



# A River Runs Through It

## BLACKSTONE COA/SENIOR CENTER

DECEMBER 2025

### Director's Corner

December is here, and with it comes the joy—and the bustle—of the holiday season! Between shopping, decorating, visiting with loved ones, and celebrating together, this month tends to fly by. I hope you all find moments of calm, connection, and comfort as we move through this busy and festive time.

I am also pleased to formally welcome **Donna**, our new Outreach Coordinator to the team. She brings wonderful energy and experience, and we're thrilled to have her onboard. As she settles into her new role, please feel free to say hello and make her feel welcome—while giving her a little room to get her bearings before you lovingly overwhelm her with questions. I know she'll be a great resource for everyone.

This month, I'd like to highlight a few updates. A colleague recently reassured me that these are not "changes," but rather fine-tuning, and I think that captures our intention perfectly.

- **Transportation:** We're implementing improvements to support both our riders and our drivers. As part of this effort, we kindly ask that rides be scheduled in advance (see page 9 for more information) and that last-minute cancellations be avoided whenever possible. We've also noticed situations where a rider decides at the end of the day to leave with someone they know from the Center instead of using their scheduled return ride. While we're always glad when people connect with friends, this still results in a driver waiting unnecessarily. Please let us know as soon



*A friendly reminder...the Center will be CLOSED on December 25<sup>th</sup>. We will also be closing at Noon on December 24<sup>th</sup>.*

as possible if your plans change, this will ensure we use our time and resources responsibly and keep the system running efficiently for everyone.

- **New Hours:** Starting January 5<sup>th</sup>, the Senior Center will adopt new hours to better align with the needs of our community. Full details can be found on page 2.

Thank you for your patience, flexibility, and continued support as we keep refining what we do. Wishing you joy, laughter, and maybe even a little relaxation this holiday season!

*~Tiziana*

Join us for a Baked Potato Bar on December 18<sup>th</sup>, and to learn more about Tri-Valley Elder Services, and the congregate meal program we will be offering starting in January.  
**RSVP by Dec 9<sup>th</sup>**

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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

<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 - No Class December 29<sup>th</sup>*

## 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*

## SENIOR CENTER HOURS STARTING JANUARY 5<sup>TH</sup>

NEW  
HOURS

MONDAY - THURSDAY

8:30 AM - 4:30 AM

FRIDAY

8:30 AM - 12 PM

## 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 - No Class December 31<sup>st</sup>*

## 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. - No Class December 31<sup>st</sup>*

## 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 - No Class December 24<sup>th</sup>*



## 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 - No Class December 24<sup>th</sup> & 31<sup>st</sup>*

## 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 - No Class December 25<sup>th</sup>*



## TAI CHI INTERMEDIATE | THURSDAYS | 10 AM

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

*Instructor: Karl Davies - No Class December 25<sup>th</sup>*



# Events & Presentations

FREE unless otherwise noted.

## 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



## LUNCH & LEARN W/SELECTMAN GINO OLAES

THURSDAY | DECEMBER 11 | NOON

Meet newly elected Selectman Gino Olaes, a Blackstone resident for 12 years. Olaes works as Director of Public Safety & Emergency Management at Landmark Medical Center. He has extensive experience in public service, including youth sports leadership and emergency management. His key campaign focus included fostering collaboration and unity on the Board of Selectmen. His campaign was centered on promoting the well-being of the entire community, with a particular focus on supporting seniors and veterans. He's committed to addressing community concerns through compromise and finding common ground on key issues. **Sign up by December 5th.**



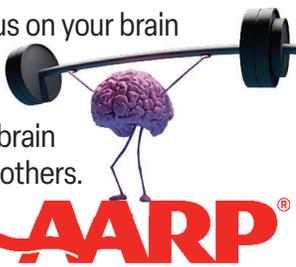
## 6 PILLARS OF BRAIN HEALTH

TUESDAY | DECEMBER 9 | 10 AM

Presented by AARP

It's never too late or too soon to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health, and hopefully be inspired by others.

