



# A River Runs Through It

## BLACKSTONE COA/SENIOR CENTER

NOVEMBER 2025

### From the Director's Desk

Funny — last month I was talking about fall, and now I'm already in full holiday mode! I've always said that once September arrives, you blink and suddenly it's the New Year. One of these years, maybe it'll slow down (I can dream, right?). With that said, welcome to the holiday season!

I recently returned from my very first Massachusetts Council on Aging (MCOA) Conference, and wow — what an experience! The conference is open to all types of employees who work at Councils on Aging and Senior Centers. It was overwhelming in the best possible way. I came back inspired and full of ideas after connecting with so many amazing people from Senior Centers across the state. I've gathered a wealth of new information, including outreach resources, potential presenters, entertainers, and fresh ideas for future activities.

I also want to give a special shout-out to Kim, who did a fantastic job presenting at the conference! Her session, "Resilience: Skills to Learn to Dig Out of Burnout," was engaging, informative, and sprinkled with just the right amount of humor. We're so proud to have her representing our team!

Here's a little peek at what's coming up in the next few months:

- **Senior Center Holiday Party** – I'm finalizing the venue and details now, so stay tuned for more information!
- **Tax Work-Off Program** – The current cycle is coming to an end. If you're already part of the program, a new application will be mailed to you shortly. If you're interested in joining or

would like more information, please email me and I'll make sure you receive an application once they're ready.

- **Fun Meal Ideas** – We're looking to add something new and playful to our lunch lineup! Possible themes include Build Your Own Pasta Bowl, Baked Potato Bar, or Build Your Own Hot Dog. Drop your vote in our suggestion box — I'd love to hear what you think!

And finally, with all the hustle and bustle that comes with this time of year, remember to take a little time for yourself. There's no need to rush or strive for perfection — if something doesn't get done, no one will notice but you.

As Thanksgiving approaches, I'm reminded of how grateful I am for each of you — your laughter, your stories, and the sense of community you bring to our Center every day. Wishing you a warm and wonderful November filled with gratitude, friendship, and maybe an extra slice of pie.

~Tiziana



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### BLACKSTONE COA/SENIOR CENTER

15 St. Paul Street, Blackstone, MA 01504

### 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

[www.townofblackstone.org/242/Senior-Center](http://www.townofblackstone.org/242/Senior-Center)

## **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.

*Instructor: Christine Lamouth*

## **GENTLE QIGONG FOR SENIORS | MONDAYS | 1 PM**

This class focuses on slow, flowing movements that can be done either seated or standing, making it accessible to everyone. We'll explore simple exercises that promote deep relaxation, improve balance, and increase flexibility without strain. By synchronizing movement with breath, you'll learn to honor your body's wisdom, reduce stress, and cultivate a sense of inner peace. Join us to nurture your mind, body, and spirit in a supportive and calming environment.

*Instructor: Lesley Fairbanks*



## **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).

*Instructor: Lisa Lentini- Haskell*

## **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.

*Instructor: Mary Whelton*



## **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.

*Instructor: Jean Gillis*

## **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 for a beginner tap experience.

*Instructor: Linda Olean*

## **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.

*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.

*Instructor: Jean Gillis*

## **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.

*Instructor: Linda Olean*

## **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.

*Instructor: Karl Davies*



## **TAI CHI INTERMEDIATE | THURSDAYS | 10 AM**

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

*Instructor: Karl Davies*



## 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

Facilitated by Diane Westermen, MA



Diane is an experienced group facilitator with a Master's Degree in Rehabilitation Counseling and an Expressive Arts Facilitator Certificate through Salve Regina University. She will guide 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

Facilitated by Diane Westermen, MA

Diane will help us navigate the trials and joys of aging with grace and gratefulness

## MAHJONG | FRIDAYS | 10 AM

Join us for simplified Filipino style Mah Jong, we are happy to teach!



## PAINTING CLASS | FRIDAYS | 1 PM - 2:30 PM

Instructed by Diane Mayers, owner of the Artful Dodger Diane, instructs acrylic painting at the Artful Dodger Studio located down the street at 63 Main Street. All levels welcome. These classes are held at the Studio, not the Senior Center. Sessions are 6-week long with a fee of \$24, all supplies are included. Next session starts December 5th!

