

Blackstone Council on Aging (COA) MAY 2024 Newsletter



SPRING



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



May

May 2nd BCOA Meeting
May 15th May Birthday Luncheon
May 21st Summer Concert Series
May 27th Memorial Day - CLOSED
May 28th Special Town Meeting

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

**SPECIAL
DATES TO
REMEMBER!!**

Notes from the Director

Dear Friends,

I hope this message finds you all in good health and high spirits. I want to inform you that I have submitted my resignation as Director of the Council on Aging. While it's not an easy decision, I believe it is the right one for me at this time.

Working with the senior population in Blackstone has been one of the most fulfilling experiences of my career. Each day, I have been inspired by your resilience, wisdom, and zest for life. Your stories, laughter, and warmth have enriched my life in ways I cannot fully express.

Though my time as Director has been brief, it has been filled with countless memories that I will cherish forever. From our engaging activities to our heartfelt conversations, every moment spent at the Senior Center has been a true joy. My sincere thanks to the Senior Center staff. Working alongside you for the past two years has been an absolute privilege and pleasure. Thank you for being simply amazing.

As I move on to new opportunities, please know that I will carry the lessons I have learned and the friendships I have formed with me always. While I may no longer be in this role, my commitment to supporting and advocating for seniors remains unwavering.

I want to express my deepest gratitude to each and every one of you for welcoming me into your community with open arms. Your kindness, camaraderie, and wisdom have left a lasting impact on me, and for that, I am truly grateful.

As I bid farewell to my role as Director, I do so with a heart full of fond memories and a smile on my face. Thank you for allowing me to be a part of your lives, and I wish you all continued happiness, health, and prosperity in the days ahead.



Warmest personal regards,

Karen Testa

Karen Testa Leone, Director



Outreach Corner - MAY 2023

Kayla Cardin - Outreach Coordinator
(508) 876-5135



SMOC Update

If you applied for heating assistance between October 2023-April 2024 and your application is currently listed as incomplete, you have until May 31, 2024 to gather your missing documents and send them to SMOC. For assistance, please contact Kayla Cardin, Outreach Coordinator or SMOC at 508-620-1230.



Section 504 Home Repair Program

The U.S. Department of Agriculture has a program that provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards. The maximum loan amount is \$40,000 and the maximum grant amount is \$10,000. For more information, you may contact Kayla Cardin, Outreach Coordinator or the Southern New England Rural Development State Office in Amherst, MA at 413-253-4300.



Prescription Advantage

Prescription Advantage is a state-sponsored program that provides financial assistance to lower the cost of prescription drugs for Massachusetts residents ages 65 and over. This program is intended to assist those who are not on Massachusetts Medicaid (MassHealth) to offset high prescription costs. If you are not enrolled in a prescription plan (Part D), you can apply for this program and will be awarded a special enrollment period to select a Part D prescription drug plan outside of the Medicare Open Enrollment window. The application is easy and can be found online at www.mass.gov/info-details/prescription-advantage



