

Blackstone Council on Aging October 2024 Newsletter



October

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

SENIOR CENTER STAFF:

Maggie Gundersen,
Director
mgundersen@townofblackstone.org

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

Kim Coffey
Nutrition/Activities Coordinator
508-876-5135
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-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

October Highlights:

- Intergenerational PROM with Blackstone Seniors and Blackstone / Millville High School Students, Thursday, October 24th, 3:30-5:30
Transportation available. Call the Senior Center to RSVP
- Blackstone Live Radio Theatre presents the "Past-Our-Prime-Time Players on Monday, Oct 21st, 1:00pm
- Men's & Women's Hair Cuts/Trims and Nail Care Services \$15 begins Monday, October 21st. Call Senior Center to book appointments

Importation Dates:

- Senior Center Halloween Party Oct 30th @ 12:00
- *Blackstone Paper Shredding Day, Sat. Oct. 5th, 9-12:00 at Town Hall*
- BCOA Board Meeting Thursday, Oct 3rd, 10:00am
- Friends of BCOA Meeting Wed. Oct 16th, 11:30



OCTOBER



Monday

Tuesday

Wednesday

Thursday

Friday

<p>30</p> <p>10:00am - Game Day</p>	<p>1</p> <p>9:00am-Strength Training 10:00am-Chair Yoga 12:00pm-Lunch 1:00pm-Holiday Chorus</p>	<p>2</p> <p>10:00am-Coffee Club 9:30-Line Dance (beg) 10:30-Line Dance (adv) 11:30-Tap Dancing 9-11:30-Gym Equipment Use 1:00-BINGO 1:30 Senator Fatman's Rep</p>	<p>3</p> <p>9:00am-Tai Chi (Beg.) 10:00am-Tai Chi (Adv.) 10:00am-BCOA meeting 9:30am-Cribbage 11:00am-Journey thru Grief 12:00pm-Lunch 12:30pm-Knitting Group 1:15pm-Aging Gracefully</p>	<p>4</p> <p>10:00am-Mahjong</p> <p>Senior Center CLOSES @12:00PM</p>
<p>7</p> <p>10:00am-Game Day</p>	<p>8</p> <p>9:00am-Strength Training 10:00am-Chair Yoga 11:00am -BPressure Clinic 12:00pm-Lunch 1:00pm-Holiday Chorus</p>	<p>9</p> <p>10:00am-Coffee Club 10:00am-Walmart 11:30 - Road Trip Tougas Farm 9:30-Line Dance (beg) 10:30-Line Dance (adv) 11:30-Tap Dancing 9-11:30-Gym Equipment Use 1:00-BINGO</p>	<p>10</p> <p>9:00am-Tai Chi (Beg.) 10:00am-Tai Chi (Adv.) 9:30am-Cribbage 11:00am-Journey thru Grief 12:00pm-Lunch 12:30pm-Knitting Group 1:15pm-Aging Gracefully</p>	<p>11</p> <p>10:00am-Mahjong</p> <p>Senior Center CLOSES @12:00PM</p>
<p>14</p> <p>Senior Center CLOSED for COLUMBUS DAY</p>	<p>15</p> <p>9:00-11:00- Flu Clinic 9:00am-Strength Training 10:00am-Chair Yoga 11:00am -Book Club 12:00pm-Lunch 1:00pm-Holiday Chorus</p>	<p>16</p> <p>9:30am-Travel Breakfast 9:30-Line Dance (beg) 10:30-Line Dance (adv) 11:30-Tap Dancing 11:30am-Friends of BCOA 9-11:30-Gym Equipment Use 1:00-BINGO</p>	<p>17</p> <p>9:00am-Tai Chi (Beg.) 10:00am-Tai Chi (Adv.) 9:30am-Cribbage 10:00am-Market Basket 11:00am-Journey thru Grief 12:00pm-Lunch 12:30pm-Craft w/Jean 12:30pm-Knitting Group 1:15pm-Aging Gracefully</p>	<p>18</p> <p>10:00am-Mahjong</p> <p>Senior Center CLOSES @12:00PM</p>
<p>21</p> <p>10:00am-Game Day 10:00 PopUp Food Pantry 9-12:00 - Hair cut apntmts 1:00-3:00 Nail apptmts <i>Call Sr Center to book time</i> 1:00pm-Blackstone Radio Theatre present the Past-Our-Prime-Time Players</p>	<p>22</p> <p>11:00-3:00 -Mystery Lunch 9:00am-Strength Training 10:00am-Chair Yoga 12:00pm-Lunch 1:00pm-Holiday Chorus 4:00-6:00 Flu Clinic in the Senior Center Cafe</p>	<p>23</p> <p>10:00am-Coffee Club 10:00am-Walmart 9:30-Line Dance (beg) 10:30-Line Dance (adv) 11:30-Tap Dancing 9-11:30-Gym Equipment Use 1:00-BINGO Texas Roadhouse N.Smithfield Fundraiser - 4:00pm-Close</p>	<p>24</p> <p>9:00am-Tai Chi (Beg.) 10:00am-Tai Chi (Adv.) 9:30am-Cribbage 11:00am-Journey thru Grief 11:00-Travel Committee 2:00pm-Lunch 12:30pm-Knitting Group 1:15pm-Aging Gracefully 3:30-5:30 Sr/BMR PROM</p>	<p>25</p> <p>10:00am-Mahjong</p> <p>Senior Center CLOSES @12:00PM</p>
<p>28</p> <p>10:00am-Game Day</p> 	<p>29</p> <p>9:00am-Strength Training 10:00am-Chair Yoga 12:00pm-Lunch 1:00pm-Holiday Chorus BLACKSTONE TOWN HALL HALLOWEEN PARTY 4:30pm - 6:30 pm <i>(quiet time 4:30-5:00)</i></p>	<p>30</p> <p>9:30-Line Dance (beg) 10:30-Line Dance (adv) 11:30-Tap Dancing 9-11:30-Gym Equipment Use 12:00-Halloween Party 1:00-BINGO</p>	<p>31</p> <p>9:00am-Tai Chi (Beg.) 10:00am-Tai Chi (Adv.) 9:30am-Cribbage 11:00am-Journey thru Grief 2:00pm-Lunch 12:30pm-Knitting Group 1:15pm-Aging Gracefully HAPPY HALLOWEEN !!!!!</p>	



