Hello Beautiful People,

We successfully had our soft opening last month. It was so nice to see some of our family. We are adhering to several new protocols to minimize transmission and keep everyone healthy. The staff has received training on all changes and protocols. Please remember your safety is our highest priority! Also, these guidelines can change at any given time.

Please remember, if your health is compromised, we recommend, that you wait to come in, until we are fully open.

The Center is a highly controlled environment, having said that, everyone will be required to wear a mask, have their temperature checked before entering the center and practice social distancing at 6 ft apart.

Please remember, if your health is compromised, we recommend, that you wait to come in, until we are fully open.

It will be essential you register for everything! If you are not registered for an activity, you will not be permitted in the building. This includes speaking to staff in person, you will need an appointment.

Even though we are open, we will continue wellness calls, meals on wheels, van services and shopping for anyone who is uncomfortable or has a compromised immune system.

We are so excited to welcome you amazing people back to our, “Home Away From Home!” we have missed you all so much!

Thank you for your patience. We look forward to seeing you very soon.

With much LOVE, Susan xox

Thank you Matthew and Nancy Warila from Warila’s Cleaning, for sanitizing EVERYTHING at the Center! The floors look amazing!
Reach the Senior Market

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Hats Off!
It is literally hats off for our own Dennis Valcourt (a.k.a “Cheffie”) as he has announced his retirement. “I’m done cookin” is how he succinctly put it. And after decades of doing just that (including the last 6 years with us), he will be sorely missed. We will never forget those wonderful Holiday and event dinners for near 200 people that were incredible. He worked tirelessly including many weekends to make those events happen. We will miss your incredible stuffed peppers and the meatloaf too. But mostly we will miss Cheffie the dancer, Cheffie the jokester (especially Diana) and Cheffie our friend. Hats off to you!

Ready To Grow!
Margie LaFleur will have more time in her garden (we all know her skill there) and with her grandchildren as she has decided to retire after 2 years here at the center. Margie is an encyclopedia of knowledge and navigated through grants, vouchers, our newsletter and a million other “duties as assigned”. Now she gets to dive into the garden and spend much more time with her grandchildren (the real motivation for leaving). Margie always is one who gives more than you would expect both as a volunteer in town and here at the center. Thank you Margie for how you have helped all of us over the last 2 years! You will be missed!

We Love you both very much!
Best wishes! xox

VOLUNTEER GIFTS!
ATTENTION ALL VOLUNTEERS:
Due to the cancellation of our "Volunteer Appreciation Dinner and Ice Cream Social", we want you all to know how much we appreciate each and every one of you. We have a special little surprise present awaiting you at the senior center. You can either come in to pick it up or call us and we will deliver.

THANK FROM THE BOTTOM OF OUR HEARTS
AMAZING VOLUNTEERS!!!
WE WANT YOU IN OUR FIRST RESPONDER PARADE!
Friday, September 11th  Line up 9:15 am
Come Friday, September 11th, 2020 with your decked out vehicle showing your appreciation for our local first responders and join our parade! We’ll begin lining up in the Center’s parking lot at 9:15 and we’ll start at 10AM cruising by the local fire and police stations and along Main Street. You can decorate your car as little or as much as you like thanking our local heroes for all they do every year and of course this year for their efforts during the pandemic. The Friends as always, will be giving out medals to Firefighter, Police Officer and EMT of the year. Nothing will stop this annual tradition of remembrance and honoring our local first responders. If you’d like to be part of this very special parade please call the center and let us know by Wednesday Sept 9th!

ART CLASS
Thursdays, 10:30am
Has your Divinci been wanting to come out? Well, it can again! Come back together to create some more works of art! All artistic levels are welcome! All mediums are welcome. Share ideas and chat with local artists. At this time, our amazing instructor, Marcia Slater, will not be attending classes but we can look forward to her return in the near future!

FREE HEARING TESTS AND AID CLEANING
Tuesday, September 15th 10:00am-1:00pm
Chris Streeter, from Affordable Hearing LLC, will provide hearing tests and hearing aid cleanings, done here at the center free of charge. Small fixes on hearing aids can be done on site. Holes or cracks in hearing aids can be fixed for a small fee. Batteries are available at a discounted rate. Please call for an appointment.

