

Blackstone Council on Aging (COA)

AUGUST 2023 NEWSLETTER



- August 2nd - AAA Real ID Presentation**
- August 8th - Rep. Soter Senior BBQ**
- August 10th- BCOA Meeting**
- August 14th- Mystery Lunch Trip**
- August 16th - Birthday Luncheon**
- August 29th- Pauline Morse Memorial Day**

Senior Center Staff Contacts:

Karen Testa, Director

(508) 876-5134 | ktesta@townofblackstone.org

Kayla Cardin, Outreach Coordinator

(508) 876-5135 | kcardin@townofblackstone.org

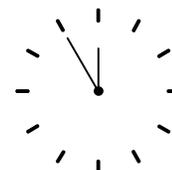
Brenda Takessian, Nutrition/Activities Coordinator

(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***



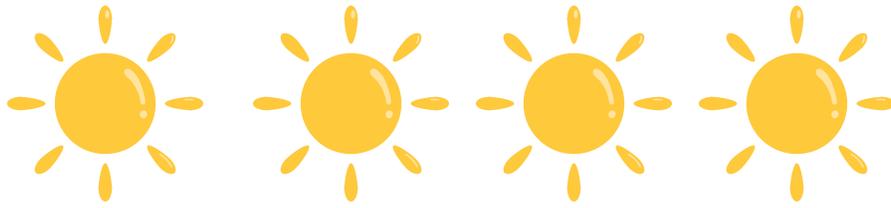
Hours:

Monday, Wednesday, Thursday - 8:30am to 4:00pm

Tuesday - 8:30am to 7:00pm

Friday - 8:30am - 12:00pm

Message from the Director



Dear Friends,

Welcome August!

Did you know that on August 6, 1762, the first-ever sandwich was created, at least with such a name. It was named after the Earl of Sandwich when he requested a dish involving meat between two pieces of bread. As the story goes, he requested it as he was in the middle of a gambling game and didn't want to interrupt it.

The Friends of Blackstone COA have been working diligently planning fundraising activities which benefit the Senior Center. One of the major fundraisers this group sponsors is their annual Red Sox Raffle. The winner of this raffle will receive four (4) box seat tickets to the Boston Red Sox vs. Chicago White Sox game at Fenway Park on Saturday, September 23rd at 4:10 PM.

Perhaps you are willing to assist with selling these tickets to your family and friends? If so, you may obtain tickets from Karen or Brenda. Special thanks to Mr. Lentros for donating the game tickets to BCOA and Dennis Pimenta for his assistance with obtaining this donation.

We have a big announcement coming up in September! Watch the September issue of our Newsletter for details.

Please remember to check the bulletin boards for updates on activities, luncheons and trips when visiting the Senior Center.

Stay cool, and I look forward to seeing you soon!

Warmest personal regards,

Karen Testa

Karen Testa Leone, Director



OUTREACH CORNER

Join us in welcoming Kayla Cardin in her new role as Outreach Coordinator

Kayla is a Blackstone native and is a graduate of the University of Connecticut. She holds a Bachelor of Arts in Music, a Bachelor of Science in Music Education and a Master of Arts in Curriculum and Instruction. With the hope of finding an enriching career of helping others, Kayla has changed her career path to work with seniors who may need assistance.

Whether you need help with an application for assistance, finding resources, or have a question, Kayla is available to assist you.

You may Contact Kayla at (508) 876-5135 or via email at kcardin@townofblackstone.org.

Welcome! We Welcome Kayla to our Team!



Pop-up Mobile Food Pantry Monday, August 21st @10:00am



If you are a Blackstone resident and 60 years of age or older, you are eligible for the Pop-Up Food Pantry. You just drive through the Senior Center's parking lot to pick up your bag of groceries. You will receive a pre-filled bag with nonperishable grocery items including canned tuna, soup, cereal, low/no salt vegetables and more. It is first-come, first-served and it is FREE!!