At a Glance

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

- Page 2 – Calendar of Events
- Page 3 - Veteran's News
- Page 4 – Outreach Services
- Page 5 – Arts & Crafts / Meeting & Clubs
- Page 6 – New & Upcoming Events
- Page 7 - Exercise, Health & Wellness
- Page 8 – Breakfast, Lunch, Food, n Fun
- Page 9 - Travel & Transportation
- Page 10 - Recipe of the Month
- 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



ATTENTION ALL VETERANS

On Sunday, November 10, 2024 there will be a free breakfast for all veterans and guests at the Divine Mercy Church. It will be held in the basement of the school at 11:00 AM. We will also be honoring Vietnam Era Veterans and awarding them their Vietnam Commemorative Pin. If you are a Viet Nam Era Veteran, please contact me at 508-876-5133 so that I can order the pins. See you November 10th at 11:00 AM, we'll have breakfast together. Dennis

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

alzheimer's  association®

The Alzheimer's Association's 24/7 helpline (800-272-3900) is a free service offering support to people and families living with dementia.

Fall is a Busy Season for Social Services

In the fall many service programs are renewed or prepped for the new year. Fuel assistance, Medicare open enrollment, SNAP renewals, and others all take place in the fall. If you need assistance from our Social Services dept, you will need to make an appointment. We get many phone calls and will do our best to return calls in one-week.



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.

ARTS & CRAFTY STUFF

GROUPS, CLUBS, MEETINGS

Blackstone Public Library
Monthly Craft at the Senior Center

Witch's Broom

Thursday
October 17
12:30 PM

Location: Senior Center



Don't sweep out those cobwebs yet – embrace them with this Witch's Broom craft!