## Photography Club

Tuesday, November 18, at 6:30 PM

Join other photographers to discuss various topics including equipment and techniques.

Registration is required. Snacks will be provided. Contact the Blackstone Public Library at 508-883-1931 to sign up, or for more information.

This is a Blackstone Public Library Club and held at the Library.

Sponsored by Friends of the Blackstone Public Library



## From the Friends of BCOA

As we move into fall, this is the time of year where the Friends would like to give our heartfelt gratitude to all the vendors who donated to our November calendar raffle this year. Many thanks to GoodStuff Smokehouse, Betty's Donuts, Ideal Pizza, The Tole Booth, Casa Burrito, Valley & Vines, APlus Tire, JD's Market, Longhorn Steakhouse, Coffee & Cream, WillowBrook Restaurant, Picket Fence, Depot Cafe, Bert's Breakfast & Lunch, Town Pizza & Cafe, Lucky Dog Tavern, Breakfast Nook, Stadium Theater, Muffin House Cafe, Arigna's Irish Pub, PJ's Bar & Grill, Texas Roadhouse, Bacon Street Farm and Executive Car Wash.

We wish you all a warm, cozy, thankful season with family & friends!

For more information, call Judy @ 508-612-4566.

# Events & Presentations

FREE unless otherwise noted.

## ADAPTING & TRANSITIONING 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.



## Light-Up Scarecrow Mason Jars

THURSDAY | NOVEMBER 6 | 3 PM

Facilitated by Celeste of Parks & Recs

Join in the fun of creating a whimsical, light up Fall Decor similar to the image above. This is a free class provided by Celeste and the Senior Center. Class size limited to 15. Registration is open for residents, non-residents can register after November 4th. RSVP by November 5th.

## 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.



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## CELEBRATE NATIONAL VANILLA CUPCAKE DAY!

MONDAY | NOVEMBER 10 | 11 AM

Join us for a sweet afternoon of creativity and fun as we decorate delicious vanilla cupcakes together! No baking experience required—just bring your sweet tooth and imagination. Our very own Director, Tiziana, will lead the decorating fun and share a few simple tips for making your cupcakes look bakery-worthy. Let's sprinkle some joy, laughter, and frosting to celebrate this tasty holiday! Please sign up by November 7th, so we have enough cupcakes (and frosting!) for everyone. Class size limited to 15.



## THE ROLE OF THE PUBLIC HEALTH NURSE

THURSDAY | NOVEMBER 13 | 11 AM

Presented by The Board of Health



Learn about why our towns employ Public Health Nurses, and how they serve our community. Public health nursing plays a pivotal role in promoting and protecting the health of populations. With a focus on prevention and health promotion, public health nurses work tirelessly to address the diverse needs of communities, reduce health disparities, and enhance overall well-being.

## ELDER FRAUD - LUNCH & LEARN

THURSDAY | NOVEMBER 13 | NOON

Presented by James Olaes of Unibank

Join members of our local Unibank's Bank Security Team for sandwiches and an opportunity to ask all about the most common types of Financial Fraud that elders experience: tech support scams, personal data breaches, confidence and romance scams, non-payment and non-delivery scams, and investment scams. Please register by November 10<sup>th</sup>.



## HOLIDAY FIRE SAFETY - LUNCH & LEARN

MONDAY | NOVEMBER 24 | NOON

Soup w/the Fire Department



Join Chief Roy and the crew for a lunch of Chicken & Rice Soup, and a holiday fire safety refresher!

# Events & Presentations

Please register 4 days before event/presentation.

## Birthday Bash/Turkey Supper

TUESDAY | NOVEMBER 18 | NOON



Let's give a special cheer to our friends with November birthdays! Join us for a delicious Turkey Supper, complete with all the seasonal fixings, and savor the flavors of fall together. \$5 donation per person, limit 25 people. Register by November 10<sup>th</sup>. Be sure to stick around after lunch for entertainment by "Polka" Paul Belanger at 1 pm!

## SING, SMILE, AND SWAY WITH "POLKA" PAUL BELANGER!

TUESDAY | NOVEMBER 18 | 1 PM

Join us for an afternoon of music, memories, and toe-tapping fun as "Polka" Paul Belanger performs all your favorites — sing-alongs, Americana tunes, timeless classics, and of course, a little bit of polka! Come ready to clap, tap, sing, or even dance along! Register by November 10<sup>th</sup>.



