

Blackstone Council on Aging (COA)

FEBRUARY 2024 Newsletter



OUR 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 elders to remain independent and keep the quality of life for them at home for as long as possible



**Blackstone Council on Aging
COA/Senior Center
15 St. Paul Street
Blackstone, MA 01504**

Hours:
Mondays, Wednesdays, Thursdays
Open 8:30am - 4:30pm
Tuesdays
Open 8:30am - 7:00pm
Fridays
Open 8:30am - 12:00pm



FEBRUARY

- February 1st - BCOA Meeting
- February 2nd - Wear Red Day
- February 14th - Valentine's Day/February Birthday Celebration
- February 19th - President's Day
SENIOR CENTER CLOSED
- February 29th - Leap Day

**SPECIAL
DATES TO
REMEMBER!!**

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, Activities/Nutrition Coordinator
(508) 876-5151 | btakessian@townofblackstone.org

Dennis Pimenta, Transportation Coordinator
(508) 876-5133 | coatransport@townofblackstone.org



Notes from the Director



Warmest personal regards,

Karen Testa

Karen Testa Leone, Director

Outreach Corner - January

Kayla Cardin - Outreach Coordinator
(508) 876-5135

Fuel Assistance Update

It is not too late to apply for fuel assistance. The program eligibility began on November 1, 2023, and ends on April 30, 2024. South Middlesex Opportunity Council (SMOC) accepts applications until April 2024. However, apply early as the process takes approximately 2-3 months. SMOC is still processing applications from late October/early November. Please be patient with them. While you are waiting, you may check the status of your application by calling 508-620-1230 and utilizing the automated system for updates.

MassHealth Redetermination

Due to the federal government ending the continuous coverage requirements of April 1, 2023, MassHealth has returned to their regular renewal process. MassHealth now needs to renew all member's health coverage to ensure they still qualify for their current benefit. These renewals will take place over 12 months, from April 2023 to April 2024. This means that members could get their renewal forms (many in a blue envelope) in the mail at any time during this one-year period. For more information visit mass.gov/masshealthrenew

Emergency Aid to Elders, Disabled and Children

EAEDC is a Massachusetts state-funded program that provides cash and medical assistance to needy families and individuals who are not receiving similar benefits such as TAFDC, or SSI. DTA (Department of Transitional Assistance), who manages SNAP (formerly known as food stamps), also manages EAEDC. If you already have SNAP benefits, you may apply through DTA Connect. For further assistance on this emergency benefit, please contact Kayla Cardin at 508-876-5135.



Pop-up Mobile Food Pantry Monday, February 26th@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!!

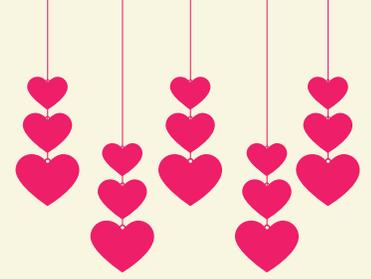
What's the difference between SSDI and SSI?

Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) are both programs that pay monthly benefits to people with disabilities. The biggest difference is they are based on different criteria. SSI is based on age/disability and limited income and resources, while SSDI is based on disability and work credits. SSI is an entitlement program, while SSDI is an earned benefit, meaning that you must work for a certain period to pay into it. Both benefits require documentation from doctors and clinicians, so make sure to stay up to date with your physical and yearly appointments. For assistance in navigating the application process for disability, please contact Kayla Cardin for an appointment.