Supplies will be provided.
No experience is necessary.

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.

Signups begin Monday, September 23.

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 Witch's Broom craft is funded by a generous donation from the Blackstone LIG MEG as authorized by the Board of Library Trustees.



Travel Committee

Thursday October 24th @11:00am



**Blackstone
Council on Aging
Meeting Thursday,
October 3rd
at 10:00am**

GARDENING RAISED BEDS

Participants Wanted....

If you are interested in growing your own garden here at the Senior Center or being part of a group of gardeners, please call the Senior Center to sign-up.



Garn Works Boutique
Visit our new display
first floor of town Hall

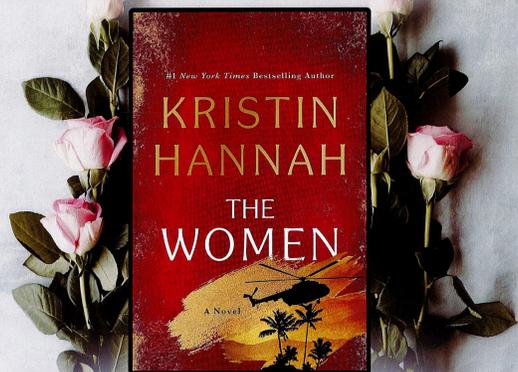


Friends of the Blackstone Senior Center

Wednesday, Oct 16th
@ 11:30

SPONSORED BY THE BLACKSTONE PUBLIC LIBRARY SENIOR CENTER BOOK CLUB

October book choice...



Come join us in person Tuesday, October 15, at
11:00 AM at the Blackstone Senior Center.

For more information, call 508-883-1931
and ask for Ellen Goudreau or email
egoudreau@cw mars.org.

NEW PROGRAMS



Now Available
**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
 Monday Oct 21st - 9:12:00
 Call to book an appointment



Book a 20-minute appointment with our nail stylist to renew or update your nail color
 Monday Oct 21st, 1:00-3:00
 Call to book an appointment



A podiatrist from TransCare Mobile Healthcare will provide services here at our Sr Center and then bill your Medicare directly. Seniors must provide insurance and other details to the TransCare prior to their appointments. Call the Sr Center for more info

OCTOBER EVENTS

Intergenerational Prom



A dance that goes beyond generations

At BMR High School

BMR in the Beginning: Celebrating the late 1960s and early 1970s

Thursday, Oct 24, 3:30 - 5:30 PM



RSVP to Senior Center: 508-876-5134



Blackstone Senior Center's Past-Our-Prime Time Players

presents

a Radio Theatre Ensemble of skits and comedies from the past.

**Monday, October 21st
 1:00PM**

**Admission is free
 Reservations are Required
 Call Senior Center to RSVP**

Exercise, Health, & Wellness Programs

EXERCISE

WELLNESS

Now offering
Tap and Line Dancing



Wednesday mornings

- Beginner LD: 9:30
 - Intermediate LD: 10:30
 - TAP DANCE: 11:30
- Tap or soft sole shoes*

ART CLASSES

...are back



Now taking place at studio
The Artful Dodger
Fridays: 1:00pm
Transportation available

Weekly Exercise Schedule:

Tuesdays:

- 9:00-10:00 - Strength Conditioning
- 10:00-11:00 - Chair Yoga

Wednesdays:

- 9:30-10:15 - Line Dancing (Beg)
- 10:30-11:15- Line Dancing (Int)
- 11:30-12:15 - Tap Dancing

Thursdays:

- 9:00-10:00 - Tai Chi (Beg)
- 10:00-11:00 - Tai Chi (Int)



Blood Pressure Screening

Tuesday, October 8th
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 wellness room for your convenience.



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



Flu Clinics at Blackstone Senior Center

Tuesday, Oct 15,
9:00-11:00AM
Tuesday, Oct 22nd,
4:00-6:00PM



Breakfast, Lunch & Dinner

Food, More Food, and Anything having to do withFood

Breakfast



"Coffee Talk" Breakfast Club
Meets @ Sr Center Every Wednesday
10:00am - 11:00am
Travel Breakfast Meets this month at
Table Family Dinner, Uxbridge
Wednesday, October 16th
*No Coffee Talk Breakfast Club on
Halloween Party Day, Oct 30th*

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

Tuesday, October 22nd

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

\$5.00 for transportation.

