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

BLACKSTONE
COUNCIL ON
AGING (COA)



BLACKSTONE SENIOR CENTER

AUGUST 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.

SPECIAL DATES TO REMEMBER

- August 4th** — Blackstone Fire Department BBQ Luncheon
- August 9th** — Clambake by Mickey G's Clam Shack
- August 17th** — August Birthday Celebration
- August 23rd** — Hawaiian Luau

Address Service Requested

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

Senior Center Staff Contacts:

Karen Testa, Director

(508) 876-5134 | ktesta@townofblackstone.org

Ashley Beaupre Aldrich, Outreach Coordinator

(508) 876-5135 | abeaupre@townofblackstone.org

Brenda Takessian, Nutrition/Activities Coordinator

(508) 876-5151 | btakessian@townofblackstone.org

Dennis Pimenta, Transportation Coordinator

(508) 876-5133 | coatransport@townofblackstone.org

Blackstone Council on Aging (COA)/Senior Center

15 St. Paul Street

Blackstone, MA 01504

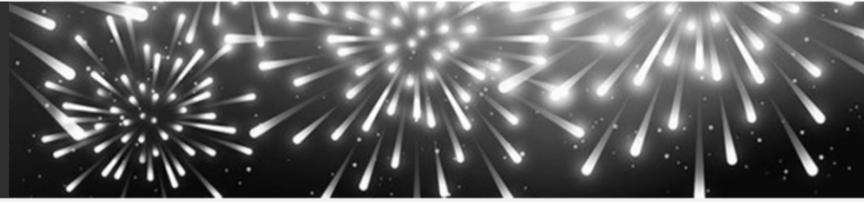
Hours:

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

MESSAGE FROM THE DIRECTOR



Dear Friends,

We have all heard of summer days described as, “lazy, hazy and humid”. Well summer days at the BCOA Senior Center are far from being lazy, hazy and humid! Our facility is air conditioned, and we have a host of summertime programs and events planned this month to allow you to stay healthy and socialize with friends to ensure you have a fantastic summer.

Please see inside for the details of the special luncheons and events planned this month.

Our Hawaiian Luau will take place on Tuesday, August 23rd at the Library. Special thanks to Unibank for sponsoring this event. Remember to sign up for the Luau in the Activities Book or by calling Brenda, Nutrition/Activities Coordinator at (508) 876-5151.

The Friends of Blackstone Council on Aging have been working diligently planning fundraising activities, which benefit the Senior Center. Profits from fundraisers assist with enhancing the programs and events offered throughout the year. Please consider supporting these fundraisers.

Calling all Red Sox fans! The Friends of BCOA are sponsoring their annual Red Sox raffle. The winner of this raffle will receive four (4) box seat tickets and a parking pass to the Boston Red Sox vs. Baltimore Orioles game at Fenway Park on September 27th at 7:10 PM. Tickets are available for purchase at the Senior Center. Please see Ashley or Brenda to purchase tickets. Perhaps you are willing to assist with selling these tickets to your family and friends? If so, you may obtain tickets from Ashley and Brenda.



Special thanks to Mr. Lentros for donating the game tickets and parking pass to BCOA and Dennis Pimenta for his assistance with obtaining this donation.

Please remember to check the bulletin boards for updates when visiting the Senior Center. Stay cool and I look forward to seeing you soon!

Karen Testa

Karen A. Testa, Director

MONTHLY SHOPPING TRIPS

Transportation Reservations

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

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

Van Donations

Van donations will be accepted for these trips



Walmart Shopping Trip

2nd and 4th Wednesdays of the Month
10:00 AM to 12:00 PM

We will transport passengers to the **Walmart Supercenter in North Smithfield, RI** on the **2nd and 4th 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, August 10th
- ✓ Wednesday, August 24th

MARKET BASKET Shopping Trip

3rd Thursday of the Month
10:00 AM to 12:00 PM

We will transport passengers to the **Market Basket in Bellingham, MA** on the **3rd Thursday of each month.**

This Month's Schedule

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

- ✓ Thursday, August 18th

VOLUNTEER OPPORTUNITIES



We have a host of volunteer opportunities available at the Senior Center.

Please stop by the Senior Center or contact Karen Testa to discuss the volunteer opportunity that best suits fits you!

