

Living Well



Newsletter
June
2018

Williamsburg Senior Center: Programs & Services for Active Living at 60+

June Events Calendar

Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am

Tuesdays:

- Healthy Bones & Balance, 10:30 am
- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am
- Intergenerational Bag Sew (see Pg 4) 3:15 pm
- Yoga for You, 6 pm
- Basic Computer Class 6-7 pm (call ahead)

Wednesdays:

- Modern/Creative Dance Class 10 am
- Congregate Meal, 11:45 am
- June 5: Duane Carlson, Sing-Along 12:15*
- June 20: Advisory Board Meeting, 12:15 pm

Thursdays:

- Tai Chi, 9:30-10:30 am
- Gentle Chair Yoga, 10:45 am
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6-7 pm (call ahead)
- Love Your Body 6-7 pm
- June 14: Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- June 21: Men's Group, Snack Bar, 8 am

Fridays:

- Hadley Mall Trips, by interest*
- June 15: Look Park Picnic & Stroll

Saturdays:

- Farmers' Market Trips, by interest*

Stay Tuned for:

- Seniors with Kayaks! Meeting time to be determined *

* See article in next column

Come and Enjoy:

Duane Carlson

will lead a Sing-Along to the Oldies!
Wednesday, June 5th at 12:15

Come and sing the oldies and popular songs
with a great singer! Free! Refreshments!
(call us 2 days ahead if you'd like to reserve lunch)

June Trips!

Look Park Picnic & Stroll, Friday, June 15th, with box lunches provided! Take a walk, ride the train or paddle boats (small fees for concessions)...11-2 (rain date 6/16)

Florence Farmers' Market, Wednesdays, open 2-6 & The Saturday Farmers' Market, 8 Gothic St., "Hamp", is open 8-1. Use your SNAP benefits.

Hadley Mall &/or Movie, Fridays: Have lunch, shop, take a stroll in the mall or see a movie. Movies paid for by Senior Center!

Call us to sign up! Drivers will contact you with time and place. You can be picked up and delivered to your home. Funded by Highland Valley Elder Services.

Attention, Seniors with Kayaks!

Many of us have kayaks or canoes and seldom get out on the lake. Year by year, it gets harder to load and carry them on our own...

Let's meet to exchange some ideas—maybe a buddy program or a float party later this summer, or you name it! If you are interested in helping get a group going, call Sherry, below, by June 14th. We'll plan a June meeting based on your time preferences.

Let's enjoy summer like we used to!!

To sign up for any of our programs, call us at 268-8407.

If you'd like to include lunch on a particular day, please call at least two days before the event.

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - Fax: 268-8409 - Hours: Mon & Wed 8:30-1:30, Tue & Thu 8:30-7:00

FOOD PROGRAMS

Monday Meals **Mondays, 11:45**

Meals are made fresh at the Senior Center with healthy ingredients, and include bread donated from Bread Euphoria Bakery plus dessert by Linda Manor. Eat in, pick up or have them delivered. \$3 per meal. Please call by Thursday to reserve your meal!

- **6/4: Spring Pea Soup, Green Salad**
- **6/11: Asian Noodle Salad with Creamy Carrot Soup**
- **6/18: Veggie Quiche, Green Salad**
- **6/25: Creamy Zucchini Fettuccini & Green Salad**

Congregate Meals **Tues, Wed, & Thurs, 11:45**

Meals provided by Highland Valley Elder Services. *Call two days ahead to make your reservations.* Most Programs are before or after these meals—see schedule on pg 1.

Brown Bag Program **Thurs, June 14, 10:00**

The Food Bank of Western Mass. sponsors the Brown Bag Program, in which eligible seniors can get a **FREE** supplemental bag of groceries each month. Call us to apply.

SERVICES

Veterans' Service Officer **Mondays, 2-4**

Stop in to see Tom Geryk for answers to your questions about Veteran's benefits and other issues.

SHINE Representative **Tuesdays 11-2**

Need help with insurance issues? Wayne Glaser, SHINE Rep., is available to help. Call **268-8407** for an appointment in the office or in your home.

Basic Computer Class **Tuesdays & Thursdays, 6-7**

Alan Estes teaches the basics. Small class size ensures individual help. Call to reserve your spot. Free!

Companion Program **Are you bored at home? Do you want to get out and meet people but don't drive anymore?** The Companion Program can match you to a peer for social time, companionship, running errands and more.

Medical Rides Call ahead to schedule free rides to your medical appointments. Drivers are paid through PVTA.

