



MAY 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.



- May 8th** — Mother's Day
- May 15th** — Encore Casino Boston Trip
- May 18th** — La Familia Homemade Lunch & Birthday Celebration
- May 19th** — Friends of the BCOA Chelo's Fundraiser
- May 24th** — Memorial Day Celebration & Luncheon
- May 28th** — 9/11 Memorial & Museum, New York Trip
- May 29th** — Town of Blackstone Memorial Day Parade
- May 31st** — Annual & Special Town Meeting

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



Spring has arrived, flowers are blooming, and the Senior Center continues to grow its programs and activities. May is **Older Americans Month** and it is a tradition that shows the commitment to honoring the value that seniors contribute to our community.

This year's theme is **Age My Way** and it is the perfect time to join us for one of the many exciting activities, presentations, and celebrations we have planned at the Senior Center in honor of **Older Americans Month**.

We will honor all mothers, grandmothers, adoptive mothers and godmothers at a special afternoon tea party on Thursday, May 5th at 1:00 PM. Bring your own teacup and enjoy the tastes of various teas, petit fours, and more.

Jill McIntyre will conduct a Doll presentation with over 50 antique and vintage dolls on display for viewing. In addition, we will enjoy the talent of seasoned professional Teresa Tafuri, harpist, who has played throughout New England at countless events. Her beautiful playing will create the perfect atmosphere for our tea party.

For many, Memorial Day has come to signify the beginning of summer and we often overlook the holiday's true meaning. The men and women of our Armed Forces, both past and present, remain devoted to their duty and to our country. As a sign of our appreciation, we will host a Memorial Day concert on Tuesday, May 24th at 11:00 AM followed by a special luncheon.

Further details are inside this newsletter, and I invite you to join us as we show our gratitude for the sacrifices made by service members to ensure our freedom.



Looking forward to seeing you soon.

Warmest personal regards,

Karen Testa

OUTREACH COORDINATOR'S CORNER



Energy Assistance

Massachusetts Good Neighbor Energy Fund

Funded by the Salvation Army

The GNEF assists those who may be in a temporary crisis. They will provide up to \$500 per household during the heating season which begins in November. This funding goes towards paying energy bills. This fund provides assistance to those who do not qualify for other state or federal energy assistance. In order to qualify, your income must be between 60 and 80% of the state's median income levels (see chart below).

Household Size	Total Gross Yearly Income
1	\$40,952 - \$54,601
2	\$53,552 - \$71,401
3	\$66,152 - \$88,201
4	\$78,752 - \$105,001
5	\$91,352 - \$121,801
6	\$103,952 - \$138,601
7	\$106,315 - \$141,752
8	\$108,677 - \$144,902

National Grid Low Income Programs

You may qualify for the low-income discount rate program if you are already receiving benefits including SNAP, LIHEAP (fuel assistance), Medicaid, or SSI.

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 or (508) 876-5135.



UPCOMING TRIPS

9/11 Memorial and Museum New York Trip

Saturday, May 28th at 6:30 AM

We will visit the 9/11 Memorial at Ground Zero. This very powerful memorial remembers all those who died in the 9/11 terrorist attacks by listing their names on fountains placed where the original Towers stood. You will next visit the National 9/11 Museum which serves as the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance.

Important Trip Information:

- 1) The bus will leave the Senior Center at 6:30 AM with an expected return to the Senior Center at 10:00 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

9/11

MEMORIAL & MUSEUM

Sunday, May 28, 2022
6:30 AM

\$89.00 Per Person

Payment Due in Full by May 13th

Transportation Information:

6:30 AM – Depart Senior Center
10:00 PM – Senior Center Arrival

Pre-Registration Required
Call (508) 876-5134



Tuesday, July 12, 2022
10:00 AM

\$99.00 Per Person

Transportation Information:

10:00 AM – Depart Senior Center

For More Information:
Call (508) 876-5134

Aqua Turf Club – Celebrate Italia

Tuesday, July 12th at 10:00 AM

Enjoy a summer afternoon at this beautiful country club located in Connecticut. It is situated on over 35 acres with meticulously maintained gardens featuring cobblestone pathways leading you past gazebos, water fountains, and flower beds.

The cost of this trip includes lunch, motor coach transportation, complimentary donuts and coffee upon arrival, complimentary glass of wine or beer, and a complimentary door prize.

Lunch will be served family style. Entertainment will be provided by *The Sam Vinci Band* who has been an Italian-American staple at numerous Italian festivals throughout Connecticut with a special appearance by Aron Caruso

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 10:00 AM

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.

CRAFT CORNER



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

NEW Painting Class

Mondays Beginning May 16th – 1:00 PM to 3:00 PM



The talented Diane Mayers, owner of the *Artful Dodger*, will begin instructional acrylic painting classes at the Senior Center on Monday, May 16th.