♡ happy ♡
Valentines
Day



February



Monday Tuesday Wednesday Thursday Friday

			<p>9:00am Tai Chi (Beg.) 1 10:00am Tai Chi (Adv.) 9:30am Cribbage 10:00am BCOA Meeting 11:15am Journey through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:15pm Aging Gracefully</p>	 <p>10:00am Mahjong Senior Center closes at 12:00pm 2</p>
<p>10:30am Scrabble games 1:00pm Paint Class 5</p>	<p>9:00am Strength Training 10:00am Chair Yoga 12:00pm LUNCH 3:00pm Line Dancing 4:00pm Cabaret Practice 6</p>	<p>10:00am Coffee Talk Breakfast 10:30am Strength Fitness Equipment class 11:00am Fall Prevention 1:00pm BINGO 7</p>	<p>9:00am Tai Chi (Beg.) 8 10:00am Tai Chi (Adv.) 9:30am Cribbage 11:15am Journey through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:15pm Aging Gracefully</p>	<p>10:00am Mahjong 10:00am Craft w/Rita Senior Center closes at 12:00pm 9</p>
<p>10:30am Scrabble games 1:00pm Paint Class 12</p>	<p>8:30am BVT Craft Field Trip 9:00am Strength Training 10:00am Chair Yoga 11:00am Blood Pressure Clinic 12:00pm LUNCH 3:00pm Line Dancing 4:00pm Cabaret Practice 13</p>	<p><i>Valentine's Day</i> 14 10:00am Walmart 10:30am Strength Fitness Equipment class 12:00pm Valentine's Day/ Birthday Luncheon 1:00pm Sweetheart BINGO</p>	<p>9:00am Tai Chi (Beg.) 15 10:00am Tai Chi (Adv.) 9:30am Cribbage 10:00am Market Basket 11:15am Journey through Grief 11:30am Travel Committee 12:00pm LUNCH 12:30pm Knitting Group 12:30pm Craft w/Jean 1:15pm Aging Gracefully</p>	<p>10:00 am Mahjong Senior Center closes at 12:00pm 16</p>
 <p>Senior Center CLOSED President's Day 19</p>	<p>9:00am Strength Training 10:00am Chair Yoga 11:00 am Book Club 12:00pm LUNCH 3:00pm Line Dancing 4:00pm Cabaret Practice 20</p>	<p>10:00am TRAVEL Coffee Talk Breakfast 10:30am Strength Fitness Equipment class 11:30am Friends Group Meeting 1:00pm BINGO 21</p>	<p>9:00am Tai Chi (Beg.) 22 10:00am Tai Chi (Adv.) 9:30am Cribbage 11:15am Journey Through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:00pm Aging Gracefully</p>	<p>10:00 am Mahjong Senior Center closes at 12:00pm 23</p>
<p>10:00am Pop-up Food Pantry 10:30am Scrabble games 12:30pm Blackstone Cinema 1:00pm Paint Class 26</p>	<p>9:00am Strength Training 10:00am Chair Yoga 11:00am Mystery Lunch Trip 12:00pm LUNCH 3:00pm Line Dancing 4:00pm Cabaret Practice 27</p>	<p>10:00am Coffee Talk Breakfast 10:00am Walmart 10:30am Strength Fitness Equipment class 1:00pm BINGO 28</p>	<p>9:00am Tai Chi (Beg.) 29 10:00am Tai Chi (Adv.) 9:30am Cribbage 10:00am Market Basket 11:15am Journey through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:15pm Aging Gracefully</p>	

LEAP DAY



Mondays

10:30am - Senior Scrabble
1:00pm - Paint Classes

Tuesdays

9:00 am - Strength Training
10:00 am - Chair Yoga
3:00 pm - Line Dancing
4:00pm - Cabaret Practice

Wednesdays

10:30am - NEW Strength Training
exercise equipment Class
1:00 pm - BINGO

Thursdays

9:00am - Tai Chi (beginners)
10:00am - Tai Chi (advanced)
9:30am - Cribbage Game
11:15 am - Journey through Grief
12:30 pm - Knitting & Crochet Class
1:15 pm - Aging Gracefully & Gratefully

Fridays

10:00am - Mahjong



Inclement Weather Policy

It is the policy of the COA to align with the Blackstone School system's cancellations and delayed openings with regard to all Senior Center programming and transportation services.

