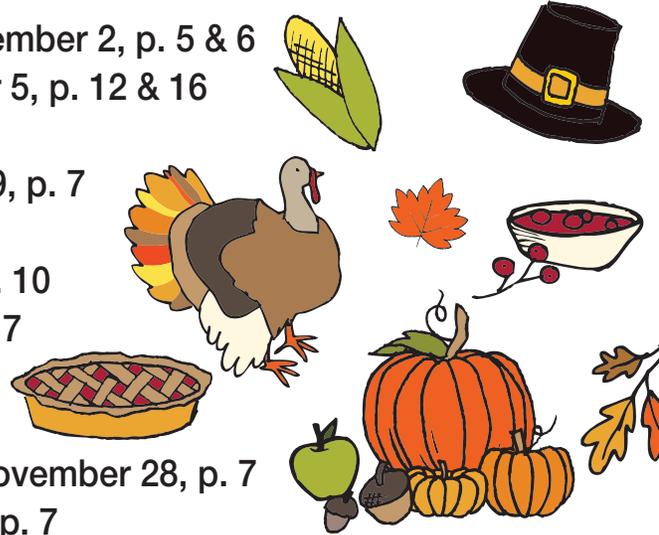




HIGHLIGHT OF UPCOMING EVENTS:

- Nurse Talk: Heartburn & Acid Reflex, November 2, p. 5 & 6
- SFCOA HOLIDAY CRAFT FAIR, November 5, p. 12 & 16
- Miss Mendon Diner, November 7, p. 7
- Edward M. Kennedy Institute, November 9, p. 7
- Gates Pond Walk, November 10, p. 7
- VETERANS BREAKFAST, November 11, p. 10
- Caring for the Caregiver, November 16, p. 7
- Name That Tune, November 16, p. 7
- Reiki Clinic, November 17, p. 7
- Lunch Bunch: Branch Line, Watertown, November 28, p. 7
- Tower Hill Botanic Garden, November 30, p. 7



HOORAY, WE'RE MOVING TO THE NEW POMPOSITTICUT COMMUNITY CENTER. Located at 509 Great Road!

Our space is expanding by over 10,000 sq. ft. Now everything will be under one roof! Unfortunately, we still don't have an exact date yet. Sometime in November!

REMINDERS: Don't forget to turn your clocks back Sunday, Nov. 6
Don't forget the Election - Early Voting now - Nov. 4th, see p. 4&6
Medicare Open Enrollment, learn about changes to your plan, p. 5

The office will be closed on Friday, November 11 in observation of Veterans Day and Thursday and Friday November 24-25 for Thanksgiving.

Inside this Issue:

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STOW COUNCIL ON AGING

Town Building, Lower Level, Friendship Room,
380 Great Rd. Stow, MA 01775

Moving sometime in November – call first to see where we are!

Monday - Friday 8am - 4pm

E-mail: coa@stow-ma.gov

Website: www.stow-ma.gov

Tel. # 978-897-1880

Fax # 978-897-0486

Mission Statement

The Town of Stow Council on Aging is here to provide support to those age 60+, by being a resource of information on elder affairs, providing social activities, outreach services, and helping people remain in their homes as long as safely possible.

Council on Aging Staff

Alyson Toole, Executive Director	Dave Ashman, FT Van Driver/Dispatch
Sharon Funkhouser, Outreach/Vol. Coord.	Betty Sauta, PT Van Driver
Suzanne Howley, Outreach Worker	Jim Sauta, PT Van Driver
Gigi Lengieza, Front Desk Coordinator	Chris Schuch, PT Van Driver

Council on Aging Board Members

William Byron, Chair	Susan Matatia, Member
Newton Wesley, Vice-Chair	Susan Pauley, Member
Ruth Delmonico, Secretary	Brian Burke, Associate
Ruth Banfield, Member	Rep. Kate Hogan, Associate
Stephen Dungan, Member	

(COA Board meets on the 2nd Thursday of every month at 10 am at the COA)

Transportation Services

We provide van service to Stow residents 60+ and those with disabilities. Important policy reminders are highlighted below:

- **Scheduling a Van Ride: All van reservations must be made by calling the COA between 8 - noon at least 24 hours in advance and speaking with the Transportation Coordinator.** For example, when scheduling a ride for Monday, the call must be received by 12 noon on the Friday before.
- **Van pick-ups start at 8:30 AM, with the last pick-up to return home no later than 3:00 PM.**
- Our Service area (originating from Stow) is: Acton, Bolton, Boxboro, Concord, Harvard, Lancaster, Maynard, Marlboro, and Sudbury. Please have the exact destination with the phone number when you book rides.
- **Please be ready 15 minutes before your scheduled van pick up.**
- Our van service is **pick up** and **drop off** only.
- Our van drivers must follow their assigned schedule and are not allowed to make last-minute changes to the schedule in order to accommodate the rider's request.
- Also, we can't provide individual shopping trips if scheduled on the same day/time as our group shopping trip.
- Meal site, Food Pantry, COA Office: FREE
- Stow only: \$2 one-way or round trip
- Out-of-Town Rides: \$3 one-way or round trip
- Volunteers may be available for medical appointments outside service area or business hours.

