

July 2017

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 Center Closed No Meals Served</p> 	<p>4 Center Closed No Meals Served</p>  <p>Happy Fourth</p> 	<p>5 BBQ Pulled Pork</p> <p>10:00 Tai Chi</p> <p>10:00 Spa Services</p> <p>1:00 Fun Cards</p>	<p>6 Greek Lemon Chicken</p> <p>10:00 Healthy Bones and Balance</p> <p>11:30 Blood Pressure Clinic</p> <p>12:30 Senator Lesser's office hour</p>	<p>7 Tuna Salad Plate</p> <p>9a-12p Veteran's Agent</p> <p>10:00 Wii Bowling</p>
<p>10 BBQ Riblet</p> <p>10:00 Healthy Bones and Balance</p> <p>11:00 State Rep. Goldstein-Rose's office hour</p> <p>1:00 Michigan Rummy</p>	<p>11 Lasagna/Meat Sauce</p> <p>9:00 Hearing Clinic</p> <p>9:00 S.H.I.N.E by appt</p> <p>11:00 Renaissance Manor Presentation</p> <p>12:30 Quilting/ Needle Work</p>	<p>12 Chicken Brushetta</p> <p>10:00 Tai Chi</p> <p>1:00 Fun Cards</p>	<p>13 Roast Turkey</p> <p>9:00 Foot Care by Appt.</p> <p>10:00 Healthy Bones and Balance</p>	<p>14 French Chicken Sausage Casserole</p> <p>9a-12p Veteran's Agent</p> <p>9:00 Stamp Collectors</p> <p>10:00 Fallon Rep</p> <p>10:00 Wii Bowling</p>
<p>17 Salisbury Steak</p> <p>10:00 Healthy Bones and Balance</p> <p>1:00 Michigan Rummy</p>	<p>18 Hot Dog Bar</p> <p>9:00 S.H.I.N.E by appt</p> <p>10:00 Veteran's Corner</p> <p>Brown Bag pick up After 11:00 a.m.</p> <p>12:30 Quilting/ Needle Work</p>	<p>19 Baked Chicken</p> <p>9:15 COA Advisory Board</p> <p>10:00 Tai Chi</p> <p>11:00 Dining Out</p> <p>1:00 Fun Cards</p>	<p>20 Pot Roast</p> <p>10:00 Healthy Bones and Balance</p> <p>11:30 Blood Pressure Clinic</p> <p>12:30 Travel Log: Russia Part 2</p>	<p>21 Soup & Sandwich</p> <p>9a-12p Veteran's Agent</p> <p>10:00 Wii Bowling</p>
<p>24 Chicken w/Orange Glaze</p> <p>10:00 Healthy Bones and Balance</p> <p>1:00 Michigan Rummy</p>	<p>25 Hamburg's</p> <p>9:00 S.H.I.N.E by appt</p> <p>9:00 Newsletter Assembly</p> <p>12:30 Quilting/ Needle Work</p> <p>1:00 Succulent Garden Workshop</p>	<p>26 Tex Mex Pasta</p> <p>10:00 Tai Chi</p> <p>1:00 Fun Cards</p>	<p>27 Italian Sausage Bites</p> <p>9:00 Foot Care by Appt.</p> <p>10:00 Healthy Bones and Balance</p>	<p>28 Haddock</p> <p>9a-12p Veteran's Agent</p> <p>9:00 Stamp Collectors</p> <p>10:00 Wii Bowling</p> <p>1:00 Movie "Patriot's Day"</p>
<p>31 Baked Chicken</p> <p>10:00 Healthy Bones and Balance</p> <p>1:00 Adult Coloring</p> <p>1:00 Michigan Rummy</p>	<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>Fascinating Facts about Fourth of July</p> <p>Although Thomas Jefferson is often called the "author" of the Declaration of Independence, he wasn't the only person who contributed important ideas. Jefferson was a member of a five-person committee appointed by the Continental Congress to write the Declaration. The committee included Jefferson, Benjamin Franklin, John Adams, Robert</p> </div>			

July's Meetings & Events

Dining Out w/ Kim

Wednesday, July 19th

Terrazza @ Greenfield Country Club
Greenfield, MA



The van ride is \$5 and the cost of lunch is on your own.
We will be leaving the COA at 11:15 am.

THANK YOU VOLUNTEERS!

The volunteers donated over 218 hours of free time to the Center in May! We can't thank them enough for all that they do for us.

All those who volunteered will be entered into a drawing to win a gift card to a local establishment.

May's winner is Beth Chapdelaine! Beth volunteers each Thursday in the lunch room. She can also be found assembling the monthly newsletter and is a member of the Friends of Granby's Elderly.



July's Movie: "Patriot's Day"

Playing Friday, July 28th @ 1:00 pm

Starring: Mark Walburg, John Goodman and Kevin Bacon



Overview:

In 2013, the city of Boston was shocked by the tragic events that occurred during the Boston Marathon. Terrorists set off bombs that killed many and wounded over 250 more. In the wake of the horrifying attack, Ed Davis, the Police Commissioner of Boston, races to find the killers before they can flee the country. He teams up with some of the brave survivors, the emergency workers who rushed to help immediately after the attack, and the many citizens of Boston. Together with his massive team, Davis starts a manhunt to bring the killers to justice before they can escape.

Watch your movie in our soft, comfortable arm chairs! All are Welcome!!!

*Movie and popcorn are always **Free!***

State Senator Eric Lesser's office hours:

Thursday, July 6th from 12:30pm-1:30pm.

Senator Lesser's New District Director,
Joel McAuliffe will be conducting office hours on the
first Thursday of the month.

He is eager to hear from Granby residents.
Stop by and meet him!



State Representative Solomon Goldstein-Rose's office hours:

Monday, July 10th from 11am-12pm

Come down to the Senior Center to meet with him
and talk about your concerns.

Light refreshments available



S.H.I.N.E Counselor

Fred Thomas

Available: Tuesday's 9am -12pm
Call for appointments @ 467-3239

WHAT IS S.H.I.N.E.?

(Serving the Health Information Needs of Everyone)
SHINE provides confidential counseling and assistance to
Medicare beneficiaries and assistance with Medigap and
HMO coverage, Medicare, Prescription Advantage
applications, public benefits and more.

*The SHINE program is a free confidential program
of the Executive Office of Elder Affairs in conjunction
with Franklin County Home Care Corporation and
local Councils on Aging.*

Hearing Services

*Sponsored by: EarMasters, on-site hearing
specialists of Southwick.*



Specialist Gary Winn will be here on
Tuesday, July 11th starting at 9:00 am.
Services will be by appointment. They will include
hearing screening and testing. Also offered are
hearing aid checks, servicing and cleanings.

There are no fees for this service!
Call for your appointment today 467-3239