

# CALLAHAN COURIER FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 14, NO. 2, FEBRUARY 2026



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# MARY ANN MORSE

AT HERITAGE



## Traditional, Mental Health & Memory Care Assisted Living Framingham, MA

Part of the Mary Ann Morse Healthcare Network of Senior Living & Healthcare Services  
508.544.0280 | maryannmorse.org

### BEST QUALITY, AFFORDABLE ASSISTED LIVING COMMUNITY

Come home to Heritage, where you'll find a warm, all-inclusive community with personalized support. Enjoy housekeeping, transportation, restaurant-style dining, and engaging activities — plus assistance with medication, dressing, and more, if needed. Nestled in a quiet Framingham neighborhood, we offer traditional, mental health, and memory care assisted living programs on one safe, secure, beautifully landscaped campus. Enjoy comfort, care, and community here at Heritage!

#### Ask about *The Club!*

Our adult social day program runs Monday - Friday, 9:00 AM - 3:00 PM with flexible scheduling — attend 1 to 5 days a week based on your preference.

## For all of your aging and caregiving questions...



Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

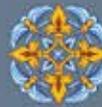
I am juggling so much with caregiving - is there help for me?

...the answer is  **springwell**

We're a non-profit, community resource for all. Call us for the answers to your questions.

(617) 926-4100 / Waltham (508) 573-7200 / Marlborough

[www.springwell.com](http://www.springwell.com)



## Casa de Ramana Rehabilitation Center

[www.casa-rehab.com](http://www.casa-rehab.com) | 508.872.8801 | 485 Franklin Street, Framingham, MA

Offering short-term rehabilitation, long-term care, a certified dementia unit and hospice care.

### Our Short-Term Rehab Unit Services Include:

- Skilled nursing care
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- Our therapy team is certified in LSVT BIG and LOUD® therapy - for those diagnosed with Parkinson's Disease and other movement diagnoses
- OmniVR - a virtual reality therapy system that enables functional rehabilitation for aging adults and others with physical limitations



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**DIRECTOR'S CORNER**

Welcome February! I hope everyone has been able to keep their New Year resolutions that were set on January 1. This will be a wonderful year for setting goals that will help you achieve better health, to participate in fun activities, and to gain knowledge about new topics. The Callahan Center's wide array of programs and services can help with those goals.

February has traditionally been a month of romance, and this month is no different. On February 12, An Afternoon of Broadway Love Songs will be performed by Michelle Bruckner. She will sing many passionate songs that are familiar to all of us. If you like romantic movies, When Harry Met Sally starring Billy Crystal and Meg Ryan will be showing on February 9.

The Chinese New Year begins its celebrations on February 17. This is the Year of the Horse. For anyone born in the years 1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014 and 2026, the Chinese Zodiac states that they possess the traits of being passionate, confident and responsible. They are known to be courageous, bold and ambitious, which may cause them to be perceived as impatient at times. The Friends of Callahan will have a Lunar New Year Luncheon on February 18 to celebrate this wonderful Chinese tradition.

AARP will be preparing taxes at the Callahan Center with free appointments. These tax appointments are available from mid-February to the end of the tax season in April. They are scheduled on a first come, first serve basis. The AARP Tax Aides are well-trained. Further details are mentioned in this newsletter.

Welcome to the newest Council on Aging Board Members, Lucille Riddle and Luciana Sousa. They joined the Council on Aging Board in January. Also, Thom Grove was reappointed for another term. Each member's term lasts until June 2028. Congratulations!

I look forward to seeing everyone in February.

*Randy*

**CALLAHAN CENTER**

**535 Union Avenue** (Handicap Accessible), **Framingham, MA 01702**  
**Telephone: 508-532-5980**

Web address: [www.framinghamma.gov/360/Council-on-Aging](http://www.framinghamma.gov/360/Council-on-Aging)  
 Follow us on Facebook: Framingham Callahan Center

**HOURS OF OPERATION:** Monday through Friday, 8:30 AM-4:30 PM

**CALLAHAN CENTER MISSION STATEMENT**

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

**DISCLAIMER NOTICE**

The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

**CALLAHAN CENTER STAFF**

Randy Aylsworth, MS, Director of Aging Services  
 Noelia Valdez, Assistant Director of Aging Services  
 Teri Shea, Programs Manager  
 Kelly Lanefski, Administrative Assistant  
 Sonam Sofet, Customer Service Representative  
 Ralph Dunlea, Computer Room Coordinator  
 Carol Glover, Front Desk Receptionist  
 Mary Kenney, Front Desk Receptionist  
 Diane Krueger, Front Desk Receptionist  
 Savitri Ramgoolam, Front Desk Receptionist  
 Dave Connell, Van Driver  
 John DeRosa, Van Driver



**SOCIAL SERVICES**

Lisa Ushkurnis, MSW, LICSW, Director  
 Cheryl Lavallee, LICSW, Assistant Social Services Director  
 Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections  
 Patti Tocci, Program Assistant of Continuing Connections  
 Sam Swisher, MBA, Outreach Volunteer Coordinator  
 Betty Sobol, Home Sharing Representative

**SHINE**

Michelle Gucciardi, MetroWest Regional SHINE Director  
 Emiliana (Amy) Gomes, MetroWest SHINE Asst. Program Coordinator

**COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS**

**Chair:** Vacant  
**Vice- Chair:** Vacant

**Tuesday, February 10,  
 1:30 PM**

**Members:** Luciana Castrillon,  
 Cynthia Cobb, Brenda Diaz,  
 Patrick Dunne, Marie Giorgetti,  
 Thomas Grove, Steve Kiviat,  
 Linda Levitt

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[www.tlcaudiology.org](http://www.tlcaudiology.org) (508)875-4559

The Callahan Center will be closed Monday, February 16 in Honor of Presidents' Day.

### MEET YOUR REPRESENTATIVES: DROP-IN HOURS

This is a great opportunity for you to be heard and receive help with any questions or concerns. No appointment necessary. One-on-one meetings on a first-come, first-served basis.

- **STATE REP. JACK PATRICK LEWIS**  
Monday, February 2, 1-2 PM
- **CONGRESSWOMAN CLARK'S OFFICE**  
Wednesday, February 11, 10 AM-12 PM
- **STATE REP. PRISCILA SOUSA**  
Monday, February 23, 10-11 AM

**STAY CONNECTED** with the Framingham Callahan Center! Follow us on Facebook to see highlights from recent programs, get the latest updates, and find out about upcoming events. It is the fastest way to see what's happening at the Center.



### REGISTER FOR PROGRAMS WITH MYACTIVECENTER

You can now register for Callahan programs online through **MyActiveCenter.com**, from the comfort of home. Create an account, browse upcoming programs and sign up at your convenience. Prefer to register on paper or by phone? You can still stop by the front desk or call to sign up for any class or event. Whichever method you choose, we look forward to helping you stay connected and involved at the Callahan Center.



### A NOTE ABOUT THE CENTER

While we strive to keep the building temperature comfortable for all throughout the changing seasons, it may be helpful to bring a sweater or light jacket with you to programs.