May



Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1 Walking Club 9:30am Coffee Talk Breakfast Club 10:00am Tools for Caregivers 10:00am Strength Fitness Equipment 10:30am Qigong 11:30 BINGO 1:00pm</p>	<p>2 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am BCOA Meeting 10:00am Journey through Grief 11:15am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>3 Mahjong 10:00am Senior Center closes at 12:00pm</p>
<p>6 Game Day 10:00am Painting Class 1:00pm Mother's Day Tea 1:00pm</p>	<p>7 Strength Training 9:00am Chair Yoga 10:00am Lunch 12:00pm Line Dancing 3:00pm</p>	<p>8 Walking Club 9:30am Coffee Talk Breakfast Club 10:00am Tools for Caregivers 10:00am Walmart 10:00am Strength Fitness Equipment 10:30am Qigong 11:30 BINGO 1:00pm</p>	<p>9 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am Journey through Grief 11:15am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>10 Mahjong 10:00am Craft w/Nancy 10:00am Senior Center closes at 12:00pm</p>
<p>13 Game Day 10:00am Mystery Lunch Trip 11:30am Painting Class 1:00pm</p>	<p>14 Strength Training 9:00am Chair Yoga 10:00am BVT Tech Class 10:00am Blood Pressure Clinic 11:00am Lunch 12:00pm Line Dancing 3:00pm</p>	<p>15 Walking Club 9:30am Coffee Talk Breakfast Club 10:00am Tools for Caregivers 10:00am Strength Fitness Equipment 10:30am Friends Group Meeting 11:30am Qigong 11:30 May Birthday Lunch 12:00pm BINGO 1:00pm</p>	<p>16 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Market Basket 10:00am Cribbage 9:30am Journey through Grief 11:15am Lunch 12:00pm Craft w/Jean 12:30pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>17 Mahjong 10:00am Senior Center closes at 12:00pm</p>
<p>20 Blithewold Mansion 9:45am Game Day 10:00am Pop-up Pantry 10:00am Painting Class 1:00pm</p>	<p>21 Strength Training 9:00am Chair Yoga 10:00am Book Club 11:00am Lunch 12:00pm Senior Tea @HS 2:30pm Line Dancing 3:00pm Concert Series featuring Catnip Junkies 6:00pm</p>	<p>22 Walking Club 9:30am Photo Preservation 9:30am Coffee Talk Breakfast Club 10:00am Tools for Caregivers 10:00am Walmart 10:00am Strength Fitness Equipment 10:30am Qigong 11:30 BINGO 1:00pm</p>	<p>23 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am Journey through Grief 11:15am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>24 Mahjong 10:00am Senior Center closes at 12:00pm</p>
<p>27 SENIOR CENTER CLOSED MEMORIAL DAY</p>	<p>28 Strength Training 9:00am Chair Yoga 10:00am Lunch 12:00pm Movie & Popcorn 12:30pm Line Dancing 3:00pm SPECIAL TOWN MEETING</p>	<p>29 Walking Club 9:30am Coffee Talk "TRAVEL" Breakfast Club 10:00am Tools for Caregivers 10:00am Strength Fitness Equipment 10:30am Qigong 11:30 BINGO 1:00pm</p>	<p>30 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am Journey through Grief 11:15am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>31 Mahjong 10:00am Senior Center closes at 12:00pm</p>



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

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, April 10th and Wednesday, April 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, April 18th



*****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!

thank you 

Friends of BCOA

thank you 

Happy Mother's Day! Many thanks to Ron & Bob Morse and family along with our dedicated Friends of BCOA team for organizing a SOLD OUT Bingo event in memory of Pauline Morse, Our thanks as well to GoodStuff Smokehouse for hosting a delicious fundraiser there on April 4th. Our senior center is so blessed to have the support of such generous sponsors!

The Friends group is currently running a Mother's Day raffle for \$150 gift card to Massage Envy, a Father's Day raffle for 4 rounds of golf at Wentworth Hills in Plainville and our candy bar fundraiser. Thank you all for your continuing participation in all these events. The Friends group has sponsored the entertainment of beautiful harp music at our Mother's Day tea this month, as well as all the talented entertainment at our community-wide monthly Summer Concert series beginning in May which will be free for all. Please call Judy Decasse at 508-883-8977 if you want to learn more about this creative group.



Veteran's News



Wreaths Across America Radio

A 24/7 internet radio station that airs podcasts and radio shows aimed at educating and entertaining Veterans, has made a major expansion to its programming lineup. With a commitment to providing diverse and engaging content, the web-based platform now offers more than 50 shows, including seven new Veteran-themed programs.

<https://www.wreathscrossamerica.org/newsroom/wreathscrossamericaradio>

VA



U.S. Department of Veterans Affairs

Veteran's

Are you in financial need? The state offers a program for veterans in need, it is called Chapter 115. Contact me at 508-876-5133 and we can discuss your issues; I might be able to help you. My office hours are Tuesdays and Thursdays from 1:30 PM to 4:00 PM



Pop-up Mobile Food Pantry

Monday, May 20th @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!!



