



# APRIL 2022 NEWSLETTER

## MISSION

- ✓ To serve as advocates and enhance the lives of seniors and their caregivers in the community
- ✓ To identify the needs of seniors and provide information and referral resources
- ✓ To educate the community about the various aging issues and the needs of older citizens
- ✓ To design and promote services that are needed to serve the residents of Blackstone
- ✓ To provide services that allow the elder to remain independent and keep the quality of life for them at home for as long as possible

## PURPOSE

The Council on Aging (COA) is to advocate, plan, coordinate, and provide comprehensive day to day services for Blackstone residents ages 60 and over and to provide services to residents under the age of 60 with disabilities.



- April 4<sup>th</sup> — Election Day for the Town of Blackstone
- April 13<sup>th</sup> — Easter Luncheon & BINGO
- April 15<sup>th</sup> — Good Friday & Passover Begins
- April 17<sup>th</sup> — Easter Sunday
- April 18<sup>th</sup> to April 22<sup>nd</sup> — National Volunteer Recognition Week
- April 20<sup>th</sup> — Volunteer Recognition Luncheon



### Senior Center Staff Contacts:

**Karen Testa, Director**

(508) 876-5134 | [ktesta@townofblackstone.org](mailto:ktesta@townofblackstone.org)

**Ashley Beaupre Aldrich, Outreach Coordinator**

(508) 876-5135 | [abeaupre@townofblackstone.org](mailto:abeaupre@townofblackstone.org)

**Dennis Pimenta, Transportation Coordinator**

(508) 876-5133 | [coatransport@townofblackstone.org](mailto:coatransport@townofblackstone.org)

### Blackstone Council on Aging (COA)/Senior Center

15 St. Paul Street  
Blackstone, MA 01504

### Hours:

Monday, Wednesday, Thursday – 8:30 AM to 4:00 PM

Tuesday – 8:30 AM to 7:00 PM

Friday – 8:30 AM to 12:00 PM



# NOTEWORTHY ACTIVITIES

## Election Day

*Monday, April 4<sup>th</sup> – 7:00 AM to 8:00 PM*

It is that time of year again when registered voters have a chance to vote for a variety of elected positions in the Town of Blackstone. Please note that there were redistricting activities that occurred this year so please double check your precinct prior to going out to vote.

Below are some helpful links to prepare for the day:



### Where Do I Vote?

<http://www.wheredoivotema.com/bal/MyElectionInfo.aspx>

### Who Is On The Ballot?

[https://www.townofblackstone.org/sites/g/files/vyhlf166/f/uploads/candidates\\_who\\_returned\\_nomination\\_papers\\_at\\_2022.pdf](https://www.townofblackstone.org/sites/g/files/vyhlf166/f/uploads/candidates_who_returned_nomination_papers_at_2022.pdf)

### Precinct #1

#### Municipal Center

Senior Center (Lower Level)  
15 St. Paul Street

### Precinct #2

#### St Theresa's Parish

Church Hall (Lower Level)  
630 Rathbun Street

### Precinct #3

#### Municipal Center

Main Conf. Room (Upper Level)  
15 St. Paul Street



**Thursday, April 21, 2022**  
**11:15 AM**

**\$17.00 Per Person**

### Transportation Information:

**11:15 AM** – Depart Senior Center  
**2:00 PM** – Depart Wright's Farm

**For More Information:**  
Call (508) 876-5134

## Wright's Farm Lunch Trip

*Thursday April 21<sup>st</sup> at 11:15 AM*

We will enjoy lunch at Wrights Farm Restaurant - known for serving hearty, juicy, family style, home cooked chicken, baked in a slow oven until it falls off the bone. Add to that, pasta with their trademark marinara sauce, fresh-baked rolls, signature French fries and salad topped with their family's unique dressing recipe.

When and if diners run out of food, they can ask for more at no additional cost! Customers are welcome to take home their first servings too!

Following lunch, we will browse their award-winning Gift Shop and you will receive 20% off your purchases!

### Important Trip Information:

- 1) Pre-registration is required for this trip; please call (508) 876-5134
- 2) The bus will leave the Senior Center at 11:15 AM and we will leave Wright's Farm at 2:00 PM
- 3) Cost per person includes meal, gratuity, and transportation

**Please call (508) 876-5134 for more information or to register for these events.**



# NOTEWORTHY ACTIVITIES

## “Couponing Makes Cents”

Wednesday April 27<sup>th</sup> at 10:00 AM

Do you have a limited budget and want to save money on food items? The prices on everyday essential items have increased significantly, but there are ways to save. How?