HIP (Healthy Incentives Program)

Do you have SNAP benefits? If so, you automatically qualify and have access to HIP. The Health Incentives Program is designed to be used at farm stands and farmers markets for fruits and vegetables (fresh, canned, dried, frozen, or in seedling form). Depending on the size of your family, you may receive an additional \$40, \$60, or \$80 every month that can be used at any participating vendor. Not sure if someone will take these benefits, all you need to do is ask.



Affordable Connectivity Program



If you qualify for financial assistance programs such as SNAP or Fuel Assistance, you may also qualify for the Affordable Connectivity Program. This program can lower the cost of your internet bill by up to \$30. Qualifying households may also qualify for a one-time discount to help with the purchase of a new device. The application is free and easy to complete.

For more information about the Healthy Incentives Program or the Affordable Connectivity Program, please contact Kayla Cardin, Outreach Coordinator at (508) 876-5135.

WEEKLY CLASSES

Mondays

1:00pm - Line Dancing

Tuesdays

9:00 am - Strength Training

10:00 am - Chair Yoga

Wednesdays

9:30 am - Walking Club

1:00 pm - BINGO



Thursdays

9:00am - Tai Chi (beginners)

10:00am - Tai Chi (advanced)

10:00am - Cribbage Game

11:15 am - Journey through Grief

12:30 pm - Knitting & Crochet Class

1:15 pm - Aging Gracefully & Gratefully

Please be advised that there will be NO Strength Training or Chair Yoga classes on the following dates:
August 8th & August 15th



IMPORTANT



IMPORTANT



AUGUST



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.

SPECIAL LUNCHEONS & CELEBRATIONS



Rep. Soter's Senior BBQ Luncheon @ Blackstone Senior Center

Tuesday, August 8th @5:00 pm - FREE

Menu: Hamburgers, Hot Dogs, Sausage, Pasta Salad, Salad and Dessert!!

You must register w/Brenda for this event!!!



BLACKSTONE FIRE DEPARTMENT BBQ BIRTHDAY LUNCHEON

Wednesday, August 16th @11:30am

Entertainment provided by The Catnip Junkies!!!

\$6.00 per person

Menu: Smoked Meat, Baked Beans, Potato Salad, Cornbread and Dessert

Prepared by Tony Iannetti!!

You do not want to miss Tony's special barbecue meat.



Pauline Morse Memorial Luncheon

Tuesday, August 29th @12:00pm - FREE

Sponsored by the Pauline Morse Memorial Fund

Clamcakes, Chowder, soup crackers and Strawberry Shortcake!

"FREE" BINGO & PRIZES



"Coffee Talk" Breakfast Club

Wednesdays - 10:00am - 11:00am

(NOTE: Breakfast Club will not be held on 8/16)

Our Coffee Talk Breakfast Club continues to gather together to enjoy a cup of coffee and refreshments on Wednesdays in the dining room.



Once a month the Breakfast Club members meet at a local restaurant. This month's off-site visit will be on Wednesday, August 30th @9:00am at The Picket Fence in Douglas, MA

Please inform Brenda if you plan to attend the breakfast at The Picket Fence prior to Friday, August 25th as a reservation is required.



**A SPECIAL THANK YOU TO: TARA AND JIM SULLIVAN
FOR PROVIDING JULY'S BIRTHDAY LUNCH AND SHARING
THEIR DYNAMITE FAMILY RECIPE !!!**





MONTHLY CALENDAR



MONDAY

TUESDAY

WEDNESDAY

1

9:00 AM Strength Training
10:00AM Chair Yoga
1:00 PM 4EverFab Event

2

10:00 AM Coffee Talk
Breakfast Club
10:00 AM POUND exercise
11:00 AM AAA/Real ID
1:00 PM BINGO

7

8

9

1:00 PM Line Dancing

11:00 AM Blood Pressure
Screening Clinic
5:00 PM Rep. Soter Senior BBQ

9:00 AM Lobster Cruise
10:00 AM Coffee Talk
Breakfast Club
1:00 PM BINGO

14

15

16

11:30 AM Mystery Lunch
Trip
1:00 PM Line Dancing

11:00 AM Fire Safety
Presentation

11:30 AM Monthly Birthday
Celebration
1:00 PM BINGO

21

22

23

10:00 AM Pop-up Mobile
Food Pantry
11:00 AM Metrowest
Memorial Service
1:00 PM Line Dancing

