

# BLACKSTONE COUNCIL ON AGING

# NEWSLETTER

MARCH  
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](mailto:mgundersen@townofblackstone.org)

**Outreach Coordinator**  
(508) 876-5135

**Kim Coffey**  
Nutrition & Activities Coordinator  
[kcoffey@townofblackstone.org](mailto:kcoffey@townofblackstone.org)

**Dennis Pimenta**  
Transportation Coordinator  
(508) 876-5133  
[coatransport@townofblackstone.org](mailto: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! - Pg 2**
- **New Fitness Class - Pg 3**
- **Program Descriptions - Pg 8**
- **Health & Wellness - Pg 13**
- **Blackstone's New Reduced Electricity Program - Pg 16**

## St. Patrick's Day Luncheon



Join us for  
a traditional



Corned Beef, Cabbage

Carrot & Potato

Boiled Dinner



**MARCH 18TH**  
**\$10 PER PERSON**  
**RSVP BY MARCH 4**  
**MUSIC STARTS 11:30**

Musical Entertainment  
by Chris the Songwriter  
Vocals & Guitar

# Director's Desk

*Happy St. Patrick's Day to all of you!*

I hope this newsletter finds you all staying warm during this cold winter. We may have cold weather today in Blackstone, but ...like the Irish say ...“We may have bad weather in Ireland, but the sun shines in the hearts of the people and that keep us all warm.”

Here in Blackstone, it's the warm hearts of our stoic seniors and the strong sense of community that prevails at our Senior Center to make every day warm. I'd like to welcome all of you to experience this and hope our March programs will attract your attention.

Of course, we will celebrate St Patrick's Day with corned beef and some Irish music. We will also celebrate our monthly birthday party with musical entertainment from Dan Kirouac.

A new and very important strengthening class will now be offered on Tuesday afternoons at 1:15. Jean Gillis, who is a triathlete, personal training, and the director of the fitness program at the Milford Senior Center will teach this class, which will include using the weight resistant equipment here at the center.

Our Mondays Soup-2-Nuts program presents our Town Manager talking about the new discounted electricity program and our

It's a busy month and we hope you can join us. Transportation can be provided. Please call our transportation dept to book a ride here: 508-876-5133. We look forward to seeing you.

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## At a Glance

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# BCOA NEWS

MARCH  
2025

## Soup to Nuts!

**Talk Nutrition with Jennifer Larrivee,** Licensed Nutritionist and Director of Clinical Nutrition Systems, at lunch on March 3rd, over a bowl of chicken noodle soup.

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

**Town Administrator Chad Lovett** will join us for lunch on March 10th, over a bowl of MaruChan Ramen to explain Blackstone's new reduced rate electricity program.

Choice Power  
**Reg Deadline March 3**  
**Mon, Feb 10, Noon, \$2**

## BCOA Presents

**Jean Gillis'**  
**Strength & Tone**  
*Learning and Lifting on  
our own weight training  
equipment*

Starting March 4th, join us for a new class to build strength, balance, & fitness -  
Tuesdays at 1:15!

This class will alternate strength development exercises with cardio, using our resistance training equipment here at the center.

Instructor Jean Gillis is a personal trainer, Holistic Health Coach, triathlon coach, and director of fitness at the Milford Senior Center.

[jeangilliswellness.com](http://jeangilliswellness.com)