Join Ana Mendes, owner of [AfonsoWay.com](http://AfonsoWay.com), for a “**Couponing Makes Cents**” class on Wednesday, April 27<sup>th</sup> at 10:00 AM and learn various money saving tips, how to read sales flyers and so much more. Whether you prefer clipping newspaper coupons or using apps on your phone (for those who are tech savvy) there are ways to receive more for your dollar.

All participants will receive an informational packet to take home (no need to take notes in this class) and manufacturers coupons. There will be an opportunity to win prizes as well!



**Wednesday, April 27, 2022**  
**10:00 AM**

**Pre-Registration Required**

**For More Information:**

*Call (508) 876-5134*



**Tuesday, May 17, 2022**  
**10:00 AM**

**Blackstone Senior Center**

*15 St. Paul Street  
Blackstone, MA 01504*

## New “Blackstone-Millville Garden Club”

Tuesday, May 17<sup>th</sup> at 10:00 AM

Do you have a passion for planting? Staying busy gardening is more than a simple hobby. It can help keep your mind off your physical aches and pains, as well as your troubles while enjoying the outdoors.

The “Blackstone & Millville Garden Club” is a private organization comprised of Blackstone and Millville residents. They will supply us with all the necessities to begin a “Garden Club” at the Senior Center. We will begin by planting flowers at the back entrance area of the Senior Center and expand to growing vegetables! If you have trouble bending over, there is no need to be concerned. We will practice vertical gardening by growing plants and vegetables in elevated pots to allow everyone the opportunity to participate.

Please contact Karen Testa if you are willing to assist with the planting, watering and upkeep of our garden.

**Please call (508) 876-5134 for more information or to register for these events.**

# UPCOMING TRIPS

## Encore Casino Boston Trip

Sunday, May 15<sup>th</sup> at 10:30 AM

The casino at Encore Boston Harbor brings glamour on a grand scale to the Mystic riverfront. Enter the main floor – open and airy, colorful and vibrant, with 40-foot ceilings, Red Rubino glass chandeliers, and a dazzling array of classic and state-of-the-art slot machines for every player, at every level.

At every turn, welcoming dealers and hosts are dedicated to making your visit easy and enjoyable. It all adds up to an exciting, memorable experience unlike anywhere else in Boston.

### Important Trip Information:

- 1) Pre-registration is required for this trip; please call (508) 876-5134
- 2) Payment is due **in full** by April 29<sup>th</sup>
- 3) This trip is offered by RDC TOURS. RDC Tours will make every effort to refund your payment if cancelled 30 days prior to trip
- 4) The bus will leave the Senior Center at 10:30 AM and we will leave Boston at 6:00 PM
- 5) Upon arrival at the Encore Casino, we will have a Horticulture Tour of the Encore Estate with a \$20.00 Gaming Voucher provided

# Encore®

BOSTON HARBOR

Sunday, May 15, 2022  
10:30 AM

**\$49.00 Per Person**

Payment Due in Full by April 29<sup>th</sup>

### Transportation Information:

**10:30 AM** – Depart Senior Center  
**6:00 PM** – Depart Boston

### Pre-Registration Required

Call (508) 876-5134



Saturday, June 18, 2022  
10:15 AM

**\$30.00 Per Person**  
Lunch Is Not Provided

### Transportation Information:

**10:15 AM** – Depart Senior Center  
**4:00 PM** – Depart Newport

## The Newport Flower Show

Saturday, June 18<sup>th</sup> at 10:15 AM

The Floral Design Division will once again charm visitors with floral designs; Botanical Arts Exhibitors will present stunning designs of dried plant material with themes representing fantasy necklaces, a mini cover-up and serpents ready to strike; and enjoy a stroll through the Coeur d'Amour and view a garden exhibit highlighting the whimsy of Green Animals Topiary Garden.

As you exit the Show, you will have time to enjoy the ocean views and shop in the Newport Mansions store along with a small selection of curated vendors featuring garden related items.

