



MAY 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.



- May 4th** — Council on Aging Meeting
- May 9th** — Mother's Day Tea-riffic Tea Party
- May 14th** — Mother's Day
- May 18th** — Friends of the BCOA Monthly Meeting
- May 28th** — Town of Blackstone Memorial Day Parade
- May 30th** — Annual & Special Town Meeting
- June 4th** — BCOA "Senior Cabaret" Fundraiser
- June 8th** — Friends of the BCOA Chelo's Fundraiser

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,

Say goodbye to winter and hello to Spring. It's the season of beautiful blooming flowers and new beginnings. Visit us at the Senior Center and fill your life with warmth by joining us for one of the many classes and events that we have planned during May.

May is Older Americans Month and this year's theme is "Aging Abound". It's the time of year to highlight and appreciate the positive aspects of growing older and how we all benefit when older adults remain engaged, independent, and included in their communities. We offer something for everyone at the Senior Center and invite you to stop in to learn more.

The "Senior Superstars", under the direction of our own professional Donna Carter, are putting the final touches on the Cabaret fundraiser this month. You DO NOT want to miss this phenomenal show. We will have "surprise" guests (that you will all recognize) performing in the show and we guarantee a fantastic time will be had by all! (see insert for further information).

We will participate in the town's Annual Memorial Day Parade on Sunday, May 28th. Special thanks to Wojcik Farms for donating a hay wagon and driver for our participants to enjoy during the parade. If you would like to join us in representing the Senior Center, please contact me at (508) 876-5134.

We express our gratitude to the members of our Armed Forces, both past and present. They made and continue to make a commitment to defend us and our nation, our flag, our ideals, and our freedom. We appreciate your sacrifices.



Looking forward to seeing you soon.

Warmest personal regards,

Karen Testa



OUTREACH CORNER

SENIOR NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP recipients in Massachusetts will receive state-funded extra SNAP payments on April 7th, May 2nd, and June 2nd, 2023, following Governor Healey's signing of a supplemental budget that created an off-ramp from the extra federal COVID SNAP benefits.

POP-UP FOOD PANTRY Monday, May 15, 2023 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 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, May 10th
- ✓ Wednesday, May 24th

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, May 18th

IMPORTANT INFORMATION



**Tuesday,
May 9, 2023
1:00 PM to 3:00 PM**

**For More
Information:
Call (508) 876-5134**

Tea-riffic Tea Party

Tuesday, May 9th – 1:00 PM to 3:00 PM

Join us for a *Tea-riffic Tea Party* as we celebrate all mothers, grandmothers, adoptive mothers, and godmothers in honor of Mother's Day.

Attendees will enjoy the sounds of seasoned professional, Teresa Tafuri, harpist. Teresa's harp music captivated us at last year's Tea Party, and she has agreed to return this year! You will enjoy finger sandwiches, sweets and a variety of teas.

Remember to bring your own teacup and wear your favorite hat!

Pre-Registration Required; Cost: \$5.00 Per Person

Memorial Day Parade

Sunday, May 28th at 1:00 PM

The Town's Memorial Day parade and celebration will be held on Sunday, May 28th. The day will begin with a parade that forms at noon and starts at 1:00 PM. The parade will end at approximately 2:00 PM in front of the Blackstone Municipal Center.

From 2:00 PM to 9:30 PM there will be a craft fair, food, live entertainment, and amusement rides for children in Roosevelt Park (located behind the Municipal Center). There will be a fireworks display at 9:30 PM.

If you would like to ride in the Senior Center's "decorated" van along the parade route, please contact Karen or Brenda prior to May 19th. The van will leave the Center at approximately 11:00 AM to enter the line-up area of the parade.



**Sunday
May 28, 2023
1:00 PM**

**Blackstone
Municipal Center
15 St. Paul Street
Blackstone, MA 01504**



**Blackstone-Millville
Regional High
School**

**175 Lincoln Street
Blackstone, MA 01504**

**Molony-Sullivan
Auditorium**

Blackstone Annual and Special Town Meeting

Tuesday, May 30th – 7:00 PM

The Town of Blackstone's Annual and Special Town Meeting will be held on Tuesday, May 30th at 7:00 PM at the Blackstone-Millville Regional High School's Molony-Sullivan School Auditorium. This is an opportunity for residents to show their support for the Senior Center!

