

NOVEMBER 2011

Coastline Elderly Nutrition Program
Call: 508-763-8723
For Reservations/Cancellations
At least 24 Hours in Advance!

Menu is subject to change
without notice.
Suggested voluntary donation
of \$2:00 per meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7. SHINE 10:00 Art Group 11:00 Blood Pressure Clinic 11:30 Pampered Chef Demo 12:00 Pampered Chef Lunch 12:30 AARP Driving Refresher Course for Veterans 6:00 BINGO</p>	<p>1. 9:00 Scrabble 10:00 Cardio-Fit Groovercize 11:30 Lunch: Beef Bordelaise, Whipped Potatoes, Carrots 1:00 Exercise 2:00 Line Dancing Class</p>	<p>2. SHINE 8:30 Grocery Shopping/M.B. 9:00 Bowling 9:30 COA Board Meeting 10:00 Ballroom Dance Class 11:30 Lunch: Minestrone Soup, Parmesan Chicken, Potato 12:30 BINGO 5:00-7:00 Annual Veterans Dinner</p>	<p>3. 9:00 Busy Bees 11:30 Lunch: Salmon Boat / w Dill Sauce & Rice 1:00 Exercise 2:00 Piano Lessons 2:30 Art Group 3:00 Legal Appointments</p>	<p>4. Veterans Services 9:30 Line Dancing Class 1:30 Movie</p>
<p>14. SHINE 9:00 Vascular Screenings 10:00 Art Group 11:00 Blood Pressure Clinic 12:00 Soup & Sandwich Lunch 6:00 BINGO</p>	<p>8. 9:00 Scrabble 9:30 Happy Hookers 10:00 Cardio-Fit Groovercize 11:30 Lunch: Chicken Salad, Pasta Salad & ColeSlaw Cold Plate 1:00 Exercise 2:00 Line Dancing Class</p>	<p>9. SHINE 8:30 Grocery Shopping/M.B. 9:00 Bowling 10:00 Ballroom Dance Class 10:00 Friends Meeting 11:30 Lunch: Roast Pork / w Gravy, Bliss Potato & Veggies 12:30 BINGO</p>	<p>10. 9:00 Busy Bees 11:30 Lunch: Swedish Meatballs, Whip Potato & Beets 1:00 Exercise 2:00 Piano Lessons 2:30 Art Group</p>	<p>11. SENIOR CENTER CLOSED for the VETERANS DAY HOLIDAY</p>
<p>21. SHINE 10:00 Art Group 11:00 Blood Pressure Clinic 12:00 Soup & Sandwich Lunch 1:00 On-Line Banking Course 6:00 BINGO</p>	<p>15. 9:00 Scrabble 9:30 Happy Hookers 10:00 Cardio-Fit Groovercize 11:30 Lunch: Italian Pasta / w Tomato Meatsauce & Veggies 1:00 Exercise 2:00 Line Dancing Class</p>	<p>16. SHINE 8:30 Grocery Shopping/M.B. 9:00 Bowling 10:00 Ballroom Dance Class 11:30 Lunch: Chicken Stew / w Veggies & Rice 12:30 BINGO</p>	<p>17. Podiatrist Visits 9:00 Busy Bees 10:30 Blood Pressure Clinic 11:30 Lunch: Roast Turkey / w Gravy, Cranberry, Squash, Potato 1:00 Exercise 2:00 Piano Lessons 2:30 Art Group</p>	<p>18. Veterans Services 12:00 Annual Senior Thanksgiving Dinner</p>
<p>28. SHINE 10:00 Art Group 11:00 Blood Pressure Clinic 11:30 Kim's Healthy Eating Presentation 12:00 Kim's Healthy Luncheon 6:00 BINGO</p>	<p>22. 9:00 Scrabble 10:00 Cardio-Fit Groovercize 11:30 Lunch: Meatloaf / w Gravy, Whipped Potato & Veggies 1:00 Exercise 2:00 Line Dancing Class</p>	<p>23. SHINE 8:30 Grocery Shopping/M.B. 9:00 Bowling 10:00 Ballroom Dance Class 11:30 Lunch: Chicken Patty, Lyonnaise Potato, Veggies & Roll 12:30 BINGO</p>	<p>24. SENIOR CENTER CLOSED for the THANKSGIVING HOLIDAY</p>	<p>25. SENIOR CENTER CLOSED for the THANKSGIVING HOLIDAY WEEKEND</p>
<p>29. 9:00 Scrabble 10:00 Cardio-Fit Groovercize 11:30 Lunch: Spinach & Cheese Omelet, Hashbrowns, Veggies 1:00 Exercise 2:00 Line Dancing Class</p>	<p>29. 9:00 Scrabble 10:00 Cardio-Fit Groovercize 11:30 Lunch: Spinach & Cheese Omelet, Hashbrowns, Veggies 1:00 Exercise 2:00 Line Dancing Class</p>	<p>30. SHINE 8:30 Grocery Shopping/M.B. 9:00 Bowling 10:00 Ballroom Dance Class 11:30 Lunch: Teriyaki Chicken, Asian Rice & Veggies 12:00 Senator Michael Rodrigues Office Hours 12:30 BINGO</p>		