### Important Trip Information:

- 1) The bus will leave the Senior Center at 10:15 AM for a 12:00 PM self-guided Flower Show Tour and we will leave Newport at 4:00 PM
- 2) Lunch is on your own; there will be vendors on-site to purchase food or you may take your own lunch.
- 3) This trip requires **a great deal of walking** so please plan accordingly

# NATIONAL VOLUNTEER WEEK

April 18<sup>th</sup> through April 22<sup>nd</sup>



Join us during this week for the following fun activities and events in honor of “National Volunteer Week”. This year’s theme is **Volunteers...Dedicated, Celebrated, & Appreciated:**

- ✓ **Monday, April 18<sup>th</sup>:** “Wear your favorite T-Shirt Day”
- ✓ **Tuesday, April 19<sup>th</sup>:** “Wear your favorite Hat or Headband Day”
- ✓ **Wednesday, April 20<sup>th</sup>:** Volunteer Recognition Luncheon
- ✓ **Thursday, April 21<sup>st</sup>:** “Wrights Farm Luncheon Trip”
- ✓ **Friday, April 22<sup>nd</sup>:** **FREE** “Fab, Fit & Fun” Exercise Class at 10:00 AM

Are you looking for volunteer opportunities? Please stop by the Senior Center or contact Karen Testa to discuss the volunteer opportunity that best fits you!

**Blackstone Council On Aging’s Volunteers are**  
*Dedicated, Celebrated, and Appreciated!*

## Volunteers Needed for the “Rise-Up Initiative” Sunday, April 10<sup>th</sup> at 9:30 AM

Representative Mike Soter is pleased to announce that Uxbridge Elderly Connection, a local non-profit, is administering the Rise-Up Initiative that he so proudly started in 2020.

Meals will be delivered throughout the towns of Bellingham, Blackstone, Millville, and Uxbridge on April 10, 2022.

### Important Information for Volunteers:

- ✓ Meal packing will start at 9:30 AM at the JFK/AFM Elementary School
- ✓ All the Millville/Blackstone meals will have drive through pickup at 11:30 AM on April 10<sup>th</sup> at the JFK/AFM Elementary School
- ✓ We also do any deliveries starting at 11:30 AM out of this location for delivery orders for Blackstone/Millville
- ✓ We need all meal totals by April 2, 2022

If you have any questions, please reach out to [riseupinitiativema@gmail.com](mailto:riseupinitiativema@gmail.com).

## Rise-Up Initiative

April 10th, 2022



“We are proud to facilitate this year’s Rise-Up Initiative which was first started by Representative Soter in 2020.” –Uxbridge Elderly Connection

### Thank You To Our Sponsors



If you are interested in volunteering or donating, please go to this link:

[https://docs.google.com/forms/d/1vjl2LbHpGfF6S51e\\_aTgWE6KpMOF32IC3dazET0wFIA/edit](https://docs.google.com/forms/d/1vjl2LbHpGfF6S51e_aTgWE6KpMOF32IC3dazET0wFIA/edit)

If you wish to request a meal, please go to this link:

[https://docs.google.com/forms/d/e/1FAIpQLSfjm20b\\_vYJlNhxPddT\\_qoR3Cr7DjQW79OeVrxQnxKdm\\_cNFgA/viewform?fbclid=IwAR2YmMs4gvDtr-Truo3hlhnHLn57RwI9jiEnTAh0HJM706GYvVEf5RyixRU](https://docs.google.com/forms/d/e/1FAIpQLSfjm20b_vYJlNhxPddT_qoR3Cr7DjQW79OeVrxQnxKdm_cNFgA/viewform?fbclid=IwAR2YmMs4gvDtr-Truo3hlhnHLn57RwI9jiEnTAh0HJM706GYvVEf5RyixRU)



# April



<p><b>4</b></p> <p><b>1:00 PM</b> Beginner's Line Dancing</p> <p>★ Election Day ★</p> <p><b>NO MEALS</b></p>	<p><b>5</b></p> <p><b>9:00 AM</b> Strength Training  <b>10:00 AM</b> Chair Yoga  <b>11:15 AM</b> Olive Garden &amp; Christmas Tree Shops Trip  <b>1:00 PM</b> Bunco Game</p>	<p><b>6</b></p> <p><b>1:00 PM</b> BINGO</p>
<p><b>11</b></p> <p><b>1:00 PM</b> Beginner's Line Dancing</p> <p>Wear Your Favorite T-Shirt Day</p>	<p><b>12</b></p> <p><b>9:00 AM</b> Strength Training  <b>10:00 AM</b> Chair Yoga  <b>11:00 AM</b> Blood Pressure Screening  <b>12:30 PM</b> Spring Wreath Class</p> <p>Wear Your Favorite Hat or Headband Day</p>	<p><b>13</b></p> <p><b>10:00 AM</b> Walmart Shopping Trip  <b>12:00 PM</b> Easter &amp; Monthly Birthday Luncheon  <b>1:00 PM</b> BINGO</p>
<p><b>18</b></p> <p><b>1:00 PM</b> Beginner's Line Dancing</p>	<p><b>19</b></p> <p><b>9:00 AM</b> Strength Training  <b>10:00 AM</b> Chair Yoga  <b>1:00 PM</b> Blackstone Bountiful Book Club</p>	<p><b>20</b></p> <p><b>11:30 AM</b> Volunteer Recognition Luncheon</p> <p><b>CANCELLED: BINGO</b></p>
<p><b>25</b></p> <p><b>10:00 AM</b> Meditation and Breathwork Presentation</p> <p><b>CANCELLED:</b> Beginner's Line Dancing</p>	<p><b>26</b></p> <p><b>9:00 AM</b> Strength Training  <b>10:00 AM</b> Chair Yoga</p>	<p><b>27</b></p> <p><b>10:00 AM</b> Walmart Shopping Trip  <b>10:00 AM</b> 'Couponing Makes Cents'  <b>1:00 PM</b> BINGO</p>



