

COACH MESSENGER

SEPTEMBER 2019

CHESTER COUNCIL ON AGING
15 MIDDLEFIELD RD., CHESTER, MA 0101
413 354-7735
PEGGY GRAVELINE, DIRECTOR

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

SAVE THE DATE

**Dining Center (Tuesday 9/3; Mondays 9/9, 9/16, 8/19, 9/23, 9/30, and Friday 9/20 (menu on back)
Knitting or Puzzle Making on Mondays from 1:30 – 4:00 p.m.
Mahjong Tuesdays – 1:30 – 4:30 p.m. or Sewing
Thursday Matinee Movies – Movie begins @ 1:00 p.m. (doors open at 12:15 for hot dog lunch & refreshments) – 9/5, 9/12, 9/19, 9/26 & 10/3 (See back for movie selections)
Potluck Luncheon – Tuesday, September 10th at Noon
Brown Bag Pick-Up – 3rd Friday of the Month (September 20th) – 11:15 a.m.**

MEDICARE OPEN ENROLLMENT BEGINS ON OCTOBER 15TH

SHINE (Serving the Health Insurance Needs of Everyone) a Medicare Counseling Program. If you are new to Medicare or need help changing an existing plan you are enrolled in, there is a local trained & certified SHINE counselor ready to serve your needs here in the hilltowns. Sue Kucharski can assess your eligibility for many benefit programs as well. Please contact her at the Hilltown Outreach Center in the SHCOAC offices to schedule a confidential appointment – (413) 354-6540. See address on back.

Did you know that you can ‘Take Control of Your Health Care Information’?

This site allows you to review your own health care visit information, payments and claims, view preventive benefits. You can print your health information and drug lists and have that drug list handy for the Medicare Advantage and Drug Plan during Open Enrollment (**October 15th – December 7th**)

In the meantime, you can go to <http://www.medicare.gov/> to access information regarding the upcoming open enrollment.

HILLTOWN MOBILE MARKET IS GOING WELL

This program began on July 25th and runs to September 27th. Two locations and pick-up times:

**Huntington – Stanton Hall Green, 24 Russell Road – Fridays, 3 pm – 5 pm (ends 9/27)
Worthington – The Maples, 48 Old North Road – Thursdays – 3pm – 5 pm (ends 9/26)**

Don’t forget that you can also use your Farmer’s Market Coupons to pay for your produce.

WHAT'S COOKING AT THE DINING CENTER

Monthly menus are usually available at the COA the last week of the month for the next month. Reservations or Cancellations must be made 24 hrs. in advance. Indicate which entrée you want. There is a sign-up sheet at the COA or you may call 354-7735 to make your reservation and/or request a ride to the meal. Meals are served at 12 noon. Milk is served but other beverages are available. Meals are free, Anonymous donations are accepted if it is within one's means to help defray the cost of this program.

Tuesday, September 3rd

Chicken Salad OR Fish Sandwich w/Tartar Sauce, Steamed Green Beans, Oven Brown Potatoes, Hamburger Roll, Fresh Fruit. **Cal: 814 - Sodium: 788 - Carb: 104**

Monday, September 9th

Turkey Grinder OR Oven Baked Fish w/Lemon Dill Sauce, Steamed Spinach, Red Bliss Potatoes, Honey Wheat Bread, Vanilla Yogurt. **Cal: 539 – Sodium: 776 – Carb: 82**

Monday, September 16th

Pulled Pork Sandwich OR Cheese Stuffed Shells w/Marinara Sauce, Brussel Sprouts, French Bread, Chilled Pineapple. **Cal: 565 – Sodium: 854 – Carb: 80**

Friday, September 20th

Pulled Pork Sandwich OR **Seafood Salad Cold Plate w/Lettuce, Tomato, Cucumber, Three Bean Salad, Macaroni Salad, Whole Wheat Pita Bread, Fresh Fruit. **Cal: 799 – Sodium: 1052 – Carb: 98**

Monday, September 23rd

Veggie Frittata OR Salisbury Steak w/Gravy, Steamed Green Beans, Red Bliss Potatoes, Wheat Dinner Roll, Chilled Peaches. **Cal: 605 – Sodium: 504 – Carb: 78**

Monday, September 30th

Meatloaf Sandwich OR Beef Steak w/Onions & Peppers Sandwich, Steamed Broccoli, Oven Brown Potatoes, Hamburger Roll, Fruited Jello w/Whipped Topping. **Cal: 742 – Sodium: 718 – Carb: 80**

THURSDAY MATINEE MOVIE SCHEDULE

Movies begin at 1PM in the Senior Room. Please use the side entrance to the town hall as the front entrance is locked. This program is free, and free refreshments are available beginning at 12:15 PM.

September 12th – On the Basis of Sex

Inspired by the powerful true story of a young Ruth Bader Ginsburg. Depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a ground-breaking case, she knows the outcome could alter the courts' view of gender discrimination. Teaming up with her husband to fight the case that catapults her into one of the most important public figures of our time. 2018 – PG 13 – 2 hrs. 0 min.

September 19th – Mary Queen of Scots

Explores the turbulent life of the charismatic Mary Stuart, Queen of France at 16, widowed at 18, Mary defies pressure to remarry and instead returns to her native Scotland to reclaim her rightful throne. 2018 – R - 2 hrs. 4 min.

September 26th – Adrift

Based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As the two sailors set out on a journey across the ocean, Tami & Richard couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. 2018 – PG-13 – 1hr. 37 min.

October 3rd – An Unfinished Life

Elnar (Robert Redford), a recovering alcoholic rancher who lives with his loyal pay Mitch (Morgan Freeman), gets an unexpected visit from his daughter-in-law, Jean (Jennifer Lopez), and granddaughter, Griff. Elnar holds a grudge against Jean because he feels she's responsible for his son's death. 2005 – PG-13 – 1 hr. 48 min.

SHINE Counseling – Contact Sue Kucharshi at the Senior Outreach Center (SHCOAC) 3 Maple Street, Chester, MA (413) 354-6540 to schedule an appointment. See what other senior benefits you may also be eligible for.