# Trips & Events

## March 2025

5

WED

### TRAVEL BREAKFAST: PATRIOTS DINER

BUS LEAVES 9:30 COA FREE + BREAKFAST :: LIMIT 12  
RSVP BY FEB 26



11

TUES

### MYSTERY LUNCH:

ENTREES FROM \$10 TO \$30  
BUS LEAVES 11:00 COA \$5 + LUNCH :: LIMIT 12  
RSVP BY MARCH 5



18

TUES

### ST PAT'S LUNCHEON MUSIC & BOILED DINNER

11:30 MUSIC \$10  
12:00 LUNCH RSVP BY MARCH 11

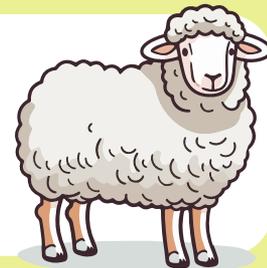


19

WED

### ROAD TRIP: SAMUEL SLATER EXPERIENCE

BUS LEAVES 9:30 COA \$10 + PANERA FOR LUNCH  
RSVP BY MARCH 12 :: LIMIT 12



24

MON

### SPRING KICK OFF RADIO HOUR

1:00 PM FREE  
RSVP BY MARCH 24



31

MON

### BIRTHDAY LUNCH HAPPY BIRTHDAY!

12 NOON \$5  
RSVP BY MARCH 18



# 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  
1:15 PM Strength & Cardio Circuit

**NEW!**

### 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

# Meetings & Presentations

GARDENING CLUB:  
GARDEN PLANNING

Mon, 3  
1:00 PM

TRAVEL COMMITTEE

Tuesday, 4  
11 AM

COUNCIL ON AGING  
BOARD MEETING

Thurs, 6  
10:00 AM

FRIENDS OF THE  
BCOA

Wed, 19  
10:30 AM

GARDENING CLUB:  
SECOND SEED STARTING

Monday, 31  
1:00 PM

BCOA  
**ARTS SCHEDULE**

MARCH

2025

11:00 AM  
**18**  
TUES

**BOOK CLUB: LULA DEAN'S**  
**LITTLE LIBRARY OF BANNED BOOKS**  
RSVP W/ LIBRARY: (508) 883-1931



12:30 PM  
**20**  
THURS

**CRAFT W/ JEAN:**  
**DECOUPAGE BUNNY** LIMIT 15 :: FREE  
**PLATE** RSVP W/ LIBRARY: (508) 883-1931



12:00 PM  
**31**  
MON

**DAN KIROUAC ON KEYBOARD**  
**MUSIC FROM THE 50'S TO THE 70'S**  
AT THE BIRTHDAY BASH



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



# Weekly Program Descriptions

LEARN A LITTLE ABOUT THE CLASSES, GROUPS, AND  
ACTIVITIES THAT MEET EVERY WEEK

## ADVANCED LINE DANCE

Monday 9:00 AM

Join nationally recognized Line Dance Choreographer Steve Cavanaugh, and put your line dancing skills to the test!

## GAME DAY

Monday 10:00 AM

Bring a game or play one of ours, and join in some low-stakes fun! Our favorites include Uno & Phase 10.

## MEDITATION

Monday 10:30 AM

Join Faith Kennedy on a weekly journey to mindfulness and serenity via meditation. No experience necessary.

## STRENGTH TRAINING

Tuesday 9:00 AM

An up beat strength building routine, with and without free weights (provided by COA).

## CHAIR YOGA

Tuesday 10:00 AM

A wholesome and peaceful yoga class with traditional yoga principles. Seated or supported by your chair.

## CHORUS

Tuesday 1:00 PM

Join us to sing out loud! No auditions or experience necessary!

## STRENGTH & CARDIO

Tuesday 1:15 PM

Jean Gillis, Milford COA fitness director, leads us on a circuit of the resistance training equipment.

## COFFEE CLUB

Wednesday 9:30 AM

Join us for a relaxed social hour to start your Wednesday. Coffee is always available, and light snacks as well.

## TAP DANCE

Wednesday 9:30 AM

Practice your moves and string the steps together with instructor Linda Olean for a beginner tap experience.

### LINE DANCE

Wednesday 10:30 AM

Beginner Line Dancing. Join us to learn the steps for a full Line Dance with instructor Linda Olean.

### QUIGONG

Wednesday 11:30 AM

Join Faith Kennedy for a guided experience focusing on posture, breathing, healing movement, and visualization.

### BINGO

Wednesday 1:00 PM

Lorraine hosts our Weekly Wednesdays Bingo Game. 1 board for 8 games is \$1. Daubers available to borrow.

### TAI CHI-BEGINNER

Thursday 9:00 AM

Karl Davies teaches us the slow, flowing movements and awareness of body and mind integral to Tai Chi.

### CRIBBAGE CLUB

Thursday 9:30 AM

Join us for a game or two, win bragging rights, and enjoy the conversation. Boards available. We're happy to teach!

### TAI CHI-INTERMEDIATE

Thursday 10:00 AM

Join Karl Davies for a more in-depth exploration of Tai Chi, for those more familiar with the forms.

### JOURNEY THROUGH GRIEF

Thursday 11:00 AM

Diane Westermen guides us through the paths of grief - sharing our experiences and learning how to move forward.