MEALS PROGRAM

If you do not enjoy eating at home alone, we invite you to join us at our Nutrition site. Each Tuesday and Thursday, we serve a delicious and nutritious meal at the affordable price of \$4.00 at 12:00pm in the dining room of the Senior Center. Meals include the choice of an entrée or sandwich, soup or salad, vegetable, dessert, coffee or tea. You must make a reservation at least one week in advance. Please phone Brenda at (508) 876-5151 for additional details.



Mother's Day Tea-riffic Tea Party

Monday, May 6th
1:00 PM – 3:00 PM

****FREE****



We will celebrate all mothers, grandmothers, adoptive mothers, Godmothers and more in honor of Mother's Day.

Attendees will once again enjoy the sounds of seasoned professional, Teresa Tafuri, harpist.

Do you have a favorite song that you would like Teresa to play? Please leave your recommendation with Brenda when you register.

You will enjoy finger sandwiches, sweets and a variety of teas.

This event is sponsored by Friends of BCOA and UniBank!

UNIBANK

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



CRAFTS & MORE !!

NEW Crafts w/Nancy

Spring Craft

Friday, May 10th @9:30am - \$12.00 per person

This class is limited to 12 participants!
Come join Nancy to create a Spring Craft. Supplies will be provided, and no experience necessary.
Look for the finished project soon.



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 Mondays, April 8th, April 22nd, April 29th, May 6th, May 13th and May 20th.
Sign up with Brenda if you are interested!
You must pay upfront for this 6 week series.

Would you like to volunteer to teach a craft class at the Senior Center?
Please contact Brenda @ 508-876-5151 for more information.

Blackstone Public Library
Monthly Craft at the Senior Center

Button Bouquet

Thursday
May 16
12:30 PM

Location: Senior Center



Who wouldn't love a fresh spring bouquet that will never wilt? Come and learn how to make that happen with this button bouquet craft!

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. Signups begin Tuesday, April 16.

You must be 60 years of age or older, or a member of the Blackstone Senior Center, to register for this program.

Registration is required. You must be 60 years of age or older, or a member of the Blackstone Senior Center, to register for this program. Contact the Blackstone Public Library at 508-883-1931 to register.
The Button Bouquet craft is funded by a generous donation from the Blackstone LIG MEG as authorized by the Board of Library Trustees.

Spring

BLACKSTONE PUBLIC LIBRARY

We can bring the library to you! The Blackstone Public Library's Homebound Delivery Program brings library materials, including books, audiobooks, CDs, DVDs, and magazines, to residents of Blackstone.

If you do not have access to the library due to permanent or temporary physical limitations and would like to be part of this program, or if you know of anyone who would benefit from this program, please contact:

Ellen Goudreau
Blackstone Public Library
508-883-1931
egoudreau@cwmar.org



Save the date!!!!

June 12nd - June Birthday Luncheon/Summer Kickoff sponsored by Lions Club

June 18th - Evening Concert Series
Featuring: Robert Black

HAPPY BIRTHDAY

Monthly Birthday Luncheon

Wednesday, May 15th @12:00pm
\$5.00 per lunch

Menu: Chicken soup, Pork chop Italiano, Sweet potatoes, Green beans, Roll, Fresh Fruit OR Italian grinder.

Special Birthday dessert!!
Entertainment will be provided by Heather Rae



Join us 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.

Please call Dennis @ (508) 876-5133 if you need transportation to the Senior Center.

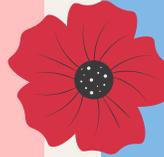


Blackstone Memorial Day Parade

Sunday, May 26th @1:00pm

MEMORIAL DAY

Do you want to be part of the Council on Aging Memorial Day Parade?? Let us know if you would like to ride on the float, walk or ride on the Senior Van!!



One-on-One Tech Training w/BVT

Tuesday, May 14th

10:00am - 12:00pm



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.



