

COACH MESSENGER

JULY 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 (Mondays 7/1, 7/9, 7/15, 7/22, 7/29 and Friday 7/19

Knitting or Puzzle Making on Mondays from 1:30 – 4:00 pm

Mahjong Tuesdays – 1:30 – 4:30 p.m.

Thursday Matinee Movies – Movie begins @ 1:00 p.m. (doors open at 12:15 for hot dog lunch & refreshments) – 7/11, 7/18, 7/25, & 8/1 – No Movie on July 4th as this is a holiday

Brown Bag Pick-Up – 3rd Friday of the Month (July 19th) – 11:15 a.m. followed by Dining Center)

Hot Dog Festival – Tuesday, July 9th @ Noon – Please call the COA at 354-7735 to RSVP or sign up the next time you are at the COA.

Pot Luck Luncheon – Tuesday, July 23rd @ Noon

DO YOU RECEIVE SNAP BENEFITS (FOOD STAMPS)? IF SO, YOU'VE GOT HIP (HEALTHY INCENTIVE PROGRAM) TOO!

Do you want to eat more fresh, healthy, and Hilltown-grown produce, but find it too expensive or difficult to get? Consider buying your produce at the Hilltown Mobile Market, a new program starting July 25th! The Hilltown Mobile Market will offer 10-week farmshares at a cost of \$5 a week, as well as the opportunity to shop for fresh produce closer to home just like you would at a farmers market or farm stand.

If you receive SNAP (Food Stamps), you can sign up to get all of your money back for the cost of the farmshare through the Healthy Incentives Program (HIP)! You can shop for produce or pick up your farmshare at two locations and pick-up times: Thursdays, 3 - 5 pm at 48 Old North Road in Worthington or Fridays, 3 - 5 pm at 24 Russell Road in Huntington.

This program will run from July 25th to September 27th and there are limited farmshares available, so go to www.tinyurl.com/foodinterest or contact Seva Tower at sevat@hilltowncdc.org or (413) 824-1840 to express your interest in signing up for a farmshare.

HIP is a state program only in Massachusetts. This is an opportunity to make your SNAP dollars go further.

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 48 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. 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.

Monday, July 1st

Beef Pot Pie OR Chicken Salad, Steamed Green Beans, Whipped Potatoes, Biscuit Topping, and Chilled Mixed Fruit.

Monday, July 8th

Salisbury Steak w/Gravy OR Fish Sandwich w/Tartar Sauce, Steamed Spinach, Whipped Potatoes, Honey Wheat Bread, and Fresh Fruit.

Monday, July 15th

Meatball Stroganoff OR Chef Salad w/Chickpeas, egg & cheese, Italian Blend, Penne Noodles, French Bread, and Mandarin Oranges.

Friday, July 19th

Oven Baked Fish w/Tartar Sauce OR Chef Salad w/Chickpeas, egg & cheese, Steamed Green Beans, Au Gratin Potatoes, Honey Wheat Bread, and Chilled Pineapple Chunks.

Monday, July 22nd

Barbeque Chicken Drumstick OR Meatball Grinder, Mixed Vegetables, Rice Pilaf, Cherry Muffin, and Chilled Peaches.

Monday, July 29th

Chicken w/Gravy OR Ham & Cheese Grinder, Cranberry Sauce, Brussel Sprouts, Whipped Potatoes, Honey Wheat Bread, and Chilled Pears.

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.

July 11 – The Fencer

Fleeing police, an Estonian fencer finds work as a teacher and introduces his students to the sport. The children now wish to compete in a national tournament, forcing him to choose between risking his safety or disappointing his students. 2015 – NR – 1 hr. 38 min.

July 18 – Green Book

When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class pianist, on a concert tour to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humor – they are forced to set aside differences to survive and thrive on the journey of a lifetime. 2018 – PG-13 – 1 hr. 10 min.

July 25 – The Man Who Invented Christmas

With his most recent books having little success, Victorian novelist Charles Dickens finds himself obliged to self-publish his masterful fable "A Christmas Carol" – which he hopes will revive his sagging career. 2017 – PG – 1hr. 44 min.

August 1 – Woman Walks Ahead

When artist Catherine Weldon leaves her Brooklyn, New York home in 1889 and travels to the Dakota Territory to paint a portrait of Lakota Sioux leader Sitting Bull, she becomes immersed in the Plains Indians' struggle over land rights. 2018 – R – 1 hr. 41 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.