

HOLBROOK COUNCIL ON AGING NEWSLETTER



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781-767-4617 (VOICE MAIL 24/7)

COA@holbrookmassachusetts.us
www.holbrookma.gov/council-aging

APRIL
2025



MESSAGE FROM OUR COA DIRECTOR

Spring has finally arrived, and with it comes a sense of renewal and fresh beginnings. As the days grow longer and the temperatures begin to rise, we at the Holbrook Council on Aging are looking forward to a season filled with opportunities for connection, learning, and enjoyment.

April is a special month as we celebrate National Volunteer Appreciation Week from April 21st to 27th. Our volunteers are the heart of the COA, dedicating their time and talents to making a difference in the lives of our members. From coordinating programs to keeping our records up to date, their work behind the scenes ensures that everything runs smoothly. A heartfelt thank you goes out to Elaine, who thoughtfully curates our monthly newsletter; Missy, who diligently keeps MySenior Center accurate and organized; Claire, who generously offers her time and energy providing Reiki sessions that bring comfort and calm; and Elizabeth, who identifies service gaps and recruits' volunteers to help fill them. Their dedication and passion are truly invaluable, and we are so grateful for all they do! They inspire others to get involved and help make our community stronger.

We also want to extend our sincere gratitude to Judge Sauer's team at the Norfolk Probate & Family Court—Colleen, JohnJo, Charlie, and Theresa—for volunteering their time to share their knowledge and guidance with our members as part of Judicial Outreach Month. Their generosity and insight were greatly appreciated by all who attended.

We are also grateful to have welcomed Nurses with a Mission for an informative presentation. Michele and Holly shared valuable expertise on the therapeutic potential of cannabis. Attendees learned about the historical use of cannabis in medicine, the science behind the Endocannabinoid System (ECS), and distinctions between hemp and psychoactive cannabis. The session aligned with our mission to foster understanding, reduce stigma, and encourage informed choices about wellness.

Speaking of volunteers, we are always looking for more helping hands! The Holbrook Council on Aging is currently seeking volunteers to serve on our Advisory Board. This is a wonderful opportunity to help shape the future of our programs and services. If you or someone you know would like to make a lasting impact, please reach out—we would love to welcome you.

Mark your calendars — we will be hosting a special ice cream social on Friday, April 25! This fun and festive event will be dedicated to honoring Sandy Lemieux, who recently retired after many years of devoted service as both a staff member and volunteer. Sandy's kindness, humor, and steady presence have touched so many of us. She has always shown up to help in whatever way she could, with genuine care and thoughtfulness. Though Sandy would never seek recognition, we feel it's important to acknowledge her quiet contributions and the warmth she brings to our community. Please join us on April 25 to thank Sandy and wish her well. She asked me to share with you that it has been her joy and privilege to spend time with each of you and lend a hand wherever possible.

Be sure to check out our calendar for details on upcoming activities. If you haven't visited us in a while, April is the perfect time to stop by, say hello, and see what's new!

As always, we are here to support and serve our community. If you have any questions, suggestions, or ideas for future programs, please don't hesitate to reach out—my door is always open. Let's make this spring a season of connection, gratitude, and growth!

Best, Holly Rose

IF YOU REQUIRE FUEL ASSISTANCE IN THE UPCOMING MONTHS, PLEASE CONTACT THE COA. THE PROGRAM RUNS FROM SEPTEMBER 2024-APRIL 2025

Fiscal Year 2025
Home Energy Assistance Program (HEAP)
Income Eligibility and Benefit Levels

