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

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**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 (COA)



BLACKSTONE SENIOR CENTER

## JUNE 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

**June 15<sup>th</sup>** — June Birthday & Father's Day Celebration

**June 19<sup>th</sup>** — Father's Day

**June 20<sup>th</sup>** — Juneteenth Observance (Senior Center Closed)

**June 21<sup>st</sup>** — Summer Begins

**June 21<sup>st</sup>** — Summer Celebration & Ice Cream Social

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](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

# OUTREACH COORDINATOR'S CORNER



## SMOC Fuel Assistance



EVERYBODY MATTERS

The deadline for this year's SMOC applications has passed.

It is very important to re-certify or apply for fuel assistance as soon as the window is open to do so. Due to the high volume of applications, SMOC takes approximately 3 to 4 weeks to process any applications and verifications. Applications are typically due in the month of March every year.

The due date for 2023 applications is TBD.

To find out if you may be eligible and/or would like assistance applying for either of these programs, please contact Ashley Beaupre, Outreach Coordinator at [abeaupre@townofblackstone.org](mailto:abeaupre@townofblackstone.org) or (508) 876-5135.

## Tax Abatement

### Town of Blackstone Residents

Tax abatements reduce the tax assessed on your property for the fiscal year. Fiscal Year 2022 dates are July 1, 2021 – June 30, 2022. The deadline for this fiscal year has passed. *However, keep in mind the next Fiscal Year 2023 will be July 1, 2022 – June 30, 2023.*

Tax bills will be mailed January 1, 2023. Applications will be accepted for 30 days following the mailing date of these taxes. Late applications will not be accepted – NO exceptions. Applications are available on the town website:

<https://www.townofblackstone.org/assessors/pages/real-estate-abatement-information>

Contact Ashley Beaupre at (508) 876-5135 if you have any questions or need assistance with next year's application.

June 15th



**WORLD ELDER ABUSE AWARENESS DAY**  
Building Strong Support for Elders

**What is Elder Abuse?** Elder abuse is any act that causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment, people who are neglected, and those who neglect themselves (self-neglect). Social isolation, financial or emotional stress, and dementia can make a senior vulnerable to abuse.

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15<sup>th</sup> to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

The consequences of elder abuse are grave: older adults who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes, and three times as likely to die.

While studies show that 60% of abusers are family members, abuse can happen in any setting: in the older adult's own home or a senior living community. If you or someone you know is being abused or neglected and are 60 years old or older, call: **1 (800) 922-2275**



Thank you to the **Blackstone Millville Regional Chorus & Jazz Ensemble** for their phenomenal performance at our Memorial Day Celebration!



### A SPECIAL THANKS TO:

- ✓ *Matt Ryan, Collector Treasurer, for providing and preparing the delicious entrée and dessert at our "La Familia" luncheon; Mary Bulso for providing the salad; and our Board of Selectmen for serving the meal!*
- ✓ *Our van driver, Bob P. who was the winner of the money tree raffle. Bob generously donated the winnings (\$100.00) to the Senior Center.*
- ✓ *Everyone who attended the Chelo's fundraiser held on May 19<sup>th</sup>. The Friends Group appreciates your generosity and support!*
- ✓ *UniBank and Matt Catalano, Manager for sponsoring the Memorial Day Celebration luncheon.*
- ✓ *All of our volunteers for their willingness to assist and lend a helping hand when called upon. We appreciate all your efforts! You're the best!*



Special thank you to the **Blackstone Millville Garden Club** and our volunteers for planting flowers in our new planters and patio garden area!

## WEEKLY EXERCISE CLASSES

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

## HEALTH & WELLBEING

FREE

**Blood Pressure Screening Clinic**  
Tuesday, June 14<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.

Esther Jalbert, RN will conduct **FREE** blood pressure screenings on Tuesday, June 14<sup>th</sup> at 11:00 AM in the Senior Center dining room.

Please pre-register to have a screening conducted.

## 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, June 8<sup>th</sup>  
✓ Wednesday, June 22<sup>nd</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, June 16<sup>th</sup>

## 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!

- ✓ **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
- ✓ **Garden Assistants:** Assist with watering our newly planted patio flowers
- ✓ **Piano Player:** We are looking for a piano player to play for sing-a-longs



## UPCOMING TRIPS

### Lunch at George's of Galilee Monday, June 6<sup>th</sup> at 9:30 AM

Enjoy lunch overlooking Block Island Sound and the Port of Galilee. After lunch we will drive to Narragansett Pier Marketplace to walk through the various shops, including Nana's Ice Cream & Gelato Café!