Card Games

Social Bridge - all levels welcome. Tuesdays at 1 pm, COA.
FREE. Please RSVP.

Exercise Classes

Qi Gong: Instructor Carolyn McDonald, Monday, 9 am at Union Church.
Free. Come join us for gentle movements that help with balance, breathing and energy. The Principles include upright, relaxing, tranquility and empty.

Aerobics: Instructor Terri Zaborowski.

Monday, Wednesday, Friday, 10 am, at St. Isidore's Church \$3.
Start with some rhythmic stretches and a 5 minute warm-up followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand weights. This class is for all fitness levels. Routines and exercises can be modified to individual needs. Please bring a set of weights and a water bottle to class.

Tai Chi: Instructor Eric Frost, Tuesdays, 1 pm, at Ethereal Arts Self Defense, 118 Great Road. (Front Door is the Bank of America ATM) \$3. Come learn about this Meditation in Motion, Tai Chi movements are calming and peaceful. The fluid movements can improve circulation and breathing.

Zumba Gold: Instructor Terry Kessel Myers Coney,
Tuesday and Thursday, 10 am, at St Isidore's, \$2.

Stop by and enjoy the fun in the Zumba Gold class, with warm-up, dance/exercise and a cool down, all to upbeat Latin and international music. You do as much or as little as you can, and we always have lots of fun.

Stretch and Smile: No instructor, Friday, 9 am at the 3rd floor Conference Room, Town Building. FREE. Come join us for stretching and gentle movement, partly as chair exercises. We work from a DVD.

Yoga: Instructor Terry Kessel Myers Coney.
Friday, 9 am, at Town Hall, \$5/class or \$24/8 weeks.

Creativity Classes

Art Class: Instructor Kristen Donovan. Mondays, 10 - Noon, at Kristen Donovan Art Studio, 16 Gleasondale Road. Donation requested.

Craft Class: Mondays, 12 - 4 pm class begins at 1pm.....**FREE**
Instructors - Sally Howell, Louise Peacock, Susan Rondeau, Colleen Cosentino, Judy Faford & Paula Gaudet. Guest Instructors are welcome to contact us to discuss the possibility of teaching a class in the future. Contact Information: (978) 897-5338 or countrypickns@yahoo.com. Sponsored by: The Stow Friends of the Council on Aging. **This class has reached its maximum enrollment. We will be happy to notify you when a space becomes available.** See page 15 for more info. **NO CLASS on Monday, Nov. 7th.**

The Bee: The 1st and 3rd Wednesday 1:30-3:30 pm at the Union Church.
For hand spinning, quilting, knitting and textile related work. Quilters, knitters, felters, workers in any quiet fiber craft.

Outreach Services

Information and Referrals on Home Care Options, Advocacy, Home Visits, Are You OK? (daily well-being checks), Fuel Assistance, SNAP (Food Stamps), Friendly Visitors, Volunteer Drivers, Support Groups and much more! Call Sharon or Suzanne any time. We can visit right away. You may refer someone else who might need services. If you suspect elder abuse or neglect (no proof needed) make a confidential call immediately.

ELECTION DAY - TUESDAY, NOVEMBER 8TH

Stow's polling location is The Center School, 403 Great Road.

Polls are open 7 am - 8 pm. Call COA if you need a ride to the polls.

Take advantage of EARLY VOTING! Now thru November 4th. Monday thru Friday 8 - 4 at the Town Building. Early voting may be done in person or the ballot may be mailed. If you want to avoid the long walk, waiting in line, vote early, COA will be happy to provide FREE transportation.

Will you be absent from the Town on Election Day? Get an absentee ballot mailed to you or vote in person until Nov. 7. Go to the Town's home page www.stow-ma.gov for more Information or call the Clerk's office at (978) 897-5034.

COMMUNITY SERVICES COORDINATOR

The Community Services Coordinator is available to provide information and make referrals to various programs and agencies. Areas of assistance include financial supports, housing options, legal assistance, disability services, mental health services, children and family resources, and caregiver resources.

For more information contact: Lauren Abraham, 978-897-2638,

Email: townsocialworker@stow-ma.gov.

Hours: Monday & Wednesdays, 8 am – 4 pm.

VETERANS INFORMATION

Questions regarding veterans' benefits, please call Joe Jacobs, Stow's Veterans Agent. New office hours are Tuesday's 1-3. Contact info: Cell Phone 978-290-0278 (best number), Home 978-562-7359, or E-mail jcck10@verizon.net. As always, Joe will be available to meet at any time during the week.

FUEL ASSISTANCE

We will be taking SMOC fuel assistance (heating) applications for low-income Stow residents (homeowners/renters) of all ages starting Nov.1. Income limits are \$34,001 for one person and \$44,463 for two people. Income documentation is required for all family members over 18, as well as Social Security cards and photo IDs. Other documentation is also needed. Applications are taken by appointment only at the COA. If you have any questions call, Suzanne on Tuesdays through Thursdays 9-2 at (978) 897-1880.

