

BLACKSTONE COUNCIL ON AGING

NEWSLETTER

JANUARY
2025

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

- **Soup to Nuts - Pg 3**
Meet the Selectmen
- **Road Trip - Pg 7**
Worcester Art Museum
- **Travel Committee - Pg 3**
- **Gardening Club - Pg 3**

HAPPY NEW YEAR!

Wishing you and yours a
year full of contentment,
comradery, and
completed goals in 2025

*From all of us here at the
Blackstone Council on Aging.*

The Director's Desk

Happy New Year everyone!

For many, this season is often a time of reflection and appreciation; for what has been and what will come your way in 2025. It's also a great time to slow down and catch your breath after a busy holiday season, to reset our priorities, and focus on our health and happiness. Here at the Senior Center, these past few months has been busy – from Halloween parties and two thanksgiving gatherings, to our big holiday party at Savini's Pomodoro. I think it's safe to say the staff here are probably ready for a long winter's nap.

Through the hustle and bustle of these past few months, I have had the opportunity to interact with so many of you and your families in very meaningful ways, and come to find this Blackstone community is a very welcoming and caring community. It is my hope that the Senior Center is a big part of that warm welcome for all of you. With that said, I would like to thank all of you for allowing me to be a part of your community. I can't wait to see what this next year will bring.

Maggie

At a Glance

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Calling You!

When Activities/Nutrition Coordinator Kim makes outbound calls, the number shows up as "restricted." Please check your voicemails!



BCOA NEWS

JANUARY
2025

Soup to Nuts!

Selectman Dan Keefe will join us for lunch on the 6th, over a bowl of Broccoli Cheddar soup.

Reg Deadline Dec 30

Mon, Jan 6, Noon, \$2

Selectwoman Tanya Polak will join us for lunch on the 13th, over a bowl of Tomato Soup.

Reg Deadline Jan 6

Mon, Jan 13, Noon, \$2

Selectman Mike Sweeney will join us for lunch on **Tuesday** the 21st, over a bowl of Beef Stew.

Reg Deadline Jan 7

TUES, Jan 21, Noon, \$2

Next Month:

- Selectwoman Mary Bulso
- Living Purposefully w/ AmeriCorps

Travel Committee

Do you like to plan trips? We would love to have you on the Travel Committee! Join us for an informational meeting on Monday, Jan 13th, at 1:15 pm to find out more.

Garden Club

Interested in learning more about gardening, or joining us to plan and upkeep the flower beds or new raised garden beds? Come to the first meeting of the BCOA Garden Club to find out more. Monday, Jan 6, 1:15 pm.



COMMUNITY OUTREACH

January 2025

Kayla Cardin
Outreach Coordinator
(508) 876-5135

Seasonal Depression?

According to Mayo Clinic, Seasonal Affective Disorder (SAD) is “a type of depression related to changes in seasons.” During the winter months, feelings of tiredness, hopelessness, lack of concentration, weight changes, and loss of interest in activities you usually enjoy should not be brushed off as ‘winter blues.’ You’re not alone! There are more than 3 million cases of seasonal depression reported each year. Reach out to your medical professional today.

Heating Assistance

It’s not too late!

It is not too late to apply for heating assistance through SMOC. The gross income limit for a household size of two is \$64,333; and for a household size of one its \$49,196. If you are over the income limit for SMOC and are still having a tough month making ends meet, please consider contacting the Salvation Army or the Good Neighbor Energy Fund. They may pay for one delivery of oil or one month’s gas bill in the event of a financial hardship. You may also call our Outreach Coordinator, Kayla Cardin, who will put you in touch with a Salvation Army representative.

Medicare Advantage?

If you are enrolled in a Medicare Advantage Plan, there is an extended open enrollment from January 1st to March 31st. During this time, you may opt to switch back to Original Medicare along with a supplement plan, and enroll in a Medicare Part D plan.

Inflation Reduction Act

Among the changes from the “Inflation Reduction Act” is a yearly cap of \$2,000 on out-of-pocket prescription drug costs in Medicare. This is down from \$8,000 in 2024. Also, if you qualify for the Medicare Savings Program, you also qualify for Medicare Extra Help on prescriptions. Please ask our Outreach Coordinator, Kayla Cardin for more information.

January is Glaucoma Awareness Month.

The leading cause of vision loss and blindness, 1/2 of those who have it are undiagnosed. Don’t wait - schedule your yearly eye exam and save your vision!

