



# JUNE 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

- June 1<sup>st</sup>** — Council on Aging Monthly Meeting
- June 4<sup>th</sup>** — BCOA “Senior Cabaret” Fundraiser
- June 8<sup>th</sup>** — Friends of the BCOA Chelo’s Fundraiser
- June 14<sup>th</sup>** — June Birthday & Father’s Day Celebration
- June 18<sup>th</sup>** — Father’s Day
- June 19<sup>th</sup>** — Juneteenth (Senior Center Closed)
- June 21<sup>st</sup>** — First Day of Summer
- June 21<sup>st</sup>** — Summer Celebration & Ice Cream Social

### Senior Center Staff Contacts:

**Karen Testa, Director**

(508) 876-5134 | [ktesta@townofblackstone.org](mailto:ktesta@townofblackstone.org)

**Brenda Takessian, Nutrition/Activities Coordinator**

(508) 876-5151 | [btakessian@townofblackstone.org](mailto:btakessian@townofblackstone.org)

**Dennis Pimenta, Transportation Coordinator**

(508) 876-5133 | [coatransport@townofblackstone.org](mailto: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,

Our sincere thanks to everyone who attended the Special Town Meeting on April 25<sup>th</sup>. The show of support to purchase the property at 630 Rathbun Street was overwhelming and just fell short by a few votes for the two-thirds votes needed. With the support of our town leaders, we will research options to identify additional space for the Senior Center.

Did you know that Father's Day is celebrated on the third Sunday in June in many countries, including Canada, China, Hong Kong, Ireland, and the Philippines? Join us as we honor all fathers, grandfathers, stepfathers and godfathers at our Annual Father's Day celebration on Wednesday, June 14<sup>th</sup>. All fathers in attendance will receive a special gift!

Please note that Dennis Pimenta, Transportation Coordinator, will be on vacation June 12<sup>th</sup> through June 17<sup>th</sup>. We ask that you make and confirm your transportation reservations with Dennis prior to June 12<sup>th</sup> so he can ensure that you are included in the daily schedules. **DO NOT ASSUME** that your reservation will be included automatically in the daily schedule. You **MUST** call to confirm with Dennis. We appreciate your cooperation.

The warm weather is slowly arriving, and we look forward to seeing you at our air conditioned and welcoming Senior Center.



Warmest personal regards,

*Karen Testa*

Karen Testa, Director



# OUTREACH CORNER

## ATTENTION MASSHEALTH MEMBERS

Coverage Renewal Beginning Monday, April 1<sup>st</sup>

The Public Health Emergency (PHE) declared by the government in March 2020 put protections in place which prevented members' MassHealth coverage from ending during the COVID-19 emergency.

Beginning April 1, 2023, **ALL MassHealth members need to renew their health coverage** to ensure they still qualify for their current benefit.



Three (3) steps to take:

- 1) Update your contact information by calling (800) 841-2900
- 2) Report any household changes (address, income, disability, household size)
- 3) Read ALL mail from MassHealth. Look for a blue envelope in the mail and make sure to pay attention to important deadlines.

**If you have any questions, please call the Outreach Department at (508) 876-5135.**

## POP-UP FOOD PANTRY

Monday, June 26<sup>th</sup> – 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 is first-come, first-served and it is 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](mailto:coatransport@townofblackstone.org) to make a transportation reservation!

## Van Donations

Van donations will be accepted for these trips



## Walmart Shopping Trip

**2<sup>nd</sup> and 4<sup>th</sup> 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 **2<sup>nd</sup> and 4<sup>th</sup> 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, June 14<sup>th</sup>
- ✓ Wednesday, June 28<sup>th</sup>

## MARKET BASKET Shopping Trip

**3<sup>rd</sup> Thursday of the Month**  
10:00 AM to 12:00 PM

We will transport passengers to the **Market Basket in Bellingham, MA** on the **3<sup>rd</sup> 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, June 15<sup>th</sup>



# IMPORTANT INFORMATION & UPCOMING TRIPS

## Purchase an Annual Senior Parks Pass

*Do you love the outdoors? Buy an annual parking pass to save money on parking at most Massachusetts state parks.*

The Senior Parks Pass is available to Massachusetts residents who are 62 years-old upon proof of age and residence and payment of a one-time fee of \$10.00.