Stepping & Stretching - Join us, & your certified instructor, Karen Corcoran, on Tuesdays & Thursdays, 1:00-2:00, for a fun-filled hour of easy exercise, bending & stretching & building up your strength and improving your balance! Most exercises done from the comfort of your chair! This program is designed to improve physical conditioning, decrease risk of falling, & improve health, memory, mood, balance, bone density, flexibility, & endurance. This program is made possible through a grant from Coastline Elderly Services. Donations are appreciated! Any senior is welcome!

Introduction to Online Banking

Mayflower Bank will be presenting an "Introduction to Online Banking" Seminar on Monday, November 21st from 1-3 p.m. at the Rochester Senior Center. Topics to be discussed include: What is Online Banking? How to Check Your Statements Online; How to Pay Bills Online; & Online Banking Security Issues. This will be offered as a group program in the large room, via an online demonstration with Mayflower Bank's representatives. Anyone interested is welcome to attend. Refreshments will be served. Please call to let us know you are coming by calling the Senior Center at 508-763-8723 or Mayflower Bank at 508-763-9500. There is no cost for this event.

AARP Driver Safety Program **Calling All Veterans.....**

The AARP Driver Safety Program, a classroom refresher course for drivers aged 50+, will hold a **FREE** class for our **Veterans & their spouses** of any age, on **Monday, November 7, 12:30-4:30**, at the Rochester Senior Center. The usual \$14 fee will be waived for Veterans in honor of Veterans Day. Proper Military ID is required. Call the Senior Center to sign-up for the class. There will be **NO TESTING!** You will learn defensive driving techniques, new traffic laws how to deal with aggressive drivers, handling problem situations and many other things. Hope to see you there!

COA TRANSPORTATION

COA transportation is available to all Rochester Seniors to medical appointments and treatments in the general area. We will also provide rides to & from home to the Senior Center, if you want to come here to spend some time, or to have lunch, have an appointment, or come to a program.

For your own safety & ours, our Drivers are **NOT allowed** to do your **banking transactions** for you. We will bring you to the bank, but YOU need to do your own transactions. Also, our Drivers are **NOT Allowed** to do your **drugstore errands** for you. We will bring you to a pharmacy, but YOU must handle your own business inside on your own. **NO EXCEPTIONS!!!**

Call us in advance (at least 24 hrs.) 508-763-8723. Our service is free, but a minimal donation is appreciated. Our vehicles are handicapped accessible for those who may need it. **NOTE:** Any senior who is able to drive to the senior center to board the COA bus for any day trip should do so, in order to save time, gas, and funding for drivers. Thanks for your cooperation!

Cardio Dance-Fit - A 1-hour low-impact fitness class taught by Certified Group Exercise Instructor, Ellie Higgins. A fun, upbeat class to a wide variety of music. 30 minutes cardiovascular (easy-to-learn dance steps & classic cardio moves), followed by upper & lower body strength training (can be done seated). Last segment is flexibility, deep breathing & stress management techniques to leave you energized & relaxed. This class is for all ages & can be easily modified based on fitness level & age of participant. Drop-in fee, payable to instructor, only \$4.00. Come join us! **Tuesdays 10-11.**

Free Vascular Screenings - Ann Texeira, RN from Southcoast Hospitals Group, will be offering free Vascular Screenings for Peripheral Artery Disease at the Senior Center on **Monday, November 14th, from 9-1.** The screening is done fully clothed, takes 15 minutes per person, and is done sitting down. No preparation is needed. Advance sign-up to reserve your spot is necessary by calling the Senior Center. Anyone is welcome.

