

BLACKSTONE COUNCIL ON AGING

NEWSLETTER

DECEMBER
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
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

Highlights

- **Tree Lighting, Dec 1 - Pg 6**
- **Blithewold, Dec 3 - Pg 6**
- **La Salette Trip, Dec 10 - Pg 7**
- **Pomodoro Party, Dec 17 - Pg 7**
- **Bling Up Bkstn, Dec 19 - Pg 7**
- **Bday & NY Bash, Dec 30 - Pg 7**



Gives Back

This holiday season, Good Stuff Smokehouse is holding a Giving Back Fundraising Night on Dec 5th. Money raised will directly benefit seniors in need, right in Blackstone. For more info, join Good Stuff owner Dave Forgit here at the senior center for a Soup To Nuts discussion on December 2nd. If you would like to nominate a local senior with a specific need, please reach out to Kayla Cardin, our Outreach Coordinator, by email or phone.

The Director's Desk

Dear Friends,

The fall is a special season, full of many opportunities for celebrations with family and friends. October brings us the magic and fun of Halloween. Thanksgiving is a time to reflect on our blessings and opportunities, and December is perhaps the most special season with many joy-filled celebrations and hope for the new year.

During this time I've been able to reflect on my short time here in the Blackstone community. So many of you have welcomed me to this town and your Senior Center. It has been heart-warming and I feel grateful for your having allowed me to share in your special programs and included in your friendships.

One of my first impressions upon arriving at your Blackstone Senior Center was the very strong sense of friendship that you all have for each other and a big feeling of happiness in a small space. As the new year approaches and the cold weather begins to make its way into New England, I'm confident your Senior Center will continue to offer a warm sense of sharing and community, and I am grateful to be a part of your community.

I wish you all the very best this holiday season.

Warmest regards,

Maggie

At a Glance

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Happy Holidays

From all of the staff at the Blackstone COA: Maggie, Kayla, Kim, Dennis, Ed, Bob, Rob, Joel, Tim.



BCOA NEWS

DECEMBER 2024

News & Updates

Late Lunch

On both the **10th and the 19th**, the meal will be served at **2:30 pm instead of Noon**.

Soup to Nuts!

Dave Forgit, owner of Good Stuff Smokehouse, joins us to talk about their holiday season gift giving ideas for the senior community, over soup.

Reg. Deadline Nov. 26
Mon, Dec 2, Noon, \$2

Celeste and the Blackstone Millville Garden Club are joining us to talk about Raised Bed Gardening, over Zuppa Toscana.

Reg. Deadline Dec 2
Mon, Dec 9, Noon, \$2

Meet Maggie, New-ish COA Director, to chat about her work history and vision for the future.

Reg. Deadline Dec 9
Mon, Dec 16, Noon, \$2

Yankee Swap!

At the Birthday & NY's Party on the 30th, we will be holding a Yankee Swap. The process will be explained at the party. Gifts should be **wrapped**, approx. \$10 value - NO Gift Cards please

Holiday Closures

- Christmas Eve:
 - Close at Noon
- Christmas Day: Closed
- New Year's Eve:
 - Close at Noon
- New Year's Day: Closed

Holiday Radio Hour

The Past-Our-Prime Time Players are Back for another radio theater style performance on the 16th, featuring the BCOA Chorus!

Please RSVP by Dec 13th
Mon, Dec 16th, 1pm. Free.

COMMUNITY OUTREACH

December 2024

Kayla Cardin
Outreach Coordinator
(508) 876-5135

Your Patience Please

We're still in peak busy season for program requests and renewals. Fuel assistance, Medicare enrollment, SNAP, and more all have paperwork due. If you need assistance from our Social Services dept. during this busy time, you will need to make an appointment, and it is easier to do so by phone. We will do our best to return all calls within one week.

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.

alzheimer's association®

Call the Alzheimer's Association help line anytime to ask questions, or for a bit of support to make it through this rough patch. (800-272-3900)

Do You Need Legal Assistance?

Community Legal Aid provides free legal services to low-income and elderly residents for Central and Western Massachusetts. Contact them at **(855) 252-5342**. Offices are open Wednesday from 1:30 to 4, and Mon, Tues, Thrus, & Fri From 9:30 to noon.

Grief Doesn't Go On Holiday

Grief and loss are difficult at any time of year, but especially during the holidays. Fortunately, there is help for those experiencing Grief and Depression due to loss or emotional challenges. During this time of year, or any time at all, you are welcome to join our **Journey Through Grief program**, held each **Thursday at 11am**. No RSVP necessary.



