



A River Runs Through It

BLACKSTONE COA/SENIOR CENTER

OCTOBER 2025

From the Director's Desk

As the summer days fade and the crisp fall air begins to settle in, it feels like the perfect time to pause and reflect. I want to take a moment to share how truly grateful I am to be here. It has been a joy getting to know so many of you and seeing the Senior Center in action—whether during a busy event, a casual visit, or even while heading out on a trip together.

While my time here has so far been short, I've already had the opportunity to make a few small improvements to keep our Center welcoming and functional. One of those was the purchase of a new stove for our kitchen, which I know will serve us well for countless meals and gatherings and will make Kim's job so much easier. I've also tried to keep everyone better informed about the many wonderful activities happening here, because I believe communication helps bring us closer together as a community.

More than anything, my biggest hope is that the Senior Center feels like a second home to you—a place where you feel comfortable, valued, and connected. Whether you're here for a program, a meal, or just a friendly chat, I want you to know this is your space. I'm excited to continue building on what's already so special here, and I welcome your thoughts, ideas, and stories as we shape the future of our Center together.

I also hope you enjoy this new layout for our newsletter. It's

still a work in progress, but the goal is to make it helpful, informative, and enjoyable for you. If you have suggestions, please don't hesitate to share them with me—I'd love your input. You'll also begin to see more outreach information included in future editions.

~Tiziana

PS: I bet you noticed the name of the newsletter...did you know that has always been its name? So when I found out, I thought I would start using it again. If you can think of a more fitting name for our newsletter please send it along.



IN THIS ISSUE

Weekly Activities - Fitness/Programs/Games.....	2 & 3
Events & Presentations	4 & 5
Lunch Menu	5
Trips	6
Miscellaneous Events.....	7
Outreach and more.....	8
Calendar.....	9
Transportation Information.....	10
Veteran's Services	11

CENTER HOURS OF OPERATION

Mon - Wed - Thur: 8:30 AM - 4:30 PM

Tues 8:30 AM - 7:00 PM

Fri: 8:30 AM - 12 PM

PHONE (508) 883- 1500

<https://www.townofblackstone.org/242/Senior-Center>

FITNESS CLASSES

POUND | MONDAYS & FRIDAYS | 10 AM

A full-body workout that combines cardio, strength training, and Pilates-inspired movements, using lightly weighted drumsticks called Ripstix. It is designed for all fitness levels and focuses on rhythm and fun, making it an engaging way to improve fitness while enjoying music.

QI GONG | MONDAYS | 1 PM

A guided experience focusing on posture, breathing, healing movement, and visualization.



WALKING CLUB | TUESDAYS & FRIDAYS | 9 AM

Join one of our staff members for a walk along the bike path. Meet outside the Main Room. All abilities welcome.

STRENGTH & STRETCH | TUESDAYS | 9:15 AM

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

CHAIR YOGA | TUESDAYS | 10:10 AM

A form of yoga that is performed while seated in a chair, making it accessible for individuals with mobility limitations or those who prefer not to practice on the floor. It includes modified poses and breathing exercises that can improve flexibility, strength, and overall well-being.



STRENGTH CIRCUIT | TUESDAYS | 1:15 PM

Jean Gillis, Milford COA fitness director, leads us on a circuit of the resistance training equipment targeting different muscle groups. These exercises are performed back-to-back with little to no rest in between. This method helps build muscle strength and endurance while keeping your heart rate elevated, making it an efficient way to work out.

TAP DANCE | WEDNESDAYS | 9:30 AM

New to Tap dance? Tap is a form of dance that uses the sounds of tap shoes striking the floor as a form of percussion. Here you will practice your moves and string the steps together with instructor Linda Olean for a beginner tap experience.



LINE DANCE | WEDNESDAYS | 10:30 AM

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. Join us to learn the steps for a full Line Dance with instructor Linda Olean.



MEDITATION | WEDNESDAY | 11:30 AM

Learn the basics of meditation, a practice that involves focusing the mind to achieve calm and clarity. Journey to mindfulness and serenity via meditation. No experience necessary.