The Senior Parks Pass is valid for a lifetime. The pass allows the holder to free parking for one passenger vehicle, occupied by the pass holder (whether driver or passenger), at any DCR facility that charges a parking fee. Not valid for parking at Quabbin Reservoir; the Squantum Point, North Point, or Draw Seven Commuter lots or for camping.

The pass must be displayed on the rearview mirror in your vehicle at all times while visiting a DCR facility where daily parking fees are charged. The reverse side of the Parks Pass must be visible from outside the vehicle when parked. Failure to display the Parks Pass will result in a parking violation.

To purchase a lifetime pass for \$10.00 (Massachusetts residents only), please visit:

<https://www.mass.gov/how-to/get-a-senior-parking-pass>



KEEP  
CALM  
AND  
ENJOY

MYSTERY LUNCH

## Mystery Luncheons Have Returned!

**Tuesday, June 6<sup>th</sup> – 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.**

## Olde Mystic Village

**Monday, June 26<sup>th</sup> at 9:15 AM**

This recreated 18th-century New England village offers a refreshing change from shopping malls as we know them. Transportation cost is **\$4.00 per person**.

**Departure:** Bus leaves the Senior Center at 9:15 AM

**Return:** Bus returns to the Senior Center at 3:15 PM

Browse or buy in the more than 60 small shops or dine in one of this charming setting's many eateries. You can purchase and enjoy s'mores, and seasonal drinks, and fun photo opportunities during this fun experience.

**THIS TRIP REQUIRES YOU TO WALK A LONG DISTANCE**

# SPECIAL LUNCHEONS & CELEBRATIONS

FREE

## “Coffee Talk” Breakfast Club Wednesdays – 10:00 AM to 11:00 AM



(NOTE: Breakfast Club will not be held on June 14<sup>th</sup> and June 21<sup>st</sup>)

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, June 28<sup>th</sup> at 9:00 AM at *James' Breakfast and More*, 850 Franklin Street, Wrentham, MA.

Please inform Brenda if you plan to attend the breakfast at *James' Breakfast and More* prior to Friday, June 23<sup>rd</sup> as a reservation is required.



## Monthly Birthday & Father's Day Celebration Wednesday, June 14<sup>th</sup> – 11:30 AM to 1:00 PM



Join us as we celebrate the birthday of all participants born in June, as well as honoring all fathers, stepfathers, grandfathers, and godfathers in honor of Father's Day on June 14<sup>th</sup>.

Entertainment will be provided by Jumpin Juba entertainment. Please check the bulletin board for menu details.

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.**



## Kickoff to Summer Cookout & Ice Cream Social Wednesday, June 21<sup>st</sup> – 11:30 AM to 1:00 PM



Let's kickoff the summer season together with an old-fashioned cookout and entertainment. **Menu consists of:**

Grilled Hamburgers and Hot Dogs | Macaroni Salad | Tossed Salad | Chips | Ice Cream with Special Toppings

**You must pre-register for this luncheon.**

### SPECIAL LUNCHEON EVENTS

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

# CRAFT CORNER

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

FREE

## Craft Class with Jean Thursday, June 15<sup>th</sup> – 12:30 PM to 1:30 PM

Jean from Blackstone Public Library returns for the monthly craft class! Please join Jean on Thursday, June 15<sup>th</sup> at 12:30 PM as she teaches participants how to paint a tree using buttons for the foliage.



