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BLACKSTONE
COUNCIL ON
AGING (COA)



BLACKSTONE SENIOR CENTER



JULY 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.



- July 4th** — Independence Day (Senior Center Closed)
- July 18th** — Iggy's Boardwalk on the Patio Trip
- July 20th** — Bring a Friend to Lunch Day
- July 21st** — Friends of the Blackstone Council on Aging Meeting
- July 29th** --- Pound Exercise Experience

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

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,

Summer has arrived and we hope that you are enjoying the warm weather. Please remember that you are always welcome to visit the Senior Center to enjoy a friendly, air-conditioned environment during the summer months.

Break out your Hawaiian shirt and dust off your grass skirt for a Hawaiian Luau! Our talented Line Dancing instructor, Donna Carter, will lead us through this tropical afternoon event on Tuesday, August 23rd. We will enjoy special Hawaiian refreshments and treats courtesy of our friends at Unibank. This event will be held at the Library, due to space limitations for the show. Check the bulletin boards for further details. You must register for this event.

Do you know someone who may enjoy and benefit from the many classes, programs and events that we offer? If so, now is the opportunity to introduce them to our fabulous Senior Center. On Wednesday, July 20th we will sponsor "Bring a Friend to Lunch" and your friend will be our guest. After lunch, they are invited to stay and participate in our weekly Bingo games. Further details will be available on the bulletin boards. Please register for this event.

Independence Day, also called Fourth of July, is a national holiday that is celebrated annually in respect and remembrance of a long-awaited freedom of our country. It is a time to feel the pride and to show respect for every freedom fighter who has served and continues to serve our country. As you celebrate Independence Day with your family and friends, please remember the brave men and women in uniform who continue to fight for our rights and freedom, as well as their families.



In closing, I want to thank all of our participants for being the most wonderful source of inspiration to me and our staff as we continue to develop programs to enrich your lives. We hope to see you soon.

Karen Testa

Karen A. Testa, Director

Join the Blackstone Council on Aging

We are looking to fill three (3) vacancies on the Blackstone Council on Aging. Meetings of the BCOA are held on a monthly basis at 10:00 AM.

Interested parties must be a resident of the Town of Blackstone, duly appointed by the Board of Selectmen through completion of an Application of Intent to Serve Boards/Commissions. This application is available online and at the Senior Center and Town Clerk's office.

For further information, please contact Karen at (508) 867-5134.

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, July 13th
- ✓ Wednesday, July 27th

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, July 21st

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
Aging Gracefully & Gratefully	Thursday	1:15 PM – 2:30 PM	Donna	\$3.00

OUTREACH COORDINATOR'S CORNER



SMOC Fuel Assistance



For those who receive benefits from SMOC, re-certifications will be mailed out starting in August.

For new SMOC applicants, you will be able to apply starting mid-September/early October.

To find out if you may be eligible and/or would like assistance applying for this program, please contact Ashley Beaupre, Outreach Coordinator at abeaupre@townofblackstone.org or (508) 876-5135.

Low Vision Assistance Program

At the Franklin Senior Center, representatives from the Massachusetts Association for the Blind, are available to provide individualized lessons to help you learn how to use the latest technology and products so that you can continue to participate in your day-to-day activities and maintain your quality of life and independence.

If interested in this program, make an appointment by calling
(508) 520-4945 OR (857) 443-6636

HEALTH & WELLBEING

FREE

Blood Pressure Screening Clinic Tuesday, July 12th – 11:00 AM to 11:30 AM



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, July 12th 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.

Farmer's Market Coupons

Farmer's Market Coupons are expected to arrive at Tri-Valley, INC. in August. You can receive \$25 worth of vouchers to use at participating Farmer's Markets. These coupons cannot be used at grocery stores. This program is income-based. Once available, Barbara, from the TRV nutrition department will deliver the coupons and explain how they work.

If interested, please sign up at the Senior Center with your name and phone number or call Ashley at **(508) 876-5135** and we will inform you of the date they will be delivered to the center.

(Effective from July 1, 2022 to June 30, 2023)

Household Size	Annual	Monthly	Twice-Monthly	Bi-weekly	Weekly
1	\$25,142	\$2,096	\$1,048	\$967	\$484
2	\$33,874	\$2,823	\$1,412	\$1,303	\$652
3	\$42,606	\$3,551	\$1,776	\$1,639	\$820
4	\$51,338	\$4,279	\$2,140	\$1,975	\$988
5	\$60,070	\$5,006	\$2,503	\$2,311	\$1,156
6	\$68,802	\$5,734	\$2,867	\$2,647	\$1,324
7	\$77,534	\$6,462	\$3,231	\$2,983	\$1,492
8	\$86,266	\$7,189	\$3,595	\$3,318	\$1,659
Each add'l family member add	+\$8,732	+\$728	+\$364	+\$336	+\$168



DO YOU QUALIFY FOR SNAP?

