

Blackstone Council on Aging (COA)

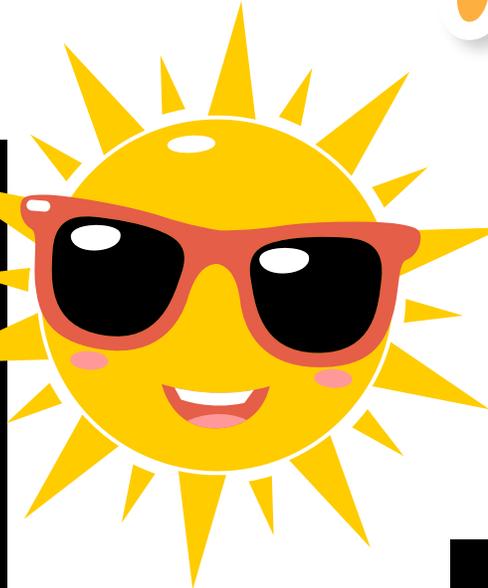
AUGUST 2024 Newsletter



August

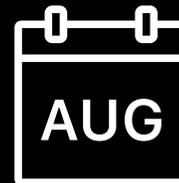
OUR MISSION

- 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
 8:30am - 12:00pm



Aug 8th BCOA Meeting
 August 20th Summer Concert Series Strumdaw
 Aug 21st Friends of BCOA Meeting

SPECIAL DATES TO REMEMBER!!

SENIOR CENTER STAFF CONTACTS:

Maggie Gundersen, Director
 (508) 876-5134 | mgundersen@townofblackstone.org

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

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





Summer Concert Series

August

Summer Concert Series



Monday

Tuesday

Wednesday

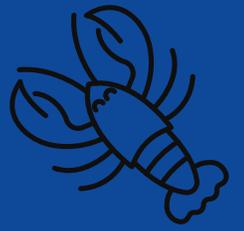
Thursday

Friday

			1 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am Journey through Grief 11:00am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm	2 Mahjong 10:00am Senior Center CLOSES @12:00PM
5 Game Day 10:00am Painting Class 1:00pm	6 Strength Training 9:00am Chair Yoga 10:00am Lunch 12:00pm	7 Coffee Talk Breakfast Club 10:00am Strength Fitness Equipment 10:30am Qigong 11:30 BINGO 1:00pm	8 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am Journey through Grief 11:00am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm	9 Mahjong 10:00am Senior Center CLOSES @12:00PM
12 Game Day 10:00am Painting Class 1:00pm	13 Strength Training 9:00am Chair Yoga 10:00am Blood Pressure Clinic 11:00am Lunch 12:00pm	14 Walmart 10:00am Strength Fitness Equipment 10:30am Qigong 11:30 August Birthday Luncheon/LUAH 12:00pm BINGO 1:00pm	15 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Market Basket 10:00am Cribbage 9:30am Journey through Grief 11:00am Lunch 12:00pm Craft w/Jean 12:30pm Knitting Group 12:30pm Aging Gracefully 1:15pm	16 Mahjong 10:00am Senior Center CLOSES @12:00PM
19 Game Day 10:00am Pop-up Pantry 10:00am Painting Class 1:00pm	20 Strength Training 9:00am Chair Yoga 10:00am Book Club 11:00am Lunch 12:00pm Concert Series Event  Strumdawgs 6:00pm	21 Coffee Talk - TRAVEL Breakfast Club 10:00am Walmart 10:00am Strength Fitness Equipment 10:30am Qigong 11:30am BINGO 1:00pm	22 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am Journey through Grief 11:00am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm	23 Mahjong 10:00am Senior Center CLOSES @12:00PM
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REP. SOTER'S ANNUAL SENIOR SUMMER CELEBRATION @BLACKSTONE PUBLIC LIBRARY



Tuesday, August 21 @ 12:00pm

FREE

At the Blackstone Library

RSVP Required by August 16th

Transportation will be provided!!

