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

BLACKSTONE
COUNCIL ON
AGING (COA)



BLACKSTONE SENIOR CENTER



APRIL 2023 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

- April 3rd** — Election Day for the Town of Blackstone
- April 5th** — Easter Luncheon Celebration
- April 6th** — Council on Aging Monthly Meeting
- April 7th** — Good Friday & Passover Begins
- April 8th** — Rep. Soter's RISE-UP Initiative
- April 9th** — Easter Sunday
- April 16th to April 22nd** — National Volunteer Recognition Week
- April 17th** — Patriots Day (CLOSED)
- April 19th** — Volunteer Recognition Luncheon
- April 25th** — Special Town Meeting (Approve Purchase of St. Theresa's Property)

WE LOVE
OUR VOLUNTEERS

Senior Center Staff Contacts:

Karen Testa, Director

(508) 876-5134 | ktesta@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,

A special Town meeting to approve the purchase of St. Theresa's Catholic Church property will be held on **Tuesday, April 25th at 7:00 PM at the High School**. Please **PLAN TO ATTEND!!!!** If this purchase is approved, our Senior Center will be afforded the opportunity to expand its programs and activities currently provided as well as in the future. We will no longer be forced to limit our special luncheons to 50 participants and share space for classes. However, none of this will happen unless YOU and your family members and friends attend the **special Town meeting on April 25th and vote to approve the purchase of the St. Theresa's Catholic Church property**. TRANSPORTATION WILL BE PROVIDED. If you require transportation, please phone Dennis to make a reservation. We sincerely thank you for your support!

National Volunteer Week will be celebrated April 16th–22nd and this year's theme is "This year marks the 49th anniversary of National Volunteer Week" and it is a way of recognizing volunteers for their endless contributions.

Part of the success of our Senior Center reflects the increasing dedication of our volunteers. We are extremely grateful for the vital contributions that our volunteers give to the Senior Center, and I commend each of our volunteers for their ongoing generosity and commitment to the Senior Center.

As a token of our appreciation and respect, we will celebrate our volunteers with a host of luncheon celebrations during National Volunteer Week, including our Annual Volunteer Appreciation Luncheon. If you have **completed** 50 hours or more of volunteer service hours at the Senior Center, you will receive an invitation to the Annual Volunteer Appreciation luncheon. If you have volunteered and documented 50 hours of volunteer service and do not receive an invitation, please contact me as soon as possible.

MARK YOUR CALENDAR!! Our "**1st Senior Cabaret**" will be held on **Sunday, June 4th at 2:00 PM** at the Millville Elementary School. Under the professional direction of our talented dance instructor, Donna Carter, our line dancing participants, Cabaret stars and Mancini Zumberallas will entertain us with a variety of show stopping performances. Perhaps a "surprise" performance by familiar faces will take place as well. This is a showstopper that you do not want to miss. Tickets are \$8.00 and are on sale at the Senior Center daily. Please contact Brenda to purchase tickets.



On behalf of the BCOA board and Senior Center staff, I wish you the gladness of Easter, which is Hope, Peace and Love.

Warmest personal regards,

Karen Testa

Karen A. Testa, Director

ACTIVITIES, PRESENTATIONS, & MORE



One-on-One Tech Training
Tuesday, April 25th – 9:30 AM to 11:30 AM



Tech coaches from Blackstone Valley Tech will be back on Tuesday, March 14th to provide one-on-one training to our participants on how to use your own device, such as smart phones, iPads, tablets, laptops, etc.

A one-on-one session allows you to learn at a pace that is comfortable for you and to ask any questions that you may have. Perhaps you are not aware of all the capabilities that your device has to offer.

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

Pickle & Pet Therapy
Wednesday, April 26th – 11:00 AM to 12:00 PM



We invite you to come meet Pickle!

Pickle is a Mini Labradoodle who was born in May 2013. Pickle and his Guardian, Susan Olson, are trained through the DJ Professional Pet Assisted Therapy University Certificate Program.

