

# Blackstone Council on Aging September 2024 Newsletter



## September

**Blackstone Senior Center**  
15 St. Paul Street  
Blackstone, MA 01504  
508-876-5151

### SENIOR CENTER STAFF:

*Maggie Gundersen,*

*Director*

*Kayla Cardin,*

*Outreach Coordinator*

*(508) 876-5135*

*kcardin@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-12:00pm**



### 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

### New For September:

- Line Dancing  
Beginner & Intermediate  
Starts Sept 4th 9:30/10:30
- Holiday Chorus  
Tuesdays 1:00-2:00pm  
Starts September 3rd
- Presentation: The Impact  
of Depression on Older  
Adults, Monday Sep 9th

### Coming in October:

- Radio Theatre Troupe
- Hair and Nail Services
- Dance Fusion Class
- Monthly Senior Spotlight

### Important Dates:

- **Blackstone Community  
Paper Shredding Day**  
**Sat. Oct. 5th 9-12:00**
- BCOA Board Meeting  
Thurs Sept 5th, 10:00am
- Friends of BCOA Meeting  
Wed. Sept. 18th, 11:30



# September



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

|   |   |  |   |  |
|---|---|--|---|--|
| <p style="text-align: right;"><b>2</b></p> <p><b>SeniorCenter<br/>CLOSED FOR<br/>LABOR DAY</b></p>  | <p style="text-align: right;"><b>3</b></p> <p>Strength Training 9:00am<br/>Chair Yoga 10:00am<br/>Lunch 12:00pm<br/><b>Holiday Chorus 1:00-2:00</b></p>   | <p style="text-align: right;"><b>4</b></p> <p><b>Coffee Club 10:00am</b><br/>Line Dance (beg) 9:30<br/>Line Dance (adv) 10:30<br/>Open Gym Fitness<br/>Equipment Use: 9-11:30<br/>BINGO 1:00pm</p>   | <p style="text-align: right;"><b>5</b></p> <p>Tai Chi (Beg.) 9:00am<br/>Tai Chi (Adv.) 10:00am<br/><b>BCOA meeting 10:00am</b><br/>Cribbage 9:30am<br/>Journey through<br/>Grief 11:00am<br/>Lunch 12:00pm<br/><b>Craft w/Jean 12:30pm</b><br/>Knitting Group 12:30pm<br/>Aging Gracefully 1:15pm</p> | <p style="text-align: right;"><b>6</b></p> <p>Mahjong 10:00am</p> <p style="text-align: center;"><b>Senior Center<br/>CLOSES @12:00PM</b></p>  |
| <p style="text-align: right;"><b>9</b></p> <p>Game Day 10:00am</p> <p><b>Mental Health Concerns for<br/>Older Adults 1:00pm..</b></p>                                 | <p style="text-align: right;"><b>10</b></p> <p>Strength Training 9:00am<br/>Chair Yoga 10:00am<br/><b>Blood Pressure Clinic 11:00</b><br/>Lunch 12:00pm<br/><b>Holiday Chorus 1:00-2:00</b><br/><b>Chime-In Craft w Celeste<br/>2:00 - 3:00</b></p> | <p style="text-align: right;"><b>11</b></p> <p><b>TRAVEL Bkfast 10:00am</b><br/><b>Walmart 10:00am</b><br/>Line Dance (beg) 9:30<br/>Line Dance (adv) 10:30<br/>Open Gym Fitness<br/>Equipment