



## Financial Blogs for Seniors

Today, nearly half of seniors own smartphones, and 70% are connected to the internet. Seniors use the internet to communicate with family, order grocery delivery, shop, and share their lives on social media. Recently, most likely due to the coronavirus pandemic, more and more seniors are doing their banking online than ever before. In a recent poll, 100% of seniors aged sixty-six to seventy-six said they had completed an online banking transaction in the three to six months prior.

Seniors have become more comfortable completing daily banking tasks online, and many are turning to the world wide web for financial advice and money management tips. While many personal finance blogs are geared towards younger generations focused on growing and investing their money while working on long-term goals, there are many excellent blogs for seniors approaching or already in retirement. We've rounded up some of the best financial blogs that seniors will find helpful when scrolling the internet:

**AARP-** Most seniors are familiar with AARP and all the benefits that come along with being a member, but you may not know that they also have a website with a blog dedicated to money and finances. The blog includes articles on avoiding financial scams and fraud, ideas for saving and investing, and tips for living on a fixed income.

**Alliance for Retired Americans-** The Alliance for Retired Americans blog covers topics of interest for people over sixty, including pensions, social security, prescription drugs, and Medicare. In addition, Alliance for Retired Americans members participate in advocacy for retirement security within their communities.

**Real Deal Retirement-** Real Deal Retirement's editor, Walter Updegrave, is one of the nation's foremost experts on retirement planning, investing, and personal finance. Blog articles focus on saving and investing for retirement, lifestyle planning, and retirement income and is a must-read for any senior preparing for their golden years.

**Squared Away-** The Center for Retirement Research at Boston College hosts a personal finance blog called Squared Away. Future and current retirees will appreciate articles focused on the stock market, government policies affecting senior citizens, current healthcare issues, money culture, and more.



# THE RESIDENCE at Valley Farm

## Welcome Autumn



It is safe to say Autumn is truly in full swing now with the leaves changing and the much cooler nights. We have changed over the HVAC units to heat. Please do not hesitate to ask any associate for assistance with your room thermostat at anytime. We want to ensure that each of you are comfortable with your ideal temperature.

As you all know, Joelle and Jason are no longer with The Residence at Valley Farm. During this time of transition, we ensure that we are continuing to serve you all with the same great service. We will keep you all updated on any developments in the hiring of a new Executive Director and Reflections Director. Please do not hesitate to reach out to any director with any questions or concerns at any time. We are more than happy to address concerns and escalate to our home office team as necessary.

Beginning this month, The Residence at Valley Farm will be beginning to collect coats and other warm winter gear. This drive will run through October and November. In early December, we will be donating to the Ashland Community Center, home of the Ashland Emergency Fund. Please considering donating new or gently used warm items to the container in the lobby.

### THE RESIDENCE AT VALLEY FARMS *Associates*

**Pamela Christy**

*Resident Care Director*

**Andrea Geffert**

*Business Office Director*

**Bernadette Clougher**

*Sales Specialist*

**Christopher Ryan**

*Sr. Director of Restaurant Op*

**Samantha DeMar**

*Resident Engagement Director*

**Gustavo Sique**

*Maintenance Director*

**Reception Desk**

*(508)532-3197*



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**31 OCTOBER**

- 8:30 Coffee and Conversation
- 10:00 Living Strong Class
- 10:30 Anagrams Challenge
- 10:30 Mass at St. Cecelia's
- 11:00 You Be The Judge
- 1:00 Nail Spa-By Appt.
- 2:00 Table Games
- 3:00 Barre & Balance Class
- 4:00 Patriots Game
- 6:00 Bob's Movie Night



**1**

- 10:00 Seated Yoga
- 10:30 Word Squares
- 11:00 Knit & Crochet Group
- 1:30 Ping Pong
- 2:00 Blackjack
- 3:00 Rosary
- 3:30 Pizza and Pub Social
- 6:00 Bob's Movie Night

**2**

- 9:45 Virtual Shabbat Morning Service
- 10:00 Stretch & Tone
- 10:30 Name 10 Challenge
- 11:00 This Was The Year...
- 2:00 Bingo
- 3:00 Wii Bowling League
- 6:00 Bob's Movie Night
- 6:30 Poker Club

**3**

- 8:30 Coffee and Conversation
- 10:00 Living Strong Class
- 10:30 Anagrams Challenge
- 10:30 Mass at St. Cecelia's
- 11:00 You Be The Judge
- 1:00 Table Games
- 2:00 Dave & Don Jazz Duo
- 3:00 Barre & Balance Class
- 6:00 Bob's Movie Night
- 8:15 Patriots Game

