

BLACKSTONE COUNCIL ON AGING

NEWSLETTER

FEBRUARY
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

Outreach Coordinator
(508) 876-5135

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

- **New Layout! Contents – Pg 2**
- **Soup to Nuts – Pg 3**
- **Compassion Series, with
Lisa Cheever – Pg 3**
- **Country Concert – Pg 4**
- **Weather Policy – Pg 14**
- **Community Corner – Pg 15**

Valentine's

BRUNCH

Friday, February 14th
10:30 AM

RSVP BY FEB 6
\$5



The Director's Desk

Welcome to February.

I hope everyone is still contemplating their New Year's resolutions, or perhaps resolving not to keep up with those old traditions. Whichever is the case for you, we hope you will join us here at the Senior Center this month. We are continuing to ring-in the new year with new programs and services, and we are hoping to see more new faces at these events. All are welcome!

We now offer a wellness or fitness program every weekday, so you can be sure to be moving daily, if that is something you resolved to do this year. Also, we are now also offering a hot, healthy meal at the Senior Center three days most weeks, if you are trying to add more healthy food choices to your diet this year.

This month, we will ring-in the Chinese New Year with some exciting and different entertainment. I hope you will join us for all of our February events. Transportation is available to bring you here. Simply give us a call and we can arrange that for you.

We look forward to seeing you here!

Maggie

At a Glance

TABLE OF CONTENTS

2	Director's Desk
3	News
4	Trips & Events
5	Arts
6	Meetings & Presentations
7	Health & Wellness
8 & 9	Calendar
10	Flyer Roundup
11	Upcoming & Friends
12 & 13	Outreach & Vet's
14	Transport
15	Community Corner



Calling You!

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

BCOA NEWS

FEBRUARY
2025

Soup to Nuts!

Selectwoman Mary Bulso will join us for lunch on February 3rd, over a bowl of butternut squash soup.

Reg Deadline Jan 27
Mon, Feb 3, Noon, \$2

Living Purposefully, with AmeriCorps Seniors.

Volunteer coordinator Alex will join us for lunch on February 10th, over a bowl of tomato soup.

Reg Deadline Feb 3
Mon, Feb 10, Noon, \$2

Next Month:

- Nutritionist from the St. Vincent's Speakers Bureau.
- Town Administrator Chad Lovett

BCOA Presents

Library Director Lisa Cheever's
Compassion Series
Understanding & Accommodating
Tuesdays at 1 PM

2/11: Neurodiversity
is as natural a variation as
hair color.

2/18: Pronouns
have been argued over in the
news for generations. Learn
more about the modern
shifts in pronoun use.

2/25: Personal Storytelling
is the root of how we relate to
ourselves and those around
us.

*Understanding
Compassion
Kindness*

Trips & Events

February 2025

3

MONDAY

GARDENING CLUB: SEED STARTING

1:00 PM

FREE

RSVP BY JAN 31



4

TUESDAY

FALL PREVENTION W/ MATT DAEWELE

11:15 AM

FREE

RSVP BY FEB 4



4

TUESDAY

MYSTERY LUNCH: IT'S A CULINARY ADVENTURE!

BUS LEAVES

12:15 COA

\$5 + LUNCH :: LIMIT 12

RSVP BY JAN 28



5

WEDNESDAY

TRAVEL BREAKFAST: BELLINGHAM PALACE

BUS LEAVES

9:30 COA

FREE + BREAKFAST :: LIMIT 12

RSVP BY JAN 22 :: CASH ONLY!



14

FRIDAY

VALENTINES BRUNCH

10:30 AM

\$5 :: LIMIT 24

RSVP BY FEB 6



24

MONDAY

BIRTHDAY LUNCH HAPPY BIRTHDAY!

12 NOON

\$5

RSVP BY FEB 18



BCOA
ARTS SCHEDULE

FEBRUARY 2025

11:00 AM
18
TUES

BOOK CLUB: MEMOIR OF TOM SELLECK
YOU NEVER KNOW FREE
RSVP W/ LIBRARY: (508) 883-1931

12:30 PM
20
THURS

CRAFT W/ JEAN:
GRAPEVINE WREATH LIMIT 15 :: FREE
RSVP W/ LIBRARY: (508) 883-1931



1:00 PM
24
MON

BIRTHDAY BASH CONCERT
COUNTRY CLASSICS FREE
ROGER TINCKNELL RSVP @ SENIOR CENTER



1:00 PM
EVERY
FRI

6 WEEK PAINTING SERIES
W/ DIANE @ ARTFUL DODGER STUDIO \$24 FOR 6 CLASSES
NEXT SESSION: MARCH 7 - APRIL 11 RSVP @ SENIOR CENTER



