

# SENIOR SCOOP

· DECEMBER 2018 ·

895 Main St. Ashby, MA 01431 (978) 386-2424 ext. 27 coa@ashbyma.gov

**Our Mission:** *The Ashby Council on Aging (COA) is dedicated to enhancing the quality of life of Ashby senior residents by offering services that strive to promote each person's independence and healthy, successful aging.*

## COA OFFICERS:

Nancy Catalini, *Chair*

Jo Helander, *Vice Chair & Treasurer*

Nadine Callahan, *Secretary*

Linda Stacy

Linda Mikkola

**Council on Aging Meetings:** The Ashby Council on Aging meets on the second Wednesday of each month at 3:30 pm at the **COA Aging Office, located in the Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor.** Meetings are open to the public and all are welcome to attend.

## Dates to Remember:

*See inside for details and more events.*

- DEC. 2nd - ASHBY CHRISTMAS TREE LIGHTING @ 4:00
- DEC. 2nd - HANUKKAH BEGINS
- DEC. 3RD - HEALTHY HOLIDAY EATING TOWNSEND SR. CENTER
- DEC. 7th - MEDICARE OPEN ENROLLMENT ENDS
- DEC. 7th - SR. CITIZEN DANCE at NMRHS
- DEC. 8th - SENIOR CHRISTMAS DINNER at the ASHBY LEGION HALL 1:30
- DEC. 8th - ASHBY LIBRARY HOLIDAY OPEN HOUSE 10:00 TO 1:00
- DEC. 12th - COA MEETING 3:30 Town Hall
- DEC. 15th - COA TRIP TO A CHRISTMAS CAROL AT THE HANOVER THEATR (For those who purchased tickets, please meet at 12:15 pm in the Ashby Legion parking lot, on New Ipswich Road).
- DEC. 19th - DIABETES 101 AT THE COA, TOWN HALL, 1:00
- DEC. 26th - FOLD NEWSLETTERS AT THE COA 1:00

## COA DIRECTOR: Corey Harju

Phone: 978-386-2424 (ext. 27)

Email: coa@ashbyma.gov

Facebook: @AshbyMACOA

Office Hours: Wednesdays 9 - 12:00 or By Appointment

## *From the Director:*

*Dear Ashby,*

*Merry Christmas and happy holidays everybody! I want to take this opportunity to thank everyone in town that generously donates their time and energy to help our senior citizens. From our dedicated team of Meals on Wheels drivers, to our friendly home visitors, to our awesome sand delivery volunteers, to the newsletter folders, to those that just lend a neighbor a helping hand, your generosity and kindness is sincerely appreciated by me and the COA.*

*It's hard to believe that, to date, I have only worked as your COA Director for 45 total days! In that short amount of time, I have learned a lot, but the one thing I am happiest to have learned about Ashby is the wealth of generosity and kindness in our great little town. I knew that we are a town of independent, self sufficient, hard workers, but I've come to learn we are also a town that steps up, rolls up their sleeves, and pitches in when others need our help. And for that, I am so very thankful to be a part of our great little town.*

*The Ashby Council on Aging and myself wish you and your loved ones joy and peace this holiday season.*

*Take care of each other and Merry Christmas,  
~ Corey Harju  
(Your COA Director)*

~ Please join the COA for an upcoming info session ~

**NASHOBA NURSING SERVICE PRESENTS:**

# **DIABETES 101**

Diabetes can occur in anyone. Over 30 million Americans have diabetes. An estimated 162,000 people in Massachusetts are undiagnosed and don't know they have it.

**Please join us for a round table, interactive discussion, covering:**

- \* The different types of diabetes
  - \* Risk factors
  - \* Tips for prevention
  - \* Myths
- \* Strategies for management

Presented by  
Joanne McCole RN, BSN  
from Nashoba Nursing  
Service and Hospice



**WEDNESDAY, DECEMBER 19th @ 1:00**

**AT THE COA OFFICE**

(ASHBY TOWN HALL - 3rd FLOOR)

*Nutritious refreshments will be served.*

**Planning to be out of town for a while?  
Please let the COA know if we can  
temporarily pause your Senior Scoop  
delivery:**

**Phone: (978) 386- 2424 ext. 27  
Email: [coa@ashbyma.gov](mailto:coa@ashbyma.gov)**

Unfortunately we are not able to forward the Senior Scoop and all returned Scoops cost us little more when returned. Every little bit helps so please let us know if we can pause your subscription at any time. Let us know when you'll be back and we will start your delivery up again right away. Thank you!!



