

# TO RECEIVE THIS NEWSLETTER BY MAIL:

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**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  
15 St. Paul Street  
Blackstone, MA 01504  
Address Service Requested

BLACKSTONE  
COUNCIL ON  
AGING (COA)



BLACKSTONE SENIOR CENTER

## MARCH 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

- March 2<sup>nd</sup>** — Blackstone Council on Aging Monthly Meeting
- March 7<sup>th</sup>** — Mystery Luncheon
- March 9<sup>th</sup>** — Goodstuff Smokehouse Fundraiser
- March 12<sup>th</sup>** — Daylight Savings Time Begins
- March 15<sup>th</sup>** — St. Patrick's Day Celebration
- March 15<sup>th</sup>** — Monthly Birthday Celebration
- March 20<sup>th</sup>** — First Day of Spring
- March 26<sup>th</sup>** — Spring Breakfast with the Lions Club

#### Senior Center Staff Contacts:

**Karen Testa, Director**  
(508) 876-5134 | [ktesta@townofblackstone.org](mailto:ktesta@townofblackstone.org)

**Ashley Beaupre Aldrich, Outreach Coordinator**  
(508) 876-5135 | [abeaupre@townofblackstone.org](mailto:abeaupre@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,

Daylight Savings Time begins Sunday, March 12th and it is also *Check your Batteries Day*. *Check your Batteries Day* is a reminder to check to ensure there are working batteries in your household appliances, such as smoke detectors, carbon monoxide detectors and other electrical items.

Join us for “the wearing of the green” as we host our Annual St. Patrick’s Day Celebration on Wednesday, March 15<sup>th</sup>. The celebration will begin with a special performance at 11:00 AM by the Irish Dance students from the Sullivan-Stewart School of Irish Dance. We will serve a traditional corned beef and cabbage lunch at noon prepared by Good Stuff Smokehouse and enjoy a fresh custard-filled Zeppole di San Giuseppe in honor of St. Joseph’s Day for dessert. You must make a reservation with Brenda to attend the lunch portion of this celebration.

Please ensure that you are dialing the correct telephone number to reach our Transportation Coordinator, Dennis to make a transportation reservation at 508-876-5133. Apparently, many of our riders are dialing the incorrect number and reaching a private residence on several occasions.

The Friends of BCOA invites you to a fun, informational event to learn more about the important role our *Friends of Blackstone Council on Aging* is and how you can assist them and support their goals. This event will be held on Monday, March 13<sup>th</sup> at 11:30 AM in the dining room. Please make an effort to attend!

Mark your calendar! The Friends BCOA are sponsoring a fundraiser at Goodstuff Smokehouse on Thursday, March 9<sup>th</sup>. A percentage of all purchases made (dine in and takeout) will benefit the Senior Center. A 50/50 raffle will be held too! Please see the enclosed insert for further information.

The Lion’s Club and Friends of BCOA are hosting a Pancake Breakfast fundraiser on Sunday, March 26<sup>th</sup>, 8:00 AM – 12:00 PM. Please see the enclosed insert for further information.

I want to thank all of you for attending the programs and events offer at the Senior Center. The staff and I always look forward to seeing you!



Warmest personal regards,

*Karen Testa*

Karen A. Testa, Director

# ACTIVITIES, PRESENTATIONS, & MORE



**One-on-One Tech Training**  
Tuesday, March 14<sup>th</sup> – 9:30 AM to 11:30 AM



Tech coaches from Blackstone Valley Tech will be back on Tuesday, March 14<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, March 15<sup>th</sup> – 11:30 AM to 1:00 PM



Francine’s Fashions will display her latest collection of 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 (1<sup>st</sup> and 3<sup>rd</sup> 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, March 20<sup>th</sup> – 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 Ashley, Outreach Coordinator at (508) 876-5135.



**Blackstone Bountiful Book Club**  
Tuesday, March 21<sup>st</sup> – 11:00 AM to 12:00 PM



Book Club members meet the 3<sup>rd</sup> 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 21<sup>st</sup> will be: “*All the Children are Home*” by **Patry Francis**.

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

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

# ACTIVITIES, PRESENTATIONS, & MORE

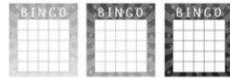


**Blackstone Afternoon Cinema**  
 Tuesday, March 21<sup>st</sup> – Showtime is 12:30 PM



We will be showing a movie and serving freshly popped popcorn on the third Tuesday afternoon of the month at 12:30 PM. This month's movie to be shown is, "Ticket to Paradise", starring George Clooney and Julia Roberts.

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.



**Special Musical BINGO**  
 Wednesday, March 22<sup>nd</sup> – 12:45 PM to 2:30 PM



JEGS Entertainment will conduct an afternoon of Musical Bingo. Cost is \$5.00 per person to play.

Musical bingo is a **musical game played with a bingo card**. The game is played with different songs of the 40's, 50's, and 60's eras. The object of the game is to identify the song that is playing and mark it off on your bingo card.

Monetary prizes and gift cards will be given at this Bingo, along with refreshments.