### YARNWORKS

Thursday 12:30 PM

Join our stitching crew for an afternoon of socializing and yarn work. We're happy to teach knit and crochet!

### AGING GRACEFULLY

Monday 1:15 PM

Diane Westermen helps us navigate the trials and joys of aging with grace and gratefulness.

### POUND FITNESS

Friday 10:00 AM

Christine Lamothe helps us keep the beat with drumsticks in this rhythm and cardio workout you can't miss!

### MAHJONG

Friday 10:00 AM

Multiplayer Mahjong is a tile game similar to rummy. We play a simplified Pilipino style - We're happy to teach!

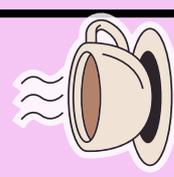
### PAINTING CLASS

Friday 1:00 PM

Join the class at the Artful Dodger studio down the street! \$25 per 6-week session. Next session starts March 7th!

# March

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9 : Dance</p> <p>10: Game Day</p> <p>10: Pop Up Pantry</p> <p>10:30: Meditate</p> <p>12: Birthday Lunch</p> <p>1: Country Classics Concert</p>	<p>9: Strength Training</p> <p>10: Chair Yoga</p> <p>11: Travel Committee</p> <p>12: Lunch</p> <p>1: Compassion Series</p> <p>1: Chorus Rehearsal</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></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: Lunch:</p> <p>12:30: Yarnworks</p> <p>1:15: Aging Gracefully</p>	<p>10: Mahjong</p> <p>10: Pound</p> <p>Closed</p> <p>at Noon</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>1: Gardening Club</p>	<p>9: Strength Training</p> <p>10: Chair Yoga</p> <p>11: Travel Committee</p> <p>12:00 Lunch: BLT or Salad</p> <p>1: Chorus Rehearsal</p> <p>1:15: Strength Circuit</p>	<p>9:30: Travel Breakfast</p> <p>9:30: Tap Dance</p> <p>10:30: Line Dance</p> <p>11:30: Qigong</p> <p>1:00: BINGO</p> <p></p>	<p>9:00: Tai Chi (B)</p> <p>9:30: Cribbage</p> <p>10: Tai Chi (Adv)</p> <p>10: COA Board</p> <p>11: Journey thru Grief</p> <p>12: Lunch: Franks &amp; Beans</p> <p>12:30: Yarnworks</p> <p>1:15: Aging Gracefully</p>	<p>10: Mahjong</p> <p>10: Pound</p> <p>Closed</p> <p>at Noon</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>9: Strength Training</p> <p>10: Chair Yoga</p> <p>11: BP Screening</p> <p>11:00: Mystery Lunch</p> <p>1: Chorus Rehearsal</p> <p>1:15: Strength Circuit</p> <p></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></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: Lunch: Cheese Lasagna</p> <p>12:30: Library Craft</p> <p>12:30: Yarnworks</p> <p>1:15: Aging Gracefully</p>	<p>10: Mahjong</p> <p>10: Pound</p> <p>Closed</p> <p>at Noon</p>

	<p><b>17</b></p> <p>9:00: Adv Line Dance  10:00: Game Day  10:30: Meditation</p> <p><b>Happy St. Patrick's Day!</b></p>	<p><b>18</b></p> <p>9: Strength Training  10: Chair Yoga  11: Book Club  11:30: <b>St Patrick's Luncheon</b></p> <p>1: Chorus Rehearsal  1:15: Strength Circuit</p> 	<p><b>19</b></p> <p>9:30: Coffee Club  9:30: Road Trip  9:30: Tap Dance  10:30: Line Dance  10:30: Friends Meeting  11:30: Qigong  1:00: BINGO</p>  	<p><b>20</b></p> <p>9:00: Tai Chi (B)  9:30: Cribbage  10:00: Tai Chi (Adv)  11: Journey thru Grief  12: Lunch: Bake Ckn &amp; Roast Veg  12:30: Yarnworks  12:30: Library Craft  1:15: Aging Gracefully</p>  	<p><b>21</b></p> <p>10: Mahjong  10: Pound  <b>Closed at Noon</b></p>
<p><b>24</b></p> <p>9 : Dance  10: Game Day  10: Pop Up Pantry  10:30: Meditation  1: Past Our Prime-Time Players  Spring Radio Hour</p> 	<p><b>25</b></p> <p>9: Strength Training  10: Chair Yoga  11: Travel Committee  12: Lunch: Pasta &amp; Meatballs  1: Chorus Rehearsal  1:15: Strength Circuit</p>	<p><b>26</b></p> <p>9:30: Coffee Club  9:30: Tap Dance  10:30: Line Dance  11:30: Qigong  1:00: BINGO</p> 	<p><b>27</b></p> <p>9:00: Tai Chi (B)  9:30: Cribbage  10:00: Tai Chi (Adv)  11: Journey thru Grief  12: Lunch: Meatloaf &amp; Mash  12:30: Yarnworks  1:15: Aging Gracefully</p>	<p><b>28</b></p> <p>10: Mahjong  10: Pound  <b>Closed at Noon</b></p>	<p><b>31</b></p> <p>9 : Dance  10: Game Day  10:30: Meditate  12: Birthday Lunch w/ Dan Kirouac on keyboard  1: Garden Club</p> 
<p><b>3</b></p> <p>12: Family Style Chicken Meal</p>	<p><b>4</b></p> <p><b>Closed at Noon</b></p>	<p><b>1</b></p>	<p><b>2</b></p> <p>9:30: Travel Breakfast</p> 	<p><b>3</b></p>	<p><b>4</b></p>

