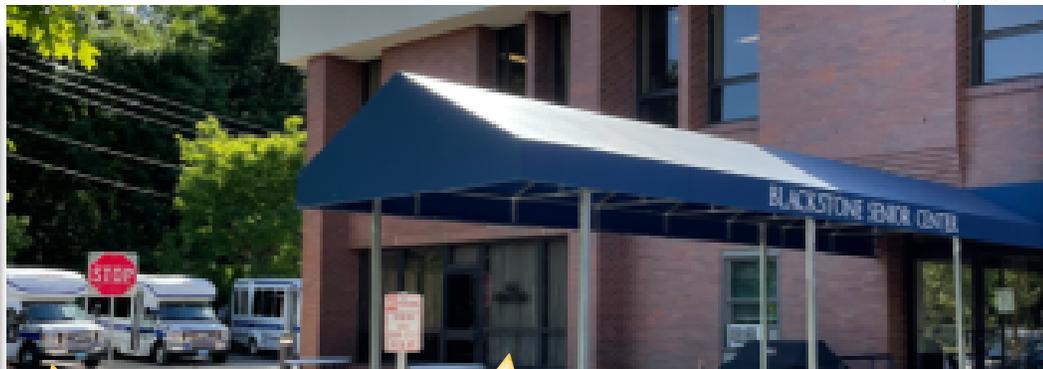
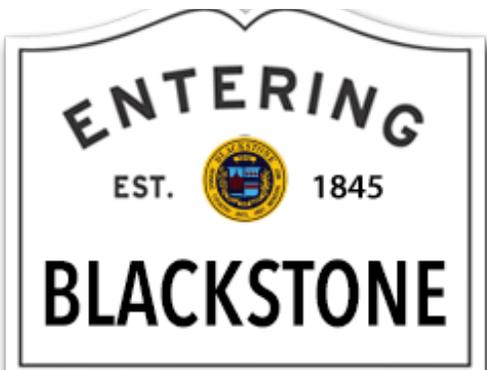


Blackstone Council on Aging (COA) JANUARY 2024 Newsletter



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

2024



**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



JANUARY

- January 1st - New Years Day (CLOSED)
- January 4th - BCOA Meeting @10:00am
- January 15th - Martin Luther King, Jr Day (CLOSED)
- January 17th - January Birthday Luncheon

**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

Happy
New Year

2024

Dear Friends,

Happy New Year!

Once again, we look forward to another successful year of providing a host of innovative, exciting and fun programs to enrich the lives of our participants.

Thank you to everyone who attended our Annual Christmas Luncheon at Savini's Pomodoro on December 19th. The food, company and conversation were perfect. Special thanks to the Friends Group for co-sponsoring this event to make it affordable for everyone to enjoy. We look forward to having our 3rd Annual Christmas party at Savini's!

Did you know that a suggestion container is located in the exercise area of the Senior Center? We are always seeking input for suggestions, programs, events and trip ideas, etc. Please feel free to share any of this information with us.

On behalf of our staff, I wish you good health and endless blessings in the upcoming New Year. We will continue to work together to spread kindness, cheer and bright days!



Warmest personal regards,

Karen Testa

Karen Testa Leone, Director



Outreach Corner - January

Kayla Cardin - Outreach Coordinator
(508) 876-5135



Blue Cross/Blue Shield Presentation Tuesday, January 23rd FREE - 11:00am

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me? (45 min)
For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to reevaluate your choices each year. Circumstances change, and so can your health plan. While we won't delve into Blue Cross plan details, you will leave with a clear understanding of which type of plan best fits your needs.

What We'll Cover: What's Original Medicare, Differences between Medicare Supplement and Medicare Advantage Plans, Do I need Prescription Drug Coverage?
Real-life case studies, Resources to help you in the decision process.

SMOC Update

SMOC has been working diligently on processing emergency applications and repairs. As of mid-November, SMOC had received over 2,700 applications. All applications completed with Kayla, have been mailed. To check on the status of your application, you can call 508-620-1230 and use the automated system to confirm that SMOC has received your application. You will receive correspondence from SMOC in the mail, letting you know if they need additional documents and/or with your decision of approval or denial.



Pop-up Mobile Food Pantry Monday, January 22nd@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!!