## CRAFT CORNER

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



**Craft Class with Rita**  
 Wednesday, March 8<sup>th</sup> – 11:00 AM to 12:00 PM

Rita returns on Wednesday, March 8<sup>th</sup> to teach participants how to create a one-of-a-kind St. Patrick's Day wreath.

Cost to participate in this class is \$5.00 per person.

**Please register for this class as space is limited.**



**Craft Class with Jean**  
 Thursday, March 16<sup>th</sup> – 12:30 PM to 1:30 PM

This class will be held at the Senior Center; however, you must register through the Blackstone Public Library (508-883-1931) as space is limited to 10 spots.

When you phone the Library, inform the receptionist that you would like to register for the Arts & Crafts Class with Jean on Thursday, March 16<sup>th</sup> at 12:30 PM at the Senior Center.

This month's craft is a decorative box filled with spring flowers!

**Supplies will be provided; no experience is necessary.**



## OUTREACH COORDINATOR'S CORNER



**TAX AIDES AVAILABLE AT THE FOLLOWING LOCATIONS:**  
 (CALL TO MAKE AN APPOINTMENT)

LOCATION	DAY
Bellingham Senior Center   40 Blackstone Street, Bellingham MA   508-966-0398	Thursday
Milford Senior Center   60 N. Bow Street, Milford, MA   508-473-8334	Wednesday
Milford Library   80 Spruce Street Milford, MA   508-473-2145, ext. 219	Saturday
Hopedale Senior Center   43 Hope Street, Hopedale, MA   508-634-2208	Thursday
Upton Senior Center   2 Farm Street, Upton, MA   508-529-4558	Monday
Medway Senior Center   76 Oakland Street, Medway, MA   508-533-3279	Friday
Franklin Senior Center   10 Daniel Mccahill Street, Franklin, MA   508-520-4945	Friday

## 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, March 8<sup>th</sup>  
 ✓ Wednesday, March 22<sup>nd</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, March 16<sup>th</sup>

## HEALTH & WELLBEING

FREE

### Blood Pressure Screening Clinic

Tuesday, March 14<sup>th</sup> – 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, March 14<sup>th</sup> 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 28<sup>th</sup> – 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 the March 28<sup>th</sup> class prior to Wednesday, March 22<sup>nd</sup>.**

## IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING



### Friends of the BCOA Meeting

Thursday, March 16<sup>th</sup> – 11:15 AM to 12:00 PM



The next meeting of the Friends Group will be held on Thursday, March 16<sup>th</sup> at 11:15 AM in the dining room. Please consider joining the Friends Group to help with various fundraising efforts to support the Senior Center.

Our goal is to identify ten (10) new members to assist with this group.

The Friends Group is currently sponsoring two fundraising events to assist the Senior Center with decorations and meals costs. **PLEASE SUPPORT THESE FUNDRAISERS!**



### 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.

## 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 INFORMATION

## 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.

## “HELLO HOW ARE YOU” PROGRAM

We are seeking additional volunteers to participate in our “Hello How Are You” program. Are you available to phone a senior in the community to provide conversation once a week?

Volunteers will phone a senior 1-2 times per week to ask how the senior’s day is going and encourage them to chat. Over time, the caller and seniors can build a relationship of trust.

If you are interested in participating in our “Hello How Are You” program, please phone Karen (508-876-5134) to register.

## WEDNESDAY WEEKLY BINGO GAMES

Please note that effective March 1<sup>st</sup>, the weekly Bingo held on Wednesdays will **begin promptly at 1:00 PM**. Please plan accordingly. Thank you for your cooperation.

## FREE LEGAL AID

Volunteer Lawyers Project of Boston offers free Legal information and referral services to Massachusetts low-income elder residents through the Senior Legal Helpline at 1 (800) 342-5297.

# 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 7<sup>th</sup> 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).

# SPECIAL LUNCHEONS & CELEBRATIONS

FREE

## “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 March 22<sup>nd</sup> at 9:00 AM at Modern Bistro, 4077 Mendon Road, Cumberland.

**Please inform Brenda if you plan to attend the breakfast at Modern Bistro.**



## Mystery Luncheons Have Returned! Tuesday, March 7<sup>th</sup> – 9:30 AM to 2:30 PM



We will visit an aesthetically pleasing outdoor shopping complex which includes name brand and specialized stores along with several dining opportunities.

Lunch will be enjoyed on your own. The cost of transportation only is \$3.00 per person

- **Departure:** Bus leaves the Senior Center at 9:00 AM
- **Return:** Bus returns to the Senior Center at 2:30 PM

**PLEASE REGISTER FOR THIS MYSTERY LUNCH WITH BRENDA.**



## St. Patrick’s Day & Monthly Birthday Celebration Wednesday, March 15<sup>th</sup> – 11:30 AM to 1:00 PM



Come experience the rhythm and beat of traditional Irish dance as performed by students from the Sullivan-Stewart School of Irish Dance. Irish Dance is a living tradition, handed down from generation to generation. Everyone is invited to experience this special performance.