VETERAN'S SERVICES

December 2024

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

Learn what the VA can do for you! The VA can support **you and your loved ones** in different ways, **throughout your life**. Your VA Welcome Guide provides a broad overview of services the VA offers. Visit Online at **VA.GOV** for more information.

You may be entitled to benefits from the state of Massachusetts! Go to **MassVetsAdvisor.ORG** to find out about everything that is available to you as a Veteran living in Massachusetts.



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.

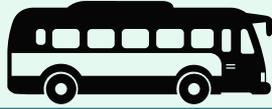


Blackstone Council On Aging Our Mission:

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.

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



Wed, December 11th

We will provide transportation to the N. Smithfield Super Walmart

Thursday,
Dec 19



We will provide transportation to the Bellingham Market Basket

Medical Transportation Reservations

Transportation is available **BY Reservation** for resident seniors to medical appointments.

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

Reservations must be made at least 2 days in advance!

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

Tree Lighting

Join us at the Blackstone Tree Lighting! Cocoa and caroling will be provided. Dress Warm! **Reg by Nov 25**
Sun, Dec 1, 4 pm, Free

Blithewold Mansion

Self-guided tour, Decorated for the Holidays, & Lunch Stop after (TBD)
Space Limited, Outdoors, Walking over Uneven Ground
RSVP By Nov 12th
Tues, Dec 3, 10am, \$10 +Lunch

Travel Breakfast

Join us for Breakfast at Town Pizza & Cafe in Bellingham



Reg. Deadline Nov. 27th
Wed, Dec 4, at 9:30am
The Cost of Your Breakfast.

Deck the Halls

Come down to the Senior Center and help us decorate for the season! Cocoa and Cookies will be provided.

Mon, Dec 9th From 1 - 4 pm

La Salette Shrine: Festival Of Lights

This year's display, themed "Christ Be Our Light," offers an opportunity to experience the magic of our lights, and remember the profound hope that Christ's light brought into the world on that holy night.

Reg Deadline Dec 3rd
Space Limited, Long Drive
Gift Shop Stop After Lights
Tues, Dec 10, 4 pm, Free

Holiday Party

Join us for a Holiday Party, at Pomodoro in Woonsocket.

Paid Reg. Deadline Dec 3
Tues, Dec 17, \$20
Doors Open at 11:30 am
No Late Reg, Seating Limited

Reduced Price Thanks to Generosity of Friends of BCOA

Bling Up Blackstone

Join us for a scenic drive to take in local Holiday Decorations & Vote for your favorite!

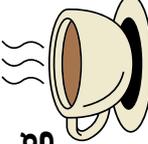
Reg Deadline Dec 4th
Space Limited, Bus Ride
Thurs, Dec 19, 4 pm, Free

Birthday & New Year Bash

Join us on Monday, Dec 30th for our Birthday Bash and New Year's Party! Finger Food and Fun provided.