#### Important Trip Information:

- 1) The bus will leave the Senior Center at 9:30 AM with an expected return to the Senior Center at 3:30 PM
- 2) Lunch is on your own; there will be many dining options in the area, or you may take your own lunch.
- 3) This trip requires **a great deal of walking** so please plan accordingly



Monday, June 6, 2022  
9:30 AM

\$5.00 Per Person

#### Transportation Information:

**9:30 AM** – Depart Senior Center  
**3:30 PM** – Senior Center Arrival

#### Pre-Registration Required

Call (508) 876-5134

**Monday, July 25, 2022**  
**9:45 AM**

**\$89.00 Per Person**

### Lobsterfest at the Newport Playhouse Monday, July 15<sup>th</sup> at 9:45 AM

Is all fair in love? Even murder? That's the question posed by this light and funny suspense comedy about a love triangle in a Howard Johnson Motor Inn. The play presents a love triangle involving a woman, her lover, and her husband in three scenes. In the first scene, the wife and her lover plot to murder the husband. In the second scene, the wife and her husband are plotting to murder the lover. The third scene has the husband and the lover plotting to murder the wife, but this attempt, like the others, fails.

#### 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 9:45 AM with an expected return to the Senior Center at 5:00 PM
- 3) For all shows located at the Newport Playhouse, **patrons will be required to present proof of COVID-19 full vaccination.**

#### Transportation Information:

**9:45 AM** – Depart Senior Center  
**11:00 AM** – Doors Open  
**11:30 AM** – Buffet Begins  
**5:00 PM** – Senior Center Arrival

#### For More Information:

Call (508) 876-5134

#### MENU OPTIONS

- |                               |                            |                  |                           |
|-------------------------------|----------------------------|------------------|---------------------------|
| • 1 ¼ lb. Boiled Live Lobster | • Glazed Sweet Potatoes    | • Beet Salad     | • Strawberry Shortcake    |
| • Mussels in Wine             | • Creole Shrimp and Rice   | • Cucumber Salad | • Bread-Butter            |
| • Sweet Corn on the Cob       | • Shrimp Cocktail          | • Lettuce Bowl   | • Melted Butter           |
| • Roasted Chicken             | • Vegetable Medley         | • Watermelon     | • Lemon Wedges            |
| • BBQ Chicken                 | • New England Clam Chowder | • Jell-O         | • Coffee/Tea All Day Long |
| • Red Bliss Potatoes          | • 3-Bean Salad             | • Pudding        |                           |

## ACTIVITIES, PRESENTATIONS, & MORE



### Yarn and Greeting Card Sale

Tuesday, June 14<sup>th</sup> – 10:00 AM



We will be selling small ball size and regular sized scaines of yarn available in a wide range of shades that are perfect for a variety of knit and crochet projects.

We will also be selling a variety of greeting cards such as get well, birthday, sympathy, holiday, etc. Card prices range from \$0.25 to \$1.00.

**This sale will be held in the dining room on June 14<sup>th</sup>!**



### Matter of Balance 8-Week Workshop

Beginning Friday, May 20<sup>th</sup> through Friday, July 8<sup>th</sup>  
10:00 AM to 12:00 PM



The Matter of Balance program is designed to help older adults at risk of falling to take charge and reduce potential dangers.

Participants will learn evidence-based techniques to increase strength, balance and flexibility and gain the confidence they need to stay active.

**Contact Ashley Beaupre, Outreach Worker, at (508) 876-5135 to pre-register.**



### Kickoff to Summer – Cookout & Ice Cream Social

Tuesday, June 21<sup>st</sup> – 11:30 AM to 1:00 PM



**This event is sponsored by Dean Bank with entertainment provided by Susan McLeod.**

Let's kickoff the summer season together with an old-fashioned cookout and the stylish sounds of Susan McLeod. Menu consists of grilled hamburgers and hot dogs, macaroni salad., tossed salad., chips, and ice cream with special toppings!

**You must pre-register for this FREE luncheon!**



### BINGO Sponsored by Charm Medical Supply

Monday, June 27<sup>th</sup> – 11:00 AM



Representatives from Charm Medical Supply will sponsor a BINGO game and will be here to answer questions regarding whether you qualify to receive incontinence supplies, Boost/Ensure or Glucerna, and other absorbency supplies through your health insurance plan.

**You must pre-register for this BINGO event.**



### 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!



# CRAFT CORNER

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

**FREE**

## Crafts with Celeste Tuesday, June 7<sup>th</sup> – 5:30 PM to 6:45 PM

Celeste Langlois will return to teach participants how to make a tin can wall pocket planter on June 7<sup>th</sup>.

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, June 23<sup>rd</sup> – 12:30 PM to 1:30 PM

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

Please join Jean on Thursday, June 23<sup>rd</sup> at 12:30 PM as she teaches participants how to paint a Decoupaged Wood Star.