## LUNCH AND A MOVIE

THURSDAY | NOVEMBER 20 | NOON

**LUNCH:** Cheese Pizza

**MOVIE:** PLANES, TRAINS, & AUTOMOBILES - Easily excitable Neal Page (Steve Martin) is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife (Laila Robins) and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his



sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith (John Candy), whom he finds extremely annoying. Together they must overcome the insanity of holiday travel to reach their intended destination.

(1987 | R- one scene language | 1h 32m | Comedy)



## REINDEER CUTTING BOARDS

THURSDAY | DECEMBER 4 | 12:30 PM

Facilitated by Jean of the Blackstone Library

Come craft with Jean from the Blackstone Public Library for a seasonal craft! Decorate a festive cutting board with your own reindeer game design. Space is limited to 15 spots - so sign up quickly. You must be 60+ years of age or older to register for this program.

**Please register with the Blackstone Public Library: 508-883-1931.**

This event is funded by a generous donation from the Blackstone Library's LIG MEG account, as authorized by the Board of Library Trustees

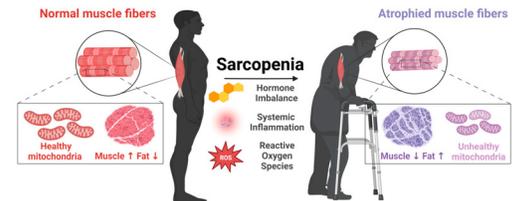


## SARCOPENIA & ATROPHY

WEDNESDAY | DECEMBER 10 | 11 AM

Presented by Eric M. Connolly of Blackstone Valley Physical Therapy Services

Eric Connolly of Blackstone Valley Physical Therapy Services will be speaking on Sarcopenia and Atrophy, and how to avoid them as we age. By keeping strong and active, we maintain independence as the years go by, but how do we do that? The goal is for participant to leave with options to improve their strength and knowledge to help them maintain their independence.



## TRAVEL COMMITTEE

FRIDAY | NOVEMBER 21 | 11 AM

Love to travel?

Join our Travel Committee and help plan our next adventures! From fun day trips to exciting getaways near and far, we explore destinations across the country—and sometimes even abroad!

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

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# TRIPS, trips and more trips

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

## 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 29<sup>th</sup>. **COST: Your Meal**

## HOLIDAY FESTIVAL OF LIGHTS AT LA SALETTE SHRINE

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.

- Limit 12 people (may add a second bus if needed)
- Register by November 18<sup>th</sup>



## TRAVEL BREAKFAST: Miss Mendon Diner - Mendon WEDNESDAY | DECEMBER 3 | 9:30 AM



Our next stop in our travel breakfast location is Miss Mendon Diner! With yummy food and great company, you can't go wrong joining in on the morning fun. 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. Register by November 26<sup>th</sup>. Cost of meal range: breakfast-\$10-\$20, lunch items- \$10 - \$25

## STAY TUNED FOR NEW TRAVEL EXPERIENCES COMING YOUR WAY!

We have partnered up with Best of Times Travel & Entertainment Specialists to bring you to some fun, new (or not so new) destinations in 2026!!! We will start with a quick adventure to the Andy Cooney Irish Celebration in March! More information coming in future newsletters

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## Christmas by Candle Light

at Sturbridge Village

Few Spots Left!

DECEMBER

5

1 PM to 8 PM

### Trip Cost

Residents: \$35

Non-residents: \$40

- Cost includes a \$15 dollar food voucher
- Limit: 24 people
- Non-refundable, unless due to severe weather

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 19<sup>th</sup> 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, low light level, also ALL walking will be on uneven ground. Please use caution.

## MYSTERY LUNCH: SANDWICH NIRVANA

TUESDAY | NOVEMBER 17 | 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 November 12<sup>th</sup>.**

**COST:** Your Meal: Sandwich \$4 - \$14, Sides & Supplements: \$1 - \$10, Soft Drinks \$2 - 4, Dessert: \$2 - \$6



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 Senior Center to reserve your spot!**

*Sponsored by the Friends of Blackstone Council on Aging*

# FALL BACK

Daylight saving time will end on November 2, 2025. Be sure to set your clocks back one hour at 2 am.