- ✓ **Garden Assistants:** Do you visit the Senior Center a certain day of the week? If so, please consider assisting us with watering the plants and planters located at the rear entrance. We can use your help and it will only take 15 minutes of your time! If interested, please see Karen
- ✓ **Nutrition Program:** Setup and Servers needed
- ✓ **Friends of the Blackstone Seniors:** We are looking for volunteers to join this non-profit arm of the Senior Center and to assist with fundraising opportunities
- ✓ **Piano Player:** We are looking for a piano player to play for sing-a-longs

WEEKLY EXERCISE CLASSES

Class Name	Day	Time	Instructor	Donation
Beginner's Line Dancing	Monday	1:00 PM – 2:00 PM	Donna	\$3.00
Painting Class	Monday	1:00 PM – 3:00 PM	Diane (Artful Dodger)	\$3.00
Strength Training	Tuesday	9:00 AM – 10:00 AM	Karen	FREE
Chair Yoga	Tuesday	10:00 AM – 11:00 AM	Karen	FREE
Walking Club	Wednesday	9:30 AM – 10:30 AM	Karen and Ashley	FREE
Tai Chi (Beginner Class)	Thursday	9:15 AM – 10:00 AM	Karl	FREE
Tai Chi (Advanced Class)	Thursday	10:00 AM – 11:00 AM	Karl	FREE
Meditation & Mindfulness	Thursday	11:15 AM – 12:00 PM	Diane	\$3.00

HEALTH & WELLBEING

FREE

Blood Pressure Screening Clinic Tuesday, August 9th – 11:00 AM to 11:30 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.

FREE blood pressure screenings will be held on Tuesday, August 9th at 11:00 AM in the Senior Center dining room.

Please pre-register to have a screening conducted.
Registration form is in the *Activities Book* in the Dining Room.

Save the Date!

September 13th — Pasta Dinner

September 26th — AARP Driving Course

OUTREACH COORDINATOR'S CORNER



Elder Home Repair



Funded Primarily by Central Mass Housing Alliance (CMHA)

This program is available to low-income seniors (age 60+) who own and reside in their home who may need simple, manageable repairs. CMHA will assist with routine maintenance tasks such as snow removal, gutter cleaning, lawn mowing, installing grab bars, changing light bulbs, etc. Due to limited availability, there will be a waitlist for assistance; the wait time will depend on the severity of the repair(s).

You can find more information at www.cmhaonline.org. To inquire about assistance with home repairs, call Keith at CMHA directly: (774) 243-3815

Medicare Open Enrollment

October 15, 2022 – December 7, 2022

Open enrollment is the time to review your Medicare drug plans and make changes if necessary. If you have Medicare-related questions or need assistance with your Medicare insurance, contact our Outreach Coordinator, Ashley, at (508) 876-5135, and she will refer you to a SHINE counselor if necessary. Please check the bulletin boards and the September newsletter for upcoming seminars from Medicare providers to be held at the Senior Center.

The Medicare Beginner's Guide can be found at: https://drive.google.com/file/d/1-UMhmG3qzp-ovAYAsfX_sxGL82sXY0c-/view

Healthy Incentives Program (HIP)

Part of Your SNAP Benefits



Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!

HIP is an automatic benefit you receive when you are approved for Food Stamps (SNAP). For each \$1.00 you spend on eligible fruits and vegetables, you receive \$1.00 back on your EBT card, up to the monthly allotted limit. HIP retailers include farmers markets, farm stands, mobile markets, and community supported agriculture (CSA) farm share programs. You must have a SNAP balance to earn HIP incentive benefits. For a household of 1-2 people, the monthly cap is \$40.00.

If you do not already receive SNAP benefits, our Outreach Coordinator, Ashley Beaupre, can tell you if you're eligible in less than 5 minutes! Call (508) 876-5135 to learn more!

SPOTLIGHT

Brenda Takessian,
Nutrition/Activities Coordinator



We are pleased to welcome Brenda Takessian as the Nutrition/Activities Coordinator effective June 27th. Brenda is responsible for expanding our nutrition program and assisting with the coordination of activities and events.

Brenda worked in the Blackstone/Millville public schools for 12 years, preparing and serving healthy and well-balanced meals to elementary students. She possesses many certifications in food service programs, including Serve Safe, Allergy Training, Professional Communications, SMART Personal Wellness training to name a few. In addition, she previously volunteered in the kitchen at the Hopkinton Senior Center.

Stop by and introduce yourself to Brenda. Her desk is located in the dining room, and she may be reached at (508) 876-5151 or btakessian@townofblackstone.org. Welcome aboard, Brenda!



CRAFT CORNER

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

FREE

Craft Class with Jean Thursday, August 18th – 12:30 PM to 1:30 PM

Jean from the Blackstone Public Library returns for the monthly craft class!