Pickle and Susan have been providing pet assisted literacy programs since 2015. Pickle loves to listen when children read to him in the library and school programs. He also visits classrooms where he helps young students learn about dogs and build their writing and communication skills.

He is very happy to visit our Senior Center so our participants can pat a furry, friendly dog for a little while. He makes people laugh by his very presence. He has hair so people who have allergies to dog fur can be close to him.

CRAFT CORNER



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



Learn the Art of Pysanky
Tuesday, April 4th
5:30 PM – 7:30 PM

Celeste will return to teach us about the colorful world of Pysanky, the Ukrainian art form in which an egg is designed with traditional folk motifs using wax and dyes.

You will draw lines on an egg and layer dye colors to make a beautiful, unique decorative egg. You will hear about the history and meanings of the colors and symbols in this Ukrainian art form during the class. No experience is necessary.



Registration is required. Class is limited to 15 participants.

This class is free and offered through a grant from the Blackstone Cultural Council.

Craft Class with Rita
Monday, April 10th
11:00 AM – 12:00 PM

Join Rita to learn how to create a spring craft.

Please check the bulletin board for further details on this handmade craft.

Please register with Brenda for this class, as it is limited to 12 participants.



Craft Class with Jean
Thursday, April 20th
12:30 PM – 1:30 PM

Come and join Jean from the Blackstone Public Library to discover how to create an adorable daisy wreath.

Supplies will be provided, and no experience is necessary.

Contact the Blackstone Public Library to register for this class.



Space is limited to 10 participants



ACTIVITIES, PRESENTATIONS, & MORE



Francine's Fashions

Wednesday, April 5th – 11:30 AM to 1:00 PM



Francine's Fashions will display her latest collection of spring shirts and hats. Take advantage of this wonderful opportunity for yourself or purchase for a gift.

The Friends of BCOA will receive a small portion of sales



Adult Coloring Class

Tuesdays (1st and 3rd of Each Month) – 11:15 AM to 12:15 PM



Coloring books are no longer just for kids. Coloring books for adults are all the rage right now.

The American Art Therapy Association claims that art therapy is a mental health profession in which the process of making and creating artwork is used to "explore feelings, reconcile emotional conflicts, foster self-awareness, reduce anxiety and increase self-esteem".

Join us and experience what the experts are talking about. This class will be led by Brenda.



Pop-Up Food Pantry

Monday, April 24th – 10:00 AM



This month on the third Monday 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 Karen at (508) 876-5134.



Blackstone Bountiful Book Club

Tuesday, April 18th – 11:00 AM to 12:00 PM



Book Club members meet the 3rd Tuesday of each month at 11:00 AM – 12:00 PM. New members are invited to join at any time.

The novel to be discussed on March 21st will be: "Night Road" by Kristen Hannah.

Copies of the monthly novels are available at the Senior Center. Please contact Brenda in the dining room to obtain a copy.



Blackstone Afternoon Cinema

Tuesday, April 18th – Showtime is 12:30 PM



If you are planning to join us at this month's feature movie, "A Man Called Otto" starring Tom Hanks, why not join us for a special bagged lunch at noon? The lunch will be: chicken salad sandwich, bag of chips and a cookie for \$5.00.

If you do not want to have lunch, you may join us for the movie at 12:30 PM.

Please phone Brenda to register. Also, if you have a favorite movie that you would like us to show, please let Brenda know.



Sign Language Classes

Wednesdays (Beginning April 19th) – 11:00 AM to 12:00 PM



Join Joan Robin as she teaches American Sign Language. American Sign Language (ASL) is the natural, native visual gestural language primarily used by members of the Deaf culture in the United States. It is the fourth most commonly used language in the U.S.

OUTREACH CORNER

FUEL ASSISTANCE

Help is still available. The Fuel Assistance program under the administration of SMOC (South Middlesex Opportunity Council) helps to defray the cost of winter heating bills with applications being accepted until **APRIL 30, 2023**.

Call Karen Testa at the Blackstone Senior Center at (508) 876-5134 to request an instruction checklist and to make a free confidential appointment for fuel assistance with an on-site outreach worker provided by Tri-Valley, Inc.