Painting classes will be held on Mondays from 1:00 PM to 3:00 PM with supplies provided.

ALL LEVELS WELCOME!

FREE

Craft Class with Jean

Thursday, May 26th – 12:30 PM to 1:30 PM

Jean from the Blackstone Public Library returns for the monthly craft class! Please join Jean on Thursday, May 26th at 12:30 PM as she teaches participants how to design a decorative mini bird house.

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

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



NOTEWORTHY ACTIVITIES

Tea-riffic Tea Party

Thursday, May 5th at 1:00 PM

Join us for a *Tea-riffic Tea Party* as we celebrate all mothers, grandmothers, adoptive mothers, and godmothers in honor of Mother's Day.

Participants will be greeted by the talent of seasoned professional Teresa Tafuri, harpist, who has played throughout New England at countless events. Her beautiful playing will create the perfect atmosphere for our *Tea-riffic Tea Party*.

You will also have the opportunity to view a doll presentation with over 50 antique and vintage dolls on display (Shirley Temple, Ginny's, Patty Play Pal, Baby Dolls, and many more) exploring memories from the 1800s through the 1960s.

You will enjoy finger sandwiches, sweets, and the choice of a variety of teas. **Please bring your own teacup and wear your favorite hat!**



Thursday, May 5, 2022

1:00 PM to 3:00 PM

Pre-Registration Required

For More Information:

Call (508) 876-5134



Lessons Learned:
My Story's Not Done!

Thursday, May 12, 2022
through June 30, 2022

(8 Week Series)

1:15 PM to 2:15 PM

Pre-Registration Required

For More Information:

Call (508) 876-5134

Aging Gracefully & Gratefully

Beginning Thursday, May 12th at 1:15 PM

Diane Westerman, MA is an experienced group facilitator with a Master's Degree in Rehabilitation Counseling and an Expressive Arts Facilitator Certificate through Salve Regina University. In addition, she has over 35 years' experience working in the human services field.

Diane will lead this 8-week series, which will provide the following objectives: a safe environment for individual and group discussions, a reduction in social isolation and loneliness, and an increased a sense of belonging.

Topics to be discussed:

- *Life transitions and major life changes*
- *Life Lessons*
- *Self-care: habits and strategies to staying healthy and happy*
- *Mind: keeping it active, sense of purpose, use it don't lose it*
- *Spirit: life purpose peacefulness*
- *Body: exercise and nutrition*
- *Ageism, Fear, Wisdom, Memories, Empty nest, nostalgia, productivity, time, learning, joy, fun & adventure*

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



NOTEWORTHY ACTIVITIES

New Blackstone-Millville Garden Club

Tuesday, May 17th at 10:00 AM

Do you have a passion for planting? Staying busy by 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.



Tuesday, May 17, 2022
10:00 AM

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



Wednesday, May 18, 2022
11:15 AM

\$4.00 Per Person

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

Pre-Registration Required
by May 12th
Call (508) 876-5134

“La Familia” Homemade Lunch & Birthday Celebration

Wednesday, May 18th at 11:15 AM

At BCOA, we consider ourselves a family and that is why we are having a La Familia Luncheon and Birthday Celebration on May 18th. Entertainment will be provided from 11:15 AM to 12:15 PM. Then Matthew Ryan, Collector Treasurer, will serve us homemade chicken soup and pasta with Bolognese sauce. For dessert, he and his daughter prepare homemade brownies à la mode!

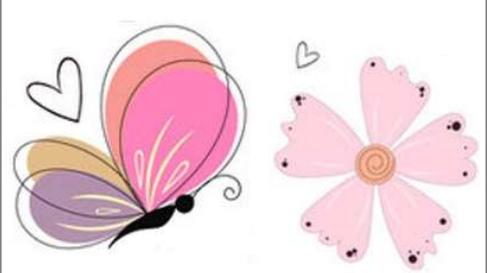
Our Board of Selectmen will prepare a fresh salad and warm bread and serve as waitstaff for this delicious luncheon.

In addition, Police Chief Gilmore will join us for lunch and visit with each table to hear any concerns that you may have regarding the community, scams, and so on.