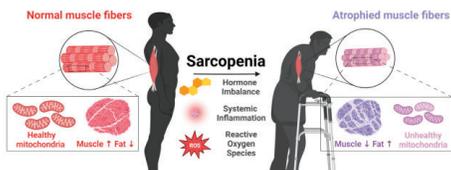
This session is a good overview for anyone interested in learning more about brain health and will provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more. **Sign up by December 4th.**



## 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. **Sign up by December 5th.**

## Ugly Sweater Birthday Bash

TUESDAY | DECEMBER 16 | NOON

It's time to celebrate our December birthdays! Join us as we celebrate with a mouth-watering holiday ham dinner courtesy of Goodstuff Smokehouse. Along with this delicious meal, we're adding a splash of seasonal fun — break out your best (or worst!) holiday ugly sweater and help us celebrate our December birthdays in style. You never know... there just might be a prize or two for the most festively dressed! **Sign up by December 9th.**



## Blackstone Valley COMMUNITY CONCERT BAND

TUESDAY  
DECEMBER 16 | 12:30 PM

Come and experience the beautiful music of the Blackstone Valley Community Concert Band (BVCCB) Flute Choir! The BVCCB is made up of over 80 volunteer musicians. Their members encompass a wide range of ages, careers, locations, & skill levels. It is a shared love of music that brings this tight knit group together!

4.

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

Please register 4 days before event/presentation.

# Events & Presentations

## TRAVEL COMMITTEE

FRIDAY | DECEMBER 19 | 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!

## CHRISTMAS MOVIE MARATHON

TUESDAY | DECEMBER 23 | 9 AM



A showing of the Rankin/Bass Claymation Christmas Specials, including Rudolph the Red Nose Reindeer, Frosty the Snowman, Year Without a Santa Claus, and more. Cheese pizza for lunch at noon. Please register before 11 AM for lunch.

## WINTER GARDEN SOWING

MONDAY | DECEMBER 29 | 10:30 AM

Presented by Kate Donovan

Join Kate and our friends from the Garden Club to start seeds indoors! Bring your CLEAN clear plastic gallon jugs, your garden gloves, and any seeds you'd like to start. Seeds will be both kept for the Senior Center garden, and available to take home for your own garden. **Sign up by December 23rd.**



## SOCIAL SECURITY: WE EARNED IT

TUESDAY | JANUARY 6 | 10 AM

Presented by AARP

You'll learn how Social Security is funded, about its current and future financial health, and the options to ensure the stability of the program. Social Security faces a long-term financial shortfall unless Congress acts. We'll discuss the pros and cons of the 5 most common solutions to ensure that Social Security can continue to pay the full payments that Americans have earned. **Sign up by December 30th.**



## Blackstone Community Events

Transportation will be available for the following events! Please note the day and time of availability!

BLACKSTONE PARKS AND RECREATION COMMISSION PRESENTS

### Hometown CHRISTMAS Celebration

*This event is Free!*

SATURDAY, DECEMBER 13  
HARTNETT MIDDLE SCHOOL  
1:00PM TO 4:00PM

FOOD, GAMES, CRAFTS,  
PICTURES WITH SANTA, MUSIC,  
AND SO MUCH MORE

SANTA AND MRS. CLAUS  
ARRIVE AT 3:00PM

Pickup Begins at 1pm

Enjoy the event from 1:45 pm - 2:45pm

Return Trip Leaves at 2:45 pm

RSVP FOR A RIDE BY DECEMBER 4TH

## It's Time to Bling Up Blackstone

Register Your Address here:  
<https://www.townofblackstone.org/FormCenter/Parks-and-Recreation-17/2025-Bling-Up-Blackstone-Registration-Fo-97>



Contest will run from December 7<sup>th</sup> to December 31<sup>st</sup>

We NEED Judges to vote for the best BLINGED UP HOUSE!

Meet at the Senior Center at 4:15pm. If you need to be picked up please let us know. Bus will leave the Center at 4:30pm.

You will drive around to judge the houses that are participating.

RSVP by December 22nd if you would like to be a judge!

## TECHNOLOGY PRESENTATIONS TUESDAY | JANUARY 6 | 12 PM - 2 PM

Join us for lunch and a selection of Technology Informational Presentations by the students of Blackstone Valley Tech. **Sign up by December 30th.**



# Trips, trips and more...

If there is no cost for a trip a donation of \$4 is suggested.

## 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. Cost of meal range: breakfast- \$10-\$20, lunch items- \$10 - \$25 **Register by November 26<sup>th</sup>.**



### BUS TO ADVENTURE TRIP TO THE WORCESTER ART MUSEUM JANUARY 28, 2025

Bus leaves the Senior Center at 9:30 am

The Worcester Art Museum has begun the next major step in its evolution, made possible through supporters of **A Bold Step Forward**. An extensive number of renovations, upgrades, and repairs are underway in an effort that will transform and preserve our historic campus for generations to come. As a result, some spaces and galleries may



be temporarily closed during your visit. These projects are only possible thanks to the generous support of our donors and funders.