## **VOLUNTEERS NEEDED!**

**WEDNESDAY, DEC. 26th**

**1:00 pm in the COA  
Office at Ashby Town  
Hall (3rd Floor)**

Your COA needs  
volunteers to help get our  
next newsletter ready for  
mailing. All the help we can  
get is needed and  
appreciated!

**HAVE  
HEALTH  
QUESTIONS?**

*Ashby has a town nurse ready to help & answer your questions!*

**Tamara Bedard, RN Phone: 978-772-3335 ext. 340**

## Good to know!

### A Message from Ashby's New Animal Inspector, April Alden

Hi everyone, I've taken the animal inspector position in Ashby. I was nominated by the Board of Health and appointed by the State. Barn Inspections have not been done in quite a while so it may seem odd to folks why someone is coming around now. I've been met with mostly support but some peoples reactions have been more like, what did I do?! I TOTALLY understand! I want to assure you I'm not a weirdo. I live here in town and run Souhegan Farm on West Rd. I've worked there for 19 years and come with a very long resume of animal experience. Every town in MA is required to have an animal inspector. The Division of Animal Health has been collecting information on the numbers of domestic animals and their locations around the state. The collection of data is used to develop a response plan to an emergency and implement it. The info is used to assist people who may find themselves unable to get their animals clear of a potentially dangerous situation. I have to inspect every property housing livestock, including horses and chickens. The location of the animals is pin pointed on computer generated maps and is used in planning disease control or natural disaster response. The inspections are designed to ensure the safety of everyone's animals, is confidential, and will only be used to develop emergency response plans. Recently the duties of animals inspector has also been made to include rabies control and management of dog/cat bites to humans, other domestic animals, and wild animals. My visit to your farm is easy - a visual inspection of the animals and their conditions. I want to make contact with people first instead of just showing up. I've already done 35 visits so far. I'm really nice and easy to deal with - I promise! I am calling folks to introduce myself and set up times to meet them in person. If you'd like to ask me any questions, or set up a time for me to visit, you can call or text me.



**April Alden, Ashby Animal Inspector: 978-855-3448**

#### NEED MEDICAL EQUIPMENT?

Your COA has equipment available for you to borrow at no cost: Wheelchairs, Walkers, Canes, Chairs, Tub Stools, Bed Assist Handles, and more! Contact the COA office to confirm the item you need is available: 978-386-2424, ext. 27

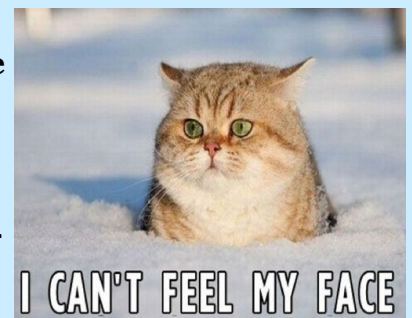
**ALSO...**

**Equipment is a medical equipment re-use program offering free refurbished wheelchairs, scooters, shower chairs and more to adults, children and elders living in Massachusetts.** Visit [www.dmerequipment.org](http://www.dmerequipment.org) to search available equipment and for more information or call: 508-713-9690

#### WINTER IS HERE...

### SIGN UP NOW FOR SAND DELIVERY!

Contact the Ashby COA to be added to the Senior Sand Delivery List: 978-386-2424 ext. 27



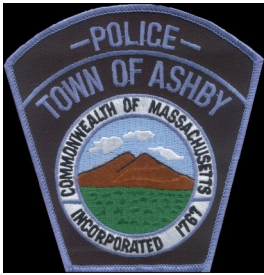
#### SENIOR CITIZEN PROPERTY TAX WORK-OFF PROGRAM

This program allows Ashby homeowners, age 65+ to reduce property taxes by working for the Town of Ashby. Stop by the Assessors office at Town Hall for an Application!