9:00 AM Strength Training
10:00AM Chair Yoga
11:00 AM Blackstone Library
Book Club
12:00 PM Lunch & Movie
12:30 PM Movie

10:00 AM Coffee Talk
Breakfast Club
1:00 PM BINGO

28

29

30

1:00 PM Line Dancing

9:00 AM Strength Training
10:00AM Chair Yoga
12:00 PM Pauline Morse
Memorial Luncheon &
1:00 PM BINGO

9:00 AM Coffee Talk
Breakfast Club Travel
1:00 PM BINGO

THURSDAY

FRIDAY

9:00 AM Tai Chi (Beg.) 3
 10:00 AM Tai Chi (Adv.)
 10:00 AM Cribbage
 11:15 AM Journey Through Grief
 12:30 PM Knitting & Crochet Circle
 1:15 PM Aging Gracefully & Gratefully

4

 Senior Center Closes at 12:00 PM

9:00 AM Tai Chi (Beg.) 10
 10:00 AM Tai Chi (Adv.)
 10:00 AM Cribbage
 10:00 AM BCOA Meeting
 11:15 AM Journey Through Grief
 12:30 PM Knitting & Crochet Circle
 1:15 PM Aging Gracefully & Gratefully

11

 Senior Center Closes at 12:00 PM

9:00 AM Tai Chi (Beg.) 17
 10:00 AM Tai Chi (Adv.)
 10:00 AM Cribbage
 11:00 AM Travel Committee
 11:15 AM Journey Through Grief
 12:30 PM Knitting & Crochet Circle
 12:30 PM Craft w/Jean - Library
 1:15 PM Aging Gracefully & Gratefully

18
 10:00 AM Men's Discussion Group
 Senior Center Closes at 12:00 PM

9:00 AM Tai Chi (Beg.) 24
 10:00 AM Tai Chi (Adv.)
 10:00 AM Cribbage
 11:15 AM Journey Through Grief
 11:15 AM Friends of BCOA meeting
 12:00 PM Jersey Boys Trip
 12:30 PM Knitting & Crochet Circle
 1:15 PM Aging Gracefully & Gratefully

25

 Senior Center Closes at 12:00 PM

9:00 AM Tai Chi (Beg.) 31
 10:00 AM Tai Chi (Adv.)
 10:00 AM Cribbage
 11:15 AM Journey Through Grief
 12:00 PM Jersey Boys Trip
 12:30 PM Knitting & Crochet Circle
 1:15 PM Aging Gracefully & Gratefully

AUGUST

SPECIAL MENU'S
Monthly Birthday Celebration!!
Wednesday, August 16th



Menu: Smoked Meat, Baked Beans, Potato Salad, Cornbread and Dessert
\$6.00 per person
Prepared by Tony Iannetti



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 suspect that you may have any food allergies!!

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!!

THANK
YOU

Van Donations
Van donations will be accepted for these trips

THANK
YOU



Walmart Shopping
**2nd and 4th Wednesday
of the Month**
10:00am to 12:00pm
We will transport passengers to the Walmart Supercenter in North Smithfield, RI on
**Wednesday, August 9th and
Wednesday, August 23rd**



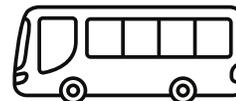
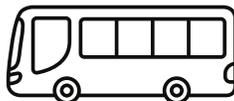
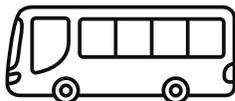
Market Basket Shopping
3rd Thursday of the Month
10:00am to 12:00pm
We will transport passengers to the Market Basket in Bellingham, MA on
Thursday, August 17th

****TRI-VALLEY "Home with You" TRANSPORTATION PROGRAM****

Tri-Valley is supplying access to safe and reliable transportation for older adults, age 60 and older, and individuals with disabilities, age 18 and older.