The Senior Center will remain open for information and referrals unless the Town Hall closes. Please check our Facebook page and the Town's website following a significant snow fall for cancellations.

If you have requested transportation services to a medical appointment on a day when the schools are closed, you will need to reschedule your appointment. We do not want to jeopardize the safety of our drivers and riders.



Thank you to Bob Morse for sponsoring our January Birthday Celebration!! The Pizza Party from Ideal Pizza was a huge hit!!



Thank you to Select Woman Tanya Polak, Select Woman Mary Bulso and Chairman Ryan Chamberlin for Sponsoring our "Soup-er" Bowl luncheon in January!! Thank you to Blount Fine Foods for donating the wonderful Soup Flights!!!



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

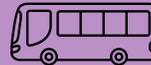
Walmart

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, February 14th and Wednesday, February 28th



Market Basket Shopping
3rd Thursday of the Month
10:00am to 12:00pm



As a Reminder

When you are utilizing the Senior Center Transportation to Walmart or Market Basket, Participants will have 1 - 1 1/2 hours to shop.

Thank you for being considerate of our driver's very busy schedule.



Just a reminder - For ALL Transportation needs, please contact

Dennis @ (508) 876-5133

Thank you!



Congratulations!

Congratulations to Dennis Pimenta for receiving a Certificate of Appreciation for his Exceptional Service and Dedication to the Veteran Community and the Commonwealth of Massachusetts by Govenor Healey!!

Veteran's News

VET CENTERS, their mission is to welcome home our war Veterans by providing quality readjustment services in a comfortable and safe environment. For more information contact Worcester Vet Center at 508-753-7902.



Veterans and Gold Star Families are eligible for a free lifetime pass to more than 2,000 federal recreation sites spread out across more than 400 million acres of public lands, including national parks, wildlife refuges and forests.



VA is here for you.

1-800-MyVA411 (1-800-698-2411) is always the right number

Veterans Crisis Line: 988 and press 1, Chat, or Text 838255

Vet Centers: 1-877-927-8387

Homeless Veteran Resources: 1-877-424-3838 or Chat



NEW



MEALS PROGRAM

We have partnered with Encore Catering and serve meals on Tuesdays and Thursdays at 12 noon in the dining room. Meals include the choice of an entrée or sandwich, as well as soup or salad, vegetables, dessert, coffee or tea. The fee for each meal is \$4.00. You must make a reservation at least one week in advance. Please phone Brenda, our nutrition coordinator, for additional details.



TAX WORK OFF PROGRAM:

Provide your service to the Town to receive up to \$1,000 maximum credit off of your annual property tax bill. This is for an individual only. A married couple can receive up to a \$1,500.00 credit. The maximum amount for a veteran is up to a \$1500.00 credit.

The program is offered to Blackstone seniors 60 years of age and older and qualified veterans of any age.

Available positions include Town Recycle Center, Animal Control, COA kitchen, municipal offices, and the Senior Center.

The new program begins on December 1st and it will end on November 30, 2024.

To register for this program, please phone Karen Testa at (508)876-5134 and make an appointment to complete the application and paperwork. You must provide a photo I.D. with the application.



WHAT'S HAPPENING THIS MONTH AT THE SENIOR CENTER...



National Wear Red Day

The first Friday in February (February 2nd) is *National Wear Red Day*. On this day, which is considered American Heart Month, everyone across the country dons the color red to spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation. So put on your reddest red - whether it be lipstick, a pair of pants, shoes or accessory, and wear them in support of this cause on February 2nd.



Blackstone Valley Partnership for Public Health
Serving towns of Blackstone, Douglas, Hopedale,
Mendon, Millville, Upton, Northbridge/Whitinsville, &
Uxbridge



Town of Northbridge Board of Health
14 Hill Street, Whitinsville, MA 01588
Phone (508) 234-3272



STEADI STOPPING ELDERLY ACCIDENTS AND INJURIES
FALL PREVENTION PRESENTATION

Wednesday, February 7th @ 11:00 AM

Debra Vescera, MSN, BSN, RN, Regional Public Health Nurse with Blackstone Valley Partnership for Public Health (BVPPH) will conduct a fall prevention presentation (STEADI), a fall prevention presentation based on the CDC's initiative to provide an evidence-based fall prevention program for older adults.

