



JULY 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.



- July 4th — Independence Day (Senior Center Closed)
- July 12th — Monthly Birthday Celebration
- July 13th — Council on Aging Monthly Meeting
- July 27th — Friends of the Blackstone Council on Aging Meeting

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,

July is one of my favorite summer months! It is the perfect opportunity to make time for you and your important things. Whether it is spending more time with family, implementing a much-needed self-care routine, trying a new class, or attending an event at the Senior Center, use the inspiration you find in July to build your best life!

Be sure to look over our many programs and trips this month and join our volunteers and staff for some summertime fun! Several trips have been planned over the upcoming months. Tickets to special shows are extremely limited, so please reserve your spot early.

Did you attend the “Superstars Cabaret” held on June 4th? If so, you witnessed the many talents and abilities of older adults living their best life! Sincere thanks to Donna Carter for her professionalism and endless commitment to ensuring that our first Cabaret was pure perfection! Kudos to our special guests and performers for having the courage to participate in the show as well! We anxiously look forward to next year’s Cabaret!

On Independence Day we celebrate our rights and freedom. We are grateful for all of the brave men and women in uniform who are serving our Country throughout the world. Please remember those who continue to serve and their families as you celebrate our nation’s independence.



Warm regards,

Karen Testa

Karen Testa, Director



OUTREACH CORNER

SHINE

Serving the Health Insurance Needs of Everyone

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors available to assist you with questions about Medicare.

SHINE services are free and unbiased; are available to discuss all options related to Medicare and additional coverage, and do not sell any plans. The program is federally funded, and state administered.

To make an appointment, please call Kayla, our Outreach Coordinator at (508) 876-5135 and she will arrange to have a SHINE counselor return your call.



POP-UP FOOD PANTRY

Monday, July 17th – 10:00 AM

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 a bag of groceries.

You will receive a bag pre-filled with nonperishable grocery items including canned tuna, soup, cereal, low/no salt vegetables and more.



It's first-come, first-served and it's free!

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, July 12th
- ✓ Wednesday, July 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, July 20th



IMPORTANT INFORMATION & UPCOMING TRIPS

Southwick's Zoo Senior Saver Ticket

Did you know that Southwick's Zoo in Mendon runs Senior Saver Wednesdays?

Visit the Zoo on a Wednesday and purchase a Senior Saver Ticket for a discounted rate of \$20.00.



Upcoming Trips

Please see our new [Trip Information Board](#) for the latest trip information.

The Trip Information Board is located in the corridor outside of the Annex Area.

Trip	Date	Cost
Mystery Luncheon	July 11 th	\$4.00
Iggy's Boardwalk on the Patio	July 17 th	\$4.00
Yankee Candle	July 24 th	\$5.00
Lobster Bake Cruise – Gloucester Harbor	August 9 th	\$99.00
Theater-by-the-Sea – “Jersey Boys”	August 24 th	\$75.00
Edwards Twins	October 1 st	\$75.00



KEEP CALM AND ENJOY MYSTERY LUNCH

Mystery Luncheons Have Returned!

Tuesday, July 11th – 11:30 AM to 3:00 PM

Departure: Bus leaves the Senior Center at 11:30 AM

Return: Bus returns to the Senior Center at 3:00 PM

- We will enjoy lunch at 12:00 PM and payable on your own
- The average cost of lunch at this establishment is \$16.00 - \$18.00 per person

PLEASE REGISTER FOR THIS MYSTERY LUNCH WITH BRENDA.

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

FREE

“Coffee Talk” Breakfast Club



Wednesdays – 10:00 AM to 11:00 AM

(NOTE: Breakfast Club will not be held on July 12th and July 26th)

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, July 19th at 9:00 AM at Babe's Place, 11 Washington Street, Attleboro, MA.

Please inform Brenda if you plan to attend the breakfast at Babe's Place as a reservation is required.

FREE

Monthly Birthday Celebration



Wednesday, July 12th – 11:30 AM to 1:00 PM

Join us as we celebrate the birthday of all participants born in July. Entertainment will be provided by John Duggan.

Tara Sullivan, Town Clerk and Jim Sullivan will be preparing a special Dynamite luncheon to be served.

Francine from Francine's Sweatshirts will be present with her one-of-a-kind tee shirts (lots of bling) available for purchase. Tee shirts sell for \$12.00.

Please make your reservation with Brenda.