### 2025 FREE AARP TAX AIDE AVAILABLE

**Appointment Required: 508-532-5980, ext. 0**  
AARP Tax Counselors will be available starting in February to assist with filing taxes. To receive assistance, the following income eligibility guidelines apply:

- Single or married filing separately with annual income of \$65K or less
- Head of household with annual income of \$80K or less
- Married couple filing jointly or Qualifying Widow (widow with a dependent) with annual income of up to \$85K

AARP Tax Counselors are unable to assist with complex tax returns. There is no charge for this service, however, donations to the Friends of Callahan are welcomed.

### CELEBRATE LUNAR NEW YEAR WITH A SPECIAL FRIENDS OF CALLAHAN LUNCHEON!

**Wednesday, February 18, 11:30 AM**  
**Register at the Front Desk - Combination Plate from Mandarin Cafe: \$15, must be paid by 2/13**  
Ring in the *Year of the Horse* with a festive luncheon at the Callahan Center! Enjoy a delicious meal from Mandarin Cafe in Natick and learn about the rich traditions of Lunar New Year with a special presentation.



For just \$15, you'll receive a Combination Plate featuring your choice of rice, an appetizer and an entrée. Sign up at the front desk to reserve your spot and select your combination plate. Don't miss this wonderful opportunity to celebrate with friends, food and culture!

Space is limited, so be sure to sign up starting February 1 at the front desk or by calling 508-532-5980 ext. 0.

We're sorry, but we cannot accept walk-ins for this event. Please register and pay in advance.

### DINE-AROUND- LA CANTINA MONDAY, February 2, 4 PM-8 PM

911 Waverly St, Framingham, MA 01702

Join fellow Callahan participants for a meal out while supporting the Friends of Callahan. A percentage of your bill will be donated back to the Friends. Pick up a flyer with full details at the front desk.



### INCLEMENT WEATHER POLICY

If the Framingham Public Schools close due to snow or other inclement weather, there will be no activities/programs at the Callahan Center. On these days, City of Framingham staff will be available at the Center, unless the City declares an emergency closing. Please note: In the event of a delayed start for the Framingham Public Schools, the Callahan Center will also have a delayed opening. For example, if the schools have a two-hour delay, the Center will open at 10:30 am.

### FINAL CALL FOR NOMINATIONS: 2026 FRAMINGHAM SENIOR HEROES AWARDS

Final call to submit nominations for outstanding local volunteers for the 2026 Framingham Senior Heroes for Diversity and Inclusivity Awards. Help us honor the incredible seniors who make Framingham a better place through their kindness, leadership and dedication focused on diversity and inclusion in our city.

Deadline to submit is February 9, 2026 @ 11:59 pm.  
<https://framinghamma.gov/fshawards> to complete online nomination. If you have any questions, email: [fshawards@gmail.com](mailto:fshawards@gmail.com)

### STAY CONFIDENT, COMFORTABLE, AND SAFE AT HOME

**Thursday, February 5, 2 PM - Register by 2/4**

You've worked hard to make your house a home—and you deserve to enjoy it for many years to come. But did you know that most falls happen right where we live? The good news is that many of them can be prevented with just a few simple changes.

Join us for a friendly and practical talk with **Neil Garceau**, a Certified Aging in Place Specialist, who will share easy tips and home updates that can make daily life safer and more comfortable—without making your home feel like a hospital. From tackling tricky stairs and slippery bathrooms to improving lighting and organizing your kitchen, you'll learn how small changes can make a big difference. Come away with ideas to help you stay independent, confident, and happy in the home you love.

### SPRINGWELL AGENCY OVERVIEW

**Thursday, February 12, 1 PM - Register by 2/11**

Join Larry Poirier, Outreach Manager at Springwell, for an informative overview of the services available to Framingham residents. Springwell is the local Aging Service Access Point appointed by the Massachusetts Executive Office of Aging and Independence, offering information, support and programs that help older adults maintain independence at home. Learn about the wide range of services Springwell provides and how they can assist you or someone you know.

### SOLO AGERS

**Thursday, February 19, 2 PM - Register by 2/18**  
**Presented by Advanced Home Care**

Without the trusted support of loved ones to advocate on your behalf, Solo Agers can experience increased distress wondering if their individual home care needs or end-of-life wishes will be met. So, whether you live alone by choice - or by circumstance, learn about services that can help reduce loneliness, isolation and fear & anxiety associated with end-of-life challenges.

### SENIORS & SCAMS

**Thursday, February 26, 2 PM - Register by 2/25**

Join us for an informative session with Jennifer Souza, AVP of Community Engagement & Financial Literacy from Align Credit Union. Discover why scammers often target seniors and learn how to protect yourself. This session will cover common scams, the reasons seniors are at risk, tips for safeguarding against fraud, and resources for reporting scams and financial abuse. Don't miss this opportunity to stay informed and empowered!

### PLEASE REMEMBER TO SWIPE OR SIGN IN

We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Callahan Center. If you don't have your key tag with you, simply enter your first name and touch "Next" on the screen; then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions.



## JOY MERCHANT: A MUSICAL AFTERNOON WITH JONATHAN KEEZING

**Tuesday, February 10, 2 PM – Register by 2/9**

What greater joy than hearing the music you love! Join Jonathan Keezing for a lively celebration of the most beloved songs of the 1920s through the 1950s. Drawn from Broadway, musical theater and film, these timeless classics are guaranteed to lift your spirits.

Jonathan Keezing (B.A., Berklee College of Music) has been delighting audiences for more than 30 years. With thousands of performances behind him, he proudly calls himself a “Joy Merchant,” and his mission is simple: to make people happy through music.

## AN AFTERNOON OF BROADWAY

### LOVE SONGS WITH MICHELLE BRUCKNER

**Thursday, February 12, 2 PM  
Register by 2/11**

Celebrate the season of love with Michelle Bruckner, who made her Broadway debut

in *Chicago the Musical* and toured nationally and internationally in *A Chorus Line*, *Damn Yankees*, *Grease* and *La Cage aux Folles*. Michelle also performed leading roles for five seasons at Maine State Music Theatre and is the host of *The Showgirl Tip of the Day* podcast.

Enjoy an afternoon featuring “My Funny Valentine” and a selection of Broadway and American Songbook favorites that celebrate love in all its forms. This is the perfect February concert to warm your heart and lift your spirit.

*This program is made possible through a generous memorial donation from the Forget family. We are honored to offer this presentation in memory of their loved one and are grateful for their support of our community.*

## AGAMOGRAPH ART: CREATE A MAGICAL OPTICAL ILLUSION

**Tuesday, February 17, 2 PM – Register by 2/12  
Sponsored by the Friends of Callahan**

Join Carol Daniels for a creative and surprising art project inspired by Israeli artist Yaacov Agam. An Agamograph uses folded paper and alternating image strips to create an optical illusion where one picture appears from one angle and a different picture appears from another. It is fun, unique and a great conversation piece. Participants should bring two printed 8”x10” photos, or drawings, for this project. All other materials will be provided.