If you would like to attend the meeting and require transportation, please contact Dennis Pimenta, our Transportation Coordinator, at (508) 876-5133.

Official Town Meeting Information:

<https://www.townofblackstone.org/town-clerk/pages/special-annual-town-meeting-may-30-2023>

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 May 24th at 9:00 AM at Main Street Cafe, 36 Main Street (Rear), Franklin, MA.

Please inform Brenda if you plan to attend the breakfast at Main Street Café as a reservation is required.

Monthly Birthday Celebration
 Wednesday, May 17th – 12:00 PM to 1:00 PM



Join us as we celebrate the birthdays of all participants born in May and enjoy musical entertainment by Bud Pistacchio. Menu to be served will be: Chicken Marsala | Roasted Potatoes | Vegetable | Dessert

Please make your reservation with Brenda.

SPECIAL LUNCHEON EVENTS

Please make your luncheon reservations for any of the May special luncheons with Brenda Takessian, our Nutrition/Activities Coordinator, in the dining room, at 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, May 18th – 12:30 PM to 1:30 PM

Come and join Jean from the Blackstone Public Library to discover how to create a cow figurine. 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



Tuesday, May 14th – Mother’s Day
 Sunday, May 28th – Memorial Day Parade
 Tuesday, May 30th – Special Town Meeting & Annual Town Meeting
 Sunday, June 4th – BCOA “Senior Cabaret”

MAY

Birth Stone: Emerald **Flower:** Lily of the Valley & Hawthorn **Color:** Cream, Lilac

MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
1	2	3
1:00 PM Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Practices	9:00 AM Strength Training 10:00 AM Chair Yoga 11:15 AM Adult Coloring Class 5:00 PM POUND Exercise Class	10:00 AM Coffee Talk Breakfast Club 11:00 AM Sign Language Class 1:00 PM BINGO
8	9	10
1:00 PM Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Practices	9:00 AM Strength Training 10:00 AM Chair Yoga 11:00 AM Travel Committee Meeting 11:15 AM Blood Pressure Screening Clinic 1:00 PM Mother's Day Tea-riffic Tea Party 5:00 PM POUND Exercise Class	10:00 AM Coffee Talk Breakfast Club 10:00 AM Walmart Shopping Trip 11:00 AM Senior Safety in the Home 11:00 AM Sign Language Class 1:00 PM BINGO
15	16	17
10:00 AM Pop-Up Food Pantry 1:00 PM Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Practices	9:00 AM Strength Training 10:00 AM Chair Yoga 11:00 AM Blackstone Bountiful Book Club 11:15 AM Adult Coloring Class 1:00 PM Pitch Card Game 5:00 PM POUND Exercise Class	10:00 AM Coffee Talk Breakfast Club 11:00 AM Sign Language Class 11:30 AM Francine's Fashions 12:00 PM Monthly Birthday Luncheon 1:00 PM BINGO
22	23	24
1:00 PM Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Practices	9:00 AM Strength Training 10:00 AM Chair Yoga 12:30 PM Taco Tuesday & Movie 1:00 PM Pitch Card Game 5:00 PM POUND Exercise Class	9:00 AM Coffee Talk Breakfast Club at <i>Main Street Cafe</i> 10:00 AM Walmart Shopping Trip 11:00 AM Sign Language Class
29	30	31
1:00 PM Line Dancing 1:00 PM Painting Class 2:00 PM Cabaret Show Practices	9:00 AM Strength Training 9:30 AM One-on-One Tech Training 10:00 AM Chair Yoga 1:00 PM Pitch Card Game 5:00 PM POUND Exercise Class 7:00 PM ★ Annual & Special Town Meeting ★	10:00 AM Coffee Talk Breakfast Club 11:00 AM Sign Language Class 11:00 AM 911 Emergency Response System – What Are the Benefits?

