

BLACKSTONE COUNCIL ON AGING

NEWSLETTER

AUGUST
2025

Contact Us

*Blackstone Senior Center
15 St. Paul Street*

Blackstone, MA 01504

508-883-1500 x151

SENIOR CENTER STAFF

Tiziana Milano

COA Director

508-883-1500 x 134

TMilano@townofblackstone.org

Gilda Centeno

Outreach Coordinator

508-883-1500 x135

GCenteno@townofblackstone.org

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Nutrition & Activities Coordinator

kcoffey@townofblackstone.org

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Transportation Coordinator

508-883-1500 x 133

coatransport

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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

- **Meet the New Director!** - Page 2
- **Fun Days!** - Page 3
- **Iggy's Trip!** - Page 4
- **Senior Citizen Day Event** - Page 5
- **Small Town News** - Pg 16

Clear Your Thoughts Clear Your Clutter

Join Susan McCarthy of Norfolk's A Less Cluttered Life, to learn why it's so difficult to let go of your stuff ... Even when you know you need to ... And discover how to take action without creating an overwhelming mess!

Wednesday, August 27th here at the Senior Center.

Director's Desk

Hi Blackstone Seniors!

My name is Tiziana Milano, and I'm excited to introduce myself as your new Senior Center Director! I previously worked for the Town of Sharon in Public Works, then at their Adult Center as the Office Manager and Transportation Coordinator — and most recently served as their Interim Director.

I'm looking forward to getting to know each of you. You'll see me around the Center often, so please don't hesitate to say hello! And if you don't catch me out and about, feel free to stop by my office — my door is always open.

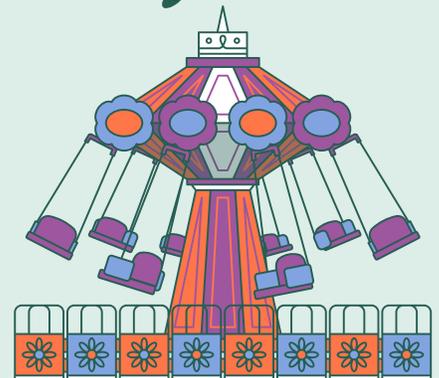
Lastly, a small reminder — please remember to sign in at the check in screens with your key fob every time you visit the Center.

*Tiziana
Milano*

At a Glance

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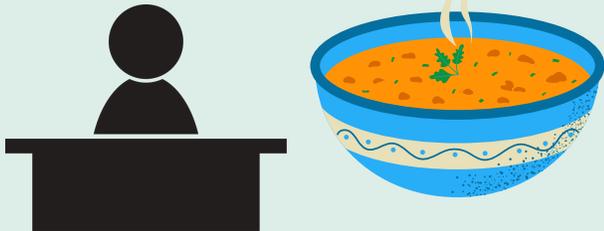
BCOA NEWS

AUGUST 2025

Soup to Nuts!

Join the Selectman's Assistant, Sherlene Hernandez, for lunch on Monday, August 18th over a bowl of Broccoli Cheddar Soup.

Reg Deadline Aug 11
Mon 18th, Noon, \$2 Donation

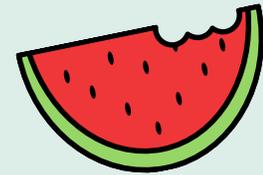


Join Health Agent Colleen Strapponi for lunch on Monday, August 25th, to talk about the Garbage Collection Changes over a bowl of Butternut Squash Soup.

Reg Deadline Aug 18
Mon 25th, Noon, \$2 Donation

Fun Days:

August 4th: National Watermelon Day! Dress on theme, and enjoy summer's sweet treat.



August 6th: National Root Beer Float Day! Join us for the classic creamy, fizzy treat at lunch time!



August 13th: World Calligraphy Day! Show off your best handwriting: come in to copy a sample sentence, or write your own note, for our Script Display!