THURSDAY	FRIDAY
	<b>10:00 AM</b> Fab, Fit, & Fun <span style="float: right;">1</span>  <div style="border: 1px dashed purple; padding: 5px; text-align: center;"><b>NO MEALS</b></div>
<b>10:00 AM</b> Tai Chi <span style="float: right;">7</span> <b>1:00 PM</b> Knitting & Crocheting Circle	<b>10:00 AM</b> Fab, Fit, & Fun <span style="float: right;">8</span>  <div style="border: 1px dashed purple; padding: 5px; text-align: center;"><b>NO MEALS</b></div>
<b>10:00 AM</b> Tai Chi <span style="float: right;">14</span> <b>1:00 PM</b> Knitting & Crocheting Circle	<b>10:00 AM</b> Fab, Fit, & Fun <span style="float: right;">15</span>  <p style="text-align: center;"><b>Good Friday Passover Begins</b></p> <div style="border: 1px dashed purple; padding: 5px; text-align: center;"><b>NO MEALS</b></div>
<b>10:00 AM</b> Tai Chi <span style="float: right;">21</span> <b>11:15 AM</b> Wright's Farm Lunch Trip <b>1:00 PM</b> Knitting & Crocheting Circle	<b>10:00 AM</b> <b>FREE</b> Fab, Fit, & Fun Class <span style="float: right;">22</span>  <div style="border: 1px dashed purple; padding: 5px; text-align: center;"><b>NO MEALS</b></div>
<b>10:00 AM</b> Tai Chi <span style="float: right;">28</span> <b>12:30 PM</b> "Craft Class with Jean" <b>1:00 PM</b> Knitting & Crocheting Circle	<b>CANCELLED:</b> Fab, Fit, & Fun <span style="float: right;">29</span>  <div style="border: 1px dashed purple; padding: 5px; text-align: center;"><b>NO MEALS</b></div>

**SPECIAL MENU'S**  
**DAILY MEALS ARE SERVED AT 12:00 PM**  
 (UNLESS OTHERWISE NOTED)

*Easter & Birthday Celebration*  
**Wednesday, April 13<sup>th</sup>**

- ✓ Ham
- ✓ Potatoes
- ✓ Vegetables
- ✓ Bread & Butter
- ✓ Birthday Cake

*A \$4.00 donation is requested.*  
 You must call (508) 876-5134 to make a meal reservation.  
**Reservations must be made at least TWO (2) days in advance.**  
  
**Please inform staff if you have or suspect that you may have any food allergies.**



**KEY WEEKEND DATES & EVENTS**

- Sunday, April 10<sup>th</sup>:** Rise-Up Initiative
- Sunday, April 17<sup>th</sup>:** Easter Sunday
- Sunday, May 15<sup>th</sup>:** Encore Casino Boston Trip



# SPOTLIGHT

**Ashley Beaupre**  
**Outreach Coordinator**



Please join us and welcome **Ashley Beaupre**, our new Outreach Worker at the Blackstone Council On Aging. Ashley began employment with us on Tuesday, March 22<sup>nd</sup> and she has been extremely busy returning voice mails and meeting with clients as she transitions into her new role.

Ashley possesses a master's degree in Psychology and has been working with the senior population for 12 years; 7 years as a CNA and 5 as a case manager. She is familiar with many of the programs and services available to seniors in Massachusetts including SMOC, SNAP, Food Stamps, and tax programs to name a few.