Please Contact Dennis @ (508) 876-5133 for your Transportation

Menu:

**Lobster or Chicken Salad Roll, a Bag of Chips,
desert and beverages.**



Please make your reservation before August 16th

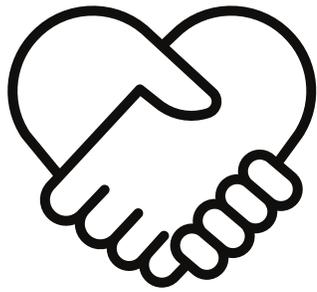


Coming Soon... Watch Your Mail...

Fuel Assistance renewals and
Medicare Open Enrollment
will begin in the fall



Kayla Cardin - Outreach Coordinator
(508) 876-5135



How can I help??

MassSave – Enhanced Residential Offers

For those who didn't quite qualify for heating assistance this year, there is still a program through MassSave that may assist you in receiving a no-cost insulation upgrade and an increased rebate on heating and cooling equipment. Individuals who make an income between \$45,393-\$60,523 and a family size of two who make a combined income between \$59,360-\$79,146 qualify for this program. Please contact MassSave for your free energy home assessment and in doing so, remember to ask about this program. For more guidance, you may visit www.masssave.com and search for this program, or you may contact our Outreach Coordinator, Kayla Cardin.



Healthy Incentives Program (HIP)

Do you have SNAP benefits (previously known as Food Stamps)? The Department of Transitional Assistance (DTA) who manages SNAP has a free program for those who receive SNAP benefits. There is no special sign-up for HIP. If you are eligible for SNAP, you are automatically enrolled in this program. For a family of 1 or 2, you will receive an additional \$40 per month that you can use toward fresh fruits and vegetables. Remember to make sure you have a balance on your card or else this program will not allow you to use the free money. You just have to ask the vendor if they accept HIP. Here are some local farms and farm stands within 10 miles of Blackstone that accept this program.

Daniels Farmstead Farmers' Market 286 Mendon St. Blackstone, MA 01504

Cook's Valley Farm 2200 West St. Wrentham, MA 02093

Franklin Farmers' Market Town Common Franklin, MA 02038

Franklin/Fairmount Fruit Farm 887 Lincoln St. Franklin, MA 02038

Medway Community Farm 50 Winthrop St. Medway, MA 02053



You must make a transportation reservation with Dennis, our Transportation Coordinator at least two (2) days prior to each shopping trip.

MONTHLY SHOPPING TRIPS **Transportation Reservations**

Call (508) 876-5133 or email our Transportation Coordinator at coatransport@townofblackstone.org to make a transportation reservation!!

IMPORTANT

NEW

NEW Transportation Policies for Doctor's appointments:

Local 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.

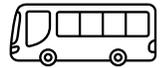
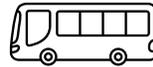
Call Dennis at 508-876-5133 if you have any questions or to book your appointments.



Walmart

Walmart Shopping
2nd and 4th Wednesday
of the Month
10:00am to 12:00pm

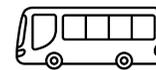
We will transport passengers to the Walmart Supercenter in North Smithfield, RI on
Wednesday, August 14th
Wednesday, August 28th



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, August 15th



*****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!



Friends of BCOA



It's Summer time & the Music is Easy... at the Evening Concert Series Sponsored by The Friends of BCOA. We have enjoyed the Jazz Style of the "Catnip Junkies" & rocked out with "Robert ELVIS Black" and The Awesome "Steve Anthony". Please join us at The Blackstone Boys & Girls Club, 115 Canal Street, Blackstone to enjoy the Amazing Rockers "StrumDawgs" on Tuesday, August 20th from 6:00pm - 8:00pm.

Our final concert of the summer.

It's FREE!! Bring a chair or blanket, snacks or your dinner!! If you would like more information on the Friends Group, please call Judy @ 508-612-4566. The next Friends Group Meeting will be Wednesday, August 21st @ 11:30am

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

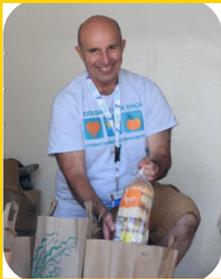
Veteran's

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 you 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, August 19th @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!!



HELL^o Summer

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.

Painting Class w/Diane Mayers from The Artful Dodger RETURNS!!

Mondays beginning August 12th through Sept. 16th @1:00pm - 2:30pm
6 week Session - \$24.00 paid in full at registration
You must sign up for this class in advance.