VETERAN'S SERVICES

January 2025

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

Did you know? VA's Aid, Attendance, and Housebound Benefits can increase your pension payments to support the additional care you need! If you need assistance with daily activities, or are housebound, you may qualify for

an increase to help pay for in-home care, assisted living, or nursing home costs.

www.va.gov/pension/aid-attendance-housebound



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 to 4:00 PM



VA Questions?

The VA's website now has an Interactive Chat Bot that will help answer your questions - 24 hours a day, 7 days a week. *Please do NOT enter personal information, or use the chatbot in an emergency.*

www.va.gov/contact-us/virtual-agent



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

Medical Transportation

Transportation to medical appointments is available **BY Reservation** for Blackstone disabled and/or senior residents. 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**

Shopping Trips

Reservations Required

7 days in advance

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

Wed, Jan
8 & 22



We provide transportation to the N. Smithfield Super Walmart

Thursday,
Jan 16



We provide transportation to the Bellingham Market Basket



Drivers Needed!

The Senior Center is looking to hire Drivers for our Transportation Team. Applicants must have a valid driver's license and active insurance, and must pass both a pre-employment physical and a driving record CORI background check. New hires will have the chance to get their CPR Certification! **Good Pay, Good Company, & Flexible Schedule!**

Contact Dennis at (508) 876-5133

Trips & Events

January 2024

14

TUESDAY

MYSTERY LUNCH: IT'S A CULINARY ADVENTURE!

BUS LEAVES 11 COA \$5 + LUNCH :: LIMIT 12
RSVP BY JAN 7



15

WEDNESDAY

ROAD TRIP: WORCESTER ART MUSEUM

BUS LEAVES 9:30 COA \$5 + ADMISSION (\$14) + LUNCH :: LIMIT 12
2:00 WAM RSVP BY JAN 7, 2024



16

THURSDAY

CRAFT W/ JEAN: DRIED FLOWER CANDLE

12:30 FREE :: LIMIT 15
RSVP W/ LIBRARY: (508) 883-1931



21

TUESDAY

CRAFT W/ CELESTE: WOODEN SNOWMEN

1:30 FREE :: LIMIT 15
RSVP W/ COA



27

MONDAY

BIRTHDAY BASH: CHINESE NEW YEAR!

12 - 1 \$5 :: LIMIT 36
RSVP BY JAN 21

FAMILIAR FOOD &
TRADITIONAL MUSIC



29

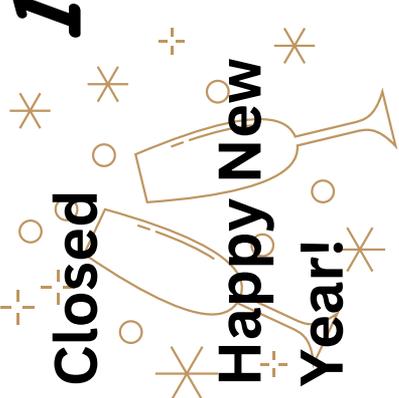
WEDNESDAY

TRAVEL BREAKFAST: THE GARDEN | MILFORD MA

BUS LEAVES 9:30 COA FREE + BREAKFAST :: LIMIT 12
RSVP BY JAN 22 :: CASH ONLY!