**Please Note: Lunch menus are subject to change without notice**

# COMMUNITY OUTREACH

March 2025

Outreach Coordinator  
(508) 876-5135

## New SSI Benefit Rules

The Social Security Administration has stopped counting financial help from friends or family for buying food as income that affects eligibility and payment amounts for Supplemental Security Income (SSI). This is part of a suite of changes that could boost benefits for hundreds of thousands.

## Circuit Breaker Tax Credit

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

Please check with your tax preparer for more information.

2025 Income Limits:  
Single: 72,000  
Head of Household: 91,000  
Married filing jointly: 109,000

## Senior Legal Hotline

**60+ and need legal help?  
(800) 342 - 5297**

The Helpline is a project of the Volunteer Lawyers Project of Boston. We provide free legal information and referral services to Massachusetts residents who are 60 years old or older. The Helpline is open Monday through Friday 9AM-12PM.

Helpline advocates will research your issue and provide you with information or **referrals** on most legal topics, and may forward links or written materials by mail, e-mail, or text.

## 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 encouraged 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.

# HEALTH NEWS

## Nutrition Month

The Academy of Nutrition and Dietetics sponsors *National Nutrition Month* to help people make informed food choices, and develop positive eating habits. Join us for a Soup to Nuts with Nutritionist Jennifer Larivee on the 3rd, thanks to the St. Vincent's Hospital Speaker's Bureau.

## Sleep Awareness Week: 9th-16th

When you change the clocks, take a break to consider your sleep health! Deep sleep is integral to almost every other process in your body - your immune system, blood sugar regulation, and healing to name a just few. If you often catch yourself dozing off during quiet moments, or feel fatigued constantly, it might be time to talk to your doctor.

Information from the National Heart, Lung, and Blood Institute

## Blood Pressure Screening

Tracking your blood pressure is a good indicator of changes in your heart health. Have your blood pressure checked for free here at the BCOA on the second Tuesday of the month, from 10:30 to Noon.

## Kidney Health

Kidney function is an important health factor to track, especially if you have other conditions such as diabetes, high blood pressure, and heart disease. Prevention can be a matter of the food you eat - choose low sodium, potassium, and phosphorus foods; balance your protein intake; choose healthy fats; and don't forget your fruits and veggies.

Symptoms of kidney disease are easy to miss, so make sure to talk to your doctor when you're feeling unwell.



# VETERAN'S SERVICES

March 2025

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

The 2025 Veterans' disability compensation rates are in! Starting from January 1, 2025 all compensation benefit rates have **increase by 2.5%** to match adjustments made to social security benefits.

This increase impacts disability benefits, clothing allowance, dependency and indemnity compensation (DIC), as well as other VA assistance programs.

[va.gov/disability/compensation-rates](https://va.gov/disability/compensation-rates)



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](https://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.

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.**



## SMALL TOWN NEWS

### Blackstone's New Reduced Rate Electricity Program: Community Choice Program

This new program harnesses the combined purchasing power of our residents and businesses to provide an alternative energy supply option on your power bill!