## Join Our Team

### Volunteer in Your Community

We are looking for friendly and service-oriented people to join our volunteer team for this upcoming tax season. The program has several types of volunteer opportunities. You'll receive training and support, learn new skills, and feel great while helping others.

**AARP Foundation Tax-Aide provides free tax-filing help to those who need it most.**

Apply at [aarpfoundation.org/TaxaideVolunteer](http://aarpfoundation.org/TaxaideVolunteer) or call 1-888-AARP-NOW (1-888-227-7669).

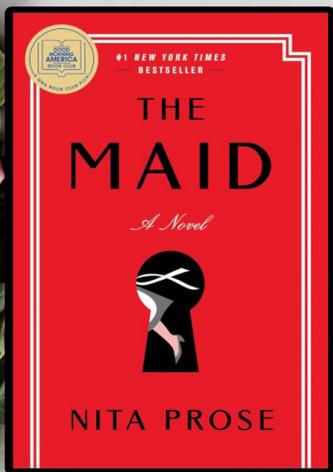
**AARP Foundation**  
Tax-Aide



SPONSORED BY THE BLACKSTONE PUBLIC LIBRARY

# SENIOR CENTER BOOK CLUB

*November book choice...*



**THE MAID**  
*A Novel*  
NITA PROSE

Come join us in person Tuesday, November 18 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](mailto:egoudreau@cwmar.org).

  
MASSACHUSETTS

## GET TO KNOW MEDICARE

Download the Medicare guidebook - This detailed guidebook will give you an in-depth look at Medicare so you can make informed decisions. It includes information on eligibility, plan options, and enrollment. Download it at [bluecrossma.com/medicareguidebook](http://bluecrossma.com/medicareguidebook)

# Outreach, Resources and more

## CONTACT THE SENIOR CENTER OR THE NUMBER LISTED FOR MORE INFORMATION

- ◆ **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
- ◆ **Fuel Assistance (SMOC) or Supplemental Nutrition Assistance Program (SNAP):** Jenna Gouin, MBA/MSOL will be available for 30 minute appointments to help Seniors with questions and application assistance for Fuel Assistance, SNAP and WIC. Jenna will be at the Senior Center the following days in November between the hours of 8:30 AM to 12 PM:
  - Thursday, November 6<sup>th</sup> • Monday, November 10<sup>th</sup>
  - Wednesday, November 19<sup>th</sup> • Tuesday, November 25<sup>th</sup>
- ◆ **Medicare Advocacy Project:** Offering assistance for elders and people with disabilities in obtaining Medicare. Call Greater Boston Legal Service (617) 371-1234
- ◆ **Senior Medicare Patrol Program:** Call (800) 892-0890 or [www.masmp.org](http://www.masmp.org).
- ◆ **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 9 AM 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 Eldridge Room.
- ◆ **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](http://aaa.com/appointments) to schedule your visit.
  - Visit [Mass.Gov/RMV](http://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 / [MassDOTRMVSeniors@dot.state.ma.us](mailto:MassDOTRMVSeniors@dot.state.ma.us).
- ◆ **Tri-Valley, Inc.** 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 them for help weekdays from 8:30 AM to 5 PM at (508) 949-6640 or 1-800-286-6640



OutstandingLife's mission is to improve the quality of life of LGBTQ+ older adults by creating opportunities for connectedness through **FREE** online programming. They currently serve hundreds of LGBTQ+ seniors through their virtual senior center online community.

For more information contact Jenn Knight at [jennk@outstandinglife.org](mailto:jennk@outstandinglife.org) or 508-414-5520.



**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**



# 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



## 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 <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](http://www.townofblackstone.org/323/Town-Clerk) or pick up a paper copy from the Town Clerk's office.



## 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 or [COAtransport@TownOfBlackstone.org](mailto:COAtransport@TownOfBlackstone.org)

### 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 1pm.
- Medical appointments require (1) one week advance notice.
- Non-Medical appointments require (2) 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.