WALKING GROUP
MONDAY- FRIDAY 9:00AM
Barbara Stone has started walking with you again, but this time we are walking on the new path at the town field! We will meet at the community center at 9am. This is a great way to exercise while socializing with friends. Let’s get fit together!! Weather permitting.

MIND- SHARP DIET COOKING CLASS
With Gwen Johnson RD
Wednesday, September 22nd, 2:00pm
White bean and mushroom toast
This quick brain healthy meal involves minimal cooking and is loaded with protein to keep you full for a long time! Recipe from The Mind Diet Plan and Cookbook by Julie Andrews, RD

Serves 6/ Prep time 1–15minutes, Cook time 5-10 minutes

Ingredients:
For the bean spread:
1 (15 oz can) reduced sodium cannellini beans, drained and rinsed
2-3 garlic cloves, minced
Zest and juice of 1/2 lemon
3/4 tsp salt
1/4 tsp black pepper
1/8 tsp red pepper flakes
1/4 cup olive oil

For the mushrooms:
2 Tbsp. olive oil
3 cups sliced mushrooms
Leaves from 2 springs fresh thyme, chopped
1/2 tsp salt
1/4 tsp black pepper

To serve:
6 slices whole grain bread, toasted
2 Tbsp. pine nuts, toasted
Sprinkling of fresh thyme leaves

Directions: Place the beans, garlic, lemon zest and juice, salt, pepper, red pepper flakes and olive oil in a food processor and process until smooth. Set aside. In a medium skillet, over low heat, add the pine nuts and toast for 30-60 seconds or until fragrant, shaking the pan to keep them from burning. Transfer to a bowl and set aside. Using the same skillet, heat the olive oil over medium heat. Add the mushrooms and sauté for 5-6 minutes, stirring occasionally, until soft and browned. Remove from heat. Spread the bean mixture on the toasted bread and top with mushrooms, pine nuts and fresh thyme. Store the bean spread and mushrooms separately in airtight containers in the refrigerator for up to 4 days. Reheat mushrooms in microwave to serve on toast.

THANK YOU!!!
4 Albert Harris Center
STRENGTH TRAINING WITH ELAINE
New Times Mon. 11am and Friday 11:30am
By stressing your bones, strength training can increase bone density and reduce the risk of osteoporosis. It can also help you manage or lose weight, as it increases your metabolism to help you burn more calories. Sign up is required. $3.00

FOLK DANCING WITH NANCY
Monday Mornings, 9:30 AM
Are you looking for a fun, activity? One that keeps your body and brain active? Come learn some easy International Folk Dances, dances that folks throughout the world do just for the fun of it! Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including improved condition of your heart and lungs, increased muscular strength, endurance and motor fitness. Researchers are learning that regular physical activity in general can help keep your body, including your brain, healthy as you age. Exercise produces natural antidepressants and increases the level of brain chemicals that encourage nerve cells to grow. And dancing that requires you to remember dance steps and sequences boosts brain power by improving memory skills. So...come give it a try! We dance Monday mornings, No partner needed! Sign up is required.

SHINE
Tuesday, September 8th 12:00pm-4:00pm
Our Shine representative Ann Sheldon will be back to help you navigate the Medicare system and answer questions. Remember, you should contact social security to enroll in Medicare at least 3 months before your birthday. Please call the Senior Center to make a virtual appoint. Or phone

YOGA WITH ELISE
Thursdays 9:00am (Live, Zoom and Facebook)
Incorporating gentle movement to stretch and relax the body. Yoga mat optional- meditation can be seated (chair or mat) or lying down. Sign up is required. Please bring your own floor matt. $3.00

TAI CHI
Saturdays 9:30am
Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi has many different styles. Each style may subtly emphasize various tai chi principles and methods. We are so happy Andy is back! Come join him here Saturday’s. Sign up is required. $5.00

RECENT BIKES
Daily
Stationary bikes, both recumbent and upright, place less stress on the joints than some other cardio equipment options and are relatively comfortable once you become accustomed to sitting in the saddle, or seat, for an extended period of time. Recumbent bikes, in particular, are an excellent option for those with low back pain as the bike provides added support for the back. Recumbent bikes are also good for those who are new to cycling. The bottom line: a recumbent bike can provide a cardiovascular workout for users of virtually all ability levels. Sign up is required. 1 hour limit.

