

# BLACKSTONE COUNCIL ON AGING

# NEWSLETTER

SEPTEMBER  
2025

## Contact Us

*Blackstone Senior Center  
15 St. Paul Street  
Blackstone, MA 01504*

### SENIOR CENTER STAFF

*Tiziana Milano  
COA Director  
508-883-1500 x 134  
TMilano@townofblackstone.org*

*Kim Coffey  
Nutrition & Activities Coordinator  
kcoffey@townofblackstone.org  
508-883-1500 x 151*

*Dennis Pimenta  
Transportation Coordinator  
508-883-1500 x 133  
coatransport  
@townofblackstone.org*

*Outreach Office: Vacant  
508-883-1500 x135 for Voicemail*

### 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**

**Closed Labor Day, Sept 1<sup>st</sup>**

## Highlights

- **From the Director - Pg 2**
- **Road Trips - - Pg 4**
  - Daniels Farm Tour
  - American Heritage Museum
- **Team Trivia Party - Pg 4**
- **Coming Soon - - Pg 5**
- **Presentations - - Pg 6**
  - Medicare, Mosquitos, & Power of Attorney, Oh My!

## Thank You, Dean Bank

Our friends at Dean Bank generously funded our Senior Citizen Day lunch this past month - and it was quite the spread! Thank you!

Dean Bank staff are offering an informational session about the Power of Attorney process, powers, and paperwork for us - right here at the Senior Center in September! Please RSVP if you are able - More on Page 6.

# Director's Desk

Hi All!

A month and a half in, and I want to thank you all for making me feel so welcome. Thankfully, the hotter months are behind us—although I'll miss them, I'm looking forward to some crisp autumn weather ahead.

The center has a full month of activities ahead, so be sure to read through the newsletter—there's something for everyone.

Please note, I'll be the speaker for this month's Soup to Nuts. Be sure to bring your questions, concerns, and suggestions for the me and the Center—or better yet, send them to me ahead of time—so I can be well prepared.

Lastly, I'd love for our newsletter to have its own name. I came across a previous edition titled *A River Runs Through It*, which I thought was lovely. I'd love to hear your thoughts—whether you like that title or have an even better idea. You can share your suggestions with me in person or by email at [tmilano@townofblackstone.org](mailto:tmilano@townofblackstone.org).

*Tiziana Milano*

## At a Glance

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# BCOA NEWS

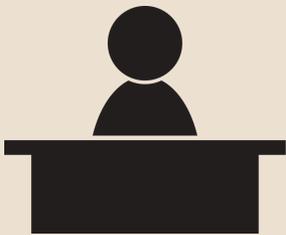
## SEPTEMBER 2025

### Soup to Nuts!

**Meet the new COA Director!** Tiziana Milano will join us for lunch on Monday, September 22nd over a bowl of Pumpkin Soup!

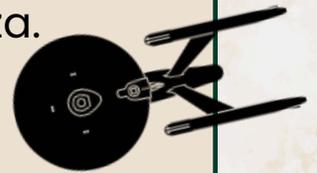
It's also National Ice Cream Cone Day, so dessert's on us!

**Reg Deadline Sept 15**  
**Mon 22nd, Noon, Free**



### Fun Days!

**September 8<sup>th</sup>: Star Trek Day!** Dress on theme, and join us for a showing of the second Star Trek Motion Picture: Wrath of Khan, and a lunch of Veggie Pizza. (\$2 Donation, RSVP required)



**September 22<sup>nd</sup>: National Ice Cream Cone Day!** Join us for the classic creamy, crunchy treat with lunch!



**September 23<sup>rd</sup>: Great American Pot Pie Day!** Savory Pies are just as much a comfort food as their sweet cousins! Join us for lunch today and enjoy some Chicken Pot Pie! (\$4 Donation, RSVP required)



# Trips & Events September 2025

**WED 3**  **MINI GOLF BUS TO ADVENTURE**  
 Hop the bus and join us for a round of mini-golf!  
**11:30 AM**  
 \$5 BUS DONATION + ACTIVITY & MEAL  
**RSVP BY AUG 29**  
**Mini Golf \$12. Drink: \$2-3**  
**Pizza Slice/Hot Dog: \$3**  
**Ice Cream: \$3-5**  
**No Trip in Bad Weather**