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**

## JUNE

Birth Stone: Pearl

Flower: Rose

Color: Purple, White

# MONTHLY CALENDAR

MONDAY

TUESDAY

WEDNESDAY



# JUNE



<p style="text-align: right;">5</p> <p><b>9:00 AM</b> AARP Driver Course <b>1:00 PM</b> Line Dancing</p>	<p style="text-align: right;">6</p> <p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Travel Committee Meeting <b>11:30 AM</b> Mystery Lunch Trip</p>	<p style="text-align: right;">7</p> <p><b>10:00 AM</b> Coffee Talk Breakfast Club <b>10:00 AM</b> POUND Exercise Class <b>11:00 AM</b> Sign Language Class <b>1:00 PM</b> BINGO</p>
<p style="text-align: right;">12</p> <p><b>1:00 PM</b> Line Dancing <b>1:00 PM</b> Musical Video BINGO</p>	<p style="text-align: right;">13</p> <p><b>9:00 AM</b> Strength Training <b>9:30 AM</b> One-on-One Tech Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Blood Pressure Screening Clinic <b>11:00 AM</b> Being Mortal Documentary</p>	<p style="text-align: right;">14</p> <p><b>10:00 AM</b> Walmart Shopping Trip <b>10:00 AM</b> POUND Exercise Class <b>11:00 AM</b> Sign Language Class <b>11:30 AM</b> Francine's Fashions <b>11:30 AM</b> <b>Monthly Birthday &amp; Father's Day Luncheon</b> <b>1:00 PM</b> BINGO</p>
<p style="text-align: right;">19</p> <p><b>SENIOR CENTER IS CLOSED IN OBSERVATION OF JUNETEENTH</b></p>	<p style="text-align: right;">20</p> <p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Blackstone Bountiful Book Club <b>12:30 PM</b> Movie &amp; Popcorn</p>	<p style="text-align: right;">21</p> <p><b>10:00 AM</b> POUND Exercise Class <b>11:30 AM</b> <b>Summer Celebration &amp; Ice Cream Social</b></p>
<p style="text-align: right;">26</p> <p><b>9:15 AM</b> Olde Mystic Village Trip <b>10:00 AM</b> Pop-Up Food Pantry <b>1:00 PM</b> Line Dancing</p>	<p style="text-align: right;">27</p> <p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Five (5) Wishes Information Session</p>	<p style="text-align: right;">28</p> <p><b>9:00 AM</b> Coffee Talk Breakfast Club at <i>James' Breakfast and More</i> <b>10:00 AM</b> Walmart Shopping Trip</p>



# JUNE 2023

THURSDAY	FRIDAY
<p><b>9:00 AM</b> Tai Chi (Beginners) <span style="float: right;">1</span></p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>10:00 AM</b> Cribbage League</p> <p><b>10:00 AM</b> BCOA Meeting</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully &amp; Gratefully</p>	<p><b>10:00 AM</b> Dull Men's Club <span style="float: right;">2</span></p>
<p><b>9:00 AM</b> Tai Chi (Beginners) <span style="float: right;">8</span></p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>10:00 AM</b> Cribbage League</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully &amp; Gratefully</p> <p><b>FRIENDS OF THE BCOA CHELO'S HOMETOWN GRILLE FUNDRAISER</b></p>	<p><b>10:00 AM</b> Dull Men's Club <span style="float: right;">9</span></p>
<p><b>9:00 AM</b> Tai Chi (Beginners) <span style="float: right;">15</span></p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>10:00 AM</b> Cribbage League</p> <p><b>10:00 AM</b> Market Basket Trip</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Craft Class with Jean</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully &amp; Gratefully</p>	<p><b>10:00 AM</b> Dull Men's Club <span style="float: right;">16</span></p>
<p><b>9:00 AM</b> Tai Chi (Beginners) <span style="float: right;">22</span></p> <p><b>10:00 AM</b> Cribbage League</p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>11:15 AM</b> Friends of the BCOA Meeting</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully &amp; Gratefully</p>	<p><b>10:00 AM</b> Dull Men's Club <span style="float: right;">23</span></p>
<p><b>9:00 AM</b> Tai Chi (Beginners) <span style="float: right;">29</span></p> <p><b>10:00 AM</b> Cribbage League</p> <p><b>10:00 AM</b> Tai Chi (Advanced)</p> <p><b>11:15 AM</b> Coping with Grief</p> <p><b>12:30 PM</b> Knitting &amp; Crocheting Circle</p> <p><b>1:15 PM</b> Aging Gracefully &amp; Gratefully</p>	<p><b>10:00 AM</b> Dull Men's Club <span style="float: right;">30</span></p>