#### ASHBY MART SHUTTLE SERVICE

MART Shuttle Service is available to all eligible (60 years or older, or ADA qualified) individuals. Ashby residents may use the van Monday - Friday for medical appointments, social day care, and shopping. The van is available from 8:00 a.m. to 5:00. Riders must be scheduled by 2:30 p.m. the day before. To APPLY and schedule use please call: **Jennifer Collins, Monday through Thursday: 386-2501, ext. 11**





## Ashby P.D. Tip of the Month: HOUSE WATCH PROGRAM

Were you aware that the Ashby Police Department will check your house **while you are away**? A uniformed police officer will check the exterior of your house while you are away for an extended period of time (vacation, extended hospital stays, etc.). The officer will ensure that the house has not been broken in to or vandalized by checking doors and windows. This is a FREE service that is provided by the police department and often underutilized by the citizens of Ashby.

To request a house watch, simply complete a request form and return it to the Ashby Police Department. A request form can be picked up at the Police Department or find it on the Ashby Police Department's website: <https://ashbypolice.org/useful-forms/>

**If you have any questions, please do not hesitate to contact the Ashby police department at 978-386-5652.**



**Residents attending the Scams Information Session on November 15, 2018 at the Ashby American Legion. The session was put on by the Middlesex County Sheriff's Office & the Ashby Police Department, and was sponsored by the Ashby Council on Aging.**

# Services -



The SHINE Program provides FREE, unbiased, health insurance counseling to all Mass residents with Medicare, their caregivers, and those approaching Medicare eligibility. For more information, or to meet with a counselor, contact the Ashby COA at 978-386-2424, ext. 27. Ashby's SHINE councilor is available the first Thursday of each month for



## Nashoba Nursing Service & Hospice *Healing Conversations*

Wednesday, November 14th from 4:00-5:30pm  
at the Ayer Public Library

Thursday, November 15th from 10:00-11:00am  
at the Harvard Senior Center

Tuesday, December 11th from 4:00-5:30pm  
at the Ayer Public Library

Tuesday, December 18th from 5:00-7:00pm

Please join us for *Healing Conversations*, a free adult bereavement support group series offered by Nashoba Nursing Service & Hospice. Registration is not required, but appreciated, so we can plan accordingly. If you have any questions, please contact Kathy Benson, LICSW 978-425-6675

### COMMUNITY SERVICES :

**Community Legal Aid of Central MA (free):**  
(855) 252-5342 | [www.communitylegal.org](http://www.communitylegal.org)

**Elder Helpline:** Mon-Fri 9a-8pm, Sat 9am-1pm  
(800) 243-4636 | TDD/TTY (800) 872-0166

**Executive Office of Elder Affairs:**  
(800) 922-2275 Report Elder Abuse  
Operating 7 days a week 24 hours a day.

**Fitchburg Family Pharmacy: (978) 878-8465**  
FREE delivery of medications Monday-Friday.  
Please allow 24 hours for delivery.

**Fuel Assistance:** Salvation Army(978) 342-9407  
New England Farm Worker's Council  
(978) 342-4520

**MassOptions:** Free referral service  
(844) 422-6277 | [www.MassOptions.org](http://www.MassOptions.org)

**MOC Meals on Wheels: (978) 345-8501**  
Home delivered meals

**Twin City Area Memory Cafe: (978) 400-8778**  
1<sup>st</sup> Wednesday of the month from 1:00pm - 3:00pm  
At Leominster Senior Center.  
Contact: JoAnn Valois

### COUNCILING & SUPPORT

#### CAREGIVER SUPPORT GROUP

*Montachusett Home Care Corp.*  
680 Mechanics St., Leominster  
(800) 734-7312  
Meets 3rd Thursday of the Month  
10:00—11:15 am

#### ALZHEIMER'S SUPPORT

*The Highlands*  
335 Nichols Rd., Fitchburg  
(978) 343-5368  
Meets first Thurs. of the month 6 p.m.

#### WIDOWHOOD SUPPORT

*Montachusett Home Care Corp.*  
Facilitator: Peter Silvia  
(800) 734-7312  
Meets Thursdays 2:00 p.m.

#### PARKINSON'S SUPPORT GROUP

*Pepperell Senior Center*  
Meets 2nd Wednesday of the month 3:00-4:00;  
Call Susan: 978-433-0326

#### ASHBY CONGREGATIONAL CHURCH

(978) 386-5566  
[www.ashbycongregational.com](http://www.ashbycongregational.com)

#### ASHBY FIRST PARISH CHURCH

(978) 386-5660  
[www.ashbyuu.org](http://www.ashbyuu.org)

#### SANCTUARY

(978) 906-5081  
[www.sanctuaryashby.org](http://www.sanctuaryashby.org)

### Pick up your FREE File of Life Magnet at the COA office!

Emergencies can happen any time. Be prepared! Keep all your medical info in one place right on your fridge! Its easy and its free! Contact the COA or Ashby Fire Dept.