FREE COMPUTER HELP

If you need computer/printer help – buying/getting one for free, set-up, tutoring, file transfer or repair, please call COA. We will arrange an appointment with a computer expert who will visit you.

PODIATRY & BLOOD PRESSURE CLINICS

Day & Time: **Wednesday, November 2, 9:30 and 10 am**

The **Podiatrist** is here at the COA from 9:30 am -12 noon by appointment. Please make checks for \$20 payable to "Dr. Jack Luber". Home visits are \$30. Call the COA to make your appointment. **The Blood Pressure Clinic** is held in the Town Nurse Office, 10 am to 12 noon. Walk-ins welcome.

NURSE TALK – HEARTBURN & ACID REFLUX

Day & Time: **Wednesday, November 2, 12:15, COA**

Tamara Bedard, RN, will discuss Heartburn and Acid Reflux – signs, symptoms and an overview of medications. Bring your questions. Please sign up.

DO NOT WAIT UNTIL IT'S TOO LATE!

MEDICARE OPEN ENROLLMENT

It's that time of year again! Check your plan for 2017: it is important to **review** and **understand**. During **Medicare Open Enrollment, from now through December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE (Serving Health Insurance Needs of Elders) counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call the COA for your private one-hour consultation with Jackie, every Monday morning at the COA. For immediate assistance, call Minuteman Senior Services, SHINE Department at 781-221-7029.

TOWN NURSE

If you have a medical issue or you're not feeling well and you want to discuss it with a nurse, please contact Tamara Bedard, RN from Nashoba Associated Services. She will be available Monday-Friday 8:30-4:30 by phone at 978-772-3335 X340.

FREE REIKI CLINIC, COA

Day & Time: **Thursday, November 17, 1-2:30, COA**

Marie Patrice Masse has generously donated her time to share her knowledge and healing energy with Stow seniors. Bring your aches and pains and experience it. FREE. Please sign up!



DURABLE MEDICAL EQUIPMENT

Try us FREE before you buy. Inventory varies daily. We typically have gently used walkers, wheelchairs, shower chairs, canes, commodes and more.

DO YOU HAVE A COA KEY TAG?

We are using a scanner key tag system called "My Senior Center" to manage our attendance records at COA events. It eliminates having sign-up sheets for everything going on at the COA. Each time you attend a talk, class, event, or pick up food here, just use your blue tag and our computer touch screen. Your name will pop up, and then you touch the activity that you are attending and then press "done."

It is a simple process, but the records it produces are very important. It allows us to track attendance to judge the popularity of the events for future planning. The Executive Office of Elder Affairs requires annual reports that we gather from this data. It also effects the funding we receive.

Registering will give us an emergency contact person if you have a medical problem on one of our trips or events. If you don't already have one, stop by the COA and fill out the necessary form and pick up your key tag.

TRIPS/EVENTS

Policy: You can't sign up until the 1st of the month! To register, you must pay if more than \$5. We will not accept phone calls to sign up for trips over \$5. Stow seniors have priority. Out-of-towners will be put on a waiting list until the deadline for the event, then called if space allows. If you cancel, your money will **NOT** be returned **unless** we can fill your seat. If you are paying by check, please make checks payable to SFCOA. We will meet at the **Union Church (blue door) parking lot for all out-of-town events.** Please park at the back of the lot near the woods. If we do not have a **minimum of 5 paid attendees**, the event will be cancelled.



WEEKLY GROCERY SHOPPING:

MONDAYS at SHAW'S at 10 am.

SHOP & LUNCH

FRIDAYS at 11 am

11/4 - Walmart/Lunch, Hudson

11/18 - Wegmans/Mall/Lunch, Northboro

Only 2 this month due to the holidays

ERRAND RUNS ETC...

If you want to go to a local store (within our transportation service area – see page 2 for details), you may call the COA by **12 noon** the day before you want to go. You do **NOT** have to wait for Friday.

ELECTION EARLY VOTING

10/31 - 11/4

Avoid the long lines, call for a ride!

NURSE TALK

COA

Day & Time: Wed, Nov. 2, 12:15 p.m.

Cost: Free, please sign up

Town nurse Tamara Bedard will discuss Heartburn and Acid Reflux. Bring your questions.

S F C O A

ANNUAL CRAFT FAIR

SATURDAY, NOVEMBER 5, 9-3

**NEW POMPOSITTICUT
COMMUNITY CENTER,**

509 GREAT RD.

Take advantage of our great holiday craft shopping, provided by carefully selected crafters. Many of last year's crafters are returning and some new ones have been added. There will be hand crafted items including jewelry, cross stitch items, scenic photography, hand knitted items, and scroll saw baskets, just to mention a few, as well as children's educational books by Usborne. The ever popular baked goods table will feature wonderful breads, cakes and sweets and home canned jams. There will be Arts & Crafts made by the Seniors of Stow. Visit our used book table and get best sellers at a good price. A light lunch will be available.

