

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

BLACKSTONE
COUNCIL ON
AGING (COA)



BLACKSTONE SENIOR CENTER

NOVEMBER 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

- November 3rd** — Blackstone Council on Aging Monthly Meeting
- November 6th** — Daylight Savings Time Ends
- November 8th** — Election Day
- November 11th** — Veteran's Day (CLOSED)
- November 16th** — Monthly Birthday Celebration
- November 16th** — Thanksgiving Luncheon
- November 24th** — Thanksgiving Day (CLOSED)
- November 25th** — Thanksgiving Break (CLOSED)

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

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,

The Thanksgiving season brings to mind the miracle of gratitude and the blessings in our lives that usually go unnoticed. We have so much to be thankful for at our Senior Center. Please join us at our Thanksgiving Luncheon on Wednesday, November 16th, as we offer our thanks to each of you, our participants, for your enthusiasm, inspiration and invaluable support of **your** Senior Center.

Due to the overwhelming participation in classes and activities, we have been forced to make a change to the structure of our membership. Beginning January 1, 2023, nonresidents will be required to pay an annual membership fee of \$15.00 that will entitle them to enjoy all the classes and activities as residents. Nonresident membership will be effective January 1st through December 31st each year. Please complete the Nonresident Membership form inserted with this newsletter and return it along with the \$15.00 membership fee to Brenda in the dining room.

The Senior Center will be closed on Friday, November 11th in observance of Veterans Day. On behalf of the Council on Aging and Senior Center staff, I offer heartfelt appreciation to all our Veterans for your service to our country. Your dedication and commitment to the ideals of democracy are an inspiration to individuals of all ages. Thank you for defending and protecting our freedom.

May the good things of life be yours in abundance, not only at Thanksgiving, but throughout the coming year.



Warmest personal regards,

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 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.**

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:
✓ Wednesday, November 9th
✓ Wednesday, November 23rd

This Month's Schedule

Transportation will be provided on the following dates from 10:00 AM to 12:00 PM:
✓ Thursday, November 17th

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!

UPCOMING TRIPS



The National Shrine of
OUR LADY OF LA SALETTE

HOLIDAY FESTIVAL OF LIGHTS

TUESDAY, DECEMBER 6, 2022



Holiday Festival of Lights at La Salette Shrine

Tuesday, December 6th – 3:00 PM to 7:30 PM

\$25.00 per person (Includes Dinner and Transportation)

Departure: Bus leaves the Senior Center at 3:00 PM

Return: Bus returns to the Senior Center at 7:30 PM

We will enjoy a private buffet for Blackstone Council on Aging attendees ONLY at 4:15 PM. Buffet menu includes:

- ✓ Roasted Turkey, Herbed Chicken Quarters, and French Meat Pie
- ✓ Vegetables, Potatoes, and Rolls with Butter
- ✓ Dessert, Drinks, and a **FREE GIFT FOR EACH ATTENDEE**

YOU MUST PAY FOR THIS EVENT WHEN PRE-REGISTERING WITH BRENDA IN THE DINING ROOM

Night Lights at the Tower Hill Botanic Garden

Thursday, December 15th – 4:30 PM to 8:00 PM

\$20.00 per person (Includes Transportation and Admission)

Departure: Bus leaves the Senior Center at 4:30 PM

Return: Bus returns to the Senior Center at 8:00 PM

We will visit the Tower Hill Botanic Garden **Night Lights** for an opportunity to celebrate the season with enchanting landscapes and **thousands of lights**.

You can purchase and enjoy s'mores, and seasonal drinks, and fun photo opportunities during this fun experience.

THIS TRIP REQUIRES A LOT OF WALKING AT YOUR OWN PACE



New England
Botanic Garden
AT TOWER HILL

TOWER HILL BOTANIC GARDEN NIGHT LIGHTS

THURSDAY, DECEMBER 15, 2022




Save the Date!

December 7th — Holiday BINGO

December 14th — Christmas Luncheon Celebration

December 19th — Holiday Yankee Swap & Lunch



OUTREACH COORDINATOR'S CORNER



MASSACHUSETTS ASSOCIATION
for the
Blind and Visually Impaired

Low Vision Program at the Franklin Senior Center

This program is available to blind and visually impaired seniors in the greater MetroWest area (Bellingham, Blackstone, Hopedale, Medway, Mendon, Milford, Millis, Wrentham, Norfolk, and Franklin). Seniors in this program will be taught how to use assistive technology.

For example, this program has been able to teach people how to use GPS to navigate the community, how to communicate by using devices with optical character recognition, and overall, how to effectively access the world.

Each week, there will be a presentation on assistive technology as well as a peer support group in the afternoon one Thursday per month with guest speakers.

One-on-one appointments are scheduled every Thursday between 10:00 AM and 2:00 PM. Contact the Franklin Senior Center to learn more at (508) 520-4945.



The Blackstone Police Department has a MedReturn drop-box in the lobby of the Police Station located at 15 St Paul Street. The box is available 24/7/365.

