

BLACKSTONE COUNCIL ON AGING

NEWSLETTER

NOVEMBER
2024

Contact Us

Blackstone Senior Center
15 St. Paul Street
Blackstone, MA 01504
508-876-5134
SENIOR CENTER STAFF

Maggie Gundersen
Director
mgundersen@townofblackstone.org

Kayla Cardin
Outreach Coordinator
(508) 876-5135
kcardin@townofblackstone.org

Kim Coffey
Nutrition & Activities Coordinator
508-876-5151
kcoffey@townofblackstone.org

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

Hours

Mondays: 8:30am-4:30pm
Tuesdays: 8:30am-7:00pm
Wednesdays: 8:30am-4:30pm
Thursdays: 8:30am-4:30pm
Fridays: 8:30am-Noon

Travel Time!

- Foliage Drive: Fri the 1st
- Road Trip: Wed the 6th
- Mystery Lunch: Tue the 12th
- Travel Breakfast: Wed the 20th

News Highlights

- **Changes in the Kitchen - Page 3**
- **Soup to Nuts? - Page 3**
- **Exercise Program Change - Page 9**
- **Policy Changes - Pg 3**

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

VETERAN'S SERVICES

November 2024

Dennis Pimenta
Veteran's Services
(508) 876-5133

There will be a free Veteran's Breakfast, and Vietnam Vet's Honor Service on Sunday Nov 10th at 9:30 am, in the school basement of the Divine Parish at 48 St Paul St, Blackstone, MA 01504. See you for breakfast!

At 9:30 there will be ceremonies to honor Vets who served from Nov '55 to May '75. If you plan to attend, especially if you are a Vietnam Era Vet, please reach out to be added to the list.

Vets and Guests are Welcome.

VA



U.S. Department
of Veterans Affairs

Are you a veteran in financial need? The state offers a program for you called Chapter 115. Contact Dennis at 508-876-5133 to discuss your issues; he might be able to help you. Office hours are Tuesdays and Thursdays from 1:30 PM to 4:00 PM

Don't Forget!

If you receive disability compensation, a pension, or education benefits from the VA, you can update your direct deposit information in your VA.gov profile. You'll need your bank's routing number and account number to make the updates.

At a Glance

Table of Contents

2 & 3

Vet's Services & News

4 & 5

Transport, Trips, & Events

6 & 7

Calendar & Menu

8 & 9

Outreach, Fitness, Wellness

10 & 11

Arts, Crafts, Meetings

NEWS

NOVEMBER 2024

Back in the Kitchen!

Starting this month, we will be cooking a lot of our meals in house! Look for simple, hearty, home cooked meals on Tuesday and Wednesday, as well as home made soup for our new Soup to Nuts series on some Mondays.

Lunch on Thursdays will still be ordered from Encore.

Soup to Nuts!

Our **Soup to Nuts Discourse Series** will invite a community member or specialist to join us for a light Lunch on occasional Mondays, to speak on their topic of Interest from Soup to Nuts (beginning to end)!

Registration Deadline is the Wed. before, for soup. \$3, lunch included

Policy Changes for Food & Trip Registration

The Newsletter will now contain the first full week of the NEXT month's schedule, and will be released during the last full week of the previous month. Trip advertisements will now contain a **Registration (Reg) Deadline**.

Food is now being cooked mostly in-house, with ingredients being purchased once per week. Please be sure to register by **Wednesday of the Week Before**, so that there will be a portion for you.

TRANSPORT

Dennis Pimenta
Transport Coordinator
(508) 876-5133
COAtransport@
TownOfBlackstone.org



Shopping Trips

Reservations Required

7 days in advance

Shopping Trips may be cancelled for lack of reservations 7 days before trip

Walmart 

Wed, Nov. 13th and Nov. 27th

We will provide transportation to the N. Smithfield Super Walmart

To shop from From 10am to 11:30.

Bus leaves the store at Noon

Thursday,
Nov. 21



We will provide transportation to the Bellingham Market Basket

To shop from From 10am to 11:30

Bus Leaves the store at Noon

Medical Transportation Reservations

Transportation is available **BY Reservation** for resident seniors to medical appointments, for a \$5 donation.

We are unable to accommodate local appointments scheduled after 2 pm, or those further than a 30 minute drive that are scheduled after 1:30 PM.

Reservations must be made at least 2 days in advance!

(508) 876-5133 or
COATransport
@townofblackstone.org

Drivers Needed!

The Senior Center is looking to hire Drivers for our Transportation Team. Applicants must have a valid Driver License and active insurance, and must pass both a pre-employment physical and submit to and pass a CORI. New hires will be required to take a Mass DOT driver training course before starting, and will have the chance to get their CPR Certification. Contact Dennis at (508) 876-5133



Foliage Drive

Sign Up for a spot on the bus, and join us for a scenic drive to take in the fall colors.