**MON 8**  **LUNCH & A MOVIE: WRATH OF KHAN (1982) 1H53M, PG**  
 Join us to celebrate Star Trek Day and join Kirk and the crew as they battle Kirk's nemesis!  
**12 NOON**  
 \$4 DONATION  
**RSVP BY SEPT 2**  
 Lunch is Veggie Pizza

**TUES 9**  **TRAVEL BREAKFAST: TOWN PIZZA & CAFE, 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 SEPT 2**

**THURS 11** **BUS TO ADVENTURE: OCEAN STATE JOB LOT & APPLEBEES**  
 Board the bus to a shopping adventure, and spend 2 hours at the Woonsocket Ocean State Job Lot, and then a stop for lunch at Applebee's.  
**9:30 AM**  
 LUNCH AT 12  
 \$5 BUS DONATION  
**RSVP BY SEPT 4**

**MON 15** **DANIELS FARMSTEAD: HOUSE TOUR & PICNIC LUNCH**  
 Pack a lunch and join us for a tour of our local, historic Daniels Farmstead home, and a picnic lunch on the grounds. One step up into the house, ground floor tour only.  
**10:30 AM**  
 FREE  
**RSVP BY SEPT 8**

**WEDS 17** **GARDEN CLUB: WEED & FEED**  
 Join us to help keep the garden growing strong through fall! Bring a sun hat, some gloves, and good humor!  
**10:30 AM**  
 FREE  
**Open to the Public!**  
**Invite a Friend or Family Member!**

**THURS 25**  **ROAD TRIP! AMERICAN HERITAGE MUSEUM**  
 Explore America's conflicts, and the technology of warfare, from the American Revolution to the modern era!  
**9:00 AM**  
 \$15  
 LIMIT 12 + WAITLIST  
 RESIDENT REG 8/25  
 OPEN REG 9/2  
**Veterans are offered free admission on this trip.**

**MON 29**  **MYSTERY LUNCH: FUN IN THE LAND OF THE RISING SUN**  
 Come discover what's for lunch! Please inform Transport if you need to be picked up from home.  
**11:30 AM**  
 \$5 BUS DONATION  
**RSVP BY SEPT 22**  
 2 course Lunch: 13-22  
 Apps: 6-18.

**TUES 30** **BIRTHDAY BASH & TEAM TRIVIA**  
 Join us to celebrate our friends with September Birthdays, and after team up to challenge your friends' trivia chops! Apps: Wings, Mozz Sticks & More!  
**LUNCH: 12**  
**\$5 DONATION**  
**TRIVIA: 1**  
**FREE**

**RSVP IN PERSON,  
 ONLINE AT MYACTIVECENTER.COM  
 OR BY PHONE:  
 (508) 883-1500 EX 151**

# Save the Dates!

These events are subject to change

OCT  
**14**

## **BOTANIC GARDENS AT TOWER HILL**

Join us for a guided golf cart tour of the expansive Botanical Gardens at Tower Hill, and a pack-your-own picnic!

**9 AM**  
LIMIT 10  
REG IN OCTOBER

OCT  
**20**

## **RADIO HOUR: PAST OUR PRIME TIME PLAYERS**

Join us for another hour of old-time amusement!

**1:00 PM**  
FREE  
REG IN OCT



OCT  
**27**

## **DAVIS BATES: HARVEST SONGS & STORIES**

Thanks to the Blackstone Cultural Council, we will be hosting Davis Bates for a Harvest & Halloween performance, right after lunch! Learn more on page 14!

**1:00 PM**

OCT  
**28**

## **TOWN HALL TRICK OR TREAT**

The whole town hall will be dressed up for the season, and offering treats to the youngsters in town!

**4 - 7 PM**



NOV  
**7**

## **VETERAN'S BRUNCH**

We will be inviting local Veterans and their partners for a complimentary brunch, in honor of Veteran's day.

**9:30 - 11**  
REG IN OCTOBER

NOV  
**24**

## **HOLIDAY FIRE SAFETY SOUP WITH THE FIRE DEPARTMENT**

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

**12 NOON**

NOV  
**25**

## **LA SALETTE: CHRISTMAS DISPLAY**

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.