<b>FILE OF LIFE</b>	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF _____ MO. _____ YR. _____	
Name: _____	Phone #: _____
Address: _____	Phone #: _____
Doctor: _____	Phone #: _____
Preferred Hospital: _____	Phone #: _____
EMERGENCY CONTACTS	
Name: _____	Phone #: _____
Address: _____	Phone #: _____
Name: _____	Phone #: _____
Address: _____	Phone #: _____

### Nashoba Nursing Service & Hospice and Nashoba Associated Boards of Health

## UPCOMING EVENTS:



- ⇒ **Book Discussion: “Being Mortal” by Atul Gawande  
Dec. 4th, 7:00 to 8:30 pm at the Townsend Library**  
Dr. Gawande offers a timely account of how modern Americans cope with decline and mortality. Being Mortal is a sensitive, intelligent and heartfelt examination of the processes of aging and dying. Preparation is to read (or listen to) the book but **please come whether you had a chance to read/finish the book**. If you have any questions, please contact Stacy Schuttler at the library, (978) 597-1714.
- ⇒ **FREE Health & Wellness Resource Fair: Dec. 5th, 3:00 to 7:00 at the Devens Commons Center** - Free Health Screenings, Demonstrations, Samples, Prize Drawings, Over 30 exhibitors. Event sponsored by Nashoba Valley Dental. For more information, please call The Nashoba Valley Chamber of Commerce at 978-426-5761. Free, easy parking.
- ⇒ **A Healing Conversation, Adult Bereavement Support Series: Dec. 11th from 4:00 to 5:30pm at the Ayer Public Library** - Please join us for Healing Conversations- a free adult bereavement support series offered by Nashoba Nursing Service & Hospice and Nashoba Associated Boards of Health. Registration is not required, but appreciated - Kathy Benson, LICSW at 978-425-6675 or email kbenson@nashoba.org
- ⇒ **Groton Blood Pressure Clinic - Free & Open to the Public: Dec. 28 from 10:30 to 12:00 at RiverCourt Residences, 8 West St., West Groton, MA** - We invite you to drop by the blood pressure clinic at RiverCourt Residences to have your blood pressure checked and learn more about town health services and wellness checks. Please feel free to contact us for more information on how we can support you in your efforts to be as healthy as you can be: Tamara Bedard, RN, Community Health Manager 978-772-3335 ext. 340



**Montachusett  
Home Care**

## Volunteer Opportunities

**Your time is a gift. Give it to someone who will cherish every minute.**

Volunteers of all ages are needed to assist elders 60 years and older as well as younger disabled individuals. You can provide individuals with transportation to an appointment. Maybe visiting a lonely elder once a week is something that interests you. Completing grocery shopping or joining an elder on a shopping trip may be how you make the biggest difference. Some elders simply need someone like you to offer a phone call for reassurance and a sense of connection.

**For more information about gifting your time, call the Volunteer Coordinators at MHCC at 1-800-734-7312 or 978-537-7411 or email us at [volunteers@mhcc-1.org](mailto:volunteers@mhcc-1.org).**

*Montachusett Home Care (MHCC) is proud to have Ashby as one of the 21 towns in its service area. The mission of MHCC is to help elders and disabled Individuals to remain independent in their communities. Case managers assist with connecting individuals with services, resources, and supports. MHCC also offers protective services for those with a concern related to personal safety and wellbeing.*

## Programs -

### ASHBY FIRE & EMS

## FREE SMOKE DETECTOR CHECK-UP & REPLACEMENT PROGRAM

Contact the Ashby Fire Station to schedule an in-home check-up:  
978-386-5522 (Mon - Fri, 7:00 to 5:00 pm)

### Wednesdays at the 873 Café is Senior Discount Day!

Seniors receive a 10% discount every Wednesday!

### NEED A NOTARY?

Your COA Director is a commissioned  
Massachusetts Notary!