ZUMBA GOLD | WEDNESDAYS | 2:15 PM

Zumba Gold is a modified, lower-intensity version of the traditional Zumba class. It features easy-to-follow choreography that focuses on balance, coordination, and cardiovascular fitness while being gentle on the joints.



TAI CHI BEGINNER | THURSDAYS | 9 AM

A gentle form of exercise that combines slow, flowing movements with deep breathing and meditation. It is widely practiced for its health benefits, including improved balance, flexibility, and stress relief.



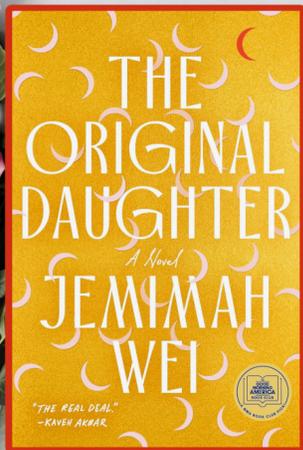
TAI CHI INTERMEDIATE | THURSDAYS | 10 AM

A more in-depth exploration of Tai Chi, for those more familiar with the forms.

SPONSORED BY THE BLACKSTONE PUBLIC LIBRARY

SENIOR CENTER BOOK CLUB

October book choice...



Come join us in person Tuesday, October 21 at 11:00 AM at the Blackstone Senior Center.

For more information, call 508-883-1931 and ask for Ellen Goudreau or email egoudreau@cwmar.org.

FREE unless otherwise noted

WEEKLY ACTIVITIES

PROGRAMS & GAMES

GAME DAY | MONDAYS | 10 AM

Bring a game or play one of ours, and join in some low-stakes fun!

COFFEE CLUB | WEDNESDAYS | 9:30 AM

Join us for a relaxed social hour to start your day.

BINGO | WEDNESDAYS | 1 PM

One board for eight games is \$1. Daubers available to borrow. Calling starts at 1 PM SHARP!

CRIBBAGE | THURSDAYS | 9:30 AM

Boards available, play for bragging rights. We're happy to teach!



JOURNEY THROUGH GRIEF | THURSDAYS | 11:00 AM



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



YARNWORKS | THURSDAYS | 12:30 PM

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

AGING GRACEFULLY | THURSDAYS | 1:15 PM

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

MAHJONG | FRIDAYS | 10 AM

We play a simplified Filipino style for bragging rights - We're happy to teach!



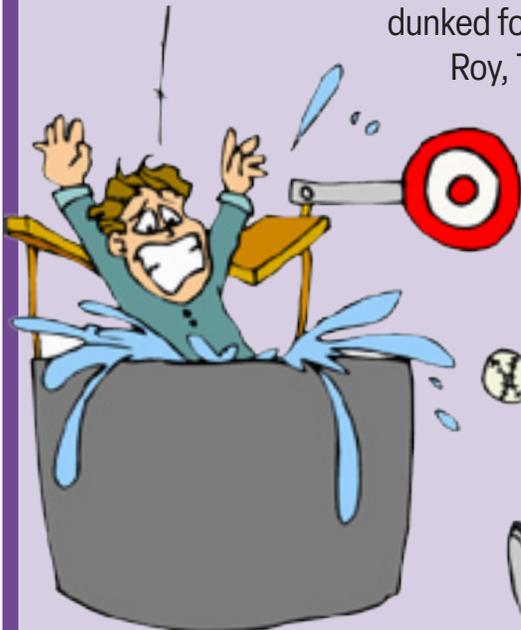
PAINTING CLASS | FRIDAYS | 1 PM

At the Artful Dodger studio down the street! \$25 per 6-week session. Next session starts October 17th!

