

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

SEPTEMBER 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 seniors 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

- September 1st** — Blackstone Council on Aging Meeting
- September 5th** — Labor Day (Senior Center Closed)
- September 6th** — Election Day
- September 12th** — Representative Mike Soter's Lobster Luncheon (Held at the Library)
- September 14th** — Red Sox Raffle Winner Selection
- September 13th** — Pasta Dinner Fundraiser
- September 21st** — Monthly Birthday Celebration

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

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,

September is *National Senior Center Month*—an opportunity for senior centers throughout the Country to promote a positive image of aging. This month, as well as other months, the BCOA Senior Center newsletter highlights how our senior center promotes a positive image of aging and improves the lives of older adults by offering various programs and events. Our board and staff continuously strive to show the senior center's importance in the Blackstone community. Your participation at programs, events, and fundraisers helps us build upon and demonstrate the importance of **your** senior center!

We are in the process of developing a Senior Center Chorus. Mr. John Staples has agreed to be the accompanist for our chorus and is seeking to identify a co-director as well. If you are interested in participating in this newly formed group, please contact me at (508) 876-5134.

We are planning to have a Cabaret fundraiser featuring the talents of our Senior Center participants during Spring, 2023! This Cabaret will be conducted under the direction of our energetic and professional line dancing teacher, Donna Carter and will combine music, entertainment, and laughter. If you are interested in participating in the Cabaret, please notify me. Practices will begin in November.

Please support the Pasta Dinner on Tuesday, September 13th. The Friends Group has planned a hot and delicious pasta and meatballs dinner to be served, along with entertainment by Susan McLeod. You may drop by any time between 4:30 and 7:00 PM to enjoy a meal and dessert. Please note you must purchase a ticket prior to this event.

Remember, the senior center will be closed on Monday, September 5th in observance of Labor Day. Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It also symbolizes the end of summer for many Americans.



There is so much to do here at BCOA. I hope you will add us into your day with one of our many programs and events. Our staff and I look forward to seeing you!

Karen Testa

Karen A. Testa, Director

STATE PRIMARY ELECTION



September 6, 2022 – Massachusetts State Primary Election

Polls Are Open 7:00 AM to 8:00 PM

Early Voting Location: Main Meeting Room, Town Hall

	Date	Time
Wednesday	August 31, 2022	8:30 AM to 4:30 PM
Thursday	September 1, 2022	8:30 AM to 4:30 PM
Friday	September 2, 2022	8:30 AM to 12:00 PM

Precinct #1	Precinct #2	Precinct #3
Blackstone Town Hall (Upper Level)	St. Theresa's Parish Hall	Blackstone Town Hall (Senior Center)
15 St. Paul Street Blackstone, MA 01504	630 Rathbun Street Blackstone, MA 01504	15 St. Paul Street Blackstone, MA 01504

COMMONWEALTH OF MASSACHUSETTS
WILLIAM FRANCIS GALVIN
SECRETARY OF THE COMMONWEALTH
WARRANT FOR 2022 STATE PRIMARY

Worcester, SS.
To the Constables of the Town of Blackstone:

GREETINGS:
In the name of the Commonwealth, you are hereby required to notify and warn the inhabitants of said city or town who are qualified to vote in Primaries to vote at:

Precinct #1 at the Municipal Center, 15 St. Paul Street, Senior Center (Lower Level)
Precinct #2 at St. Theresa Catholic Church Parish Hall, 630 Rathbun Street
Precinct #3 at the Municipal Center, 15 St. Paul Street, Main Conference Room (Upper Level)

on TUESDAY, THE SIXTH DAY OF SEPTEMBER, 2022, from 7:00 A.M. to 8:00 P.M. for the following purpose:

To cast their votes in the State Primaries for the candidates of political parties for the following offices:

GOVERNOR..... FOR THIS COMMONWEALTH
 LIEUTENANT GOVERNOR..... FOR THIS COMMONWEALTH
 ATTORNEY GENERAL..... FOR THIS COMMONWEALTH
 SECRETARY OF STATE..... FOR THIS COMMONWEALTH
 TREASURER..... FOR THIS COMMONWEALTH
 ALDERMAN..... FOR THIS COMMONWEALTH
 REPRESENTATIVE IN CONGRESS..... FOURTH DISTRICT
 COUNCILOR..... SEVENTH DISTRICT
 SENATOR IN GENERAL COURT..... WORCESTER & HAMPSHIRE DISTRICT
 REPRESENTATIVE IN GENERAL COURT..... EIGHTH WORCESTER DISTRICT
 DISTRICT ATTORNEY..... MIDDLE DISTRICT
 SHERIFF..... WORCESTER COUNTY

Hereof fail not and make return of this warrant with your doings thereon at the time and place of said voting.