Benefit and Options Counseling The Senior Center can help you find the resources you need to:

- Make informed decisions
- Create short and long-term plans for services
- Identify resources that will facilitate your continued independence
- Plan for support to ensure your ability to age in your home or help you determine what other options you may want to consider
- Help you sign up for Fuel Assistance & Snap programs

HEALTH

Blood Pressure Clinic **Thurs, June 14, 11:30**

Hope Nurse, Robyn LaFerriere, will be available for blood pressure monitoring during Brown Bag Thursday.

Foot care Nurse, Oni **Wed, June 27, 9-2**

Oni, Williamsburg's foot care nurse, comes on fourth Wednesdays every other month. This is self-pay at \$30 per visit. (Home visits, \$40.) Call for an appointment.

Podiatry, Dr. Coby **Tues, July 10, 9:30-1**

Routine foot care every other month in the Town Office building. Call for an appointment. Dr. Coby does medical billing—bring your insurance card.

FITNESS

Yoga for You—Adult Yoga **Tuesdays, 6pm**

Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60. Call to register. Small fee per class.

Modern/Creative Dance Class **Wednesdays, 10am**

Contemporary dance for adults, taught by Susan Waltner. Call to register. You may contact Susan with questions at swaltner@smith.edu.

T'ai Chi Classes **Thursdays, 9:30am**

Taught by Marty Phinney, T'ai Chi provides simple exercises that help build energy, power and flexibility. Call to register. Small fee per class.

Gentle Chair Yoga **Thursdays, 10:45am**

Led by Alexandra Mello, features seated and standing exercises. Good for beginners-intermediate. All ages are welcome. \$10/class, paid monthly.

Healthy Bones & Balance **Tuesdays, 10:30 am and Thursdays, 4pm**

Fun, low impact exercise designed to increase strength, mobility, flexibility and balance, taught by Susan Glenn. Call to register and fill out a medical clearance form. Class is free.

Love Your Body **Thursdays, 6pm**

Feldenkrais, Awareness Through Movement, taught by Michelle Wolk. Tone up for Spring & Summer activities! Wear loose clothing and bring a mat if you have one.

OTHER GROUPS

Third Thursday Men's Group **June 21, 8 am**

"The guys" meet on the third Thursday of every month at the Williamsburg Snack Bar. Please join them!

International Bag Sew **Tuesdays 3:15-5:15 pm**

Help sew bags for local businesses to reduce plastic bag usage! See article on pg. 4.

Seniors with Kayaks (pg. 1) **Dates to be determined**

Why Seniors Should Stay Socially Active

As we age, we tend to feel less and less energetic, often preferring to stay home in front of the television or with a good book instead of heading out to spend time with friends. But what most people don't realize is that it is really quite important to stay socially active. It is just as important as staying physically active to enjoy good health. The following are some reasons why you should maintain at least a moderate level of social activity.



Reduced risk for mental health issues: interacting with your peers on a constant basis helps to prevent a whole host of mental health issues. These can range from depression to poor cognitive function. When you stay socially active, your brain is constantly engaged, leading to the maintenance of a sharper mind and reducing the potential for faltering cognitive function. For example, your risk for Alzheimer's disease will be lower as compared to a senior who is socially isolated. The interaction also gives you a sense of belonging and helps you to stay connected to the world around you. This is a fantastic way to reduce stress levels and prevent depression. If you are socially isolated, you will be at much higher risk of feeling lonely and developing depression.

Be more physically active: staying socially active almost always correlates to being more physically active as compared to seniors who are socially isolated. This is because you will tend to get out of the house more instead of just staying home alone every day. Your immune system and nutrition levels will also be improved since socially engaged seniors tend to eat more when they are around others.

In fact, when you stay socially active, you will have lower blood pressure and potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis. This reduced risk is a happy by-product of being physically active, since socially engaged seniors tend to get higher levels of physical activity. It also helps that socially engaged older adults tend to be more motivated to maintain their health as compared to their less-engaged peers. Maintaining a decent level of social activity is vital for your health and mental well-being.

Stable support system: staying socially active also ensures that you have a stable support system. When you have peers who can understand what you are going through, it makes tough times much easier. You can help each other out by motivating each other to stay physically active and sharing health information with each other.

Continued on pg 4

Thank You for ALL Your Donations!

Your donations help support programs such as the Companion Program; provide financial aid to lower fees for programs; and give us the flexibility to add new programs, classes & workshops to benefit our senior population. EVERY donation is important, as are all the VOLUNTEERS who donate their time to help out.

Please consider a tax deductible contribution. If you would like to contribute, please fill out the form below, send it with your check made out to **Town of Williamsburg**. We thank you for your continuing support!