Call the COA to make an appointment:  
978-386-2424 (ext. 27)

*This is a free service provided by your COA.*

### Free Community Supper

The First Baptist Church of West Townsend holds a free Community Supper on the last Wednesday of the month from 5:00 to 7:00 . The supper is open to anyone that could use a warm meal. 461 Main Street, West Townsend, MA. For information on the supper please call the church: 978-597-2641

### MEALS ON WHEELS

The Ashby COA through Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation. Must be at least 60 years of age and homebound. **Call the Ashby COA office at 978-386-2424 ext. 27 for more information.**

## Events -

### TOWNSEND SENIOR CENTER EVENTS:

**Holiday Fair: Saturday, December 1st**

**Healthy Eating During the Holidays: Dec. 3rd**

**Festival of Trees: December & January**

**Book Club - Being Mortal: Dec. 4th**

**Boxwood Flower Arranging: Dec. 6th**

**A Christmas Carol at Canon Theater, Littleton, (\$25 includes appetizers, performance, and transportation): Dec. 7th**

**Coping During the Holidays: Dec. 12th**

**Christmas Party: Dec. 14th**

**Please call the Townsend Senior Center for times, more information, and to register : 978-597-1710**

Snow Policy Reminder: The Townsend Senior Center is closed when North Middlesex Schools are closed. During delayed openings, the Center will run its normal hours. Wednesday evening hours determined at the Director's discretion.

### FITCHBURG SENIOR CENTER EVENTS:

**Monthly Free Senior Breakfast**  
3rd Wednesday of the month at 9:00 am

**Dec. 8th: Kennebunkport Christmas Prelude & lunch at Warren's Lobster House.** Cost \$72 per person.

**Sunday, December 2nd: Boston Ballet's The Nutcracker** - Includes transportation to and from the Clinton Senior Center and admission. Lunch at The Cheesecake Factory (price not included). Cost \$60 per person Reservations/Info: Deb Goodsell (978)733-4747

**Monday, December 10th @ 10:00am: Friends' Holiday Party Luncheon!**

Yankee Swap Gifts (\$10 or more, unisex) & 1 Attendance Prize 12:00pm: Chicken Pot Pie Lunch Music by the Fine Tuners. Sign Up Required! Members are FREE, \$10 for nonmembers

**Please call the Fitchburg Senior Center for more information and to register: 978-829-1790**

# EVENTS ~

## The Friends of the Ashby Library's Library Holiday Open House!

Saturday, December 8th

10:00 to 1:00

Santa ~ Raffles

Crafts ~ Music



# SR. CITIZEN DANCE

Friday, Dec. 7th

4:30 to 7:00

at N.M.R.H.S

Pasta Supper - Refreshments-  
Desserts - Music - Raffles Baskets  
Transport available from the  
Townsend Senior Center

Tickets \$15 (All proceeds benefit  
NMRHS N.Y. Service Learning)



## Hayride & Holiday Light Fight Kick Off!

Pepperell Community  
Center

Saturday, December 15, 2018

2 PM to 5 PM



Come on down with your family and enjoy our holiday hayride, music and hot chocolate. And be sure to buy your Holiday Light Challenge Map! The maps will show homes participating in our first holiday light challenge, bringing families together to celebrate the holiday spirit. For those who purchase maps, your whole family will be able to vote for their favorite lights display from December 15 - January 1st.

## Friends of the Townsend Public Library's Holiday Fair

Saturday, December 1st

10am to 3:00 pm

Find treasures from local  
crafters and vendors! Enjoy  
delicious home made lunch,  
cookies, and desserts!

Activities, crafts, and a special  
"kids only" shopping room!



## Independence Breakfast & Basket Raffle

Finnish Center at Saima Park

67 Scott Road, Fitchburg, MA

[www.saima-park.org](http://www.saima-park.org)

Saturday - December 1, 2018

8:00am to 10:00am - \$8

**Menu:** Pannukakku (Finnish Oven Pancake)

Bacon

Sausage

Fruit, Juice

Coffee / Tea

Pulla (Finnish Coffee Bread)

- Basket Raffle!
- Elisa Lomme's artwork on display and for sale
- Raivaaja Bookstore will have a display, with interesting items for sale



DAN CORMIER & FRIENDS

# COME TOGETHER 2018

2nd Annual Benefit Concert for Fitchburg Music for Youth  
celebrating

# THE BEATLES

Saturday, December 29th  
FITCHBURG SENIOR CENTER  
14 WALLACE AVE. FITCHBURG, MA  
DOORS @ 5:00 SHOW @ 6:00

Cash Bar only - Food available on site  
\$10 tickets available in advance & at door  
kids under 10 are free  
Non-Perishable food drive on site!