Blood Pressure Screening

Tuesday, May 14th

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.

Ester Jalbert, RN will conduct FREE blood pressure screenings in the Senior Center dining room for your convenience.



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

ATTENTION PLEASE!

New day and time for our Line Dancing Class!!!
Line Dancing is held on Tuesdays @3:00pm.

ATTENTION PLEASE!

Join instructor Faith Kennedy as she leads this NEW **8 week Session** on **Qigong**.

Beginning, Wednesday, April 10th
@11:30am - \$3.00 per class



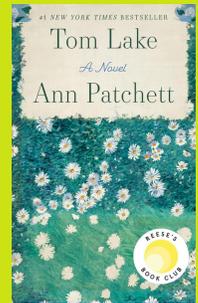
Qigong improves quality of life through slow meditative movements, standing or sitting, and offers a variety of benefits.

Some of the benefits are:

- Reduces stress
- Boosts immune system
- Reduces falls and better balance
- Helps to balance emotions



Please register for this class w/Brenda.



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

Tuesday, May 21st @11:00am
Join Ellen from the Blackstone Public Library, as the group reviews the May book, "Tom Lake" by Ann Patchett. Pick up your copy at the Senior Center.

Blackstone Afternoon Cinema Presents....

"Nights in Rodanthe"
Starring Richard Gere and Diane Lane

Tuesday, May 28th @12:30pm
Join us for a Movie & Popcorn.



HELLO SPRING



JOIN US FOR ALL THE FUN!!

NEW

***NEW* Senior Walking Club**

Wednesdays @9:30am - 10:30am

Meet @Canal Street Entrance to the Blackstone River Greenway Bike path. Please let us know if you are interested and will need transportation.

Enjoy the fresh air and friends while getting some exercise.



NEW!



Mondays are for Playing Games with your friends at the Senior Center!!

10:00am - FREE

We have a variety of games to play OR bring your favorite game to play with others.

Monday, May 27th

CLOSED



Special Town Meeting Monday, May 28th



Trips!!!!

May's Mystery Lunch
Monday, May 13th
\$5.00 for Transportation
Bus leaves @11:30am
and Returns @ 2:30PM
Lunch on your own.

Road Trip!



April's TRAVEL "Coffee Talk" Breakfast Club
will be held on Wednesday, May 29th
PLEASE MEET @James' Breakfast & More
850 Franklin Street, Wrentham
@ 10:00am
Breakfast is on your own. Please schedule
with Dennis if you need Transportation.



Blithewold Mansion Tour & Tea Trip
Monday, May 20th
Bus leaves the Center @9:45am
Bus returns to the Center @4:00pm
\$62.00 per person



SIGN UP

Afternoon Tea has always been a great way to begin or end a special day at Blithewold Mansion Gardens & Arboretum. Sit back and relax while delighting in a cup of tea, freshly baked scones w/sweet cream, and a 3-tiered tray filled with sweets and savory treats. Simply luxurious!

9:45am	Bus Leaves the Senior Center
11:00am	Arrive at Blithewold
11:30am - 1:00pm	Tour the mansion and gardens
1:00pm - 2:30pm	Afternoon Tea Party

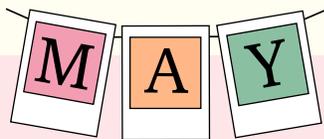


Comfortable walking shoes and weather appropriate attire are recommended for touring the gardens and grounds. Also note that the house is not air-conditioned but on warm days the breeze off the bay keeps the mansion quite comfortable.

New - Recipe of the Month



Massachusetts
Councils On Aging



Nutrition News You Can Use Written by Jasmin Dieb

May – Celiac Disease Awareness Month

Since May is Celiac Disease Awareness Month it's a great time to tackle misinformation that surrounds the gluten-free diet and celiac disease.