MISS MENDON DINER

Day & Time: Monday, Nov. 7, 10:30 am

Cost: \$4 for van + cost of lunch (cash)

Sign up by: 11/3 **Limit:** 20

A traditional 1950's diner. Breakfast all day, eggs any way, burritos!

EDWARD M. KENNEDY INSTITUTE

Day & Time: Wed., November 9, 9 am

Cost: \$22 van + admin. + cash for lunch

Sign up by: 11/2 **Limit:** 20

Tour the Edward M. Kennedy Institute which offers a variety of exhibits and experiences for visitors including projected displays that immerse visitors in the history of the Senate. Visitors have the opportunity to become "Senators-in-Training" as they grapple with one of the big issues Senators tackle today. See the Institute's to-scale representation of the U.S. Senate Chamber. Explore Senator Kennedy's career and commitment to public service in the Institute's first special exhibit, "The Lion of the Senate" and in a replica of his Washington, D.C. office and Reception Room. **Please preorder lunch when registering -- menu at COA.**

GATES POND WALK

BERLIN

Day & Time: Thurs. Nov.10, 1 pm

Cost: FREE

Sign up by: 11/8 **Limit:** 20

2.5 walk surrounding beautiful reservoir.

NAME THAT TUNE!

COA

Day & Time: Wednesday, Nov. 16, 1 pm

Cost: FREE, presented by: Concord Care One

Sign up by: 11/9

Reminisce with all your favorite songs and exercise your memory! A lively blast from the past! Sing, dance and compete with your team. Raffle will be held!

COLLETTE VACATIONS - IMPERIAL CITIES TOUR

Brochure at COA - Discount until 11/16.

COMMUNITY SERVICES TALK "CARING FOR THE CAREGIVER"

Day & Time: Wed., November 16, 10 am

Cost: Free

Sign up by: 11/14

Community Services Coordinator Lauren Abraham will facilitate a group discussion about self-care for caregivers. If you care for a loved one please join us and find support from others who understand your daily challenges and rewards. Call Lauren Abraham at 978-897-2638 to sign up and for assistance arranging respite care. Transportation is available. November is National Caregiver's Month.

REIKI CLINIC

Day & Time: Thursday, Nov. 17, 1 pm

Cost: FREE, please sign up, see page 5.

CRIME & PUNISHMENT

COA

Day & Time: Thursday, Nov. 17, 1 pm

Cost: FREE, please RSVP

Join Suzanne and Therese for lively crime talk. Bring topics for discussion if you want. Refreshments will be served.

NO LUNCH & A MOVIE

UNTIL 2017

LUNCH BUNCH

BRANCH LINE, WATERTOWN

Day & Time: Monday, Nov. 28, 11 am

Cost: \$4 for van + cost of lunch (cash)

Sign up by: 11/21 **Limit:** 20

Menu includes wood fired grill, rotisserie and vegetable offerings. Beer & wine is available.

TOWER HILL BOTANIC

"WINTER REIMAGINED"

Day & Time: Wed., Nov. 30, 10:15 am

Cost: \$16 for van/admin. + cash for lunch

Sign up by: 11/23 **Limit:** 20

See the beautiful holiday displays!

LOOKING AHEAD—>

December: Holiday Party 12/14

January: World War II Museum 1/18

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 SFCOA MEETING 10 Zumba 12 Mealsite 1 Tai Chi 1 Bridge	2 9:30 PODIATRY 10 BLOOD PRESSURE 10 Aerobics 12:15 NURSE TALK 1:30 The Bee	3 10 Zumba 12 Mealsite	4 9 Stretch 9 Yoga 10 Aerobics 11 Shop/Lunch	5 9-3 SFCOA HOLIDAY CRAFT FAIR
6 DAYLIGHT SAVINGS ENDS-FALL BACK	7 9 Qi Gong 10 Aerobics 10 Shaw's 10 Art 10:30 MISS MENDON DINER	8 ELECTION DAY Polls Open 7a - 8p Center School 10 Zumba 12 Mealsite 1 Tai Chi 1 Bridge	9 9 EDWARD M. KENNEDY INSTITUTE 10 Aerobics	10 10 COA BOARD MEETING 10 Zumba 12 Mealsite 1 GATES POND WALK	11 VETERANS DAY BREAKFAST/ OFFICE CLOSED	12
13	14 9 Qi Gong 10 Aerobics 10 Shaw's 10 Art 1 Crafts	15 10 Zumba 12 Mealsite 1 Tai Chi 1 Bridge	16 10 CARING FOR THE CAREGIVER 10 Aerobics 1 NAME THAT TUNE 1:30 The Bee	17 10 Zumba 12 Mealsite 1 CRIME AND PUNISHMENT 1 REIKI	18 9 Stretch 9 Yoga 10 Aerobics 11 Shop/Lunch	19

