

# TO RECEIVE THIS NEWSLETTER BY MAIL:



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**Amount Enclosed:** \$10.00 donation for a one (1) year newsletter subscription  
*One (1) year subscription provides newsletter mailed to subscribed address January to December.*

**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

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

BLACKSTONE  
COUNCIL ON  
AGING (COA)



BLACKSTONE SENIOR CENTER



## DECEMBER 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

- December 8<sup>th</sup>** — Blackstone Council on Aging Monthly Meeting
- December 14<sup>th</sup>** — Monthly Birthday Celebration
- December 14<sup>th</sup>** — Christmas Luncheon
- December 23<sup>rd</sup>** — Christmas Eve Observed (CLOSED)
- December 26<sup>th</sup>** — Christmas Day Observed (CLOSED)
- December 30<sup>th</sup>** — New Year's Eve Observed (CLOSED)
- January 2<sup>nd</sup>** — New Year's Day Observed (CLOSED)

#### 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)

**Brenda Takessian, Nutrition/Activities Coordinator**  
(508) 876-5151 | [btakessian@townofblackstone.org](mailto:btakessian@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

# MESSAGE FROM THE DIRECTOR



Dear Friends,

Tis the Season! We invite you to participate in one of the many events that we have planned to help you get into the Christmas spirit at the Senior Center. Whether it is a Sing-along, Arts & Crafts class, Bingo, or an exercise class, be sure to take advantage of the programs we are offering in December.

Calling all Bingo players! A Holiday Bingo, sponsored by the Friends of Blackstone COA, will be held on Wednesday, December 7<sup>th</sup> from 1:00 PM to 3:00 PM at the Divine Mercy Parish Hall, located at 48 St. Paul Street, Blackstone, MA. Tickets are \$10.00 and are available at the Senior Center. Please see Brenda to purchase your ticket.

Join us as we celebrate our *Annual Christmas Luncheon* on Wednesday, December 14<sup>th</sup> from 11:30 AM to 2:30 PM. We will have door prizes, the winner of our Christmas gift basket will be chosen, and everyone in attendance will receive a special gift and a photo with Santa! Tickets must be purchased in advance and are available with Brenda in the dining room.

Also, a reminder that nonresidents will be required to pay a \$15.00 annual membership fee effective January 1, 2023. This is less than \$1.25 per month to access all programs and events offered at the Senior Center. You may submit your membership application and fee to Brenda or Karen.

On behalf of the entire Senior Center staff, our wish for you is that the celebrations of Christmas bring along new hopes, good health, happiness and joy. A very Merry Christmas to you!



Happy Holidays,

*Karen Testa*

Karen Testa Leone, 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](mailto:coatransport@townofblackstone.org) to make a transportation reservation!

## Van Donations

Van donations will be accepted for these trips



## Walmart Shopping Trip

2<sup>nd</sup> and 4<sup>th</sup> 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 **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, December 14<sup>th</sup>
- ✓ Wednesday, December 28<sup>th</sup>

## MARKET BASKET Shopping Trip

3<sup>rd</sup> Thursday of the Month  
10:00 AM to 12:00 PM

We will transport passengers to the **Market Basket in Bellingham, MA** on the **3<sup>rd</sup> 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, December 15<sup>th</sup>

# JOIN OUR NEW FACEBOOK GROUP



## Members of the new *Blackstone MA Senior Center Facebook Group* can:

- ✓ Stay updated on what is happening at the Senior Center
- ✓ Interact with friends, staff, and Council on Aging Members
- ✓ Learn more about what activities, events, fundraisers, and volunteer opportunities the **Friends of the Blackstone Council on Aging** have available
- ✓ Share photos from past events



Visit <https://www.facebook.com/groups/774029473781259> or scan the QR Code with your mobile device to join!

# IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING



**Friends of the BCOA Meeting**  
 Thursday, December 15<sup>th</sup> – 11:00 AM to 11:45 AM



The next meeting of this group will be held on Thursday, December 15<sup>th</sup> at 11:00 AM. New members are encouraged to attend this meeting to assist with planning for upcoming fundraisers.