Number of People in a Household	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$ 15,060	\$ 18,825	\$ 22,590	\$ 26,355	\$ 30,120	\$ 49,196
2	\$ 20,440	\$ 25,550	\$ 30,660	\$ 35,770	\$ 40,880	\$ 64,333
3	\$ 25,820	\$ 32,275	\$ 38,730	\$ 45,185	\$ 51,640	\$ 79,470
4	\$ 31,200	\$ 39,000	\$ 46,800	\$ 54,600	\$ 62,400	\$ 94,608
5	\$ 36,580	\$ 45,725	\$ 54,870	\$ 64,015	\$ 73,160	\$ 109,745
6	\$ 41,960	\$ 52,450	\$ 62,940	\$ 73,430	\$ 83,920	\$ 124,882
7	\$ 47,340	\$ 59,175	\$ 71,010	\$ 82,845	\$ 94,680	\$ 127,720
8	\$ 52,720	\$ 65,900	\$ 79,080	\$ 92,260	\$ 105,440	\$ 130,559
9	\$ 58,100	\$ 72,625	\$ 87,150	\$ 101,675	\$ 116,200	\$ 133,397
10	\$ 63,480	\$ 79,350	\$ 95,220	\$ 111,090	\$ 126,960	\$ 136,235
11	\$ 68,860	\$ 86,075	\$ 103,290	\$ 120,505	\$ 137,720	\$ 139,073
12	\$ 74,240	\$ 92,800	\$ 111,360	\$ 129,920	\$ 141,912	\$ 141,912
13	\$ 79,620	\$ 99,525	\$ 119,430	\$ 139,335	\$ 144,750	\$ 144,750
14	\$ 85,000	\$ 106,250	\$ 127,500	\$ 147,588	\$ 147,588	\$ 147,588
15	\$ 90,380	\$ 112,975	\$ 135,570	\$ 150,427	\$ 150,427	\$ 150,427
16	\$ 95,760	\$ 119,700	\$ 143,640	\$ 153,265	\$ 153,265	\$ 153,265
17	\$ 101,140	\$ 126,425	\$ 151,710	\$ 156,103	\$ 156,103	\$ 156,103
Homeowners and Non-Subsidized Housing Tenants						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$600	\$550	\$510	\$470	\$470	\$430
Utility and Heat-Included-in-Rent	\$500	\$460	\$425	\$390	\$390	\$355
High Energy Cost Supplement	TBD	TBD	TBD	TBD	TBD	TBD
Subsidized Housing Tenants						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$420	\$385	\$355	\$325	\$325	\$300
Utility and Heat-Included-in-Rent	\$350	\$325	\$300	\$275	\$275	\$250
High Energy Cost Supplement	TBD	TBD	TBD	TBD	TBD	TBD
High Energy Cost Supplement (HECS) Thresholds - TBD						

Note: Contact EOHLIC to determine eligibility for a household of 18 and above.

Sources (Income Level): "Annual Update of the HHS Poverty Guidelines, Federal Register, January 17, 2024 (89 FR 2961-2963) and "Federal Poverty Guidelines and State Median Income Estimates ... Mandatory Use in FY25 LHEAP", USHHS, OCS, DEA, LHEAP-IM-2024-02

The **Benefit Amount** awarded to eligible households is based on several household factors reflected on this chart. Those include the number of people in a household, their gross income, the energy source, and the housing situation.

The **High Energy Cost Supplement** is an additional benefit provided only to qualifying, eligible HEAP households whose previous year's heating source costs exceed the above listed HECS thresholds.

6/20/2024

Executive Office of Aging & Independence
(formerly Executive Office of Elder Affairs)

Through the Formula Grant, the EOAI not only provides funding for our Newsletter costs, but the monies awarded to the Town of Holbrook by this program helps defray the cost of many of the day-to-day expenses for the necessities required to operate our Council on Aging.



BLOOD PRESSURE CLINIC
1:00-2:30pm
(2nd & 4th Thursday each month)



APRIL 10th – the Viking Club is starting a Chair Yoga class on the second Thursday of each month at “NOON”. All are welcome!



APRIL 12th – the Viking Club is inviting the public to have photos taken with the EASTER BUNNY on Saturday, April 12th from 2:00-4:00pm (220 South Franklin Street, Holbrook)

“COOK the BOOK” – the Holbrook Public Library is hosting this event at the Holbrook COA on April 17th at 6:00pm (limited seating—16). Join us for a fun and interactive cookbook discussion group! Participants will choose a recipe from a selected cookbook, prepare it at home, and bring it to the event to share with others. As we enjoy the dishes, we’ll discuss the recipes, cooking techniques, and any personal twists added. It’s a great way to discover new recipes and connect with fellow food enthusiasts. Don’t miss out – bring your appetite and your culinary creativity!

HOLBROOK FOOD PANTRY

St. Joseph's Church on the second Saturday of each month from 10:15-11:00am
(for those with transportation)

2nd FOOD PANTRY PROGRAM

The *New Birth Evangelical Church* and the *Brookville Bible Church* are sponsoring a Food Pantry the last Saturday of each month from 11:30am-1:00pm. Food distribution will be held at the New Birth Evangelical Church, 14 Technical Park Drive, Holbrook.