20	21 9 Qi Gong 10 Aerobics 10 Shaw's 10 Art 1 Crafts	22 10 Zumba 12 Mealsite 1 Tai Chi 1 Bridge	23 10 Aerobics	24 THANKSGIVING CLOSED	25 CLOSED	26																																																																																																									
27	28 9 Qi Gong 10 Aerobics 10 Shaw's 10 Art 11 LUNCH BUNCH 1 Crafts	29 10 Zumba 12 Mealsite 1 Tai Chi 1 Bridge	30 10 Aerobics 10:15 TOWER HILL BOTANIC GARDEN	<table border="1"> <tr><th colspan="7">Oct 2016</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Oct 2016							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<table border="1"> <tr><th colspan="7">Dec 2016</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	Dec 2016							S	M	T	W	T	F	S							1	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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VETERANS BREAKFAST - OPEN TO ALL - FIRST PARISH CHURCH**Friday, November 11, 8 - 10 am Free for Veterans, \$5 for others.**

Join us in recognizing our Stow-area veterans while enjoying a hearty breakfast of pancakes, sausages, eggs, and potatoes. The Breakfast, sponsored by the Rotary Club of Nashoba Valley, will feature brief presentations from the Stow Boy Scouts, Senator Jamie Eldridge, and State Representative Kate Hogan. The keynote speaker will be Lieutenant Colonel Robert Grudziecki, who will speak about his experiences during the Vietnam War. Although walk-ins are welcome to attend the breakfast, attendees are encouraged to RSVP to ensure adequate food and seating. Contact info@nashobarotary.org or 978-627-4135. The Rotary Club of Nashoba Valley is always open to new members. The club is comprised of business, professional, and community leaders who meet regularly to plan and implement community and international service projects, network, and enjoy friendship and camaraderie. The club serves the towns of Lancaster, Bolton, and Stow. For more information about the club, visit www.nashobarotary.org and www.facebook.com/nashobarotary, or contact info@nashobarotary.org.

GUEST TABLE COMMUNITY SUPPER

FIRST PARISH CHURCH, FELLOWSHIP HALL

Friday, November 4, 5:30 - 6:30 pm

Guest Table at FPC serves dinner on the first Friday of each month. All are welcome, in or out of Stow. There's no charge for dinner, but donations are gratefully accepted. Dinners will be nut free, with gluten-free and dairy-free options available. Wheelchair accessible. For more information, contact fpcguesttable@fpc-stow-acton.org. This program is supported in part by a grant from the Stow Community Chest.

FRIENDSHIP DINNER - UNION CHURCH

On the 3rd FRIDAY of every month, the Union Church (the church with the blue door) prepares a FREE community supper that is open to all. The next meal will be Friday, November 18, 5 - 6 pm.

STOW FOOD PANTY (BASEMENT OF THE 1ST PARISH CHURCH)

Please contact the Stow Food Pantry at 978- 897-4230 to request a confidential appointment to help. Pantry is located in the basement of the First Parish Church.

RECIPE OF THE MONTH: SWEET POTATO PIE (serves 8)

1 refrigerated pie crust	2 ½ lbs. small sweet potatoes, peeled, sliced thin	½ C sugar	½ C packed brown sugar
2T flour	2 t pumpkin pie spice	2 t orange zest	½ t salt

Directions: Preheat oven to 375. Fit pie crust into 9" pie plate, fold under and crimp. Bring potatoes, 1C water and white sugar to boil. Cover, reduce to medium and simmer 6 minutes. Transfer to colander, reserving liquid. Rinse potatoes with cold water. Use cooking liquid and orange zest and bring to boil then simmer 10 minutes. In a bowl toss potatoes with brown sugar, salt, flour and pie spice. Spoon into crust; sprinkle with streusel topping.

Streusel: ¾ C pecans, ¼C flour, ¼ C brown sugar, 3T melted butter, 1T sugar, ¼ t pumpkin pie spice. Stir together and top the pie. Cover with foil and bake for 65 minutes, removing foil after 30 minutes. Cool.

MEALS ON WHEELS

Are you unable to drive and cook or had a recent health set-back? You may be eligible for home delivered meals. Call the COA or Minuteman Senior Services (888-222-6171) to set it up.

MINUTEMAN SENIOR SERVICES MEALSITE MENU

The Silver Spoon - Stow's Eating Together Luncheon Site

Come join your neighbors for lunch at noon on Tuesdays & Thursdays at the First Parish Church Fellowship Hall The suggested donation is \$2 for a complete meal.

NOTE: Please call Sue Burns at 781-825-5194 to sign up.

Call Friday for Tuesday's lunch and Tuesday for Thursday's lunch.

