

OCTOBER 2015

Harvest Luncheon

Thursday, October 29th at 11:30 AM

**Pizza Lunch Sponsored by Kindred Tower Hill, Canton
Games, Prizes...FUN!**

Come in costume or Come as you are!

Call for reservations 508-559-0060 by Oct. 26th



FREE COFFEE & PASTRIES

JOIN US AT THE COA CAFÉ ON FRIDAYS FOR SOCIAL TIME AND QUESTIONS & ANSWERS WITH OUR WEEKLY CO-HOST. FROM 11:00 A.M. TO 1:00 PM.

Oct. 2 – Jane Hanley, intro to the COA: You’re Never Too Young.

Oct. 9 – Open Meeting. Bring your suggestions, ideas, and questions.

Oct. 16 – Kathy Riddell, Brockton Area Transit: Can you get there from here?

Oct. 23 – Debra Morin, Avon Tax Collector/Treasurer: How the process works.

Oct. 30 - Avon Community Access Cable: All about local programming.



PLEASE DETACH AND RETURN



Help us better serve you by answering the Question of Month:

What programs would interest you in coming to the Council on Aging? And what time of day would prefer, mornings, afternoons, or evenings? Please comment:

Return to the COA for your chance to win one of many prizes. (Must include name)

Medicare Open Enrollment and Ask a Pharmacist

Fall is the time to review your Medicare choices. Your health needs change every year and health plans change their benefits and costs too. Open enrollment lasts from October 15 – December 7, 2015. You can review options and compare your current coverage with all available plans by making an appointment with the SHINE counselor at the COA. Call early for an appointment. The COA also has Medicare Drug Plan Pre-enrollment information forms that you can complete now to find the best prescription drug plan for you based on your current needs. Then, while you're reviewing your prescriptions, take advantage of our Ask a Pharmacist program with Mike Wilson of Crawford Drug. This free monthly program allows you to meet face to face with a pharmacist. During Open Enrollment, Mike is available to assist you with prescription medication questions, alternatives, and cost effective plans and drugs. Whether you have questions about interactions of various medications, foods to avoid, home delivery, or are interested in learning about lower cost medication alternatives—ask a pharmacist on October 13 at 1:00 PM.



HAPPY BIRTHDAY

	OCTOBER
3 rd	Elaine Sawler
7 th	Frank Golden
9 th	Elaine Dombrosky
17 th	Eleanor Couch
20 th	Paul Rizzo
21 st	Thomas Kenneally
22 nd	Viola Szydlowski
23 rd	Gerald Picardi
24 th	Ernest Edwards
27 th	Lupe Cruikshank
	Mary Zirakian
29 th	Jean Brugnoli

The Classic Series

Pre-1955 MOVIES

Wednesday, October 14th @ 12 Noon ...

Bring a brown bag lunch...Refreshments provided

MOVIES & THEATER POPCORN DONATED BY SHOWCASE PATRIOT PLACE

ASK ABOUT YOUR CHANCE TO WIN A *FREE* SENIOR MOVIE TICKET TO

SHOWCASE CINEMAS WHEN YOU COME IN



Fall Back... Set your clocks Nov. 1, 2015

SENIOR IDENTIFICATION CARDS – OCTOBER 8TH @11:30 AM

A Representative from Norfolk Sheriff Bellotti's Office will discuss The Senior ID Program. This program will supply Avon seniors with a secondary form of identification, free of charge, from the Sheriff's Office in conjunction with the Avon Council on Aging.

In order to receive this free photo ID senior will need to provide one of the following:

- A valid Mass Drivers License
- A valid US Passport
- A valid Mass RMV Photo ID

Join us at the COA Café Tuesdays & Thursdays at 12 NOON
Suggested donation is \$4.00... Special Holiday Luncheons: \$5.00.
All meals come with a dessert

Thursday, Oct 1	Roasted Chicken legs, mashed potato, gravy, squash
Tuesday, Oct 6	Egg salad sandwich, corn chowder
Thursday, Oct 8	Macaroni & Cheese, vegetable, roll & butter
Tuesday, Oct 13	Meatball sub & fries
Thursday, Oct 15	Brunch – scrambled eggs, sausage, croissants & jam, fruit cup
Tuesday, Oct 20	Ham & Swiss on Rye, Tomato Soup
Thursday, Oct 22	Roast Pork, Apple Sauce, Potatoes, Veg.
Tuesday, Oct 27	Tuna Sandwich, clam chowder
Thursday, Oct 29	Pizza & Salad

Get off scammers' lists.

FROM: The Office of Consumer Affairs & Business Regulation
Telephone: 1-888-283-3757

Consumers can notify the national consumer credit reporting companies online to remove their names from the lists that they sell to companies for pre-approved offers of credit and insurance. By filling out one form online, you can then direct the consumer credit reporting companies to stop selling your name and that you wish to opt-out these programs.

<http://www.optoutprescreen.com> Phone: (888) 567-8688

Another way to further reduce direct mail and phone solicitations is to contact the Direct Marketing Association (DMA). The DMA is the oldest and largest trade organization for the direct marketing industry. More information for consumers is available at:

<http://www.DMAchoice.org>