Given under our hands this 1st day of August, 2022.

Ryan Chamberland, Chairman
Tanya Polak, Clerk
Brian Scialoja

Robert Klackovitz, Vice Chairman
Mary Bilbo

BLACKSTONE BOARD OF SELECTMEN
Worcester, SS

Pursuant to the foregoing warrant, I have on this 10th day of August, 2022, notified the inhabitants of Precinct #1, #2, and #3 in the Town of Blackstone by posting up true and attested copies of the within warrant at the within-named places: at the Municipal Center, 15 St. Paul Street; at the Fire Station #2 on Rathbun Street; and at the A. F. Meloney School on Lincoln Street.

Sharon O'Connell, II
Constable of Blackstone

Date 8-10-22

A true copy of Notice and Return:
Tara Sullivan, Town Clerk of Blackstone

WARRANT

How do I register to vote?

Online: Visit <https://www.sec.state.ma.us/OVR/> to access the Online Voter Registration System and register to vote

By Mail: Mail or drop off the paper registration application that was mailed to your home

Where do I vote?

For your election and polling information, visit <https://www.sec.state.ma.us/WhereDoIVoteMA/WhereDoIVote>

Where are the Specimen Ballots?

Democratic and Republican Specimen Ballots are available on the Town of Blackstone website at: <https://www.townofblackstone.org/town-clerk/pages/state-primary-election-september-6-2022>

PERFORMANCE OPPORTUNITIES

Blackstone Senior Chorus

- ✓ *Do you love to sing?*
- ✓ *Want to meet new people?*
- ✓ *Did you know that singing uses the entire body with movements, vocal exercises, breathing, and develops the brain at the same time?*



We will be starting a new Chorus group in October and are looking for interested participants to join us. Perhaps you have a musical background and would be interested in co-directing the Chorus along with our accompanist, John Staples?

Please call Karen at (508) 876-5134 for further information and to join this new and delightful Chorus!

CABARET

Calling on all our talented participants! You read it correctly!

We are planning to have a Cabaret fundraiser featuring the talents of our Senior Center participants during Spring, 2023!

This Cabaret will be conducted under the direction of our energetic and professional line dancing teacher, Donna Carter and will combine music, entertainment, and laughter.

Brush off your tap shoes, resurrect that instrument that you enjoyed playing and sign-up to participate in this show!

If you do not have a specific talent to share, there is a role for anyone who is willing to make a commitment and enlighten their spirit!

If you are interested in participating, practicing, and performing for the Cabaret, please contact Karen at (508) 876-5134.

IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING

Why is it important to register for programs in the Senior Center's Computer System?

The Blackstone Council on Aging and the Senior Center relies on funding from the State of Massachusetts, grant funders and outside sources in addition to the Friends of Blackstone Council on Aging.

Part of the funding that we receive is based upon member participation; and the way we measure participation is through our computer tracking system (My Senior Center program).

If you do not scan your card when participating in a class, program, or event, we do not receive credit for your participation.

Touch screen stations are available in the dining room and the entrance to the exercise room area.

If you need assistance operating the touch screen, please ask a staff member to assist you.

Remember: please take the time to check in, "your" Senior Center depends on it!

Thank You!



Tuesday, September 13, 2022

4:30 PM to 7:00 PM

(Stop in any time during these hours)

\$8.00 Per Person

(\$4.00 for Children Under 7 Years Old)

Blackstone Senior Center

*15 St. Paul Street
Blackstone, MA 01504*

Pre-Registration Required

Call (508) 876-5151

Pasta with a Purpose Fundraiser

A Pasta Dinner sponsored by the Friends of the Blackstone Council on Aging will be held at the Senior Center on Tuesday, September 13th with entertainment provided by Susan McLeod.

Tickets are available at the Senior Center. To purchase a ticket, please contact Brenda at the nutrition desk, by phone at (508) 876-5151, or email at:

btakessian@townofblackstone.org.