REGISTER IN PERSON, BY PHONE: (508) 883-1500 x151 or ONLINE AT MYACTIVECENTER.COM

From the Friends of BCOA

Happy Fall! The Friends of BCOA celebrated the end of summer by sponsoring a "dunk tank" at the town's Summer Celebration. We would like to acknowledge our brave volunteers who stepped up and took the plunge by sitting inside the tank and getting dunked for a worthy cause. Our heartfelt thanks to Fire Chief Kevin Roy, Town Administrator, Chad Lovett, Board of Selectmen, Dan Keefe and Billy Castonguay, Johnny Costa of the DPW and our very own Senior Center Activities & Nutrition Coordinator, Kim Coffey! You all did a great job and took each "Dunk" with a smile! Thank you!!! Be on the lookout for future fun with the Friends!



For more info, contact Judy at 508-612-4566.



EVENTS & PRESENTATIONS

FREE unless otherwise noted

COUNCIL ON AGING BOARD MEETINGS

THURSDAY | OCTOBER 2 | 10 AM

Council on Aging Board meetings are public, and you are welcome to attend or watch live on Local Access Cable (Channel 8)

SOUP to NUTS

MONDAY | OCTOBER 6 | NOON

Join our very own Transportation Coordinator, Dennis Pimenta as he explains everything you need to know about the Senior Center transportation program. His soup of choice: Broccoli Cheddar Soup



LUNCH AND A MOVIE

TUESDAY | OCTOBER 7 | NOON

The votes are in and the winner for our Halloween movie of choice is Corpse Bride!

LUNCH: Cheese Pizza



MOVIE: Corpse Bride - When a shy groom practices his wedding vows in the inadvertent presence of a deceased young woman, she rises from the grave assuming he has married her. Starring, Johnny Depp, Helena Bonham Carter and Emily Watson. (2005 | PG | 1h 17m | Animation)

RADIO HOUR w/ "Past Our Prime Time" Players

MONDAY | OCTOBER 20 | 1 PM



Come join us for our next Spooktacular Radio Show. Be ready for some monstrous mystery, howling Halloween humor, & devilish delights! Remember to register with the senior center by

October 16th to reserve your seat.

TOWN HALL TRICK OR TREAT

TUESDAY | OCTOBER 28 | 4:30 PM - 7 PM

We are joining in on the Halloween festivities handing out treats to the youngsters in town! Kids of all ages will wonder through the Senior Center and collect as many treats as you can. **PLEASE NOTE:** The Senior Center will be closed at 3 PM so we can set up for the event.



4

BLOOD PRESSURE CLINIC & MEDICATION REVIEW SESSION

WEDNESDAY | OCTOBER 22 | 11 AM - 12 PM



The Blackstone Board of Health Department in conjunction with the Blackstone Valley Partnership for Public Health, in collaboration with the Blackstone Senior Center is pleased to offer this free Blood Pressure Screening and medication reviews. Public Health Nurse Debra Vescera will discuss healthy blood pressure information and will provide blood pressure screenings. Free Wallet Cards are available for participants. Medication reviews are available, be sure to bring your medication list if interested.

BIRTHDAY CELEBRATION & HALLOWEEN COSTUME FUN!

MONDAY | OCTOBER 27 | NOON

Join us as we celebrate this month's birthdays with yummy food, cake, laughter, and good company! To add to the fun, we'll also be holding a Halloween Costume Contest.

Dress up in something festive—whether it's spooky, silly, or just plain creative—and you could win a prize! It's the best of both worlds: birthday cheer and Halloween spirit all in one afternoon.

† Special Treat! †

After our fabulous lunch, be sure to stick around as we welcome folksinger-storyteller Davis Bates for an afternoon of sing-alongs and storytelling you won't want to miss! See next page for more information about Davis Bates.

Suggested donation for meal and entertainment - \$5



KITCHEN FIRE SAFETY

WEDNESDAY | OCTOBER 29 | 11 AM

Presented by the Blackstone Fire Department

Come to the first of two Lunch and Learn presentations about fire safety. Today learn all about kitchen safety. The Do's and Don'ts and what to have in your kitchen in case of an emergency.



Please register 4 days before event/presentation.

EVENTS & PRESENTATIONS

ADAPTING & TRANSITION AS WE AGE

TUESDAY | NOVEMBER 4 | 10 AM

Presented by Sam Dockenvich of the AARP Speaker's Bureau

Learn how we can best navigate constant change so that we can continue to enjoy our lives and our loved ones. We will discuss the importance of developing a personal management system that may make you feel more secure and comfortable and, therefore, have more time and energy to deal with the numerous aspects of rapid change in your life.