January

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9 : Dance</p> <p>10: Game Day 30</p> <p>10:30: Meditate</p> <p>12: Birthday & New Years Party</p> <p>hors d'oeuvres, Karaoke & Yankee Swap!</p>	<p>9: Strength Training</p> <p>10: Chair Yoga</p> <p>31</p> <p>Closed at Noon</p>	<p>Closed</p> <p>Happy New Year!</p>  <p>1</p>	<p>9:00: Tai Chi (B)</p> <p>9:30: Cribbage</p> <p>10:00: Tai Chi (Adv)</p> <p>11: Journey thru Grief</p> <p>12: Encore: Ckn Cordon Bleu OR Egg Salad on Wheat</p> <p>12:30: Yarnworks</p> <p>1:15: Aging Gracefully</p> <p>2</p>	<p>10: Mahjong</p> <p>10: Pound</p> <p>Closed at Noon</p> <p>3</p>
<p>9:00: Adv Line Dance</p> <p>10:00: Game Day</p> <p>10:30: Meditation</p> <p>12: Soup to Nuts</p> <p>6</p>	<p>9: Strength Training</p> <p>10: Chair Yoga</p> <p>11: Book Club</p> <p>12: Pizza, compliments of TKO Pizza</p> <p>1: Chorus Rehearsal</p> <p>7</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>1:00: BINGO</p>  <p>8</p>	<p>9:00: Tai Chi (B)</p> <p>9:30: Cribbage</p> <p>10: Tai Chi (Adv)</p> <p>11: Journey thru Grief</p> <p>12: Lunch: American Chop Suey</p> <p>12:30: Yarnworks</p> <p>1:15: Aging Gracefully</p> <p>9</p>	<p>10: Mahjong</p> <p>10: Pound</p> <p>Closed at Noon</p> <p>10</p>
<p>9:00: Adv Line Dance</p> <p>10:00: Game Day</p> <p>10:30: Meditate</p> <p>12: Soup to Nuts</p> <p>13</p>	<p>9: Strength Training</p> <p>10: Chair Yoga</p> <p>11: Mystery Lunch</p> <p>1: Chorus Rehearsal</p>  <p>14</p>	<p>9:30: Coffee Club</p> <p>9:30: Tap Dance</p> <p>9:30: Road Trip: Worcester Art Museum</p> <p>10:30: Friends of BCOA</p> <p>10:30: Line Dance</p> <p>11:30: Qigong</p> <p>1:00: BINGO</p> <p>15</p>	<p>9:00: Tai Chi (B)</p> <p>9:30: Cribbage</p> <p>10:00: Tai Chi (Adv)</p> <p>11: Journey thru Grief</p> <p>12: Encore: Pot Roast OR Ckn Salad Plate</p> <p>12:30: Library Craft</p> <p>12:30: Yarnworks</p> <p>1:15: Aging Gracefully</p>  <p>16</p>	<p>10: Mahjong</p> <p>10: Pound</p> <p>Closed at Noon</p> <p>17</p>

Closed 20
for
MLK Jr
Day

9: Adv Line **27**
 Dance 
 10: PopUp
 Pantry 
 10 : Game Day
 10:30: Meditate
 12: Bday &
 Chinese New
 Year!

21
 9: Strength Training
 10: Chair Yoga
 12: Soup to Nuts
 1: Chorus Rehearsal

28
 9: Strength Training
 10: Chair Yoga
 12: Encore Lunch:
 Roasted Chicken OR
 Cobb Salad
 1: Chorus Rehearsal

22
 9:30: Coffee Club
 9:30: Tap Dance
 10:30: Line Dance
 11:30: Qigong
 1:00: BINGO



29 
 9:30: Travel
 Breakfast
 9:30: Tap Dance
 10:30: Line Dance
 11:30: Qigong
 1:00: BINGO

23
 9:00: Tai Chi (B)
 9:30: Cribbage
 10:00: Tai Chi (Adv)
 11: Journey thru Grief
 12: Encore: Meatloaf
 OR Chop Salad
 w/ Ckn
 12:30: Yarnworks
 1:15: Aging Gracefully

30
 9:00: Tai Chi (B)
 9:30: Cribbage
 10:00: Tai Chi (Adv)
 11: Journey thru Grief
 12: Lunch:
 Franks & Beans
 12:30: Yarnworks
 1:15: Aging Gracefully

24
 10:
 Mahjong
 10: Pound
 Closed
 at Noon

31
 10:
 Mahjong
 10: Pound
 Closed
 at Noon

3
 12: Soup To Nuts
 Nutritionist from
 St. Vincent's

4
 11:15: Fall
 Prevention
 Presentation
 12:15: Mystery Lunch

5

6

7
 Closed
 at Noon

Please Note: Lunch menus are subject to change

HEALTH & WELLNESS

WEEKLY PROGRAMS

Mondays

9 AM Adv. Line Dance W/ Steve Cavanaugh
10:30 AM Singing Bowl Meditation

Tuesdays

9 AM Strength Training
10 AM Chair Yoga

Wednesdays

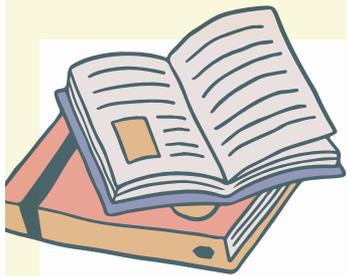
9:30 AM Tap Dance
10:30 AM Line Dance
11:30 AM Qigong