Housing

Affordable housing is one of the greatest needs in Blackstone, especially for our seniors and disabled community members. We have two subsidized housing options in Blackstone: Joseph D. Early Village Apartments and the Massachusetts state-run Blackstone Housing Authority at Fox Brook Manor. Both housing options have an extensive wait list of 3-5 years. Ensure that you are planning ahead and apply now for subsidized housing.

2024

January

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>Senior Center CLOSED NEW YEAR'S DAY</p>	<p>2</p> <p>9:00am Strength Training 10:00am Chair Yoga 12:00pm LUNCH</p>	<p>3</p> <p>10:00am Coffee Talk Breakfast 10:30am Strength Fitness Equipment class 1:00pm BINGO</p>	<p>4</p> <p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 9:30am Cribbage 10:00am BCOA Meeting 11:15am Journey through Grief 12:30pm Knitting Group 1:15pm Aging Gracefully</p>	<p>5</p> <p>10:00am Mahjong</p> <p>Senior Center closes at 12:00pm</p>
<p>8</p> <p>10:00am Sassy Seniors Dance Class 10:30am Scrabble games 1:00pm Paint Class 1:00pm Line Dancing</p>	<p>9</p> <p>9:00am Strength Training 10:00am Chair Yoga 11:00am Blood Pressure Clinic 12:00pm LUNCH</p>	<p>10</p> <p>10:00am Walmart 10:00am Coffee Talk Breakfast 10:30am Strength Fitness Equipment class 1:00pm BINGO</p>	<p>11</p> <p>9:00am Tai Chi (Beg.) 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>12</p> <p>10:00am Mahjong</p> <p>Senior Center closes at 12:00pm</p>
<p>15</p> <p>Senior Center CLOSED Martin Luther King, Jr Day</p>	<p>16</p> <p>9:00am Strength Training 10:00am Chair Yoga 10:00am BVT Tech Training 11:00am Blood Pressure Clinic 11:00am Book Club 12:00pm LUNCH 5:30pm Finish Cafe`</p>	<p>17</p> <p>10:30am Strength Fitness Equipment class 12:00pm January Birthday Luncheon 1:00pm BINGO</p>	<p>18</p> <p>9:00am Tai Chi (Beg.) 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>19</p> <p>10:00 am Mahjong</p> <p>Senior Center closes at 12:00pm</p>
<p>22</p> <p>10:00am Sassy Seniors Dance Class 10:00am Pop-up Pantry 10:30am Scrabble games 11:00am Mystery Lunch 1:00pm Paint Class 1:00pm Line Dancing</p>	<p>23</p> <p>9:00am Strength Training 10:00am Chair Yoga 11:00 am BC/BS Presentation 12:00pm LUNCH</p>	<p>24</p> <p>10:00am Walmart 10:00am Coffee Talk Breakfast 10:30am Strength Fitness Equipment class 11:30am Friends Group Meeting 1:00pm SNOWFLAKE BINGO</p>	<p>25</p> <p>9:00am Tai Chi (Beg.) 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>26</p> <p>10:00 am Mahjong</p> <p>Senior Center closes at 12:00pm</p>
<p>29</p> <p>10:00am Sassy Seniors Dance Class 10:30am Scrabble games 1:00pm Paint Class 1:00pm Line Dancing</p>	<p>30</p> <p>9:00am Strength Training 10:00am Chair Yoga 12:00pm LUNCH 12:30pm Blackstone Afternoon Cinema</p>	<p>31</p> <p>10:00am TRAVEL Breakfast 10:00am Walmart 10:30am Strength Fitness Equipment class 1:00pm BINGO</p>		

Mondays

- 10:00am - Sassy Seniors
Intro to Dance
- 10:30am - Senior Scrabble
- 1:00pm - Line Dancing

Tuesdays

- 9:00 am - Strength Training
- 10:00 am - Chair Yoga

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.



SNOW ANGELS PROGRAM VOLUNTEERS NEEDED

The Snow Angels program is a voluntary snow removal service for seniors and persons with disabilities living independently. The program's goal is to help bring together residents who want to keep their sidewalks clear, but are physically unable to do so, with volunteers who want to help their community.

To become a Snow Angel you must be at least 18 years of age and older or between the ages of 13-17 with a safe mode of transportation.

Please contact Karen Testa @508-876-5134 to be a Snow Angel!!