## FOOD FOR LIFE: CANCER-FIGHTING COMPOUNDS & IMMUNE-BOOSTING FOODS



**Monday, February 23  
11:30 AM**

**Register by 2/20  
Sponsored by the Friends  
of Callahan**

Stay healthy this winter by strengthening your immune system! Learn which foods can help boost immunity as you

watch a nutrition video, enjoy a live cooking demo and taste delicious samples. This session is part of the Food for Life Series, and led by Laura Beck.

*Sponsored by the Friends of Callahan through a generous donation made in honor of Pat Nicholas, father of Board Member Michelle Nicholas.*

## CALLAHAN COFFEE HOUSE RETURNS!

**Monday, February 23, 2 PM – Register by 2/20  
Sponsored by the Friends of Callahan.**

Join us on the fourth Monday of each month for an afternoon of music, talent and community at the Callahan Coffee House. Led by Mike Touches, this welcoming monthly gathering celebrates the many gifts of our participants.

If you’d like to perform—sing, play an instrument or share another talent—please email Teri at [t Shea@framinghamma.gov](mailto:t Shea@framinghamma.gov).

Prefer to sit back and enjoy? Come support your friends and neighbors while enjoying hot coffee, treats and great company.

## LIFT YOUR WAY TO LONGEVITY: WEIGHT TRAINING FOR A HEALTHIER, LONGER LIFE

**Taught by Ann Saldi**

**Tuesday, February 24, 2 PM – Register by 2/23  
Sponsored by the Friends of Callahan.**

Learn how weight training can support healthy aging. This lecture explores the benefits of strength work including improved daily function, better balance, stronger bones and reduced risk of falls and arthritis pain. Aging is not about limits, it is about discovering new strength and new ways to thrive.

*This program is offered in loving memory of Lillian and Morton Breen’s brother, Norman Davidson, and in loving memory of Emma Earl through the generosity of Marie Condon.*

**Teri Shea, Callahan’s Programs Manager,  
with COA Board Members Linda Levitt  
and Steve Kiviat at the first night of  
the Hanukkah menorah lighting on the  
Framingham Green. It was a cold evening,  
but the community was warm.**

## WINTER MASON JAR LUMINARIES

**Tuesday, February 24, 2 PM – Register by 2/20  
Sponsored by Casa de Ramana**



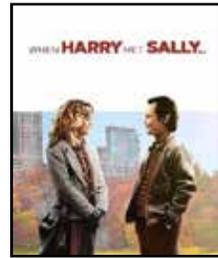
Brighten up the winter season with a cozy new craft at the Callahan! Casa de Ramana will join us to lead a Winter Mason Jar Luminary workshop, where you’ll create a glowing candle jar decorated with snowy pinecones, soft lace and a touch of rustic charm. This

simple project is fun, relaxing and perfect for adding warm light to these chilly months. Come craft, chat and take home a beautiful winter keepsake!

## WHEN HARRY MET SALLY (1989)

**February 9, 2 PM  
Register by 2/6**

Join us for a screening of *When Harry Met Sally* Rob Reiner’s timeless romantic comedy. In light of the tragic passing of Rob Reiner and his wife Michele this December we remember his work and the joy it has brought to so many. It’s a perfect February movie filled with humor heart and memorable moments.



## COMING IN MARCH!

### THE WHY AND HOW OF HAPPINESS

**Tuesday, March 3, 3 PM- Register by 3/2**

Who wouldn’t want to learn more about happiness? Join Mark Goldschmidt, teacher and administrator at Framingham High School, for an engaging presentation on the science of happiness and the simple daily habits that can help increase it. Mark has been studying happiness research since 2017 and enjoys helping others apply practical, free strategies to everyday life.

He will share findings that connect happiness to better physical and mental health, increased productivity and even longevity. Mark also helps lead the *Resiliency for Life Program* at Framingham High School, where he supports students who are struggling emotionally so they can reach their post-high school goals. Come learn ideas that are both inspiring and easy to use.



**FITNESS & WELLNESS** For more information on these programs contact Teri at [tshea@framinghamma.gov](mailto:tshea@framinghamma.gov) or 508-532-5980 ext. 4120.

### TAI CHI WITH JON

**Mondays, 12:30-1:30 PM, \$4 per class**

Tai Chi, an ancient Chinese exercise, promotes internal energy flow through slow, graceful movements, breathwork, and meditation for relaxation, healing, and well-being. No prior experience necessary, but one hour of movement without a cane/walker is involved.

### MOBILITY, STRETCH & BALANCE WITH ANN

**Tuesdays & Thursdays at 9:30 AM, \$3 per class**  
**Wednesdays at 11:00 AM (No class on 3rd Wednesdays), \$3 per class**

Join Certified Fitness Instructor Ann Saldi for fun and effective classes that focus on flexibility, posture, and joint mobility. These sessions are designed to counter age-related decline in flexibility, improve muscle awareness, and help prevent falls. Ann offers both standing and seated options on Tuesdays and Thursdays, while Wednesdays feature a fully seated format—perfect for those who prefer or need to exercise from a chair.

### ZUMBA WITH SUSAN

**Tuesdays & Thursdays, 11 AM, \$3 per class**

Zumba mixes world rhythms and easy-to-follow dance moves, so you have fun while exercising. Instructor Susan Craver has been teaching Zumba for over 10 years.



### STRENGTH & CARDIO WITH JENN

**Wednesdays, 9:30-10:30 AM, \$3 per class**

Get ready to move to upbeat music with Jenn, a Certified Personal Trainer with 10 years of experience. This low-impact, full-body workout focuses on strength, cardio endurance and posture. Hand weights are optional.

### MINDFUL LIVING & MEDITATION WITH LISA

**Wednesdays, 11 AM-12 PM, \$3 per class**

Instructor Lisa Campbell, a professional meditation and mindfulness coach, guides weekly sessions combining mindful awareness practices, breathing techniques and meditations.

### DANCE FITNESS WITH ANN

**Fridays, 9 AM, \$3 per class**

Join us for a fun and energizing Dance Fitness class. This class is perfect for all fitness levels and combines easy-to-follow dance moves with upbeat tunes. No dance experience necessary—just bring your enthusiasm and love of movement!

### SMALL BALL WITH ANN

**Fridays 10:15-11 AM, \$3 per class**

Build strength, balance and stability in this class, which incorporates a small Bender Ball. Exercises will be done to music in a standing position and utilizing the chair.

### CHAIR YOGA WITH JENN

**Fridays, 11:30 AM-12:30 PM, \$3 per class**

Jenn leads this gentle form of yoga, which builds strength and flexibility. As with many forms of exercise, it can be modified for people of varying abilities.

### BETTER BREATHERS GROUP

**2nd Wednesday of the Month, 12 PM-1 PM**

Do you have a chronic lung disease such as asthma, COPD, chronic bronchitis, or lung cancer? Facilitator Cheryl Burgess leads this monthly discussion group covering resources and practices designed to promote respiratory health.