Use: 9-11:30<br/>BINGO 1:00pm</p>   | <p style="text-align: right;"><b>12</b></p> <p>Tai Chi (Beg.) 9:00am<br/>Tai Chi (Adv.) 10:00am<br/>Cribbage 9:30am<br/>Journey through<br/>Grief 11:00am<br/>Lunch 12:00pm<br/>Knitting Group 12:30pm<br/>Aging Gracefully 1:15pm</p>  | <p style="text-align: right;"><b>13</b></p> <p>Mahjong 10:00am</p> <p style="text-align: center;"><b>Senior Center<br/>CLOSES @12:00PM</b></p> |
| <p style="text-align: right;"><b>16</b></p> <p>Game Day 10:00am<br/><b>Pop-up Pantry 10:00am</b><br/><b>Mystery Lunch Trip 11:00</b></p>                              | <p style="text-align: right;"><b>17</b></p> <p>Strength Training 9:00am<br/>Chair Yoga 10:00am<br/><b>Book Club 11:00am</b><br/>Lunch 12:00pm<br/><b>Holiday Chorus 1:00-2:00</b></p>   | <p style="text-align: right;"><b>18</b></p> <p><b>Coffee Club 10:00am</b><br/>Line Dance (beg) 9:30<br/>Line Dance (adv) 10:30<br/><b>Friends Meeting 11:30am</b><br/>Open Gym Fitness<br/>Equipment Use: 9-11:30<br/>BINGO 1:00pm</p>   | <p style="text-align: right;"><b>19</b></p> <p>Tai Chi (Beg.) 9:00am<br/>Tai Chi (Adv.) 10:00am<br/><b>Market Basket 10:00am</b><br/>Cribbage 9:30am<br/>Journey through<br/>Grief 11:00am<br/>Lunch 12:00pm<br/>Knitting Group 12:30pm<br/>Aging Gracefully 1:15pm</p>                               | <p style="text-align: right;"><b>20</b></p> <p>Mahjong 10:00am</p> <p style="text-align: center;"><b>Senior Center<br/>CLOSES @12:00PM</b></p> |
| <p style="text-align: right;"><b>23</b></p> <p>Game Day 10:00am</p> <p><b>Road Trip:<br/>Phantom Farms, RI<br/>Bus departs at 11:00,and<br/>returns at 3:00pm</b></p> | <p style="text-align: right;"><b>24</b></p> <p>Strength Training 9:00am<br/>Chair Yoga 10:00am<br/>Lunch 12:00pm<br/><b>Holiday Chorus 1:00-2:00</b></p>  | <p style="text-align: right;"><b>25</b></p> <p><b>Walmart 10:00am</b><br/><b>No Breakfast Today</b><br/>Line Dance (beg) 9:30<br/>Line Dance (adv) 10:30<br/>Open GymEq Use: 9-11:30<br/>BINGO 1:00pm</p> <p style="text-align: center;"><b>Birthday Party Lunch 12:00</b></p> | <p style="text-align: right;"><b>26</b></p> <p>Tai Chi (Beg.) 9:00am<br/>Tai Chi (Adv.) 10:00am<br/>Cribbage 9:30am<br/>Journey through<br/>Grief 11:00am<br/><b>Travel Committee 11:00</b><br/>Lunch 12:00pm<br/>Knitting Group 12:30pm<br/>Aging Gracefully 1:15pm</p>                              | <p style="text-align: right;"><b>27</b></p> <p>Mahjong 10:00am</p> <p style="text-align: center;"><b>Senior Center<br/>CLOSES @12:00PM</b></p> |
| <p style="text-align: right;"><b>30</b></p> <p>Game Day 10:00am</p>   |   |  |   |  |



