

# NEWSLETTER

APRIL  
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*

*Gilda Centeno  
Outreach Coordinator  
(508) 876-5135  
GCenteno@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

- **Welcome, Gilda! – Pg 3**
- **Dinner & A Movie – Page 4**
- **Cyber Security Training – Pg 6**
- **Pysanky Egg Decorating– Pg 7**
- **Voter Information – Pg 16**
- **Coming in May – Pg 19**

**MA State Representative  
Michael J Soter  
Invites you to Lunch!**

## Ham Supper

Wednesday, April 16th, 2025

12 Noon

Blackstone Public Library

**Blackstone Residents  
can register immediately  
Non-Residents can  
register starting April 1**

Space Is Limited - RSVP Required  
Request a to-go portion or dine-in



# Director's Desk

Spring is in the air and spring programs are happening at the Senior Center. Please join us for a renewed sense of energy this spring as we introduce more health and wellness classes with new instructors ready to get you in-shape for this spring season.

Our Tuesday morning Stretch & Strength class is now taught by a young and very energetic fitness professional. Our weekly Chair-Yoga class is now taught by a highly trained yoga professional offering more traditional yoga techniques. On Tuesday afternoons, we now offer a weight-training Strength Circuit class using our weight-lifting equipment.

And, starting in April, we are introducing Zumba GOLD on Wednesday afternoons at 2:15.

Also this spring, our new garden club and garden beds are bringing a sense of excitement and opportunity to our own backyard. Please feel free to call the senior center and find out how you can get involved with this group.

I hope to see you in here this spring.  
Best and kindest regards,

*Maggie*

# At a Glance

## TABLE OF CONTENTS

2	Director's Desk
3	BCOA News
4	Trips & Events
5	Wellness Programs
6	Meetings & Presentations
7	Arts Schedule
8 & 9	Program Descriptions
10 & 11	Calendar
12	Outreach
13	Health News
14	Vet's Services
15	Transportation
16	Small Town News
17	Community Corner
18	Flyer Roundup
19	Coming Next Month

# BCOA NEWS

APRIL  
2025

## Soup to Nuts!

Associate Regional Assessor Marcus Milano will join us for lunch on April 14th, over a bowl of tomato soup to talk about Real Estate tax abatement options.

**Reg Deadline April 8 Mon,  
April 14, Noon, \$2**

Next Month:

May 5th – Mary Bulso returns to speak on the History of Blackstone

## Welcome!

Please give a warm welcome to our new Outreach Coordinator, Gilda Centeno! With a history in social work, she's looking forward to applying herself here in Blackstone and becoming part of the COA community.

## April Closures

The BCOA Senior Center will be closed on:

- **Monday, April 7** - Town Election Day
- **Friday, April 18th** - Good Friday
- **Monday, April 21** - Patriots' Day & Marathon Monday

The Transportation Department will also be closed on Friday, April 25th, for a Training Day.

