

Hinsdale/Peru COA Newsletter

December 1, 2023 Volume 5 No 4

Hinsdale/Peru Council on Aging
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It is the Mission of the Hinsdale/Peru Council on Aging to encourage participation, to provide services available to seniors and to promote activities that will enhance their quality of life.

Board Members: Cathy Spinney, Janet Verge, Marion Tinney, Jill Cole, Eve Grippaldi, Jennifer Stark, Joanne Larmon, Linda Schermerhorn, Margi Roussin

A note from the COA Board: The Hinsdale/Peru COA holds **Monthly Luncheons** for seniors on the 2nd Thursday of the month at the Hinsdale Town Hall. Seniors age 60+ are welcome to all events. The menus are varied and nutritious with seniors paying only \$4.00 for the lunch. Meals include beverages and dessert. Come join the fun!

The August 17th Luncheon Lobster Fest was attended by 60 seniors and was a huge success. Lobster rolls and meat-ball grinders were served with coleslaw and chips. Bruce Alexander spoke of his ongoing research into Hinsdale's history. He has a column on the Hinsdale Town Website titled "This was Hinsdale". The talk was well-received by all, with many questions asked.

The September 14th Luncheon speaker was Cathy Spinney, who spoke on "Cost Saving Strategies for Medicare Beneficiaries". The menu consisted of goulash and salad.

The October 12th Luncheon was well attended. After a delicious roast pork dinner the seniors were treated to a talk by Ellen Croibier of the Osher Life-Long Learning Institute (OLLI) which offers courses in person or online that appeal to seniors.

The November 13th Luncheon Chicken parm and pasta by OZZIs preceded a lively informative talk on Elder Services by Issac Stone.



MARK YOUR CALENDAR:

December 8, 2023
Annual Christmas Party
Full Course Turkey Dinner

January 11, 2024
Senior Luncheon
Speaker: Mae on Library

February 15, 2024
Senior Luncheon
Speaker: TBA

COA Sponsored:

Monthly Luncheon

Yoga Class

SHINE Program

Foot Care Clinic

Knitting & Crocheting Group

Quilting Group

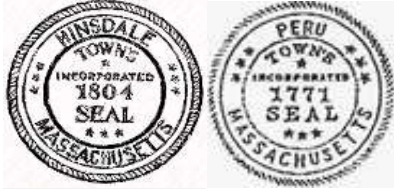
Super Senior Celebration

Annual Christmas Party

Words of Wisdom: "I suppose real old age begins when one looks backward rather than forward" Sarton

This newsletter is paid for, in part, by the Executive Office of Elder Affairs

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Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Robert Frost, "Stopping by Woods on a Snowy Evening" from *The Poetry of Robert Frost*, edited by Edward Connery Lathem. Copyright 1923, © 1969 by Henry Holt and Company, Inc., renewed 1951, by Robert Frost. Reprinted with the permission of Henry Holt and Company, LLC.

Source: *Collected Poems, Prose, & Plays* (Library of America, 1995)

[The Hinsdale/Peru Council on Aging has its own page on the Hinsdale Website](http://www.HinsdaleMass.com)

www.HinsdaleMass.com). By clicking on "Contacts" and scrolling down to "Council on Aging", you can access all COA Announcements, Newsletter, Agendas, and Minutes.

Watch for COA Event Posters announcing senior activities at Hinsdale Library, Town Hall, OZZIs and Hinsdale Wine and Spirits. Check for announcements on the Town Website or Facebook.