HERO Act Benefit Expansion

The HERO Act is the most comprehensive and expansive legislative package dedicated to the welfare of veterans in Massachusetts history. Since its filing, additional provisions were added by the Senate and House to create over 30 provisions, including spending, policy initiatives, tax credits, and statute changes, organized into four categories.

\$2,000 to \$2,500 Increases the disabled veteran annuity
\$2,500 Tax credit for small businesses hiring veterans

- **Behavioral Health Treatment:** Expands access to behavioral health treatment by allowing veterans to be reimbursed for visits to outpatient behavioral health providers.
- **Increases the Disabled Veteran Annuity:** Increases the disabled veteran annuity from \$2,000 to \$2,500, phased in over two years, and will be one payment, annually, on August 1.
- **Increases the Vet-Hire Tax Credit:** Increases to \$2,500 a tax credit for small businesses hiring chronically unemployed or low-income veterans. Eligible veterans include those receiving SNAP benefits, chronically unemployed veterans, and unemployed service-connected disabled veterans.
- **Active-Duty Buyback Program:** Extends the timeframe for veterans in public service to utilize the Active-Duty Service Buyback program from 180 days to ten years.
- **Prevents the "COLA Cliff":** Ensures that a cost-of-living adjustment in Social Security benefits will not affect veterans' eligibility for Chapter 115 benefits mid-fiscal year.
- **Increases Local Flexibility for Veterans Property Tax Exemptions:** This bill allows municipalities to double property tax exemptions with local options and ties the annual property tax abatement amount to inflation.
- **Protects Access to Sales Tax Exemption:** Ensures that veterans who qualify for the disabled veteran license plate can use the Purple Heart specialty license plate for sales tax exemptions.
- **Increases Support for Military-Connected Students:** Requires public school districts to provide support services to military-connected students when a parent or guardian is called to active duty. (**M.G.L. Chapter 178, Section 30 Acts of 2024**)
- **Creates a Military Family Advocacy Program:** Establishes a program to protect against child abuse on military installations. (**M.G.L. Chapter 178, Section 147 Acts of 2024**)
- **RMV Disabled Veteran Fee Update:** Expands exemptions for motor vehicle excise tax, drivers license fee, and registration fee to all veterans who are 100% service-connected disabled.

AVON COUNCIL ON AGING

4/9 Caregiver Support Group will meet every month on the 2nd Wednesday at 11:30-1:30. The Avon COA has started a new Caregiver Support Program primarily for people who are caring for someone with memory loss.

4/30 Memory Café – Wednesday 11:30am–1:30pm This month, we will enjoy a light lunch followed by Lynne Canavan and her unique ViOLynne entertainment program. Lynne is a professional musician who plays everything from pop to jazz to show tunes on acoustic and electric violin. Contact Louise at the Avon COA if you have any questions 774-480-5352.

Veterans Coffee Hour

The 2nd and 4th
Tuesday of the
month at 9 am

Foster Veterans
Center, 30 Foster
Road, Braintree, Ma
02184

All Braintree, Holbrook, and Avon
Veterans are welcomed

Guest speakers will be present to
give out information and to
answer any questions



-CARE ONE-

**49 Thomas Patten Drive
Randolph, MA 02368
(781) 961-1160**

CareOne at Randolph is a 168-bed skilled nursing and rehabilitation facility that provides hospital-level care in a place that feels like home. We thank them for donating our PIZZA for the monthly Birthday BASH luncheon!

SNAP Overview for Supplemental Nutrition Assistance Program (SNAP) (formerly known as food stamps)

SNAP is a federal nutrition program administered by the Department of Transitional Assistance (DTA) for Massachusetts residents.

SNAP benefits include:

- Monthly funds on a debit-like EBT card to buy food
- An additional \$20 a month put back on your EBT card when you use SNAP to buy local produce via the [Healthy Incentives Program](#) (HIP)
- [SNAP Path to Work](#) free education and training opportunities – families who participate may be able to get free child care
- Free [nutrition education](#) classes and resources
- Connections to other kinds of help, such as:
 - utility discounts,
 - free school meals [including Summer EBT](#),
 - direct eligibility for Head Start child care, and
 - discounted admissions to many Commonwealth museums and cultural institutions via [EBT Card to Culture](#)

<https://dtaconnect.eohhs.mass.gov/>

HOLBROOK COA
SENIOR HAPPENINGS
(60+)



"FEBRUARY" BIRTHDAY BASH

Gentle YOGA (Tuesdays)