**The Irish Stepdance performance will be from 11:30 AM to 12:00 PM.**

Everyone is Irish on St. Patrick’s Day. Wear your green to celebrate the Irish heritage with all of your friends and join us for a traditional Corned Beef & Cabbage lunch prepared by Good Stuff Smokehouse.

Dessert will be a custard filled Zeppole di San Giuseppe in honor of St. Joseph’s Day\*.

We will be celebrating all participants who were born in March at our St. Patrick’s Day celebration!

**\*The total cost of this luncheon and special dessert is co-sponsored by the Friends of Blackstone COA.**

### 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](mailto:btakessian@townofblackstone.org) or (508) 876-5151.*

### MARCH

**Birth Stone:** Aquamarine  
**Flower:** Daffodil  
**Color:** Emerald Green, Purple



**GOODSTUFF SMOKEHOUSE FUNDRAISER**

THURSDAY, MARCH 9<sup>TH</sup>

**PANCAKE BREAKFAST**

SUNDAY, MARCH 26<sup>TH</sup>

# MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
		<p><b>10:00 AM</b> Coffee Talk Breakfast Club <b>1:00 PM</b> BINGO</p>
<p><b>10:00 AM</b> Matter of Balance <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class <b>2:00 PM</b> Cabaret Show Practices</p>	<p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:15 AM</b> Adult Coloring Class <b>12:00 PM</b> <b>Mystery Luncheon Trip</b> <b>1:00 PM</b> Pitch Card Game</p>	<p><b>10:00 AM</b> Coffee Talk Breakfast Club <b>10:00 AM</b> Walmart Shopping Trip <b>11:00 AM</b> Craft Class with Rita <b>1:00 PM</b> BINGO</p>
<p><b>10:00 AM</b> Matter of Balance <b>11:30 AM</b> Friends of BCOA Event <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class <b>2:00 PM</b> Cabaret Show Practices</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> Chorus Performance <b>11:15 AM</b> Blood Pressure Screening Clinic <b>1:00 PM</b> Pitch Card Game</p>	<p><b>10:00 AM</b> Coffee Talk Breakfast Club <b>11:30 AM</b> Francine's Fashions <b>11:30 AM</b> <b>St. Patrick's Day &amp; Monthly Birthday Celebration</b> <b>1:00 PM</b> BINGO</p>
<p><b>10:00 AM</b> Matter of Balance <b>10:00 AM</b> Pop-Up Food Pantry <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class <b>2:00 PM</b> Cabaret Show Practices</p> <p style="text-align: center;"><b>FIRST DAY OF SPRING</b></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>11:15 AM</b> Adult Coloring Class <b>12:30 PM</b> Blackstone Afternoon Cinema <b>1:00 PM</b> Pitch Card Game</p>	<p><b>9:00 AM</b> Coffee Talk Breakfast Club at Modern Bistro <b>10:00 AM</b> Walmart Shopping Trip <b>12:45 PM</b> Special Musical BINGO</p>
<p><b>10:00 AM</b> Matter of Balance <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class <b>2:00 PM</b> Cabaret Show Practices</p>	<p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>1:00 PM</b> Pitch Card Game <b>5:00 PM</b> Pound Exercise Class</p>	<p><b>10:00 AM</b> Coffee Talk Breakfast Club <b>1:00 PM</b> BINGO</p>

# MARCH 2023

THURSDAY	FRIDAY
<p><b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> Cribbage League <b>10:00 AM</b> BCOA Meeting <b>11:15 AM</b> Coping with Grief <b>12:30 PM</b> Knitting &amp; Crocheting Circle <b>1:15 PM</b> Aging Gracefully &amp; Gratefully</p>	<p><b>9:30 AM</b> My Life, My Health (Chronic Disease Management)</p>
<p><b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> Cribbage League <b>11:15 AM</b> Coping with Grief <b>12:30 PM</b> Knitting &amp; Crocheting Circle <b>1:15 PM</b> Aging Gracefully &amp; Gratefully <b>4:00 PM</b> <b>Goodstuff Smokehouse Fundraiser</b></p>	<p><b>9:30 AM</b> My Life, My Health (Chronic Disease Management)</p>
<p><b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> Cribbage League <b>10:00 AM</b> Market Basket Trip <b>11:15 AM</b> Friends of the BCOA Meeting <b>11:15 AM</b> Coping with Grief <b>12:30 PM</b> Craft Class with Jean <b>12:30 PM</b> Knitting &amp; Crocheting Circle <b>1:15 PM</b> Aging Gracefully &amp; Gratefully</p>	<p><b>9:30 AM</b> My Life, My Health (Chronic Disease Management)</p>
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## SPECIAL MENU'S LUNCH IS SERVED AT 12:00 PM

(UNLESS OTHERWISE NOTED)

### St. Patrick's Day & Monthly Birthday Celebration Wednesday, March 15<sup>th</sup>

- ✓ Corned Beef & Cabbage
- ✓ Coffee and Tea
- ✓ Zeppoles



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.