Reg Deadline Dec 23
Monday, Dec 30, Noon, \$5

December

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9 am: Dance 2 Fusion</p> <p>10 am: Game Day</p> <p>12: Soup to Nuts</p>	<p>9 am - Strength</p> <p>10am - Chair Yoga</p> <p>12 - Pasta Day</p> <p>1 pm - Chorus Rehearsal</p> <p>10 AM - Road Trip  Reg. Deadline NOV 19</p> 	<p> 4</p> <p>9 - Travel Breakfast</p> <p>9:30 - Tap Dance</p> <p>10:30 - Line Dance</p> <p>11:30 - Qigong </p> <p>1 - BINGO</p>	<p>9 am - Tai Chi (B)</p> <p>9:30 - Cribbage</p> <p>10am - Tai Chi (Adv)</p> <p>11 - Journey thru Grief</p> <p>12 - Encore Lunch: Honey Garlic Pork or Toss Salad w/ Chicken</p> <p>12:30 - Yarnworks</p> <p>1:15 - Aging Gracefully</p>	<p>6</p> <p>10 am: Mahjong</p> <p>Closed at Noon</p>
<p>9 am: Dance 9 Fusion</p> <p>10 am: Game Day</p> <p>10:30: Meditation</p> <p>12: Soup to Nuts:</p> <p>1 pm: Deck the Halls</p>	<p>9 am - Strength Training</p> <p>10am - Chair Yoga</p> <p>11 - Blood Pressure</p> <p>11 - Book Club 10</p> <p>1 pm - Chorus Rehearsal</p> <p>2:30 pm - Beef Stew</p> <p>4 - La Salette Shrine</p> <p>Lights Trip </p>	<p>11</p> <p>9:30 - Coffee Club</p> <p>9:30 - Tap Dance</p> <p>10:30 - Line Dance</p> <p>11:30 - Qigong</p> <p>1 - BINGO</p> 	<p>9 am - Tai Chi (B)</p> <p>9:30 - Cribbage</p> <p>10am - Tai Chi (Adv)</p> <p>11 - Journey thru Grief</p> <p>12 - Sausage, Onion & Peppers</p> <p>12:30 - Yarnworks</p> <p>1:15 - Aging Gracefully</p>	<p>13</p> <p>10 am: Mahjong</p> <p>Closed at Noon</p>
<p>9: Dance Fusion</p> <p>10 - PopUp Pantry</p> <p>10 am: Game Day</p> <p>10:30: Meditate</p> <p>12: Soup to Nuts</p> <p>1: Radio Hour 16 Hair & Nails by Appt. </p>	<p>9 am - Strength 17 Training</p> <p>10am - Chair Yoga</p> <p>Party at Pomodoro: 11:30 - Doors Open</p>	<p>18</p> <p>9:30 - Coffee Club</p> <p>9:30 - Tap Dance</p> <p>10:30 - Friends of BCOA Meeting</p> <p>10:30 - Line Dance</p> <p>11:30 - Qigong</p> <p>1 - BINGO</p>	<p>9 am - Tai Chi (B)</p> <p>9:30 - Cribbage</p> <p>10am - Tai Chi (Adv)</p> <p>11 - Journey thru Grief</p> <p>12:30 - Craft w/ Jean</p> <p>12:30 - Yarnworks</p> <p>1:15 - Aging Gracefully</p> <p>2:30 - Ckn Rice Soup</p> <p>4 - Bling Up Blackstone Lights Tour </p>	<p>20</p> <p>10 am: Mahjong</p> <p>Closed at Noon</p>

hair & nails



23

9: Dance Fusion
10: Game Day
10:30: Meditate

24

9 am - Strength Training
10am - Chair Yoga

Closed at Noon

30

9 : Dance
10: Game Day
10:30: Meditate
12 - Birthday & New Years Party
hors d'oeuvres,
Karaoke & Yankee Swap!

31

9 am - Strength Training
10am - Chair Yoga

Closed at Noon

6

9: Dance
10 : Game Day
10:30: Meditate
12 - Soup To Nuts (To Be Announced)

7

9 am - Strength Training
10am - Chair Yoga
12 - Lunch
1 pm - Chorus Rehearsal

Closed 25

Happy Christmas & Hanukkah



1

Closed
Happy New Year!



8

9:30 - Coffee Club
9:30 - Tap Dance
10:30 - Line Dance
11:30 - Qigong
1 - BINGO



26

9 am - Tai Chi (B)
9:30 - Cribbage
10am - Tai Chi (Adv)
11 - Journey thru Grief
12 - Meatball Sub & Chips
12:30 - Yarnworks
1:15 - Aging Gracefully

27

10 am: Mahjong
Closed at Noon

2

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

3

10 am: Mahjong
Closed at Noon

9

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

10

10 am: Mahjong
Closed at Noon

1:15 - Aging Gracefully



4 - Bling Up Blackstone Lights Tour

FITNESS & WELLNESS

WEEKLY PROGRAMS

Mondays

9 AM Dance Fusion With Steve Cavanaugh
10:30 AM Singing Bowl Meditation

New!

Tuesdays

9 AM Strength Training
10 AM Chair Yoga

Wednesdays

9:30 AM Tap Dance
10:30 AM Line Dance
11:30 AM Qigong

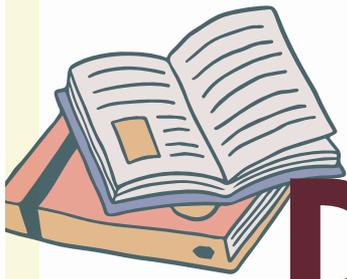
Thursdays

9 AM Beginner Tai Chi
10 AM Int. Tai Chi
11 AM Journey Through Grief
1:15 PM Aging Gracefully and Gratefully

Fridays

*Coming
Soon!*

Pound Fitness \$5/class
with Christine Lamoth



DECEMBER Arts Schedule



Dec 10

11 am

BOOK CLUB:
THE LION WOMEN OF TEHRAN

Dec 19th

12:30 pm

LIBRARY CRAFT WITH JEAN:
YARN ANGELS

Tuesdays

1:00

CHORUS REHEARSAL (ALL WELCOME)