The Williamsburg Senior Center counts on YOUR support to continue our programming for local seniors!

I would like to contribute to the Williamsburg Senior Center. My contribution of \$_____ is attached.
(Please write your check to **Town of Williamsburg** with "Senior Center program support" on the memo line.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!
Williamsburg Senior Center/Council on Aging

Visit the Town of Williamsburg Website
www.burgy.org

Facebook: Williamsburg Senior Center

- To subscribe or to unsubscribe from this newsletter,
 - To receive this newsletter by email only,
 - To add/remove your phone # from our auto-call list,
- Contact us, leaving your name, address & phone number at 268-8407 or email sloomis@burgy.org.

Enrich your Life, Volunteer!
Plenty of opportunities here for you.

- **Reception & Kitchen Help** needed, Mon-Thu.;
- **Medical Drivers**, paid by trip;
- **Companions**, 1-2 hours weekly per client, includes small stipend;
- **Carpool Drivers**, Sign up to drive seniors for our new trip program. Drivers paid by trip;
- **Yard workers:** to help local seniors at home. Teens (Community service credit for your school) & Adults.

If you can help, or know someone who may, call 268-8407 for information.

Thank you to ALL of our volunteers!

Staying Socially Active *Continued from pg 3*

Some ways to stay socially active:

- Stay in touch with friends and family. Try to plan regular visits or interactions, even if it is just a conversation over the phone or writing letters and emails.
- If you are physically able, join a gym. This allows you to engage with others socially and at the same time stay physically fit.
- Consider visiting the Senior Center. We have a wide variety of activities, so you may be able to find something you are interested in. You will also be able to meet lots of new like-minded friends there and build up a stable support system. You can join any of our classes and pick up some new skills, or check out our volunteer opportunities (see above).

Staying socially active and maintaining your relationships are a crucial part of aging healthily. **Stay vibrant and active! Aging doesn't mean that your life has to slow down as well.**

Taken from: simplythebesthomecare.com/importance-of-seniors-staying-socially-active/

Intergenerational Bag Sew
Tuesdays, 3:15-5:15 pm

Help sew bags for the Bagshare Project!

Learn to sew, sort fabric, cut tags. Lots of jobs are needed. No sewing ability necessary. High school students can fulfill Community Service Project hours and anyone in the Northern Hilltowns can earn Community Credits to redeem for other services (ask us how to sign up). Call us or e-mail coa@burgy.org.

Warning

By Jenny Joseph

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick flowers in other people's gardens
And learn to spit.

You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickles for a week
And hoard pens and pencils and beer mats and things in boxes.

But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.

But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple.



KEEP IT SIMPLE
Just walk.

Walking can help:

- strengthen muscles and joints
- slow mental decline
- improve balance
- prevent or manage heart disease
- improve sleep
- lighten mood

©ucan

Regional News

Seniors Aware of Fire Education



Smoking is the third leading cause of fire injuries for older adults. If you or someone you know smokes, here are a few safety tips:

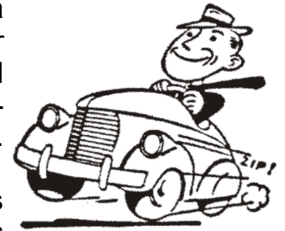
- Smoke outside.
- Never smoke in bed, while drowsy or under the influence of medication or alcohol.
- Use deep, sturdy ashtrays.
- Make sure your butts and ashes are cold before throwing them out; drowning them is a sure way of knowing they are cold.
- Never ever smoke where medical oxygen is used, even if it is turned off.
- Stop smoking; then you won't have to worry about the above tips.

Be S.A.F.E.,
--Worth Noyes, SAFE Educator
Williamsburg & Cumington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

FAQs about the new RMV Document Requirements

If you have to get or renew a driver's license, ID card, or learner's permit, you should note that document requirements have changed.



The RMV often receives questions from customers about the new document requirements for getting or renewing a driver's license. Here are some of the more frequently asked questions with answers to help you:

Q. What if my name is different from the name that appears on my documents?

A. If your current name doesn't match the one that appears on your lawful presence document(s), you must prove your legal name change with an acceptable document in order to qualify for a REAL ID credential. A marriage certificate, divorce decree, or court document all qualify. However, if the names don't match, you can still get a Standard ID or driver's license.

(Article continued on page 7.)

Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

Math and Money

There are three kinds of people. Those who can count and those who cannot. Ba da Dum!

