p>	<p>22 <i>Lasagna w/ Meat Sauce</i></p> <p>12:30 Quilting/ Needle Work</p>	<p>23 <i>BBQ Shaved Pork</i></p> <p>10:00 Tai Chi</p> <p>1:00 Fun Cards</p>	<p>24 Center Closed No meals served</p> 	<p>25 Center Closed No meals served</p> 
<p>28 <i>Chicken Pot Pie</i></p> <p>10:00 Healthy Bones and Balance</p> <p>1:00 Adult Coloring </p>	<p>29 <i>Lemon Pepper Haddock</i></p> <p>9:00 Newsletter Assembly</p> <p>12:30 Quilting/ Needle Work</p>	<p>30 <i>Spinach Quiche</i></p> <p>10:00 Tai Chi </p> <p>1:00 Fun Cards</p>	<p style="text-align: center;">Just a reminder:</p> <p style="text-align: center;">We will be having our Christmas cookie swap again this year. So get out your favorite cookie recipes and join us on</p> <p style="text-align: center;">December 22nd @ 12:30pm!</p> <p style="text-align: center;">Christmas Cookie Swap and Tea Social.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	

November's Meetings & Events

4th Annual

COA Board Holiday Dinner!

Friday, December 9th @ 12pm

\$3 per person

Immaculate Heart of Mary Church

Join us as the COA Advisory Board & Mike Pandora cooks and serves a holiday meal of turkey, mashed potatoes, gravy, stuffing and squash. Please call the Senior Center at 467-3239 to make reservations!

Please RSVP by Monday, December 5th.



TV Series Shown on
Nov 3rd, 4th, 7th, 10th & 21st
@1:00 pm
Light refreshment
will be served.



Dining Out w/ Kim CJ's Restaurant in Palmer Wednesday, November 9th



The van ride is \$5 and the cost of lunch is on your own. We will be leaving the COA at 11:15 am. .
Call 467-3239 for reservations.



S.H.I.N.E Counselor

Fred Thomas

Available: Tuesday's 9am -12pm
Call for appointments @ 467-3239

WHAT IS S.H.I.N.E.?

(Serving the Health Information Needs of Everyone)
SHINE provides confidential counseling and assistance to Medicare beneficiaries and assistance with Medigap and HMO coverage, Medicare, Prescription Advantage applications, public benefits and more.

The SHINE program is a free confidential program of the Executive Office of Elder Affairs in conjunction with Franklin County Home Care Corporation and local Councils on Aging.



Don't forget to make your reservation for our Thanksgiving Dinner.



Thursday, November 10th @ 12:00 pm



We cannot accept reservations after 12pm on Wednesday, November 9th.



November's Movie: "Miracles from Heaven"



Playing Friday, November 18th
@ 1:00 pm

Starting: Jennifer Gardner, Martin Henderson
Watch your movie in our soft,
comfortable arm chairs!
All are Welcome!!!

State Senator Eric Lesser's Office Hours

Thursday, November 3rd from 12:30pm-1:30pm

Mary Lee Walsh, Senator Lesser's District Director, will be conducting office hours.

She is eager to hear from Granby residents. Stop by and meet her!



Veteran's Corner

Tuesday, November 1st @ 10am.



A monthly group, led by Larry White, where Veterans can come and chat with other Veterans, talk about topics important to Veterans, watch documentaries and be around others who know what it is like to serve our country.

* Hearing Services*

Sponsored by: *EarMasters, on-site hearing specialists of Southwick.*

Specialist Gary Winn will be here on **Tuesday, November 8th starting at 9:00 am.** Services will be by appointment. They will include hearing screening and testing. Also offered are hearing aid checks, servicing and cleanings.

There are no fees for this service!

Call for your appointment today 467-3239