### LOW VISION GROUP

*(This group does not meet in January and February.)*

**2nd Monday of the Month, 11 AM- 12:30 PM**

Led by Evie Dell and Bob Crook, this monthly support group is for individuals living with low vision who are seeking connection, resources, and encouragement. Each month, the group meets to share helpful tools and strategies for daily living, welcome informative guest speakers and engage in open discussions on topics that matter most to those with visual impairments.

### DID YOU KNOW?

Many insurance providers offer a reimbursement for fitness classes. Check with your health plan provider for details. Checking in at the Callahan lobby kiosks helps track your class attendance and fees for reimbursement purposes. See the front desk with questions.

### CALLAHAN FITNESS CENTER

**Monday-Friday 9 AM-4 PM**

*\*Note: The fitness center is closed for special programming on Thursdays from 1-3 pm.*

Try our suspension elliptical, treadmill, rower or exercise bikes. The Callahan Fitness Center features eight state-of-the-art fitness machines. The Fitness Room is open to adults age 55+. A \$2 admission fee enables users up to 50 minutes of access to the equipment at a time. Please sign in at the front desk.



## Hurt? Call Mort.

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**ENCORE OUTING: THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME**

**Sunday, February 22, 2 PM**

Join Callahan's Encore Play Reading group for an afternoon at the Concord Players to see *The Curious Incident of the Dog in the Night-Time*. This powerful and imaginative play follows Christopher, a brilliant but anxious teenager, as he investigates the mysterious death of a neighbor's dog and uncovers life-changing family secrets.

**Tickets:** Tickets can be purchased online at TicketStage, by emailing tickets@concordplayers.org, by calling 978-369-2990 or at the door. Online orders allow you to choose your seats (a small fee applies). Email and phone orders can be paid for at the door by cash or check. After the performance, join us on **Friday, February 27** at 2 PM for a group conversation about the show.



**GENEALOGY 1:1 • Mondays, 1-3 PM - By appointment only**

Curious about your family history? Sit down one-on-one with genealogy volunteer Ruthann to start exploring your roots or to get help with your ongoing research. Call 508-872-5826 to schedule your appointment.

**ONE-ON-ONE TECHNOLOGY SUPPORT**

**Mondays and Tuesdays, 9 AM-1 PM by appointment  
For an Appointment call 508-532-5980 ext. 4983**

Need help with your smartphone, tablet or computer? Schedule a one-on-one appointment with Ralph for personalized technology support!

**FREE CLINICS ON HANDHELD DEVICES**

**with students from St. Bridget School**

**Tuesday, February 10, 3 PM - Register by 2/9**

Whether you're new to technology or a seasoned user we've got you covered. Free clinics on use of handheld electronic devices including cell phones, iPads/tablets and Kindle/e-readers. Get connected...stay in touch with family and friends. For more information, please call Sam Swisher at 508-532-5980 at ext. 4113.

**DISCUSSION GROUPS, GAMES & MORE**

**ASK THE EXPERTS:** Wednesdays, 10 AM-12 PM

**BINGO:** Wednesdays, 1PM-3 PM, please plan to arrive earlier to purchase cards (\$1 each). Game starts promptly at 1 PM. Just a reminder that the \$1 fee covers all 9 regular games and the final bonus game. To keep things fair for everyone, we don't allow new players to join once Game 6 has started.

**BLOOD PRESSURE CLINIC:** Wednesdays, 9 AM-12 PM

**BOOK DISCUSSION GROUP:** Thursday, February 5, Hamlet, by William Shakespeare

**BOWLING:** Mondays, please arrive by 9:45 AM. We begin promptly at 10 AM. Ryan's Family Amusement located on Route 109 in Millis. \$20 including shoes. For more info, please contact Ruthann at ram2151@comcast.net or 508-872-5826.

**CANASTA:** Mondays & Tuesdays, 1:30 PM (Instructor available on Tuesdays for new players)

**CHAIR VOLLEYBALL:** Mondays, 2 PM

**CHESS:** Thursdays, 1:30 PM

**COMPUTER ROOM:** Monday, Wednesday & Thursday, 9 AM - 4 PM, Tuesday 9 AM- 7 PM & Fridays 9 AM- 1 PM. *Closed during Technology Classes.*

**CONTRACT BRIDGE:** Tuesdays, 9 AM-11:30 AM

**CRIBBAGE:** Thursdays, 9 AM

**CURRENT AFFAIRS DISCUSSION GROUP:** Thursdays, 11 AM-12:30 PM

**DULL MEN'S CLUB:** Wednesdays, 2- 3 PM

**ENCORE:** Fridays, 2 PM

**THE FUN CLUB!:** Wednesdays, 3 PM

**GENEALOGY 1:1:** Mondays, 1 PM-3 PM By appointment only. Call Ruthann 508-872-5826.

**GRUPO LATINOAMERICANO:** Thursdays, 11 AM-12:30 PM

**KNITTERS (& CROCHET):** 4th Friday of the month, 10:30 AM-12 PM

**MAH JONGG:** Tuesdays & Thursdays, 9:45 AM

**MARY MAKE DO (sewing/quilting):** Mondays, 10 AM-4 PM

**NEEDLEPOINT:** Thursdays, 1 PM

**OPEN SEW:** Fridays, 9 AM-1 PM

**PINOCHLE:** Mondays and Tuesdays, 9 AM-10:30 AM

**PITCH:** Wednesday, 1 PM

**POKER:** Fridays, 10 AM- 1 PM

**POOL TABLES:** Monday through Friday, 9 AM- 4 PM *Reserved for special programming on the 2nd Friday, 11 AM-12 PM & closed during Pool Tournaments.*

**RUMMIKUB:** Wednesdays & Thursdays, 1:30 PM

**SCRABBLE:** Mondays, 1:30 PM

**TABLE TENNIS:** Monday through Friday 9 AM - 4 PM, *Table Tennis area is reserved for special programming on the 2nd & 4th Tues., 2-3 PM & the 2nd Friday, 11 AM-12 PM*

**Do You Know a Senior or Child Facing a Health, Emotional or Memory Challenge?**

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(Takes 60 Seconds)

Request online at: [songslove.org/request](http://songslove.org/request)



The Framingham Council on Aging on Tuesday, December 9, 2025, held a party for Clyde Dottin, who stepped down as chair and from the Council earlier in 2025.

Clyde served on the Council on Aging from 2010 to 2025. He served as chair from 2012 to 2025.

Pictured is former Chair Clyde Dottin and current Chair Audrey Hall. (Photo credit: Susan Petroni)

**PARKINSON'S SUPPORT GROUP**

**ON ZOOM: 1st Tuesday of the Month, 1 PM-2 PM**

**IN PERSON: 3rd Tuesday of the Month, 1 PM-2 PM**

Please call Lisa at 508-532-5980, ext. 4108 for more information.

**CAREGIVER SUPPORT GROUP**

**4th Thursday of the Month, 2 PM-3 PM**

If you're interested in learning more about this group, please contact Cheryl Lavallee, LICSW, at 508-532-5980, ext. 4134.