Trips & Events August

FRI 1  **MAHJONG TOURNAMENT**
 12 seat, simplified Filipino, 3 round Mahjong tournament. Play starts at 9AM sharp. See SrCtr for a copy of the rules.
8:45 AM FREE
RSVP BY JULY 30

WEDS 6  **TRAVEL BREAKFAST: BREAKFAST NOOK, BELLINGHAM**
 Join us for a breakfast out! Please inform Transportation if you need to be picked up, OR if you will meet us at the restaurant. Thank you.
9:30 AM FREE + YOUR MEAL
RSVP BY JULY 30 \$10 Min. for Card Payment

THURS 7  **VET'S BRUNCH PURPLE HEART DAY**
 We invite our Veterans, and their partners, to join us for a brunch. Please RSVP by August 5th
9:30-11:30 FREE
RSVP BY AUG 5

FRI 8  **BEACH DAY: HOPKINTON STATE PARK**
 Pack a lunch and a beach chair, and enjoy the outdoors at this beautiful state park & sandy lake beach. Some unpaved walking. No trip if raining.
9:30 AM \$5 BUS DONATION
RSVP BY AUG 1

MON 11  **ROAD TRIP! IGGY'S DOUGHBOYS**
 Ride the bus to a beachside adventure in Warwick RI and an early lunch at Iggy's. Counter service Rain or shine.
9:00 AM \$5 BUS DONATION
 LIMIT 12
RESIDENT REG 7/28
OPEN REG 8/4

TUES 12  **LUNCH & A MOVIE: LIAR LIAR (1997) 1H27M ,PG13**
 An ace attorney has a lying problem. On the day of his big case, he wakes up unable to lie.
12 NOON \$4 DONATION
RSVP BY AUG 7

WEDS 13  **WORLD CALLIGRAPHY DAY**
 Show off your best handwriting! Supplies and sample sentences provided.
ALL DAY FREE

TUES 19 **BUS TO ADVENTURE: CHARLES RIVER SHOPPING CENTER**
 Board the bus to a shopping adventure, and spend 2 hours at the Charles River Shopping Center in Bellingham. Stores include Whole Foods and Michaels.
9:30 AM \$5 BUS DONATION
RSVP BY AUG 12

PLEASE NOTE:
 TRANSPORTATION DONATIONS WILL NOW BE COLLECTED DIRECTLY BY THE BUS DRIVERS.
 WE APPRECIATE YOUR COOPERATION WITH THIS UPDATED PROCEDURE.
 THANK YOU FOR YOUR CONTINUED SUPPORT!

THURS
21

SENIOR CITIZEN DAY!

A day of fun, food, memories, magic, and more! Bring the whole family! Learn more below!

11-2
FREE
SEE BELOW!

FRI
25



MYSTERY LUNCH:

LOCAL NEW ENGLAND SUMMER

Come discover what's for lunch! Please inform Transport if you need to be picked up from home. Counter Service. Indoor or Out. Grill & Subs: \$5-15. Combo Plates: \$10-\$25/Market

11:00 AM
\$5 BUS DONATION
+ MEAL
RSVP BY JULY 18

TUES
26



BIRTHDAY BASH: GLEN HILLARD: JAZZ & PIANO

Join us for Chef Salad, Salad Sandwiches, cake, ice cream, & good music by Glenn Hillard!

12 NOON
\$5 DONATION
RSVP BY AUG 19

Sr Citizen Day!

Join us from 11 to 2 on Thursday, August 21st to celebrate Senior Citizen Day! Join us for a morning of games & music, followed by a cookout full of all our summer favorites sponsored by our local Dean Bank. After lunch, join us for a bit of magic and wonder as Dennis the Magician and his lovely assistant help us embrace our sense of wonder!

Dennis the Magician

August 21st @ 1 PM!

Dennis has been performing magic with his wife Janet for over 50 years. His shows feature Magic, Comedy, Illusions, Live Animals and Audience Participation, creating fun and entertainment for all to enjoy. They have performed at numerous local senior centers and nursing homes, the Jerry Lewis Labor Day Telethon, Foxboro and Bellingham First Night Celebrations, Northeastern University, the Assembly Theater, American Diabetes Association, Newport Naval Base, Brigham & Women's Hospital, and for 16 years at Woonsocket's Autumnfest. In Jan. 2020 they were even invited to Las Vegas to audition for the Penn & Teller Fool Us TV show. Make sure you catch their show when ever you can!