**4:30 PM**

REG IN OCTOBER

DECEMBER

**5**

## **CHRISTMAS BY CANDLE LIGHT**

Experience the History of a New England Christmas at Old Sturbridge Village living history museum! Walking on unpaved paths, outdoors in winter, at night.

**1 - 8 PM**  
LIMIT 24  
REG IN OCTOBER



# Meetings & Presentations

September  
2025

THURS  
4

## COUNCIL ON AGING BOARD MEETING

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

10:00 AM

MON  
22



## SOUP TO NUTS

COA DIRECTOR  
TIZIANA MILANO

Join our new Director, Tiziana, for lunch on September 22<sup>nd</sup> over a bowl of Pumpkin Soup

12 NOON  
FREE

RSVP BY SEPT 15

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

WEDS  
10



11:30 AM

TUES  
23



## PRESENTS:

MEDICARE ADVANTAGE VS  
SUPPLEMENT PLANS

Luisa Lewis from Blue Cross Blue Shield MA explains the difference between Medicare Supplement and Advantage Plans, so you can pick the ones best for you.

11:00 AM  
FREE  
RSVP RECOMMENDED

Open to the Public!

## DEAN BANK PRESENTS:

### POWER OF ATTORNEY Q&A

WEDS  
24

Join our friends from Dean Bank Blackstone here at the Senior Center, to learn about Power of Attorney paperwork, what it's used for, and how to go about preparing and filing it all properly.

11:00 AM  
FREE  
RSVP RECOMMENDED

Open to the Public!

Invite a Friend or Family Member!

TUES  
16



## BUG OFF!

MOSQUITO TIPS & TRICKS!

The Central MA Mosquito Control Project returns for another presentation on how to keep the bugs off!

11:00 AM

FREE  
RSVP RECOMMENDED

Open to the Public!

THURS  
18

## BOARD OF HEALTH PRESENTS:

### FALL PREVENTION

Falling seems like such a small thing, but it can have big consequences - for both physical and mental. Come pick up some tips to avoid unplanned trips to the floor!

11:00 AM

FREE  
RSVP RECOMMENDED

FRI

26

9:00 AM FREE

## TRAVEL COMMITTEE

Help us research, plan, and book our Road Trips and other adventures!

RSVP IN PERSON, BY PHONE: (508) 883-1500 EX 151  
OR ONLINE AT MYACTIVECENTER.COM

# THIS MONTH IS

## Courtesy Month

A small, kind gesture can make a big difference! The entire month of September gives ample opportunity to practice being kind.

Courtesy can mean different things to different people: being helpful, being polite, showing good manners, and even actions that show respect and appreciation for others. How you choose to show curtesy is up to you!

Oftentimes, something as small as a compliment can make a person feel seen and appreciated! Their brightened mood can cause a cascade of courtesy that can lift the mood of the whole neighborhood!



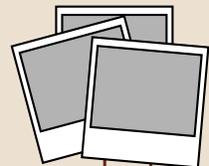
## Whole Grains Month



Whole Grains - when the grain seed is ground together with the outer bran shell - are a vital part of a healthy diet. They help reduce heart disease and diabetes, and also improve gut and bowel health. Add some extra whole grains to your meals this September!

## Save Your Photos Month

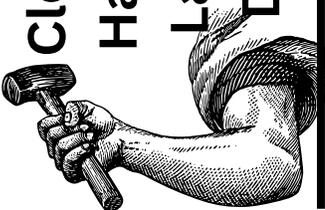
Digital malfunction, human error, or natural disaster can cause us to lose our treasured photographs - take some time to label, scan and save those precious memories and historical snapshots. Keep originals in a water-tight, photo safe storage, save digital copies to disk, jump drive, or cloud, and do your best to document names, dates, & places on historical snapshots.