MAY 2023

THURSDAY		FRIDAY	
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	4		5
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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	18	10:00 AM Dull Men's Club	19
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	25	10:00 AM Dull Men's Club	26

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

(UNLESS OTHERWISE NOTED)

Monthly Birthday Celebration

Wednesday, May 17th

- ✓ Chicken Marsala
- ✓ Roasted Potatoes
- ✓ Vegetable
- ✓ Dessert
- ✓ Coffee & Tea



You must call
(508) 876-5134 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 8th

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 8th** 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



Friends of the BCOA Meeting Thursday, May 18th – 11:15 AM to 12:00 PM



The next meeting of the Friends Group will be held on Thursday, May 18th in the dining room. Please consider joining this vital group to assist with fundraising efforts to support the Senior Center.



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 Tuesday, May 9th – 11:00 AM to 12:00 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.

The first meeting of the Travel Committee will be held on **Tuesday, May 9th at 11:00 AM**. Please plan to attend to share your trip ideas. If you are interested in this newly formed committee, please contact Karen Testa to express your interest.

CARDS, CRIBBAGE, GAMES, & MORE



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



We will restart Pitch card games on Tuesdays from 1:00 PM – 3:00 PM beginning Tuesday, May 16th.

We look forward to you joining us! **Cards will be provided for all games.**



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. **Please bring a cribbage board with you.**

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

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.

HEALTH & WELLBEING

FREE

Blood Pressure Screening Clinic

Tuesday, May 9th – 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, May 9th at 11:15 AM in the Senior Center dining room. Please pre-register to have a screening conducted.



Pound Exercise Classes Return!

Tuesdays – 5:00 PM to 5:45 PM



Join Christine Lamothe as she leads this invigorating and low impact cardio workout. 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.

ACTIVITIES, PRESENTATIONS, & MORE



Senior Safety in the Home

Wednesday, May 10th – 11:00 AM to 12:00 PM

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 behavior 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. Feel free to bring your own lunch and stay to play Bingo after this presentation.



Francine's Fashions

Wednesday, May 17th – 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

FREE

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.



Blackstone Bountiful Book Club

Tuesday, May 16th – 11:00 AM to 12:00 PM

FREE

Join Ellen from the Blackstone Public Library as the group reviews this month's novel, “**Night Road**” by **Kristen Hannah**. 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.

ACTIVITIES, PRESENTATIONS, & MORE



Taco Tuesday & Movie

Tuesday, May 23rd – Showtime is 12:30 PM



This month's feature movie is "80 for Brady."

Recently re-opened under new management, Casa Burrito will supply the Mexican choices for today's lunch. We will serve chips & salsa and you have the choice to order beef taco(s) or cheese quesadilla(s).

The price of food items varies. Please check the bulletin boards for further details.

If you do not want to have lunch, you may join us for the movie at 12:30 PM. Please inform Brenda of your menu choice(s) when you make a reservation.



One-on-One Tech Training

Tuesday, May 30th – 9:30 AM to 11:30 AM



Tech coaches from Blackstone Valley Tech will be back on Tuesday, May 30th 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.



911 Emergency Response System – What Are the Benefits?

Wednesday, May 31st – 11:00 AM to 12:00 PM



The three-digit telephone number "9-1-1" has been designated as the "Universal Emergency Number," for citizens throughout the United States to request emergency assistance. It is intended as a nationwide telephone number and quickly connects a caller to a Public Safety Answering Point dispatcher who is trained to route your call to local emergency medical, fire and law enforcement agencies.

Lt. Brodeur and representatives from the Blackstone Police Department and the 911 Emergency Response System will provide general and updated information on the 911 Emergency Response System.

A question & answer period will follow. Refreshments will be served.



Dull Men's Club

Fridays (Starting May 19th) – 10:00 AM to 11:00 AM



The Dull Men's clubs concept began in New York several years ago and are loosely organized groups that are now being hosted at senior centers. Meetings are one-hour and held on Friday mornings year-round.

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

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

Coffee and donuts will be served.



Sign Language Classes

Wednesdays – 11:00 AM to 12:00 PM



This class will provide practical knowledge of how to help someone with a hearing loss or speech impairment. Participants will learn the signed alphabet, simple signed words and sentences relating to everyday life, some causes of hearing loss, and how to get help if you are hearing impaired.

Classes will be led by Joan Robin, a participant at the senior center. Joan was born deaf but was raised in a hearing family. Please register with Brenda, as space is limited for these classes.

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