This show made possible by a grant from the



WEEKLY PROGRAMS

MONDAY



9:00 AM ADV. LINE DANCE
Join nationally recognized
Choreographer Steve Cavanaugh,
and put your skills to the test!

10:00 AM GAME DAY
Bring a game or play one of ours,
and join in some low-stakes fun!

TUESDAY



9:00 AM WALKING CLUB
Join Gilda for a walk along the
bike path. Meet in the Dining
Room. All abilities welcome.

9:15 AM STRENGTH & STRETCH
An up beat strength building
routine, with and without free
weights (provided by COA).

10:10 AM CHAIR YOGA
A peaceful class following yoga
principles. Seated or supported.

12:15 PM QIGONG
A guided experience focusing on
posture, breathing, healing
movement, and visualization.

1:15 PM STRENGTH CIRCUIT
Jean Gillis, Milford COA fitness
director, leads us on a circuit of
the resistance training equipment.

WEDNESDAY



9:30 AM COFFEE CLUB
Join us for a relaxed social hour to
start your day.

9:30 AM TAP DANCE
Practice your moves and string the
steps together with instructor Linda
Olean for a beginner tap experience.

10:30 AM LINE DANCE
Join us to learn the steps for a full
Line Dance with instructor Linda
Olean.

11:30 AM MEDITATION
Journey to mindfulness and
serenity via meditation. No
experience necessary.

1:00 PM BINGO
1 board for 8 games is \$1. Daubers
available to borrow. Calling starts at 1.

2:15 PM ZUMBA GOLD!
Just like good 'old Jane Fonda days:
movement, motion, & coordination!

THURSDAY



9:00 AM TAI CHI- BEGINNER
Learn the slow, flowing movements
and mindfulness integral to Tai Chi.

9:30 AM CRIBBAGE CLUB
Boards available, play for bragging
rights. We're happy to teach!

THURSDAY CTD. ✓

10:00 AM TAI CHI - INTERM.
A more in-depth exploration of Tai Chi, for those more familiar with the forms.

11:00 AM JOURNEY THROUGH
Diane Westermen guides GRIEF us through the paths of grief - sharing our experiences and learning how to move forward.

12:30 AM YARNWORKS
Join our stitching crew for an afternoon of socializing and yarn work. We're happy to teach!

1:15 PM AGING GRACEFULLY
Diane Westermen helps us navigate the trials and joys of aging with grace and gratefulness.

FRIDAY ✓

9:00 AM WALKING CLUB
Join Gilda for a walk along the bike path. Meet in the Dining Room. All abilities welcome.

10:00 AM MAHJONG
We play a simplified Filipino style for bragging rights - We're happy to teach!

1:00 PM PAINTING CLASS
At the Artful Dodger studio down the street! \$25 per 6-week session. Next session starts June 6th!

Blackstone Public Library Events:

Call the library
to register
(508) 883-1931

**Senior Center Book Club
at the Senior Center
Tuesday August 19
11 AM**

**Here One Moment
by Liane Moriarty**

**Senior Crafty Corner
At the Library
Thursday, August 21
1:00 - 3:00**

**Library Quilting Club
at the Library
Thursday August 28
1:00 - 4:00 PM**

**Library Knitting Group
at the Library
Every Monday
1:00 - 3:00 PM**

Meetings & August 2025 Presentations

TUES

5



3 P'S OF INVESTMENT FRAUD

Learn to protect yourself from investment scams! Presented by Eric Giroux, senior counsel in the Securities & Exchange Commission's Enforcement Division.

11:00 AM

FREE

RSVP NOT REQUIRED

THURS

14

COUNCIL ON AGING

BOARD MEETING

COA Board meetings are public, and you are welcome to attend.

10:00 AM

FREE

RSVP NOT REQUIRED

MON

18



SOUP TO NUTS

SELECTMAN'S ASSISTANT
SHERLENE HERNANDEZ

Join Sherlene Hernandez for lunch on August 18th, over a bowl of Broccoli Cheddar Soup

12 NOON

\$2 DONATION

RSVP BY AUG 11

MON

25



SOUP TO NUTS

HEALTH AGENT
COLLEEN STRAPIONI

Join us for a bowl of Butternut Squash soup and a Q&A session about the Blackstone Garbage Collection changes.