Gluten is a general name for proteins found in most wheat products such as wheat, rye, and barley. Celiac disease, like most autoimmune diseases, are more common in women. Celiac disease is an autoimmune disorder, whereas gluten intolerance is a sensitivity. Unlike celiac disease, gluten does not cause long-term harm to someone's body. This is known as non-celiac gluten sensitivity. The only treatment for celiac disease is a gluten-free diet.

Here are tips from Johns Hopkins Medicine:

- o Avoid all products with barley, rye, triticale (cross between wheat and rye), farina, graham flour, spelt, einkorn, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein, semolina, and any other type of flour that is not labeled "gluten-free"
- o Be wary of oat, corn, and rice products – they do not contain gluten, but they can be contaminated with wheat gluten if they're produced in factories that also make wheat products. Look for warning labels on packaging
- o Substitute with potatoes, rice, soy, quinoa, or buckwheat
- o Use corn flour and starches as thickeners to mimic thickness that gluten provides in foods
- o Understand hidden terms for gluten – emulsifiers, dextrin, mono- and di-glycerides, seasonings, and caramel colors all can contain gluten.
- o Separate kitchen tools (utensils, cutting boards) that are used to prepare gluten foods from gluten-free kitchen tools to avoid cross-contamination
- o When eating out, ensure you ask for a gluten-free menu and/or let the restaurant know about your condition
- o Stay in touch with your PCP or pharmacist to ask if certain medications/drug store products contain gluten

VEGETABLE HASH BREAKFAST BOWL Ingredients:

- 1 sweet potato, finely diced
- 1 red bell pepper, finely diced
- 2 cups of broccoli florets
- ½ sweet onion or red onion, finely diced
- ½ avocado, sliced thinly
- 2 eggs
- Extra virgin olive oil
- Salt, black pepper, garlic powder, cinnamon, chili powder

Instructions:

1. Preheat the oven to 400.
2. Finely dice the sweet potato and place the cubes onto a baking sheet with aluminum foil.
3. Coat the sweet potato with olive oil and season with salt to taste. Season with black pepper, chili powder, and cinnamon. (I don't measure but black pepper is to taste, and the chili powder/cinnamon was less than ½ TSP each. So, it's up to you!)
4. Mix well with your hands and make sure the sweet potato is spread out evenly. (You don't want them touching as much to ensure they all cook evenly)
5. Bake in the oven until soft and tender.
6. Prepare the avocado, red bell pepper, onion, and broccoli. If the broccoli florets are too big, you can chop them into smaller chunks.
7. Grab a large frying pan and place it on medium-high heat onto the stovetop. Pour in 2 TBSPS olive oil and add in the onion and red bell pepper. Sauté until the onion turns light brown. Add in the broccoli.
8. Season with salt and black pepper to taste. Keep sautéing. The sweet potato should be done soon, so once they are, gently take them out of the oven and add them into that large frying pan.
9. Mix the contents together. Taste for salt and black pepper, add if necessary.
10. Once the broccoli is fully cooked, place the frying pan onto the side and grab a medium sized frying pan to cook the eggs.
11. Drizzle 1 TBSP of olive oil into the pan on medium-low heat. Once the olive oil simmers crack in each egg.
12. Cover the pan until they are cooked to your liking.
13. Grab a serving bowl and add in the vegetable hash into a bowl. Layer on the 2 eggs. Add on your sliced avocado.

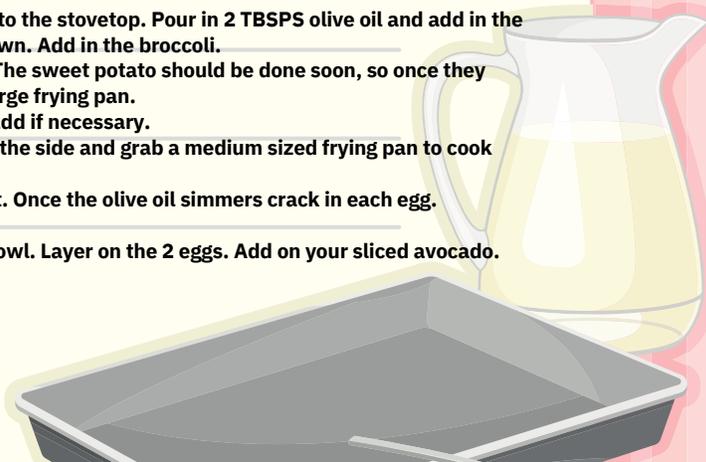


Photo restoration/Media Digitized/Custom Printing/Movie Film Transfer

Wednesday, May 22nd

Pay on your own!

