

40 FIELD ST NEWS

Dalton Council on Aging & Senior Center
40 Field Street Extension, Dalton MA
May 2024
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413-684-2000



Memorial Day is a day when we pause to give thanks to the people who fought and died for the things we have. Thank you to all that served in the military and secured our freedom.

MBA Community Service Department



Free *virtual and in-person* Hybrid Program on Advance Planning and Medicaid and Long Term Care will be presented by Attorney James Loughman of Donovan O'Connor and Dolig LLC will be held:

May 22, 1:00 pm
Dalton Senior Center
40 Field Street Ext
Dalton, MA 01226

Please pre-register to reserve your resource book 684-2000

To join virtually: email kpizzi@daltin-ma.gov or call Kelly Pizzi at 684-2000 to receive the link

REMINDER

The Dalton annual town meeting will be held on Monday, May 6th at 7:00 p.m. at Wahconah Regional High School. Additionally, the annual town election will be held on Monday, May 13th at the Dalton Senior Center, 40 Field St. Ext. Polls will be open from 11:00 a.m. until 7:00 p.m. Call our town clerk, Heather Hunt with any questions at 413-684-6111, ext. 210 or 212.





Our first bring your grandchildren to the Dalton Senior Center Day brought a morning of exercise with the Osteo class, rock painting and lunch with our Soup & Sandwich dining program.

Emily and Gwen joined their grandmother Maxine Tatro and learned that retirement isn't just staying at home lounging in your time away from work! These honorary members of the Dalton Senior Center have learned that retirement can be a happy, productive and fulfilling period of life!

**Hybrid Learning Calendar
coming soon!**

**Can't join a program in person?
Don't fear – Join online through
the Hybrid Learning Program**

**Call Kelly for more information
684-2000**

AGISM WITHOUT WITHIN – A POEM

by Rachel Mcalpine

I found ageism rampaging
in my neighbourhood
in job descriptions and prescriptions
in jokes and compliments and ads
on every screen, in tips and fads
on videos and TV shows
in greeting cards, in camouflage
and tiny acts of sabotage.
I found it looming over me
on billboards big and bald.

(The assumptions, the assumptions
dooming youth to aspirations
dooming age to loss and pain.)

But the very shockingest of shocks
was to meet the advocates of ageism
within—
Glumia of the sorrows and Smugilla
that nasty bitch —
using my mouth to speak their nonsense
sniping and sneering and whining
and lobbying and mocking
the old for being old
from a stadium under my skin.

ACTIVITIES MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Veteran's Agent	2 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	3 9:00 Pitch 11:00 Chair Yoga\$	4
5 1:00 Sunday Lunch HOST: BFCN	6 9:30 Line Dancing\$ 12:00 Lunch MOB First Cong.	7 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	8 9:00 Veteran's Agent 9:00 Foot Care\$ 10:00 Shake Your Soul\$ 3:30 COA BOARD	9 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	10 9:00 Pitch 11:00 Chair Yoga\$ 1:00 Life After Loss	11
12	13 Elections Here Today! No Programs at the Center No Lunch MOB First Cong.	14 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	15 9:00 Veteran's Agent 10:00 Shake Your Soul\$ 1:00 TRIAD	16 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	17 9:00 Pitch 11:00 Chair Yoga\$	18
19 1:00 Sunday Lunch HOST: ST AGNES	20 9:30 Line Dancing\$ 12:00 Lunch 1:00 BINGO MOB First Cong.	21 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	22 9:00 Veteran's Agent 10:00 Shake Your Soul\$ 1:00 Mass Bar Assoc. Estate Planning & Long Term Care Plan	23 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	24 9:00 Pitch 11:00 Chair Yoga\$	25
26	27 Memorial Day Senior Center Closed	28 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	29 9:00 Veteran's Agent 10:00 Shake Your Soul\$ 1:00 - Movie: Tyson's Run	30 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	31 9:00 Pitch 11:00 Chair Yoga\$	

Can't attend a program or a meeting? Talk with us about Hybrid Programming! We are doing a slow rollout of programs you can join live from the comfort of your home. Soon computer classes and lending library! First class will be Mass Bar talk by Atty.James Loughman of Donovan O'Connor & Dodig.