**Walmart Trip - Wednesday November 12<sup>th</sup>**  
**Market Basket Trip - Thursday November 20<sup>th</sup>**

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# Miscellaneous

## BLACKSTONE PUBLIC LIBRARY SENIOR EVENTS

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

### SENIOR CENTER BOOK CLUB

**TUESDAY | NOVEMBER 18 | 11 AM**

THE BOOK Club meets at the Senior Center. This months book is The Maid by Nita Prose. If you are in need of a book, please visit your local Library..

### SENIOR CRAFTY CORNER

**THURSDAY | NOVEMBER 20 | 1:00 PM - 3:00 PM**

Enjoy making a fun craft with Jean from the Library. Registration is required and limited to 15 participants. You must be 60 years of age or older. **PLEASE**

**NOTE:** Crafty Corner meets at the Library.

## BLOOD PRESSURE CLINIC & MEDICATION REVIEW SESSION

**WEDNESDAY | NOVEMBER 26 | 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.

**PLEASE SIGN UP  
FOUR DAYS IN  
ADVANCE**

# LUNCH MENU

**\$4 SUGGESTED  
DONATION FOR LUNCH  
\* FREE MEAL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Oven-grilled cheddar cheese on wheat w/ tomato Soup	5 Travel Breakfast	6 Nacho Salad: Ground beef, refried beans, guacamole, sour cream, salsa, cheese, tortilla chips, etc.	7 *Veteran's Brunch
10	11 CENTER CLOSED	12 American Chop Suey	13 *Lunch + Learn Sandwiches	14
17 Mystery Lunch	18 Turkey Supper: Turkey and all the fixings	19 Chilli w/cheese + Corn Bread	20 Cheese Pizza	21
24 *Lunch + Learn Chicken + Rice Soup	25 Pulled Chicken on wheat rolls w/sides Pre-Trip Chicken Soup	26 CLOSED AT NOON	27 CENTER CLOSED Happy Thanksgiving	28 CENTER CLOSED

[10]