Senior Center Events!!

Would you like to volunteer to teach a craft class at the Senior Center?
Please call @ 508-876-5134 for more information.

HAPPY BIRTHDAY



August Birthday/LUAU
Celebration & Luncheon

Wednesday, August 14th
@ 12:00pm
\$5.00 per person

Wear your favorite Hawaiian Style!!

Menu:

Lentil Vegetable Soup, Chicken
Scallopini (HOT), Rice Pilaf
w/mushrooms, Green Beans,
WW roll OR
Seafood Salad Plate (COLD)
drinks and a special
Birthday dessert!!

Entertainment provided!!



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, 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 the program, or if you know of anyone who would benefit from this program, please contact:

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



Celebrate
National



Rootbeer Float Day

Tuesday, August 6th at
1:00 pm, immediately
following lunch

Blood Pressure Screening

Tuesday, August 13th
11:00AM - 11:45AM

FREE



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.

Join us at the Senior Center!!!

"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.

No Coffee Talk Breakfast Club on Wednesday, August 14th



"Coffee Talk"
Breakfast Club

GET THE BOUQUET THAT

Gives Back



During our benefiting month, our organization will receive a \$1 donation for every specially marked Bloomin' 4 Good Bouquet sold at our selected Hannaford.

Thank you for your support!



hannaford.2givelocal.com

Bloomin' 4 Good Program



Local Attorney Daniel Doyle

is available each month to meet briefly with seniors at the Bellingham Senior Center on the 3rd Wednesday of month. Call for an appointment:
508-966-0398



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

Tuesday, August 20th @11:00am

Join Ellen from the Blackstone Public Library, as the group reviews the August's Novel, "The Reading List"

written by Sara Nisha Adams

Pick up your copy at the Senior Center.

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



Qigong



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

Wednesdays starting June 5th - Aug. 7th
@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!!

Blackstone Afternoon Cinema
Presents.....

“Mamma Mia!”

Tuesday, August 13th @ 1:00pm
following lunch

Starring Meryl Streep, Pierce Brosnan and Amanda Seyfried!!

Join us for a Movie & popcorn
while you stay cool in our
refreshing air conditioning!!



Blackstone Public Library
Monthly Craft at the Senior Center

Floating Teacup

Thursday
August 15
12:30 PM

Location: Senior Center



Defy gravity with this beautiful floating teacup craft!

Supplies will be provided.
No experience is necessary.

Sign-ups begin on Monday, July 15.
Contact the Blackstone Public Library
at 508-883-1931 to register.

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



**Friends of Blackstone
Council on Aging (FBCOA)
Monthly Meeting**

Wednesday, August 21st
@11:30am

Join our Friends group as
they plan for upcoming
Fundraising Events.



Road Trip



Mystery Lunch Trip
Monday, August 12th
 Bus will leave the SC @11:30am
 Bus will return to SC @ 2:30pm
 \$5.00 for transportation.
 Lunch is on your own.

ENJOY



July's TRAVEL "Coffee Talk" Breakfast Club will be held on Wednesday, August 21st
 PLEASE MEET @ Pam's Diner
 93 Mechanic Street, Bellingham
 @ 10:00am
 Breakfast is on your own.
 Please schedule with Dennis if you need Transportation.

Pam's Diner

Iggy's Boardwalk Trip
 Monday, August 26th
 Bus departs at 11:00 AM and returns at 3:45 PM.
 \$5.00 for Transportation
 There will be allotted time to relax by the water afterwards.

We will enjoy lunch at Iggy's Boardwalk Restaurant overlooking Narragansett Bay in Warwick.
 The Boardwalk features something for everyone. They have a large selection of appetizers, raw bar items, salads, as well as their famous Iggy's Chowder and Clam Cakes.
 They also have incredible lobster dinners, burgers and sandwiches.

Why not bring a chair and sit and enjoy the view of Narragansett Bay after enjoying a fabulous lunch? Or enjoy an ice cream treat from Iggy's Creamery!!

Please note Lunch is on your own and there is minimal walking on this trip.
 You need to sign up for this trip and space is limited!!