**4**

- 10:00 Strength Training
- 10:30 Word in a Word
- 11:00 Travels with a Curator
- 1:15 Coffee Cafe
- 1:30 Tai Chi for Arthritis
- 2:00 Advisory Board Meeting
- 3:30 Wine & Cheese Social
- 6:00 Bob's Movie Night

**5**

- 10:00 Communion Service
- 10:15 Brain Teasers
- 11:00 Seated Stretch Class
- 1:30 Cornhole
- 2:00 Bingo
- 3:30 Cocktail Hour
- 6:00 Bob's Movie Night
- 6:15 Watercolor Group

**6**

- 10:00 Shopping Trip
- 10:00 Sit & Be Fit
- 10:30 Jeopardy
- 11:00 Resident Council Meeting
- 1:30 Pinterst Craft Hour
- 2:00 Road Trip w/Johan
- 3:00 Barre & Balance Class
- 3:30 Happy Hour
- 6:00 Bob's Movie Night

**7**

- 10:00 Resistance Band Class
- 10:30 Scattergories
- 10:45 WWII Documentary
- 11:00 Trivia Challenge
- 1:30 Tai Chi for Arthritis
- 2:00 Pokeno
- 3:00 Floral Arranging
- 3:30 VF Pop Up Store
- 6:00 Bob's Movie Night
- 6:30 Poker Club

**8**

- 10:00 Seated Yoga
- 10:30 Word Squares
- 11:00 Knit & Crochet Group
- 1:30 Ping Pong
- 2:00 Blackjack
- 3:00 Rosary
- 3:30 Pizza and Pub Social
- 6:00 Bob's Movie Night

**9**

- 9:45 Virtual Shabbat Morning Service
- 10:00 Stretch & Tone
- 10:30 Name 10 Challenge
- 11:00 This Was The Year...
- 2:00 Bingo
- 3:00 Wii Bowling League
- 6:00 Bob's Movie Night
- 6:30 Poker Club

**10**

- 8:30 Coffee and Conversation
- 10:00 Living Strong Class
- 10:30 Anagrams Challenge
- 10:30 Mass at St. Cecelia's
- 11:00 You Be The Judge
- 1:00 Nail Spa-By Appt.
- 1:00 Patriots Game
- 2:00 Table Games
- 3:00 Barre & Balance Class
- 6:00 Bob's Movie Night

**11**

- 10:00 Strength Training
- 10:30 Word in a Word
- 11:00 Travels with a Curator
- 1:30 Tai Chi for Arthritis
- 2:00 Engagement Planning Meeting
- 3:30 Wine & Cheese Social
- 6:00 Bob's Movie Night

**12**

- 10:00 Communion Service
- 10:15 Brain Teasers
- 11:00 Seated Stretch Class
- 1:30 Cornhole
- 2:00 Bingo
- 3:30 Cocktail Hour
- 6:00 Bob's Movie Night
- 6:15 Watercolor Group

**13**

- 10:00 Shopping Trip
- 10:00 Sit & Be Fit
- 10:30 Jeopardy
- 11:00 Virtual Museum Tour
- 1:30 Pokadot Pottery
- 2:00 Road Trip w/Johan
- 3:00 Barre & Balance Class
- 3:30 Happy Hour
- 6:00 Bob's Movie Night

**14**

- 10:00 Resistance Band Class
- 10:30 Scattergories
- 10:45 WWII Documentary
- 11:00 Trivia Challenge
- 1:30 Tai Chi for Arthritis
- 2:00 Pokeno
- 3:00 Floral Arranging
- 3:30 VF Pop Up Store
- 6:00 Bob's Movie Night
- 6:30 Poker Club

**15**

- 10:00 Seated Yoga
- 10:30 Word Squares
- 11:00 Knit & Crochet Group
- 1:30 Ping Pong
- 2:00 Blackjack
- 3:00 Rosary
- 3:30 Pizza and Pub Social
- 6:00 Bob's Movie Night

**16**

- 9:45 Virtual Shabbat Morning Service
- 10:00 Stretch & Tone
- 10:30 Name 10 Challenge
- 11:00 This Was The Year...
- 2:00 Bingo
- 3:00 Wii Bowling League
- 6:00 Bob's Movie Night
- 6:30 Poker Club

**17**

- 8:30 Coffee and Conversation
- 10:00 Living Strong Class
- 10:30 Anagrams Challenge
- 10:30 Mass at St. Cecelia's
- 11:00 You Be The Judge
- 1:00 Table Games
- 2:00 Music with Bill McCarthy
- 3:00 Barre & Balance Class
- 4:15 Patriots Game
- 6:00 Bob's Movie Night