The trip is a pay your own way at the museum. Senior admission \$17, EBT members get free admission with card. Arms & Armor exhibit (if available) requires timed admission ticket, make your reservation at [worcesterart.org](http://worcesterart.org). Staff is here to help with reservations. **Sign up by January 21st.**



## Best of Times Travel proudly presents Andy Cooney's Irish Celebration!

TUESDAY | MARCH 10 | DANVERS, MA  
Time: TBD

You asked, we listen! Our first trip with Best of Times Travel will be an amazing show featuring "Irish America's Favorite Son" Andy Cooney; George Casey, Irish Comedian "The King of Blarney"; The Guinness Irish Band and Emerald Fire Irish Dancers!

Just in time for St. Patrick's Day, the sights and sound of Ireland come alive with Andy Cooney and his Irish Celebration! This is a show that showcases Ireland's music, song, comedy and dance only Andy Cooney can bring it, as he has for over 30 years!

### PRICE: \$99 per person

Includes plated lunch of your choice of Corned Beef and Cabbage or Baked Scrod. Meal also includes: Salad, Vegetables, Breads, Dessert, Coffee and Tea.

This event is a drive on your own, or hop on our bus!

**Sign up by February 16th! There will be no refunds for cancellations after this date.**

Andy Cooney  
**IRISH**  
Celebration  
with  
George Casey  
Irish Comedian  
"The King Of Blarney"

Star of Carnegie Hall  
"Irish America's Favorite Son"  
The New York Times

This is a show that showcases Ireland's Music, Song, Comedy and Dance as only Andy Cooney can bring it, as he has for over 30 years!

featuring  
The Guinness Irish Band & Emerald Fire Irish Dance



## Single & Mingle

BLACKSTONE SENIOR CENTER  
Invites You To Our  
Annual Christmas Party!

DECEMBER 17<sup>th</sup> | 11:30 am - 3:30 pm

GALLIFORD'S RESTAURANT  
2 Southwick St, Mendon

Transportation Available  
\$25 | Blackstone Senior Center Members  
\$30 | Non Members

(Tickets Available Until Dec. 10<sup>th</sup>)



**Ho-Ho-Hurry! Seating Is Limited!**



### 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](https://bluecrossma.com/medicareguidebook)



MASSACHUSETTS



## 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](https://aarpfoundation.org/TaxaideVolunteer) or call 1-888-AARP-NOW (1-888-227-7669).

**AARP Foundation**  
**Tax-Aide**



### Other fun trips tentatively scheduled with Best of Times Travel are below.



Penn Dutch Country  
May 6th - 8th



Tall Ships 2026  
Tuesday, July 14th

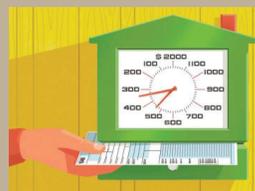


NH Turkey Train  
Tuesday, October 6th



Christmas New York Style  
Tues - Wed, December 8th - 9th

### Property Tax Work-Off Program



Applications have been mailed to those that participated in the program in 2025. If you are interested in the program or want to know more, please stop by the Center. Information will also be available on the

Town's Website after December 5th. <https://www.townofblackstone.org/375/tax-Work-Off-Program>

# Outreach, Resources and More

♦ **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:

- Wed, December 3<sup>rd</sup> & 10<sup>th</sup>
- Thursday, December 18<sup>th</sup>

♦ **LEGAL HELP FOR ELDERS** Senior Legal Helpline (800) 342-5297. Volunteer Lawyers Project of Boston providing free legal information and referral services to Massachusetts residents who are 60 years old or older.

♦ **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 are held at the Senior Center, 15 St. Paul Street in the Eldridge Room (Second Floor).



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.



♦ **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

**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**



# TRANSPORTATION INFORMATION

**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 (508) 876-1500 x133 or COAtransport@TownOfBlackstone.org

*\* PLEASE NOTE UPDATED INFORMATION \**

**NOTE: NO TRANSPORTATION ON DECEMBER 19TH, DRIVERS WILL BE IN TRAINING**

## 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 **one week** (5 business days) advance notice.
- **Non-Medical appointments** require **three days** (3 business 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.

**WALMART**  
**Wednesday, December 10<sup>th</sup>**  
**MARKET BASKET**  
**Thursday, December 18<sup>th</sup>**

## 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. **You will be refused service day of, if it is apparent that you require an assistant and do not have one.**



## SHOPPING DAYS

Shopping trips are only available on designated days. **The drivers will no longer stop at a store for you after an appointment, please plan accordingly.** We visit the N. Smithfield Walmart (and nearby stores) the second and forth Wednesday of each month. We visit the Bellingham Market Basket (and nearby stores) on third Thursday of each month. **Pick ups will be scheduled beginning at 9AM.**

## DONATIONS

Donations are gladly accepted. See brochure for recommended amounts.