Participants of this presentation will learn about intrinsic and extrinsic risk factors related to falls in older adults and ways in which this risk can be reduced and minimized using various interventions.

Source: STEADI Stopping Elderly Accidents, Deaths & Injuries, CDC National Center for Injury and Prevention and Control, 2017.

BREAKFAST

"Coffee Talk" Breakfast Club

Wednesdays - 10:00am - 11:00am

Our Coffee Talk Breakfast Club continues to gather together to enjoy a cup of coffee and refreshments on Wednesdays in the dining room. There will be no Coffee Talk Breakfast meeting on

Wednesday, February 14th

January's TRAVEL "Coffee Talk" Breakfast Club will be held on Wednesday, February 21st. Please meet @ Lowell's in Mendon MA 10:00am

Breakfast is on your own. Please schedule with Dennis if you need Transportation.



Painting Classes w/Diane Mayers from Artful Dodger

1:00pm - 2:30pm \$4.00 per class. (\$24.00 for 6 week session, due at registration)

You must pre-register for this 6 week session held on Mondays!! New session dates will be Monday, February 12th, February 26th, March 4th, March 11th, March 18th and March 25th with Brenda if you are interested!

You must pay upfront for this 6 week series.



Join us at the Senior Center!!!



Valentines

Craft w/Rita

Friday, February 9th

@ 10:00

\$10.00 per person.

Please register for this class w/Brenda.

Class is limited to 12 participants.

FREE

Blood Pressure Screening

Tuesday, February 13th

11:00AM - 11:45AM

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.



One-on-One Tech Training w/BVT is BACK!!!

Monday, February 12th

10:00am - 12:00pm

Once a month appointments with Student Tech Coaches from Blackstone Valley Tech HS will be on-site to provide One-on-One, in-depth training on how to use your digital technology on your own devices, such as Smart Phones, iPads, Tablets, Laptops, etc.

Please register w/Brenda to schedule an appointment.



HAPPY BIRTHDAY

Valentines/February Birthday Celebration Luncheon

Wednesday, February 14th

@ 12:00pm

Sponsored by ???

Entertainment provided by ??

Menu??

“SWEETHEART BINGO” @1:00pm

THERE'S ALOT HAPPENING THIS MONTH AT THE SENIOR CENTER...

ATTENTION PLEASE!

New Day and Time for our Line Dancing Class!!!
Line Dancing will now be held on Tuesdays @3:00pm.
Cabaret Practice will be held @4:00.

ATTENTION PLEASE!

Blackstone Public Library
Monthly Craft at the Senior Center

Mason Jar
Tissue Holders

Thursday
February 15
12:30 PM

Location: Senior Center



Freshen up your space
with these mason jar
tissue holders!

Supplies will be provided.
No experience is
necessary.

Contact the
Blackstone Public Library
at 508-883-1931
to register.

Space is limited
to 10 spots.



Registration is required. Contact the Blackstone Public Library at 508-883-1931 to register.

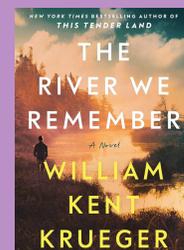
The Mason Jar Tissue Holder craft is funded by a generous donation from the Blackstone LIG ME as authorized by the Board of Library Trustees.

HAPPY
VALENTINE'S
DAY

Sweetheart BINGO
Wednesday, February 14th
@1:00pm

Special refreshments will be served,
as well as a FREE raffle.

BINGO



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

Tuesday, February 20th @ 11:00am
Join Ellen from the Blackstone Public
Library, as the group reviews
February's copy of "The River we
Remember" by William Kent Krueger.
Pick up your copy at the Senior Center.