Thursdays

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

Fridays

10 AM Pound Fitness \$5/class
with Christine Lamoth



BCOA January 2025

Art & Crafts Schedule



Jan 16

12:30 pm

LIBRARY CRAFT WITH JEAN:
DRIED FLOWER CANDLE

Jan 21

11 am

BOOK CLUB:
REMARKABLY BRIGHT CREATURES

Jan 21

1:30 pm

CRAFT WITH CELESTE:
WOODEN SNOWMEN

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
SESSION STARTS JAN 17, \$24 FOR 6 WEEKS



Meetings & Civic Events

COUNCIL ON AGING
BOARD MEETING

Jan 3, 10 AM

GARDENING GROUP:
INFORMATIONAL MEETING

Jan 6, 1:15 PM

TRAVEL COMMITTEE:
INFORMATIONAL MEETING

Jan 13, 1:15 PM

FRIENDS OF THE
BCOA

Jan 15, 10:30

New Year's Traditions

In Spain, it's traditional to eat one grape at each stroke of midnight for good luck.

In Brazil, it's believed that your luck will increase if you visit the sea and jump over 7 waves, and make a wish with each wave.

In Denmark, it's tradition to visit friends and family to smash a dish at their doorstep. The more shards left by morning, the luckier & more well liked you are!

In Ireland, Holly is placed under the pillow to bring dreams of your future spouse.

New Year's resolutions, historians believe, date back more than 4,000 years to the Babylonians - who made promises to pay debts and return borrowed objects.

GoodHousekeeping.com

Friends of the BCOA

Season's Greetings and Happy New Year!

The Friends of the Blackstone Council on Aging would like to thank all of YOU for your continuing support this past year!

Our Friends group was responsible for many enhancements in 2024, including assorted meals, entertainment and decorations for the senior center, contributions to both the Thanksgiving & Christmas celebrations, sponsoring the summer concert series and a newly installed running board for one of our senior transport vans!

We look forward to supporting the senior center in the new year. If you would like information on joining this dynamic team, please contact Judy at (508) 612-4566.

We wish you all a happy, healthy 2025!

Tax Work Off: Applicants Needed

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

- 60+ or a Veteran of any age
- Blackstone Resident for 5+ Yrs
- Current on Taxes & Utilities

Program is Active Now!

Inclement Weather Policy

The Blackstone COA will follow the Blackstone School System's cancellation and delayed opening decisions regarding the timing of our programs and events at the Center. We will follow the Town Hall weather delay and closure decisions regarding our decision to open or close the Center. If the schools are closed or delayed on Fridays, the Center will be closed. Please check the town Facebook Page and local news stations for school closure information during and after a winter weather event.



If you have transportation scheduled during a time where schools are closed due to road conditions, we will not be able to drive you.

If you have a medical emergency, please call 911.

Recycling Center

Winter Hours

From January 1st to March 31st

Saturdays Only

8 AM to 12 noon

Parks & Rec Dept

Congratulations for a great holiday season full of fun-filled events: Blackstone Tree Lighting, Bling-Up Blackstone, Home Town Christmas Celebration, Santa Parade. And, of course, Selfie-Elfie was everywhere.....



ABC!

ADOPT A BLACKSTONE CAT



Jonathan is an incredibly sweet boy who was trapped as a stray in Mendon. After his recovery, he's found a love for Churu Treats, scratches, and hugging friendly humans round the neck while giving them kisses. He spent some time in the 'Working Cat' program, but has decided he's a Lover, not a Fighter.

If you're interested in meeting this orange & white sweetheart, contact the Blackstone Shelter at ACO@BlackstonePolice.org or (508) 883-2822

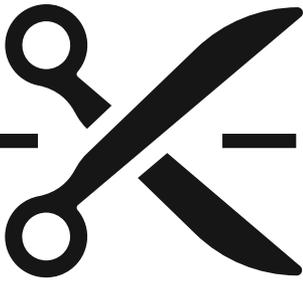
Blackstone Library Events:

Call to register for programs
(508) 883-1931

- 1/2/24--Scrapbooking--6:30pm
- 1/14/24--Friends of the Library--6:00
- 1/16/24--Painting-Winter Cardinal-6:00
- 1/25/24--Puzzle Swap--10:00am
- 1/30/24-- Library Quilting Club--2:00pm

Coming in February...

Series of presentations on Tolerance, Understanding, and Accommodations presented by Blackstone Library Director, Lisa Cheever



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**