We are confident that she will be resourceful in her interactions with the residents of Blackstone, and we are delighted that she has joined our Team.

You may contact Ashley at (508) 876-5135 to arrange an appointment to address your needs.

## CRAFT CORNER



**Craft Classes require pre-registration as classes are limited in size.**

### Spring Wreath Craft Class

**Tuesday, April 12<sup>th</sup> – 12:30 PM to 1:30 PM**



Ana Mendes will be here to conduct a "Spring Wreath" craft class. Participants will design a pan wreath choosing the rope, greens, florals, and center saying of their choice. Add your Spring Wreath creation to the door of your apartment or home and you will be Spring ready!

You will have a choice of the following sayings as part of your wreath design:

**Home Sweet Home** 🌸 **Welcome** 🌸 **Lemon themed** 🌸 **Inspirational quotes**

**FREE**

### "Craft Class with Jean"

**Thursday, April 28<sup>th</sup> – 12:30 PM to 1:30 PM**

Jean from the Blackstone Public Library returns to the Senior Center to conduct a special craft class at 12:30 PM on Thursday, April 28<sup>th</sup>.

Jean will share her creativity and teach class participants how to design a "Bubble Wrap Painted Hydrangeas Gift Bag"! This class is sure to fill up quickly!



# WEEKLY EXERCISE CLASSES



## Beginner's Line Dancing

Every Monday – 1:00 PM to 2:00 PM



Older adults that line dance enjoy benefits to their physical health, Mental and emotional health as well as their overall well being. Research shows that line dancing also improves cardiovascular function bone strength and brain function.

The best part is you do not need a partner to line dance! Our new instructor Donna's bright and cheerful personality is bound to bring us a fun filled hour of fun



## Strength Training

Every Tuesday – 9:00 AM to 10:00 AM



Instructor Karen M. returns to offer Strength Training classes on Tuesdays at 9:00 AM!

Strength training exercises build strength and muscle mass and preserve bone density, independence and vitality with age.

In addition, strength training also can reduce the risk of symptoms of numerous chronic diseases such as heart disease, arthritis, and type 2 diabetes, while also improving sleep and reducing depression.



## Chair Yoga

Every Tuesday – 10:00 AM to 11:00 AM



One of the benefits of chair yoga for older adults is accessibility.

If your mobility is limited or you have never attempted yoga the idea of getting down on the ground to perform yoga is daunting. Chair yoga allows you the rewards of yoga in a comfortable manner.

Studies have shown that chair yoga has the ability to tame stress and anxiety, as well as help with pain relief as it helps to promote blood flow, strengthen muscles, and relieve inflammation.



## Tai Chi

Every Thursday – 10:00 AM to 11:00 AM



Instructor Karl D. will return to teach Tai Chi, a graceful form of exercise also known as "meditation in motion." Participating in Tai Chi classes can improve posture balance and flexibility.

Did you know that practicing Tai chi can also reduce stress, improve your mood, and offer better sleep?

Join instructor Karl D. on **Thursdays at 10:00 AM** to experience the many benefits of this ancient Chinese origin firsthand!



## Fab, Fit, & Fun

Every Friday – 10:00 AM to 11:00 AM



Instructor Donna C. will begin each Fab Fit and Fun class by mixing it up with some mild chair exercises to increase flexibility, followed by exercises that will be gentler on your joints and muscles to improve coordination, posture, and balance.

Exercises will be adapted to suit all levels of fitness for attendees to ensure everyone leaves this class feeling fab and fit while having fun.

Join Donna C. on **Fridays at 10:00 AM** for this exciting new class and begin your health journey!

# ACTIVITIES, PRESENTATIONS, & MORE



## Olive Garden and Christmas Tree Shop Trip

**Tuesday, April 5<sup>th</sup> – 11:15 AM to 2:30 PM**



Our trip to Patriot's Place will begin with lunch at Olive Garden at noon, followed by shopping at Christmas Tree Shops from 1:15 PM to 2:30 PM.

Sign up for Christmas Tree Shops email at [www.christmastreeshops.com](http://www.christmastreeshops.com) and receive a coupon for \$10.00 off your in-store purchase of \$50.00 or more (first-time subscribers only).

**Please note that lunch is on your own and pre-registration is required.**



## BUNCO Game

**Tuesday, April 5<sup>th</sup> – 1:00 PM to 2:30 PM**



“Bunco” is the newest craze dice game, and this is your opportunity to learn how to play!