# At a Glance

## What's Inside and Where to Find it....

- Page 2 – Sept Calendar of Events
- Page 3 - Veteran's News
- Page 4 – Outreach Services
- Page 5 – Arts & Crafts / Socials & Meeting
- Page 6 – New & Upcoming Events
- Page 7 - Exercise, Health & Wellness
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- Page 9 - Travel & Transportation
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- Page 11- Monthly Tues/Thursday Encore Menu



## Veteran's News



### Change Your VA Direct Deposit Information

If you receive disability compensation, pension, or education benefits from 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.

VA



U.S. Department of Veterans Affairs

**Veterans : Are you in financial need? The state offers a program for veterans in need 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**



**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>

Got a VA Question? Use the Virtual Chatbot 24/7

Got a question about your VA benefits, health care, eligibility? You might want to check VA's website, where you can access our interactive chatbot to ask questions—24 hours a day, seven days a week.

## Heating Assistance for this Winter



If you were approved for heating assistance last year from SMOC (South Middlesex Opportunity Council), you should or will receive a preprinted application form by the end of September from SMOC for the upcoming heating season. To avoid delays in receiving your benefit, gather your documents within 30 days of your application date and consider having your forms and application reviewed by our Outreach Coordinator prior to submittal. If you are a Blackstone resident and require assistance with your recertification or did not receive your form by September 30th, please contact Kayla for assistance at 508-876-5135

## Outreach Corner

Kayla Cardin  
Outreach Coordinator  
(508) 876-5135

### Coming Soon.....

#### Medicare Open Enrollment

The Medicare open enrollment window runs from October 15th-December 7th. Please consider contacting Kayla Cardin, Outreach Coordinator, to connect you with our local SHINE counselor before the open enrollment window begins. SHINE is a program that provides free, unbiased, and confidential counseling information to Medicare beneficiaries, their families and caregivers. Your SHINE counselor can review the different parts of Medicare including hospital insurance, medical insurance, and prescription drug coverage.



### Medicare Savings Program...See if you qualify...



The Medicare Savings Program assists medium- to low-income Medicare beneficiaries by paying for the Part B premium. The application is an easy two-page application that asks for basic information to determine eligibility. Once you turn 65, the income guidelines for MassHealth Standard change, and this program is intended to offset the rising costs of health insurance. With the Medicare Savings Program, you may still have to pay for secondary insurance but if you are eligible, you will not have to pay for your Medicare Part B premium. Remember to reapply every year! MassHealth will send you a reminder notice in the mail.

# The Stuff You Know and Love

## ARTS & CRAFTY STUFF

## SOCIAL EVENTS & MEETINGS

Blackstone Public Library  
Monthly Craft at the Senior Center

**Beehive Candleholders**

Thursday  
September 5  
12:30 PM

Location: Senior Center



The bees are back! This aesthetic beehive craft doubles as a candleholder for your favorite scents. Supplies will be provided. No experience is necessary. Contact the Blackstone Public Library at 508-883-1931 to register. Sign up begin Monday, August 12. You must be 60 years of age or older, or a member of the Blackstone Senior Center, to register for this program. Space is limited to 15 spots.

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 Beehive Candleholders craft is funded by a generous donation from the Blackstone LIG MEG as authorized by the Board of Library Trustees.

*NEW: This class is being offered earlier in the day for those who use public transportation.*

### CHIME IN AS WE CREATE AN UPCYCLED WIND CHIME

JOIN US TO CREATE A ONE-OF-A-KIND WIND CHIME USING GLASS BEADS AND SILVERWARE

**WHEN**  
Date  
Time

**WHERE**  
Blackstone Senior Center  
Room Location

**THANK YOU**  
To the Blackstone Cultural Council for the Grant to hold this class.



Chime In with Celeste  
Tuesday, Sept 10<sup>th</sup>, 2:00



**REGISTER WITH  
MAGGIE OR BY  
CALLING THE  
CENTER**

During the class you will create a beautiful wind chime to sing to you when the wind blows.

All supplies will be provided. If you have silverware you would like to donate, please bring it to the Senior Center prior to the class.



**Travel Committee**  
Thursday Sept 26th @11:00am



**Blackstone  
Council on Aging  
Meeting Thursday,  
Sept 5th  
at 10:00am**



**Friends of the Blackstone  
Senior Center**  
Wednesday, Sept 18th  
@ 11:30

Friends of the Blackstone Senior Center would like to thank the Boys & Girls Club, all the bands, and everyone involved in this past summer's outdoor concert series. The event was a great success with the Strumdawgs closing-out the season with over 100 people in attendance.



*Jam Works Boutique*  
Visit our new display  
first floor of town Hall

# NEW Programs at BSC!

## NEW PROGRAMS

### New This Month....

#### Line Dancing

Wednesday mornings

Starting Sept 4th

Beginners: 9:30

Intermediate: 10:30

Starts Sept 4th



#### Christmas Carol

##### Chorus

with our very own

Kayla Cardin

Tuesdays

1:00-2:00

Starts Sept 3rd

No experience  
necessary



## COMING SOON

### Coming This Fall....

**Blackstone Senior Center's:**

**"Past Our Prime Time  
Players"**

**Radio Theatre Troupe**



You won't want to miss the debut performance of our very own theatre troupe, the "Past our Prime Time" players as they kick off our Blackstone Senior Center "radio hour" taking you back to the Golden-Age of radio. To be performed here at the Senior Center on Oct 21st. Stay tuned for details.