Tri-Valley's service covers 25 towns in South Central MA including Blackstone. Destinations include social outings, pet care, self-care activities, food shopping, non-emergency medical appointments, family events and more. Wheelchair accessible vans that accommodate ADA para transit are available. Transportation requests require a notice of at least two business days. Call (508) 949-6640 or call toll free (800) 286-6640.

Funding is provided by Mass Development, making all rides FREE!!!



VETERAN'S NEWS



AID & ATTENDANCE FOR QUALIFIED VETERANS



VA Aid and Attendance for housebound benefits provides tax-free monthly payments added to the amount of a monthly VA Pension. In addition to being available for veterans, single surviving spouses and dependent children are also eligible for this benefit. To qualify for these benefits, the veteran or their surviving family member must meet income and asset thresholds.

If you need help with daily activities, or you're housebound, find out if you qualify. Visit www.va.gov or call (800) 698-2411. For further details, you may contact Dennis Pimenta, Veterans Coordinator at (508) 876-5133.

HEALTH & WELLBEING



BLOOD PRESSURE SCREENING

Tuesday, August 8TH - 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.

Esther Jalbert, RN will conduct FREE blood pressure screenings in the Senior Center Dining room for your convenience



CARDS, CRIBBAGE, GAMES & MORE



Cribbage League

Thursdays - 10:00 AM

Calling all Cribbage Players!! The Cribbage league is offered on Thursday mornings and led by Linda McGilvray.

Please bring a cribbage board with you if you have one.



Trips



Lobster Bake Cruise - Gloucester Harbor Wednesday, August 9th - \$99.00



Bus leaves SC @9:00 AM and Returns @4:00 PM

Menu: Clam Chowder, 1 Lobster PP, Brown sugar bourbon BBQ Chicken, Poppy seed coleslaw, Roasted red potatoes, Corn on the Cob, Rolls, Coffee/Tea bar and Chocolate Mousse for Dessert!!

Mystery Lunch Trip

Monday, August 14th - \$4.00 for Transportation

Bus leaves SC @11:30am and returns @3:00pm

Lunch will be payable on your own.

The average cost of lunch at this establishment is

\$16 - \$18 per person.

Register with Brenda for this Trip prior to 8/10!!



"Jersey Boys" Theater by the Sea Thursday, August 24th - \$75.00

Bus leaves SC @12:00 PM and Returns @5:30 PM

The Story of Frankie Valli & The Four Seasons!!



CRAFT CORNER



Craft Class w/Jean

Thursday, August 17th - 12:30pm to 1:30pm

Jean from Blackstone Public Library returns for the monthly craft class! Please join Jean as she teaches participants how to "Light up your summer nights" with this Embellished Night Light Craft.

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



IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING



The next meeting of the Blackstone BCOA "FRIENDS GROUP" will be held on Thursday, August 24th @ 11:15am in the Dining Room



FUNDRAISER EVENT

The Friends of the Blackstone Council on Aging

11th ANNUAL BOSTON RED SOX RAFFLE

Boston Red Sox vs. Chicago White Sox

Saturday, September 23, 2023 | Fenway Park | 4:10 PM

4 BOX SEAT TICKETS (Loge Box 149)

Tickets: \$5.00 each or 5 for \$20.00

Drawing Date: 9/6/2023 Time: 12:00 PM

Tickets are available at:

BCOA Senior Center, 15 St. Paul Street, Blackstone
OR Call: (508) 876-5151



Friends of Blackstone Council on Aging Inc.