FREE

Firecracker BINGO & Ice Cream Social



Wednesday, July 26th – 12:30 PM to 2:00 PM

Here's the scoop! We will offer an ice cream social, which will include various flavors of ice cream and special toppings at 12:30 PM followed by a Firecracker Bingo at 1:00 PM.

You must pre-register for the Ice Cream Social with Brenda.

SPECIAL LUNCHEON EVENTS

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



REAL ID/AAA Presentation

Wednesday, August 2nd – 11:00 AM

The REAL ID has generated real confusion, particularly around the timing of compliance and what it means for older adults.

Join us on **Wednesday, August 2nd at 11:00 AM** when a representative from AAA will be here to answer your questions.

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?

MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>1:00 PM Line Dancing 3</p>	<p style="text-align: center;">SENIOR CENTER IS CLOSED IN OBSERVATION OF INDEPENDENCE DAY</p> <p style="text-align: right;">4</p>	<p>10:00 AM Coffee Talk Breakfast Club</p> <p>1:00 PM BINGO 5</p>
<p>1:00 PM Line Dancing 10</p> <p>11:00 AM Caregiver Burnout</p>	<p>9:00 AM Strength Training 11</p> <p>10:00 AM Chair Yoga</p> <p>11:00 AM Blood Pressure Screening Clinic</p> <p>11:30 AM Mystery Lunch Trip</p>	<p>10:00 AM Walmart Shopping Trip 12</p> <p>10:00 AM POUND Exercise Class</p> <p>11:30 AM Francine's Fashions</p> <p>11:30 AM Monthly Birthday Celebration</p> <p>1:00 PM BINGO</p>
<p>10:00 AM Pop-Up Food Pantry 17</p> <p>10:00 AM Worcester Talking Library</p> <p>1:00 PM Line Dancing Iggy's Boardwalk Patio Trip</p>	<p>9:00 AM Strength Training 18</p> <p>10:00 AM Chair Yoga</p> <p>11:00 AM Blackstone Bountiful Book Club</p> <p>1:30 PM Jeopardy Game Show</p>	<p>9:00 AM Coffee Talk Breakfast Club at <i>Babe's Place</i> 19</p> <p>10:00 AM POUND Exercise Class</p> <p>1:00 PM BINGO</p>
<p>1:00 PM Line Dancing 24</p> <p>Yankee Candle Trip</p>	<p>9:00 AM Strength Training 25</p> <p>10:00 AM Chair Yoga</p>	<p>10:00 AM Walmart Shopping Trip 26</p> <p>10:00 AM POUND Exercise Class</p> <p>12:30 PM Firecracker BINGO and Ice Cream Social</p>
<p>12:00 PM Movie & Boxed Lunch 31</p> <p>1:00 PM Line Dancing</p>		

JULY 2023

SPECIAL MENU'S

THURSDAY		FRIDAY	
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	6	10:00 AM Dull Men's Club	7
9:00 AM Tai Chi (Beginners) 10:00 AM Tai Chi (Advanced) 10:00 AM Cribbage League 10:00 AM BCOA Meeting 11:00 AM Travel Committee Meeting 11:15 AM Coping with Grief 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully	13	10:00 AM Dull Men's Club	14
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 Coping with Grief 12:30 PM Craft Class with Jean 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully	20	10:00 AM Dull Men's Club	21
9:00 AM Tai Chi (Beginners) 10:00 AM Cribbage League 10:00 AM Tai Chi (Advanced) 11:15 AM Friends of the BCOA Meeting 11:15 AM Coping with Grief 12:30 PM Knitting & Crocheting Circle 1:15 PM Aging Gracefully & Gratefully	27	10:00 AM Dull Men's Club	28

Monthly Birthday Celebration

Wednesday, July 12th

Dynamites prepared by Tara Sullivan and Jim Sullivan

Blackstone Afternoon Cinema Box Lunch

Monday, July 31st

- ✓ Sandwich Choice of Ham or Turkey on a Roll
- ✓ Bag of Chips
- ✓ Cookie
- ✓ Fruit
- ✓ Drink



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.**

JULY



Birth Stone: Ruby
Flower: Water Lilies & Larkspur
Color: Coral, Yellow



CRAFT CORNER

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

FREE

Craft Class with Jean

Thursday, July 20th – 12:30 PM to 1:30 PM

Jean from Blackstone Public Library returns for the monthly craft class! Please join Jean on Thursday, July 20th at 12:30 PM as she teaches participants how to create beautiful painted wine glasses!