Appointments will begin @9:30 and will be every 10 minutes

Media Digitized to DVD/USB

VHS/VHS-C, 8mm/Hi-8
Mini-DV, DVDs

Photos (Singles or
Complete Photo Albums)

Slides (Singles or Trays)
Negatives up to 8"x10"

Audio Cassette Tapes
To DVD and/or USB



413-442-6411 markswirskyphoto.com

My specialty is preserving all of your special moments and memories. I convert 8mm & 16mm Movie Film Reels, Videotapes of all formats, Audio Cassette Tapes, and Photos & Slides to a digital format - either DVD and/or USB Thumb Drive. I also do Photo Restoration: scan your faded, cracked, discolored or torn photographs, restore a digitized version of your damaged photos back to new, and sometimes even better - and offer printing of any size up to 13x19". With 50 years experience, working from my home in Needham, Massachusetts, I continue serving the Berkshires & Boston areas, as well as receiving orders from around the US.

Photo Restoration

Damaged, Faded & Discolored
Photos are Digitized,
Repaired & Printed



Custom Printing

Your Photos & Digital Files or
Photo Restorations Printed
Any Standard Size or Custom Size
from Postage Stamp to 13x19

Mark Swirsky Photography & Services

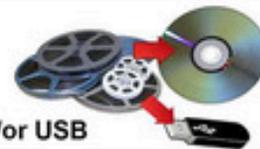
I've been loving what I do for a very long time



Movie Film Transfer

All Formats - 8mm, Super 8mm
& 16mm Movie Film
Digitized to DVD/USB

8mm
Super 8mm
16mm



To DVD and/or USB

Videotapes to thumb drive*

- 1-4 tapes: \$30 apiece (\$40 w/DVD)
- 5-9 tapes: all tapes drop to \$25 (\$35 w/DVD)
- 10-19 tapes: all tapes drop to \$20 (\$30 w/DVD)
- 20+ tapes: all tapes drop to \$15 (\$25 w/DVD)

Additional DVDs per tape \$10 apiece - optional cloud upload, \$3/file

* up to 2 hours per tape - additional hours \$10 each

Cassette Tapes: Initial side \$30, each additional side \$15 each

Photos, Slides & Negatives

- 100+ \$1.50 (\$3 for 120 slides) apiece - per format*
- 500+ \$1.25 (\$2.50 for 120 slides) apiece - per format*
- 1000+ \$1 (\$2 for 120 slides) apiece - per format*
- 10,000+ 85 cents apiece (\$1.75 for 120 slides) - per format*
- Under 100 photos/slides/negatives: \$3 apiece (\$5 for 120 slides) - per format

*additional charge for photos/negatives/slides in albums, trays, glassines or larger than 8"x10"

*additional charge for slides/negatives smaller than 35mm or larger than 120 (based on size)