12 NOON

\$2 DONATION

RSVP BY AUG 18

CLEAR YOUR THOUGHTS CLEAR YOUR CLUTTER



WEDS

27

10:00 AM



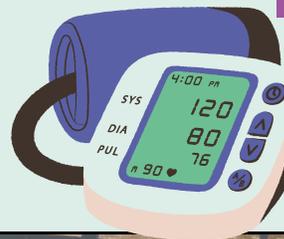
A presentation focusing on the thoughts that become obstacles to decluttering - because of the time, money, effort of space you've given to the items in the past.

BOARD OF HEALTH PRESENTS: BLOOD PRESSURE CLINIC & MEDICATION REVIEW SESSION

THURS

14

11:00 AM



THIS MONTH IS

Family Fun Month

Life is busy, and it can be difficult to spend time with family. When families spend quality time together, they tend to have a greater sense of purpose, and feel more supported and loved.

Quality time means doing something everyone enjoys - having fun and making memories is the best part! Here are some ideas:

- Go out for Ice Cream
- Visit a Zoo or Museum
- A Day at the Park
- Prepare a Meal Together
- Play a Board Game
- Have a Cookout
- Have an Arts & Crafts Day
- Watch a Movie



Eye Exam Month



Deteriorating vision can be a symptom of deeper health concerns, and uncorrected vision can contribute to other health troubles! Regular exams help identify issues early, so don't skip checking with your optometrist to see when you're due for a full vision exam.

Elvis Week

The week of August 16th, the anniversary of the King's death, Memphis TN pulls out all the stops to celebrate his life.

A trip to Memphis this week includes: a fan reunion; massive dance party; 5k run; rock, country, and gospel concerts; memorial services; Graceland tours; a candlelight vigil; and so much more!



August

Please RSVP for lunch
four business days
in advance

Monday	Tuesday	Wednesday	Thursday	Friday
28 1 PM: Summer Radio Hour+	29 12: Birthday Bash	30 11:30: Bus to Adventure: Mini Golf	31	1 9: Mahjong Tourney! 9: Walking Closed at Noon
4 9: Adv Line Dance 10: Game Day National Watermelon Day!	5 9: Walking 9:15: Strength & Stretch 10:10: Chair Yoga 11: 3 P's of Investment Fraud 12: ½ Steak & Cheese Sub 12:15: Qigong 1:15: Strength Circuit	6 9:30: Travel Bkf 9:30: Tap Dance 10:30: Line Dance 11:30 Meditation 12: Salad w/ Egg Salad 1: BINGO 2:15: Zumba Root Beer Float Day!	7 9:00: Tai Chi (Beg) 9:30: Vet's Brunch 9:30: Cribbage 10: Tai Chi (Int) 11: Journey thru Grief 12: Potluck! 12:30: Yarnworks 1:15: Aging Gracefully	8 9: Walking 9:30: Beach Day 10: Mahjong Closed at Noon
11  9: Iggy's Doughboys! 9: Adv Line Dance 10: Game Day	12 9: Walking 9:15: Strength & Stretch 10:10:L Chair Yoga 12: "Liar Liar" & Cheese Pizza (Ideal) 12:15: QiGong 1:15: Strength Circuit	13 9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30: Meditation 12: American Chop Suey  1: BINGO 2:15: Zumba World Calligraphy Day!	14 9:00: Tai Chi (Beg) 9:30: Cribbage 10: Tai Chi (Int) 11: Journey thru Grief 11: BP & Med Clinic 12: Ckn Caesar Salad 12:30: Yarnworks 1:15: Aging Gracefully	15 9: Walking 10: Mahjong Closed at Noon

18

9: Adv Line Dance
10: Pop up Pantry
10: Game Day

12: Soup to Nuts:
Sherlene & Broc Cheddar



19

9: Walking
9:15: Strength & Stretch

9:30: Bus to Shopping

10:15: Chair Yoga

12: Potluck

12:15 QiGong

1:15: Strength Circuit



20

9:30: Coffee Club
9:30: Tap Dance

10:30: Line Dance

10:30: Friends Meeting

11:30: Meditation

12: Salad w/ Tuna Salad

1: BINGO

2:15: Zumba

21

Senior Citizen's Day Event!