**Cabaret Show Practice**  
 Every Monday – 2:00 PM to 3:30 PM



Cabaret Rehearsals have begun!

Practices are held each Monday immediately following Line Dancing classes. There are still roles to fill (assisting with props, costume changing, etc.) for the Cabaret.

Please stop by to see how you can contribute to the success of this fundraiser.



## CRAFT CORNER

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

**FREE**

**Craft Class with Rita**  
 Tuesday, December 6<sup>th</sup> – 11:00 AM to 12:00 PM

Rita will teach you how to make your own beautiful Holiday Fresh Flower/Seasonal Greens Santa Sleigh Arrangement.



All supplies will be provided. **Please pre-register with Brenda!**

**FREE**

**Craft Class with Jean**  
 Thursday, December 15<sup>th</sup> – 12:30 PM to 1:30 PM

Light up your holiday season with this Holiday Lanterns craft. Jean will show you how to build and decorate this beautiful light!



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

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

# OUTREACH COORDINATOR'S CORNER



## Good Neighbor Energy Fund

The Good Neighbor Energy Fund through The Salvation Army of Massachusetts offers fuel assistance to families in need who do not qualify for state or federal energy assistance.

Income must fall between 60 and 80% of the state's median income levels. (Please see the chart below for income guidelines). To apply, contact the local Salvation Army Unit:

### Milford Corps

29 Congress Street, Milford, MA 01757-2039  
 Phone: (508) 473-0786 • Fax: (508) 634-4763

Household Size	Total Gross Yearly Income
1	\$42,412 - \$56,548
2	\$55,462 - \$73,948
3	\$68,512 - \$91,348
4	\$81,562 - \$108,748
5	\$94,611 - \$126,146
6	\$107,661 - \$143,546
7	\$110,108 - \$146,809
8	\$112,555 - \$150,072

# IMPORTANT INFORMATION



## SENIOR CENTER'S INCLEMENT WEATHER POLICY

It is the policy of the COA to align with the Blackstone School systems cancellations and delayed openings with regard to all Senior Center programming and transportation services.

The Senior Center will remain open for information and referrals unless the Town Hall closes. Please check our Facebook page following a significant snow fall for school cancellations.

If you requested transportation to a medical appointment on a day when the schools are closed, we apologize for the inconvenience, but it is too risky for the COA vans to be on the road during inclement weather.

**If you have a medical emergency, please dial 911.**



# VOLUNTEER OPPORTUNITIES AVAILABLE!



Volunteer Opportunities

your time is valuable.  
**Donate it today!**

Here are some of the ways you can help.

### Specific Opportunities in Western Massachusetts:



- Walmart | 2:00 p.m. – 8:00 p.m. M-S
- Market 32 | 2:00 p.m. – 8:00 p.m. M-S
- AND OTHERS THAT MAY BE CLOSER TO YOU



- Join our online campaign and set-up your own Virtual Red Kettle to share with friends, colleagues, and family on social media.
- Make a one-time or recurring gift to support families this holiday season and beyond.



**TO REGISTER, CONTACT:** Sharon Howard 774-280-4689  
[sharon@valleychapel.us](mailto:sharon@valleychapel.us)

# VOLUNTEER OPPORTUNITIES AVAILABLE!

## SNOW ANGELS PROGRAM

If you are interested and available to help an elderly or disabled neighbor in need with snow removal during this winter, keep reading to learn more on how you can be a **Snow Angel** for the community.

The Snow Angels program is a voluntary snow removal service for seniors and persons with physical disabilities living independently. The program's goal is to help bring together residents who want to keep their sidewalks clear, but are physically unable to do so, with volunteers who want to help their community.

- 1) The Snow Angels Program will work to pair you with a nearby neighbor. 1) We will be in touch when you have been matched with a neighbor in need.
- 2) You will be assigned to a neighbor in need who lives close by to your address.
- 3) We will contact you via email with confirmation details when you have been assigned a neighbor.