Bunco is divided into groups of four people, trying to score points while taking turns rolling three dice in a series of six rounds. A “Bunco” is achieved when a person rolls three-of-a-kind and all three numbers match the round number!

Join instructor Lorraine as she leads us in how to play this fun-filled game!



## Blood Pressure Screening Clinic

**Tuesday, April 12<sup>th</sup> – 11:00 AM to 12:00 PM**



As many of you are aware, the information you get from tracking and managing your blood pressure levels regularly may help to lower your risk for heart-related events.

Because of this, we will be offering “FREE” Blood Pressure Screening monthly at the Senior Center.

Our first “Free” Blood Pressure Screening event will be provided by Nurse Patricia Parent on Tuesday, April 12<sup>th</sup> from 11:00 AM to 12:00 PM.



## Easter Luncheon & BINGO

**Wednesday, April 13<sup>th</sup> – 12:00 PM to 1:00 PM**



Come celebrate Spring, the Easter season, and the birthdays of all participants born in April!

A traditional Ham dinner and special birthday cake dessert will be served at noon, followed by “Springtime Bingo” at 1:00 PM. Everyone in attendance at Bingo will receive a “FREE” dauber!

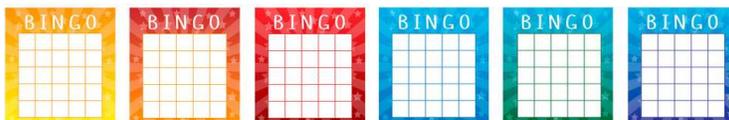
Please make your luncheon reservation prior to April 11<sup>th</sup>.

## Weekly Wednesdays BINGO

**Every Wednesday – 1:00 PM**

Join Lorraine as she hosts our “Weekly Wednesdays” Bingo games each Wednesday afternoon at 1:00 PM.

Dabbers will be provided “FREE” of charge!



# ACTIVITIES, PRESENTATIONS, & MORE

FREE

## “Blackstone Bountiful Book Club”

Tuesday, April 19<sup>th</sup> – 1:00 PM

Donna A. from the Blackstone Public Library will lead our newly formed **Blackstone Bountiful Book Club** on the third Tuesday of each month at 1:00 PM at the Senior Center.

The novel to be discussed on April 19<sup>th</sup> is “One Italian Summer” by Rebecca Serle.

This novel is a powerful novel set on the breathtaking Amalfi Coast about the transformational love between mothers and daughters, how we move on after loss, and how the people we love never truly leave us.



**Stop by the Senior Center office to pick up a copy of this novel**

FREE

## Meditation and Breathwork Presentation

Monday, April 25<sup>th</sup> – 10:00 AM to 11:00 AM



Join us as we embark on a quiet meditation journey with breathwork, mindfulness, and relaxation taught by Barbara Atstupenas, LMT from Tender Touch Massage & Holistic Therapy.

The practice of meditation on a regular basis may improve symptoms of stress-related conditions, improve memory, and improve sleep quality.

Take advantage of this opportunity to relax and rejuvenate.



Please pre-register for this session, as space is limited.

## Walmart Shopping Trip

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays – 10:00 AM to 12:00 PM

We will transport passengers to the Walmart Supercenter in North Smithfield, RI on the **2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month.**

### This Month's Schedule

Transportation will be provided on the following dates from 10:00 AM to 12:00 PM:

- ✓ Wednesday, April 13<sup>th</sup>
- ✓ Wednesday, April 27<sup>th</sup>

### Transportation Reservations

You must make a transportation reservation with Dennis, our Transportation Coordinator at least **two (2) days prior** to each shopping trip

### Van Donations

Van donations will be accepted for these trips



**Call (508) 876-5133 or Email our Transportation Coordinator at [coatransport@townofblackstone.org](mailto:coatransport@townofblackstone.org) to make a transportation reservation!**



# TO RECEIVE THIS NEWSLETTER BY MAIL:



**COMPLETE AND RETURN THIS FORM WITH THE FOLLOWING INFORMATION:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Amount Enclosed:** \$10.00 donation for a one (1) year newsletter subscription

*One (1) year subscription provides newsletter mailed to subscribed address*

**Please Make Checks Payable To:** Blackstone Council on Aging

**Please Check One:** New Subscription  Renewal  Address Change

**Mail Form and Payment To:** Blackstone COA | 15 St. Paul Street | Blackstone, MA 01504

Address Service Requested

**Blackstone Council on Aging**  
15 St. Paul Street  
Blackstone, MA 01504