Cucumber Blueberry Salad

Makes: 4 Servings

Preparation Time: 20 minutes

A quick, simple and refreshing salad featuring fresh blueberries and crisp cucumber chunks with feta cheese, arugula, and a lime vinaigrette.

Ingredients

Vinaigrette

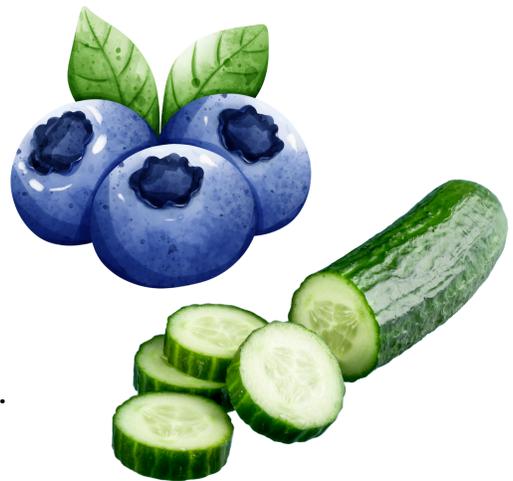
- 1 1/2 tablespoons extra virgin olive oil
- 2 tablespoons white balsamic (or other) vinegar
- 1 tablespoon lime juice, freshly squeezed or bottled
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Salad

- 1 cup fresh blueberries
- 1 medium greenhouse-grown cucumber, cut into small chunks
- 4 cups fresh arugula
- 1/4 medium red onion, thinly sliced
- 1/4 cup crumbled reduced-fat Feta cheese
- 2 tablespoons coarsely chopped walnuts (toasted optional)
- 4 slices whole grain bread

Directions

1. In a small bowl whisk together vinaigrette ingredients.
2. In a large bowl mix together all salad ingredients, except bread.
3. When ready to serve, add vinaigrette to salad and toss.
4. Toast bread, then cut into four pieces.



Our Seniors are enjoying their Nutrition Program Menu choices of a HOT or COLD lunch, quality and price!!

Join us Tuesdays and Thursdays @12:00pm - \$5.00 per meal

SERVING SIZES

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

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>			<p>1 Tomato soup Salisbury steak w/ gravy Potato wedges Buttered corn Melon Ww roll Chef salad</p>	<p>2</p>
<p>5</p>	<p>6 Tossed salad Beef teriyaki Steamed rice Roasted zucchini Ww roll Pudding Ham & cheese on wheat</p>	<p>7</p>	<p>8 Vegetable soup Pork roast w/ gravy Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate</p>	<p>9</p>
<p>12</p>	<p>13 Cream of broccoli soup Mexican picadillo w/ Potatoes Buttered corn Fresh fruit- Ww roll Roast beef sandwich on roll</p>	<p>14 AUG. BDAY/LUAU Lentil vegetable soup Chicken scallopini Rice pilaf w/ mushrooms Green beans Ww Roll - cake Seafood salad plate</p>	<p>15 Chicken soup Pot roast w/gravy Mashed potatoes Peas & carrots Sliced peaches – Ww roll Cobb salad</p>	<p>16</p>
<p>19</p>	<p>20 Tomato soup Ground beef tacos (2) Rice Spanish corn Sour cream Sliced peaches Chef salad</p>	<p>21</p>	<p>22 Lentil soup w/ vegetables Oven fried chicken Pasta salad Cucumber salad Ww roll Brownie Egg salad on rye</p>	<p>23</p>
<p>26</p>	<p>27 Vegetable soup Honey garlic pork chop Roasted vegetables Parmesan rice Tropical fruit Ww roll Spinach salad w/ chicken</p>	<p>28</p>	<p>29 Vegetable soup Sloppy joe 3 - salad Roasted potatoes Fresh fruit / Ww roll Cobb Salad</p>	<p>30</p>

**LUNCH
TIME**



Please make your reservation 1 week in advance!!

For more information call 508-876-5135



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



Good Times



Good Times

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



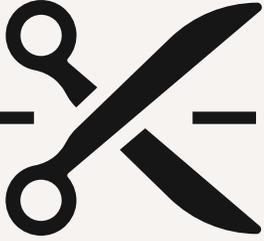
Good Times

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

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