**To become a Snow Angel you must be at least 18 years of age and older or between the ages of 13-17 with a safe mode of transportation. All Snow Angels must provide their own shovels.**

Please contact Karen Testa at (508)-876-5134 to apply to be a Snow Angel!

# IMPORTANT INFORMATION

## DURABLE MEDICAL EQUIPMENT



We have a small inventory of Durable Medical Equipment for loan, including wheelchairs, walkers, canes, and commodes.

This equipment is available free of charge for short-term use.

If you need any equipment or perhaps have equipment that you would like to donate to us, please contact Karen at (508) 876-1534.

## REAL ESTATE TAX SENIOR EXEMPTION APPLICATIONS



Exemption applications for fiscal year 2023 are available at the Senior Center.

If you need assistance or have any questions, please phone Ashley at (508) 876-5135.

Please note that you must complete a new Tax Exemption application each fiscal year.

## SPECIAL PRESENTATION

### Coping with Grief During the Holidays Facilitated by Diane Westerman, MA

**Friday, December 9<sup>th</sup> – 10:00 AM to 11:30 AM**

Although it is the season of joy and celebration, many of us also experience strong emotions during this time due to loss of loved ones and other significant life losses.

Please join us for a one-hour presentation to discuss coping with grief and loss during the holiday season where we will gather together to:

- ✓ *share our stories of love, loss, and hope*
- ✓ *talk about ways to create new rituals and traditions*
- ✓ *review the “mourners bill of rights”*
- ✓ *consider self-care practices to help us on our own grief journey*
- ✓ *give and receive support from others who are also grieving*



## ACTIVITIES, PRESENTATIONS, & MORE



### Francine's Fashions

**Wednesday, December 14<sup>th</sup> – 11:30 AM to 1:00 PM**



Francine's Fashions will join us at our Annual Christmas luncheon at Willow Brook Restaurant. This is an opportunity for you to pick up a last-minute gift for the upcoming holiday season. *The Friends of BCOA will receive a small portion of sales*



### Christmas Yankee Swap

**Monday, December 19<sup>th</sup> – 11:00 AM to 12:30 PM**



Bring in a \$5.00 wrapped gift to swap and join us for a good ole' fashion Yankee Swap. Dennis Pimenta will conduct the Yankee Swap to make sure everyone receives the correct gift! After the swap, we will enjoy pizza and holiday treats.



### Pop-Up Food Pantry

**Monday, December 19<sup>th</sup> – 10:00 AM**



On the third Monday of each month at 10:00 AM, a truck from the YMCA will be on site in the Senior Center's parking lot to deliver "FREE" bags of food to eligible participants. You must be a Blackstone resident and 60 years of age or older to be eligible for the Pop-Up Food Pantry. You will receive a bag pre-filled with nonperishable grocery items including canned tuna and soup, cereal, low/no salt vegetables and more. It's first-come, first-served and it is free. You just drive through the Center's parking lot to pick-up a bag!

**If you require further information, please phone Ashley, Outreach Coordinator at (508) 876-5135.**



### Pitch Card Games

**Every Tuesday – 1:00 PM to 3:00 PM**



Our Tuesday afternoon Pitch Card Game is growing! Stop in on any Tuesday and join in an afternoon of socializing and playing cards with others. Cards will be provided for all games.



### Weekly Wednesdays BINGO

**Every Wednesday – 1:00 PM**



Join Lorraine as she hosts our "Weekly Wednesdays" Bingo games each Wednesday afternoon! Dabbers will be provided "FREE" of charge!

# ACTIVITIES, PRESENTATIONS, & MORE



## Holiday BINGO

Wednesday, December 7<sup>th</sup> – 1:00 PM to 3:00 PM



The BCOA Friends Group will sponsor an afternoon of Bingo (cash prizes) and raffles at **Divine Mercy Parish Hall**, 48 St. Paul Street, Blackstone, MA.

**Tickets are \$10.00 each and available for purchase at the Senior Center.**

Refreshments and coffee will be served. A special Bingo game will be played for a \$50.00 cash prize!



