

Spencer COA

68 Maple Street

508-885-7546



MAY 2024



The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs, recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders

ELDERBUS

In town daily

FREE each way

Medical Trips into
Worcester

**Monday, Wednesday,
Friday**

FREE each way

**24 hour business day no-
tice by calling:**

1-800-321-0243



The Friends of The Spencer Seniors

Next Meeting will be Tuesday

May 21, 2024 @ 1:00PM

CLOSED

MAY 27th

MEMORIAL

DAY

MEMBERS OF THE COUNCIL ON AGING

Jim Letendre: **CHAIR**

Scott Connor: **VICE CHAIR**

Sandy Fritz: **SECRETARY**

Rose Hale: **TREASURER**

Rachel Sugalski: **MEMBER**

Sue Arsenault: **MEMBER**

Lucinda Puchalski: **MEMBER**

Frank White: **MEMBER**

Meg Letendre: **MEMBER**

DIRECTOR: April Caruso

OUTREACH COORDINATOR:

Nicole Eccleston

Next Meeting: **5/21/24 @ 4PM**

Annual Town Meeting

Tuesday May 2nd 7:00PM

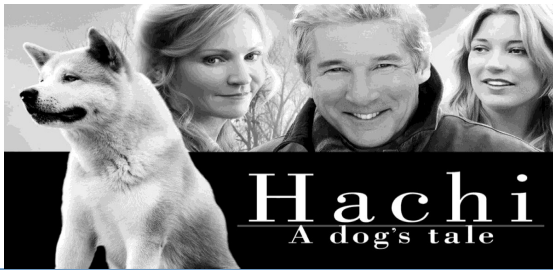
At The Spencer Town Hall

All programs funded through the Executive Office Of Elder Affairs (EOEA)

Monday Movie Matinee

May 13th 12:00

Hachi: A Dog's Tale



Summit Eldercare

May 16th 11:45-12:15

Sleep Health



Tina Bemis Class

May 22nd 11:00

Culinary Herb Garden



Spotlight on Spencer

Richard Sugden Library

Denise Famosa

Tuesday May 7th 11:45-12:15

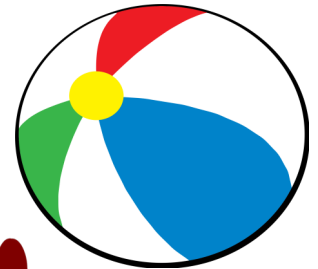


Beach Themed Dance Party

Friday May 31st 6-9PM

Music by: DJ Lisa

Come have fun and dance, dance,
dance the night away!!



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Raffles, Drinks & Snacks provided by:
The Friends of The Spencer Seniors

May Menu

5/2-**American Chop Suey**, Broccoli & Red Peppers, Honey Glazed Carrots, Butterscotch Pudding, French Bread

5/7-**Greek Chicken**, Steamed White Rice, Roasted Broccoli, Vanilla Pudding, Pumpnickel Bread

5/9-**Barber Chicken Royale w/ Gravy**, Mashed Carrot & Sweet Potato, Roasted Cauliflower, Double Chocolate Cake, Italian Bread

5/14-**Chicken Milano**, Vegetable Couscous, Spinach, Lorna Doone Cookies, Pumpnickel Bread

5/16-**Salisbury Steak w/ Gravy**, Mashed Potatoes, Peas & Mushrooms, Brownie, Sandwich Roll

5/21-**Meatballs w/ Onion Gravy**, Bowtie Pasta, Roasted Brussel Sprouts, Pears, French Bread

5/23-**Chicken w/ BBQ Sauce**, Mashed Potatoes, Country Blend Veg., Birthday Cake, White Peasant Bread

5/28-**Roast Pork w/ Gravy**, Cranberry Stuffing, Roman Blend Veg., Apple Crisp, Marble Rye Bread

5/30-**Beef w/ Onions & Peppers**, Red Bliss Potatoes, Honey Glazed Carrots, Rice Krispie Treat , Sandwich Roll

5/9 Mothers Day Meal & 5/23 Holiday Meal

* Indicates High Sodium Meal

(You must sign up in advance on the sign up sheet in the Great Room of the Senior Center or by calling 508-885-7546)



Housing

Board of Directors Meeting

Second Thursday of every month 9:00AM

Howe Village Community Room

(This meeting is open to the public)



Annual Town Election

Thursday May 9th 7AM-8PM

EVERY VOTE COUNTS



The Friends of The Spencer Seniors

Spencer Senior Center
68 Maple Street
Spencer, Mass. 01562



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