T.TNF:TP:

A Splendid Time is It



## EVENTS ~



### Wreaths Across America is Coming to Montachusett Regional Vocational Tech School

Please join us to welcome the Wreaths Across America caravan as it heads down to Arlington National Cemetery where they will lay wreaths on the graves of our fallen heroes. A remembrance ceremony will take place inside the Performance Arts Center followed by holiday treats and fun. All are welcome.

**Monday, December 10th at 4:00 p.m.**

For additional information please contact  
Monty Tech: 978-345-9200

### Fitchburg Art Museum presents: **Hidden Treasures**

*A FREE specialized art appreciation program for individuals with Alzheimer's Disease or a related dementia and their caregivers.*

**Thursday, December 13, 2018**  
**1:00 PM to 3:00 PM**

Participants must pre-register with the Fitchburg Art Museum by calling 978-345-4207 or by emailing [adesctaux@fitchburgmuseum.org](mailto:adesctaux@fitchburgmuseum.org)

### Highland Baptist Church presents: **"The Gift" Christmas Concert**

**Saturday, Dec. 15th at 7:00 p.m.**  
**Sunday, Dec. 16th at 10:15 a.m.**

Both performances will be narrated by the pastor and feature the church choir & the children's choir. Refreshments to follow each performance. Public welcome.

**19 Cedar Street, Fitchburg Ma 01420**  
**For more info please contact the church: 978-345-9646**

**SAVE THE DATE:**  
**JANUARY 17th 4-8:00 pm**  
**Restore the Maya Hall Night at**  
**the 873 CAFE**



**A portion of all the 873 Café's profits on January 17th, from 4:00 to 8:00 p.m. will go to help Ashby Fire & EMS restore the Maya Hall!**

### ASHBY CONGREGATIONAL CHURCH COMMUNITY EVENTS:

Dec. 1st @ 7:00 pm - Community Women's Group: **COOKIE SWAP & CHRISTMAS CAROLS** (Cookies optional)

Dec. 2nd Immediately following the Ashby Common Tree Lighting: **HOBOW STEW DINNER**

Dec. 16th @ 4:00 pm - **CROSSROADS CHRISTMAS CONCERT & DINNER**

Public welcome! For more info please contact the church: 978-386-5566



# Breakfast

BINGO				
7	26	40	58	73
14	22	34	55	68
4	24	FREE	46	72
9	20	36	52	74
6	28	35	49	64

**BINGO**  
**Dec 13, 2018**

**Breakfast @ 9:00 am**  
**Games @ 9:30 am**

**Grand Prize:  
 \$150 Market  
 Basket  
 Gift Card!**

- Free Breakfast Buffet
- Free Bingo
- Grand Prize
- Meet Our Team
- Tour our Center

**RSVP by December 6<sup>th</sup> to 978.345.0146**  
 To: Ashley O'Connor or David Hicks

Limited Number of Seats: 50 People Max



1199 John Fitch Highway, Fitchburg, MA 01420

## Wilson Bus Lines Upcoming Day Tour: Kennebunkport, ME Christmas Prelude

**Date: 12/8/2018 Price: \$72.00**

Kennebunkport's "Christmas Prelude" is the ultimate seaside holiday celebration and a great way to kick off the Christmas season. Prelude will remind you of Christmas' of the past, when the whole town is transformed with bright lights, bows and boughs and everyone comes together to celebrate this festive time. Shoppers will delight in the steals and deals around town, with stores will even serve up cookies and fresh cider to warm up visitors as they browse. There are also several local craft fairs that offer unique and handmade gifts from local artisans. Enjoy a delicious lunch at Warren's Lobster House.