1:00 PM
EVERY
TUES

CHORUS REHEARSAL
ALL ARE WELCOME FREE
NO SIGNUP NECESSARY



12:30 PM
EVERY
THURS

YARNWORKS
KNIT & CROCHET CLUB FREE
NO SIGNUP NECESSARY



Meetings & Presentations

GARDENING CLUB:
SEED STARTING

**Mon, Feb 3
1:00 PM**

COUNCIL ON AGING
BOARD MEETING

**Thurs, Feb 6
10:00 AM**

LINDA CHEEVER ON
UNDERSTANDING &
NEURODIVERSITY

**Tues, Feb 11
1:00 PM**

UNDERSTANDING &
PRONOUNS

**Tues, Feb 18
1:00 pm**

FRIENDS OF THE
BCOA

**Wed, Feb 19
10:30 AM**

TRAVEL COMMITTEE

**Tues. Feb 25
11:00 AM**

UNDERSTANDING &
PERSONAL STORYTELLING

**Tues, Feb 25
1:00 PM**

HEALTH & WELLNESS

WEEKLY PROGRAMS

Mondays

9 AM Adv. Line Dance W/ Steve Cavanaugh
10:30 AM 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 Lamothe

February

Monday	Tuesday	Wednesday	Thursday	Friday
27 9: Adv Line Dance  10: PopUp Pantry  10 : Game Day 10:30: Meditate 12: Bday Party	28 9: Strength Training 10: Chair Yoga 12: Encore Lunch: Roasted Chicken OR Cobb Salad 1: Chorus Rehearsal	29 9:30: Travel Breakfast 9:30: Tap Dance 10:30: Line Dance  11:30: Qigong 1:00: BINGO	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	31 10: Mahjong 10: Pound Closed at Noon
3 9:00: Adv Line Dance 10:00: Game Day 10:30: Meditation 12: Soup to Nuts 1: Gardening Club 	4 9: Strength Training  10: Chair Yoga 11: Fall Prevention 12:15: Mystery Lunch 1: Chorus Rehearsal 	5 9:30: Travel Breakfast 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 	6 9:00: Tai Chi (B) 9:30: Cribbage 10: Tai Chi (Adv) 10: COA Board 11: Journey thru Grief 12: Encore Lunch: Honey Pork Loin OR Egg Salad on Wheat 12:30: Yarnworks 1:15: Aging Gracefully	7 10: Mahjong 10: Pound Closed at Noon
10 9:00: Adv Line Dance 10:00: Game Day 10:30: Meditate 12: Soup to Nuts	11 9: Strength Training 10: Chair Yoga 12: Encore Lunch: Pepper Steak or Toss Salad w/ Ckn 1: Compassion Series 1: Chorus Rehearsal	12 9:30: Coffee Club 9:30: Tap Dance 10:30: Friends of BCOA 10:30: Line Dance 11:30: Qigong 1:00: BINGO 	13 9:00: Tai Chi (B)  9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Encore Lunch: Caprese Chicken OR Chef Salad 12:30: Library Craft 12:30: Yarnworks 1:15: Aging Gracefully	14 10: Mahjong 10: Pound 10:30 Valentine Brunch  Closed at Noon

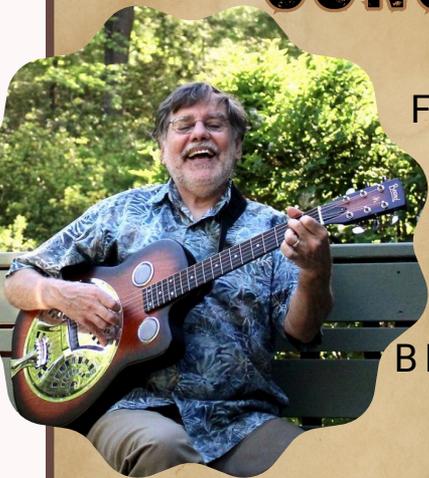
<p>17</p> <p>Closed for President's Day</p>	<p>9: Strength Training 10: Chair Yoga 11: Book Club 12: Encore Lunch Greek Ckn Thigh or Ham & Cheese 1: Compassion Series 1: Chorus Rehearsal</p>	<p>18</p>	<p>19</p> <p>9:30: Coffee Club 10:30: Line Dance 10:30: Friends Meeting 11:30: Qigong 1:00: BINGO</p>	<p>20</p> <p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Encore Lunch Opn Turkey Swch OR Cobb Salad 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p> 	<p>21</p> <p>10: Mahjong 10: Pound Closed at Noon</p>
<p>9 : Dance 10: Game Day 10: Pop Up Pantry 10:30: Meditate 12: Birthday Lunch 1: Country Classics Concert</p> 	<p>9: Strength Training 10: Chair Yoga 11: Travel Committee 12: Encore Lunch: Bake Pasta w/ Mball & Sausage OR Ham & Cheese on Rye 1: Compassion Series 1: Chorus Rehearsal</p>	<p>25</p>	<p>26</p> <p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO</p> 	<p>27</p> <p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Encore Lunch: Meatloaf w/ Gravy OR Ckn Salad Swch 12:30: Yarnworks 1:15: Aging Gracefully</p>	<p>28</p> <p>10: Mahjong 10: Pound Closed at Noon</p>
<p>12: Soup to Nuts: Nutritionist from St Vincent's Speaker's Bureau</p>	<p>4</p>	<p>5</p> <p>9:30: Travel Breakfast</p> 	<p>6</p>	<p>7</p> <p>Closed at Noon</p>	