Travel Committee Meeting

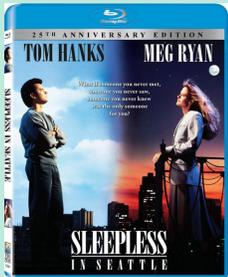
Travel Committee meets
every 3rd Thursday of the
month. Join us and share
your travel and trip ideas on
Thursday, February 15th
@11:30 am.



JOIN US FOR ALL THE FUN!!

Happy New Year from the “Friends of BCOA” group.

Our mission is to create and execute fundraising events to support the Blackstone senior center. If you would like more info about joining this fantastic team, please contact Judy Decasse @ 508-883-8977. Be on the lookout for our upcoming raffle event of 2 Bruins hockey tickets! The Friends Group will meet for their next Monthly Meeting on Wednesday, February 21st @11:30am.



Blackstone Afternoon Cinema Presents....

Sleepless in Seattle, Starring Tom
Hanks and Meg Ryan

Monday, February 26th @12:30pm

Join us for a Movie & Popcorn.

Cribbage League

Thursdays - 9:30am

Calling all Cribbage Players!!

The Cribbage league is offered on Thursday mornings and led by Linda McGilvray. Please bring a cribbage board if you have one.



Mahjong

Mahjong Class Friday's

@10:00am

Drop in to play a game OR
Learn how to play!!!



Scrabble Games

Mondays 10:30am

Drop in and play Scrabble with
others.



THERE'S MORE!!



NEW CLASS

Strength Training Exercise Equipment Classes

Wednesdays @ 10:30am

This small interactive class will be conducted on the use of the strength training machines located in the exercise area. Each class will focus on how to use the machines to strengthen your upper body and lower body. Classes will be conducted by Brenda and Karen.

You must pre-register for each

weekly class.



2nd Annual Cabaret

The Senior Center's 2nd Annual Cabaret will be held on Sunday, September 22, 2024.

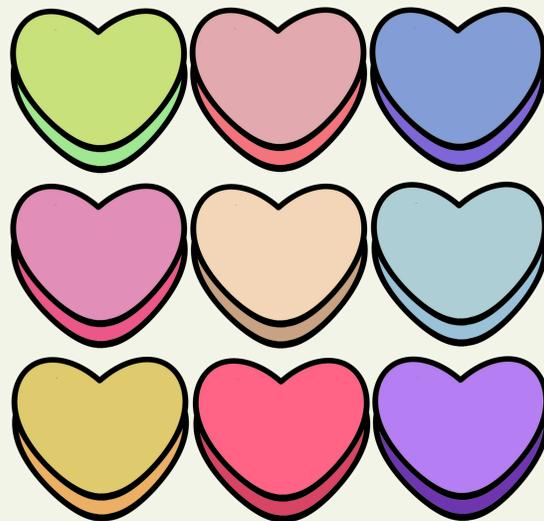
Cabaret Practice will begin on Tuesday January 23rd, and will meet every Tuesday @ 4:00pm to get ready for our Cabaret Show!!! All are welcome to participate!!!



Effective immediately, we will be accepting registrations and payments for all activities, events and luncheons on the following days and times:

**Tuesdays, Wednesdays and
Thursdays 11:00am - 1:00pm
ONLY!!!**

Please plan accordingly.



Trips!!!!

Field Trip

TO: BLACKSTONE VALLEY TECHNICAL HIGH SCHOOL

Calling all Crafters!!!!

Tuesday, February 13th

Bus leaves the Senior Center @ 9:00am and will return to the Senior Center @ 1:00pm

\$4.00 Transportation

SCHEDULE FOR THE DAY!

9:30am	Arrive at BVT in Upton, meet the Student Council students and begin craft activity.
11:00am	Lunch on your own @ The The Three Seasons Restaurant.
12:45 pm	Bus leaves BVT and Returns to the Senior Center.