**BEREAVEMENT GROUP**

**2nd & 4th Tuesday of the Month, 3 PM**

Grieving the loss of a loved one can feel overwhelming, but you don't have to go through it alone. Our Bereavement Group offers a safe, welcoming space to share, listen and heal alongside others who understand.

**CALLAHAN LEGAL CLINIC**

**Tuesday, March 24, 9-11 AM**

Meet with an attorney from MetroWest Legal Services (MWLS) to discuss legal issues (will not advise on estates and trusts). FREE Consultations are 20 minutes in length. To make an appointment for an in-person or telephone consultation, please call Lisa at 508-532-5980, ext. 4108.

**HOME ENERGY ASSISTANCE PROGRAM FOR 2025-2026**

Callahan's Social Services Department is currently processing NEW Fuel Assistance Applications for Framingham residents who are age 60 and older and applying for the first time. Please contact Cheryl at 508-532-5980, ext. 4134 for information and eligibility requirements.

**GUIDE PROGRAM**

GUIDE stands for Guiding an Improved Dementia Experience and is a new Medicare-supported program designed to support people living with moderate to severe dementia and the caregivers who help them.

The program provides a care navigator to help coordinate services, offers caregiver education and support, and includes up to 76 hours of paid home care or respite care per calendar year. The goal is to help individuals remain safely at home for as long as possible while supporting caregivers with the tools and breaks they need. For more information contact Lisa at 508-532-5980 ext. 4108.

**HOME SHARING**

The Callahan Center is pleased to be partnering with Jewish Family Services of MetroWest. We are identifying seniors who would like to share their home to defray living expenses with another senior looking to downsize or needing reasonable rent. There are many reasons to consider this new option. For more information, please contact Betty at The Callahan Center: 508-532-5980 ext. 4118 or bsobol@framinghamma.gov.

**MINOR HOME REPAIR HELP AVAILABLE AND VOLUNTEERS NEEDED:**

Framingham residents age 55 and older can get help with minor household tasks like changing a light bulb, hanging a picture or assembling furniture. Volunteers are not licensed for plumbing, electrical or HVAC work. If you need assistance or want to lend a hand, we'd love to hear from you. No formal training is required to volunteer, and homeowners provide any needed materials. Most volunteers take on one or two small tasks every few months, on a schedule that works for them. Contact Sam at 508-532-5980 ext. 4113 or sps@framinghamma.gov for more information.

**METROWEST MEDIATION**

**OFFICE HOURS**

**2nd Monday of the Month, 10 AM- 12 PM**

**Call 508-532-5980 ext. 0 to make an appointment or drop in.**

MetroWest Mediation offers free consultations on family, business, and housing disputes, including support for seniors and their families. To schedule another time call Li Morrison at 508-872-9495.

**SNAP BENEFITS ASSISTANCE**

With food prices on the rise, you may qualify for monthly SNAP (Supplemental Nutrition Assistance Program) benefits to help stretch your budget. Giuliana Bacoccini, SNAP Outreach Coordinator, can be contacted directly at gbaqccini@townofhudson.org or (978) 875 1487. She will arrange to meet you at the Callahan Center and can also advise you via email or phone as well.



**Michael Goodwin's holiday concert was a huge hit. He's a Callahan favorite who filled the room with classics, good cheer and plenty of sing-along moments. Don't miss him in 2026! He is scheduled for 4 performances.**



**CARLYLE HOUSE**

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www.carlylehouse.biz

**508-879-6100**

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We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.



**SPECIAL THANKS TO OUR HOLIDAY COMMUNITY PARTNERS**

The holidays can be a tough time of year for people in need, but the Framingham community truly comes together to support our seniors.

- Special thanks to Curtis Family & Volunteers for providing Thanksgiving meals and for their admirable mission of feeding those in need.
- Thank you to St. Andrew's Episcopal Church for their generous Giving Tree that gifted many of our most needing seniors holiday gifts.
- We are also grateful to the Framingham Police Association for delivering Christmas meals to brighten the season.
- Finally, heartfelt thanks to Casa de Ramana for offering free use of their Fitness Center for Callahan participants during the month of November.

Your kindness and support mean so much to our community.

**SPECIAL THANKS: FALL YARD CLEAN-UP**

Thank you to the 35 amazing volunteers who dedicated over 100 hours on November 22-23 to rake leaves and clean up six yards in our community.

Volunteers came from Plymouth Church UCC, First Parish Unitarian Universalist Church, Boston Church of Christ, Keep Framingham Beautiful, the Golden Badgers Adult Football Team, Framingham High School's National Honor Society and Greater Good Club, Wayside Community Programs, Saint Bridget School, Keefe Regional Vocational Technical School, and the Framingham Housing Authority.

Your hard work saved residents hundreds in landscaping costs and showed the true spirit of community. We are so grateful for your help!

**DURABLE MEDICAL EQUIPMENT AVAILABLE AND NEEDED**

The Callahan Center offers Durable Medical Equipment (DME) for Framingham residents to borrow at no charge, as inventory allows. If you are in need of equipment, please call in advance to check availability and reserve your item. We also welcome donations of gently used, clean equipment to help keep this valuable service going. Wheelchairs and rollators are especially needed. For all inquiries or to schedule a donation, contact Sonam Sofet at 508-532-5980, ext. 4136. All messages will be returned within 1 to 2 business days. **If you're borrowing a walker or commode, don't forget to ask about a complimentary walker bag, toilet paper holder, or adult clothing protector.**

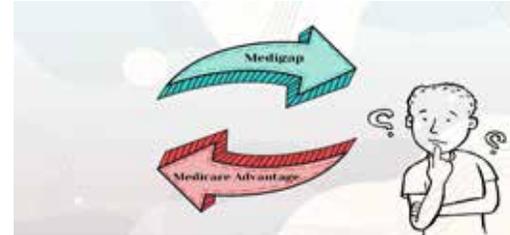
**\*FREE CALLAHAN SHARED-RIDE VAN:**

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. through Thurs. 9 am to 3:30 pm and Fri. 9 am to 2:00 pm. Please note: Market Basket only Wed. mornings & Fri. Call the Callahan Center at 508-532-5980 to initially register for van service. Once your **registration is confirmed, contact the MWRTA Call Center at 508-820-4650 to schedule rides.**

**FREE TAXI SERVICE AGE 60+:**

Do you need to get to a destination beyond Framingham and need someone else to drive you or you can't afford the taxi fare? The Callahan Center has been able to utilize funds from various agencies to provide Framingham residents ages 60+ with **limited/occasional** free round-trip taxi rides from Tommy's Taxi locally and beyond

Framingham's borders for medical appointments and other necessities. **It is essential to call at least one week in advance to request this service.** Weekend and evening service may be possible. If you have appointments in Boston's medical area or transportation needs to communities beyond Framingham, please contact Sam Swisher at 508-532-5980, ext. 4113.



**MEDICARE ADVANTAGE OPEN ENROLLMENT**

If you have a Medicare Advantage plan and forgot to make a change during Open Enrollment...Now's your second chance! From January 1st to March 31st, anyone with a Medicare Advantage plan is eligible to switch Advantage plans or revert to Original Medicare.