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10:00 AM</b> ⇨ Game Day ⇨ Pound <b>1 PM</b> ⇨ Qi Gong 	<b>9 AM</b> ⇨ Walking Club <b>9:15 AM</b> ⇨ Strength & Stretch <b>10 AM</b> ⇨ Adapting & Transitioning As We Age 📌 <b>10:10 AM</b> ⇨ Chair Yoga <b>1:15 PM</b> ⇨ Strength Circuit <b>3 PM   FALL FLING</b>	<b>9:30 AM</b> ⇨ Coffee Club ⇨ Tap Dance ⇨ Travel Breakfast <b>10:30 AM</b> ⇨ Line Dance <b>11:30 PM</b> ⇨ Meditation <b>1 PM</b> ⇨ BINGO <b>2:15 PM</b> ⇨ Zumba <b>9:30 AM   Travel Breakfast</b>	<b>9 AM</b> ⇨ Tai Chi (Beginners) 6 <b>9:30 AM</b> ⇨ Cribbage <b>10 AM</b> ⇨ Tai Chi (Intermediate) ⇨ BCOA Meeting <b>11 AM</b> ⇨ Journey Through Grief <b>12:30 PM</b> ⇨ Yarn Works <b>1:15 PM</b> ⇨ Aging Gracefully <b>3 PM</b> ⇨ Crafting w/Celeste	<b>9 AM</b> ⇨ Walking Club <b>9:30 AM</b> ⇨ <b>Veteran's Brunch</b> <b>10 AM</b> ⇨ NO Mah Jong ⇨ Pound <b>1 PM</b> ⇨ Painting Class @ Artful Dodger
<b>10:00 AM</b> ⇨ Game Day ⇨ Pound <b>11 AM</b> ⇨ Cupcake Decorating <b>1 PM</b> ⇨ Qi Gong 		<b>9:30 AM</b> ⇨ Coffee Club ⇨ Tap Dance <b>10:30 AM</b> ⇨ Line Dance <b>11:30 PM</b> ⇨ Meditation <b>1 PM</b> ⇨ BINGO <b>2:15 PM</b> ⇨ Zumba	<b>9 AM</b> ⇨ Tai Chi (Beginners) 13 <b>9:30 AM</b> ⇨ Cribbage <b>10 AM</b> ⇨ Tai Chi (Intermediate) <b>11 AM</b> ⇨ Journey Through Grief ⇨ The Role of a PHN 📌 <b>12 PM</b> ⇨ Elder Fraud 🍷 <b>12:30 PM</b> ⇨ Yarn Works <b>1:15 PM</b> ⇨ Aging Gracefully	<b>9 AM</b> ⇨ Walking Club <b>10 AM</b> ⇨ Mah Jong ⇨ Pound <b>1 PM</b> ⇨ Painting Class @ Artful Dodger 
<b>10:00 AM</b> ⇨ Game Day ⇨ Pound <b>1 PM</b> ⇨ Qi Gong	<b>9 AM</b> ⇨ Walking Club <b>9:15 AM</b> ⇨ Strength & Stretch <b>10:10 AM</b> ⇨ Chair Yoga <b>11 AM</b> ⇨ Book Club <b>1:15 PM</b> ⇨ Strength Circuit <b>12 PM   BIRTHDAY BASH</b> <b>1 PM   "POLKA" PAUL BELANGER</b>	<b>9:30 AM</b> ⇨ Coffee Club ⇨ Tap Dance <b>10:30 AM</b> ⇨ Line Dance ⇨ Friends of BCOA Meeting <b>11:30 PM</b> ⇨ Meditation <b>1 PM</b> ⇨ BINGO <b>2:15 PM</b> ⇨ Zumba	<b>9 AM</b> ⇨ Tai Chi (Beginners) 20 <b>9:30 AM</b> ⇨ Cribbage <b>10 AM</b> ⇨ Tai Chi (Intermediate) <b>11 AM</b> ⇨ Journey Through Grief <b>12:30 PM</b> ⇨ Yarn Works <b>12 PM</b> ⇨ Lunch & A Movie <b>1:15 PM</b> ⇨ Aging Gracefully	<b>9 AM</b> ⇨ Walking Club <b>10 AM</b> ⇨ Mah Jong ⇨ Pound <b>11 AM</b> ⇨ Travel Committee <b>1 PM</b> ⇨ Painting Class @ Artful Dodger
<b>10:00 AM</b> ⇨ Game Day ⇨ Pound <b>12 PM</b> ⇨ Holiday Fire Safety 🍷 <b>1 PM</b> ⇨ Qi Gong	<b>9 AM</b> ⇨ Walking Club <b>9:15 AM</b> ⇨ Strength & Stretch <b>10:10 AM</b> ⇨ Chair Yoga <b>1:15 PM</b> ⇨ Strength Circuit <b>4:30 PM   LA SALETTE</b>	<b>9:30 AM</b> ⇨ Coffee Club ⇨ Tap Dance <b>10:30 AM</b> ⇨ Line Dance <b>11 AM</b> <b>BLOOD PRESSURE/MEDICINE CLINIC</b> <b>CENTER CLOSED AT NOON</b>	 <p>HAPPY Thanksgiving CENTER CLOSED</p>	

📌 = Presentation   🍷 = Lunch & Learn



# November



# Sign up for our newsletter by mail or electronically!

NEWSLETTER SUBSCRIPTION BY MAIL

NEWSLETTER SUBSCRIPTION BY E-MAIL

Name \_\_\_\_\_

Address \_\_\_\_\_

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.



**RETURN SERVICE REQUESTED**

Blackstone, Massachusetts 01504

15 St. Paul Street



**Senior Center / COA Staff**  
 15 St. Paul Street, Blackstone, MA 01504  
**PH: (508) 883-1500**  
 Director: Tiziana Miliano x134  
 Outreach Coordinator: Vacant x135  
 Nutrition & Activities Coordinator: Kim Coffey x151  
 Transportation Coordinator: Dennis Pimenta x133  
 coatransport@townofblackstone.org

**Friends of the Council on Aging**  
 Judy Decasse - President  
*Next Friends meeting, Tuesday, November 19<sup>th</sup> at 10:30 am*

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**Council on Aging Board Members**  
 Edward Collette  
 James Dilibero - Chair  
 Gail Stokes  
 Carolyn Sullivan  
 Julie Wingat  
 Two Vacancies  
*Next Board meeting Thursday, November 6<sup>th</sup>, at 10 am*