# September

Please RSVP for lunch four business days in advance



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Closed: Happy Labor Day! 	<b>2</b> 9: Walking Club 9:15: Strength & Stretch 10:10: Chair Yoga 12: Chef Salad w/ Hardboiled Egg 1:15: Strength Circuit	<b>3</b> 9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30 Meditation <b>11:30: Mini Golf Trip</b> 12: Steak & Cheese w/ Onions & Peppers 1: BINGO    2:15: Zumba	<b>4</b> 9:00: Tai Chi (Beg) 9:30: Cribbage 10: Tai Chi (Int) 11: Journey thru Grief 12: ½ Kielbasa Grinder (Firehouse) 12:30: Yarnworks 1:15: Aging Gracefully	<b>5</b> 9: Walking 10: Mahjong Closed at Noon
<b>8</b> 10: Game Day 10: Pound <b>12: Lunch &amp; Movie</b> 1: QiGong 	<b>9</b> 9: Walking Club 9:15: Strength & Stretch <b>9:30: Travel Breakfast</b> 10:10: Chair Yoga 12: Chicken Kebab (Pizza Queen) - Onion, Mushroom, Peppers 1:15: Strength Circuit	<b>10</b> 9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance 11:30 Meditation 11:30: BP & Med Clinic 12: Salad w/ Ckn Salad 1: BINGO 2:15: Zumba 	<b>11</b> 9:00: Tai Chi (Beg) 9:30: Cribbage <b>9:30: Bus to Job Lot</b> 10: Tai Chi (Int) 11: Journey thru Grief 12: Lasagna (TKO) 12:30: Yarnworks 1:15: Aging Gracefully 	<b>12</b> 9: Walking 10: Mahjong/ Pound Closed at Noon
<b>15</b> 10: Game Day 10: Pound <b>10:30: Daniels Farm</b> 1: QiGong 	<b>16</b> 9: Walking Club 9:15: Strength & Stretch 10:10: Chair Yoga <b>11: Bug Off: Mosquito Prevention</b> 11: Book Club 12: Greek Salad 1:15: Strength Circuit	<b>17</b> 9:30: Coffee Club 9:30: Tap Dance 10:30: Line Dance <b>10:30: Garden Club</b> 11:30 Meditation 12: Grilled Ham & Cheese 1: BINGO 2:15: Zumba	<b>18</b> 9:00: Tai Chi (Beg) 9:30: Cribbage 10: Tai Chi (Int) 11: Journey thru Grief <b>11: Fall Prevention</b> 12: Cheeseburger Day 12:30: Yarnworks 1:15: Aging Gracefully 	<b>19</b> 9: Walking 10: Mahjong/ Pound Closed at Noon <b>Talk like a Pirate Day</b>

<p><b>22</b></p> <p>10: Game Day  10: Pound  <b>12: Soup to Nuts: Director Tiziana</b>  1: QiGong</p>	<p><b>23</b></p> <p>9: Walking Club  9:15: Strength &amp; Stretch  10:10: Chair Yoga  12: Chicken Pot Pie  <b>1: Medicare Presentation</b>  1:15: Strength Circuit</p>	<p><b>29</b></p>  <p>10: Game Day  10: Pound  <b>11: Mystery Lunch!</b>  1: QiGong</p>	<p><b>6</b></p> <p>Soup to Nuts with Transportation  Coord Dennis Pimenta</p>	<p><b>24</b></p> <p>9:30: Coffee Club  9:30: Tap Dance  10:30: Line Dance  11:30 Meditation  <b>11:Dean Bank Presents: Power of Attorney</b>  12: Salad w/ Egg Salad  1: BINGO  2:15: Zumba </p>	<p><b>25</b></p> <p>9:00: Tai Chi (Beg)  9:30: Cribbage  10: Tai Chi (Int)  <b>11: American Heritage Museum</b>  11: Journey thru Grier  12: Turkey &amp; Cheese Wheat Wrap  12:30: Yarnworks  1:15: Aging Gracefully</p>	<p><b>1</b></p> <p>Travel  Breakfast:  Betty's Donuts</p>	<p><b>7</b></p> <p>Afternoon Open House</p>	<p><b>26</b></p> <p>9: Walking/Travel  Committee  10:Mahjong/Pound  Closed at Noon</p>	<p><b>2</b></p> <p>National Poetry Day:  Random Words Poetry Activity</p>	<p><b>3</b></p>	<p><b>8</b></p> 	<p><b>9</b></p> <p>Garden Harvest Lunch</p>	<p><b>26</b></p>	<p><b>10</b></p> <p>Fall Foliage Drive</p>
<p><b>Please Note: Lunch menus &amp; activities are subject to change without notice</b></p>														

# WEEKLY PROGRAMS

## MONDAY



### 10:00 AM GAME DAY

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

### 10:00 AM POUND

A Rhythm and Cardio workout you can't miss!