National Grid will continue to **deliver** your electricity, but those who are part of the Community Choice Program will receive a fixed **supply rate of \$0.13052/kWh** from April 2025 to October 2026.

If you have a Basic Service Plan with National Grid, you will be automatically enrolled unless you **opt-out** via the Colonial Power Group website, by calling First Point, or by filling out the Opt-Out Reply Card you will receive in the mail. There are no fees for this change.

If you are on any other plan, you must **opt-in** via the Colonial Power Group website or by calling First Point. You are responsible for any early termination fees or penalties for your request to change your contract.

For more information, visit the following page on our town website:  
[townofblackstone.org/789/Community-Choice-Power-Supply-Program](http://townofblackstone.org/789/Community-Choice-Power-Supply-Program)

### 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](http://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 at 5 pm on May 16th, 2025.

Colonial Power Group :  
[colonialpowergroup.com/blackstone](http://colonialpowergroup.com/blackstone)

First Point Service Line:  
**(888) 875 - 1711**

## 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](mailto:ACO@BlackstonePolice.org) or (508) 883-2822

### Blackstone Library Events:

Call to register for programs  
(508) 883-1931

- 3/11, 6:30 - Friends Meeting
- 3/18, 6:30 - Photography Club
- 3/20, 2:00 - Quilting Club
- 2/27, 2:00 - Heritage Book Group

## BLACKSTONE HISTORY



### *Sharing our History with Pride* Town Hall

The current town hall stands on the site of the old Boarding House and Recreation Center serving workers of the local Mill. The rec building was in use for only a few years before the facilities were discontinued. The building was purchased by the town and reopened in 1934 as the new Town Hall building, allowing the town offices to move out of the Fire Department Headquarters' upper level.

Information & Photo from the Blackstone Historical Commission

# Saint Patrick's Day Lunch

**MARCH 18TH**  
**\$10 PER PERSON**  
**RSVP BY MARCH 4**



## BCOA March Road Trip

*Samuel Slater*  
**EXPERIENCE**

Wednesday, March 19th \$10 per person  
Bus Leaves COA at 9:30 AM RSVP by March 12th  
Lunch at Panera After Tour Space Limited

## MARCH BIRTHDAY BASH!

Featuring Dan Kirouac on Keyboard playing hits from the 50's to the 70's  
**MARCH 31 NOON**  
**RSVP BY MARCH 21**  
\$5 per person



## GARDEN PLANNING

Join us to learn what plants grow best together, and help plan how we will plant our garden plots this year!

Monday, March 3  
1:00 PM



## GARDEN CLUB

### Second Seed Starting

Join members of the Blackstone-Millville Gardening Club to start some seeds!

March 31st  
1:00 PM



## SOUP TO NUTS

An Informative Lunch Engagement



March 3rd  
12:00 Noon  
Jennifer Larrivee  
MS, RD, LDN

March 10th  
12:00 Noon  
Town Admin.  
Chad Lovett

**\$2 FOR A SERVING OF SOUP**  
**RSVP 7 DAYS IN ADVANCE**

# Coming In April

## Family Style Chicken Lunch!

Join us for a family style chicken lunch on Thursday, April 3rd, compliments of Matt Ryan and Tara Sullivan. Delivery available on request, for resident Blackstone Seniors.

## Pysanky Eggs

Decorate some eggs in the traditional Ukrainian style, where layers of wax and dye come together to create beautiful art.



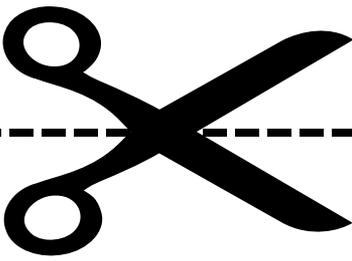
## Save The Dates!

- |                            |                                |
|----------------------------|--------------------------------|
| 4/2 - Travel Breakfast     | 4/16 - Mystery Lunch           |
| 4/7 - Closed for Elections | 4/17 - Craft w/ Jean           |
| 4/8 - Road Trip            | 4/12 - Closed for Patriots Day |
| 4/15 - Pysanky w/ Celeste  | 4/28 - Birthday Bash           |

**These activities, dates, 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, right at the Senior Center. If you are interested in learning more, please contact President Judy Decasse at 508-612-4566 or by email: [jdcasse0719@gmail.com](mailto:jdcasse0719@gmail.com)



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