

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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I would like to thank EVERYONE for their participation in the launch of our new computerized sign-in system. The program is called *My Senior Center*. Once set-up is complete, this software is going to benefit the Senior Center tremendously. For those of you who have not been to the center in recent weeks, here's a little information on how it works. Each person using the center needs to fill out a brief form including basics like name, telephone, address and date of birth. Most importantly, it includes emergency contacts. Should an emergency occur at the Senior Center we need to know who to call. Each senior will hand in his/her form and be assigned a keytag. These look very much like a CVS or Gym membership tag you may already have on your keys. From that point on each senior will swipe their tag each time they come in and choose which activity they are attending on the computer touch screen. This will allow us to see who's in the building, track attendance and volunteer hours, reserve rooms and more...Most importantly, it will allow me to pull reports when writing grants. I am really looking forward to National Night Out Against Crime, taking place on August 5th...I hope to see you all there!

~Ashley

Volunteer Of The Month



Maryann Vassallo

In keeping with the theme of my article, I must commend Maryann for her dedication to the launch of *My Senior Center*. During the week of June 30th she devoted many hours each day registering guests and handing out keytags. She committed on a moment's notice and we could not have done it without her! Maryann also works in the Upscale Consignment Shop on Mondays, was an integral part of this year's health fair and she volunteers regularly for the Board of Health.

Thank you Maryann for all you do!

Participants needed for Independent Painting

The cost of the class is \$90 for 10 weeks. Class will take place on Thursdays, beginning September 11th and ending November 13th. Let Jan know if you are interested!

Golden Age Club

Submitted by: Rose McKenna

Would you believe this is already August? A lot of us are complaining about the heat, even me, but did we forget about the stormy and cold winter we had? ON August 15th the GAC will be presenting a fashion show called "Martha's Closet." This means that all of the clothes being modeled by members of the Golden Age Club are from our Upscale Consignment Shop. While we were picking out our clothes we realized what a wonderful assortment there is. There is something for everyone and all you need is a little time to look. So don't forget, the Fashion Show will take place on Friday August 15th, starting at 12 noon, and light refreshments will be served. Tickets cost \$10 and are on sale at the GAC office and Consignment Shop.

Overnight Trip News:

-Niagara Falls, September 14-18. This trip is now full and a waiting list is now being formed. The cost for a double occupancy room is \$639 per person. Final payments are now due and passports are needed for this trip.

-White Mountain Resort, December 2-4. The cost for a double occupancy room is \$385 per person. Triple occupancy rooms are available for \$365 and single occupancy rooms for \$485. Deposits are now being taken. This is our last trip of the year and we are now looking at trips for next year. If you have a suggestion or two it would be greatly appreciated!

Red Hat News

Submitted by: Cynthia Trudeau

In addition to the Red Hat events, the Villa Roma has other activities scheduled that we are welcome to participate in. Their indoor pool is lovely and the game room has Bocce, Ping Pong and Shuffle Board and its open all day. The price for two nights for a double occupancy room in the main building is \$366. A double occupancy room in the building nearby is \$344. There are also suites available, which include two bedrooms and a pullout sofa for a third person. If you are interested, please check with Ginny. Adding a third night is a consideration as it is a fun place and it would help us avoid the Sunday traffic coming home. This would cost an additional \$100 per room, which is reasonable considering the three meals a day included with our package. So remember to get your deposit check in very soon. Hope you can make the trip, as it will be a memorable Red Hat time!

There is NO Council on Aging Board meeting during the month of August.

Recycling

Submitted by Kay Maher

I am still collecting new cards, can tabs, teabag tags, bottle caps and eyeglasses.

Thank you to all that have contributed!



Special Events

Monday August 4th

2-6 pm- Intake for Upscale Consignment shop.

Tuesday August 5th

4:30 pm Start– **The 31st National Night Out Against Crime**

A wonderful event, promoting the community's role in crime prevention. It will feature your local first responders, a car show, a cookout, children's movie and more!

**ZINGO is cancelled on this day*

Wednesday August 6th

7:00 am Departure- Foxwood's Day Trip

Thursday August 7th

9 am- 3:30 pm- Foot Care Clinic (Currently full)

Monday August 11th

12:30 pm- Cootie Party, \$4/pp

Thursday August 14th

9:00 am- Men's Group

Friday August 15th

12-3 pm– **Martha's Closet Fashion Show**

Hosted by the GAC and featuring clothing from the Upscale Consignment Shop. Cost is \$10/pp

Monday August 18th

10:00am- MS Support Group (Public Welcome)

Tuesday August 19th

10:00 am- Diabetes Academy (Q & A)

Thursday August 21st

9 am- 3:30 pm- Foot Care Clinic

Thursday August 28th

9:00 am- Men's Group

11:30 am– Cookout Hosted by MVNP. \$2/pp

Scam Alert!!!