Coming in October....

**Hair & Nail Services**

at the Blackstone Senior Center  
one Monday morning a month



**Mental Health Concerns  
for Older Adults**

**Monday, Sept 9th , 1:00**

Join Debra Vescera from the Blackstone Valley Partnership for Public Health to learn about the health impacts of social isolation, signs and symptoms of depression and anxiety to better understand that emotional, spiritual, and psychological well-being are just as important as physical health when aging. Refreshments served

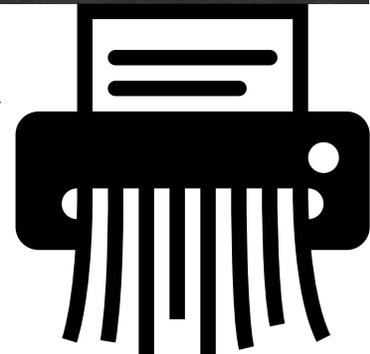


**Town Paper  
Shredding Day**

**Saturday**

**Oct 5th**

**9:00-12:00**



# Exercise, Health, & Wellness Programs

## EXERCISE CLASSES



### Tuesdays:

9:00-10:00 am - Strength Training  
10:00-11:00 am - Chair Yoga

### Wednesday

9:30-10:15 am - Line Dancing (Beg)  
10:30-11:15 am - Line Dancing (Intmed)

### Thursdays:

9:00-10:00 am - Tai Chi (Beg)  
10:00-11:00 am - Tai Chi (Adv)

## EXERCISE YOUR RIGHT TO VOTE



- March 5, 2024 Presidential Primary Election
- April 1, 2024 Annual Town Election
- May 28, 2024 Special & Annual Town Meeting
- September 3, 2024 State Primary Election
- November 5, 2024 Presidential Election
- 

## EXERCISE YOUR BRAIN POWER

### 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



## WELLNESS

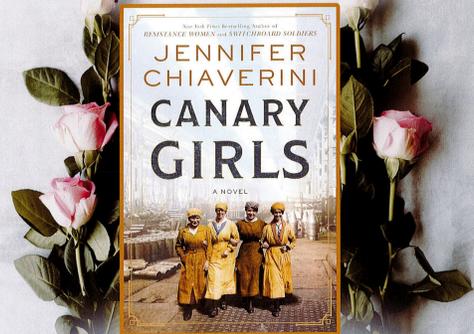


### Mental Health Concerns for Older Adults Monday, Sept 9th , 1:00

Join Debra Vescera from the Blackstone Valley Partnership for Public Health to learn about the health impacts of social isolation, signs and symptoms of depression and anxiety to better understand that emotional, spiritual, and psychological well-being are just as important as physical health when aging.

### SENIOR CENTER BOOK CLUB

*September book choice...*



Come join us in person Tuesday, September 17,  
at 11:00 AM at the Blackstone Senior Center.

For more information, call 508-883-1931  
and ask for Ellen Goudreau or email

### Blood Pressure Screening

Tuesday, September 10th  
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.

# Breakfast, Lunch & Dinner

*Food, More Food, and Anything having to do with ....Food*

**Breakfast**



**"Coffee Talk" Breakfast Club**  
Meets @ Sr Center Every Wednesday  
10:00am - 11:00am  
Travel Breakfast Meets this month at  
The Looking Glass Cafe, Wrentham  
Wednesday, Sept 11th  
*No Coffee Talk Breakfast Club on  
Wednesday, Sept 25th*

## LUNCH



If you do not enjoy eating at home alone, we invite you to join us each Tuesday and Thursday for 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, beverages. You must make a reservation at least one week in advance. Please phone the Senior Center at (508) 876-5151 for additional details.