MENU: Salad, Pasta, Meatballs, Bread & Butter, Dessert, Coffee & Tea

Please note that tickets must be purchased in advance! Thank you for your support!

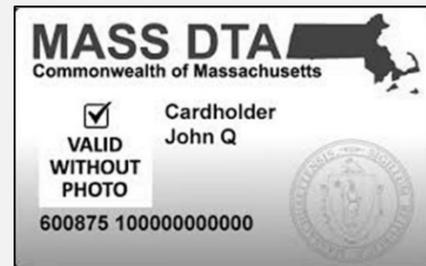
OUTREACH COORDINATOR'S CORNER



Attention DTA Clients

DTA clients have been a target of EBT card skimming. Skimming is a type of theft where a device is placed on a card-swiping machine that copies card information. **ALL** clients are required to change their PIN number ASAP. DTA recommends that clients change their PIN number every month prior to every benefit issuance. Follow the steps below to change your PIN now:

- 1) Call **1-800-997-2555**
- 2) Choose your language
- 3) Enter the number on the front of your card
- 4) Press **2**
- 5) Enter the last 4 digits of your Social Security Number (SSN)
 - If you do not have an SSN, enter the last 4 of your 99 number assigned by DTA
- 6) Enter your Date of Birth (month/day/year)
- 7) Enter your **NEW** 4-digit PIN, then enter it again



Medicare Savings Plans



Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for **BIG** savings on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit	Application to Use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (Individual)	\$16,800 (Individual)	MassHealth SACA-2	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
	\$1,984 (Couple)	\$25,200 (Couple)	Buy-In 1-800-841-2900	
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (Individual)	\$16,800 (Individual)	MassHealth SACA-2	Pays Medicare B premium & full extra help with prescription costs
	\$2,518 (Couple)	\$25,200 (Couple)	Buy-In 1-800-841-2900	

*Primary residence and one vehicle are not counted towards assets

SPECIAL LUNCHEONS



Representative Mike Soter's Lobster Luncheon

Monday, September 12th – 11:00 AM to 2:00 PM



Join us for a special Lobster Luncheon sponsored by our State Representative Mike Soter on Monday, September 12th! Due to maximum occupancy limitations, this luncheon will be held at the Blackstone Public Library. You do not want to miss this event!

You must pre-register for this event.



Monthly Birthday Celebration

Wednesday, September 21st – 11:30 AM to 1:00 PM



Our September birthday celebration luncheon will feature a soon to be announced meal complete with dessert, coffee, and tea. Please check the bulletin board for the complete meal to be served.

Entertainment provided by Jim Gagnon.



Heart to Home Meals for Seniors

Tuesday, September 27th – 11:30 AM to 1:00 PM



The team at *Heart to Home Meals* is offering a FREE hot lunch to our participants, as well as, trivia, raffle prizes, coupons and a short presentation. *Heart to Home Meals* provides a selection of over 160 healthy and nutritious meals, soups and desserts that are hand delivered right to your home.

The two meal selections to be offered at this presentation are:

- **Honey Rosemary Chicken:** diced chicken in a rosemary sauce served with a side of sweet potatoes and peas
- **Crumb topped Cod in Lemon Sauce:** a cod fillet with a parsley crumb topping with lemon butter sauce. Served with rice, asparagus, and green beans. (This meal is suitable for anyone following a low fat or low-calorie diet).

Please choose your meal selection when preregistering for this luncheon.

Wild Weather Luncheon

Wednesday, October 5th – 12:00 PM to 1:00 PM



Anthony will present an overview on tracking weather, the meaning of commonly used weather terms and being prepared for New England Hurricane Season.

Please check the bulletin board for the menu for this event.

Please pre-register for this event.

SPECIAL LUNCHEON EVENTS

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

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

HEALTH & WELLBEING

FREE

Blood Pressure Screening Clinic
Tuesday, September 13th – 11:00 AM to 11:45 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, September 13th 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.

Save the Date!

September 13th — Pasta Dinner

September 26th — AARP Driving Course

OUTREACH COORDINATOR'S CORNER



Need Help Paying for Prescriptions?