## New In April!



**Wednesdays 2:15 PM**

3

# Trips & Events

## April 2025

2

WED

### TRAVEL BREAKFAST: BERT'S BREAKFAST

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



3

THURS

### FAMILY STYLE CHICKEN MEAL

11:30 MUSIC 12:00 LUNCH FREE  
RSVP BY MARCH 26



8

TUES

### MYSTERY LUNCH:

ENTREES FROM \$12 TO \$35  
BUS LEAVES 11:00 COA \$5 + LUNCH :: LIMIT 12  
RSVP BY APRIL 5



22

TUES

### DINNER & A MOVIE: SCHINDLER'S LIST & PASTRAMI SANDWICHES

2 PM \$2  
REGISTER BY APRIL 16



28

MON

### BIRTHDAY LUNCH HAPPY BIRTHDAY!

12 NOON \$5  
RSVP BY APRIL 18



29

TUES

### ROAD TRIP: WICKED TULIP TOUR

BUS LEAVES 9:30 COA \$15 + PACK A LUNCH  
RSVP BY APRIL 12 :: LIMI 12



# 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

### Wednesdays

9:30 AM Tap Dance  
10:30 AM Line Dance  
11:30 AM Qigong  
2:15 PM Zumba Gold

**NEW**

### 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



CYBERSECURITY  
TRAINING

**Tues, 1  
11:00 AM**

COUNCIL ON AGING  
BOARD MEETING

**Thurs, 6  
10:00 AM**

TRAVEL COMMITTEE

**Tuesday, 8  
11 AM**

SOUP TO NUTS:  
ASSOCIATE REGIONAL  
ASSESSOR MARCUS MILANO

**Monday, 14  
12 Noon**

FRIENDS OF THE  
BCOA

**Wed, 16  
10:30 AM**

BCOA

# ARTS SCHEDULE

APRIL

2025

11:00 AM  
**15**  
TUES

## BOOK CLUB:

THE BERRY PICKERS - AMANDA PETERS

RSVP W/ LIBRARY: (508) 883-1931



3:00 PM  
**15**  
TUES

## PYSANKY EGG DECORATING

WITH CELESTE

LIMIT 15 :: FREE  
TRANSPORTATION HOME NOT AVAILABLE - ----RSVP @ SENIOR CENTER



12:30 PM  
**17**  
THURS

## CRAFT W/ JEAN: BUBBLE WREATH

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



1:00 PM  
EVERY  
**FRI**

## 6 WEEK PAINTING SERIES

W/ DIANE @ ARTFUL DODGER STUDIO  
NEXT SESSION: APRIL 25 - MAY 30

\$24 FOR 6 CLASSES  
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

**NEW**

## ZUMBA GOLD!

Wednesday 2:15 PM

Zumba music. Zumba moves. Just like good 'old Jane Fonda days with a fun movement, motion, & coordination!

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 & STRETCH

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 CIRCUIT

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 April 7th!

# April

Please RSVP for lunch  
one week in advance

## Monday

**31**  
9: Dance  
10: Game Day  
10:30: Meditate  
12: Birthday Lunch  
w/ Dan Kirouac  
on keyboard  
1: Garden Club

## Tuesday

**1**  
9: Strength & Stretch  
10: Chair Yoga  
11: Cyber Security  
12: Lunch: BLT  
1: Chorus Rehearsal  
1:15: Strength Circuit

## Closed 7

Town Elections



## Wednesday

**2**  
9:30: Travel Breakfast  
9:30: Tap Dance  
10:30: Line Dance  
11:30: Qigong  
1:00: BINGO  
2:15: Zumba



## Thursday

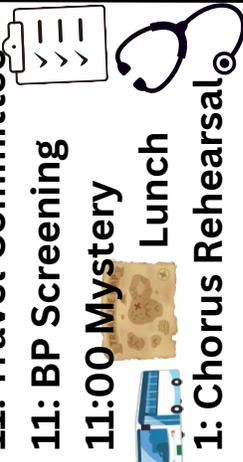
**3**  
9:00: Tai Chi (B)  
9:30: Cribbage  
10:00: Tai Chi (Adv)  
11: Journey thru Grief  
12: Matt & Tara's  
Family Style Ckn Meal  
12:30: Yarnworks  
1:15: Aging Gracefully

## Friday

**4**  
10: Mahjong  
10: Pound  
Closed  
at Noon

## Tuesday

**8**  
9: Strength & Stretch  
10: Chair Yoga  
11: Travel Committee  
11: BP Screening  
11:00 Mystery Lunch  
1: Chorus Rehearsal  
1:15: Strength Circuit



## Thursday

**10**  
9:00: Tai Chi (B)  
9:30: Cribbage  
10: Tai Chi (Adv)  
10: COA Board  
11: Journey thru Grief  
12: Lunch: Pizza  
12:30: Yarnworks  
1:15: Aging Gracefully