HOME REPAIR

Central Massachusetts Housing Assistance (CMHA) offers an Elder Home Repair Program to any senior 60 years of age and older who owns and resides in their home.

You can apply for home repair assistance if the repair is deemed a safety concern. There are no income guidelines for this program.

For additional information or to apply, please call CMHA and leave a message at (774)243-3815 or check out their website at: www.cmhaonline.org

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, April 12th
- ✓ Wednesday, April 26th

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, April 20th



IMPORTANT INFORMATION

Precinct #1

Municipal Center
Senior Center (Lower Level)
15 St. Paul Street

Precinct #2

Fire Station 2
Across from Turbesi Park
666 Rathbun Street

Precinct #3

Municipal Center
Main Conf. Room (Upper Level)
15 St. Paul Street

Election Day

Monday, April 3rd – 7:00 AM to 8:00 PM

It is that time of year again when registered voters have a chance to vote for a variety of elected positions in the Town of Blackstone. Please note that there were redistricting activities that occurred this year so please double check your precinct prior to going out to vote.

Below are some helpful links to prepare for the day:

Where Do I Vote?

<http://www.wheredoivotema.com/bal/MyElectionInfo.a>



Who Is On The Ballot?

https://www.townofblackstone.org/sites/g/files/vyhlf166/f/uploads/candi_dates_who_returned_papers_final.pdf

Volunteers Needed for the “Rise-Up Initiative”

Sunday, April 8th at 11:30 AM

Meals will be delivered throughout the towns of Bellingham, Blackstone, Millville, and Uxbridge on April 8, 2022.

If you are interested in receiving a free, warm meal, please contact the Blackstone Senior Center at:

Phone Number: (508) 876-5134

Email: ktesta@townofblackstone.org

When contacting, please provide the **First & Last Name, Phone Number, and Email** of **each person** receiving a meal.

Must contact by March 22, 2023 to Receive Meal

Pick-Up Information: April 8th – 11:30 AM to 1:00 PM

If you are unable to pick up the meal, please let the Senior Center know, and we will coordinate delivery

Rise-Up Initiative



April 8, 2023

Amidst the Covid-19 pandemic, Representative Soter began the Rise-Up Initiative in 2020 to bring joy and a warm meal to so many who needed it most. Three years later, the Rise Up Initiative continues thanks to the support of the Uxbridge Elderly Connection, a local 501c3 non-profit.

NEWSLETTER REMINDER

If you would like to receive our newsletter by mail, please complete the form on the back page of this newsletter and submit it along with a \$10.00 payment to BCOA, 15 St. Paul Street, Blackstone, MA 01504.

Please note that newsletter mailings are renewable each January for the calendar year.

Volunteer Week Activities



- Monday, April 17th** — Patriots Day (Center is closed)
- Tuesday, April 18th** — The staff serves Subs lunch
- Wednesday, April 19th** — Volunteer Recognition Luncheon
- Thursday, April 20th** — Pizza luncheon and volunteers will receive a jar of treats
- Friday, April 21st** — Special breakfast refreshments

Blackstone Council On Aging's Volunteers are

Dedicated, Celebrated, and Appreciated!

SPECIAL LUNCHEONS & CELEBRATIONS



“Coffee Talk” Breakfast Club

Wednesdays – 10:00 AM to 11:00 AM



Each Wednesday morning Senior Center participants gather together to enjoy a cup of coffee and refreshments and talk about current events, brainstorm about Center programs, etc. Stop in for a cup of coffee and refreshments and join in the discussions.

Once a month the Breakfast Club members meet at a local restaurant. This month's off-site visit will be on April 19th at 9:00 AM at Coffee & Cream Restaurant, 900 Victory Highway, North Smithfield.

Please inform Brenda if you plan to attend the breakfast at Coffee & Cream Restaurant.