All orders receive individual attention...I do all work in my Needham office

413-442-6411

Please make an appointment with Brenda

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

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2 Chicken escarole soup Marry me chicken Mushroom Rice pilaf Roasted vegetables Ww roll Cake Seafood salad plate	3
6	7 Cream of broccoli soup Pepper steak Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll Greek salad w/ chicken	8	9 Italian wedding soup Roasted chicken breast w/gravy Stuffing Mixed vegetables Mashed potatoes Cake Seafood salad plate	10
13	14 Tomato soup Swiss steak Steamed potatoes Buttered corn Ww roll Lorna doone cookie Spinach salad w/ chicken	15 BIRTHDAY LUNCHEON Chicken soup Pork chop Italiano Sweet potatoes Green beans Ww roll Fresh fruit Italian grinder	16 Minestrone soup Meatloaf w gravy Mashed potatoes Peas & carrots Ww roll Brownie Egg salad on wheat	17
20	21 Vegetable barley soup Manicotti w/meat sauce Italian green beans salad Ww roll Tropical fruit Reuben on rye	22	23 Tomato soup Beef tips w/ mushroom gravy Rice pilaf Baby carrots Whole Wheat Roll - cake Tuna sandwich plate	24
27 Closed	28 Chicken soup Swedish meatballs Mashed potatoes Zucchini w/tomatoes Pudding Cobb salad	29	30 Lentil soup w/ vegetables Chicken cordon bleu Peas & onions Spanish rice CC cookie Chef salad	31

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



Afternoon TEA PARTY



SPONSORED BY BLACKSTONE/MILLVILLE
HIGH SCHOOL STUDENTS

TUESDAY, MAY 21ST
@2:30PM - FREE



Entertainment, Food
and Exhibits!!

WHERE:
BLACKSTONE-
MILLVILLE HIGH
SCHOOL
CAFETERIA



TRANSPORTATION WILL BE PROVIDED. PLEASE REGISTER W/BRENDA BY MAY 14TH

FATHER'S DAY RAFFLE

WIN 4 ROUNDS OF GOLF

(CART NOT INCLUDED)

@ Wentworth Hills
Plainville, MA

GOLF



Sponsored by The Friends of BCOA.



Tickets: \$5.00 each OR 5 for \$20.00

WINNER WILL BE DRAWN ON WEDNESDAY, JUNE 12, 2024



EVENING CONCERT SERIES!!

HELD OUTDOORS @The Blackstone Boys & Girls club!!

Sponsored by The Friends of BCOA

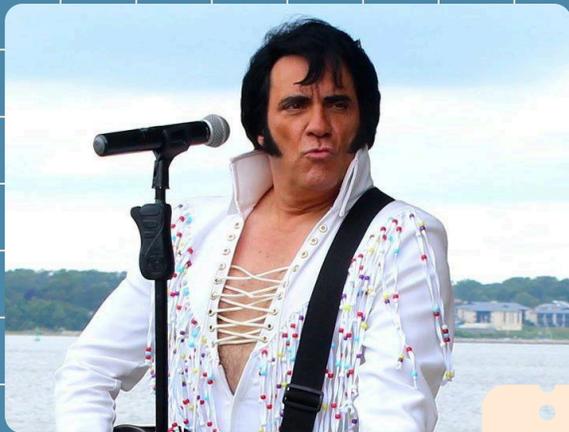
115 Canal Street, Blackstone

Starring.....

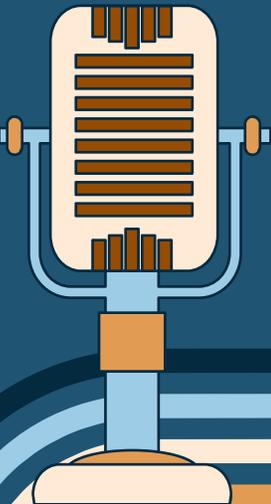
• Tuesday, May 21st •
 • "THE CATNIP JUNKIES" •
 • 6:00pm - 8:00pm •



• Tuesday, June 18th •
 • "ROBERT BLACK" •
 • 6:00pm - 8:00pm •



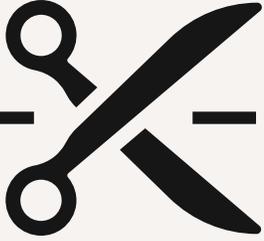
• Tuesday, July 16th •
 • "STEVE ANTHONY" •
 • 6:00pm - 8:00pm •



• Tuesday, August 20th •
 • "THE STRUMDAWGS" •
 • 6:00pm - 8:00pm •

Bring your own chair!!!!





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

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Blackstone COA
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