Accepted items for safe disposal include prescriptions, prescription patches, prescription medications, prescription ointments, over-the-counter medications, vitamins, medication samples and medications for pets.

Items **not** accepted include: sharps, inhalers, hydrogen peroxide, over-the-counter ointments, lotions, and liquids, and aerosol cans.

nationalgrid

Low Income Discount Rate Program

National Grid customers with a bill in their name may be eligible to receive a discount on their monthly electric bill.

If your income falls within the LIHEAP guidelines (200% of the federal poverty level) and you receive benefits under a means-tested program (i.e., SNAP, Medicaid, SSI, Fuel Assistance), you are eligible for the low-income discount rate.

To apply, visit:

<https://www.nationalgridus.com/Discount-Rate-App-MA>

Or call the Outreach Coordinator, Ashley, at (508) 876-5135, to schedule an appointment.

Onsite SHINE Counselor

There will be a SHINE Counselor onsite at the Blackstone Senior Center on the following Thursdays:



**November 3rd, 10th, 17th
and December 1st**

Appointments begin at 9:30 AM and are approximately one hour long. There will be 2-3 appointments per day.

To be scheduled with Steve, the SHINE Counselor, please contact Ashley in person or by calling (508) 876-5135.

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 – 2:30 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	9:00 AM – 9:45 AM	Karl	FREE
Tai Chi (Advanced Class)	Thursday	10:00 AM – 11:00 AM	Karl	FREE

HEALTH & WELLBEING

Daylight Savings Time Sunday, November 6th



Almost time to fall back! Remember to purchase new batteries for the smoke detectors in your home in preparation for the end of Daylight Savings Time on November 6th.



Fire Safety and Prevention During the Holidays Tuesday, November 15th – 11:00 AM to 11:45 AM



With the holiday season upon us, we see an increase of incidents that can put us in danger. Please join Lt. Paul Frade of the Blackstone Fire Department for a presentation on Fire Safety and Prevention around the holidays.

Please plan to attend this important presentation. A Q&A session will follow.

SPECIAL LUNCHEONS



Thanksgiving Luncheon & Monthly Birthday Celebration

Wednesday, November 16th – 11:30 AM to 1:00 PM



Entertainment provided by: Steve Burke

Dessert provided by: Our friends at Oak Street Health

We all look forward to gathering with our family and friends on Thanksgiving and enjoying a traditional turkey dinner. Come share a traditional Thanksgiving feast with all the fixings with your friends at the Senior Center.

Our friends at Oak Street Health will be providing a special pumpkin dessert too!

The December birthday celebration will be held during the Thanksgiving Luncheon. All participants born in December will be honored.

Please make a luncheon reservation with Brenda no later than November 10th.

NOTE: Bingo will be played immediately after lunch.



National French Toast Day

Monday, November 28th – 9:30 AM to 11:00 AM



Each year on November 28th, people across the United States enjoy **National French Toast Day**, also known as egg bread or omelet bread. It makes a great breakfast for guests, and we invite you to be our guest as we celebrate **National French Toast Day**.

Each guest will be served 2 pieces of homemade French toast and coffee and tea.

Please register with Brenda for this **FREE** event.

Meet and Greet: Rhea Bouchard Powers

Wednesday, November 30th – 11:00 AM to 2:30 PM



While working at Fogarty, Rhea began writing a weekly column for *The Woonsocket Call*. Her column quickly became popular. She eventually moved on to the Valley Breeze. Around the same time that Rhea started writing her weekly column, she began volunteering at Adopt-a-Family, where she is a member of the Board of Directors and is a past President and Vice-President.

If you choose to join us for lunch, please make a reservation with Brenda. The menu includes Salad | Pasta with Meat Sauce | Rolls and Butter | Dessert

11:00 AM – 12:00 PM: Meet and Greet

12:00 PM – 1:00 PM: Lunch

1:00 PM – 2:30 PM: Bingo

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 or (508) 876-5151.

ACTIVITIES, PRESENTATIONS, & MORE



Blackstone Bountiful Book Club
Tuesday, November 15th – 11:00 AM to 12:00 PM



Donna from the Blackstone Public Library will lead the Book Club members in discussion on the 3rd 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 15th will be: *Where the Crawdads Sing* by Delia Owens

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

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



Francine's Fashions
Wednesday, November 16th – 11:30 AM to 1:00 PM



Francine's Fashions will return with a new collection of high-quality printed sweatshirts for the fall. Special orders are available. Sweatshirts sell for \$18.00 and are a perfect gift for a friend or loved one.

The Friends of BCOA will receive a small portion of sales



One-on-One Tech Training
Wednesday, November 16th – 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 (students) from Blackstone Valley Tech will be on-site to provide one-on-one, in-depth training to our participants on how to use digital technology on their own devices, such as smart phones, iPads, tablets, laptops, etc. on a monthly basis. No stress of keeping up with the class. A one-on-one session allows you to learn at a pace that is comfortable for you.

