

MATURE MATTERS
WILLIAMSBURG
COUNCIL ON AGING

HAPPY HOLIDAYS

HOLIDAY MUSIC

On Wednesday, December 17th The Dump Ladies will perform about 1 PM in the Nash Hill Community Room, 7 Nash Hill Place in Williamsburg. While the luncheon beforehand is for Nash Hill residents only, the entertainment is open to the public. The ever popular Dump Ladies come from Cumington and are a very entertaining band. This event is presented by Williamsburg Elder Arts Project, which is supported in part by a grant from the Williamsburg Cultural



Council, a local agency which is supported by the Massachusetts Cultural Council,

a state agency.

Also, please join us on Thursday, December 18th at 12:30 PM when the Dunphy School Chorus will sing holiday songs here in the second floor auditorium of the Williamsburg Town Offices building. Anyone who has heard their diverse program of holiday songs will tell you that it is well worth your time to come out for this wonderful show! If you would care to come early and have lunch, call 268-8407 to reserve a meal at least 48 hours in advance. Both events are free of charge but donations are gratefully accepted.



DECEMBER, 2008

P.O. Box 193, HAYDENVILLE, MA 01039

413-268-8407-COA@BURGY.ORG

WWW.BURGY.ORG

Community Caregiver Initiative

Highland Valley Elder Services was pleased to announce in November that they are able to continue their program, “Community Caregiver Initiative—Take Charge of Your Caring.” The program allows for financial assistance to family members who are active caregivers for their elderly parents. All caregivers must be providing hands on care to the elder. They do not need to be living at the same address. HVES is seeking to increase the capacity of families engaged in elder care, to identify and support their needs and to assist them as they discover their own strengths, talents and solutions. Most awards will likely be up to a maximum of \$500. We have some applications at the COA or you can contact HVES at 586-2000.

Healthy Eating Project needs volunteers. Volunteers will receive training, present at least 3 workshops, work in pairs, present workshops close to home. For more information call Megan Barber from RSVP (Retired Senior Volunteer Program) at 584-1300, ext. 180.

New members welcome in **Quilting Class** starting in January. For more information or to sign up call Fran at 268-8407.

REGULARLY SCHEDULED ACTIVITIES

Please call 268-8407 to register for classes and activities.

MONDAYS	Line Dancing 9:30 a.m.
TUESDAYS	Quilting Class 9 a.m.—noon. Avada Hearing Screenings by appt.
WEDNESDAYS	Lunch: 11:45 a.m. Foot Care 2nd Wednesdays by appt. Veterans Agent-4th Wed. 11-1 p.m.
THURSDAYS	Tai Chi at 9:30 a.m. Blood pressure screenings on 2nd Thu. 11:15 a.m. Writing 10 a.m. (held at Meekins Library) Lunch at 11:45 a.m. followed by cards. Brown Bag on 4th Thu.
FRIDAYS	Computer classes by appointment only.
NASH HILL PROGRAMS	Varying days and times. Call Fran at 268-8407 for information.

DIGITAL CONVERTERS

Time is running out. At midnight on 2/17/09, television stations will stop broadcasting in analog and switch to 100% digital broadcasting. If you have a television that uses an antenna to receive broadcasts you will need to purchase a digital converter. You can get a coupon towards the cost of a converter by calling **1-888-388-2009** or apply online at www.dtv2009.gov/Applycoupon.aspx or by mail at **P.O. Box 2000, Portland, OR 97208-2000.**

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P.O. BOX 193

HAYDENVILLE, MA 01039-0193

(141 Main St. Rm. 102)

Phone: 413-268-8407

Fax: 413-268-8409

Email: coa@burgy.org

www.burgy.org

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Seasons Greetings

Happy Holidays and a very happy new year.

- Williamsburg COA

Where concerns of elders matter.

The Williamsburg COA receives funding from the Town of Williamsburg, the Executive Office of Elder Affairs, Highland Valley Elder Services, and the Williamsburg Cultural Council. However, costs for this newsletter are met through advertisements and donations. Businesses and individuals interested in supporting this newsletter can contact Mary at 268-8410 for more information.