VETERAN'S BRUNCH

FRIDAY | NOVEMBER 7 | 9:30 AM - 11:30 AM



Veterans, and their partners and families, are invited to join us for a brunch to Honor and Celebrate our Veterans, in advance of Veteran's Day. Please register by November 3rd.



BLACKSTONE COA/SENIOR CENTER & THE BLACKSTONE CULTURAL COUNCIL PRESENT:

DAVIS BATES

HALLOWEEN HARVEST

Folksinger-Storyteller Davis Bates has been entertaining audiences for over 46 years, across New England and Across the country! Davis will be providing a program of harvest stories and songs from past and present: songs of the supernatural, Native American stories, true life ghost stories, and family tales. Expect plenty of sing-alongs, a lesson on how to play music with spoons from the kitchen, and an appearance by Bingo the dancing wooden dog!

MONDAY 🎻 **OCTOBER 27** 🎻 **1 PM**
RSVP **OCTOBER 24TH**

PARENT'S CHOICE AWARD-WINNING SINGER & STORYTELLER



FUNDED, IN PART, BY A GRANT FROM THE BLACKSTONE CULTURAL COUNCIL, A LOCAL AGENCY SUPPORTED BY THE MASSACHUSETTS CULTURAL COUNCIL

REGISTER IN PERSON, BY PHONE: (508) 883-1500 x151 or ONLINE AT MYACTIVECENTER.COM

PLEASE SIGN UP 4 DAYS IN ADVANCE

LUNCH MENU

\$4 SUGGESTED DONATION FOR LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Italian Sausage w/ Peppers & Onions Subs	2 Chicken Thighs w/ Sweet Potato & Brussels Sprouts	3
6 Broccoli Cheddar Soup	7 Cheese Pizza	8 Tossed Salad w/ Tuna Salad	9 Autumn Salad, Butternut Squash Soup, & Maple Glazed Roasted Chicken	10 
13	14 Chef Salad w/ Egg	15 Shepard's Pie	16 Meatball Subs w/Side Salad & Chips	17
20	21 Grilled Salmon Salad	22 Grilled Cheese w/ Bacon & french fries	23 POTLUCK	24
27 Meatloaf w/ Mashed Potatoes \$5 donation	28 Lasagna	29 Chili w/Cheese & Corn Bread	30 Stuffed Shells w/ Mixed Vegetables	31 

TRIPS, TRIPS AND MORE TRIPS

If there is no cost for the trip we ask for a transportation donation of \$4

TRAVEL BREAKFAST: Betty's of Blackstone

WEDNESDAY | OCTOBER 1 | 9:30 AM

Morning Out at Betty's Dinner! Hop on our bus for a tasty breakfast adventure right here in Blackstone! Need a ride to the Senior Center first? No problem—just let us know so we can pick you up. Want to meet us there? That's fine too—just be sure to let us know so we can save you a seat at the table. Register by September 29th. **COST: Your Meal**



FALL FOLIAGE DRIVE

WEDNESDAY | OCTOBER 8 | 10:30 AM

Join us for a bus ride to take in the local Autumn colors!

Limit 12 people, register by October 3rd

N. E. BOTANIC GARDEN GOLF CART TOUR

TUESDAY | OCTOBER 14 | 9 AM

The New England Botanic Garden at Tower Hill is a living museum dedicated to creating experiences with plants that inspire people and improve the world. Join us for a tour of the botanic garden at the heart of New England - by golf cart! Tour includes several of the Garden's wooded areas and the Lawn, Vegetable, and Shade Garden, Wildlife Pond and Inner Park. Bring a picnic lunch to enjoy on the grounds.



TRIP COST: \$30

- Limit 10 people
- Non-residents can register beginning October 6th
- Register by October 9th



New England Botanic Garden AT TOWER HILL



MYSTERY LUNCH: SOUTH OF THE BORDER & AROUND THE CORNER

TUESDAY | OCTOBER 21 | NOON

Where in the World is lunch going to be? Hint is in the title. Please let us know if you need a ride to the Senior Center.