Supplemental Nutrition Assistance Program (SNAP), commonly referred to as food stamps, is an income-based program for the elderly and disabled. You only have to meet the net income test to qualify.

SNAP provides you with a monthly allowance to purchase food. It works the same way a debit card does. If you are approved, you will receive benefits starting from the date you applied.

Due to the pandemic, SNAP is distributing extra funds to help with the increase in cost of food – there is no known end date to this benefit yet.

Outreach Coordinator, Ashley, can help determine if you might be eligible for this benefit. The application is quick and is completed online.

Please contact Ashley at (508) 876-5135 to get started with your application.

Your income must be no more than **165%** federal poverty level.

The income guidelines are below:

Household Size	Gross Monthly Income (130% of Poverty)	Net Monthly Income (100% of Poverty)
1	\$1,396	\$1,074
2	\$1,888	\$1,452
3	\$2,379	\$1,830
4	\$2,871	\$2,209
5	\$3,363	\$2,587
6	\$3,855	\$2,965
7	\$4,347	\$3,344
8	\$4,839	\$3,722
Each Additional Member	+\$492	+\$379

*SNAP gross and net income limits are higher in Alaska and Hawaii.



UPCOMING TRIPS

Iggy's Boardwalk on the Patio

Monday, July 18th at 11:00 AM

We will enjoy lunch on Iggy's beautiful outdoor patio overlooking Narragansett Bay in Warwick with terrific views and gorgeous sunsets.

The Boardwalk features something for everyone. They have a large selection of appetizers, raw bar items, salads, as well as their famous Iggy's Chowder and Clam Cakes. They also have incredible lobster dinners, surf n' turf, amazing entrees, burgers, and sandwiches.

Why not bring a chair and sit and enjoy the view of Narragansett Bay after enjoying a fabulous lunch?

Important Trip Information:

- 1) Lunch is on your own; you may bring a lunch to enjoy on the beach.
- 2) Please note that there is minimal walking required for this trip.



Monday, July 18, 2022
11:00 AM

\$3.00 Per Person
Transportation Cost Only

Transportation Information:

11:00 AM – Depart Senior Center
3:00 PM – Senior Center Arrival

Pre-Registration Required
Call (508) 876-5134

ACTIVITIES, PRESENTATIONS, & MORE



Monthly Birthday Celebration & Fireworks Bingo

Wednesday, July 13th – 11:30 AM to 1:00 PM

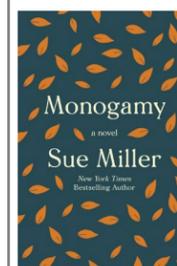


At the conclusion of lunch, we will play Bingo, featuring a special "Fireworks" full card bingo game.

The winner of this game will receive a great gift certificate!

Entertainment provided by Deb Celetti.

You must pre-register for this FREE luncheon by July 8th



Blackstone Bountiful Book Club

Tuesday, July 19th – 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 July 19th is "Monogamy" a novel by Sue Miller.

Copies of this novel are available at the Senior Center.

Please see Karen Testa or Ashley Beaupre for a copy.



Meeting of the Friends Group of the BCOA

Thursday, July 21st – 11:00 AM to 11:45 AM



The Blackstone Council on Aging Friends Group will meet on Thursday, July 21st at 11:00 AM to discuss final plans for the upcoming Calendar Raffle Giveaway.

If you would like to donate a gift certificate (\$25.00 minimal value) to this Calendar Raffle Giveaway, please see Karen Testa.

We welcome participants to join us at this meeting to share your creative fundraising ideas.



POUND EXERCISE EXPERIENCE

Friday, July 29th – 10:00 AM to 10:45 AM



POUND is a 45 minute cardio workout (tailored for seniors) to music with drumsticks that can be done standing up, sitting down in a chair or on a floor. This class uses beat and alternative movements to launch people to new heights of self-worth, happiness and human connection. Join us for this awesome experience and pound away your stress.



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.
CALL (508) 876-5134 FOR QUESTIONS OR EVENT REGISTRATIONS



CRAFT CORNER

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

FREE

Crafts with Celeste Tuesday, July 26th – 5:30 PM to 7:00 PM

Celeste Langlois will return to teach participants how to make a tin can wall pocket planter on July 26th.

This class was originally scheduled on June 7th.

You will be amazed to learn the simple steps to design your own wall pocket planner and there isn't any painting involved!



You must pre-register for this class.

Transportation will not be provided for this evening class.

FREE

Craft Class with Jean Thursday, July 21st – 12:30 PM to 1:30 PM

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

Please join Jean on Thursday, July 21st at 12:30 PM as she teaches participants how create a seaside vase worthy of a New England beachcomber.