## Wednesday

**16**  
9:30: Coffee Club  
9:30: Tap Dance  
10:30: Line Dance  
10:30: Friends of BCOA  
11:30: Qigong  
1:00: BINGO  
2:15: Zumba



## Tuesday

**15**  
9: Strength & Stretch  
10: Chair Yoga  
11: Book Club  
12: Lunch: Quiche,  
BF Sausage, Fruit  
& Wheat Toast  
1: Chorus Rehearsal  
1:15: Strength Circuit  
3: Pysanky Eggs



## Thursday

**17**  
9:00: Tai Chi (B)  
9:30: Cribbage  
10:00: Tai Chi (Adv)  
11: Journey thru Grief  
12: Lunch: Fish &  
Chips (Fries)  
12:30: Library Craft  
12:30: Yarnworks  
1:15: Aging Gracefully



## Friday

**18**  
Closed  
Good  
Friday

## Monday

**14**  
9:00: Adv  
Line Dance  
10:00: Game Day  
10:30: Meditation  
12: Soup to Nuts

 <p><b>21</b> <b>Closed</b> Patriots' Day Marathon Monday</p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Road Trip 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p> 	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>22</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>23</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>24</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>25</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>26</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>27</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>28</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>29</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>
<p><b>30</b></p>	<p>9: Strength &amp; Stretch 10: Chair Yoga 12: <b>NO LUNCH</b> 1: Chorus Rehearsal 1:15: Strength Circuit 2: Dinner &amp; Movie</p> 	<p>9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Qigong 1:00: BINGO 2:15: Zumba</p>	<p>9:00: Tai Chi (B) 9:30: Cribbage 10:00: Tai Chi (Adv) 11: Journey thru Grief 12: Lunch: Italian Ckn Thigs &amp; Veg 12:30: Yarnworks 12:30: Library Craft 1:15: Aging Gracefully</p>

Please Note: Lunch menus are subject to change without notice

# COMMUNITY OUTREACH

April 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

## Autism Awareness

Autism Spectrum Disorder is a blanket-term for a huge and varied set of information processing difficulties and developmental disabilities. Autism can range from minor trouble socializing, to the stereotypical idiot-savants and non-verbal children who flap their hands and refuse to make eye contact. It is a lifelong condition rooted in brain structure, the same way type 1 diabetes is rooted in the pancreas; while there are strategies for managing the difficulties people with autism face, there is no cure.



The WHO estimates more than 1 in 100 people globally are autistic, and CDC reports that 1 in 36 American children have been diagnosed as of 2020. While it seems like the numbers are going up, it is because our diagnostic tools and our understanding of the human mind keep improving.

## Humor Month

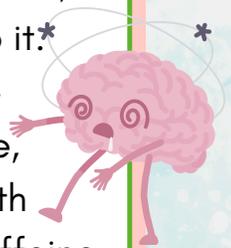
Humor plays an essential role in our overall health, and is directly related to how we express ourselves. Laughter increases heart rate and blood oxygen distribution, and floods our bodies with hormones that reduce pain and stress.



## Stress Awareness

A little stress is a good thing - it means you're working hard and growing your abilities. But too much stress, especially over a long period of time, can lead to a lot of negative health consequences: increased risk of stroke, IBS, ulcers, muscle and joint pain, diabetes, and much more.

Challenge yourself this month to notice when you're stressed, and what is contributing to it.\* Then consider some stress-relieving activities: exercise, meditation, quality time with loved ones, and limiting caffeine.



# VETERAN'S SERVICES

April 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)



VA



U.S. Department  
of Veterans Affairs



## 2025 Benefits?

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

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, April  
9th & 23rd

**Walmart** 

We provide transportation to the N.Smithfield Super Walmart

Thursday,  
April 17th



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.**

## FILE OF LIFE CARDS

You can't predict an emergency, but you can prepare for one. A File of Life card is full of the medical information that emergency service personnel need to know when you can't speak for yourself.