## Board Games to Exercise Your Brain

Beginning Monday, December 5<sup>th</sup> – 10:00 AM to 11:00 AM



Playing a board game with others and socializing is known to boost your physical and mental health, as well as strengthen your memory skills. Join us for a morning of playing a variety of board games.

Stop by the dining room to play a board game, or perhaps to learn a new game. Feel free to bring in one of your favorite board games too.



## Blackstone Bountiful Book Club

Tuesday, December 13<sup>th</sup> – 11:00 AM to 12:00 PM



Donna from the Blackstone Public Library will lead the Book Club members in discussion on the 3<sup>rd</sup> Tuesday of each month at 11:00 AM – 12:00 PM. New members are invited to join this Club at any time.

The novel to be discussed on November 15<sup>th</sup> will be: **The Christmas Sisters by Sarah Morgan**

Copies of the monthly novels are available at the Senior Center.

**Please contact Brenda in the dining room to obtain a copy.**



## One-on-One Tech Training

Tuesday, December 13<sup>th</sup> – 9:30 AM to 11:30 AM



Do you have a digital technology device that you do not use to its fullest capacity because you are unaware of the many features it includes?

Tech coaches from Blackstone Valley Tech will be back on Tuesday, December 13<sup>th</sup> to provide one-on-one training to our participants on how to use your own device, such as I-phone, all smart phones, iPads, tablets, laptops, etc.

A one-on-one session allows you to learn at a pace that is comfortable for you and to ask any questions that you may have. Perhaps you are not aware of all the capabilities of your device has to offer.

**Please register with Brenda in the dining room for your FREE 30-minute session.**

# SPECIAL LUNCHEONS



## Annual Christmas Luncheon & Monthly Birthday Celebration



Wednesday, December 14<sup>th</sup> – 11:30 AM to 2:00 PM

BCOA's Annual Christmas luncheon will be held at:

**Willow Brook Restaurant**

16 Hastings Street, Mendon, MA

We will enjoy scrumptious food, entertainment with Vini Ames, a visit and photo with Santa, and a free gift. The December birthday celebration will also be held during the Annual Christmas Luncheon.

**All participants born in December will be honored.**

Transportation is available for this event. Please phone Dennis at (508) 876-5133 to make a reservation.

**\*\* This luncheon is partly sponsored by the BCOA Friends Group \*\***



## Holiday Sing-a-Long with Glenn Hillard

Tuesday, December 20<sup>th</sup> – 11:15 AM to 12:15 PM



We encourage you to don a Santa hat or “ugly” Christmas sweater while we come together with Glenn Hillard to usher in the Christmas holiday.

Glenn will lead us on piano for a holiday-themed sing-along featuring cheerful and nostalgic Christmas favorites.

We will hand out the lyrics to allow everyone to participate.

**A light lunch of turkey wraps and chicken salad wraps, and chips will be served following the sing-along.**

Please inform Brenda if you plan to stay for lunch after this sing along and your choice of a turkey or chicken salad wrap.