Election of Officers

2023-2025 (2 year term)



PRESIDENT: Judy Decasse
TREASURER: Linda McGilvray
CLERK: Pamela Grant



Activities, Presentations, & More



The "ME" Decade
A Cultural Review of the 1970's Through Music
A Multimedia Presentation featuring VIDEO & AUDIO CLIPS
LIVE MUSIC - SING ALONGS



Tuesday, August 1st @1:00 PM - 2:00 PM - FREE
This Program is supported in part by a grant from
the Blackstone Cultural Council



REAL ID/AAA Presentation
Wednesday, August 2nd - 11:00am



The Real ID has generated real confusion, particularly around the timing of compliance and what it means for older adults. The presentation will highlight: What is the Real ID? What does the federal regulation mean? Do I have to get a Real ID? What other forms of Identification can I use?



Blackstone Fire Dept. Presentation Fire Safety
Tuesday, August 15th @11:00 AM - FREE



With a growing number of older adults living independently, it's increasingly important to make sure that you are safe at home. Safety isn't just about modifying your home; it means modifying your life as well.

Lt. Paul Frade from Blackstone Fire Department will conduct a presentation on steps to take to ensure your safety at home. This presentation will include information on falls, burns, use of candles, etc.



TRAVEL COMMITTEE MEETING
Thursday, August 17th @11:00 am



The Travel Committee continues to plan upcoming travel experiences. At this meeting, we will discuss the fall and winter trips to be offered through the Senior Center. If you have any trip ideas, please plan to attend this meeting.



Men's Group
Friday, August 18th @ 10:00am



Join Ed Collette as he leads this monthly discussion group of unstructured conversation covering an endless variety of subjects. Jokes are always welcome, but no national politics or religion are discussed.

Coffee and refreshments will be served.

This group will meet on the 3rd Friday of each month.

Activities, Presentations, & More



Metrowest Hospice "In Memory of.." Presentation - FREE

Monday, August 21st @11:00 AM

Join us for a butterfly release ceremony, sponsored by Metrowest Hospice, in memory of your loved ones that have passed. A Memorial Wreath will be displayed at the Senior Center with your loved ones names attached to a paper butterfly.

Please sign up with Brenda prior to Thursday, August 17th.

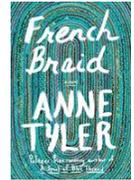
*in
loving
memory*



Blackstone Public Library's Bountiful Book Club @the Senior Center

Tuesday, August 22nd @11:00am

Join Ellen from the Blackstone Public Library as the group reviews August's novel: "French Braid" by Anne Tyler.



BLACKSTONE AFTERNOON CINEMA & LUNCH

Tuesday, August 22nd @ 12:00pm

Lunch \$5.00 - Movie - FREE



AUGUST'S MOVIE IS "My Big Fat Greek Wedding" and Lunch will be a Greek Salad with Grilled Chicken

Please make your reservation with Brenda for this Event!!



Save the Date!!!



RIVERFRONT GOLF CART TOURS & LUNCHEON

Monday, September 18th (Rain Date: Tuesday, September 19th) @ 10:00 am

Come join the fun on a guided golf cart tour of the Blackstone River Greenway. This is a great way to see and learn about the past, present, and future projects of the Greenway and Bikeway access.

A light luncheon will be served at noon at the Senior Center. Further details will be in next month's newsletter and on bulletin boards. If you are interested in a golf cart tour, please register with Brenda.

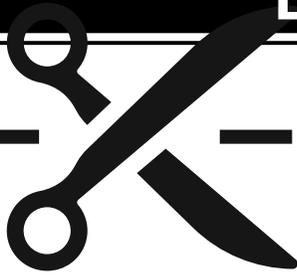


September 25th Robert Black Performance



TO RECEIVE THIS NEWSLETTER

BY MAIL:



Complete and Return this form with the following information:

Name: _____

Address: _____

City/State/Zip: _____

AMOUNT ENCLOSED: \$10.00 (for Blackstone Residents) OR \$15.00 (Out of Town/State) Donation
for a one (1) year newsletter subscription.

One (1) year subscription provides a newsletter mailed to subscribed address.

Please make checks payable to: Blackstone Council on Aging

Please check one: New Subscription Out of Town/State Renewal Address Change

Mail Form and Payment to:

Blackstone COA

15 St. Paul Street

Blackstone, MA 01504

Address Service Requested

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