If you would like a free, magnetic File of Life card to keep on your fridge, contact the Blackstone Fire Department's business line:

(508) 883-01030

or Chief Roy by email:

**KRoy@TownOfBlackstone.org**

## 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](https://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.

## Learn More About the Community Choice Power Supply Program

[www.TownOfBlackstone.org/789/Community-Choice-Power-Supply-Program](http://www.TownOfBlackstone.org/789/Community-Choice-Power-Supply-Program)

## ABC!



Hank is sweet and friendly, but is a bit skittish if you move too quick or try to pick him up. He loves food, and other cats - but not dogs! He started off very shy, but is absolutely embracing the pampered life - he's a chatterbox, and loves belly pats.

Contact Angel Cat Haven and fill out an application:  
AngelCatHaven.com  
adoptions@angelcathaven.com

### Blackstone Library Events:

Call to register for programs  
(508) 883-1931

- Wizard of Oz Night - 4/10
- Mobile Mini-Golf - 4/12
- Trustees Meeting - 4/14
- Quilting Club - 4/17

## BLACKSTONE HISTORY



*Sharing our  
History with Pride*

### 164 Elm Street

This house has a granite foundation and a large center chimney. Located on the property were a saw mill, grist mill, and ice house. The Kimball Family, current owners, donated two of the grinding stones in memory of Robert "Tussy" Kimball to The Blackstone Historical Museum. The grinding stones can be viewed in the park next to the museum.

Information & Photo from the Blackstone  
Historical Commission

BCOA Presents



RSVP by 5/15  
\$2 Each

# MYSTERY LUNCH

A MONTHLY CULINARY ADVENTURE

**APRIL 8**

**\$5 PLUS LUNCH  
SPACE IS LIMITED**

**RSVP BY APRIL 1**

**BUS LEAVES SENIOR CENTER AT 11AM**

Travel  
Breakfast

April 2nd  
Bert's Breakfast  
RSVP by March 31st

## Cybersecurity Basics

April 1

11 AM

Call To Register:

508-883-1931



WNRI'S

BCOA PRESENTS



## POLKA PAUL



April 28th

AT 1:00 pm



## WICKED TULIPS

**TUESDAY, APRIL 29**

**\$15 PER PERSON**

**RSVP BY 4/12**

**BUS LEAVES COA**

**AT 9:30 AM**

**RAIN OR SHINE**

Walking paths are unpaved, uneven, rocky, and may be muddy. Handicap accessible porta-potties are available.

Pack your own lunch.

U-pick tulips are \$1.25 per stem.

# Coming In May

## Tea Time

Join us for a Spring Tea at the High School, compliments of the Food For Thought class!

## Birthday Concert!

Tim Van Egmond, Singer and Storyteller, offers a Hats Off to Seniors performance right after our party.

Funded in part by the MA & Blackstone Cultural Council

## Save The Dates!

5/2 - History & Soup

5/6 Travel Committee

5/7 Travel Breakfast

5/8 Tea @ High School

5/14 Garden Club Planting

5/15 Craft w/ Jean

5/19 Birthday & Concert

5/20 Mystery Lunch

5/26 Closed for Memorial Day

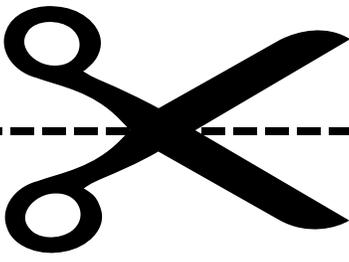
5/27 - Town Meeting

**These activities, dates, and times are subject to change**

## Friends of the BCOA

Spring is finally here and the Friends of the BCOA is excited to enter our spring/summer fundraising season. Watch for our postings on our bulletin board in the Senior Center kitchen.

Our Friends meetings are held the third Wednesday of every month. If you would like more information about this dynamic group, please contact Judy at 508-612-4566.



**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**