STANNEY'S Restaurant

Rick, Gina, Barbara, Sam



LUCKY'S 777 Luncheon



HARPER (Comfort Dog)



BINGO



THERAPY GARDENS (last Thursday)
“Cooking for 1-2 People”



SENIORU (2nd Wednesday)
“Herb Garden Primer & Starter Kit”

APRIL 9 - SeniorU 11:00-12:00

MASS Trivia

Think you know you’re a “Bay Stater”? We’ll present quotes from notable Massachusetts figures across fields like film, comedy, and politics—Bette Davis, Jay Leno, and John F. Kennedy, to name a few—and challenge you to guess who said them. This program is a delightful way to explore the state’s rich cultural heritage, one quote at a time.

APRIL 24 - Therapy Gardens 10:00-11:00 (new time)

Spring Gardening Ideas

Looking to refresh your garden with something new? Whether you prefer indoor or outdoor gardening, this session introduces unique and easy ideas to brighten up your space. Discover a variety of common and uncommon vegetable, herb, and flower plants, including tips on what to plant and when. We’ll also share where to find hard-to-source seeds and supplies, so you can get started with confidence. Perfect for gardeners of any season looking for fresh inspiration!

***Governor Healey Officially Renames
Executive Office of Elder Affairs to
“Executive Office of Aging & Independence”***

January 9, 2025

Governor Maura Healey signed legislation to rename the Executive Office of Elder Affairs to the Executive Office of Aging & Independence to better represent and reflect the values of older adults in Massachusetts. Renaming the agency reduces negative images around aging, normalizes aging as a natural process, and recognizes that older adults value independence and self-determination, while emphasizing that the Healey-Driscoll Administration is here to support residents as we age.

Governor Healey proposed the name change in May 2024. The new name was selected following significant research that included focus groups, surveys, and conversations with older adults, caregivers, service providers, and advocacy organizations. This research revealed that aging adults do not connect with the term “elder,” and often associate the term with someone who is at the end of their life. Instead, residents prefer neutral terms such as “aging” and “older people.”

In addition, the name change legislation replaces outdated language across state statutes, such as “elder,” “elderly person(s),” and “handicapped” with “older adult(s)” and “adult with a disability.”

Please join us on Friday, **April 25th** from 12:30-2:30pm at the COA for our first

"ICE CREAM" SOCIAL.

Our COA is hosting this for our Seniors and we will provide all the fixings. Hope you can join us for an opportunity to socialize and connect with others while enjoying some tasty ice cream and good conversation.

Please **RSVP** to the Council on Aging at 781-767-4617 by **APRIL 21st**. We look forward to having you join us and making this a memorable event. **MUST SIGN UP**



SANDRA "SANDY" LEMIEUX

A HEARFELT "THANK YOU" AND GOOD LUCK IN RETIREMENT!

Please join us on April 25th during our Ice Cream Social from 12:30-2:30 to "thank" Sandy and wish her well as she retires after 15+ years at the COA. Sandy would like to share with you that *"it has been my joy and privilege to spend time with each of you and lend a hand wherever possible."* She has been a familiar face at our COA for many years and truly enjoyed helping others. Sandy's sense of humor added a spark to the day! Her dedication in serving our Senior population was unwavering and she always had a smile to offer. We'll miss you, Sandy, and now it's your turn to enjoy life! We look forward to you visiting the COA to participate in our programs and events. All the BEST to you Sandy! Your COA Family & Friends ❤️

FOSTER VETERANS SERVICE CENTER



If you are a **Veteran** in need we can help

*We take donations. Food must be non-perishable or boxed.
We cannot take used clothes or toiletries.*

Foster Veterans Service Center, 30 Foster Road Braintree, MA 02184
Veterans Services for the Towns of Braintree, Holbrook, and Avon
781-794-8218 or Pmarshall@braintreema.gov

APRIL * (SIGN UP is required for events/activities – call the COA 781-767-4617)