Book your appointment today with a SHINE counselor to discuss your options. We can compare costs and benefits to help you decide which choice may be best for you.

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for assistance programs, reviewing claims, and much more. To schedule a SHINE appointment, **please call the Callahan Center Front Desk, 508-532-5980 ext. 0 to make a SHINE appointment.** For other SHINE-related matters, call 781-453-8076. Once you get the SHINE answering machine, leave your name, town and number. A volunteer will call you back.

# Good Bank. Good Neighbor.

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**FRIENDS BOARD MEMBERS**

**President**.....Mary Megill  
**Treasurer**.....Len Brenner  
**Assistant Treasurer**.....Michelle Nicholas  
**Recording Secretary/Communications**.....Carol Daniels  
**Corresponding Secretary**.....Marie Gibbons  
**Sunshine Lady**.....Carol Lach

**Board Members:** Karin Beth, Larry Elder, Diane Egan, Lisa Gell, Audrey Hall, Steve Kiviat, Norma Kramer & Denise Liset

**FRIENDS BOARD MEETING**

Tuesday, February 3, 1 PM

**DINE-AROUND- LA CANTINA**

MONDAY, February 2, 4 PM-8 PM

911 Waverly St, Framingham, MA 01702

**VOLUNTEER NEEDED:  
TRAVEL COORDINATOR**

The Friends of Callahan are looking for a volunteer to help organize future travel opportunities for Callahan participants. If you enjoy planning trips and creating fun experiences for others, this could be a great fit. For more information or to express interest, please contact Mary Megill.

**THE SUNSHINE LADY'S CORNER**

The Friends would like to reach out to members in time of need. The Sunshine Lady - Carol Lach - can help brighten their day and/or offer condolences. Please call the front desk at 508-532-5980, ext. 0 and leave a message. Your request will be forwarded to the Sunshine Lady who mails cards on behalf of the Friends of Callahan.

**A NOTE FROM THE FRIENDS OF CALLAHAN**

## Friends of Callahan – February

As we welcome February, we embrace a month of wellness, nature's quiet beauty, and the continued spirit of giving that defines our Friends of Callahan community. This season encourages us to focus on our health, finding peace in the winter landscape, and staying connected with one another.

We were especially excited to have sponsored our very first Callahan Theater Production, a milestone that brought creativity, joy, and inspiration to our Center. This extraordinary opportunity is a shining example of how the Friends of Callahan continue to bring meaningful, engaging programs to enrich the lives of our seniors.

As we move forward after celebrating the Friends of Callahan's 50th Anniversary year, we look ahead with gratitude and renewed commitment to giving back to the Callahan Center community. Together, we are in the process of continuing in creating a year filled with wellness, connection, and memorable moments. We are trying to think bigger about what we can bring to our community. This year, we aim to increase wellness opportunities, strengthen healthy living programs, and create new ways to connect, especially through the arts. From creative expression to theatrical experiences to the everyday joy of learning something new. We aim to make the Callahan Center a place where everyone feels inspired, included, and uplifted.

This year, the Friends of Callahan and our charity pick Contenting Connections Program for early onset dementia and caregivers was chosen as one of the five Team Framingham Boston Marathon charities. Two runners, Jamie Dobson and Jessica Tosi, selected us as their charity run. All funds raised by the runners will go directly to the Contenting Connections. We are grateful and wish them all the best in their training runs and the in running in the Boston Marathon. Good luck to all the runners in the 2026 Boston Marathon.

As a final thought, February invites us to look inward, grow outward, and choose the kind of light we want to bring into the world.

"What you do makes a difference, and you have to decide what kind of difference you want your life to make."

**Mary Megill - President of the Friends of Callahan**



**CARMEL TERRACE**  
— ASSISTED LIVING —

**ST. PATRICK'S MANOR**  
NURSING & ROSARIE CENTER  
FOR SHORT-TERM REHABILITATION

*Our Beautiful Campus Offers a Full Continuum of Care in Framingham*

**CALL TODAY TO SCHEDULE A TOUR**

**Carmel Terrace:**

508-403-7223

[www.CarmelTerrace.org](http://www.CarmelTerrace.org)

933 Central St

Framingham, MA 01701

**St. Patrick's Manor:**

508-370-8611

[www.StPatricksManor.org](http://www.StPatricksManor.org)

863 Central St

Framingham, MA 01701

**THE FRIENDS OF CALLAHAN:  
SUPPORTING SENIORS,  
STRENGTHENING COMMUNITY**

The Friends of Callahan are known for making sure the Callahan Courier arrives in your mailbox, but they do so much more. This nonprofit 501(c)3 group of volunteers has been supporting the Callahan Center since 1975.



The Friends raise funds to help keep older adults active and involved at the Callahan Center. Their support helps provide programs and services for people 55 and older from Framingham and surrounding communities. Thanks to their work, older adults who might otherwise feel isolated have a safe place to find comfort and enjoyment with others while improving both physical and emotional well-being. They also make it possible to stay informed by covering the cost of Courier mailings and Constant Contact email notices.

The Friends are at the heart of many favorite Callahan traditions. They coordinate the monthly Dine Around program where participants enjoy a meal out together at a designated restaurant that donates a percentage of the bill back to the Friends. They sponsor the popular Friends Luncheon on the third Wednesday of each month and support cultural events and performances at the Callahan. The Friends are also behind the participant artwork in the hallway display.

In the past year, the Friends have placed a special focus on Senior Wellness by sponsoring monthly programs that range from Food for Life nutrition classes to a Low Vision Discussion Panel to Fall Prevention Workshop with Ann Saldi and much more. This year, the Friends of Callahan have also been selected by the Framingham Marathon runners as a charity of choice with their fundraising directed to the Callahan Continuing Connections program.

There are many ways to support this work. Donations can be made in memory of a loved one to sponsor a program or through a legacy gift that helps future generations of older adults. To learn more, visit [thefriendsofcallahan.org](http://thefriendsofcallahan.org) or stop by on a Tuesday morning and chat with Friends president Mary Megill.

**HONOR SOMEONE SPECIAL OR LEAVE A LEGACY**

Looking for a meaningful way to honor someone you love? Consider making a memorial or honorary donation to the *Friends of Callahan*. When you give in someone's name, we're happy to notify their family or loved ones of your thoughtful gift. Your donation helps fund programs that promote health, well-being and connection for older adults in our community now and into the future. Some recent gifts have made a big impact:

- Donations in **Mark Goldman's** name help keep our Friends Luncheons affordable
- The **Haranis family** sponsors memory-enhancing presentations
- Donations in **Jamie Shea's** name are brought pizza and laughs with dinner and a classic sitcom presentation

Have you thought about leaving a legacy? Including the Friends of Callahan in your will or estate plan creates a lasting connection and helps future generations thrive.

Your donation, no matter the size, might help sponsor a movie screening, a guest speaker, holiday supplies or a wellness program. **Give online at [www.thefriendsofcallahan.org](http://www.thefriendsofcallahan.org)**

Thank you for supporting the work we do to make aging a little brighter for everyone.