Each year thousands of Medicare beneficiaries reach a gap in the Medicare prescription drug plan that is often referred to as the “**donut hole**”. If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that works with Medicare Part D or other prescription drug coverages to lower co-payments and fill gaps like the “donut hole”. Please refer to the following income guidelines to ensure that you qualify for this coverage:

ELIGIBILITY	FREE COVERAGE	CO-PAYSTBD (Based on Income)
Single	< \$40,770 / Annual	\$40,771 - \$67,950
Married	< \$54,930 / Annual	\$40,771 - \$91,550

Please plan to attend Prescription Advantage's one hour presentation at the Senior Center in the Exercise Area on **Wednesday, September 21st at 10:00 AM.**

You must pre-register for this presentation at the Senior Center or by calling Ashley, Outreach Coordinator at **(508) 876-5135.**

Visit prescriptionadvantagemma.org for additional information.

ACTIVITIES, PRESENTATIONS, & MORE



Falls Prevention Viewing Party

FREE

Wednesday, September 7th – 10:30 AM to 12:30 PM

September is Fall Prevention Month! It is extremely important to learn how to prevent falls. Please join us for a viewing party of this virtual presentation presented by **Tufts Medical Center, Harvard University, and Brigham and Women's Hospital** and enjoy some light snacks and refreshments.

The Blackstone Council on Aging will be hosting the viewing party of the Falls Prevention Workshop in the Dining Room at the Senior Center.

Call Ashley, Outreach Coordinator at (508) 876-5135 to pre-register.



Medicare 101 Presented by Blue Cross/Blue Shield

FREE

Friday, September 9th – 10:00 AM to 11:00 AM

Open enrollment for Medicare is October 15 to December 7th, 2022

Whether you are already enrolled in a plan or are looking to enroll, this presentation with a BC/BS representative will help you to decide which Medicare plan might suit you best.

You will leave this presentation with a better understanding of:

- What original Medicare is
- Whether or not you need prescription drug coverage
- The differences between supplements and advantage plans
- Resources and real life-life case studies

Please pre-register for this event in the Activities book located in the dining room or by calling Brenda at (508) 876-5151. This event will be held in the Dining Room.



Oak Street Health – Lunch & Learn

FREE

Monday, September 19th – 11:00 AM to 1:00 PM

Our friends at Oak Street Health have invited our participants to tour their facility, learn about the services they provide and enjoy a delicious lunch. Some of the services that they provide to seniors on Medicare are:

- Wellness & Preventive Care
- Laboratory & Testing Services
- Chronic Condition Care
- Senior Behavioral Health Services & Specialists
- Immunizations
- Podiatry Services

The bus will leave the Center at 11:00 AM and return at 1:30 PM.

You must pre-register for this event.



Blackstone Bountiful Book Club

FREE

Tuesday, September 20th – 1:00 PM to 2:00 PM

Donna from the Blackstone Public Library will lead the Book Club members in discussion on the 3rd Tuesday of each month at 1:00 PM. New members are invited to join this Club at any time.

The novel to be discussed on September 20th will be: **The House We Grew Up In** by Lisa Jewell

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

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

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, September 14th
- ✓ Wednesday, September 28th

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, September 15th

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!



NOTEWORTHY ACTIVITIES

AARP Smart Driver Course

Take the **AARP Smart Driver™** classroom course and you could save on your car insurance!*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for managing left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

You must pre-register for this Course. You may sign-up in the Activities Book or by calling Karen at (508) 876-5134.

Monday, September 26, 2022
9:00 AM to 1:00 PM

\$20.00 for AARP Members
\$25.00 for Non-Members
Please make checks payable to:
AARP

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

Pre-Registration Required
Call (508) 876-5134

Mystery Luncheon Trip

Wednesday, September 28th – 10:30 AM to 3:00 PM

Come and join us for a Mystery Luncheon Trip!

Lunch is at 11:45 AM and payable on your own.

Average cost of lunch is \$17.00. You will have time to shop after lunch.

Important Trip Information:

- 1) The bus will leave the Senior Center at 10:30 AM with an expected return to the Senior Center at 3:00 PM
- 2) Please note that if you plan to shop after lunch, **walking** is involved so please plan accordingly

Wednesday,
September 28, 2022
10:30 AM to 3:00 PM

\$3.00 Per Person
Transportation Donation

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

Pre-Registration Required
Call (508) 876-5151

Indian Princess Historic Paddle Boat Cruise

You will take a 90-minute Lake Tour then enjoy lunch in the Water Front Room, which sits overlooking the lake.

Please note that tickets must be purchased in advance! Thank you for your support!