Thank you so much to Jeanne Conine and Violet Theroux for the donation of 4 Tickets to "How the Grinch Stole Christmas" Musical. Raffle sponsored by The Friends of Blackstone Senior Center.



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

Just a reminder - For ALL Transportation needs,

please contact Dennis @ (508) 876-5133

Thank you!



Walmart

Walmart Shopping
2nd and 4th Wednesday
of the Month

10:00am to 12:00pm

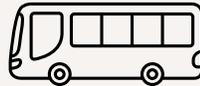
We will transport passengers to the Walmart Supercenter in North Smithfield, RI on Wednesday, January 10th and Wednesday, January 24th



Market Basket Shopping
3rd Thursday of the Month

10:00am to 12:00pm

We will transport passengers to Market Basket in Bellingham, MA on Thursday, January 18th



As a Reminder

Please schedule your Transportation needs as soon as you receive a new appointment as we are already scheduling appointments for January 2024 and after.



TOWN OF BLACKSTONE'S REVERSE NOTIFICATION SYSTEM

Would you like to be included on the Town's reverse notification system? If so, please call the general business number @ (508-883-1030) and request to be placed on the Town's reverse notification system.



MORE INFO



Veteran's News



Did you know that the State of Mass. has a women Veteran's network? They can be reached on line at [MASS.GOV/WOMENVETERANS](https://www.mass.gov/womenveterans) or by calling 617-210-5480.



Be Aware of PACT Act Scams

Scammers are taking advantage of new opportunities to commit fraud. There has been an increase in scams since introducing the new law last year. Be on the lookout for PACT Act-related phishing emails and calls targeting Veterans to access their PACT Act benefits or submit claims on their behalf.



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



The Vietnam Veteran's Memorial Wall in Fall River at Veteran's Memorial Park 1082 Davol St. Fall River is an 80% scale size to the Vietnam Veteran's Memorial Wall in Washington, DC. This site is free and open to the public during park hours from dawn to dusk.



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

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, January 17th

January's TRAVEL "Coffee Talk" Breakfast Club will be held on Wednesday, January 31st. Please meet @ Main Street Cafe @85 Main Street, Woonsocket 10:00am

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

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

Tuesday, January 16th

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

January Birthday Celebration Luncheon

January 17th @ 12:00pm

Sponsored by Bob Morse!!

It's a Pizza Party!! Celebrate January Birthdays with your friends here at the Senior Center!! Entertainment will be provided!! Pizza, Salad, coffee and dessert will be served!!!



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

Tuesday, January 16th @ 11:00am

Join Ellen from the Blackstone Public Library, as the group reviews January's new Novel "Lady Tan's Circle of Women"

written by Ann Napolitano. Pick up your copy at the Senior Center.

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

Blackstone Public Library
Monthly Craft at the Senior Center

Watch
Snowman

Thursday
January 18
12:30 PM

Location: Senior Center



Time ticks away with each new year, and every month brings another craft!

This watch snowman craft with Jean uses recycled watches to make fun 3D art.

Supplies will be provided.
No experience is necessary.

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

Space is limited to 15 spots.

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

The Watch Snowman craft is funded by a generous donation from the Blackstone LIG MEG as authorized by the Board of Library Trustees.



January's Mystery Lunch
Monday, January 22nd
\$5.00 for Transportation
Bus leaves @11:00am
and Returns @ 3:00PM
Lunch on your own.



Travel Committee Meeting

Travel Committee meets every 3rd Thursday of the month. Join us and share your travel and trip ideas on Thursday, January 18th @11:30 am.



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.



JOIN US FOR ALL THE FUN!!



Painting Classes w/Diane Mayers from Artful Dodger

1:00pm - 2:30pm \$4.00 per class.

You must pre-register for this 6 week session held on Mondays December 4th, 11th, January 8th, January 22nd, January 29th and February 5th with Brenda if you are interested!

You must pay upfront for this 6 week series.



NEW! "Finish Cafe" (a.k.a. "Stitch & Bitch")



Tuesday, January 16th
5:30pm - 7:00pm



Join us at our new "Finish Cafe" where participants will gather to have a cup of coffee, chat, get creative and bring in a project that they may have begun and never have had the opportunity to "finish". This group will meet on the third Tuesday of each month, 5:30pm - 7:00pm at the Senior Center. If you are interested in joining this group, please register with Brenda.