- 1,8,15,22,29**—Gentle YOGA w/Susan 10:15-11:30am (at the COA)
- 2,16,23,30**—Diamond Art with Holly 12:30-2:00pm
- 2,16**—Amanda’s Nails 12:30-2:00pm (private pay \$5)
- 4**—Lucky’s 777 Senior Luncheon (senior specials) – 12:00pm (NEW: 1st Friday)
Only for the months of April, May due to a change in hours on Wednesdays (opens at 4pm)
- 7,21**—Exercise with Alex 10:00-11:00am
- 9**—SeniorU 11:00am-12:00pm “Mass Trivia”
AVON COA—Caregiver Support Group 11:30am-1:30pm
COA Board meeting 3:00pm
- 10**—Hard to Heal Wound Expert Presentation 11:15-11:45
- 11**—STANNEY’S Breakfast 10:00am-12:00pm **MUST SIGN UP**
- 17**—**TRIAD** 10:00-11:00 Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications—**AT THE COA**
“**COOK the BOOK**” (Recipes to cook and share) 6:00pm **AT THE COA** hosted by the LIBRARY - **Limit 16**
- 24**—**THERAPY GARDENS** 10:00-11:00am “Spring Garden Ideas” – **NEW TIME**
- 25**— “ICE CREAM” Social 12:30-2:30 (at the COA)
- 28**—“**APRIL**” Birthday Bash (at the COA) 12:30-2:00pm
- 30**—Veteran Agent 10:00-11:00am (coffee hour)
AVON COA—Memory Café 11:30am-1:30pm (for Caregivers along with their individuals who are experiencing memory loss).

ROTARY CLUB is sponsoring an **ADULT EASTER EGG HUNT**
Sumner Field, Holbrook
Saturday, **APRIL 12th** at **NOON**
(Age 21+ Event) - \$35 Event Fee
MUNCHIES are included “after” the hunt at **THE BROOK** (Cash Bar)

VIKING CLUB - POTLUCK LUNCHEON

Many thanks to the Director, Staff, Volunteers and those who contributed such a wide variety of delicious food. You all made this event possible! **THANK YOU!**



TRANSPORTATION & APPOINTMENT SCHEDULE

S*H*I*N*E PROGRAM

“Serving Health Insurance Needs for Everyone”

For assistance with your Medicare Questions & Issues:

Appointments are available in person at the COA on

Monday & Wednesday (ONLY)

(10:00am - 11:00am - 12:00 Noon)

Please call to schedule your appointment 781-767-4617

FUEL ASSISTANCE (September—April)

To schedule your appointment
with our Advisor
Please call the COA 781-767-4617

**SOUTH SHORE COMMUNITY
ACTION COUNCIL** provides
transportation to Boston Medical
Facilities for ongoing medical
treatments. Please contact the COA
781-767-4617 (**7 days** in advance)
to schedule appointments.

DAILY SOCIAL ACTIVITIES:

PLEASE BE SURE TO CHECK OUR MONTHLY
CALENDAR FOR ALL THE DAILY EVENTS AS
THERE MAY BE CHANGES EACH MONTH

MEDICAL APPOINTMENT TRANSPORT

Medical Transport is “always” our top priority

Call 781-767-4617 to reserve your MEDICAL Requests:

Service is ONLY to Holbrook, Brockton, Weymouth,
Braintree, Randolph, Avon, Abington

Note: Requests for exceptions must be
approved by COA Management

PLEASE book your appointments
AT LEAST 7 DAYS in advance

Mon—Tues—Wed—Thurs for appointments from
8:00am—1:30pm

Friday for appointments—8:00am—11:00am

LOCAL SHOPPING TRANSPORT

Call 781-767-4617 to reserve your SHOPPING
requests:

MONDAY—Transportation available for
Senior activities

TUESDAY—9:00am **WALMART** (Avon)

WEDNESDAY—9:00am **MARKET BASKET** (Hanover)

**** April 9th 12:00pm OCEAN**

STATE JOB LOT (Avon) - NO TRUCCP'S

THURSDAY—9:00am **IN TOWN** Shopping

FRIDAY (only MEDICAL)
(between 8:00am and 11:00am)

**** VANS MUST BE BACK TO THE COA BY NOON ****

SALVATION ARMY GOOD NEIGHBOR FUND

The Salvation Army's Good Neighbor Energy Fund offers one-time grants for eligible consumers. The Fund is available to any Massachusetts resident who cannot meet a month's energy expense because of temporary financial difficulty and is not eligible for state or federal energy assistance. To be eligible, your income must fall between 60 and 80 percent of the state's median income.

<http://www.magoodneighbor.org/assistance.html>

YMCA—Stoughton

“FREE” Wednesdays for Seniors who present
a COA Membership Card.

NOTE: This is a separate card from your
COA key ring tag.

Please sign up at the COA.