**18**

- 10:00 Strength Training
- 10:30 Word in a Word
- 11:00 Travels with a Curator
- 1:30 Tai Chi for Arthritis
- 2:00 Advisory Board Meeting
- 3:30 Wine & Cheese Social
- 6:00 Bob's Movie Night

**19**

- 10:00 Communion Service
- 10:15 Brain Teasers
- 11:00 Seated Stretch Class
- 1:30 Cornhole
- 2:00 Bingo
- 3:30 Cocktail Hour
- 6:00 Bob's Movie Night
- 6:15 Watercolor Group

**20**

- 10:00 Shopping Trip
- 10:00 Sit & Be Fit
- 10:30 Jeopardy
- 11:00 Virtual Museum Tour
- 1:30 Pinterst Craft Hour
- 2:00 Road Trip w/Johan
- 3:00 Barre & Balance Class
- 3:30 Happy Hour
- 6:00 Bob's Movie Night

**21**

- 10:00 Resistance Band Class
- 10:30 Scattergories
- 10:45 WWII Documentary
- 11:00 Trivia Challenge
- 1:30 Tai Chi for Arthritis
- 2:00 Pokeno
- 3:00 Floral Arranging
- 3:30 VF Pop Up Store
- 6:00 Bob's Movie Night
- 6:30 Poker Club

**22**

- 10:00 Seated Yoga
- 10:30 Word Squares
- 11:00 Knit & Crochet Group
- 1:30 Ping Pong
- 2:00 Blackjack
- 3:00 Rosary
- 3:30 Pizza and Pub Social
- 6:00 Bob's Movie Night

**23**

- 9:45 Virtual Shabbat Morning Service
- 10:00 Stretch & Tone
- 10:30 Name 10 Challenge
- 11:00 This Was The Year...
- 2:00 Bingo
- 3:00 Wii Bowling League
- 6:00 Bob's Movie Night
- 6:30 Poker Club

**24**

- 8:30 Coffee and Conversation
- 10:00 Living Strong Class
- 10:30 Anagrams Challenge
- 10:30 Mass at St. Cecelia's
- 11:00 You Be The Judge
- 1:00 Nail Spa-By Appt.
- 1:00 Patriots Game
- 2:00 Table Games
- 3:00 Barre & Balance Class
- 6:00 Bob's Movie Night

**25**

- 10:00 Strength Training
- 10:30 Word in a Word
- 11:00 Travels with a Curator
- 1:30 Tai Chi for Arthritis
- 2:00 Pumpkin Crafting
- 3:30 Wine & Cheese Social
- 6:00 Bob's Movie Night

**26**

- 10:00 Communion Service
- 10:15 Brain Teasers
- 11:00 Seated Stretch Class
- 1:30 Cornhole
- 2:00 Bingo
- 3:30 Cocktail Hour
- 6:00 Bob's Movie Night
- 6:15 Watercolor Group

**27**

- 10:00 Shopping Trip
- 10:00 Sit & Be Fit
- 10:30 Jeopardy
- 11:00 Virtual Museum Tour
- 2:00 Retro Music by The Polatin Duo
- 3:00 Barre & Balance Class
- 3:30 Happy Hour
- 6:00 Bob's Movie Night

**28**

- 10:00 Resistance Band Class
- 10:30 Scattergories
- 10:45 WWII Documentary
- 11:00 Trivia Challenge
- 1:30 Tai Chi for Arthritis
- 2:00 Pokeno
- 3:00 Floral Arranging
- 3:30 VF Pop Up Store
- 6:00 Bob's Movie Night
- 6:30 Poker Club

**29**

- 10:00 Seated Yoga
- 10:30 Word Squares
- 11:00 Knit & Crochet Group
- 1:30 Ping Pong
- 2:00 Blackjack
- 3:00 Rosary
- 3:30 Pizza and Pub Social
- 6:00 Bob's Movie Night

**30**

- 9:45 Virtual Shabbat Morning Service
- 10:00 Stretch & Tone
- 10:30 Name 10 Challenge
- 11:00 This Was The Year...
- 2:00 Bingo
- 3:00 Wii Bowling League
- 6:00 Bob's Movie Night
- 6:30 Poker Club

For Your Information

REACT Neuro exams will occur on Tuesdays and Thursdays. Please see the engagement associates to schedule your time. Each participant will complete one exam a month.

Transportation for medical appointments occurs on Tuesdays and Thursdays.

**PROGRAM**

- – Cognitive
- – Emotional
- – Physical
- – Social

Events are subject to change.