Mystery Dinner Trip

Tuesday, April 12th – 3:00 PM to 7:00 PM



You will have time to browse and shop at the two establishments connected to the restaurant (including a large Dollar Tree store) prior to dinner. You will enjoy dinner at 4:45 PM, which is payable on your own. The average cost of dinner at this establishment is \$22.00 to \$25.00.

The cost of transportation only is \$3.00 per person

- **Departure:** Bus leaves the Senior Center at 3:00 PM
- **Return:** Bus returns to the Senior Center at 7:00 PM

PLEASE REGISTER FOR THIS MYSTERY DINNER WITH BRENDA.



Easter Luncheon & Monthly Birthday Celebration

April 5th – 12:00 PM to 1:00 PM



Join us for a traditional Easter dinner and entertainment. The menu will include:

Ham | Mashed Potatoes | Vegetable | Dessert

We will be celebrating all participants who were born in April as well!

SPECIAL LUNCHEON EVENTS

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

HEALTH & WELLBEING

FREE

Blood Pressure Screening Clinic Tuesday, April 11th – 11:15 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, April 11th at 11:15 AM in the Senior Center dining room.

Please pre-register to have a screening conducted.



Pound Exercise Classes Return! Tuesdays, Beginning March 28th – 5:00 PM to 5:45 PM



Join Christine Lamothe as she returns to lead this invigorating 10-week session. Cost is \$4.00 per class.

POUND is a 45-minute low impact cardio workout (tailored for seniors) to music using drumsticks that can be done standing up or sitting down in a chair.

This class uses beat and alternative movements to launch people to new heights of self-worth, happiness and human connection.

You must pre-register for each Wednesday class prior to their start.

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!

IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING



Friends of the BCOA Meeting Thursday, April 20th – 11:15 AM to 12:00 PM



The next meeting of the Friends Group will be held on Thursday, April 20th in the dining room. Please consider joining this vital group to assist with fundraising efforts to support the Senior Center.

Message of Thanks: Thank you to the staff at Goodstuff Smokehouse and everyone who supported the Friends Group's fundraiser on March 9th. This event raised over \$600! We appreciate your generosity and patronage



Cabaret Show Practice Every Monday – 2:00 PM to 3:30 PM



Cabaret Rehearsals have begun!

Practices are held each Monday immediately following Line Dancing classes. There are still roles to fill (assisting with props, costume changing, etc.) for the Cabaret.

Please stop by to see how you can contribute to the success of this fundraiser.



Travel Committee Every Monday – 2:00 PM to 3:30 PM



We are interested in expanding the trips that are offered through the Senior Center. In order to accomplish this goal, we will need the assistance of our participants.

We are in the process of coordinating a Travel Committee. The Travel Committee will research, plan and when needed, lead and escort travel experiences. The Senior Center staff will work collaboratively with the committee to provide guidance and administrative support.

If you are interested in this newly formed committee, please contact Karen Testa to express your interest.

CARDS, CRIBBAGE, GAMES, & MORE

FREE

NEW Pitch Card Game Tuesdays – 1:00 PM to 3:00 PM



Last month we started new Pitch card games on Tuesdays from 1:00 PM – 3:00 PM. If you have been contemplating joining this card game, February 7th is the new start date!

Cards will be provided for all games.

FREE

NEW Cribbage League Thursdays – 10:00 AM



Calling all Cribbage players! Last month we started a Cribbage league. The league is offered on Thursday mornings at 10:00 AM and led by Linda McGilvray. Come join us!

Please bring a cribbage board with you. If you will need us to supply a board to you, please inform Karen (508-876-5134).

MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>3</p> <p>10:00 AM Matter of Balance 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Practices 2:00 PM Travel Committee</p> <p>TOWN ELECTION DAY</p>	<p>4</p> <p>9:00 AM Strength Training 10:00 AM Chair Yoga 11:15 AM Adult Coloring Class 1:00 PM Pitch Card Game 5:00 PM Pound Exercise 5:30 PM Learn the Art of Psanky</p>	<p>5</p> <p>10:00 AM Coffee Talk Breakfast Club 11:30 AM Francine's Fashions 12:00 PM Easter Luncheon & Monthly Birthday Celebration 1:00 PM BINGO</p>
<p>10</p> <p>10:00 AM Matter of Balance 11:00 AM Craft Class with Rita 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Practices 2:00 PM Travel Committee</p>	<p>11</p> <p>9:00 AM Strength Training 10:00 AM Chair Yoga 11:15 AM Adult Coloring Class 11:15 AM Blood Pressure Screening Clinic 1:00 PM Pitch Card Game 5:00 PM Pound Exercise</p>	<p>12</p> <p>10:00 AM Coffee Talk Breakfast Club 10:00 AM Walmart Shopping Trip 1:00 PM BINGO 3:00 PM Mystery Dinner Trip</p>
<p>17</p> <p>PATRIOTS DAY (CLOSED)</p> 	<p>18</p> <p>9:00 AM Strength Training 10:00 AM Chair Yoga 10:30 AM St. Blaise Food Pantry 11:00 AM Blackstone Bountiful Book Club 11:00 AM Chorus Performance 12:30 PM Blackstone Afternoon Cinema 1:00 PM Pitch Card Game 5:00 PM Pound Exercise</p>	<p>19</p> <p>10:00 AM Coffee Talk Breakfast Club at <i>Coffee & Cream Restaurant</i> 11:00 AM Sign Language Class 11:30 AM Volunteer Recognition Luncheon 1:00 PM BINGO</p>
NATIONAL VOLUNTEER WEEK		
<p>24</p> <p>10:00 AM Matter of Balance 10:00 AM Pop-Up Food Pantry 1:00 PM Beginner's Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Practices 2:00 PM Travel Committee</p>	<p>25</p> <p>9:00 AM Strength Training 9:30 AM One-on-One Tech Training 10:00 AM Chair Yoga 11:15 AM Adult Coloring Class 1:00 PM Pitch Card Game 5:00 PM Pound Exercise 7:00 PM Special Town Meeting</p>	<p>26</p> <p>9:00 AM Coffee Talk Breakfast Club 10:00 AM Walmart Shopping Trip 11:00 AM Sign Language Class 11:00 AM Pickle & Pet Therapy</p>



APRIL 2023

THURSDAY	FRIDAY
<p>6</p> <p>9:00 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 10:00 AM Cribbage League 10:00 AM BCOA Meeting 11:15 AM Coping with Grief 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully</p>	<p>7</p> <p>GOOD FRIDAY & PASSOVER BEGINS</p>
<p>13</p> <p>9:00 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 10:00 AM Cribbage League 11:15 AM Coping with Grief 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully</p>	<p>14</p>
<p>20</p> <p>9:00 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 10:00 AM Cribbage League 10:00 AM Market Basket Trip 11:15 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 & Gratefully</p>	<p>21</p>
NATIONAL VOLUNTEER WEEK	
<p>27</p> <p>9:00 AM Tai Chi (Beginners) 10:00 AM Cribbage League 10:00 AM Tai Chi (Advanced) 11:15 AM Coping with Grief 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully 6:00 PM Community Night at the Blackstone Public Library</p>	<p>28</p> 

APRIL

Birth Stone: Diamond
Flower: Daisies
Color: Navy, Silver, White

SAVE THE DATE!

Monday, May 8 th	– Mother's Day Tea
Sunday, May 28 th	– Memorial Day Parade
Tuesday, May 30 th	– Special Town Meeting & Annual Town Meeting
Sunday, June 4 th	– BCOA "Senior Cabaret"

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

(UNLESS OTHERWISE NOTED)

Easter Luncheon & Monthly Birthday Celebration
Wednesday, April 5th

- ✓ Ham
- ✓ Mashed Potatoes
- ✓ Vegetable
- ✓ Coffee and Tea
- ✓ Dessert

Afternoon Cinema Bagged Lunch
Tuesday, April 18th (\$5.00)

- ✓ Chicken Salad Sandwich
- ✓ Bag of Chips
- ✓ Cookie

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.