Register by October 14th. **COST: Your Meal Lunch Specials \$6 - \$15**



TRAVEL BREAKFAST: B-Town Diner in Bellingham

WEDNESDAY | NOVEMBER 5 | 9:30 AM



Join us for a delicious morning at B-Town Diner in Bellingham! Our bus will take you right to the door—just let us know if you also need a ride to the Senior Center beforehand. Prefer to meet us there? That's fine too—just be sure to let us know so we can save you a seat at the table.

Come hungry and ready for good food, hot coffee, and great company! Register by October 29th. **COST: Your Meal**

LA SALETTE: CHRISTMAS DISPLAY

WEDNESDAY | NOVEMBER 25 | 4:30 PM

Join us for a tour of the gorgeous Christmas lights display at The National Shrine of Our Lady of La Salette, plus a stop for cocoa and to browse the gift shop.



- Registration opens October 14th.
- Limit 12 people (may add a second bus if needed)
- Register by November 18th



DECEMBER

5

1 PM to 8 PM

Trip Cost

Residents: \$35
Non-residents: \$40

- Cost includes a \$15 dollar food voucher

Registration Information

- Limit: 24 people
- Non-residents can register beginning October 10th
- Register by November 10th
- Non-refundable, unless due to severe weather

Christmas by Candle Light

at Sturbridge Village

Come experience the history of Christmas festivities at Old Sturbridge Village. Relish old traditions and create new ones as you watch demonstrations of classic Christmas projects, stroll through the decorated Village and Christmas Tree Trail, listen to stories and live music, sample sweet treats, and more. Embark on a musical journey through the 19th century with Upon a Midnight Clear: An Acoustic New England Christmas presented by ClockJack Productions.



*

NOTE: Bus will leave promptly at 1 PM
WARNING: This trip involves walking outdoors at night time, also all walking will be on uneven ground.

MISCELLANEOUS EVENTS

BLACKSTONE PUBLIC LIBRARY SENIOR EVENTS

Please call the Library at (508) 883-1931 to register

SENIOR CENTER BOOK CLUB

TUESDAY | OCTOBER 21 | 11 AM

THE BOOK Club meets at the Senior Center. This month's book is *The Original Daughter* by Jemimah Wei. If you are in need of a book, there is one large print and one hardcover available at the Senior Center.

SENIOR CRAFTY CORNER

THURSDAY | OCTOBER 16 | 1:00 PM - 3:00 PM

Enjoy making a fun craft with Jean from the Library. Please note Crafty Corner meets at the Library.

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

YARN SPINNING CLASS

THURSDAYS | 1:15 PM - 2 PM



Join your favorite Activities Coordinator, Kim, in this 3 week series learning how to spin yarn using a Drop Spindle!

Join us to learn the basics of spinning yarn with a drop spindle! First, we will make our own spindles, then learn how to turn wool into single-ply yarn, lastly you will discover two simple ways to ply single strands into sturdy yarn.

If there is great interest, this series will run again in the future.

COST: \$5 MATERIAL FEE

DATES

October 2..... DIY Drop Spindle

October 9 Learning to spin

October 16 ... Basics of Plying Yarn

CLASS SIZE LIMIT 6



 Town of Blackstone
Board of Health

**Adult & Senior -
Blackstone Residents
ONLY**

FLU CLINIC

Let's protect yourself and your loved ones

**WEDNESDAY, OCTOBER 15, 2025
10 AM TO 11:30 AM**

Where:

- Blackstone Senior Center*
15 St. Paul Street, Blackstone, MA
*Please park behind the Town Hall and stay in your vehicle until your scheduled appointment time

Please bring a picture identification with you showing that you are a Blackstone resident.

You Must Pre-register for this event.

If you need assistance please call the Board of Health Department at 508.876.5130 or Tiziana, COA Director at 508.883.1500, ext. 134.