The Tewksbury Police Department is warning residents about Green Dot MoneyPak scams that are affecting residents in local communities, including Tewksbury.

Scammers claiming to be National Grid representatives are calling customers and asking that they purchase Green Dot MoneyPak card to pay outstanding balances or to pay for the replacement of faulty meters. Customers are then asked to reveal a 14-digit security serial number located on the card. Providing this number allows access to funds on the pre-paid credit card. **National Grid does not ask customers to directly pay for faulty equipment and is not conducting a Green Dot MoneyPak program.**

MoneyPak cards allow consumers to add a dollar value to the card, which can be used for anything from adding money to a PayPal account to paying utility bills. Each MoneyPak card comes with a scratch-off 14-digit serial number which should never be given to anyone unless the consumer is 100 percent certain they know exactly who they are dealing with and the transaction is legitimate.

Customers who have been solicited should immediately notify local law enforcement officials to investigate. National Grid customers should call the company if they believe they have been contacted under fraudulent circumstances or if they believe they have been victims of the scam. Electric customers in New England and natural gas customers in Rhode Island should call 800-322-3223. Natural gas customers in Massachusetts should call 1-800-732-3400.

The Internal Revenue Service also issued a strong warning for consumers to guard against sophisticated and aggressive phone scams targeting taxpayers, including recent immigrants, as reported incidents of this crime continue to rise nationwide.

People have reported a particularly aggressive phone scam in the last several months. Immigrants are frequently targeted. Potential victims are threatened with deportation, arrest, having their utilities shut off, or having their driver's licenses revoked. Callers are frequently insulting or hostile - apparently to scare their potential victims.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The **Snoofti Patooti Gift Shop** is open 11am-1pm Mon-Thurs & 9-11am on Fri.

The **Upscale Consignment Shop** is open from 11am-3pm, Mon-Fri.

There are still time slots available for our Foot Care Clinic on August 21st.



4
 9-11:30 VNA Nurses Clinic
 9:00 Forever Fit
 9:00-11 VNA Nurses Clinic
 9:30 Men's Yoga
 10:15 Therapeutic Yoga
 12:40 Bone Builders #2
 2:00 Bone Builders #1
 3:30 Gentle Yoga
 2-6 Upscale Intake of Items Day

5
 8:30 Tai Chi
 8:45 TOPS Weigh In/ Mtg
 9:45 Mov'n & Grov'n Exercise
 1:00 Independent Painting
4:30 National Night Out Against Crime
 This event is for the whole family... A car show, cookout, children's movie & more!!
ZINGO CANCELLED THIS DAY

6
 7:00 Foxwoods Departure
 9:00 Arts & Crafts
 9:00 Quilting
 9:30 Men's Mind & Muscle
 10-12 Town Nurse Office Hours
 10:30 Country Line Dance Class
 12:30 Cribbage
 12:30 Mah Jong
 12:40 Bone Builders #2
 2:30 Gentle Yoga
 2:30 45's

7
 8:30 Tap Dance Class
 9-3:30 Foot Care Clinic
 9:00 Diet Workshop
 9:00 Men's Group
 9:30 Wii Bowling League
 9:30 Traditional Line Dance
 10:30 Body Works
 12:30 Experienced Yoga
 12:30 Whist
 2:00 Bone Builders #1
 2:30 45's

8
 8:30 Walking Club
 12:30 International Mah Jong

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 9:45 Mov'n & Grov'n Exercise
 11:30- 4 Piecemakers for Charity
 12:45 Zingo
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13
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 2:00 Bone Builders #1
 2:30 45's

15
 8:30 Walking Club
 12:30 International Mah Jong
12-3 GAC Fashion Show, titled "Martha's Closet"
 The models are our own seniors and the clothes from our Upscale Consignment Shop. The

1
 8:30 Walking Club
 12:30 International Mah Jong
SAVE THE DATE
 The Senior Center will be holding a **craft fair**, from 10am-2pm on Saturday October 4th.
 This fair is open to the public and crafters can buy one table for \$25 or two for \$40. If interested, contact Kathy Walsh at 978-640-0046 or 978-771-5908