MENU: Garden Salad, entrée choice, vegetable, starch, rolls and butter and dessert. Entrée choices:

- Baked Fish
- Steak Tips
- Chicken Breast
- Vegetarian/Gluten Free (menu available upon request.)

Please pre-register with Brenda in the dining room for this event. Also, please choose your entrée selection when registering.

Tuesday, October 4, 2022
9:00 AM to 2:00 PM

\$45.00 Per Person

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

Transportation Information:
9:00 AM – Depart Senior Center
2:00 PM – Senior Center Arrival

Pre-Registration Required
Call (508) 876-5134

ACTIVITIES, PRESENTATIONS, & MORE



Francine's Fashions

Wednesday, September 21st – 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!

Francine's designs are a great gift for a friend or loved one!

Sweatshirts sell for \$18.00.

The Friends of BCOA will receive a small portion of sales



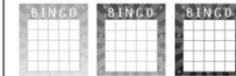
Friends of the BCOA Meeting

Thursday, September 15th – 11:15 AM to 12:15 PM



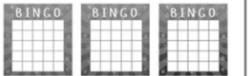
The Friends of the Blackstone Council on Aging Group will meet on Thursday, September 15th at 11:15 AM to begin to plan for their next fundraiser and the upcoming holiday season.

We appreciate your support!



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!

VOLUNTEER OPPORTUNITIES



Looking for ways to help and give back?

Please stop by the Senior Center or contact Karen Testa to discuss the Senior Center volunteer opportunity that best fits you!

✓ **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

✓ **Nutrition Program:** Setup and Servers needed

MONTHLY CALENDAR

MONDAY

TUESDAY

WEDNESDAY

SEPTEMBER

5 LABOR DAY (Senior Center Closed)	6 STATE PRIMARY ELECTION	7 9:30 AM Walking Club 10:30 AM Falls Prevention Viewing Party 1:00 PM BINGO
12 11:00 AM Rep Soter's Lobster Luncheon 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class	13 9:00 AM Strength Training 10:00 AM Chair Yoga 11:00 AM Blood Pressure Screening Clinic 4:30 PM Friends of BCOA Pasta Dinner	14 9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 1:00 PM BINGO Red Sox Raffle Winner Chosen
19 11:00 AM Oak Street Health Lunch and Learn 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class 2:15 PM Cabaret Introductory Meeting	20 9:00 AM Strength Training 10:00 AM Chair Yoga 1:00 PM Blackstone Bountiful Book Club New England Botanical Garden Trip	21 9:30 AM Walking Club 10:00 AM Prescription Advantage Medicare Presentation 11:30 AM Francine's Fashions 11:30 AM Monthly Birthday Celebration 1:00 PM BINGO
26 9:00 AM AARP Smart Driver Course 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class 1:00 PM Craft Class with Oak Street Health	27 9:00 AM Strength Training 10:00 AM Chair Yoga 11:30 AM Heart to Homes Meals for Seniors Lunch and Learn	28 9:30 AM Walking Club 10:00 AM Walmart Shopping Trip 12:00 PM Mystery Luncheon 1:00 PM BINGO

SEPTEMBER 2022

THURSDAY

FRIDAY

1 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:00 AM BCOA Meeting 11:15 AM Meditation & Mindfulness 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully	2
8 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully	9 10:00 AM Medicare 101 by BCBS
15 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 10:00 AM Market Basket Trip 11:15 AM Meditation & Mindfulness 11:15 AM Friends Group of the BCOA Meeting 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully	16
22 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 12:30 PM Knitting & Crocheting Circle 12:30 PM Craft Class with Jean 1:15 PM Aging Gracefully & Gratefully	23
29 9:15 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 11:15 AM Meditation & Mindfulness 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully	30

SPECIAL MENU'S LUNCH IS SERVED AT 12:00 PM

(UNLESS OTHERWISE NOTED)

Monthly Birthday Celebration
Wednesday, September 21st

Heart to Home Meals for Seniors Lunch & Learn
Tuesday, September 27th

✓ Honey Rosemary Chicken:
diced chicken in a rosemary sauce served with a side of sweet potatoes and peas

OR

✓ Crumb topped Cod in Lemon Sauce: a cod fillet with a parsley crumb topping is served with lemon butter sauce. Served with rice, asparagus, green beans

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.