## SPECIAL MENU'S DAILY MEALS ARE SERVED AT 12:00 PM

(UNLESS OTHERWISE NOTED)

### Monthly Birthday Celebration

Wednesday, June 14<sup>th</sup>

Check the Bulletin Board  
for Menu Details!

### Summer Cookout & Ice Cream Social

Wednesday, June 21<sup>st</sup>

- ✓ Grilled Hamburgers & Hot Dogs
- ✓ Macaroni Salad
- ✓ Tossed Salad
- ✓ Chips
- ✓ Ice Cream with Special Toppings



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.



# IMPORTANT INFORMATION



## Friends Group of the Blackstone Council on Aging (BCOA) Fundraiser

**Thursday, June 8<sup>th</sup>**

**Chelo's Hometown Grille of Woonsocket**

490 Clinton Street, Woonsocket, RI 02895  
(401) 769-6622

<https://www.chelos.com/woonsocket/>

Please join us at Chelo's Hometown Grille in Woonsocket on **Thursday, June 8<sup>th</sup>** for great food and a great cause – supporting the Blackstone Senior Center. The Blackstone Council on Aging's Friends Group is sponsoring this event and we appreciate your support.

**Chelo's Hometown Grille of Woonsocket will donate up to 20% of your check to the Senior Center for both Dine-In AND Take-Out.**

Please make certain to either print and cut out the coupon image at right, pick up a flyer at the Senior Center, or show the flyer on your phone.

We hope to see you there! Invite your family and friends to support this cause!

### A DELICIOUS WAY TO RAISE SOME CLAMS



Chelo's will donate up to 20% of your check to:

**Benefit: Friends of the Blackstone Council on Aging**

**Date: 06/08/2023**

**Valid only at: Chelo's of Woonsocket  
490 Clinton Street**

Please present this certificate at the time of your payment to have up to 20% of your checks value, excluding tax and tip, donated to the organization listed above. This ticket is NOT to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within its perimeter. Valid only for the date and location listed above.

**Support Your Organization by...**

- \*Taking your Family out for dinner
- \*Ordering Take-Out to enjoy at home

## 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



## Travel Committee

Tuesday, June 6<sup>th</sup> – 10:00 AM to 11:00 AM



The Travel Committee is busy at work researching and planning travel experiences. The Senior Center staff works collaboratively with the committee to provide guidance and administrative support.

The next meeting of the Travel Committee will be held on Tuesday, June 6<sup>th</sup> at 10:00 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, June 22<sup>nd</sup> – 11:15 AM to 12:00 PM



The next meeting of the Friends Group will be held on Thursday, June 22<sup>nd</sup> in the dining room. Please consider joining this vital group to assist with fundraising efforts to support the Senior Center.

## HEALTH & WELLBEING



## Blood Pressure Screening Clinic

Tuesday, June 13<sup>th</sup> – 11:00 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, June 13<sup>th</sup> at 11:00 AM in the Senior Center dining room. Please pre-register to have a screening conducted.**



## Pound Exercise Classes

Wednesdays – 10:00 AM to 10:45 AM

6-week session (June 14<sup>th</sup> thru July 26<sup>th</sup>) – \$50.00 for a 6-week session

**(NOTE: Pound Exercise Classes will not be held on June 28<sup>th</sup>)**



Join Christine Lamothe as she leads this invigorating and low impact cardio workout tailored for seniors. This class uses drumsticks to upbeat music that can be done standing up or sitting in a chair. We need a **minimum of 10 participants** to offer this 10-week session.