LET’S TALK HAPPINESS
With Susan McCarthy
Tuesday, September 22 1:30pm
Join me for a 45 minute session on believe it or not, Happiness!. There’s a lot to it biologically and psychologically. We’ll explore some of the great thinkers, research and ideas to stay Happy, get Happy and even bring Happiness to others! Sign up is required.

MOVIE NIGHT
Thursday, September 24th 7:30pm
Rain Date Friday, September 25th
Remember the good old days when you packed everyone in the station wagon and you headed to the drive-in movie? Well, I do and it is one of my fondest memories. The staff and I have been wracking our brains trying to think of a safe way to get together so, we though outside movie, with of course some special movie treats! We will be watching the movie, “Something's Got to Give” with Jack Nicholson and Diane Keaton. This fun romantic comedy will have you rolling in the isles. We ask that you bring a chair and a blanket and of course your mask. Sign up is required.

FOOD SAFETY MYTH BUSTERS
Friday, September 25th 12pm
Fact or fiction, truth or dare. Come join Alex Welch from MOC, as she guides us through what is real and what is fantasy when it comes to food safety. Please join us in keeping healthy and benefiting from Alex’s wealth of knowledge in this area. Sign up is required.
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<td><strong>AUGUST 31.</strong></td>
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<td>12:00pm Turkey sandwich/Butternut squash Soup</td>
<td>12:00pm Beef &amp; Broccoli Stir - Fry</td>
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**MOVIE NIGHT**

**DATE 7:30 PM**

**CHRISTMAS IN JULY**
Our September 2020 "Volunteer of the Month" is Arthur Taback. Arthur has been assisting us for the past two years in many ways. He has helped us to set up and break down our tables and chairs for our special events. This past summer he has volunteered to shop for our seniors who weren't able to go out on their own due to Covid 19. He assisted in the moving of furniture when we had our floors cleaned this summer. He also most recently helped us prepare the curbside lunches for our "Christmas in July" event—he even left his mahjong game early! He is always asking what he can do for us.

Arthur in his spare time loves to fish, whether it be on Long Island where he lived before he came to Pepperell or at our Oceanside here in New England. Thank you Arthur for all of your help and congratulations!

Big thank you goes out to Gerry Couper, Bob Conlon, and Andrea Gregg for all of their heroic efforts to keep in touch with our seniors during Covid 19 with their "zoom" classes and socials! Also thank you to Jamie Whittaker for teaching "zoom" Spanish classes. Thank you also to our Bone Builder instructors Doris Fogelman and Nancy Lebedzinski for their return.

We continue to serve "Meals on Wheels" every Monday, Wednesday, and Friday. We so thank our "MOW" volunteers: Bob Conlon, Sharon Tetreault, Mike Barney, Karen Mulligan, Roxann Chamberlain, Dick Howley, Barbara Bourdon, Cindy Hand and Michelle Lewis.

We also thank our July "Food Shoppers": Carol Case, Heather and Hanna VanPelt, Andrew and Derek McLean, Jessica Cardinali, Cindy Hand, Arthur Taback, Michelle Lewis, and Barbara Bourdon.

On Friday, July 24, we thank the following volunteers who help to make our "Christmas in July" event a success: Margaret and Graylen Scarsdale, Denene Premus, Carol Case, Andrew, Derek and Nathan McLean, Arthur Taback, Mrs. Claus (Donnarae Bertram) and Mr. Claus (Andrew Ross from 'Movin Sounds'). Those of us who ordered curbside pickup were all surprised to see that the delicious meal of hamburgers/hotdogs, potato salad, baked beans, chips, cookies, napkin, fork & straw and a bottle of water were FREE w/a "Merry Christmas" sign saying that as we drove up! Also Mr. and Mrs. Claus handed out beautiful gift bags filled with a beautiful pop-up Christmas card, pair of socks, bag of candy/chocolates, candy cane, and bottle of bubble soap. All of the front of the building and parking lot were beautifully decorated with Christmas ornaments and decorations. What a fun time! It was really heartwarming!