Following is the complete menu to be served:

- Soup
- Salad
- Pasta with homemade Bolognese sauce
- Bread and Butter
- Brownie à la mode
- Coffee and Tea

MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
2 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	3 9:00 AM Strength Training 10:00 AM Chair Yoga	4 9:30 AM Walking Club 1:00 PM BINGO
9 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	10 9:00 AM Strength Training 10:00 AM Chair Yoga 11:00 AM Blood Pressure Screening	11 9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 11:00 AM MCPHS: Pharmacy Outreach Program 1:00 PM BINGO
16 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	17 9:00 AM Strength Training 10:00 AM Chair Yoga 10:00 AM BCOA Garden Club 1:00 PM Blackstone Bountiful Book Club	18 9:30 AM Walking Club 11:15 AM La Familia Homemade Lunch & Birthday Celebration 🍰 1:00 PM BINGO
23 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	24 9:00 AM Strength Training 10:00 AM Chair Yoga 11:00 AM Memorial Day Celebration	25 9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 1:00 PM BINGO
30 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	31 9:00 AM Strength Training 10:00 AM Chair Yoga 7:00 PM 🌟 Annual & Special Town Meeting 🌟	

MAY 2022

THURSDAY		FRIDAY	
	5		6
1:00 PM	Fab, Fit, & Fun		
1:00 PM	Tea-rrific Tea Party		
	12		13
10:00 AM	Tai Chi		
1:00 PM	Knitting & Crocheting Circle		
1:00 PM	Fab, Fit, & Fun		
1:15 PM	Aging Gracefully and Gratefully		
	19		20
10:00 AM	Tai Chi	10:00 AM	Matter of Balance
10:00 AM	Market Basket Trip		
11:00 AM	Savvy Senior: Cyber Security Presentation		
12:00 PM	Lunch		
1:00 PM	Knitting & Crocheting Circle		
1:00 PM	Fab, Fit, & Fun		
1:15 PM	Aging Gracefully and Gratefully		
	26		27
10:00 AM	Tai Chi	10:00 AM	Matter of Balance
11:00 AM	Friends Group of the BCOA Meeting		
12:00 PM	Lunch		
12:30 PM	Craft Class with Jean		
1:00 PM	Knitting & Crocheting Circle		
1:00 PM	Fab, Fit, & Fun		
1:15 PM	Aging Gracefully and Gratefully		



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

(UNLESS OTHERWISE NOTED)

“La Familia” Homemade Lunch & Birthday Celebration

Wednesday, May 18th

- ✓ Soup
- ✓ Salad
- ✓ Pasta with
Homemade
Bolognese Sauce
- ✓ Bread and Butter
- ✓ Brownie à la mode
- ✓ Coffee and Tea

Lunch Will Be Served on the Following Dates:

- ✓ Wednesday, May 18th
- ✓ Thursday, May 19th
- ✓ Tuesday, May 24th
- ✓ Thursday, May 26th



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.**

IMPORTANT INFORMATION



Memorial Day Parade

Sunday, May 29th at 11:00 AM

We are looking for participants to ride in our “decorated” van along the parade route to represent the Blackstone Council on Aging and Friends Group.

The van will leave the Senior Center at 11:00 AM to enter the line-up area of the parade. The parade route is approximately 0.8 miles long and is a 16-minute average walk time.

If you choose to walk the route, please let Karen know. We have a banner that we would like to have two participants carry in the parade route.

To ride in the van, please see the sign-up sheet in the Activity Book located in the dining room.



Sunday, May 29, 2022
11:00 AM

Blackstone Senior Center

*15 St. Paul Street
Blackstone, MA 01504*



Blackstone-Millville Regional High School

*175 Lincoln Street
Blackstone, MA 01504*

Maloney-Sullivan Auditorium

Blackstone Annual and Special Town Meeting

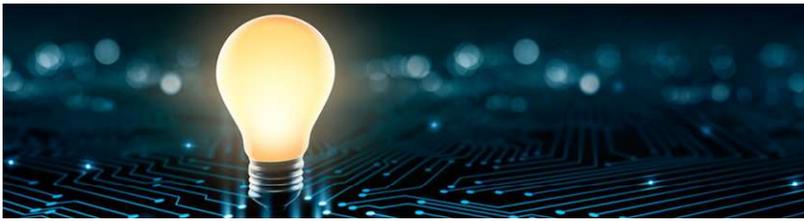
Tuesday, May 31st – 7:00 PM

The Town of Blackstone’s Annual and Special Town Meeting will be held on Tuesday, May 31st at 7:00 PM at the Blackstone-Millville Regional High School’s Maloney-Sullivan School Auditorium. This is an opportunity for residents to show their support for the Senior Center!

If you would like to attend the meeting and require transportation, please contact Dennis Pimenta, our Transportation Coordinator, at (508) 876-5133.

Official Town Meeting Information:

<https://www.townofblackstone.org/town-clerk/pages/special-and-annual-town-meeting-may-31-2022>



IMPORTANT INFORMATION

Friends Group of the Blackstone Council on Aging (BCOA) Fundraiser

Thursday, May 19th

Chelo's Hometown Grille of Woonsocket
490 Clinton Street, Woonsocket, RI 02895 | (401) 769-6622
<https://www.chelos.com/woonsocket/>



Please join us at Chelo's Hometown Grille in Woonsocket on **Thursday, May 19th** for great food and a great cause – supporting the Blackstone Senior Center. The Blackstone Council on Aging's Friends Group is sponsoring this event and we appreciate your support.