Please join Jean on August 18th at 12:30 PM as she teaches participants how to design a gem and flower picture frame.

All supplies will be provided, and no experience is necessary.

Please pre-register for this class as space is limited to 10 participants.



FREE

Craft Class with Oak Street Health Monday, August 29th – 1:00 PM to 2:00 PM

Oak Street Health staff will teach participants how to paint a fall scene on a canvas bag. You will be able to take your self-designed canvas bag home with you at the end of the class.

All supplies will be provided, and no painting experience is required.

This is a FREE class. You must pre-register for this class in the Activities sign up book.



NOTEWORTHY ACTIVITIES

Hawaiian Luau Party

Our Line Dancing instructor, Donna Carter, along with *KONA & THE HAWAIIAN DELIGHTS* will lead us through a tropical afternoon of entertaining. This performance includes authentic Hawaiian dances, a touch of culture, and learning how to do the Hula.

We will enjoy special Hawaiian refreshments, cheese and crackers, fruit, and pineapple upside-down cake courtesy of our friends at UniBank.



Important Items to Note:

- This event will be held at the library, due to space limitations for the show.
- You must pre-register for this event with Brenda in the Dining Room.
- Also please inform Dennis if you will need transportation to this event.

Tuesday, August 23, 2022
1:00 PM to 3:00 PM

FREE Event Courtesy of:
UNIBANK

Blackstone Public Library
86 Main Street
Blackstone, MA 01504
(508) 883-1931

Pre-Registration Required
Call (508) 876-5151

Pasta with a Purpose Fundraiser



Tuesday, September 13, 2022
4:30 PM to 7:00 PM

\$8.00 Per Person
(\$4.00 for Children Under 7 Years Old)

Blackstone Senior Center
15 St. Paul Street
Blackstone, MA 01504

Pre-Registration Required
Call (508) 876-5151

A Pasta Dinner sponsored by the Friends of the Blackstone Council on Aging will be held at the Senior Center on Tuesday, September 13th with entertainment provided by Susan McLeod.

Tickets are available at the Senior Center. To purchase a ticket, please contact Brenda at the nutrition desk, by phone at (508) 876-5151, or email at btakessian@townofblackstone.org.

Please note that tickets must be purchased in advance! Thank you for your support!

MENU: Salad, Pasta, Meatballs, Bread & Butter, Dessert, Coffee & Tea

AARP Smart Driver Course

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for managing left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

You must pre-register for this Course. You may sign-up in the Activities Book or by calling Karen at (508) 876-5134.

Monday, September 26, 2022
9:00 AM to 1:00 PM

\$20.00 for AARP Members
\$25.00 for Non-Members
Please make checks payable to: AARP

Blackstone Senior Center
15 St. Paul Street
Blackstone, MA 01504

Pre-Registration Required
Call (508) 876-5134



10th Annual Boston Red Sox Ticket Raffle



Boston Red Sox vs. Baltimore Orioles at Fenway Park | Tuesday, September 27, 2022 at 7:10 PM
4 BOX SEAT TICKETS + PARKING PASS

Drawing Date and Time: September 14, 2022 at 12:30 PM

Tickets Available At: BCOA Senior Center, 15 St. Paul Street, Blackstone or by calling (508) 876-5134

SPECIAL LUNCHEONS



Blackstone Fire Department BBQ Luncheon

Thursday, August 4th – 12:00 PM to 1:00 PM



Tony Iannetti and members of the Fire Department will prepare a smoked “brisket and rib” barbecue. **Menu includes:**

Smoked Brisket & Ribs | Baked Beans | Potato Salad, | Cornbread | Dessert

You do not want to miss Tony’s infamous smoked barbecue!



Clambake by Mickey G’s Clam Shack

Tuesday, August 9th – 12:00 PM to 1:30 PM



This luncheon is sponsored by:

Selectman Brian Scanlan and Selectwoman Tanya Polak!

Mickey G’s features old-school chowder and clam cakes and is one of the best comfort foods you’ll enjoy. **Menu includes:**

Clam Cakes and Chowder | Crackers | Cornbread
Strawberry Shortcake Dessert | Coffee and Tea



Monthly Birthday Celebration

Wednesday, August 17th – 11:30 AM to 1:00 PM



Our August birthday celebration luncheon will feature a “Sandwich Bar” including:

Chicken Salad/Egg Salad/Turkey and Cheese | Chips | Dessert | Coffee and Tea

Dessert will be compliments of Oak Street Health.

Entertainment provided by Paula R. with a Piano Sing-along.

Please notify Brenda of your sandwich selection when making a reservation!