9: Tai Chi (Beg)

9:30: Cribbage

10: Tai Chi (Int)

11: Journey thru Grief

12:30: Yarnworks

1:15: Aging Gracefully



22

9: Walking
10:

Mahjong

11: Mystery Lunch



Closed

at Noon

25

9: Adv Line Dance

10: Game Day

12: Soup to Nuts:

Colleen & Butternut Squash

27

9:30: Coffee Club
9:30: Tap Dance

10: Clear Clutter

10:30: Line Dance

11:30: Meditation

12: Shepard's Pie

1: BINGO

2:15: Zumba



28

9: Tai Chi (Beg)

9:30: Cribbage

10: Tai Chi (Int)

11: Journey thru Grief

12: Pizza Queen: ½ Roast Beef Sub w/ Lettuce & Tomato

12:30: Yarnworks

1:15: Aging Gracefully

29

9: Walking
10:

Mahjong

Closed

at Noon

1

Closed:

Happy

Labor

Day!



2

Travel

Breakfast

3

26

9: Walking
9:15: Strength & Stretch

10:10 Chair Yoga

12: Birthday Bash!

12:15: QiGong

1:15: Strength Circuit



4

5

Please Note: Lunch menus & activities are subject to change without notice

Outreach

AUGUST 2025

SOCIAL SECURITY: TIMING MATTERS

Thinking about when to take your Social Security? While you can claim benefits as soon as you're 62, the longer you wait the more your monthly payment will be. If your benefit is \$2,000 at 62, it can grow to \$2,480 by age 70!

In 2003, 53% of claimed social security between ages 63 and 66, while only 11% waited until they were 70 or over. Timing Matters - know your options!



FRAIL ELDER WAIVER

The Frail Elder Waiver (FEW) is a MassHealth program designed to help eligible Massachusetts residents aged 60 and older receive necessary services to live safely in the community, rather than in a nursing facility. To qualify, individuals must meet specific clinical and financial criteria, including needing a nursing facility level of care and meeting MassHealth income and asset limits. Services offered through FEW include personal care, home health aides, meal delivery, transportation, and more. Enrollment is open year-round; interested individuals can contact Gilda Centeno Outreach Coordinator at (508) 876 - 5135 to schedule an appointment to find out more.



Outreach

AUGUST 2025

DON'T MISS OUT!

Nearly 60% of low-income older adults who qualify aren't signed up for SNAP benefits according to AARP. That's 16 million Americans missing out on vital support for food costs, and all the discounts and programs that are offered to SNAP participants.

Food insecurity is more than just being hungry - it's choosing cheap instead of healthy, and having to choose between food and other necessities. Food insecurity can also lead to a number of other serious health issues, and worsen existing medical conditions.

If you would like to learn more, see if you qualify, or need help with your application: book an appointment with Gilda to get started!



Gilda Centeno

Phone: (508) 883 - 1500 x 135

Email: GCenteno@townofblackstone.org

CREDIT FOR CARING

Currently before Congress is the Credit for Caring Act, which if approved would provide a tax credit of up to \$5,000 per year for eligible caregivers to help offset the out-of-pocket costs of caring for a spouse or other loved one. Research shows that caregivers spend thousands annually on care, not counting all the missed opportunity costs. The Credit For Caring Act could offer financial relief to many households if it were to pass. Consider writing to Congress to show your support!



VETERAN'S SERVICES

July 2025

Dennis Pimenta
Veteran's Services
508-883-1500 x 133

Did you know that the VA's Aid and Attendance and Housebound Benefits can increase your pension payments to support the additional care you need?

If you need help with daily activities, or if you are house bound, you may qualify for an increased VA Pension to help cover in home care, assisted living, or nursing home fees.



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 508-883-1500 x 133 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 to learn more!