Lunch is on your own.



Halloween Party

Celebrate Halloween & October Birthdays

Wednesday, October 30th @ 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, October 9th
Wednesday, October 23rd



Market Basket Shopping

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

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

Thursday, October 17th

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

Voted Top 10 Orchards to visit IN THE COUNTRY by USA Today. Tougas offers Apples, Pumpkins, Apple Cider Donuts & Hot Apple Cider, Pies, Petting Zoo, Hay Rides, Ice Cream & Sundaes, Gift Shop with fresh pies & fruit preserves, Cafeteria with sandwiches, burgers, hotdogs, Mac&Cheese. Wear comfortable walking shoes and bring your tastebuds.

Tuesday, October 9th

Bus leaves the Sr Ctr at 11:30 and returns at 3:00.

RSVP required.

Please note snacks and garden purchases are 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



Carmel Apple Cheesecake Dip

Ingredients

4 whole graham crackers, crushed
2 cups no-bake cheesecake filling mix
1 cup caramel dip (such as Marzetti® Caramel Dip)
1 1/2 cups whipped cream or whipped topping
1/2 cup roasted salted peanuts, coarsely chopped
sliced apples, pretzel crisps or twists, graham crackers
and/or vanilla wafers for serving

Directions

Place graham cracker crumbs in the bottom of a pie plate or deep serving dish. Carefully spread cheesecake filling over graham cracker crumbs, taking care not to mix the crumbs into the filling.

Microwave caramel dip for 10 seconds to loosen it and spread dip evenly over cheesecake filling.

Spread whipped topping over caramel and sprinkle evenly with peanuts. Freeze for 10 minutes before serving, or refrigerate until ready to serve with sliced apples, pretzels and cookies.

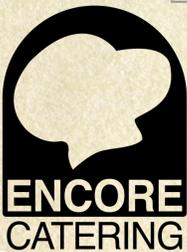


Join us for a Community Lunch and Socialization each Tuesdays and Thursdays @12:00pm - \$4.00 per meal

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

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cream of broccoli soup Chicken cacciatore Roasted potato Green beans Ww Roll Cookie Ham & cheese on rye	2	3 Lemony chicken orzo soup Roasted pork loin Sweet potatoes Buttered corn Cookie Ww roll Turkey breast on rye	4
7	8 Minestrone soup Chicken cordon bleu Mashed potato Green beans w/ carrots Ww Roll Sliced pears Tossed salad w/ chicken	9	10 Vegetable soup Meatloaf w/ gravy Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	11
14 Closed	15 Tomato soup Chicken Vesuvio w/ Potato mushroom & peas Ww roll Mixed fruit Corned beef reuben	16	17 Vegetable soup Open turkey sandwich w/gravy Stuffing Roasted vegetables Sliced peaches – Ww roll Chicken salad plate	18
21	22 Creamy chicken potato soup Swedish meatballs Mashed potato Mixed vegetables Roll Sliced peaches Chef salad	23	24 Tomato soup Honey garlic pork chop Sweet potatoes Peas & carrots Ww roll Tuna salad sandwich	25
28	29 Roasted Cauliflower soup Pork chop Italiano Rice pilaf Corn & carrots Ww roll Cake Cobb salad	30	Lentil soup Baked ham w/ gravy Rice Florentine Sliced carrots Ww roll Fresh fruit Tossed Salad w Chicken	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging</i>



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

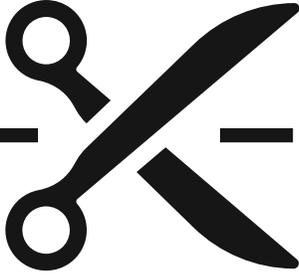


Pop-up Mobile Food Pantry

Monday, October 21st @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**