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| ***Hinsdale/Peru COA Newsletter*** ***December 1, 2023 Volume 5 No 4***  |
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***Hinsdale/Peru Council on Aging***



#  *MARK YOUR CALENDAR:*

 ***December 8, 2023***

 *Annual Christmas Party*

 *Full Course Turkey Dinner*

 **January 11, 2024**

 ***Senior Luncheon***

 *Speaker: Mae on Library*

 ***February 15, 2024***

***Senior Luncheon***

 *Speaker: TBA*

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| ***COA Sponsored****:***Monthly Luncheon****Yoga Class****SHINE Program****Foot Care Clinic****Knitting & Crocheting Group****Quilting Group****Super Senior Celebration****Annual Christmas Party** |

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***39 South Street, Hinsdale, MA 01235***

***Email:*** ***COA@HinsdaleMA.gov*** ***Tel: 413-655-2929***

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| *It is the Mission of the Hinsdale/Peru Council on Aging to encourage participation, to provide services available to seniors and to promote activities that will enhance their quality of life.* |
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***Board Members:***  Cathy Spinney, Janet Verge, Marion Tinney, Jill Cole, Eve Grippaldi, Jennifer Stark, Joanne Larmon, Linda Schermerhorn, Margi Roussin

***A note from the COA Board:*** The Hinsdale/Peru COA holds ***Monthly Luncheons*** for seniors on the 2nd Thursday of the month at the Hinsdale Town Hall***.*** Seniors age 60+ are welcome to all events. The menus are varied and nutritious with seniors paying only $4.00 for the lunch. Meals include beverages and dessert. Come join the fun!

***The August 17th Luncheon*** Lobster Fest was attended by 60 seniors and was a huge success. Lobster rolls and meat-ball grinders were served with coleslaw and chips. Bruce Alexander spoke of his ongoing research into Hinsdale’s history. He has a column on the Hinsdale Town Website titled “This was Hinsdale”. The talk was well-received by all, with many questions asked.

***The September 14th Luncheon*** speaker was Cathy Spinney, who spoke on “Cost Saving Strategies for Medicare Beneficiaries”. The menu consisted of goulash and salad.

***The October 12th Luncheon*** was well attended. After a delicious roast pork dinner the seniors were treated to a talk by Ellen Croibier of the Osher Life-Long Learning Institute (OLLI) which offers courses in person or online that appeal to seniors.

***The November 13th Luncheon*** Chicken parm and pasta by OZZIs preceded a lively informative talk on Elder Services by Issac Stone.

***Words of Wisdom****: “I suppose real old age begins when one looks backward rather than forward” Sarton*

***This newsletter is paid for, in part, by the Executive Office of Elder Affairs***

**Hinsdale/Peru Council on Aging**

**39 South Street**

**Hinsdale, MA 01235**

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 Whose woods these are I think I know.

His house is in the village though;

He will not see me stopping here

To watch his woods fill up with snow.

My little horse must think it queer

To stop without a farmhouse near

Between the woods and frozen lake

The darkest evening of the year.

He gives his harness bells a shake

To ask if there is some mistake.

The only other sound’s the sweep

Of easy wind and downy flake.

The woods are lovely, dark and deep,

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.

Robert Frost, “Stopping by Woods on a Snowy Evening” from *The Poetry of Robert Frost,* edited by Edward Connery Lathem. Copyright 1923, © 1969 by Henry Holt and Company, Inc., renewed 1951, by Robert Frost. Reprinted with the permission of Henry Holt and Company, LLC.

Source: *Collected Poems, Prose, & Plays* (Library of America, 1995)

***The Hinsdale/Peru Council on Aging has its own page on the Hinsdale Website* (*****www.HinsdaleMass.com******)*. *By clicking on “Contacts” and scrolling down to “Council on Aging”, you can access all COA Announcements, Newsletter, Agendas, and Minutes.*** *Watch for COA Event Posters announcing senior activities at Hinsdale Library, Town Hall, OZZIs and Hinsdale Wine and Spirits. Check for announcements on the Town Website or Facebook.*