Mystery Luncheon Trip

Wednesday, August 24th – 11:30 AM to 1:00 PM



\$3.00 for transportation. Lunch is on your own.

Where will we enjoy a relaxing luncheon? It’s a mystery!

The bus will leave the Senior Center at 11:15 AM and return at 2:30 PM.

SPECIAL LUNCHEON EVENTS

Please make your luncheon reservations for any of the August special luncheons with Brenda Takessian, our Nutrition/Activities Coordinator, in the dining room, at btakessian@townofblackstone.org or (508) 876-5151.

ACTIVITIES, PRESENTATIONS, & MORE



Francine’s Fashions

Wednesday, August 17th – 11:30 AM to 1:00 PM



Francine’s Fashions will return with a new collection of high-quality printed t-shirts and sweatshirts. Special orders are available!

T-shirts sell for \$12.00, and sweatshirts sell for \$18.00.

The Friends of BCOA will receive a small portion of sales



Blackstone Bountiful Book Club

Tuesday, August 16th – 1:00 PM to 2:00 PM



Donna from the Blackstone Public Library will lead Book Club participants in discussion on the third Tuesday of each month at 1:00 PM. The novel to be discussed on August 16th will be determined by the Book Club members.

Copies of the novel chosen are available at the Senior Center.

Please see Karen Testa or Ashley Beaupre for a copy.



Meeting of the Group Friends Group of the BCOA

Thursday, August 18th – 11:15 AM to 12:15 PM

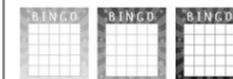


The Friends of the Blackstone Council on Aging Group will meet on Thursday, August 18th at 11:15 AM to discuss final details for their upcoming Pasta Dinner & Calendar Raffle Giveaway fundraisers.

We need ten (10) additional gift certificates or monetary donations for the Calendar Raffle Giveaway fundraiser.

If you or a business owner that you may know are interested in donating a gift certificate (\$25.00 minimum value) or a monetary donation to be included in the Calendar Raffle Giveaway, please contact Karen Testa.

All gift certificates are needed by mid-August. We appreciate your support!



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!

MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
1 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	2 9:00 AM Strength Training 10:00 AM Chair Yoga	3 9:30 AM Walking Club 1:00 PM BINGO
8 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	9 9:00 AM Strength Training 10:00 AM Chair Yoga 11:00 AM Blood Pressure Screening Clinic 12:00 PM Clambake Luncheon	10 9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 1:00 PM BINGO
15 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	16 9:00 AM Strength Training 10:00 AM Chair Yoga 1:00 PM Blackstone Bountiful Book Club	17 9:30 AM Walking Club 11:30 AM Francine's Fashions 11:30 AM Monthly Birthday Celebration 1:00 PM BINGO
22 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	23 9:00 AM Strength Training 10:00 AM Chair Yoga 1:00 PM Hawaiian Luau Party	24 9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 12:00 PM Mystery Luncheon 1:00 PM BINGO
29 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class 1:00 PM Craft Class with Oak Street Health	30 9:00 AM Strength Training 10:00 AM Chair Yoga	31 9:30 AM Walking Club 1:00 PM BINGO

AUGUST 2022

THURSDAY	FRIDAY
4 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 12:00 PM Blackstone Fire Dept BBQ Luncheon 1:00 PM Knitting & Crocheting Circle	5
11 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 1:00 PM Knitting & Crocheting Circle	12
18 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 10:00 AM Market Basket Trip 11:15 AM Meditation & Mindfulness 11:15 AM Friends Group of the BCOA Meeting 12:30 PM Craft Class with Jean 1:00 PM Knitting & Crocheting Circle	19
25 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 1:00 PM Knitting & Crocheting Circle	26



A \$4.00 donation is requested. You must call (508) 876-5151 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.

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

Blackstone Fire Dept BBQ
Thursday, August 4th

- ✓ Smoked Brisket and Ribs
- ✓ Baked Beans
- ✓ Potato Salad
- ✓ Cornbread
- ✓ Dessert
- ✓ Coffee and Tea

Clam Bake by Mickey G's
Tuesday, August 9th

- ✓ Clam Cakes & New England Chowder
- ✓ Crackers
- ✓ Cornbread
- ✓ Strawberry Shortcake Dessert
- ✓ Coffee and Tea

August Birthday Celebration
Wednesday, August 17th

- ✓ Chicken Salad, Egg Salad, Turkey and Cheese Sandwich Bar
- ✓ Chips
- ✓ Dessert
- ✓ Coffee and Tea