## 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. **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.



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>10:10 AM</b> > Chair Yoga <b>1:15 PM</b> > Strength Circuit	<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>9:30 AM   Travel Breakfast</b>	<b>9 AM</b> > Tai Chi (Beginners) <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 > Crafting w/Jean <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>1 PM   CHRISTMAS BY CANDLE LIGHT TRIP</b>
<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> > 6 Pillars of Brain Health 📌 <b>10:10 AM</b> > NO Chair Yoga <b>1:15 PM</b> > Strength Circuit	<b>9:30 AM</b> > Coffee Club / Tap Dance <b>10:30 AM</b> > Line Dance / Friends of BCOA Meeting <b>11 AM</b> > Scarcopenia & Atrophy 📌 <b>11:30 PM</b> > Meditation <b>1 PM</b> > BINGO <b>2:15 PM</b> > Zumba <b>Walmart</b>	<b>9 AM</b> > Tai Chi (Beginners) <b>9:30 AM</b> > Cribbage <b>10 AM</b> > Tai Chi (Intermediate) <b>11 AM</b> > Journey Through Grief <b>12 PM</b> > Soup to Nuts w/Selectman <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 - NEW SESION STARTS TODAY
<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   BVCCB FLUTE CHOIR</b>	<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> > NO BINGO <b>2:15 PM</b> > Zumba <b>11:30 AM   Christmas Party</b>	<b>9 AM</b> > Tai Chi (Beginners) <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>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>1 PM</b> > Qi Gong	<b>9 AM</b> > Walking Club <b>9 AM</b> > Christmas Movie Marathon <b>9:15 AM</b> > Strength & Stretch <b>10:10 AM</b> > Chair Yoga <b>1:15 PM</b> > Strength Circuit	<b>9:30 AM</b> > Coffee Club > Tap Dance <b>10:30 AM</b> > Line Dance <b>CENTER CLOSING AT NOON</b>	<b>CENTER CLOSED</b> 	<b>9 AM</b> > Walking Club <b>10 AM</b> > Mah Jong > Pound <b>1 PM</b> > NO Painting Class @ Artful Dodger <b>Pajama Party!</b>
<b>10:00 AM</b> > Game Day > NO Pound <b>10:30 AM</b> > Winter Garden Sowing 📌 <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>9:30 AM</b> > Coffee Club <b>CENTER CLOSING AT NOON</b>	📌 = Presentation    🍷 = Lunch & Learn 	

# Miscellaneous



## SENIOR CENTER'S INCLEMENT WEATHER POLICY

It is the policy of the COA to align with the Blackstone School systems cancellations and delayed openings with regard to all Senior Center programming and transportation services.

The Senior Center will remain open for information and referrals unless the Town Hall closes. Please check the Town's website following a significant snow fall for school cancellations.

Transportation to a medical appointment on a day when the schools are closed, will be canceled as well. We apologize for the inconvenience, but it is too risky for the COA drivers to be on the road during inclement weather.

**If you have a medical emergency, please dial 911.**

## BLOOD PRESSURE CLINIC & MEDICATION REVIEW SESSION

| Will resume in January |



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.

**IMPORTANT:  
REGISTER FOR LUNCH  
4 DAYS IN ADVANCE**

# Lunch Menu

**LUNCH DONATION  
OF \$4 IS SUGGESTED  
\* FREE MEAL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Stuffed Shells w/mixed veggies	3 Betty's Soup of the Day	4 Kim's Italian Chicken Thighs w/ Quinoa & Brown Rice	5
8	9 Salad w/ Salmon	10 American Chop Suey	11 * Mystery Menu	12
15	16 * BIRTHDAY BASH LUCHEON Ham Dinner	17 Christmas Party at Gallifords \$25 Members \$30 Non-Members	18 Baked Potato Bar (\$3 suggested donation)	19
22	23 Movie & Cheese Pizza	24 <b>CENTER CLOSING AT NOON</b>	25  <b>CENTER CLOSED</b>	26
29	30 Eggnog French Toast Casserole	31 <b>CENTER CLOSING AT NOON</b>		

# 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  
 Blackstone Senior Center



**Senior Center / COA Staff**  
 15 St. Paul Street, Blackstone, MA 01504  
**PH: (508) 883-1500**  
 Director: Tiziana Miliano x134  
 Outreach Coordinator: Donna Marcotte 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, December 10, 2025 at 10:30am*

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**Council on Aging Board Members**  
 Edward Collette  
 James Dillbero - Chair  
 Gail Stokes  
 Carolyn Sullivan  
 Julie Wingat  
 Two Vacancies  
*Next Board meeting Thursday, December 4<sup>th</sup>, at 10 am*