

### Ashburnham

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categories will include mysteries, espionage/war, horror, science fiction and historical fiction.

Free help with insurance questions or problems is available at the Senior Center on **Monday, Oct. 19**, between 9 a.m. and 1 p.m. Medicare is holding open enrollment between Nov. 15 and Dec. 31 and Medicare supplemental insurance plans began mailing notices of changes to coverage this fall. Those who have questions or problems regarding changes, or other insurance issues, are encouraged to meet with the insurance counselor on Oct. 19. Residents can set up a confidential appointment at the Senior Center by calling (978) 827-5000. This service is provided by the non-profit state Serving Health Insurance Needs of Elders (SHINE) Program.

The Forever Young Club is going to East Hills Farms **Tuesday, Oct. 20**. For more information, call (978) 827-5000.

The monthly Pizza and Bingo event will be held on **Tuesday, Oct. 27**, at noon. Lunch, dessert and bingo card are available to all seniors and rides are available. Call (978) 827-5000 for reservations.

#### Weekly events:

October's Yoga classes will be held at 11a.m. on Thursdays. Yoga instructions are free to all seniors. Participants should bring an exercise mat or a large towel or exercise on one of the provided chairs. Instructor Kathy Coulson will lead participants through the gentle exercises that promote health and good



balance. No reservations are required.

The COA has exercise groups and classes three days a week from 10 to 11 a.m. Line dancing meets Monday and Thursday mornings, while stretching and aerobics meets Wednesday mornings. There is no need to call ahead, participants are welcome to stop in any morning and to take all the breaks they want.

Bingo is held on Wednesdays at the COA at 1 p.m.

A watercolor class is held on Tuesdays at 1p.m., except on Tuesday, Oct. 27, when the class will be held at 2 p.m. and also of note the class will not be held on Oct. 13. Teacher Phyllis Antidormi's guidance helps her students produce beautiful work. For more information, call (978) 827-5000.

The needle craft group meets Tuesdays at 9 a.m. Drop-ins are welcome and everyone is invited to join. Those wanting more information can call the Center at (978) 827-5000.

The Ashburnham COA (Council on Aging Center) can take seniors and disabled town residents to medical appointment throughout Massachusetts. It is asked that those wanting to take advantage call (978) 827-500, prior to making the doctors' appointment to check on the open dates and times for the van to avoid a scheduling conflict.

COA also provides transportation Monday through Friday mornings and afternoons for Ashburnham seniors and those with disabilities can wherever they need to go in the tri-city area for medical appointments, rehab, shopping, errands, lunch, the hairdresser, etc. Please call to schedule (978) 827-5000.

Lunch served Monday through Wednesday at the Ashburnham COA for a donation of \$2. Call (978) 827-5000 for menu or reservations.

### Westminster

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(978) 874-2339.

The COA is reminding residents that the Senior Center will be closed for Columbus Day on **Monday, Oct. 12**.

The Westminster Council on Aging Board will meet on **Monday, Oct. 31**, at 3:30 p.m. at the Senior Center. All meetings are open to the public.

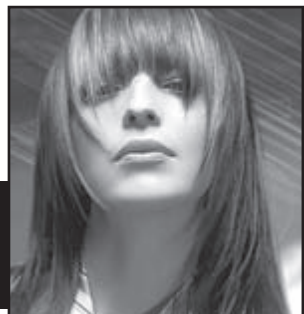
Everyone is invited to attend a seminar about the Fallon Senior Plan Medicare Advantage and Medicare Advantage Prescription Drug Plan options on **Friday, Nov. 6**, at 10 a.m. at the Senior Center.

A Thanksgiving Dinner will be held at the Westminster Senior Center on **Thursday, Nov. 12**, for \$4. Reservations are required because of limited seating. More information will follow in November.

#### In other information:

Medicare is holding open enrollment between Nov. 15 and Dec. 31 and Medicare supplemental insurance plans began mailing notices of changes to coverage this fall. Those who have questions or problems regarding changes, or other insurance issues, are encouraged to meet with the insurance counselor. Residents can set up a confidential appointment at the Senior Center by calling (978) 874-7402 or a counselor at 1-800-AGE-INFO (1-800-243-4636). This service is provided by the non-profit state Serving Health Insurance Needs of Elders (SHINE) Program.

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\*APR= Annual Percentage Rate

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