So I read recently about how poorly some states are doing on training their students in financial literacy in school: www.champlain.edu/centers-of-excellence/center-for-financial-literacy/report-national-high-school-financial-literacy. I recognize two things: one, that teachers already have an overabundance of things to cover, so we can't expect schools to do all this, and, two, that not all parents are able to pass on this information. However, basic economics and financial knowledge are so important in a person's life. Everyone needs this information some way somehow.

Perhaps there is a younger member of the family who could use some money math tutoring? I found a good-looking web page with suggestions for working on math and money with children in Pre-K through eighth grade: www.ixl.com/math/money-and-consumer-math. Here is another resource you could use: www.creditrepair.com/articles/savings-center/math-and-money.

A riddle for you: What happened with the cat who swallowed a coin?
Answer: There was money in the kitty.

Cheers,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Outreach in our Livable, Age-friendly Northern Hilltowns

By Peg Whalen
Regional Outreach Coordinator for the
Northern Hilltowns Consortium of COAs

The Northern Hilltowns Consortium of Councils on Aging has worked on outreach to older adults for the past three years. The effect has been measurable. All seven northern towns regularly include outreach in the board meetings. Three of the seven towns have outreach teams in place and are recruiting more participants. The other towns are working to create viable outreach teams for their towns.

Our newest opportunity to enhance outreach came to the Consortium early in May. A grant was available to assess communities for livability and age-friendliness. The Consortium applied late April, were funded five days later, with a start-up date of May 10th. The purpose of the funding is for surveying all older adults in Plainfield, Cummington, and Chesterfield. If you reside in these towns, you may have already received a questionnaire. The funding also supports the Consortium in conducting three town forums in June. Please watch for more information about the dates of the forums. Calling the COA is also a way to find out when they are being held. At the point we submitted this newsletter content, the forums were not scheduled yet.

The purpose of the community survey and forums is to obtain input from older adults, those who are not yet retired and those who are. The questionnaire concerns opinions of older adults about the importance of various age-friendly aspects of town life. Nationally there is increasing interest and support for helping communities become more age-friendly and livable for people of all ages. Several other communities across the state received the same funding. The Consortium applied as a multi-town region in rural Western Massachusetts.

Nine hundred and thirty-five (935) questionnaires were mailed in mid-May. Forms have been returning steadily. The final report for the project is due mid-summer. The Consortium will release the results in the coming months.

This project has been an unexpected boon for Consortium outreach efforts. Results will benefit not only the Consortium and area councils on aging, but also the towns involved in the survey. With information from the questionnaires and forums, the Consortium more effectively can support town outreach to older adults.

If you have not already returned a questionnaire, please consider filling it out and returning as much of it as possible. If you and a spouse each

received one in the mail, we are interested in hearing from both of you. Our desired return date was May 31st, but if we get yours in June we will still use your input. Thank you to all of those who contributed their thoughts and opinions. We will keep you informed about the results.

Keeping a Healthy Weight as you Age

Why is keeping a healthy weight important? As you age, you may notice changes in your body's makeup. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. So, you need to eat foods that are high in nutrients. Eating nutrient dense foods means "eating the rainbow": a variety of colorful fruits and vegetables, fat free/low-fat dairy, whole grains, seafood, lean meats, poultry, beans and nuts.



What is a healthy weight for you? The body mass index (BMI) is a measure of weight in relation to height. While a BMI score of 18.5 to 24.9 usually indicates a healthy weight for adults, the BMI is limited in how well it gauges body fat in older people or those who have lost muscle. Measuring around your waist may tell you if you carry extra fat. A waist circumference of more than 35 inches for women or 40 inches for men indicates increased risk for a number of health problems.

You may want to check with your health care provider or dentist if:

- you find chewing difficult, don't want to eat, or have trouble with your dentures.
- you feel that life events such as the death of a loved one or moving from your home are keeping you from eating well.
- you think your medicines may be making your food taste bad or affecting your appetite.
- you think you should take a daily vitamin like iron or vitamin C.

Source:
www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults#healthy_eating
By: Rita Longe, RDN, LDN



On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

June 21-Thursday: The Gilded Age of the Berkshires. Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112.

June 26-28: Three Day Tour to Lancaster, PA. Two shows, *Jesus* at Sight & Sound Theater (reserved orchestra seats) and *The Wizard of Oz* at Dutch Apple Dinner Theater, and more. \$434 with double occupancy. Pay in installments or pay in full. \$50 Deposit. Trip insurance available.

July 10 – Tuesday: Tour of Mark Twain Home and Wickham Gardens. Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

July 24 – Tuesday: Best of Boston. New England Aquarium, lunch on your own at Quincy Market. Duck Boat Tour. Cost is \$109. There is a \$10 discount if paid in full by June 12. Only a few seats left.