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



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

# From the Blackstone Council On Aging



# NOTEWORTHY ACTIVITIES



**Wednesday, June 15, 2022  
11:15 AM**

**\$4.00 Per Person**

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

**Pre-Registration Required  
by June 10<sup>th</sup>**  
Call (508) 876-5134

## Monthly Birthday & Father's Day Celebration Wednesday, June 15<sup>th</sup> at 11:15 AM

We are having a Father's Day Luncheon and Birthday Celebration on June 15<sup>th</sup>. Entertainment will be provided by Vini Ames from 11:15 AM to 12:15 PM.

Then Join us as we celebrate the birthday of all participants born in June, as well as all fathers, stepfathers, grandfathers, and godfathers!

**Following is the complete menu to be served:** Super Summer Salad with Grilled Chicken; Bread and Butter; Coffee and Tea; Dessert

Francine's Fashions will also be here with her collection of printed sweatshirts and t-shirts. Special orders are available. T-shirts sell for \$12.00, and sweatshirts sell for \$18.00.

**The Friends of Blackstone Council on Aging will receive a small portion of all sales!**

## Worcester County Sheriff's Annual Senior Picnic Drive-Thru Spectacular Saturday, June 4<sup>th</sup> at 11:00 AM

The Worcester County Sheriff Annual Senior Picnic Drive-Thru Spectacular is kicking off on Saturday, June 4<sup>th</sup> in Shrewsbury's SAC Park where seniors can drive in and pick up a FREE BBQ meal.

There will be giveaways, a raffle bonanza, with a bonus free car wash.

A sign-up sheet is available in the Senior Center for anyone who wishes to attend but requires transportation.

### This event requires pre-registration:

- If driving directly, please contact the Worcester County Sheriff's Office (see flyer at right)
- If you need transportation, please call (508) 876-5133 to register for this event



# MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
		1
		<b>9:30 AM</b> Walking Club <b>1:00 PM</b> BINGO
6	7	8
<b>9:30 AM</b> Lunch at George's of Galilee <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class	<b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>5:30 PM</b> Crafts with Celeste	<b>9:30 AM</b> Walking Club <b>10:00 AM</b> Walmart Shopping Trip <b>1:00 PM</b> BINGO
13	14	15
<b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class	<b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>10:00 AM</b> Yarn & Greeting Card Sale <b>11:00 AM</b> Blood Pressure Screening Clinic	<b>9:30 AM</b> Walking Club <b>10:30 AM</b> Francine's Fashions <b>11:30 AM</b> Father's Day & June Birthday Celebration <b>1:00 PM</b> BINGO
20	21	22
<b>SENIOR CENTER IS CLOSED IN OBSERVATION OF JUNETEENTH</b>	<b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Summer Celebration & Ice Cream Social	<b>9:30 AM</b> Walking Club <b>10:00 AM</b> Walmart Shopping Trip <b>1:00 PM</b> BINGO
27	28	29
<b>11:00 AM</b> Charm BINGO <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class	<b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga	<b>9:30 AM</b> Walking Club <b>1:00 PM</b> BINGO



# JUNE 2022

THURSDAY	FRIDAY
2	3
<b>9:15 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>11:15 AM</b> Meditation & Mindfulness <b>1:00 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully	<b>10:00 AM</b> Matter of Balance <b>11:30 AM</b> Fab, Fit, & Fun
9	10
<b>9:15 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>11:15 AM</b> Meditation & Mindfulness <b>1:00 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully	<b>10:00 AM</b> Matter of Balance <b>11:30 AM</b> Fab, Fit, & Fun
16	17
<b>9:15 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> Market Basket Trip <b>11:15 AM</b> Meditation & Mindfulness <b>1:00 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully	<b>10:00 AM</b> Matter of Balance <b>11:30 AM</b> Fab, Fit, & Fun
23	24
<b>9:15 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>11:15 AM</b> Friends Group of the BCOA Meeting <b>12:30 PM</b> Craft Class with Jean <b>1:00 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully	<b>10:00 AM</b> Matter of Balance <b>11:30 AM</b> Fab, Fit, & Fun
30	
<b>9:15 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>11:15 AM</b> Meditation & Mindfulness <b>1:00 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully	



## SPECIAL MENU'S DAILY MEALS ARE SERVED AT 12:00 PM

(UNLESS OTHERWISE NOTED)

### Father's Day & Birthday Celebration

Wednesday, June 15<sup>th</sup>

- ✓ Super Summer Salad with Grilled Chicken
- ✓ Dessert
- ✓ Bread and Butter
- ✓ Coffee and Tea

### Summer Celebration & Ice Cream Social

Tuesday, June 21<sup>st</sup>

- ✓ Grilled Hamburgers and Hot Dogs
- ✓ Macaroni Salad
- ✓ Tossed Salad
- ✓ Chips
- ✓ Ice Cream & Special Toppings



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.**