### SPECIAL LUNCHEON EVENTS

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

# MONTHLY CALENDAR

MONDAY

TUESDAY

WEDNESDAY



5	<p><b>10:00 AM</b> Board Games to Exercise Your Brain</p> <p><b>1:00 PM</b> Beginner's Line Dancing</p> <p><b>1:00 PM</b> Painting Class</p> <p><b>2:00 PM</b> Cabaret Show Practices</p>	6	<p><b>9:00 AM</b> Strength Training</p> <p><b>10:00 AM</b> Chair Yoga</p> <p><b>11:00 AM</b> Craft Class with Rita</p> <p><b>1:00 PM</b> Weekly Card Games</p>	7	<p><b>9:30 AM</b> Walking Club</p> <p><b>1:00 PM</b> Holiday BINGO</p>
12	<p><b>10:00 AM</b> Board Games to Exercise Your Brain</p> <p><b>1:00 PM</b> Beginner's Line Dancing</p> <p><b>1:00 PM</b> Painting Class</p> <p><b>2:00 PM</b> Cabaret Show Practices</p>	13	<p><b>9:00 AM</b> Strength Training</p> <p><b>9:30 AM</b> One-on-One Tech Training</p> <p><b>10:00 AM</b> Chair Yoga</p> <p><b>11:00 AM</b> Blackstone Bountiful Book Club</p> <p><b>1:00 PM</b> Weekly Card Games</p>	14	<p><b>9:30 AM</b> Walking Club</p> <p><b>10:00 AM</b> Walmart Shopping Trip</p> <p><b>11:30 AM</b> Francine's Fashions</p> <p><b>11:30 AM</b> <b>Christmas Luncheon &amp; Monthly Birthday Celebration</b></p> <p><b>1:00 PM</b> BINGO</p>
19	<p><b>10:00 AM</b> Board Games to Exercise Your Brain</p> <p><b>10:00AM</b> Pop-Up Food Pantry</p> <p><b>11:00 AM</b> Christmas Yankee Swap</p> <p><b>1:00 PM</b> Beginner's Line Dancing</p> <p><b>1:00 PM</b> Painting Class</p> <p><b>2:00 PM</b> Cabaret Show Practices</p>	20	<p><b>9:00 AM</b> Strength Training</p> <p><b>10:00 AM</b> Chair Yoga</p> <p><b>11:15 AM</b> <b>Holiday Sing-a-Long with Glenn Hillard</b></p> <p><b>1:00 PM</b> Weekly Card Games</p>	21	<p><b>9:30 AM</b> Walking Club</p> <p><b>10:00 AM</b> Walmart Shopping Trip</p> <p><b>1:00 PM</b> BINGO</p>
26	<p><b>CHRISTMAS DAY OBSERVED (CLOSED)</b></p>	27	<p><b>9:00 AM</b> Strength Training</p> <p><b>10:00 AM</b> Chair Yoga</p> <p><b>1:00 PM</b> Weekly Card Games</p>	28	<p><b>9:30 AM</b> Walking Club</p> <p><b>10:00 AM</b> Walmart Shopping Trip</p> <p><b>1:00 PM</b> BINGO</p>



# DECEMBER 2022

THURSDAY

FRIDAY

1	<p><b>9:00 AM</b> Tai Chi (Beginners)</p> <p><b>9:30 AM</b> Onsite SHINE Counselor</p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully and Gratefully</p>	2	
8	<p><b>9:00 AM</b> Tai Chi (Beginners)</p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>11:00 AM</b> BCOA Meeting</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully and Gratefully</p>	9	<p><b>10:00 AM</b> Coping with Grief during the Holidays</p>
15	<p><b>9:00 AM</b> Tai Chi (Beginners)</p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>10:00 AM</b> Market Basket Trip</p> <p><b>11:00 AM</b> Friends of the BCOA Meeting</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Craft Class with Jean</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully and Gratefully</p>	16	
22	<p><b>9:00 AM</b> Tai Chi (Beginners)</p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully and Gratefully</p>	23	<p><b>CHRISTMAS EVE OBSERVED (CLOSED)</b></p>
29	<p><b>9:00 AM</b> Tai Chi (Beginners)</p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully and Gratefully</p>	30	<p><b>NEW YEAR'S EVE OBSERVED (CLOSED)</b></p>



## SPECIAL MENU'S

LUNCH IS SERVED AT 12:00 PM

(UNLESS OTHERWISE NOTED)

### Christmas Luncheon & Monthly Birthday Celebration Wednesday, December 14<sup>th</sup>

- ✓ Marinated Steak Tips
- ✓ Baked Haddock
- ✓ Seasonal Vegetables
- ✓ Pasta Primavera
- ✓ Caesar Salad
- ✓ Bread & Butter
- ✓ Coffee
- ✓ Dessert from Wright's Dairy Farm

### Holiday Sing-A-Long and Luncheon with Glenn Hillard Tuesday, December 20<sup>th</sup>

- ✓ Turkey or Chicken Salad Wrap
- ✓ Coffee and Tea

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.