	<p>18</p> <p>9-11:30 VNA Nurses Clinic 9:00 Forever Fit 9:30 Men's Yoga 10:15 Therapeutic Yoga 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga</p>	<p>19</p> <p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 10:00 Diabetes Academy Q & A 11:30- 4 Piecemakers for Charity 12:45 Zingo 1:00 Independent Painting</p>	<p>20</p> <p>9:00 Arts & Crafts 9:00 Quilting 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>21</p> <p>8:30 Tap Dance Class 9-3:30 Foot Care Clinic 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #1 2:30 45's</p>	<p>22</p> <p>8:30 Walking Club 12:30 International Mah Jong</p> <p>cost of admission is a \$10 donation per person.</p>
<p>25</p> <p>9:00 Forever Fit 9:30 Men's Yoga 10:15 Therapeutic Yoga 11-1 VNA Nurses Clinic 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga</p>	<p>26</p> <p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:30-11 Jim Miceli Office Hours 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity, All are Welcome 12:45 Zingo 1:00 Independent Painting</p>	<p>27</p> <p>9:00 Arts & Crafts 9:00 Quilting 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>28</p> <p>8:30 Tap Dance Class 9:00 Diet Workshop 9:00 Men's Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 11:30 Cookout hosted by MVNP. <i>In place of meal listed on menu.</i> 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #1 2:30 45's</p>	<p>29</p> <p>8:30 Walking Club 12:30 International Mah Jong</p>	

Potential victims may be told they are entitled to big refunds, or that they owe money that must be paid immediately to the IRS. When unsuccessful the first time, sometimes phone scammers call back trying a new strategy. The IRS will always send taxpayers a written notification of any tax due via the U.S. mail. The IRS never asks for credit card, debit card or prepaid card information over the telephone. For more information or to report a scam, go to www.irs.gov and type "scam" in the search box. Other characteristics of this scam include:

- Scammers use fake names and IRS badge numbers. They generally use common names and surnames to identify themselves.
- Scammers may be able to recite the last four digits of a victim's Social Security number.
- Scammers spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.
- Scammers sometimes send bogus IRS emails to some victims to support their bogus calls.
- Victims hear background noise of other calls being conducted to mimic a call site.
- After threatening victims with jail time or driver's license revocation, scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

If you get a phone call from someone claiming to be from the IRS, here's what you should do:

- If you know you owe taxes or you think you might owe taxes, call the IRS at 1.800.829.1040. The IRS employees at that line can help you with a payment issue, if there really is such an issue.
- If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then call and report the incident to the Treasury Inspector General for Tax Administration at 1.800.366.4484.
- If you've been targeted by this scam, you should also contact the Federal Trade Commission and use their "FTC Complaint Assistant" at FTC.gov. Please add "IRS Telephone Scam" to the comments of your complaint.

Taxpayers should be aware that there are other unrelated scams (such as a lottery sweepstakes) and solicitations (such as debt relief) that fraudulently claim to be from the IRS.

The IRS encourages taxpayers to be vigilant against phone and email scams that use the IRS as a lure. The IRS does not initiate contact with taxpayers by email to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels. The IRS also does not ask for PINs, passwords or similar confidential access information for credit card, bank or other financial accounts. Recipients should not open any attachments or click on any links contained in the message. Instead, forward the e-mail to phishing@irs.gov.

More information on how to report phishing scams involving the IRS is available on the genuine IRS website, IRS.gov.

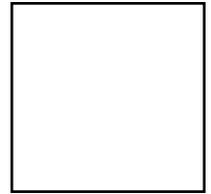
Crime Prevention Tips To Help You Avoid Falling Victim To This Scam:

- Be suspicious of callers who demand immediate payment for any reason.
- Remember that anyone who has the number on a Green Dot MoneyPak card has access to the funds on the card.
- Never give out personal or financial information to anyone who emails or calls you unsolicited.
- Never wire money, provide debit or credit card numbers or Green Dot MoneyPak card numbers to someone you do not know.
- Utility companies and government agencies will not contact you demanding immediate payment by MoneyPak

The Tewksbury Police Department urges any citizens who suspect criminal activity to call the Dispatch Center @ 978-851-7373. If you wish to remain anonymous please call the Tip Line @ 978-851-0175 or send an email to

tewks_detectives@tewksbury-ma.gov

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175 Chandler Street
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IMPORTANT: If you were at the GAC Cookout on Tuesday July 8th you should have received a survey in the mail from the Department of Public Health. It is very important that you fill this out and return it using the prepaid envelope provided.

IT'S IMPORTANT TO KEEP IN TOUCH!

We would be happy to mail you a copy of our newsletter, "SENIOR MOMENTS" each month...for only the cost of postage! Simply fill in the information requested below.

Return this portion of the newsletter with a check or money order in the amount of \$8.00, which covers the postage and handling for a 12-month subscription. Check the *expiration date* on the label to see if it is time to renew your subscription.

Check here for renewal

Make check payable to: *Town of Tewksbury/COA*

Please do not mail cash

Mail to: TEWKSBURY SENIOR CENTER
175 Chandler Street
Tewksbury, MA 01876

DATE: _____

NAME: _____

PHONE: _____

MAILING ADDRESS: _____

TOWN/STATE/ZIP: _____

PLEASE PRINT