Thank you to Roxann Chamberlain who will be assisting with curbside meals on Tuesday, Wednesday, and Friday. Roxann also has been helping out with "Meals on Wheels", as well as the arduous task of scrubbing clean our kitchen. We so appreciate you!

On Wednesday, July 29, a team of volunteers came to the center to move furniture, etc., to get ready for the cleaning of our floors the next day. Those volunteers were: Mark McCarthy, Fred & Jan Kobs, Ernie Dickieson, and Janice Horne. On Sunday afternoon, Mark McCarthy, Jan Kobs, Ernie Dickieson, Janice Horne, and Phil Codyer, a possible new member, returned to bring all the furniture back into the building so that all would be set up for the next day, Monday August 3, for our soft opening. We so appreciate all of their efforts and the time that they gave! We have amazing volunteers!
OUTREACH AND SUPPORT

To connect with our Outreach Coordinator, Becky Torpey, will be done by appointment only. Please call 978-433-0326 to set up a time. If you are not comfortable coming in, we will be happy to schedule a Zoom meeting or

**SHINE Information**

We want to let everyone know that although our senior center partners are operating on a limited basis due to the COVID emergency, the SHINE Program is continuing to operate. Although we cannot provide office appointments at this time, our counselors are still available to assist you to answer any of your Medicare related questions. You can reach us if: you are aging into Medicare at 65, you have lost your employment coverage for any reason and you are 65 or older, or simply have a general question about your current Medicare coverage. Our counselors who are working remotely will return your call within 1 business day. If you live in Central Mass call us at 508-422-9931. We are also available via Zoom video conferencing to do one-on-one appointments if needed. In the near future, we will be doing Medicare 101 presentations via Zoom. Visit our website www.shinema.org and our new Facebook page: SHINE Central MA.

Finally, Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency. This information is available on our website at www.shinema.org.

Our local SHINE representative, Ann Sheldon, will be doing Zoom meetings, one on one or phone calls by appointment only. Please call the center to schedule. 978-433-0326

**Coming back!**

**Alzheimer's and Dementia**

Do you know someone with dementia or the onset of Alzheimer’s? Give the center a call at 978-433-0326 and we will put you in touch with Bernadette Oinonen our family counselor. Or call 1-800-272-3900 or visit the state website at http://alzmassnh.org/virtual-programs/

Starting Back Wednesday, September 16th, 2020

**A Message from Social Security**

The most effective way to defeat scammers is to know how to identify scams. You should just hang up on any call you’re uncertain of and ignore suspicious emails. Scammers are always finding new ways to steal your money and personal information by exploiting your fears.

One common tactic scammers use is posing as federal agents and other law enforcement. They may claim your Social Security number is linked to a crime. They may even threaten to arrest you if you do not comply with their instructions. Just hang up.

As a reminder, you should continue to remain vigilant of phone calls when someone says there’s a problem with your Social Security number or your benefits. If you owe money to Social Security, we will mail you a letter explaining your rights, payment options, and information about appealing.

There are a few ways you can identify a scam call. If you do business with us, remember that we will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.

Send official letters or reports containing personally identifiable information via email. If you do not have ongoing business with our agency, it is unlikely we will contact you. If you get a suspicious call claiming to be from Social Security, you should hang up and report it to our law enforcement office at oig.ssa.gov.

To speak with an AA member contact: Worcester Area Intergroup Helpline 508-752-9000, staffed 24/7/365 or email teps@aaworcester.org OR Boston AA Central Service: 617-426-9444 Mon-Fri 9am-9pm Sat, Sun. and Holidays 12-9 pm

Albert Harris Center 9
PACH FOOD PANTRY
Pepperell Aid from Community to Home

Tuesday, Thursday 5:00pm-7:00pm
Thursday 2:00pm-4:00pm and 5:00pm-7:00pm

PACH has remained opened during our current situation and we would like to thank all those who volunteer. Like always they accept donations of non-perishable items and canned goods. Paper goods and personal hygiene items are a great contribution as well. All items need to be new and non-expired. Please bring your donations directly to PACH. They are looking for the following items:

