

# What's Happening at the Russell COA?

## NEXT BOARD MEETING

January 20th, 9 AM

Senior Center

All are welcome!

## January 2012

This Newsletter is sponsored in part by the Executive Office of Elder Affairs.



Join Your friends in celebrating the  
New Year!

At the PIZZA PARTY  
& BIRTHDAY PARTY

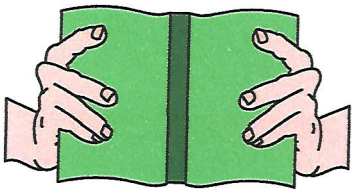
Monday January 9th

12 Noon at the Senior Center

Please RSVP to 862.6205



Thank you to The Bread Basket for donating the delicious Birthday Cakes!



## Book Discussion Group Meets January 10th at 9:30 in the Senior Center!

"The Last of the Donkey Pilgrims" by Kevin O'Hara

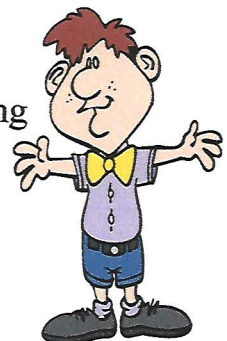
A walk around Ireland with a donkey following an ancient pilgrim's trail.

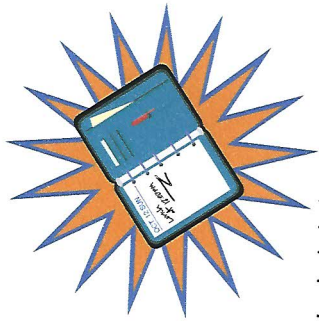
Come and join your friends and neighbors in a discussion of this book about Ireland unlike any you have read before. Books are available at the Senior Center for \$5.00.

All are welcome!!

## "Author's Tea"

Would you be interested in attending an "Author's Tea"? The Littleville Elementary School is looking for volunteers to be the audience for the first grade writers. They are working on their stories which would be shared during their writing time 11:15-12:00. Each story would be between 20-40 seconds long. During the celebration a light snack will be provided and there will be time for commentary. They are looking for volunteers to make the commitment now and the first "Author's Tea" would be held sometime in January. If you are interested please let us know by calling the COA line 862-6205.





# Noble Hospital

has provided a generous supply of Personal Medication Record Cards and carrying pockets for Seniors. They are available at the Senior Center FREE! Please pick one up and keep your medical information up to date. In time of emergency they are most important to have available to medical personnel!

## Walk and Talk begins Thursday, January 12th!

Never too old or young to walk! It's winter and it is important to your health to keep active and exercise!

Every Monday and Thursday beginning Thursday, January 12th from 10 AM to 11:30 AM come to the Senior Center and walk about. Music will be playing, a short walking course will be set up. Walk as long as you wish, sit when you wish and visit with your fellow walkers. Water and juice will be available. Come and if you like bring a friend. There is no charge for participating!



## Computer Club meets Tuesdays, January 3rd and 17th, 10 to 11:30 AM, Russell Senior Center



Have a new desk top or lap top computer? Have some new programs you would like help with? Need to learn more about e-mail, Skype, Ebay or just looking up information on the Internet? Join us at the Computer Club. The Southern Hilltown Education Collaborative and the Russell COA are providing this opportunity at no charge. For more information call George Reichert, Coordinator at 413.348.9909.