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



HEALTH & WELLBEING

FREE

Blood Pressure Screening Clinic

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

Please pre-register to have a screening conducted.



CARDS, CRIBBAGE, GAMES, & MORE

FREE

Cribbage League

Thursdays – 10:00 AM

Calling all Cribbage players! The Cribbage league is offered on Thursday mornings at 10:00 AM and led by Linda McGilvray.

Please bring a cribbage board with you.

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



IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING



Travel Committee



Thursday, July 13th – 11:00 AM to 12:00 PM

The Travel Committee continues to plan upcoming travel experiences.

The next meeting of the Travel Committee will be held on Thursday, July 13th at 11:00 AM.

Please consider attending this meeting to share your trip ideas.

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



Friends of the BCOA Meeting



Thursday, July 27th – 11:15 AM to 12:00 PM

The next meeting of the Friends Group will be held on Thursday, July 27th in the dining room.

Please consider joining this vital group to assist with fundraising efforts to support the Senior Center. Election of Officers will take place at this meeting.

Everyone is welcome to attend.

Congratulations

**Congratulations to the Blackstone Council on Aging
2023/2024 Officers elected on June 1st:**

Jay DiLibero, *Chair* ♦ Julie Wingate, *Vice Chair* ♦ Jill Anderson, *Secretary-Clerk*

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



ACTIVITIES, PRESENTATIONS, & MORE



Caregiver Burnout (Sponsored by Metrowest Hospice and Homecare)

FREE

Monday, July 10th – 11:00 AM

Please join us for an informational in-service session where you will learn the signs and symptoms and resources to help with being a caregiver.

Materials will be distributed.

Refreshments will be provided.

Please register for this session at (508)876-5151.



Worcester Talking Library

FREE

Monday, July 17th – 10:00 AM to 11:00 AM

Having trouble reading standard print? The Worcester Talking Book Library can help!

A librarian from the Talking Book Library will demonstrate:

- ✓ the talking book machine (which is provided FREE as a long-term loan),
- ✓ explain the application process,
- ✓ present on their FREE services including mail-delivered audio and large-print books; and,
- ✓ answer questions



Jeopardy Game Show

FREE

Tuesday, July 18th – 1:30 PM to 2:30 PM

Have you always wanted to be a contestant on the Jeopardy game show? Now is your chance! Join Brett B. as he hosts a competition of general knowledge clues in the form of answers to our contestants.

Contestants must identify the person, place, thing, or idea that the clue describes, phrasing each response in the form of a question.

We will have four (4) teams of 3 contestants participating in these games.

If you are interested in participating as a contestant, please notify Brenda.

Otherwise, you may participate as a member of the audience and cheer for your favorite Team.



Francine's Fashions



Wednesday, July 12th – 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

ACTIVITIES, PRESENTATIONS, & MORE



Blackstone Bountiful Book Club

FREE

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

Join Ellen from the Blackstone Public Library as the group reviews this month's novel, "Anxious People" by Fredrik Backman.

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



Monday, July 31st – Lunch: 12:00 PM | Showtime: 12:30 PM

Last month's movie was "Book Club", and we continue the sequel "Book Club, The Next Chapter" starring Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen.

If you are interested in having lunch prior to the movie, please register with Brenda.

The box lunch will include a sandwich choice of ham or turkey on a roll, a bag of chips, a cookie, fruit and a drink. The box lunches will be prepared by Hannaford's.



Dull Men's Club

FREE

Fridays – 10:00 AM to 11:00 AM

Join Ed Collette as he leads this group consisting of unstructured conversation covering an endless variety of subjects each Friday at 10:00 AM. Jokes are always welcome, but no national politics or religion are discussed. Coffee and donuts will be served.

Area Dull Men's Clubs get together annually for a summer BBQ held at and supported by a senior center in the area.

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!



TO RECEIVE THIS NEWSLETTER BY MAIL:



COMPLETE AND RETURN THIS FORM WITH THE FOLLOWING INFORMATION:

Name: _____

Address: _____

City/State/Zip: _____

Amount Enclosed: \$10.00 donation for a one (1) year newsletter subscription

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

Please Make Checks Payable To: Blackstone Council on Aging

Please Check One: New Subscription Renewal Address Change

Mail Form and Payment To: Blackstone COA | 15 St. Paul Street | Blackstone, MA 01504

Address Service Requested

Blackstone, MA 01504

15 St. Paul Street

Blackstone Council on Aging