Space is limited to 12 for this trip. Please call Brenda to reserve your spot.




February's Mystery Lunch
Tuesday, February 27th
\$5.00 for Transportation
Bus leaves @11:00am
and Returns @ 3:00PM
Lunch on your own.

February 18, 2024
Gremio- Lusitano Club
385 Winsor St.
Ludlow, MA

Robert Black as Elvis

Jami D as Stevie Nicks

Valentine's Day Legends Sweetheart Show!

To support 

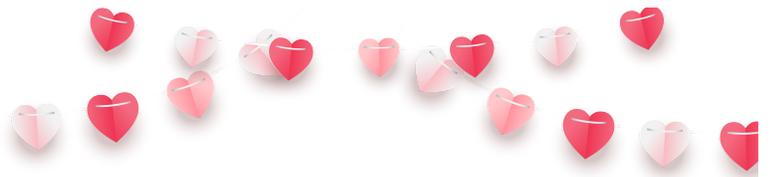
Charlie Lask as Neil Diamond

Lisa Carter as Cher

Amanda Meli as Dolly Parton

Rick Larrimore as Rod Stewart

\$45.00 per person



Valentine's Day Legends Sweetheart Show!!
Sunday, February 18th
\$45.00 includes Tickets, Dinner and Transportation
Bus leaves @ 2:00pm
Returns @ 9:30pm
Includes Pasta Dinner
Menu: Ziti, Meatballs, Salad, Rolls, Cake and Coffee



UNIPAY

support@unipayteam.com

(877) 227-1157 : Option 2

The Town of Blackstone's Collector/Treasurer's Office is pleased to announce that we will now be offering you the convenience of making payments online for real estate and personal property with UniPay by UniBank. In the near future we will be adding water/sewer and excise bills to the platform.

Unipay payments system will be replacing City Hall Systems. For those who utilized autopay with City Hall Systems you will need to log into Unipay and create your account and there you can set up your autopay payments.

The UniPay payment solution is a simple, efficient, and secure method for electronic payments allowing you to make a payment online at any time, day or night.

In addition, UniPay provides its users with the following benefits:

- Quicker payment process using pre-filled account information
 - Access to transaction payment history
 - Use of payment reminders
 - Ability to schedule payments or setup a recurring payment plan*
- *Features available on certain transaction types only

To begin making your payments online today, please complete the following:

1. Go to our website or directly to our UniPay Payment Center <https://unipaygold.unibank.com/default.aspx>
2. Click on the transaction name you'd like to pay
3. Complete the required information to submit your payment

If you have any questions, please do not hesitate to reach out to UniPay's Customer Support Team at support@unipayteam.com or call (877) 227-1157 and select Option 2.

Note from the Town Clerk's Office....

Following are the dates for 2024 Elections and Town Meetings:

March 5, 2024 Presidential Primary

April 1, 2024 Annual Town Election

May 28, 2024 Special & Annual Town Meeting

September 3, 2024 State Primary

November 5, 2024 Presidential Election

Early Voting:

Saturday, February 24, 2024: 9:00-5:00

Monday, February 26, 2024: 8:30-4:30

Tuesday, February 27, 2024: 8:30-7:00

Wednesday, February 28, 2024: 8:30-4:30

Thursday, February 29, 2024: 8:30-4:30

Friday, March 1, 2024: 8:30-12:00

In-Person Early Voting for ALL 3 PRECINCTS votes at the Main Meeting Room at the Town Hall

Deadline to Register to Vote/Change Party:

Saturday, February 24, 2024 @5:00PM

Deadline to Apply to Vote by Mail:

Tuesday, February 27, 2024 @5:00PM





THE BLACKSTONE SENIOR CENTER PRESENTS....



Gamblers Express!

