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# LEE



## SENIOR CITIZEN NEWS

243-5545 [coa@town.lee.ma.us](mailto:coa@town.lee.ma.us) LEE COUNCIL ON AGING 21 Crossway Street., Lee MA

OFFICE HOURS: MONDAY 9:00 –1:30

Patricia DiGrigoli-Director

Closed on Friday's

MARCH 2024

Cover Photo by Rita Palmer –Thanks Rita

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*“ There can be no rainbow without a cloud and storm.’ “Life can be a storm, but your hope is a rainbow and your friends and family the gold.” Where ever you go, so will I , cause a double rainbow is hard to find. The way I see it, if you want a rainbow, you gotta put up with the rain.*



Shamrocks and Shenanigans  
IT'S TIME FOR OUR ST. PATRICK'S DAY PARTY !  
ON MONDAY MARCH 18TH join us for a delicious  
Corn Beef and Cabbage Luncheon catered by our friends at  
THE LANDING AT LAUREL LAKE  
TIME:12 O'CLOCK  
SHENANIGANS BEGIN AT 1'O CLOCK with the famous  
IRISH KELLY BOY'S BAND  
Rsvp A MUST BY MARCH 13TH

Due to Popular Demand, We're Hosting a Follow-up Journaling Class! Thank you to everyone who joined us for our journaling workshop! Your enthusiasm and participation made it a remarkable experience, Join us for an enriching follow-up workshop where we'll continue to delve into the world of journaling for personal growth and well being.

#### Workshop Highlights:

- **More Techniques:** Explore advanced journaling techniques to further enhance clarity, creativity and stress management.
- **Interactive Exercises:** Engage in interactive exercises designed to deepen self-reflection, foster creativity and promote emotional resilience.
- **Community Connection:** Reconnect with fellow participants and share your progress, and insights since our last session..
- **Personalized Guidance:** Receive tailored guidance and support to overcome obstacles and maximize the benefits of journaling in your life.
  - MISSED THE FIRST CLASS.... NO WORRIES.... COME JOIN
  - DATE: March 4, 2024
  - TIME: 10:30– 11:30 Please RSVP LIGHT LUNCH TO FOLLOW



"Gosh Yarn It" FUN Knitting group Starts Monday March 4th, 11th and 25th. TIME 1-3 . Or bring in any project and join us OR COME IN TO PLAY POOL. Relax and have some fun



HELP! HELP!!  
DO YOU NEED



### HELP WITH YOUR COMPUTER, I POD, CELL PHONE??

Well we are very fortunate to have the director of our LEE LIBRARY willing to come in and help us. So come in on March 5th at 10:30 and Damon will help to solve your problems.

Maybe our awesome Lee High student Cooper Mahoney will be here to help also. He has been a Huge help to all of us.



### Wal-Mart trip March 21st.!

Do to a popular request and to Kevin willingness we have extended our Wal Mart trip to a short trip for those who would prefer to go to Aldi's . RSVP. SEAT SOON

Look whose in our Crossway  
St. neighborhood !!! BE CAREFUL!!



#### OUR LUNCH AND MOVIE NIGHT

Thursday March 14th at 12  
Movie. Walt Disney : Encanto  
Encanto follows a multigenerational family , led by a matriarch whose children and grandchildren receive magical powers Except Marabel. Perfect for National Woman's month!

#### WEDNESDAY MORNING BREAKFAST GET TOGETHER!

March 6: Brussel Sprout slaw and  
eggs and toast 9:30

March 13th Cereal/toast at 9  
(Brown Bag day)

March 20th French Toast 9:30  
Call to reserve and Please JOIN



#### OUR POPULAR COMMUNITY CHEF DAY WILL BE HERE ON

MARCH 27th at 10:30! Our Chef  
will be the staff from Canna Provisions. Then  
join us for educational event Cannabis  
101 with Canna Provisions! From sleep to  
pain relief, they will answer any questions  
we have about cannabis and wellness. Call  
early for reservations and bring a container!

March 22nd Day's For Girl's sew-  
ing group meets from 1-3. Come in  
and join them!




It is with deep sadness  
that we have lost our  
strong supporters to the

to our senior center. Nancy Tucker, Lynn Fay, Franchesca Ham-  
merle and Gerry LeProvost. May their families and friends find peace and com-  
fort to know we all share their loss.

#### WANTED!

Do you play chess or Marjong??  
Please call if interested in starting a group.  
We have a gentleman looking for chess play-  
ers and we need teachers for marjong.



Monday	Tuesday	Wednesday	Thursday	Friday
STOP BY DURING WEEK TO PICK UP DAY OLD BREAD DONATED BY BIG Y!!!	A HUGE THANK YOU TO BIG Y AS THIS IS SUCH A SUPPOTIVE PROGRAM THAT HELPS SO MUCH!!!			1.
4. 9-19 Exercise with Chris in gym 10:30 Jounaling Class with Denise DiGrigoli Amuso 1:00 Knitting/ Pool fun	5. 10:30 Lee Library Director Daman to help with I-pod, cells, etc.  12:00 BINGO	6. 8:30-9:30 Tai Chi with Chris 9:30 breakfast  !:00 Bridge with Janice	7. AARP Sessions for signed up seniors ONLY. Sorry this is such a popular program and we are booked.	8.
11.9-10 Exercise class 1-3 Knitting group and Pool Players	12. 12:00 Bingo	13. 8:30-9:30 Tai Chi ***** 9:00 Breakfast !:00 Bridge with JAN 	14. 12:00 Lunch with Movie Encada to follow	15.
18.9-10 Exercise Class <b>12 o'clock Luncheon</b> here with the Landing at laurel Lake 1:00 Music with the Irish <b>Kelly Boy's band</b>	19. 12:00 Bingo	20.8:30 –9:30 tai Chi 9:30 Breakfast 1;00 Bridge	21.Tax preparation day with AARP seniors who have appointments.	22.
25. 9-10 Exercise class 1:00 Knitting and Pool Fun	26. 12:00 BINGO	27.8:30 9:30 Tai Chi  10:30 Community Chef Day with Canna Povi-sionsions talk to follow 1;00 Bridge with Jan	28.	29.