**Not a member of the Friends of Callahan?**  
It's easy to join! Fill out this form ↓



Membership is \$15 for individual and \$20 for couples.

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_

\_\_\_\_\_

Email Address \_\_\_\_\_

Cell phone \_\_\_\_\_ Home Phone \_\_\_\_\_

**kww** BOSTON METROWEST  
KELLERWILLIAMS. REALTY

THE ANTONIO TEAM  
KELLER WILLIAMS BOSTON METROWEST



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**Buying a Home**

Buying a home is an amazing adventure that we look forward to taking with all of our clients. Start this adventure with us.

MONDAY	TUESDAY
<p>9 Pinochle 10 Bowling 10-4 Mary Make Do 12:30 Tai Chi, \$4 <b>1-2 Drop-In Hours with State Rep. Jack Patrick Lewis</b> 1-3 Genealogy 1:1 1:30 Scrabble 1:30 Canasta 2 Chair Volleyball <b>Dine Around</b></p> 	<p><b>2</b></p> <p>9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch &amp; Balance \$3 9:45 Mah Jongg 11 Zumba \$3 1-2 <b>ZOOM:</b> Parkinson's Support Group <b>1 FOC Board Meeting</b> 1:30 Canasta</p> <p><b>3</b></p>
<p>9 Pinochle 10 MetroWest Mediation 10 Bowling 10-4 Mary Make Do 11 Low Vision Support Group 12:30 Tai Chi, \$4 1-3 Genealogy 1:1 1:30 Scrabble 1:30 Canasta 2 Chair Volleyball <b>2 Movie Matinee: When Harry Met Sally</b></p>	<p><b>9</b></p> <p>9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch &amp; Balance \$3 9:45 Mah Jongg 11 Zumba \$3 1:30 Canasta <b>1:30 COA Board Meeting</b> <b>2 Joy Merchant: A Musical Afternoon w/John Keezing</b> 3 Bereavement Support Group 3 Handheld Device Clinic</p> <p><b>10</b></p>
<p><b>Closed in Honor of Presidents' Day</b></p>	<p><b>16</b></p> <p>9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch &amp; Balance \$3 9:45 Mah Jongg 11 Zumba \$3 1 Parkinson's Support Group 1:30 Canasta <b>2 Agamograph Art</b></p> <p><b>17</b></p>
<p>9 Pinochle 10 Bowling 10-4 Mary Make Do <b>10-11 Drop-In Hours with State Rep. Priscila Sousa</b> <b>11:30 Food For Life</b> 12:30 Tai Chi, \$4 1-3 Genealogy 1:1 1:30 Scrabble 1:30 Canasta 2 Chair Volleyball <b>2 Callahan Coffee House</b></p>	<p><b>23</b></p> <p>9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch &amp; Balance \$3 9:45 Mah Jongg 11 Zumba \$3 1:30 Canasta <b>2 Lift Your Way to Longevity w/ Ann Saldi</b> <b>2 Winter Mason Jar Luminaries</b> 3 Bereavement Support Group</p> <p><b>24</b></p>
<p><b>Computer Room-</b> Mondays and Wednesdays, 9-4 PM. If you need computer assistance, call the Front Desk for an appointment. <i>1:1 Appointments available on Mondays and Tuesdays, 9 AM- 1 PM</i> <i>Closed during Technology Classes.</i></p> <p><b>Fitness Center Open-</b> Mon.-Fri., 9 AM- 4 PM <i>The fitness center is not available on Thursdays. from 1-3 PM</i></p>	<p><b>Table Tennis Open-</b> Mon.-Fri., 9 AM - 4 PM <i>Table Tennis area is reserved for special programming on the 2nd &amp; 4th Tues., 2-3 PM &amp; the 2nd Friday of the month, 11 AM-12 PM</i></p> <p><b>Pool Tables Open-</b> Mon.-Fri., 9 AM - 4 PM Pool Tables are closed during Pool Tournaments. See Teri if you would like to join the Pool Team. <i>Pool Tables are reserved for special programming on the 2nd Friday of the month, 11 AM-12 PM</i></p>

WEDNESDAY	THURSDAY	FRIDAY
<p>9-12 Blood Pressure Clinic 9:30 Strength &amp; Cardio \$3 10-12 Ask-the-Experts 11 Mindful Living &amp; Meditation \$3 11 SEATED Mobility, Stretch &amp; Balance \$3 11:30 The Fun Club 1-3 Bingo 1 Pitch 1:30 Rummikub! 2 Dull Men's Club</p> <p style="text-align: right;"><b>4</b></p>	<p>9 Cribbage 9:30 Mobility, Stretch &amp; Balance \$3 9:45 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Current Affairs Discussion Group 11 Zumba \$3 1 Needlepoint Group 1:30 Chess 1:30 Book Discussion Group 1:30 Rummikub! <b>2 Stay Confident, Comfortable &amp; Safe at Home</b></p> <p style="text-align: right;"><b>5</b></p>	<p>9 Dance Fitness with Ann \$3 9-4 Open Sew 10 Poker 10:15-11 Small Ball \$3 11:30 Chair Yoga \$3 2 Encore</p> <p style="text-align: right;"><b>6</b></p>
<p>9-12 Blood Pressure Clinic 9:30 Strength &amp; Cardio \$3 10-12 Ask-the-Experts <b>10-12 Drop-In Hours with Jay Higgins, US Rep. Clark's Office</b> 11 Mindful Living &amp; Meditation \$3 11 SEATED Mobility, Stretch &amp; Balance \$3 11:30 The Fun Club 12 Better Breathers Group 1-3 Bingo 1 Pitch 1:30 Rummikub! 2 Dull Men's Club</p> <p style="text-align: right;"><b>11</b></p>	<p>9 Cribbage 9:30 Mobility, Stretch &amp; Balance \$3 9:45 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Current Affairs Discussion Group 11 Zumba \$3 1 Needlepoint Group 1:30 Chess 1:30 Rummikub! <b>1 Springwell Agency Overview</b> <b>2 An Afternoon of Broadway Love Songs with Michelle Bruckner</b></p> <p style="text-align: right;"><b>12</b></p>	<p>9 Dance Fitness with Ann \$3 9-4 Open Sew 10 Poker 10:15-11 Small Ball \$3 11:30 Chair Yoga \$3 2 Encore</p> <p style="text-align: right;"><b>13</b></p>
<p>9-12 Blood Pressure Clinic 9:30 Strength &amp; Cardio \$3 10-12 Ask-the-Experts 11 Mindful Living &amp; Meditation \$3 <b>11:30 Friends Lunch, Register by 2/13</b> 11:30 The Fun Club 1-3 Bingo 1 Pitch 1:30 Rummikub! 2 Dull Men's Club</p> <p style="text-align: right;"><b>18</b></p> <p><b>Cancelled:</b> <b>SEATED Mobility, Stretch &amp; Balance</b></p>	<p>9 Cribbage 9:30 Mobility, Stretch &amp; Balance \$3 9:45 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Current Affairs Discussion Group 11 Zumba \$3 1 Needlepoint Group 1:30 Chess 1:30 Rummikub! <b>2 Solo Agers</b></p> <p style="text-align: right;"><b>19</b></p>	<p>9 Dance Fitness with Ann \$3 9-4 Open Sew 10 Poker 10:15-11 Small Ball \$3 11:30 Chair Yoga \$3 2 Encore</p> <p style="text-align: right;"><b>20</b></p>
<p>9-12 Blood Pressure Clinic 9:30 Strength &amp; Cardio \$3 10-12 Ask-the-Experts 11 Mindful Living &amp; Meditation \$3 11 SEATED Mobility, Stretch &amp; Balance \$3 11:30 The Fun Club 1-3 Bingo 1 Pitch 1:30 Rummikub! 2 Dull Men's Club</p> <p style="text-align: right;"><b>25</b></p>	<p>9 Cribbage 9:30 Mobility, Stretch &amp; Balance \$3 9:45 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Current Affairs Discussion Group 11 Zumba \$3 1 Needlepoint Group 1:30 Chess 1:30 Rummikub! 2 Caregivers Support Group <b>2 Seniors &amp; Scams</b></p> <p style="text-align: right;"><b>26</b></p>	<p>9 Dance Fitness with Ann \$3 9-4 Open Sew 10 Poker 10:15-11 Small Ball \$3 10:30-12 Callahan Knitters 11:30 Chair Yoga \$3 2 Encore</p> <p style="text-align: right;"><b>27</b></p>