**Friday, Nov 1,
10:30 am. \$5**



Travel Breakfast

Join us for Breakfast at the Picket Fence Restaurant in Douglas, MA

Reg. Deadline Nov. 13th

Wednesday, Nov 20, at 9:30am

\$5 plus the cost of Breakfast.



Road Trip!

Join Us for a visit to

Old Sturbridge Village! See History come alive around you, with the village getting ready for the holiday season. Bus leaves town at 9am, and will leave Sturbridge at 12:30. Space is Limited, Walking Involved.

Reg Deadline Oct 30th

Thurs, Nov 6th, 9am.

\$10 plus cost of Lunch.

Birthday Lunch!

Join us on Monday, November 11th for our monthly Birthday Bash! Food and Fun provided.

Reg Deadline Nov 13th

Monday, Nov 18, Noon, \$5



Thanksgiving Luncheon

Join us for a Turkey Lunch with Trimmings. **Seating is Limited!** You may register as a table of 6.

Paid Reg. Deadline Nov 20

Tues, Nov 26, 2pm, \$5

No Late Registrations

Mystery Lunch

Sign Up for a spot, and join us for a culinary adventure!

Where to? It's a Mystery!

Reg Deadline Nov 6th

Tues, Nov 12, at 11am.

\$5 plus the cost of Lunch



November

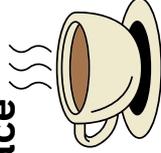
Monday	Tuesday	Wednesday	Thursday	Friday
28 10 am: Game Day	29 9 am - Strength 10am - Chair Yoga 12 - Lunch (Encore) 1 pm - Chorus Rehearsal 4:30 - 6:30 - Town Hall Halloween Party 	30 9:30 - Coffee Club 9:30 - Tap Dance 10:30 - Line Dace 11:30 - Qigong 12 - Bday/Halloween Lunch - Pasta & Meatballs 1 - BINGO 	31 9 am - Tai Chi (B) 9:30 - Cribbage 10am - Tai Chi (Adv) 11 - Journey thru Grief 12 - Lunch (Encore) 12:30 - Knitting 1:15 - Aging Gracefully	1 10 am: Mahjong Closed at Noon
4 9 am: Dance Fusion 10 am: Game Day 12 - Soup to Nuts Discourse: Beef Stew & Meet Kim Coffey, the New BCOA Activity Coordinator	5 9 am - Strength Training 10am - Chair Yoga 12 - Pulled Pork, Rice or Baked Potato, Coleslaw, Honey Corn Bread 1 pm - Chorus Rehearsal	6 9:30 - Coffee Club 9:30 - Tap Dance 10:30 - Line Dace 11:30 - Qigong 1 - BINGO  11AM: Trip	7 9 am - Tai Chi (B) 9:30 - Cribbage 10am - Tai Chi (Adv) 11 - Journey thru Grief 12 - Lunch from Encore Pork Scalopini, Mash Potato, Baby Carrot. OR Tuna Salad Sandwich. Tomato Soup. 12:30 - Knitting 1:15 - Aging Gracefully	8 10 am: Mahjong Closed at Noon
11 Closed Today	12 9 am - Strength Training 10am - Chair Yoga 11 am - Mystery Lunch! No In House Lunch 1 pm - Chorus Rehearsal 	13 9:30 - Coffee Club 9:30 - Tap Dance 10:30 - Friends of BCOA Meeting 10:30 - Line Dace 11:30 - Qigong	14 9 am - Tai Chi (B) 9:30 - Cribbage 10am - Tai Chi (Adv) 11 - Journey thru Grief 12 - Lunch from Encore Stuffed Meatloaf, Mash Potato, Corn, Peaches, Roll OR Chicken Salad Sandwich.	15 10 am: Mahjong Closed at Noon

1 - BINGO



20

9:30 - Travel Breakfast
Picket Fence
9:30 - Tap Dance
10:30 - Line Dace
11:30 - Qigong
1 - BINGO



9:30 - Coffee Club
9:30 - Tap Dance
10:30 - Line Dace
11:30 - Qigong
(Over at Noon)

27

Closed at Noon



19

9 am - Strength Training
10am - Chair Yoga
12 - In House Lunch:
Taco Day!
1 pm - Chorus Rehearsal

26

9 am - Strength
10am - Chair Yoga
12 - In House Lunch:
Turkey, Stuffing, Green
Beans, Mash Potato,
Jell Cranberry
Pie & Rice Pudding
1 pm - Chorus Rehearsal



18

9 am: Dance
Fusion
10 am: Game Day
12 - Birthday
Bash!
Entertainer &
Cottage Pie

25

9 am:
Dance Fusion
10 am: Game Day
Hair & Nails
By Appt



Chicken Soup
12:30 - Knitting
1:15 - Aging Gracefully

21

9 am - Tai Chi (B)
9:30 - Cribbage
10am - Tai Chi (Adv)
11 - Journey thru Grief
12 - Lunch from Encore
Squash Soup, Turkey &
Gravy, Stuffing, Mash, Cran
Sauce, Roll, Holiday Pies
12:30 - Knitting
1:15 - Aging Gracefully



28

Happy
Thanksgiving!
Closed Today



29

Closed
Today

First Week of December

9 am: Dance
Fusion

9 am - Strength Training
10am - Chair Yoga
12 - Lunch
1 pm - Chorus Rehearsal
9 AM - Road Trip!