- Hearty Soups
- Canned Baked Beans
- Canned Fruits
- Snacks
- Canned Vegetables
- Desserts
- Pasta Sauce
- Mac & Cheese
- Canned Pasta/Ravioli
- Coffee & Tea
- Canned Tuna or Chicken
- Peanut Butter
- Jam or Jelly
- Canned Pasta
- Personal Care Items such as shampoo, toothpaste, deodorant, and soap

VOLUNTEERS NEEDED FOR TAX PREPARATION

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season – Feb 1st to Apr 15 th . Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to <https:\aarp.org/taxaide>. Select volunteer. Then select Tax Aide from the drop down.

FROM THE TOWN ADMINISTRATOR

Catch up on local governing topics with Town Administrator Andrew MacLean by following this QR Code to his web page: or type the text below:

https://town.pepperell.ma.us/637/TA-News-Notes

Veterans sharing with Veterans

Are you a veteran? Are you a family member of a veteran? Are you interested in sharing stories, photos, and memories of your experiences in the service? Your experiences are living history. Are you interested in military history, biographies of famous military leaders etc? I think we all have stories to share!

We are considering forming an informal group to meet and share in the fall, once the Senior Center settles into early stages of normal operation. Given initial limitations on numbers of people allowed at the senior center, these informal group gatherings could occur via face to face gatherings at the center combined with virtual Zoom meeting access for folks who prefer to stay at home. One of our technology instructors will help anybody interested in participating online, no problem.

With the almost unlimited information on the internet, these discussions could be really enhanced with material we could research.

Before we go forward with plans for this, it would be helpful to determine the level of interest? If you think you’d like to participate at some level, please contact either the senior center or send an email to Bob Conlon at bobconlon@charter.net.

The Lawrence Library Is Open!
Monday - Saturday, for curbside pickup and browsing!

Our new, expanded, hours are M, W, & F 9:00-5:00, T & Th. 12:00-7:00, and Sat. 9:00-2:00. Place holds on items through our online catalog, call us, or send an email to lawrence.library.pepperell@gmail.com, with your requests. We’ll pull the items, check them out to you, then bag them up and put them outside on our curbside pickup carts. Then pick up your things anytime we are open.

If you would like to come inside and browse, or use a computer, the copier, or fax, just make an appointment! We are welcoming our patrons back into the building M, W, F, & Sat, 10:00 - 1:00, T & Th 3:00 - 6:00 (and until 7:00 for computer appointments). Masks are required, and you will be asked to use hand sanitizer on your way in.

Make an appointment through our online event calendar or give us a call, we’d love to see you!

To place holds or make an appointment, go www.lawrencelibrary.org or call us at 978-433-0330.
NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.ourseniorcenter.com
We want to thank Susan McCarthy and the Center staff for what they have done and are continuing to do to keep all of us safe. Though their efforts, it is great that some activities are being enjoyed at the Center.

The membership meetings for the Friends will be put off for the time being due to the limitations on how many people can safely be in the Center at one time, per the State's direction. Our meetings will continue as soon as more people can be in the Center.

The Friends need your support more now than ever before. Please consider joining The Friends, every membership counts! We use our resources to support The Albert Harris Center and to help Pepperell's senior citizens. The most recent help to the Center was to have the floors and rugs cleaned. What a great job Warila's Cleaning did!

On behalf of the Friends we hope everyone remains safe and healthy.

Thank you!

Like a fog that hides the sun this pandemic has frightfully come—bringing not darkness but “proximity fear” disrupting our lives as it spreads everywhere; no escape from its clasp its pincers hold tight surrounding us always from morning to night.

MASKED FACES
GLOVED HANDS
SIX FEET APART

Though somewhat diminished as time has moved on our future is shaded tainted in fear, always a threat it’s always so near.

Still, life has its way of responding to need a vaccine is coming yes it is, yes indeed; this time will be history we’ll walk safe again - hand shaking arms enfolding strong and healthy within.

Thus, learning life’s lesson from all we’ve been through each moment is special each day—God’s gift to you, LIVE IT WELL

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