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



Pop-Up Food Pantry
Monday, November 21st – 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.



Weekly Card Games
Every Tuesday – 1:00 PM to 3:00 PM



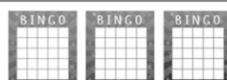
If there is anything we all like to do during our leisure time it is playing card games. Whether playing cards with family and friends, it is a healthy exercise for people of all ages, especially older adults.

Beginning **Tuesday, November 15th** we will begin a leisurely afternoon of playing card games. Games will include Poker, Pitch, Gin Rummy, Hi-Lo Jack and even Cribbage. Cards will be provided for all games.

Stop in on any Tuesday afternoon and enjoy an afternoon of playing cards with other participants.



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!

IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING



Friends of the BCOA Meeting
Thursday, November 17th – 11:00 AM to 11:45 AM



The next meeting of this group will be held on Thursday, November 17th at 11:00 AM. New members are encouraged to attend this meeting to assist with planning for the upcoming holiday season.

We appreciate your support!

Thank You!

The Friends Group would like to say "thank you" to everyone who supported the *November Calendar Raffle* fundraiser.

Winners of daily raffles will be posted each Friday on the bulletin board in the dining room, as well as the December newsletter. We appreciate your support!



Cabaret Show Meeting
Monday, November 14th – 2:00 PM to 3:30 PM



It is time to begin planning for our Cabaret Show to be held in spring, 2023. The first meeting will be held on Monday, November 14th immediately after Line Dancing class.

There are many roles to fill (assisting with props, costume changing, etc.) for the Cabaret. Please plan to attend this meeting to see how you can contribute to the success of this show.



CRAFT CORNER

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



Craft Class with Jean
Thursday, November 17th – 12:30 PM to 1:30 PM

Jean from the Blackstone Public Library returns for the monthly craft class! Please join Jean on November 17th at 12:30 PM as she teaches participants how to create decorative glass cutting boards!

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

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



MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
	1 9:00 AM Strength Training 10:00 AM Chair Yoga	2 9:30 AM Walking Club 1:00 PM BINGO
7 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	8 9:00 AM Strength Training 10:00 AM Chair Yoga ELECTION DAY	9 9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 1:00 PM BINGO
14 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Meeting	15 9:00 AM Strength Training 10:00 AM Chair Yoga 11:00 AM Blackstone Bountiful Book Club 11:00 AM Fire Safety & Prevention During the Holidays with Lt. Paul Frade 1:00 PM Weekly Card Games	16 9:30 AM Walking Club 11:30 AM Francine's Fashions 11:30 AM Thanksgiving Luncheon & Monthly Birthday Celebration 1:00 PM BINGO
21 10:00AM Pop-Up Food Pantry 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	22 9:00 AM Strength Training 10:00 AM Chair Yoga 1:00 PM Weekly Card Games	23 9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 1:00 PM BINGO
28 9:00 AM National French Toast Day Breakfast 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	29 9:00 AM Strength Training 10:00 AM Chair Yoga 1:00 PM Weekly Card Games	30 9:30 AM Walking Club 11:00 AM Meet & Greet: Rhea Bouchard Powers 1:00 PM BINGO

NOVEMBER 2022

THURSDAY	FRIDAY
3 9:00 AM Tai Chi (Beginners) 9:30 AM Onsite SHINE Counselor 10:00 AM Tai Chi (Advanced) 10:00 AM BCOA Meeting 11:15 AM Coping with Grief 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully and Gratefully	4
10 9:00 AM Tai Chi (Beginners) 9:30 AM Onsite SHINE Counselor 10:00 AM Tai Chi (Advanced) 11:15 AM Coping with Grief 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully and Gratefully	11 VETERAN'S DAY (CLOSED)
17 9:00 AM Tai Chi (Beginners) 9:30 AM Onsite SHINE Counselor 10:00 AM Tai Chi (Advanced) 10:00 AM Market Basket Trip 11:00 AM Friends of the BCOA Meeting 11:15 AM Coping with Grief 12:30 PM Craft Class with Jean 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully and Gratefully	18
24 THANKSGIVING DAY (CLOSED)	25 THANKSGIVING BREAK (CLOSED)

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 LUNCH IS SERVED AT 12:00 PM

(UNLESS OTHERWISE NOTED)

Thanksgiving Luncheon & Monthly Birthday Celebration Wednesday, November 16th

- ✓ Traditional Thanksgiving Feast with all the Fixings
- ✓ Pumpkin Dessert provided by Oak Street Health
- ✓ Coffee and Tea

National French Toast Day

Monday, November 28th at 9:00 AM

- ✓ 2 Pieces of Homemade French Toast
- ✓ Coffee and Tea

Meet & Greet: Rhea Bouchard Powers

Wednesday, November 30th

- ✓ Pasta with Meat Sauce
- ✓ Salad
- ✓ Rolls and Butter
- ✓ Dessert
- ✓ Coffee and Tea