# MYSTERY LUNCH TRIP

**Monday, Sept 16th**  
**Bus leaves SC @11:00am and Returns @ 2:00pm**  
**\$5.00 for transportation.**  
**Lunch is on your own.**

## Happy Birthday Lunch

Come Join Us to Celebrate the Birthdays of September  
Wednesday, September 25th @ 12:00  
\$5 per person. Entertainment provided



# Transportation & Travel Events



## Blackstone Senior Center Transportation Policy

Local medical appointments to Milford, Franklin, Bellingham etc - Appointments **MUST BE** scheduled for **NO LATER** than 2:00 PM and for long distance appointments, Worcester, Framingham, Natick, Providence, etc. **NO LATER** than 1:00 PM.

Call Dennis at 508-876-5133 if you have any questions or to book your appointments.

### MONTHLY SHOPPING TRIPS



#### Walmart Shopping

2nd and 4th Wednesday  
of the Month

10:00am to 12:00pm

We will transport passengers to  
the Super Walmart in  
N. Smithfield, RI on

Wednesday, September 11th  
Wednesday, September 25th



#### Market Basket Shopping

3rd Thursday of month  
10:00am - 12:00pm

We will transport passengers  
to Market Basket in  
Bellingham, MA on

Thursday, September 19th

\*\*\*As a Reminder\*\*\*

Walmart or Market Basket,  
Participants have 1 - 1/2 hrs to shop.  
Thank you for being considerate of  
our driver's very busy schedule.

## Road Trip



Join us as we visit the heartwarming,  
nostalgic Phantom Farms in Cumberland, RI.  
Bring your wallet, comfortable walking  
shoes, and apple-pie tastebuds as we savor  
homemade muffins, fudge, and pumpkin  
treats from their kitchen.

Outside beautiful mums, gourds, and  
scarecrows await us.

Monday, Sept 23rd

Bus leaves the Sr Ctr at 11:00 and returns at 3:00.

*RSVP required.*

Please note snacks and garden purchases are  
is on your own and there is some walking on this trip.  
Please wear comfortable shoes and bring a sweater.  
You need to sign up for this trip and space is limited!

**You must make a transportation reservation with Dennis, our  
Transportation Coordinator two (2) days prior to each travel request. Call  
(508) 876-5133 or [coatransport@townofblackstone.org](mailto:coatransport@townofblackstone.org)**

## Recipe of the Month -

### Turkey and Butternut Squash Chili



#### Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 pound ground turkey breast
- 1 pound butternut squash - peeled, seeded and cut into 1-inch dice
- ½ cup chicken broth
- 1 (4.5 ounce) can chopped green chilies
- 2 (14.5 ounce) cans petite diced tomatoes
- 1 (15 ounce) can kidney beans with liquid
- 1 (15.5 ounce) can white hominy, drained
- 1 (8 ounce) can tomato sauce
- 1 tablespoon chili powder or to taste
- 1 tablespoon ground cumin or to taste
- 1 teaspoon garlic salt

#### Directions

Heat olive oil in a large pot over medium heat. Add onion and garlic; cook and stir for 3 minutes. Stir in turkey and cook until crumbly and no longer pink, about 5 to 7 minutes. Add butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce; season with chili powder, cumin, and garlic salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the squash is tender, about 20 minutes.