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

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



Save the Date!

August 4th —	Brisket & Ribs Barbecue
August 9th —	Clambake
August 17th —	August Birthday Celebration
August 23rd —	Hawaiian Luau



NOTEWORTHY ACTIVITIES

**Wednesday, July 6, 2022
1:30 PM**

Blackstone Senior Center

15 St. Paul Street
Blackstone, MA 01504

Documentation Required

- ✓ Health Insurance Cards
- ✓ Order from Your Primary Care Doctor
- ✓ Completed Application Form

Diabetic Shoe Consultations Wednesday, July 6th at 1:30 PM

*Did you know that you are eligible to receive a pair of Diabetic shoes and inserts FREE if you are Diabetic?**

Amy from Pro Medical East will be here on July 6th at 1:30 PM to conduct 10-minute fitting appointments. All you have to do is bring all of your insurance cards, a doctor's order by your primary care medical doctor and a form that is available with our Outreach Worker, Ashley.

YOU MUST PRE-REGISTER FOR THIS EVENT

***Many insurance plans cover this however, Straight Mass Health/Medicaid does not.**

Bring a Friend to Lunch Day Wednesday, July 20th at 12:00 PM

Did you know that lunch originally began as a ladies' meal in the 18th century as a snack between meals?

People stayed awake longer after the invention of electricity and as a result, dinner was moved to later in the day and more people required a mid-day meal.

These are just a sample of the many facts that a friend can learn by visiting and participating in a program or event at the Senior Center.

Please consider bringing a friend to lunch on Wednesday, July 20th at 12:00 PM to allow them the opportunity to have a tour of the Senior Center and learn about the wide variety of classes, programs and events we offer.



**Wednesday, July 20, 2022
12:00 PM**

Blackstone Senior Center

15 St. Paul Street
Blackstone, MA 01504

Pre-Registration Required

Call (508) 876-5134

MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 <h1 style="font-size: 4em; color: red; text-decoration: underline;">July</h1> 		
4	5	6
<p>SENIOR CENTER IS CLOSED IN OBSERVATION OF INDEPENDENCE DAY</p>	<p>9:00 AM Strength Training 10:00 AM Chair Yoga</p>	<p>9:30 AM Walking Club 1:00 PM BINGO 1:30 PM Diabetic Shoe Consultations</p>
11	12	13
<p>1:00 PM Beginner's Line Dancing 1:00 PM Painting Class</p>	<p>9:00 AM Strength Training 10:00 AM Chair Yoga 11:00 AM Blood Pressure Screening Clinic</p>	<p>9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 11:30 AM July Birthday Celebration 1:00 PM Fireworks BINGO</p> 
18	19	20
<p>11:00 AM Iggy's Boardwalk on the Patio Trip 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class</p>	<p>9:00 AM Strength Training 10:00 AM Chair Yoga 1:00 PM Blackstone Bountiful Book Club</p>	<p>9:30 AM Walking Club 12:00 PM Bring a Friend to Lunch Day 1:00 PM BINGO</p>
25	26	27
<p>1:00 PM Beginner's Line Dancing 1:00 PM Painting Class</p>	<p>9:00 AM Strength Training 10:00 AM Chair Yoga 5:30 PM Crafts with Celeste</p>	<p>9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 1:00 PM BINGO</p>

JULY 2022

THURSDAY	FRIDAY
	1
<p>9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 1:00 PM Knitting & Crocheting Circle 1:15 PM Aging Graciously & Gratefully</p>	<p>10:00 AM Matter of Balance</p>
7	8
<p>9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 1:00 PM Knitting & Crocheting Circle 1:15 PM Aging Graciously & Gratefully</p>	<p>10:00 AM Matter of Balance</p>
14	15
<p>9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 1:00 PM Knitting & Crocheting Circle 1:15 PM Aging Graciously & Gratefully</p>	<p>Senior Center closes at noon</p>
21	22
<p>9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 10:00 AM Market Basket Trip 11:15 AM Friends Group of the BCOA Meeting 11:15 AM Meditation & Mindfulness 12:30 PM Craft Class with Jean 1:00 PM Knitting & Crocheting Circle 1:15 PM Aging Graciously & Gratefully</p>	<p>Senior Center closes at noon</p>
28	29
<p>9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 1:00 PM Knitting & Crocheting Circle 1:15 PM Aging Graciously & Gratefully</p>	<p>10:00 AM Pound Exercise Experience FREE CLASS</p>

SPECIAL MENU'S

ARE SERVED AT
12:00 PM

(UNLESS OTHERWISE NOTED)



July Birthday Celebration

Wednesday

July 13th

- ✓ Stuffed Cabbage Rolls
- ✓ Vegetables
- ✓ Dessert
- ✓ Bread and Butter
- ✓ Coffee and Tea



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.