Outreach and more

An Evening of Fun for All Ages!

FALL Fling

Tuesday | November 4

3:00 PM - 4:30 PM

BLACKSTONE MILLVILLE REGIONAL HS

Come join the excitement at this intergenerational celebration featuring delicious food, drinks, and plenty of laughter! Dance the night away, play fun games, get creative with crafts, and of course...no party is complete without a photo booth to capture the memories.

Call the Center to reserve your spot!

Sponsored by the Friends of Blackstone Council on Aging

CONTACT THE ADULT CENTER OR THE NUMBER LISTED FOR MORE INFORMATION

- ◆ **SHINE** (Serving Health Insurance Needs of Everyone): The Senior Center offers appointments with a SHINE counselor for assistance with health insurance and benefits. Steve Lotterman is available for Blackstone residents on Fridays between the hours of 9am and Noon. Please call Steve directly at (508) 603-6539 to schedule an appointment. Appointments will be held at the Senior Center, 15 St. Paul Street in the Elderige Room.
- ◆ **Division On Addictions** helps vulnerable Massachusetts residents who are addicted to drugs or alcohol locate proper treatment options. If you or someone you know needs assistance, call (855) 955-0582.
- ◆ **Food Assistance:** SNAP Hotline (800) 645-8333
- ◆ **Medicare Advocacy Project:** Offering assistance for elders and people with disabilities in obtaining Medicare. Call Greater Boston Legal Service (617) 371-1234.
- ◆ **The RMV** offers senior hours for customers age 65+ to visit the 27 designated Service Centers on Wednesdays from 9:00 am to 10:00am. A reservation is required. The RMV offers three ways to make a reservation:
 - If you are a AAA member, you may make a reservation now to renew your driver's license/ID or conduct certain other transactions at a AAA location. Visit aaa.com/appointments to schedule your visit.
 - Visit Mass.Gov/RMV to make a reservation to renew or conduct most other transactions at an RMV Service Center. Visit the Make/Cancel a Reservation transaction tab in the myRMV Service Center and select "Senior Transaction" for all available RMV transactions. Reservations can be booked two weeks in advance.
 - Call/Email for assistance: (857) 368-8005 / MassDO-TRMVSeniors@dot.state.ma.us.
- ◆ **Senior Medicare Patrol Program:** Call (800) 892-0890 or www.masmp.org.
- ◆ **Tri-Valley, Inc.** (508) 949-6640 or 1-800-286-6640
A free source of information for aging, disability and caregiver issues. Thousands of local, state and national resources kept current in their database help them provide information about a wide range of services and programs for you, a family member or friend.
Call us for help weekdays from 8:30 a.m. to 5 p.m.

NEED

ASSISTANCE?

WITH

MASS HEALTH?



Sign-up for office hours at Tri-Valley Inc. with a Certified Application Counselor (CAC).

Located at 10 Mill Street, Dudley MA - [we're here to help!](#)

Tuesdays, 10am-1pm
Wednesdays, 1pm-4pm
Thursdays, 10am-1pm

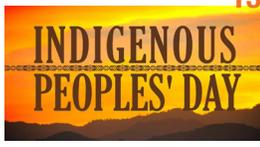
GET ASSISTANCE WITH:

- Eligibility
- Updating Documentation
- Medicare Savings (MSP)
- Renewals + More!