### 1:00 PM QIGONG

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

## TUESDAY



### 9:00 AM WALKING CLUB

Join Tiziana 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.

### 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.** ✓

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

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

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

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

## **FRIDAY** ✓

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

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

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**10:00 AM POUND**  
A Rhythm and Cardio workout you can't miss!

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**1:00 PM PAINTING CLASS**  
At the Artful Dodger studio down the street! \$25 per 6-week session. Next session starts Sept 5th!

## **Blackstone Public Library Events:**

**Call the library  
to register  
(508) 883-1931**

**Senior Center Book Club  
at the Senior Center  
Tuesday September 16  
11 AM**

**Happiness Falls  
by Angie Kim**

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**Senior Crafty Corner  
At the Library  
Thursday, Sept 18  
1:00 - 3:00**

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**Library Quilting Club  
at the Library  
Thursday Sept 25  
1:00 - 4:00 PM**

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

# VETERAN'S SERVICES

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.



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

## 2025 Benefits?

The VA website now has the **2025 Veterans Benefits Guide** available online. This handbook contains a comprehensive list of programs, websites, and phone numbers for easy reference. Check out [news.va.gov/137659](https://news.va.gov/137659) to learn more!

## Blackstone 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.

# 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, Sept  
10<sup>th</sup> & 24<sup>th</sup>

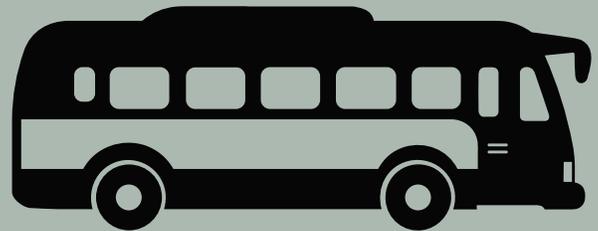
**Walmart** 

We provide transportation to the N.Smithfield Super Walmart

Thurs, Sept  
18<sup>th</sup> 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.

## OCTOBER

### PERFORMER: DAVIS BATES

Parent's Choice Award winner, and Friend and contemporary of our May performer Tim Van Egmond, Davis Bates has been telling stories for over forty-six years around New England and across the country!

Thanks in part to the Blackstone and MA Cultural Council, On October 27<sup>th</sup> 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 drawer, and an appearance by a dancing wooden dog named Bingo!

## BLACKSTONE HISTORY



**The Southwick-Daniels Farm was placed on the National Register of Historic Places on August 22, 1995.**

Come tour the farm, and see the table where the father had his appendix removed by a Boston doctor while the daughter held aloft the lantern during his operation.

See Page 4 for Trip Info

Information & Photo from the  
Blackstone Historical Commission

# September Recipe: Sautéed Kale

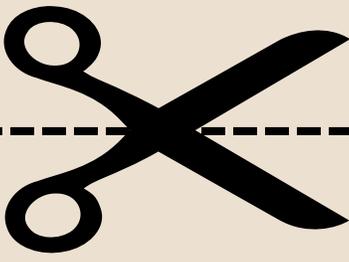
Kale is an easy to grow leafy green that produces from spring straight through fall, and it's bad PR is mostly because folks don't know how to cook it for best results! Sautéed Kale is a tasty addition many meals - pasta, quiche, tacos, even on pizza.

- Wash well, dry, remove stems, and chop your kale into bite size pieces.
- Heat oil over medium heat in a skillet. Add Kale, garlic, and a bit of salt and pepper.
- Sauté 2-4 minutes, tossing well, until Kale is wilted.
- Remove from heat, add a little lemon juice, toss to coat, and enjoy!

## Friends of the BCOA

**Time to say farewell to Summer, and hello to Autumn! The crunch of dried leaves, cozy sweaters, and apple cider doughnuts!**

**We are ready for the changing weather, and getting ready for our usual fall 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 3<sup>rd</sup> 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**