~Monthly Announcements~

CALL THE SENIOR "RMV" HELP LINE 857-368-8005 (appointments are required). This is for anyone 65 years of age or older to get help scheduling an in-person appointment at a local RMV during designated service hours.

PLEASE NOTE: We are more than happy to mail the newsletter upon request. However, if you are able, please consider stopping by the Senior Center to pick up a copy in an effort to reduce our postage costs. THANK YOU!

On-line Newsletter is available at www.holbrookma.gov/council-aging

Assisted Listening Devices

For those with hearing impairment, ALD's are available by request to HCAM for use in the Town Hall Noel King meeting room. Kindly inform them if you would like to utilize this service when attending meetings. 781-767-7487 or info@hcamtv.org

TRIAD is a program that the Norfolk County Sheriff's Office runs by working with local councils on aging to put senior citizens in touch with any and all pertinent public safety and social service organizations in their area. Through regular meetings, **TRIAD** facilitates two-way communication that allows seniors to directly voice their concerns, while police and fire officials and any number of other safety and health organizations can make the seniors aware of relevant programs. (HELD AT THE COA)

Morales Construction

Marcos Ricardo Morales
owner
info@moralesconstruction.net
Cell: 781-510-6324

Roofing, Siding, Framing and more
Free Estimates
www.moralesconstruction.net
Office: 781-885-1649



THERAPY GARDENS

David Wheeler
President
Therapy Gardens, Inc.

508-944-1370 cell
info@therapygardens.com

www.therapygardens.com
@TherapyGardening on Facebook

*STANNEY'S RESTAURANT
*CONNECTION CAFÉ
*CORNER PIZZA
*LUCKY'S 777's
*SARA'S PIZZA
*CARE ONE

**Thank You to
Our Newsletter
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COOKSCUSTOMS94@GMAIL.COM

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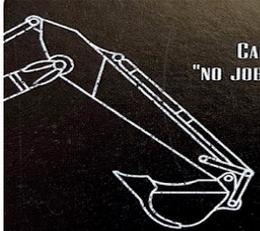
- IRONWORK
- HANDRAILS
- BRAKE FORMING
- HARDFACING & BUCKET REPAIRS
- MARINE FAB & REPAIRS
- ON SITE WELDING REPAIRS
- WELDING OF STEEL, STAINLESS STEEL, ALUMINUM, CAST

CERTIFIED & INSURED

CALLINAN ASSOCIATES
"NO JOB IS TOO SMALL FOR US"

85 Abington Ave
Holbrook, MA 02343
617-653-8188

Paul Callinan
General Manager
pmcall1829@aol.com



Strikeleather
REAL ESTATE

ADVOCATE REALTY

Shepard Long
Managing Broker
781-690-3630 (cell)
781-767-5550 (office)
shep@stikehomes.com



stikehomes.com | advocaterealtyma.com

THE RAFT PROGRAM

Residential Assistance for Families in Transition (NeighborWorks Housing Solutions)

Provides short-term, limited financial assistance for eligible families facing: Mortgage or rent arrears, eviction, doubled up in a must-leave situation, fire, flood or other natural disasters, domestic violence and other crises that will result in loss of housing within 30 days.

781-422-4204 or raftinfo@NHSMass.org

HOME DELIVERED MEALS (HDM)

A service that provides home-delivered meals to elderly and disabled citizens without regard to income. HDM is funded through a combination of federal funds, state funds, private-pay contracts and local donations.

SOUTH SHORE ELDER SERVICES NUTRITION DEPARTMENT

**350 Granite Street, Suite 2303, Braintree, MA 02184
781-848-3910 or sselder.org**

FAX LINE: 781-843-8279

TDD LINE: 781-356-1992

HAITIAN INFORMATION LINE: 781-930-0303

**THE NORFOLK COUNTY SHERIFF'S OFFICE IS HOSTING A
"HOUSE TO HOUSE FOR HEROES VETERANS OUTREACH"
Saturday, April 5th in Weymouth**



We are looking for volunteers to join this great event

Register here:

<https://www.signupgenius.com/go/10C0B49A4AA22A1FDC25-54985725-house>

Location: Weymouth High School, One Wildcat Way, Weymouth

Time: 9:00am – 11:00am

Volunteers will help Sheriff Patrick McDermott and the NCSO thank our veterans and make sure they know about important resources and new benefits they earned and deserve. Once volunteer assignments and packets are handed out, we will go door-to-door to meet with Weymouth's veterans.