**Departs: Leominster Friendly's @ 10:00 AM**  
**Returns: Leominster Friendly's @ 7:30 PM**

**CONTACT WILSON BUS RESERVATIONS**  
**FOR MORE INFO: 978-632-3894**

**WILSON**  
 Bus Lines



FOR RESERVATIONS - CALL 978-632-3894

# Ashby Fire & EMS Association Winter Raffle To Support: The Maja Hall

**ENTER TO WIN:**  
**1ST PRIZE \$30 SCRATCH TICKET BOOK!**  
**2ND PRIZE \$10 SCRATCH TICKET BOOK!**  
**3RD PRIZE \$2 SCRATCH TICKET BOOK!**

TICKETS ARE AVAILABLE FROM ALL FIRE DEPARTMENT MEMBERS, AND THE 873 STORE  
 DRAWING WILL BE ON JANUARY 17TH 2019 THREE NAMES WILL BE DRAWN  
**GOOD LUCK !!!**

**TICKETS \$20**

PLEASE NOTE YOU MUST BE 18 YEARS OF AGE TO PLAY THE LOTTERY IN MA

# DECEMBER 2018 COMMUNITY EVENTS

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
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## A VERY MERRY CHRISTMAS and Happy New Year!



<h2>A VERY MERRY CHRISTMAS and Happy New Year!</h2> 						<p>1 Community Women's Group Congregational Church 7:00 p.m.</p> <p>Townsend Library Holiday Fair 10:00 to 3:00</p>
<p>2 <b>ASHBY CHRISTMAS TREE LIGHTING @ 4:00 TOWN COMMON followed by HOBOW STEW at the Congregational Church</b> Hanukkah Begins</p>	<p>3 Healthy Holiday Eating Townsend Sr. Center</p>	<p>4 Book Discussion: "Being Mortal" by Atul Gawande 7:00 to 8:30 pm at the Townsend Library</p>	<p>5 COA Office Open 9:00 - 12:00</p> <p>Health &amp; Wellness Resource Fair Devens Commons Center 3:00-7:00</p>	<p>6 Cookbook Club &amp; Cookie Swap Ashby Library 6:30 pm</p>	<p>7 Sr. Citizen Dance NMRHS 4:30</p>	<p>8 Ashby Library Holiday Open House 10:00 to 1:00</p> <p><b>SR. CITIZEN DINNER ASHBY LEGION 1:30</b></p>
<p>9</p>	<p>10 Holiday Party Luncheon at the Fitchburg Senior Center 10:00 a.m.</p> <p>Wreaths Across America Monty Tech 4:00</p>	<p>11 Adult Bereavement Support Series Ayer Library 4:00-5:30</p>	<p>12 COA Office Open 9:00 - 12:00</p> <p><b>COA MEETING 3:30 TOWN HALL</b></p> <p>Adult Book Club Ashby Library 6:30 pm</p>	<p>13 Hidden Treasures Fitchburg Art Museum 1:00 - 3:00</p> <p>BINGO Fitchburg Healthcare 9:00 a.m.</p>	<p>14 Christmas Party @ the Townsend Sr. Center</p>	<p>15 COA Trip to A Christmas Carol @ Hanover Theater</p> <p>Pepperell Hayride &amp; Holiday Light Fight Kick Off! Pepperell Community Cntr 2:00 to 5:00 pm</p>
<p>16 Crossroads Christmas Concert &amp; Dinner Ashby Congo Church 4:00</p>	<p>17</p>	<p>18</p>	<p>19 <b>DIABETES 101 COA OFFICE 1:00 p.m.</b></p> <p>COA Office Open 9:00 - 12:00</p>	<p>20</p>	<p>21</p>	<p>22 TRANSFER STATION OPEN 9:00 to 1:00</p>
<p>23</p>	<p>24 Christmas Eve</p>	<p>25 </p>	<p>26 <b>HELP FOLD NEWSLETTERS AT THE COA OFFICE 1:00</b> COA Office Open 9:00 - 12:00</p>	<p>27</p>	<p>28 Free Blood Pressure Clinic RiverCourt Residences, Groton 10:30 to 12:00</p>	<p>29 Beatles Tribute Benefit Concert Fitchburg Senior Center 5:00 pm</p>
<p>30</p>	<p>31 New Year's Eve</p>	<p><b>Your Ashby COA is on Facebook!</b> Like us at: <b>@AshbyMACOA</b></p>  <p><b>Like us on Facebook</b></p>				



**Ashby Council On Aging**

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THE ASHBY COUNCIL ON AGING NEWSLETTER

# SENIOR SCOOP

**INTERESTED IN JOINING THE COA?  
LOOKING TO SIMPLY LEARN MORE?  
COME TO A COA MEETING!**

Please join us at our next meeting to learn more:

**Wed., Dec. 12th at 3:30  
Town Hall, 3rd Floor**