4

9 - Travel Breakfast
9:30 - Tap Dance
10:30 - Line Dace
11:30 - Qigong
1 - BINGO



5

9 am - Tai Chi (B)
9:30 - Cribbage
10am - Tai Chi (Adv)
11 - Journey thru Grief
12 - Lunch
12:30 - Knitting
1:15 - Aging Gracefully

6

10 am:
Mahjong
Closed at
Noon



Squash Soup

Reg. Deadline NOV 19

COMMUNITY OUTREACH

November 2024

Kayla Cardin
Outreach Coordinator
(508) 876-5135

Your Patience Please

Many social service programs are renewed or readied in the fall. Fuel assistance, Medicare enrollment, SNAP, and more all have paperwork due this season. If you need assistance from our Social Services dept. during this busy time, you will need to make an appointment. We will do our best to return all calls within one week, but we are very busy.

Winter Is Coming!

Keep Warm with Heating Assistance

If you were approved for heating assistance last year from the South Middlesex Opportunity Council, you should have received a preprinted application form by the end of September for this year. To avoid delays, gather your documents within 30 days of your application date, and consider having your forms and application reviewed by our Outreach Coordinator before you submit. If you are a Blackstone resident and require assistance with your recertification, or did not receive your form by Sept 30th, please contact Kayla for assistance.

Medicare Savings Program

...Do you qualify?

The Medicare Savings Program assists medium- to low-income Medicare beneficiaries by paying for the Part B premium. The application is just two pages of basic information to determine eligibility. MassHealth Standard income guidelines change when you turn 65, and this program is intended to offset the rising costs! You may still have to pay for secondary insurance but, if you are eligible, you will **not** have to pay the Medicare Part B premium. Remember to reapply every year! Look for a reminder in the mail from MassHealth.

The Alzheimer's Association's helpline is a 24/7 free service offering support to people and families living with dementia. Call anytime to ask questions, or for a bit of support to make it through that rough patch.

(800-272-3900)

alzheimer's  association®



FITNESS & WELLNESS

WEEKLY PROGRAMS

Mondays

9am Dance Fusion

With Steve Cavanaugh

New in November!

Tuesdays

9 AM Strength Training

10 AM Chair Yoga

Wednesdays

9:30 AM Tap Dance

10:30 AM Line Dance

11:30 AM Qigong

We're Back!

Thursdays

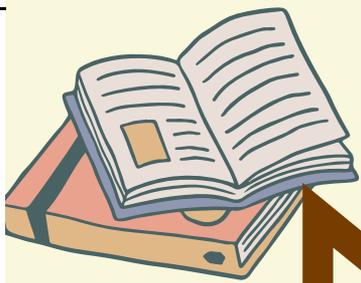
9 AM Beginner Tai Chi

10 AM Int. Tai Chi

11 AM Journey Through Grief

1:15 PM Aging Gracefully and Gratefully





NOVEMBER

Arts Schedule



Date	Time	
Tuesday 19th	11 am	BOOK CLUB: <u>THE LIFE SHE WAS GIVEN</u>
Thursday 21st	12:30 pm	HOLIDAY OVEN MITT HANGER WITH JEAN
Thursdays	12:30	KNITTING (ALL WELCOME)
Fridays	1 pm	PAINTING CLASS SERIES, WITH DIANE AT ARTFUL DODGER STUDIO





Meetings & Civic Events

VOTING

Oct 18 - Nov 6

SOUP TO NUTS: MEET THE
NEW ACTIVITY COORDINATOR

Nov 4, Noon

COUNCIL ON AGING BOARD

Nov 7, 10 AM

FRIENDS OF THE BCOA

Nov 13, 10:30 AM

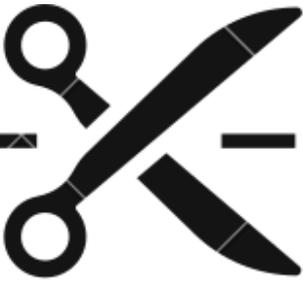


Friends of the Blackstone COA

It's the time of year when we give thanks, and the Friends of the BCOA would like to thank everyone who has supported us this year: from local vendors, to our talented summer concert performers, and mostly YOU - the people who continue to support our fundraisers!

We are currently running our November Calendar Raffle. Tickets are \$10, and your ticket stays in the pot until we hand out all of the 34 available prizes.

If you would like more information, or are interested in joining the Friends of the BCOA, **call Judy at 508-612-4566**



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Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Newsletter Subscription by Email:

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Email Address: _____

Mail Form to:

Blackstone COA
15 St. Paul Street
Blackstone, MA 01504

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