**First payment of \$25.00 due prior to June 14<sup>th</sup>; second payment of \$25.00 due July 12<sup>th</sup>.**



## CARDS, CRIBBAGE, GAMES, & MORE



## 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 (508-876-5134).

# ACTIVITIES, PRESENTATIONS, & MORE

## **AARP** Smart Driver Course

**Claim your safe driver discount!**

When you take the AARP Smart Driver course, you could be eligible for a discount on your auto insurance. Plus, safer driving can save you more than just money.

The course teaches proven driving techniques 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 Brenda at (508) 876-5151.

**Monday, June 5<sup>th</sup>**

**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) 876-5151**



## **Musical Video BINGO** (Sponsored by Oak Street Health)

**Monday, June 12<sup>th</sup> – 1:00 PM to 3:00 PM**



Oak Street Health invites you to join Jim Gagnon from Celebrations as he leads us through an afternoon of 50's, 60's and 70's Musical Videos! Please refer to the bulletin boards for further information.

**You must register for this Musical Video Bingo event prior to June 12<sup>th</sup>.**  
**Tickets are limited and available with Brenda in the Dining Room.**



## **One-on-One Tech Training**

**Tuesday, June 13<sup>th</sup> – 9:30 AM to 11:00 AM**



Tech coaches from Blackstone Valley Tech will be back on Tuesday, June 13<sup>th</sup> 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.**



## **Francine's Fashions**

**Wednesday, June 14<sup>th</sup> – 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*



## **Blackstone Bountiful Book Club**

**Tuesday, June 20<sup>th</sup> – 11:00 AM to 12:00 PM**



Join Ellen from the Blackstone Public Library as the group reviews this month's novel, **"West with Giraffes"** by **Lynda Rutledge**. Book club members meet the 3<sup>rd</sup> 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**

**Tuesday, June 20<sup>th</sup> – Showtime is 12:30 PM**



This month's movie to be shown at 12:30 PM is, **"Book Club"** starring Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen as four friends who read *Fifty Shades of Grey* as part of their monthly book club, and subsequently begin to change how they view their personal relationships.

If you are planning to attend this month's afternoon movie, please phone Brenda to register. Also, if you have a favorite movie that you would like us to show, please let Brenda know.

# ACTIVITIES, PRESENTATIONS, & MORE



**Dull Men's Club**  
Fridays – 10:00 AM to 11:00 AM

**FREE**

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.

## **PAINTING CLASSES WITH DIANE SUMMER CANCELLATION**

Painting classes with Diane on Mondays at 1:00 PM will not be held during the summer months. Classes will resume in September.

# INFORMATION SESSIONS SPONSORED BY *METROWEST HOSPICE AND HOMECARE*

## **Being Mortal Documentary**

*Tuesday, June 13<sup>th</sup> – 11:00 AM*

Please join us for an informational in-service documentary video. Renowned *New Yorker* writer and Boston surgeon Atul Gawande explores the relationships doctors have with patients who are nearing the end of life.

In conjunction with Gawande's new book, *Being Mortal*, the film investigates the practice of caring for the dying and shows how doctors — himself included — are often remarkably untrained, ill-suited and uncomfortable talking about chronic illness and death with their patients. A question-and-answer session will follow the video.

**Refreshments will be provided. Please register for this session at (508) 876-5151.**

## **Five (5) Wishes**

*Tuesday, June 27<sup>th</sup> – 11:00 AM*

Please join us for an informational in-service session. You will learn about Advance Directives to include, Health Care Proxy, what matters most to you, Power of Attorney and much more. You don't want to miss this opportunity!

**Refreshments will be provided. Please register for this session at (508) 876-5151.**

## **Caregiver Burnout**

*Tuesday, July 10<sup>th</sup> – 11:00 AM*

Please join us for an informational in-service session. 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.**

## **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.

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