Chelo's Hometown Grille of Woonsocket will donate up to 20% of your check to the Senior Center for both Dine-In AND Take-Out.

Please make certain to either print and cut out the coupon image at right, pick up a flyer at the Senior Center, or show the flyer on your phone.

We hope to see you there! Invite your family and friends to support this cause!

A DELICIOUS WAY TO RAISE SOME CLAMS

Chelo's will donate up to 20% of your check to:

Benefit: Blackstone Council on Aging
Date: 05/19/2022

Valid only at: Chelo's of Woonsocket

Please present this certificate at the time of your payment to have up to 20% of your checks value, excluding tax and tip, donated to the organization listed above. This ticket is NOT to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within its perimeter. Valid only for the date and location listed above.

Support Your Organization by...

- *Taking your Family out for dinner
- *Ordering Take-Out to enjoy at home

ACTIVITIES, PRESENTATIONS, & MORE

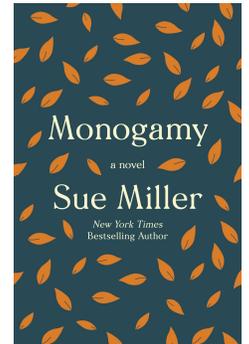
FREE

“Blackstone Bountiful Book Club”

Tuesday, May 17th – 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 May 17th is *Monogamy: A Novel* by Sue Miller. It is a brilliantly insightful novel, engrossing and haunting, about marriage, love, family, happiness and sorrow,



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

FREE

Savvy Senior: How to Protect Yourself from Identity Theft, Scams, and Robocalls

Thursday, May 19th – 11:00 AM to 12:00 PM



A representative from the Community Engagement Division at the Attorney General’s Office will discuss how seniors can protect themselves from identity theft, scams, and robocalls.

Participants will learn the resources and support available to help protect them.

Come and learn how to protect yourself from these cyber threats!



Memorial Day Celebration and Concert

Tuesday, May 24th | Concert at 11:00 AM | Lunch Served at 12:00 PM



We are thrilled to welcome the Blackstone-Millville Regional High School Music Department to perform at the Senior Center on May 24th at 11:00 AM.

The BMR Jazz Ensemble and chorus have a long, rich tradition of excellence that includes performances at Disney, Local, Regional and National Music Festivals, as well as Massachusetts and National competitions where the jazz ensemble regularly receives top rankings.

The jazz band and chorus will perform songs of different time periods and genres.

Lunch will be served immediately following this presentation.

You must sign-up for lunch prior to Thursday, May 19th.

ACTIVITIES, PRESENTATIONS, & MORE

Meeting of the Group Friends Group of the BCOA

Thursday, May 26th – 11:00 AM to 12:00 PM

The Friends Group of the Blackstone Council on Aging is dedicated to fundraising to support entertainment for special events, as well as the purchase of items needed to offer special activities and programs not covered through grants at the Senior Center.

We welcome all participants to join us at our May 26th meeting to share ideas!



Matter of Balance 8-Week Workshop

Beginning Friday, May 20th through Friday, July 8th
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.



Weekly Walking Club

Every Wednesday – 9:30 AM



Walking does not require any special equipment or high gym fees.

Why not get a little exercise while socializing with friends?

On Wednesday, May 4th our Walking Club will begin!

We will meet at the back entrance of the Senior Center and Karen Testa, Director will lead the kickoff of this activity on May 4th. Please be sure to log your time into the computer when you return from your walk.



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 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, May 11th
- ✓ Wednesday, May 25th

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, May 19th

HEALTH & WELLBEING

FREE

Massachusetts College of Pharmacy & Health Sciences (MCPHS) Pharmacy Outreach Program

Wednesday, May 11th – 11:00 AM to 12:00 PM



A MCPHS Case Manager will present important information on medication assistance programs, medication management, understanding medications, and obtaining and affording medications.

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

FREE

Blood Pressure Screening Clinic

Tuesday, May 10th – 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, May 10th at 11:00 AM in the Senior Center dining room.

Please pre-register to have a screening conducted.

WEEKLY EXERCISE CLASSES



Beginner's Line Dancing

Every Monday – 1:00 PM to 2:00 PM



Older adults who line dance enjoy benefits to their physical, mental, and emotional Health, as well as their overall well being. Research shows that line dancing 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 exercise firsthand!



Fab, Fit, & Fun

Every Thursday – 1:00 PM to 2:00 PM



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 stand-up 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 **Thursdays at 1:00 PM** for this exciting new class and begin your health journey!

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, MA 01504

15 St. Paul Street

Blackstone Council on Aging