Tuesday menu

November 1st

Three C Soup
Grilled Chicken w/Apricot Sauce
Cous Cous w/Red Pepper
Pears

November 8th

Minestrone Soup
Roast Pork w/Rosemary Gravy
Red Potatoes, Applesauce

November 15th

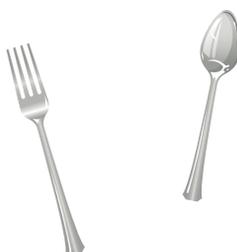
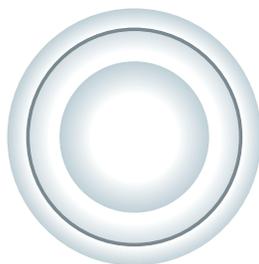
Tossed Salad
Chicken & White Bean Chili
Brown Rice, Fruited Jello

November 22nd

Cheesy Cauliflower Soup
Hot Dog w/Roll
Tater Tots, Lemon Cake

November 29th

Tossed Salad
Grilled Chicken w/Pesto Sauce
Mashed Potatoes
Blueberry Snack n Loaf



Thursday menu

November 3rd

Corn Chowder
Chicken Drumstick w/BBQ Sauce
Mashed Potatoes
Peaches

November 10th

Tossed Salad
Rainbow Trout
w/Lemon Vinaigrette
Rice Pilaf
Mandarin Oranges

November 17th

Grilled Chicken
w/Lemon Picatta Sauce
Cavitappi Pasta
Brussels sprouts
Chocolate Brownie

November 24th

THANKSGIVING DAY
No Meals Served

SFCOA ANNUAL HOLIDAY CRAFT FAIR

Saturday, November 5th 9 am – 3 pm

New Community Center located at 509 Great Rd (Rt. 117), Stow, MA

Great Holiday Craft Shopping while helping local Crafters and Stow Seniors! There will be many hand crafted items including paintings on wood and glass, metal and glass jewelry, cross stitch items, scenic photography, children's educational books by Usborne, hand knitted items, and scroll saw baskets, just to mention a few. There will be a baked goods table, beautiful Arts and Crafts made by the Stow Seniors and our used book table. Drop in for refreshments: delicious Dunkin Donuts coffee donated by Stow Gulf Dunkin Donuts, hot dogs, soup & chowder, chips and drinks. There is something for everyone and hope to see you there!

BLUES MUSICIAN DANIELLE MIRAGLIA AT NEW REVIVAL COFFEEHOUSE, FIRST PARISH CHURCH

SATURDAY, NOV. 5, 7:30 pm, FELLOWSHIP HALL, 353 Great Rd.

Outstanding blues singer, guitarist, and harmonica player Danielle Miraglia will open the season. Desserts and beverages will be available for purchase. Tickets are available in advance from www.BrownPaperTickets.com for \$15 and available at the door for \$18. For more info, call 978-274-2593 or email cofeehouse@fpc-stow-acton.org.

STOW BOY SCOUT HOLIDAY WREATH SALE

The holidays are coming and they'll be here before you know it! In the spirit of being prepared, Boy Scout Troop 1 Stow will run their annual wreath sale, from now through Sunday, November 13. The proceeds help Stow continue one of its finest youth programs, and are used for equipment purchases, camping trips and the many troop activities. The holiday wreaths are beautiful natural evergreens, all with a red velvet bow, and are available in three sizes:

Small 12" inner diameter (~18" outside diameter),
decorated (\$18) or undecorated (\$14)

Medium 16" inner diameter (~22" outside diameter),
decorated (\$20) or undecorated (\$17)

Large 34" inner diameter (~40" outside diameter),
undecorated (\$50)

During the sale, the boy scouts will be knocking on doors all over town. You can also order wreaths in these ways: Online at www.troop1stow.net/ or by mail: print out an order form.

Checks made payable to Troop 1 Stow, PO Box 75, Stow, MA 01775.

Your wreaths will start to be delivered during Thanksgiving week. If you have any questions, please contact us by phone at 978-212-9175 or by email at wreath@troop1stow.net.

SENIOR STEALS AND DEALS

VETERANS DISCOUNTS, TAKE MILITARY I.D.

Lowes offers 10% off in all departments, Home Depot gives 10% off regularly priced merchandise, Sears gives various discounts in several departments including automotive.

Email your steals and deals to Suzanne at coa3@stow-ma.gov.





November 2016

A Tribute to Our Veterans

Dear Friends,

Veterans Day is a time of reflection and gratitude to those who served our country in the Army, Navy, Air Force, Marines, and Coast Guard. Let 11/11/16 also be a day that we commit to an America worthy of their sacrifice. Let us reflect on what has been given and what has been sacrificed by this generation of American Servicemen and Women - and all those that have come before. As they have been willing to invest in our future, let us be willing to invest in theirs and let us never forget why it is appropriate for us to do so.

I am proud to say that The Commonwealth of Massachusetts is the national model for comprehensive services to our Veterans. Just this year, the Massachusetts legislature passed the HOME Act, which provides a range of additional support for members of the Armed services, Veterans, gold star families, and the Commonwealth's two Soldiers' Homes. One provision of the HOME Act affords

Veterans - many of whom are required to work on Veterans Day - the opportunity to participate in important Veterans Day activities such as parade and ceremonies with paid time off. This flexibility will provide younger Veterans the ability to carry on the Veterans Day traditions of generations past. For more information about the HOME Act, please contact my office at 617-722-2130.

State Benefits Available to Veterans

Chapter 115, General Financial Assistance

The Commonwealth provides a program of financial and medical assistance for indigent Veterans and their dependents. Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care based on the number of dependents and level of income. Eligible dependents of deceased Veterans are provided the same benefits as if the Veteran were still living. To apply visit www.mass.gov/veterans or contact the Stow Veterans' Service Officer at 978-290-0278.

