

OFFERINGS AT A GLANCE

ACTIVITIES MARKED WITH * REQUIRE APPOINTMENTS or PRE-REGISTRATION, 508-759-0653!

COMMUNITY SERVICES (*Call for appointment)

***ELDER LAW** Individual consultation with Atty. Tom Kosman. Tuesday, November 8, 1:30-3:30 at the Sr Ctr. No Charge

***ATTORNEY PATRICIA MELLO** Specializes in estate plans, Medicaid. Consult is Free. Wednesday, November 23, 9:00-11:30AM

***ATTORNEY MICHAEL LAVENDER** Elder Law/ Elder Issues, Estate Planning attorney. Free legal consultation & document reviews. Tuesday, November 15, 12:30 - 3:00PM.



***TAX CONSULTANT Harry J Honan, CPA, PC** consult on tax issues & problem returns. Call the Senior Center office for appointments, 508-759-0653

MASS STATE 911 EQUIPMENT DISTRIBUTION PROGRAM
TO APPLY OR FOR INFO, CALL 1- 800-300-5658.

EXERCISE & FITNESS

PARTICIPATION IN EXERCISE ACTIVITIES REQUIRES A CURRENT PHYSICIAN'S NOTE ON FILE IN THE COA OFFICE

PLEASE NOTE SCHEDULE CHANGES FOR DAYS AND TIMES OF SOME ACTIVITIES, NOTE IN BOLD.

ZUMBA GOLD with Michelle Thimas Modified for seniors, aerobics with a Latin beat - anyone at any age can do it! Wednesdays & Fridays at **9:00AM**. \$8 per class.



SENIOR FITNESS & AEROBICS with Barbara Barsham. Low impact aerobics, power walking, light free weights to improve core strength, balance, posture, flexibility & coordination. Bring a flexibility ball.

WEDNESDAYS 10:30-11:30AM \$7 per class
PLEASE NOTE NEW DAY & TIME

SIT AND BE FIT with Barbara Barsham. A less stressful alternative exercise program. Exercise in chair or standing. Improve core strength, balance, posture, flexibility & coordination.

Tuesdays AND Thursdays 11:15AM -12:15PM \$7 per class.

YOGA Join our excellent teacher Linda Sheldon, all levels welcome. **Mondays & Fridays 9 -10AM**. Wear loose clothing & bring a mat. \$7

SENIOR YOGA & LIGHT WEIGHT TRAINING with Linda Sheldon. **Tuesdays and Thursdays 12:15-1:15** \$7 per 1 hr class. Yoga with 1&2 lb weights. Strength, flexibility, balance & coordination.

BAY AREA SENIOR CYCLISTS & WALKERS

Wednesdays at 10AM For info or to sign up, call Sue Sloniger at 508-428-4054.



TRY YOUR TALENTS

THE CRAFTY LADIES Craft Group led by Ann Marie Riley. **Fridays at 9:30AM** at the Senior Center. New crafters welcome.

KNITTERS GROUP Wednesdays, 9:30-11:30, at the Senior Ctr.

QUILTING GROUP with leader Maureen Cunningham. Will meet on **MONDAYS** from 9:00 AM to 11:00AM



RUG HOOKING CLASS with Betty McClellent will meet on Tuesday, November 1, 10:00AM to 3:00PM.

WOODCARVING with Dick Menkello. **Wednesdays 10:30-12**. Bring your own materials or the instructor will help supply.

***CANALSIDE ARTISTS** with Kate Furler. Tuesdays, 10 AM to Noon. **4 wks \$40 prepaid or \$15 per class**, participants must pre-register.



HEALTH & SAFETY



***FOOT CARE SERVICES** with Dr. Michael Gavigan, DPM For those 60+ and non-diabetic. Monthly appointments are available at the Senior Center. \$30 per visit. Call the Senior Center Office for appointments 508-759-0653.

BLOOD PRESSURE CLINIC at the Senior Center Weds, 9:30-11. Offered in cooperation with the VNA of Cape Cod. For free health info call VNA at 1-888-557-9994.

***SHINE** Serving Health Insurance Needs of Elders. Individual consults with SHINE Counselors



By appointment only.

Call the Sr Center for available appointments, 508-759-0653

SHINE APPOINTMENTS NOW AVAILABLE AT THE BOURNE SENIOR CENTER AND JONATHAN BOURNE PUBLIC LIBRARY
Make Your Appointment NOW for Medicare Open Enrollment
See Your Newsletter for More Information

TOPS Take Off Pounds Sensibly Thurs, 9-11AM, \$2 meeting

SUPPORT GROUPS AND SERVICES

***OUTREACH SERVICES** Social Workers Lois Carr & Kari Leighton, give confidential help with services, referrals & overcoming problems. Call the Sr Center 508-759-0653.



Caregivers Support Group from Hope Dementia & Alzheimer's Services For caregivers of dementia and Alzheimer's patients. Group meets on 2nd & 4th Wednesdays, November 9 and 23, from 10:00AM to 11:30AM. For more info call Hope Dementia/Alzheimer's Services at 508-775-5656.
PLEASE NOTE THAT THE FORMAT HAS CHANGED - RESPITE CARE FOR LOVED ONES WILL NO LONGER BE AVAILABLE.

DIABETES SUPPORT GROUP at the Senior Center. Meets the second Tuesday of the month. November 8 at 11:00AM
Leader is Debbie Allietta, RN, BSN & VNA Diabetes Educator.

PARKINSON'S SUPPORT GROUP Group will meet on Tuesday, Nov 1 at 1:30PM. Group leader Ellen Weinlich, VNA Social Worker.

GRANDPARENTS AS PARENTS GROUP Group will meet on Monday, November 14, 10:00AM-11:30AM. For more info call Lois at 508-759-0653. PLEASE NOTE CHANGE IN DATE

SIGHT LOSS SUPPORT GROUP Friday, November 18, 10:30AM - 12:30PM at the Cape Cod Senior Residences in Pocasset. For more information call Bette Oehschlagel at 1-800-427-6842. Transportation available, call Senior Center Office 508-759-0653

NEUROPATHY SUPPORT GROUP meets at Orleans COA. For information, call Kristina Meservey at 774-207-0153.

GAMES OF CHANCE & SKILL

MAH JONGG GAME - the ancient Chinese game of self-challenge. Play **Tuesdays and Thursdays 12:30 PM**



CANASTA "Hand & Foot" Thursdays at **1:30 PM**. Winnie McDonough, instructor. Come play or learn.