February





**ILSE AGTE**

## In The Senior Spotlight

Ilse Agte has been studying the piano since she was six years old. The Callahan regular was so small that her mother had to pick her up and place her on the seat. Although initially Ilse's mother made her practice, she soon became very passionate, saying, "piano is my life; it goes inside [me]." As Ilse got better, she started playing concert piano professionally in Brazil, where she lived. When she moved to America, she played more popular music for her friends, but when she plays for just herself, she sticks to her roots.

Recently, Ilse has stopped playing so much. She's getting older; her skills and memory are fading, so she has to study more to play well, which makes her anxious. However, music will always have a special place in Ilse's life. When she gets sick, she always goes back to the piano. She describes how "I feel good, even though I'm not great like before."

At the Callahan Center, Ilse enjoys the music programs, as well as ballet, zumba, and all kinds of dance. She says, "music and dance [are] my good things." Although today, she practically lives at the Callahan Center, Ilse had quite the journey getting here. When she moved from Brazil with her daughter years ago, she spoke very little English. One day, her daughter picked her up and dropped her at the Callahan Center. Being a part of the programs and community helped Ilse improve her English, and now she is a regular.

Ilse says she appreciates American culture; there is more respect for old people, better traffic, and she likes the people. She says, "I am happy because I came here [to the Callahan Center]."

**When did you start coming to the Callahan Center? — 20 years ago**

**What is your favorite program? — The music programs**

Written by Carolyn Cotta, Summer 2025 Intern



Our **Hanukkah Festival of Lights** at the Callahan Center was a joyful celebration filled with warmth, tradition and community. Participants gathered to share food, music and meaningful moments together as we marked the season. The room was filled with smiles, conversation and the spirit of togetherness that makes Callahan such a special place. Special thanks to the Friends of Callahan for sponsoring this celebration and to BJ's Wholesale Club for their generous donations, and our wonderful volunteers who helped plan and execute this well attended event.



The December **Friends of Callahan Luncheon** was filled with holiday cheer, good food, and even better company. Friends gathered to enjoy conversation, laughter, and the joy of being together during the season. Thank you to everyone who helped make this festive luncheon such a wonderful way to celebrate the holidays at Callahan.

Answer to Previous Sudoku

1	6	7	3	9	5	8	2	4
3	5	4	1	2	8	7	6	9
8	9	2	6	7	4	5	3	1
2	7	1	9	4	6	3	5	8
5	8	3	7	1	2	9	4	6
6	4	9	8	5	3	1	7	2
4	1	8	2	3	7	6	9	5
7	2	6	5	8	9	4	1	3
9	3	5	4	6	1	2	8	7

### Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	5	4		1	8	3		
3		6						
7	1							2
	3			5		2	7	
8							5	6
	6		1					8
					6			
5	4							3
					3	4	2	5

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Game answers for this issue will be published in next months issue.

### CROSSWORD PUZZLE

**ACROSS**

- Calyx leaf
- Arabic letter
- Vigor
- Dodge
- Presidential nickname
- Amateur Boxing Assn. (abbr.)
- Gr. poetic foot
- Physician
- Fellow
- Boil
- 5th incarnation of Vishnu
- Ancient ascetic
- Sheep's cry
- Indian ground salt
- Guided missile
- Cuckoo-pit
- Brythonic sea god
- Eelworm
- Handwriting on the wall
- Pasture
- First-rate

**DOWN**

- Six (Sp.)
- Revelry cry
- Stamp-sheet segment
- Mine entrance
- Satyr
- Papa
- Over

**ANSWER TO PREVIOUS PUZZLE**

F	T	C	G	A	S	C	E	O					
E	L	A	H	R	I	M	A	X	L	E			
P	A	L	I	S	A	D	E	R	E	L			
A	G	A	A	N	E	A	R	M	A	A			
	L	A	G	R	A	S	P						
B	E	N	A	R	E	S		B	A	L	O	O	
A	L	A	R		R	O	C		T	A	L	L	
C	I	R	C	E		S	A	K	E	R	E	T	
	A	H	S	T		L	A	D					
E	D	H		S	I	B	Y	L		D	I	B	
L	O	A	M		T	Y	P	E		F	A	C	E
I	N	R	E		A	R	S		A	C	A	D	
A	I	L		N	E	O				D	E	L	

8 Pour off gently

9 Site of Second Punic War's end

10 Dayak people

11 Spotted cavy

19 Ass or donkey (Ger.)

21 Chin. flour

23 Ledge

24 Floor covering

25 One hundred square meters

26 Bird

29 Hyson

30 Television channel

31 No (Scot.)

33 Change (pref.)

35 Muslim ship's captain

38 Nut

40 Sinus cavity

43 Bundle of twigs

44 Semitic deity

45 Berne's river

46 Territory

48 Increase

49 Grandfather (Lat.)

50 Body of water

51 Wings

54 Amazon tributary

1	2	3	4	5	6	7	8	9	10	11	
						13			14		
15					16				17		
18				19	20			21			
			22		23						
24	25	26		27			28		29	30	31
32			33		34		35		36		
37				38		39		40		41	
			42		43						
44	45	46				47		48	49	50	51
52				53		54		55			
56				57				58			
59				60				61			

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### ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "F" = "D"*

"W BQPAXGGIPLWS IG GPTXPLX HDP  
UWL FP DIG VXGZ HPQJ HDXL DX  
FPXGL'Z AXXS SIJX IZ."  
— WSIGZWIQ UPPJX

PREVIOUS SOLUTION: "There are many roads to hate, but envy is the shortest of them all." — Author Unknown

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