Thursdays

12:30

YARNWORKS (ALL WELCOME)

Fridays

1 pm

PAINTING CLASS SERIES,
WITH DIANE AT THE ARTFUL DODGER STUDIO



Meetings & Civic Events

SOUP TO NUTS:
DAVE FORGIT, OF GOOD
STUFF SMOKEHOUSE

Dec 2, Noon

SOUP TO NUTS:
RAISED BED GARDENING
WITH CELESTE & THE BLACKSTONE
MILLVILLE GARDENING CLUB

Dec 9, Noon

COUNCIL ON AGING
BOARD

Dec 5th, 10 AM

FRIENDS OF THE
BCOA

Dec 18, 10:30

Travel Committee: Resuming In January

FRIENDS OF THE BLACKSTONE COA

December 2024

Thank You!

The Friends Group would like to thank the following vendors for their donations to our annual November Calendar Raffle:

Coffee & Cream; Good Stuff Smokehouse; Picket Fence; Bert's Breakfast & Lunch; Ideal Pizza; Valley & Vines; Casa Burrito; Arigna's Irish Pub; Betty's Donuts; A Plus Tire & Auto Care; Animal Arts; Summer Falls Day Spa; Happy Tails Market; Town Pizza & Café; Seafood Peddler; Farmwicks Candles; Lucky Dog Tavern; Willow Brook Restaurant; Dunkin' Donuts; Texas Roadhouse; The Depot Café; The Tole Booth; JD's Market; Breakfast Nook; Hair by Daniel Jasken

Congrats!

Congratulations to the winners of the November Calendar Raffle! Winners are still being drawn every day of November, but here's the list at time of printing:

Marion Beaulieu
Judi Gittleson
Melissa Germain
Trudi Balliro
Kim Giguere
Linda Lord

Phillip Parenteau
Brian Giroux
Mary Howarth
Daiena Matson
Donna Rivard
Jenna Robinson

Robert Monteiro
Jason Furlan
Judith Joubert-Gerne
Britney Beaudoin

Full List of Winners is posted in the Snr Ctr Dining Room

Tax Work Off: Applicants Needed

Veterans and Seniors: You may be eligible to take part in the Blackstone Tax Work Off Program! Contact COA Director Maggie to learn more and sign up if you are:

- 60+ or a Veteran
- Blackstone Resident for 5+ Y
- Current on Tax Payments
- NOT A Town Employee

**Work to help yourself,
and the town!**

- Maximum of 133 hours/year
- Earn up to \$2,000 to apply to your 2025 Property Tax

Program Starts Dec 1, 2024!

Coming in January:

A series about tolerance, understanding, compassion, accommodations, and the ever changing social landscape. Hosted here at the senior center, and organized by Lisa Cheever, Director of the Blackstone Public Library.



Drivers Needed!

The Senior Center is looking to hire Drivers for our Transportation Team. Applicants must have a valid Class D Driver License and active insurance, and must pass both a pre-employment physical and submit to and pass a Driving Record CORI. New hires will will have the chance to get their CPR Certification! **Good Pay, Good Company, & Flexible Schedule!**
Contact Dennis at (508) 876-5133

Onsite Salon!

Now Booking Appointments for Hair Cuts, and Nail Care & Color. One Monday a month, our beautician will be in the building for Hair and Nail care. Book your appointment in advance with the Senior Center!

Hair Cut: **\$15** Cut & Dry: **\$20** Cut, Dry & Set: **\$25** **No Wash**
Nail: **\$15** File & Color **No Acrylics**

Note: Our hairdresser may cancel a day if no appointments are booked in advance.

Next Salon Day: December 16th, 9 to Noon



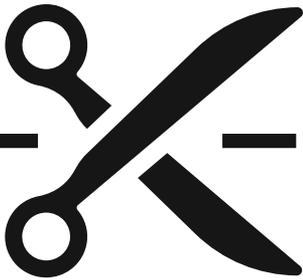
Snow Angels Needed

If you are interested and available to help an elderly or disabled neighbor in need, sign up now to be a Snow Angel!

The Snow Angels program will match you with a Neighbor In Need, who lives close by, and their contact information will be emailed to you. When the snow falls this winter, please make sure to visit your Neighbor and shovel their walk and driveway as needed.

Contact COA Director, Maggie, to sign up as an Angel, or to request one.





NEWSLETTER SUBSCRIPTION BY MAIL:

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Newsletter Subscription by Email:

Name: _____

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**