Blackstone Afternoon Cinema Presents....

"Somethings Gotta Give" Starring Jack Nicholson and Diane Keaton
Tuesday, January 30th @12:30pm
Join us for Lunch at 12:00, then 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.

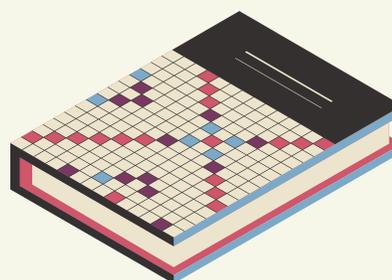


NEW

Scrabble Games

Mondays 10:30am

Drop in and play Scrabble with others.





THERE'S MORE!!



Mahjong
Mahjong Class Friday's
@10:00am
Drop in to play a game OR
Learn how to play!!!

FREE
Blood Pressure Screening
Tuesday, January 9th
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.

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

Auditions for performers will be held on Monday, January 8th at 2:30 PM.

Come show us your talent and audition to be part of this performance!

SAVE THE DATE



IMPORTANT MESSAGE

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!!!

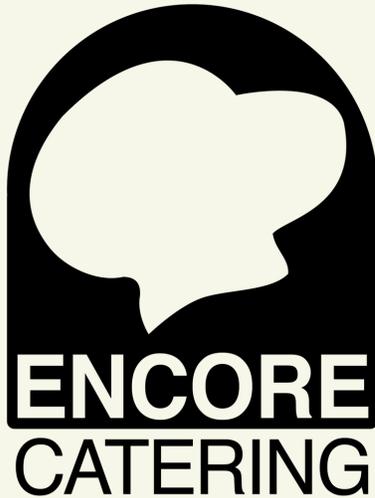
Please plan accordingly.

Happy NEW YEAR 2024



YUP..THERE'S MORE!!

NEW



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.



Friends Fundraising Group

The next Friends Group meeting will be Wednesday, January 24th @11:30am.

We are always looking for new members.

Please call the Senior Center if you are interested in helping the Friends Group with fundraising ideas and events.

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 \$5.00. You must make a reservation at least one week in advance. Please phone Brenda, our nutrition coordinator, for additional details.



Snowflake Bingo Wednesday, January 24th

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

BINGO

All NEW Nutrition Program with a New Catering Company!! Our Seniors are loving their NEW menu choices of a Hot or Cold lunch, quality and price!!

Join us Tuesdays and Thursday @12:00pm
\$4.00 per meal

SERVING SIZES

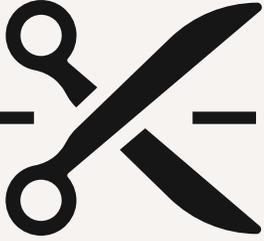
- Grains – 2 ounces
- Vegetables – ½ cup
- Fruits – ½ cup
- Protein – 3 ounces
- Dairy – 1 cup

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed	2 Tomato Soup Shepard's pie Mashed Potatoes Roll Oatmeal Cookie Chicken Salad on Rye	3	4 Mushroom barley soup Chicken cacciatore Roasted potatoes Green beans Cake Roll Chef salad	5
8	9 Escarole bean & sausage soup Lasagna roll up w/meat sauce Waxed beans Oatmeal cookie Garlic bread Seafood salad plate	10	11 Chicken noodle soup Pork roast w/ gravy Rice pilaf Mixed vegetables Ww Roll Sliced peaches Chicken salad plate	12
15 Closed	16 Pasta fagioli Baked Tuscan chicken Rice pilaf Zucchini w/ tomatoes Ww Roll Cake Corned beef on rye	17	18 Cream of broccoli soup Slow cooked pulled pork Roasted sweet potatoes Roasted vegetables Roll Apple slices Tuna salad plate	19
22	23 Tomato soup Chicken Teriyaki Fried rice Snow peas Ww Roll - Pudding Roast beef sandwich	24	25 Kale & bean soup Pot roast w/ gravy Green beans Mashed potatoes Roll - Jello Tuna salad plate	26
29	30 Fresh fruit Beef stew Tossed salad Roll Oatmeal cookie Corned beef on rye <i>Tuna Salad Plate</i>	31		



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



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