To Schedule, Call 508-949-6640 X7250



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>9:30 AM ⇒ Coffee Club ⇒ Tap Dance 10:30 AM ⇒ Line Dance 11:30 PM ⇒ Meditation 1 PM ⇒ BINGO 2:15 PM ⇒ Zumba</p> <p>1</p>	<p>9 AM ⇒ NO Tai Chi (Beginners) 9:30 AM ⇒ Cribbage 10 AM ⇒ COA Board Meeting ⇒ NO Tai Chi (Intermediate) 11 AM ⇒ Journey Through Grief 12:30 PM ⇒ Yarn Works 1:15 PM ⇒ Aging Gracefully/Yarn Spinning</p> <p>2</p>	<p>9 AM ⇒ Walking Club 10 AM ⇒ Mah Jong ⇒ Pound 1 PM ⇒ Painting Class @ Artful Dodger</p> <p>3</p>
		9:30 Travel Breakfast		
<p>10:00 AM ⇒ Game Day ⇒ Pound 12 PM ⇒ Soup to Nuts w/Dennis 1 PM ⇒ Qi Gong</p> <p>6</p>	<p>9 AM ⇒ Walking Club 9:15 AM ⇒ Strength & Stretch 10:10 AM ⇒ Chair Yoga 12 PM ⇒ Lunch & A Movie 1:15 PM ⇒ Strength Circuit</p> <p>7</p>	<p>9:30 AM ⇒ Coffee Club ⇒ NO Tap Dance 10:30 AM ⇒ NO Line Dance 11:30 PM ⇒ Meditation 1 PM ⇒ BINGO 2:15 PM ⇒ NO Zumba</p> <p>8</p>	<p>9 AM ⇒ Tai Chi (Beginners) 9:30 AM ⇒ Cribbage 10 AM ⇒ Tai Chi (Intermediate) 11 AM ⇒ Journey Through Grief 12:30 PM ⇒ Yarn Works 1:15 PM ⇒ Aging Gracefully ⇒ Yarn Spinning</p> <p>9</p>	<p>9 AM ⇒ Walking Club 10 AM ⇒ Mah Jong ⇒ Pound 1 PM ⇒ Painting Class @ Artful Dodger</p> <p>10</p>
10:30 Fall Foliage Drive				
 <p>13</p> <p style="background-color: #ff8c00; color: white; padding: 5px; text-align: center;">CENTER CLOSED</p>  <p>14</p>	<p>9 AM ⇒ Walking Club 9:15 AM ⇒ Strength & Stretch 10:10 AM ⇒ Chair Yoga 1:15 PM ⇒ Strength Circuit</p> <p>14</p>	<p>9:30 AM ⇒ Coffee Club ⇒ NO Tap Dance 10:30 AM ⇒ NO Line Dance ⇒ Friends of BCOA Meeting 11:30 PM ⇒ Meditation 1 PM ⇒ BINGO 2:15 PM ⇒ NO Zumba</p> <p>15</p>	<p>9 AM ⇒ Tai Chi (Beginners) 9:30 AM ⇒ Cribbage 10 AM ⇒ Tai Chi (Intermediate) 11 AM ⇒ Journey Through Grief 12:30 PM ⇒ Yarn Works 1:15 PM ⇒ Aging Gracefully ⇒ Yarn Spinning</p> <p>16</p>	<p>9 AM ⇒ Walking Club 10 AM ⇒ Mah Jong ⇒ Pound 1 PM ⇒ Painting Class @ Artful Dodger</p> <p>17</p>
	9:00 AM Botanical Gardens	10 AM FLU CLINIC		
<p>10:00 AM ⇒ Game Day ⇒ Pound 1 PM ⇒ Qi Gong ⇒ Radio Hour</p> <p>20</p>	<p>9 AM ⇒ Walking Club 9:15 AM ⇒ Strength & Stretch 10:15 AM ⇒ Chair Yoga 11 AM ⇒ Book Club 1:15 PM ⇒ Strength Circuit</p> <p>21</p>	<p>9:30 AM ⇒ Coffee Club ⇒ Tap Dance 10:30 AM ⇒ Line Dance 11:30 PM ⇒ Meditation 1 PM ⇒ BINGO 2:15 PM ⇒ Zumba</p> <p>22</p>	<p>9 AM ⇒ Tai Chi (Beginners) 9:30 AM ⇒ Cribbage 10 AM ⇒ Tai Chi (Intermediate) 11 AM ⇒ Journey Through Grief 12:30 PM ⇒ Yarn Works 1:15 PM ⇒ Aging Gracefully</p> <p>23</p>	<p>9 AM ⇒ Walking Club 10 AM ⇒ Mah Jong ⇒ Pound 1 PM ⇒ Painting Class @ Artful Dodger</p> <p>24</p>
12 PM MYSTERY LUNCH	11 AM BLOOD PRESSURE/MEDICINE CLINIC			
<p>10:00 AM ⇒ Game Day ⇒ Pound 1 PM ⇒ Qi Gong</p> <p>27</p> <p style="background-color: #ff8c00; color: white; padding: 5px;">12 PM BIRTHDAY BASH 1 PM DAVIS BATES</p>	<p>9 AM ⇒ Walking Club 9:15 AM ⇒ Strength & Stretch 10:10 AM ⇒ Chair Yoga 1:15 PM ⇒ Strength Circuit</p> <p>28</p> <p style="background-color: #ff8c00; color: white; padding: 5px;">CENTER CLOSED at 3 PM</p> <p style="background-color: #ff8c00; color: white; padding: 5px;">4:30 PM TOWN HALL HALLOWEEN TRICK OR TREAT</p>	<p>9:30 AM ⇒ Coffee Club ⇒ Tap Dance 10:30 AM ⇒ Line Dance 11 AM ⇒ Presentation: Fire Safety 11:30 PM ⇒ Meditation 1 PM ⇒ BINGO 2:15 PM ⇒ Zumba</p> <p>29</p>	<p>9 AM ⇒ Tai Chi (Beginners) 9:30 AM ⇒ Cribbage 10 AM ⇒ Tai Chi (Intermediate) 11 AM ⇒ Journey Through Grief 12:30 PM ⇒ Yarn Works 1:15 PM ⇒ Aging Gracefully</p> <p>30</p>	<p>9 AM ⇒ Walking Club ⇒ Travel Committee 10 AM ⇒ Mah Jong ⇒ Pound 1 PM ⇒ Painting Class @ Artful Dodger</p> <p>31</p>