Foxwoods Casino, CT

Monday, March 11th, 2024

Day Trip

Package Includes:

Package Price...\$65.00 / pp

For Information & Reservations Contact
Brenda Takkesian @ 508-876-5151

- *DELUXE ROUNDTRIP MOTOR COACH TRANSPORTATION
- *VISIT FOXWOODS CASINO WITH FREE TIME FOR GAMBLING & SHOPPING

Trip Cancellation Protection is available for only \$19.00

Foxwoods is the largest resort casino in North America! Foxwoods offers a vast array of gaming in seven casinos and many restaurant options. From low stakes to high-limit slots, we know you will find your lucky machine or discover a new one. Have a seat and see why gambling is better at Foxwoods!

* ALL TAXES



Sample Itinerary:



- 9:00 AM Bus departs from the Blackstone Senior Center
- 10:30 AM Arrive at Foxwoods Resort Casino. Enjoy free time for gambling and shopping. There is something to do for everyone!
- 3:00 PM Depart Foxwoods Casino for home



FOXWOODS[®]
RESORT ♦ CASINO



All NEW Nutrition Program with a New Catering Company!! Our Seniors are enjoying their NEW menu choices of a Hot or Cold lunch, quality and price!! Join us Tuesdays and Thursdays @12:00pm \$4.00 per meal

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

FEBRUARY



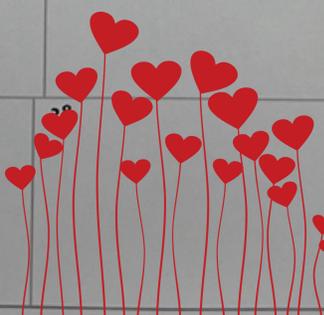
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1 French lentil soup Roasted pork loin w/ gravy Roasted potatoes Green beans Jello Roll Ham & cheese sandwich</p>	<p>2</p>
<p>5</p>	<p>6 Chicken escarole soup Pepper steak Roasted potatoes Roasted zucchini w/ tomato Oatmeal cookie Ww Roll Egg salad plate</p>	<p>7</p>	<p>8 Tomato soup Italian style pork chop Roasted potatoes Mixed vegetables Ww Roll Cup cake Chicken salad plate</p>	<p>9</p> 
<p>12</p>	<p>13 Navy bean soup Baked rigatoni w/meatballs Green beans w/stewed tomatoes Garlic bread Lorna doone cookie Seafood salad sandwich</p>	<p>14</p>	<p>15 Minestrone soup Veal patty w/ mushrooms Roasted vegetables Sweet potato Ww Roll Sliced peaches Spinach salad w/ chicken</p>	<p>16</p>
<p>19</p> <p>Closed</p>	<p>20 Vegetable barley soup Beef Teriyaki Fried rice Snow peas Ww Roll - Pudding Chicken salad on rye</p>	<p>21</p>	<p>22 Kale & bean soup Sliced turkey w/ gravy Buttered corn Stuffing Fresh fruit – Ww roll Tuna salad plate</p>	<p>23</p>
<p>26</p>	<p>27 Venus de milo soup Meatball & pepper sandwich Roasted potatoes Ww roll Fig newton Spinach salad w/chicken</p>	<p>28</p> 	<p>29 Lentil & pea soup Salisbury steak w/ gravy Mashed potatoes Sweet corn Ww Roll Tropical fruit Ham & Swiss on rye</p>	

You need to make a reservation 1 week in advance w/Brenda (508) 876-5151!!

BOSTON **BRUINS** RAFFLE **BRUINS**

VS.

ST. LOUIS BLUES

MONDAY, MARCH 11TH @ 7:00PM



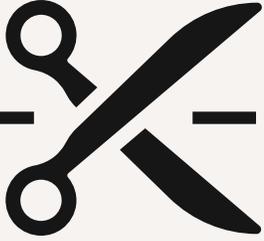
\$5.00 EACH

OR

5 TICKETS FOR \$20

DRAWING FEBRUARY 28TH

SPONSORED BY THE FRIENDS OF BCOA



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

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