Property Tax Exemption for Disabled Veterans

Eligible Veterans, spouses, and parents can qualify for property tax exemptions. For more information contact the Department of Revenue at 617-626-2300 or www.mass.gov/dor, or contact the Stow Veterans' Service Officer at 978-290-0278.

Veteran and Veteran Survivor Benefits

The Commonwealth provides a bonus to Veterans who lived in Massachusetts immediately prior to entering the armed forces. When a Veteran passes away, their surviving spouse and children, mother or father, or brother or sister (in that order) are eligible for the bonus. For more information visit www.mass.gov/veterans, or contact the Stow Veterans' Service Officer at 978-290-0278.

Burial Benefits

Any Veteran who was discharged under honorable conditions and was a Massachusetts resident prior to or following military service is eligible for burial, free of cost, at one of the two State Veterans' Memorial Cemeteries in Agawam and Winchendon. Spouses of Veterans and qualified dependents are also eligible for burial at a nominal fee. For more information contact the Stow Veterans' Service Officer at 978-290-0278.

For more information on state and federal benefits available to Veterans, contact Joseph Jacobs, Stow Veterans' Service Officer, at 978-290-0278 or veteransofficer@stow-ma.gov. The Veterans' Service Office is located in Stow Town Building and is available by appointment.

Honor Flight New England

Honor Flight New England is a non-profit organization created to honor America's Veterans. Through generous donations, Honor Flight New England transports our heroes to Washington, D.C., at no cost to the Veteran, to visit memorials that are dedicated to honor their service and sacrifices. Top priority is given to World War II Veterans and Veterans who may be terminally ill. For more information contact Honor Flight New England's Founder Joe Byron at 603-518-5368 or contact my office at 617-722-2130. You can download an application form at www.honorflightnewengland.org.

Veterans Day 2016

The Stow Veterans Day Breakfast, hosted by the Rotary Club of Nashoba Valley, will be held on Friday, November 11th at 8 a.m. at First Parish Church of Stow, 353 Great Road.

Hogan's Office Hours

- **Maynard Office Hours** will be held on Thursday, November 10th from 6 to 7 p.m. at the Maynard Public Library, 77 Nason Street.
- **Bolton Office Hours** will be held on Tuesday, November 15th from 5:30 to 6:30 p.m. at the Bolton Public Library, 738 Main Street.

Please bring any questions, ideas or concerns you may have. If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2130 to schedule an appointment with me.

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 130, Boston, MA, 02133 / Phone: 617-722-2130

Kate.Hogan@mahouse.gov

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754

Phone: 978-897-1333

Kate Hogan

REAGLE THEATRE PRESENTS: BANDSTAND BOOGIE A SALUTE TO AMERICAN BANDSTAND

SUNDAY, NOVEMBER 6, 2 PM, ONE SHOW ONLY, 617 LEXINGTON ST. WALTHAM

The Diamonds released the hit song "Little Darlin" and soundtrack to Happy Days and American Graffiti and made 33 appearances on American Bandstand. This showcases some of the greatest music, dance and fashion from 1952-1989. For more information: call 781-891-5600 or www.reaglemusictheatre.com.

FANS OF FILM - FINE ARTS THEATRE, MAYNARD

Celebrating the art of film-making by promoting classic films! The second Tuesday and Wednesday of the month! Tickets are just \$7! This month features Persona (1966) on November 8 and 9. For more information, go to: Fans of Film at Fine Arts Theatre, Maynard on Facebook.

SOUNDS OF STOW CHORUS AND ORCHESTRA PERFORM BERLIOZ AND MOZART ON NOV. 20

Come join us for a special concert with full orchestra and chorus. Artistic Director Barbara Jones will lead the chorus and orchestra in a rare performance of Berlioz' Messe Solennelle with Mariah Wilson, soprano, Rosario Caltabiano, tenor, and James Dargan, baritone. This early work was lost to the music world until 1991 when the score was found in an organ loft. The music is exciting, exuberant and colorful and dramatic. The concert also features Mozart's Sinfonia Concertante in E-flat for Oboe in which the orchestra pairs with Veronica Kenney, oboe, Grant Anderson, clarinet, Jeff Stewart, horn, and Leo Kenen, bassoon.

The concert is **Sunday, November 20th at 3 PM** in Hale School auditorium, 55 Hartley Rd, in Stow (junction of Rte.117/62). Tickets are \$25 general admission, \$20 for seniors and adult students, and \$10 for students 18 and under. Introduce your children and grandchildren to classical music by bringing them to the Open Rehearsal on Saturday, November 19th at 1:30 p.m. A donation of \$5 is requested.

For more information visit: www.soundsofstow.com.

Hale School is fully handicapped accessible. Stow COA will also provide rides from the parking areas near 117 and 62. Sounds of Stow is supported in part by the Massachusetts Cultural Council as administered by the local cultural councils of Stow, Acton-Boxborough, Bolton and Hudson and four complimentary tickets are available through Stow COA.