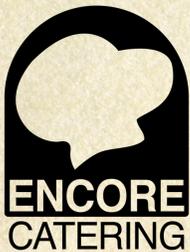


**Join us for a Community Lunch and Socialization each Tuesdays and Thursdays @12:00pm - \$4.00 per meal**

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

# September 2024

| MONDAY             | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY   |
|--------------------|---|-----------|---|--|
| 1<br><b>Closed</b> | 3<br>Tomato soup<br>Pineapple chicken (Asian style)<br>Rice pilaf<br>Mixed beans<br>Roll<br>Brownie<br>Ham & cheese on rye                      | 4         | 5<br>Tossed salad<br>Roasted chicken thigh<br>Potato wedges<br>Buttered corn<br>Pudding<br>Ww roll<br>Corned beef on rye                      | 6  |
| 9<br>*             | 10<br>Minestrone soup<br>Chicken pot pie (no crust)<br>Mashed potato<br>Mixed vegetables<br>Biscuit<br>Fresh fruit<br>Spinach salad w/ chicken  | 11        | 12<br>Lentil soup w/vegetables<br>Chuck roast w/ gravy<br>Mashed potatoes<br>Baby carrots<br>Ww roll<br>Sliced peaches<br>Tuna salad sandwich | 13   |
| 16                 | 17<br>Cream of cauliflower soup<br>Meatball sandwich<br>3 bean salad<br>Roasted potatoes<br>Fresh fruit- Ww roll<br>Roast beef sandwich on roll | 18        | 19<br>Vegetable soup<br>Baked ham w/gravy<br>Mashed potatoes<br>Peas & carrots<br>Sliced peaches – Ww roll<br>Chicken salad sandwich          | 20   |
| 23                 | 24<br>Tomato soup<br>Shepards pie<br>Mashed potato<br>Mixed vegetables<br>Roll<br>Sliced peaches<br>Chef salad                                  | 25        | 26<br>Chicken & rice soup<br>Veal patty w/ gravy<br>Sweet potatoes<br>Roasted zucchini<br>Ww roll<br>Brownie<br>Tuna salad sandwich           | 27<br>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens<br>Funded in part by the<br>US Administration on Aging and the Rhode Island Office of Healthy Aging |



**Please make your reservation 1 week in advance!! For more information call 508-876-5135**



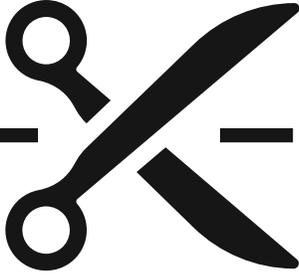
## Pop-up Mobile Food Pantry

**Monday, September 16th @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!!**





**NEWSLETTER SUBSCRIPTION: Complete and Return this form with the following information:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**AMOUNT ENCLOSED: \$10.00 for Blackstone Residents OR \$15.00 for Out of Town/State Residents**  
This one-year subscription for newsletters to be mailed to subscriber's 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**



**Coming in October...  
Hair & Nail & Podiatrist  
Services  
at the Blackstone Senior  
Center monthly**



Men & Women can book a 20-minute appointment with our licensed hair dresser for a cut or trim



Book a 20-minute appointment with our nail stylist to renew or update your nail color



A podiatrist from TransCare will provide services here at our Sr Center and then bill your Medicare directly so you won't see a bill. Seniors must provide insurance and other details to the TransCare office prior to their appointments.



# Road Trip



Join us as we visit the heartwarming, nostalgic Phantom Farms in Cumberland, RI. Bring your wallet, comfortable walking shoes, and apple-pie tastebuds as we savor homemade muffins, fudge, and pumpkin treats from their kitchen.

Outside beautiful mums, gourds, and scarecrows await us.

**Monday, Sept 23rd**

**Bus leaves the Sr Ctr at 11:00 and returns at 3:00.**

***RSVP required.***





# MYSTERY LUNCH TRIP

Monday, Sept 16th

Bus leaves SC @11:00am and Returns @ 2:00pm

\$5.00 for transportation.

Lunch is on your own.

# MYSTERY LUNCH TRIP





**Monday Sept 9th @ 1:00pm**

Join Debra Wascera from the Blackstone Valley Partnership for Public Health to learn about the “Mental Health Concerns in Older Adults”.

This presentation aims at reducing stigma regarding mental health conditions that affect older adults. It is geared toward education older adults, their family members, friends, and loved ones. Participants will learn about the health impacts of social isolation, the signs and symptoms of depression and anxiety, to understand that emotional, spiritual, and psychological well-being are just as important as physical health when aging. Attendees will also learn about the most up-to-date, evidence-based treatments, and other programs available to help manage, and overcome, these conditions and helpful interventions to prevent them. After the presentation, participants can sign-up to received a comprehensive list of available community resources by email or US Postal mail.

# Calling All Shower Singers



## Christmas Carol Chorus

with our very own  
Kayla Cardin  
Tuesdays  
1:00-2:00  
Starts Sept 3rd



*Sheet music and fond  
memories will be  
provided.*

*No Experience Necessary*





**Town Paper  
Shredding Day  
Saturday  
Oct 5th  
9:00-12:00**

**Same Day as Blackstone Field Day !!!**

Shredding Truck will be in the front yard  
and Field Day will be in the back yard