Blackstone Veterans Monument Memorial Brick Pavers!

Honor or remember a veteran with an engraved brick paver permanently placed and maintained at the Blackstone Town Common Veterans Monument. Bricks can be engraved with one of over 40 service emblems and images, and up to 5 lines of text.

Prices range from \$75 to \$200 depending on brick size and use of images.

To view all image options and print an order form, visit www.townofblackstone.org/323/Town-Clerk or pick up a paper copy from the Town Clerk's office.

TRANSPORT

Dennis Pimenta
Transport Coordinator
(508) 876-1500 x133
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) 876-1500 x133 or
COATransport
@townofblackstone.org**

Shopping Trips

Reservations Required

7 days in advance

Shopping Trips may be cancelled for lack of reservations.

Wed, Aug
13th & 27th

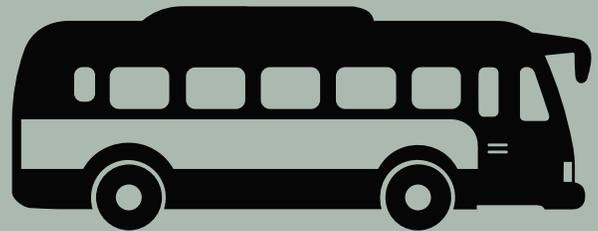
Walmart 

We provide transportation to the N.Smithfield Super Walmart

Thurs, Aug
21st we will



provide transportation to the Bellingham Market Basket.



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.

SMALL TOWN NEWS

PROPERTY TAXES

This round of Property Tax Bills are due by **Monday August 4th**! If you haven't already paid, make sure to see the Collector's office by the first Monday in August!

If you're part of the Senior Property Tax Work Off program, you won't see the fruits of your labor until the 3rd and 4th property tax bills, in calendar year 2026.



Trash Service Changes

Towards the end of the month, each residential unit in Blackstone that uses the Town Trash Collection will receive two new 95-gallon totes - one each for garbage and recycle. Collection day will remain the same. Come learn more over lunch on the 25th, when Colleen joins us for a Soup to Nuts. See Page 3 for more!

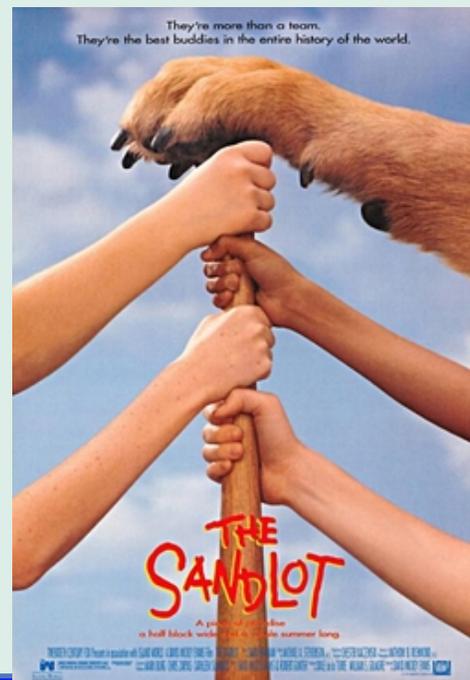


COMMUNITY MOVIE NIGHT:

THE SANDLOT

Join Parks & Rec for family movie night on August 9th, starting at 7 PM in Roosevelt Park for trivia, snacks, and The Sandlot.

Follow Scottie Smalls as he moves to a new neighborhood, makes friends with the group of kids who play baseball in the local sandlot, and goes on a series of fun and funny adventures.



COMMUNITY CORNER

Blackstone
MA

ANIMAL SOCIALIZATION PROGRAM!

The Blackstone Regional Animal Shelter has launched a program just for seniors! They're looking for caring volunteers to help cuddle kittens and read to dogs.

Socialization helps lower the stress levels of you and the animals, and helps make them into better family members for their fur-ever home. They ask for at least 2 hours a month from you, and the program is eligible for the Senior Tax Work Off hours!