If you are a veteran and live in Weymouth, but are unsure if you are registered as a veteran, please contact the Town of Weymouth Veterans Service Office at 781-340-2405.

April

TUESDAYS—9:00am **WALMART** (Avon)

WEDNESDAYS— 9:00am **MARKET BASKET** (Hanover)

April 9th 12:00pm **OCEAN STATE JOB LOT** (Avon)

THURSDAYS—9:00am **IN TOWN** Shopping

AUTISM AWARENESS MONTH

“SIGN-UP” for Activities/Events

2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>424 N. Franklin (Holbrook) Every DAY of the month, Sara's Pizza Palace offers a 15% Senior discount</p>	<p>1 APRIL FOOL'S 9:30 Exercise 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO</p>	<p>2 9:30 Exercise 10:00-12:00 Amanda's Nails (private pay \$5) 12:30-2:00 Diamond Art-Holly</p>	<p>3 9:30 Exercise 12:30 SOCIAL 1:00 REIKI \$5 Donation (by Appt.)</p>	<p>4 9:30 Exercise 10:00-10:30 Improved Health (Low Impact Dance) 12:00 Lucky's 777 1st Friday (April/May)</p>	<p>5 Town Election 9:00am-5:00pm</p>
6	<p>7 9:30 Exercise 10:00-11:00 Exercise w/Alex 12:30-2:00 Games/Cards</p>	<p>8 9:30 Exercise 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO</p>	<p>9 9:30 Exercise 11:00-12:00 SENIORU: "MASS TRIVIA" 12:00 Ocean State 12:00-2:00 Comfort Dog 3:00 COA Board</p>	<p>10 9:30 Exercise 11:15-11:45 Hard to Heal Wound Expert Talk 12:30 SOCIAL 1:00-2:30 Blood Pressure</p>	<p>11 9:30 Exercise 10:00-12:00 STANNEY'S (50% Senior Discount) (MUST SIGN UP)</p>	<p>12 10:15-11:00 St. Joseph FOOD PANTRY (those with transportation) 12:00 ROTARY Club Adult Easter Egg Hunt (Sumner Field) \$35 (own transportation)</p>
13	<p>14 9:30 Exercise 10:00 & 11:15 FOOD PANTRY (COA Van Only) 12:30-2:00 Left/Right/Center</p>	<p>15 9:30 Exercise 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO</p>	<p>16 9:30 Exercise 10:00-12:00 Amanda's Nails (private pay \$5) 12:30-2:00 Diamond Art-Holly</p>	<p>17 9:30 Exercise 10:00-11:00 TRIAD 12:30 SOCIAL 1:00 REIKI \$5 Donation (by Appt.) 6:00pm COOK the BOOK (Recipes to share) Limit 16</p>	<p>18 COA CLOSED (Good Friday)</p>	19
20	<p>21 9:30 Exercise 10:00-11:00 Exercise w/Alex 11:30-1:30 Movie & Brunch</p> <p>EASTER </p>	<p>22 9:30 Exercise 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO</p>	<p>23 9:30 Exercise 12:30-2:00 Diamond Art-Holly</p>	<p>24 9:30 Exercise 10:00-11:00 THERAPY GARDENS "Spring Gardening Ideas" 12:30 SOCIAL 1:00-2:30 Blood Pressure</p>	<p>25 9:30 Exercise 12:30-2:30 ICE CREAM SOCIAL (at the COA) (RSVP IS REQUIRED)</p>	<p>26 EARTH DAY 11:30-1:00 New Birth Evangelical Church FOOD PANTRY</p>
27	<p>28 9:30 Exercise 12:30-2:00 "APRIL" BIRTHDAY BASH Pizza, Salad, Cake</p>	<p>29 9:30 Exercise 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO</p>	<p>30 9:30 Exercise 10:00-11:00 Veteran Agent 10:00-12:00 Amanda's Nails (private pay \$5) 12:30-2:00 Diamond Art-Holly</p>	<p>PLEASE NOTE: *Those without transportation to the Food Pantry on the 2nd Monday must sign up for the VAN</p>	<p>*NOTE: Please call the COA if you need a ride to TRIAD (at the COA) 3rd Thursday</p>	<p>40 Union Street (Holbrook) Every WEDNESDAY the Connection Café offers a 15% Senior discount</p>

****National Volunteer Appreciation Week from April 21st to 26th****