TRANSPORTATION INFORMATION

**SERVICES ARE AVAILABLE MONDAY - FRIDAY
8 AM - 3:30 PM**

Must be a Blackstone resident 60+ years of age or with certified disabilities, who have no other means of transportation.

Call/email, Dennis Pimenta Transport Coordinator (508) 876-1500 x133
COAtransport@TownOfBlackstone.org



SUGGESTED DONATION

Donation fee is based on your destination.

\$2Blackstone & Millville

\$5North Smithfield &
Woonsocket

\$10.....MASSACHUSETTS:

Bellingham, Franklin,

Hopedale, Medway,

Mendon, Milford, N.

Attleboro, Northbridge,

Plainville, Upton,

Uxbridge, Whittinsville

RHODE ISLAND:

Burrillville, Chepachet,

Cumberland, Lincoln,

Pascoag, Smithfield

MEDICAL ONLY

\$15 - Providence, RI

\$30 - Worcester, MA

RESERVATIONS

- All trips must be scheduled such that you return home by 3:30pm. We cannot service local doctor's appointments later than 2pm, or long distance appointments later than 1 pm.
- Medical appointments require (1) one week advance notice.
- Non-Medical appointments require (3) two days advance notice.

When calling to make a reservation, please have all the following information available: Your name, address, phone number, and if an assistant will be riding with you, the doctor or business name, address, phone number, and the time and date of your appointment or trip.

SAFETY

Transportation staff are unable to assist riders who have difficulty walking or use wheelchairs beyond use of the wheelchair lift. **Please arrange for an assistant** if you cannot navigate the stairs unassisted, and notify the Transportation department if you require use of the wheelchair lift when making your reservation.



SHOPPING TRIPS



Reservations Required 7 days in advance. Shopping trip may be canceled for lack of reservations. We visit the North Smithfield Walmart the second and fourth Wednesday of each month. The third Thursday of the month is spent at the Bellingham Market Basket. and Market Basket

Walmart 

October 8th and 22nd



October 16th



VETERAN'S SERVICES

Dennis Pimenta • 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.



Are you a veteran in financial need? The Commonwealth 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 PM 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 <https://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.



Sign up for our newsletter by mail or electronically!

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Name

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City State Zip

Email Address

Mail Form to: Blackstone COA, 15 St. Paul Street, Blackstone, MA 01504



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.