NOVEMBER BACH'S LUNCH CONCERT

'BACH'S LUNCH' CONCERT: Indian Hill Music School presents All American Music Featuring Trombone performed by Laryssa Doohovskoy (voice), Alexei Doohovskoy (trombone), and Marina Pavlova (piano). **TWO SHOWS** – Thursday, November 17 at 11 am and 1:30 pm, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations required for groups at (978) 486-9524 (press 0).

Learn more at www.indianhillmusic.org.

Please do not make reservations via email. On the day of the concert please refrain from entering and exiting the hall during the performance. Thank you!

COMMONWEALTH BALLET, REGIS COLLEGE

Share the merriment of the holiday season at the Casey Theatre in Weston from November 25- December 11. There are some day and evening performances. For more information, please call 978-263-7794 or at ticket@commonwealthballet.org.

GIFT SHOP



Dear Volunteers,

Thank you for your generous support of Stow Friends of The Council on Aging. Donations of handcrafted gifts directly benefit the seniors of Stow. People like you make it possible for SFCOA to touch the lives of these very special people in our community. **We couldn't do it without you!** With thanks, Stow Friends of The Council on Aging and all of the seniors who benefit from your creativity and generosity.

In November-Turkey centerpieces created by Deborah Beharrell of Stow. This is Deb's 2nd year making these for the Gift Shop. She also created the Nashoba Banners for our "School Spirit Scarf" display. Stop by the new gift shop in November and checkout her handiwork.

DONATION REQUESTS

The COA will provide you with a tax receipt for your donation.

- Donations of handcrafted gifts are always appreciated
- Vintage and Costume Jewelry
- Handmade baby sweater sets



Amazon will donate 0.5% of the price of your eligible purchases to the Stow Friends of the Council on Aging, Inc. when you shop Amazon Smile (smile.amazon.com).

Amazon Smile is the same Amazon you know. We offer the same products, prices and service.

To register for Amazon Smile, simply follow these three easy steps:

- **Go to Amazon Smile and sign into your Amazon account.**
- **Please type "Stow Friends of the Council on Aging, Inc." in the search bar**
- **Select "Stow Friends of the Council on Aging, Inc." as your charitable organization.**

DECEMBER Newsletter

Deadline to submit: Wednesday, November 9 by 4 pm

This newsletter is made possible in conjunction with the COA staff and their volunteers, SFCOA, Advertisers, and in part by a grant from the Mass. Executive Office of Elder Affairs.

DONATIONS:

Booster:

Richard and Martha Conant
The Sonnichsens and Plato

Sponsor: Ken's Liquor Shoppe

General: Jody Avery

Special Donation for Needy Person:

Anonymous

Special Emergency or Moving

Expenses: Karen and David Gray

In Memory of Robert "Bob" DeMilia:

Robert and Janice Bock

Peter and Faith Field, One Stack Farm

Mark and Lori Stasiewski

GET AN EARLY START ON YOUR HOLIDAY SHOPPING SFCOA ANNUAL HOLIDAY CRAFT FAIR

**At the New Community Center
Saturday, November 5, 9-3**

High quality crafts, delicious baked goods, books & a variety of vendors.

CALLING ALL BAKERS!!!

If you have something that you like to bake and donate to the SFCOA Craft Fair, please drop it off at the **Community Center** on Friday, November 4, between 8-4.

DECORATIONS WANTED!

We are collecting Christmas Decorations for SFCOA's annual fundraiser on Sat., 12/3.

SFCOA GIFT SHOP!

We have a wonderful assortment of STOW items for sale as well as handcrafted items donated by volunteers at the COA, residents of Stow and beyond. Our Stow items are really popular. Many of these items are bought as gifts. A local church purchased some of our blankets to bring on their Mission Trip this year. Our handcrafted gifts have been receiving rave reviews. One of our patrons went on to say, "I shop here first, and always find something unique." All Proceeds from our sales go directly to the Stow Friends of the COA.

Facebook: Stow Friends of the Council on Aging

Website: <https://stowfriendsofthecoa.com/>

Donations Request: See page 15

Thank you for your continued support!

SFCOA Board Meetings are held on the 1st Tuesday of the month at 10 am at COA.

SFCOA Board Members

Allen Wheeler, *President*

Jean DeMilia, *Vice President*

Werner Fritz, *Treasurer*

Robert Walrath, *Clerk*

Kirsten Berg-Sonne

Keen Cummings

Betty French

Leslie Mileski

Kathy O'Brien

Laura Orsatti

John "JT" Toole

Marty Wheeler

STOW FRIENDS OF THE COUNCIL ON AGING

Would you like to be a SFCOA Booster? Now is your chance to help support the COA. The Stow Friends of the COA are offering you the chance to be a Booster of the SFCOA.

NAME: _____ DATE: _____

ADDRESS: _____

\$10 \$20 \$25 Other Amount: _____

**PLEASE MAKE CHECKS PAYABLE TO: SFCOA
MAIL TO: P.O. BOX 97, STOW, MA 01775
THANK YOU FOR YOUR SUPPORT**