August 7 – Tuesday: Tour of Fenway Park and Lunch at Cheers. Enjoy some free time in Boston. Cost is \$123. There is a \$10 discount if paid in full by July 1.

August 15 – Wednesday: Guided tour of Kennebunkport with time to shop. Lunch at Mike's Clam Shack. Cost is \$109 with a discount of \$10 if paid in full by July 6th.

August 19 – Sunday Matinee: Tanglewood Music Center. Leonard Bernstein Memorial Concert, featuring Yo-Yo Ma. Shed seats, lunch on your own. All-inclusive cost is \$84. Limited Seats.

Sept. 7-11: Washington D.C., 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

Other trips in the planning stages:
MGM Casino, Big E,
Halloween in Salem,
White Christmas Big Band

RMV FAQs, continued from page 5

Q. Can a laminated Social Security card be accepted? What about other laminated documents?

A. No. Laminated Social Security cards are not acceptable for a REAL ID credential. If you have a valid SSN and other required documents, you can get a Standard driver's license or ID. Customers with a laminated Social Security card that want a REAL ID can order a replacement Social Security card through the Social Security Administration website. The RMV does not accept laminated documents to meet any of the new lawful presence or other identification requirements.

Q. What versions of a U.S. birth certificate can the RMV accept? **A.** We are able to accept a certified copy of a U.S. birth certificate regardless of shape and size ("short-form," "long-form," and "card" versions) as long as it is stamped with a raised seal of the issuing agency of the document. The issuing agency can be the city, town, or the Vital Records Office for the state where you were born. We do not accept hospital-issued birth certificates.



The photo above is of Bob and June Persing, Plainfield residents, who joined 17 others from the Northampton Senior Center friends group on a trip to the Polish Center of Discovery & Learning in April. They enjoyed the informative and humorous stories told by docent Ron Lech, who exudes such a passion for this special museum. The ten room museum was filled with artifacts, history, costumes, artwork, and other memorabilia. A return visit is surely necessary to appreciate all the museum has to offer. Prior to the museum visit, the group enjoyed lunch at the Munich House.

The Northampton Senior Center friends group welcomes folks of all ages to join us on our future trips (see trips listed to the left). For more information, please contact Francine Frenier on Monday afternoons by calling 413-587-1228.

Williamsburg Senior Center
P.O. Box 193
Haydenville, MA 01039

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And Volunteers

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in June

Wed. June 5th, 12:15pm

Duane Carlson: Sing - Along to the Oldies!

*Williamsburg Senior Center, 141 Main. St.
Williamsburg, MA*

Come and sing the oldies and popular songs with a great singer! Free. Refreshments served. Call the center two days ahead if you'd like to reserve lunch at the congregational meal beforehand at 11:45am: 413-268-8407.

Sun. June 10th, 2pm

"Common Creatures" by Fran Ryan

*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

In this Horizon Production presentation, environmental educator, Fran Ryan, will reveal the secret lives of the Eastern chipmunk, the Eastern gray squirrel and the meadow vole. She will discuss their characteristics, behaviors, life cycles and shed some light on these creatures. While many of us know a little something about those "charismatic species," like bears, big cats, wolves and whales – the big stars of the wild kingdom – these little guys just don't get a lot of press. Their stories, however, are just as fascinating. Come and get a peek into the lives of these interesting furry neighbors and see what makes them tick, and how best to live happily alongside them. Free and open to the public.

Funded by the Chesterfield Council on Aging through a multi-generational grant from Highland Valley Elder Ser-

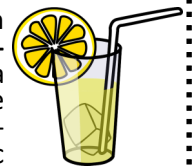
vices.

Mon. June 25th, 11:45am

Chesterfield COA Annual Picnic

*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

Come Join your friends outdoors and in the community room! **Open to all seniors in the neighboring towns.** This is a program for more exchange among the Hilltown COAs for events and lunches. Come and join our Annual Picnic Fun by RSVP'ing to Jan Gibeau at 413-296-4007 at least 48 hours in advance. Reserve a ride on the Hilltown Easy Ride Van by calling 413-296-4232 at least 48 hours in advance.



Free Fun Fridays offer visitors no-cost admission to many of the most treasured cultural venues in Massachusetts. Here are the places that will have free admission on **June 29th**:

Lyric Stage Company of Boston, MIT Museum, Berkshire Theatre Group, Nantucket Whaling Museum, The Mount: Edith Wharton's Home, Concord Museum, Worcester Art Museum, Clark Art Institute, Children's Museum in Easton and the Edward Gorey House.