Please Note: Lunch menus are subject to change without notice

Birthday
BASH
 Monday
 February
24th
 At 12 noon
 RSVP by Feb 18

BCOA
 GARDEN CLUB
STARTING
SEEDS
 Join Kate
 Donovan
 and get your
 hands dirty to
 start some seeds
 for spring!
 February
 3rd
 1:00 PM

**ROGER TINCKNELL'S
 COUNTRY CLASSICS
 CONCERT**



FEBRUARY 24TH
 1:00 PM
 RIGHT AFTER
 OUR
 BIRTHDAY LUNCH

FEATURING MUSIC FROM
 THE COUNTRY GREATS:
 HANK WILLIAMS, JOHNNY
 CASH, PATSY CLINE, PATTI
 PAGE, MERLE HAGGARD,
 WILLE NELSON...AND MANY
 MORE!

**FALL
 PREVENTION
 PRESENTATION**

with Matt DeWaele
 Tuesday, 2/4/2025
 11:15 AM

Coming In March!

The Past Our Prime Time

Players presents:

The Spring Kick Off

Radio Hour!

March 24th, 1 PM

March Birthday Bash

Featuring

Dan Kirouac

on Keyboard

March 31st, Noon

Save The Dates!

3/5 Travel Breakfast

3/10 Lunch w/ TA Chad Lovett

3/11 Mystery Lunch

3/18 St Pats Lunch

3/19 Road Trip

3/20 Library Craft

3/24 Radio Hour

3/31 Birthday Bash

These activities and times are subject to change

Friends of the BCOA

The Friends of the Blackstone Council on Aging currently meet on the third Wednesday of every month at 10:30 AM here at the Senior Center. If you are interested in learning more, please contact President Judy Decasse at 508-612-4566 or jdcasse0719@gmail.com

COMMUNITY OUTREACH

February 2025

Outreach Coordinator
(508) 876-5135

February is Heart Health Awareness Month. Your risk rises as you age, so make sure to keep up with your healthy habits! Heart attack symptoms include chest, jaw, neck, back, shoulder and/or arm pain, feeling faint, shortness of breath and, for women, nausea too. Call 911 if you suspect you or a loved one is having a heart attack.

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 focus, 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.

Tax Season is Coming!

This year, AARP will offer tax services, regionally. Services are free. Call and book an appointment with the Bellingham, Uxbridge, Hopedale, or Milford senior centers. You are also encourage to book an appointment with your own CPA or a local Tax Specialist. If you’re tech savvy, the IRS website also has free online filing for those under \$84k AGI.

VETERAN'S SERVICES

February 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



2025 Benefits?

The VA website now has the **2025 Veterans Benefits Guide** available online. This handbook contains a comprehensive list of programs, websites, and phone numbers for easy reference. Check out news.va.gov/137659 to learn more!



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, Feb
12th & 26th



We provide transportation to the N. Smithfield Super Walmart

Thursday,
Feb 20th



We provide transportation to the Bellingham Market Basket



Inclement Weather Policy

The Blackstone COA will follow the Blackstone School System's cancellation and delay decisions: If school is delayed, programs and events at the Center will be cancelled until after the delay. We will follow the Town Hall delay and closure decisions regarding our decision to open the Senior Center. The Transportation program will close if schools or Town Hall are closed.

If you have a medical emergency, please call 911.

ABC!

ADOPT A BLACKSTONE CAT



Poppy is a middle aged lady who knows what she likes, and will absolutely let you know what's what. She's a strong, independent woman who would prefer to be the only pet in her new forever home.

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

Recycling Center

Winter Hours

From January 1st to March 31st

Saturdays Only

8 AM to 12 noon

Town Meetings & Elections

The Annual Town Election will be on Monday April 7th. If you wish to vote by mail this year, you must submit your mail-ballot request by **March 31st**

at 5 pm on the following website:

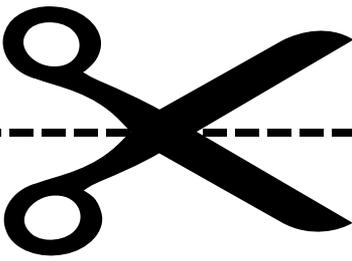
sec.state.ma.us/divisions/elections/voting-information/vote-by-mail.htm

The Blackstone Town Meeting will be on Tuesday, May 27th. The Special Meeting starts at 7 PM, and the Annual at 7:30 PM. Voter registration deadline for the meetings is on May 16th, at 5 pm

Blackstone Library Events:

Call to register for programs
(508) 883-1931

- Mondays, 1-3pm -- Knitting Group
- Tues, 2/4, 6:30 PM -- Scrapbooking
- Tues, 2/11, 6:30 PM -- Friends of the Library Meeting
- Tues, 2/18, 6:30 PM -- Photography Club
- Thurs, 2/20, 2 PM -- Quilting Club



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**