To learn more, pick up an information packet from the Senior Center or Contact the Blackstone Regional Animal Shelter at ACO@BlackstonePolice.org or (508) 883-2822

BLACKSTONE HISTORY



Murder, Circa 1770

In early times, men were required to be of a robust and hearty nature.

Somewhere near the Verry property on Milk Street, Silas Thayer killed his cousin Thomas with bare, right handed blows to the left side of Thomas' head.

Pictured is the modern house built on the same property.

**Information & Photo from the
Blackstone Historical Commission**

Did You Know?

You can register for Senior Center events online from your computer or phone.

Signup at MyActiveCenter.com or use your smartphone camera to access the QR code below.



BCOA BUS TO ADVENTURE!

BOARD THE BUS TO FUN!

CHARLES RIVER SHOPPING CENTER



& MORE

TUESDAY AUGUST 19TH

BUS AT 9:30 AM - 2 HOUR TRIP

\$5 BUS DONATION DAY-OF

RSVP BY AUGUST 12



3 P'S OF INVESTMENT FRAUD

PROFILE OF A TYPICAL VICTIM
PERSUASION TACTICS
PREVENTION

A SEMINAR ON INVESTMENT FRAUD
& FINANCIAL SCAMS
AND HOW TO AVOID THEM!

FREE TO ALL! - RSVP SUGGESTED
TUESDAY, AUGUST 5TH - 11 AM

BLACKSTONE SENIOR CENTER - 15 ST PAUL STREET

with Susan McCarthy
of A Less Cluttered Life

Clear Your Thoughts, Clear Your Clutter

Learn why it's so difficult to let go of your stuff ... even when you know you need it ... and discover how to take action with creating an overwhelming mess.

Wednesday, August 27, 2025 10 - 11 a.m.

BCOA

Happy Birthday!

Join us for Food, Fun, Good Tunes,
Cake & Ice Cream!

BLACKSTONE SENIOR CENTER
15 ST PAUL - BACK ENTRANCE
TUESDAY AUG 26, 12 NOON
\$5 DONATION PER PERSON
RSVP BY AUG 19

Live Jazz Music by Glenn Hillard
Main Course: Salad Sandwiches
(Chicken, Tuna) & Chef Salad



BCOA ROAD TRIP:



Monday, August 11th

9:00 AM Bus, \$5 donation + Lunch
Resident Registration Opens: 7/28

Open Registration: August 4th
COUNTER SERVICE

Looking Forward

Road Trips!

September 15th A tour of local Daniel's Farm homestead downstairs & Picnic lunch.

September 25th to the American Heritage Museum: explore America's conflicts - from the Revolution to today - and the technologies that shaped history.

October 14th to The Botanic Garden at Tower Hill: A guided Golf Cart tour of the grounds. Only 10 spots!

Trivia Show!

September's Birthday Bash will be on Tuesday, the 30th - and the entertainment will be a live Trivia show at 1 PM!

On Sept 23rd at 1 PM, join us for an informational presentation comparing Medicare Supplement plans and Medicare Advantage plans.

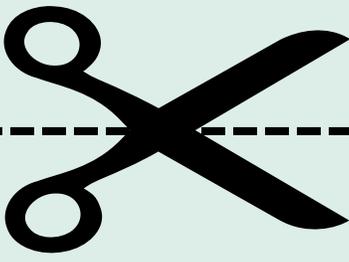
These activities, dates, and times are subject to change

Friends of the BCOA

Welcome to the dog day of summer! Sunshine, beach days, cookouts, and FUN!

We are welcoming in the nice weather with several fundraisers - check the bulletin board in the Dining room for more details, and more coming soon! The Friends of the Blackstone COA meet on the 3rd Wednesday of each month at the Senior Center. If you would like more info about this unique group, please contact Judy at 508-612-4566





NEWSLETTER SUBSCRIPTION BY MAIL:

Newsletter Subscription by Email:

Name: _____

Name: _____

Address: _____

Email Address: _____

City/State/Zip: _____

Phone: _____

Mail Form to:

Blackstone COA
15 St. Paul Street
Blackstone, MA 01504

Address Service Requested

Blackstone Council on Aging
15 St. Paul Street
Blackstone, MA 01504