



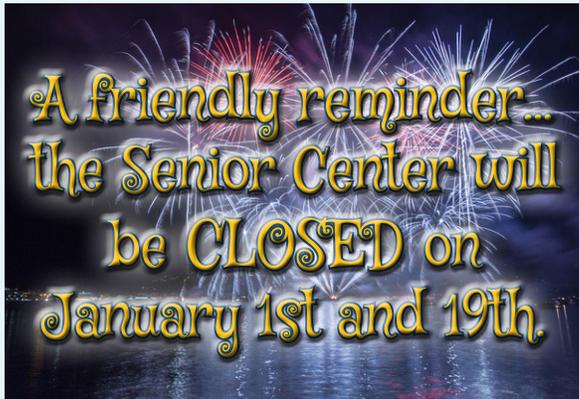
A River Runs Through It

BLACKSTONE COA/SENIOR CENTER

JANUARY 2026

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BLACKSTONE COA/SENIOR CENTER

15 St. Paul Street, Blackstone, MA 01504
PHONE (508) 883- 1500
<https://www.townofblackstone.org/242/Senior-Center>



SENIOR CENTER HOURS OF OPERATION

Mon - Thur: 8:30 AM - 4:30 PM
Fri: 8:30 AM - 12 PM

Director's Corner

Happy New Year! The saying really is true — time flies when you're having fun, and here at the Senior Center, every day is a fun day. I can hardly believe that nearly six months have already gone by; it truly feels like just a few weeks.

As we begin a new year, I wanted to take a moment to reflect on the past several months and all that I've learned in my role as Director here in Blackstone. It has been a rewarding experience, and I'm grateful for the opportunity to build upon the strong foundation already in place. The steps we've taken so far have been met with positive energy, and as always, if you ever have questions, concerns, or suggestions, my door is always open.

The past six months have been filled with memorable events and celebrations. We kicked things off with our Senior Citizens Day celebration, honoring all seniors — especially the dedicated volunteers who give so much to our Center. We proudly recognized our veterans with two special brunches to express our sincere appreciation. Our birthday bashes continue to be a highlight, featuring delicious lunches and wonderful entertainment, and we wrapped up the year with a festive Christmas Party that brought plenty of smiles and laughter — especially during Music Bingo!

And this is just the beginning. There is so much more we can continue to do together here at the Senior Center, and I'm excited for what lies ahead.

A few important reminders as we head into the new year:

- When visiting the Center, please remember to sign in using your key tag. This is very important for grant funding and other resources that support our programs. If you don't have a key tag, a staff member can help set one up for you right away.
- During the winter months, please note that if there is a school closing due to weather, the Senior Center will also be closed. Your safety is always our top priority.
- Beginning this month, we will be sending reminder calls and texts for events and scheduled transportation. We all get busy, so these reminders are just a helpful nudge. If you see "Restricted" pop up on your phone, it may be us reminding you of something you signed up for.

Thank you for being such an important part of our Senior Center community. I look forward to a new year filled with connection, laughter, and many more great moments together.

~Tiziana



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 Lamothe

WALKING CLUB | TUESDAYS & FRIDAYS | 11 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 **No Class on January 21 & 28**

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 on January 21 & 28**

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 **No Class on January 21 & 28**

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

From the Friends of BCOA

Seasons Greetings from the Friends of BCOA! We would especially like to thank our donors for our beautiful Holiday raffle baskets: Roberta Barrett, Ed & Colleen Colette, Linda Barnes, Carolyn Sullivan, Diane Holt, Linda McGilvray, Pam Grant, Hannaford's and Wrght's Dairy Farm.

I would personally like to thank all of the hard-working members of our Friends group for their dedication to the cause all year long. You are an inspiration to us all!

May 2026 be a year filled with health and Happiness! Happy New Year!
For more info about this dedicated team, contact Judy @ 508-612-4566.

Events & Presentations

FREE unless otherwise noted.

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 VALLEY TECH PRESENTS: 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.**

DEATH CAFE

TUESDAY | JANUARY 13 | 2:30PM - 4PM

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafes are always offered:

- On a not for profit basis
- In an accessible, respectful and confidential space
- With no intention of leading people to any conclusion, product or course of action
- Alongside cake!

Sign up by January 8th



LAUGHTER YOGA

TUESDAY | JANUARY 27 | 11 AM

Join Landmark Medical for a session of Laughing Yoga - combining laughter and yogic breathing to improve physical and mental health. **Sign up by January 21st**

4.



National Argyle Day!! Thursday, January 8th

Argyle is a pattern of Diamonds of various colors, popular on sweaters and socks. Best Dressed to the theme will earn themselves a BCOA Meal Voucher.

Voucher redeemable for the cost of one meal here at the senior center, be it a normal lunch or a Birthday Bash meal. You must register for your meal 4 days in advance.

BIRTHDAY bash TUESDAY JANUARY 20 | NOON



It's time to celebrate our January birthdays! We come together to celebrate winter babies with a warm and hearty meal of lasagna & meatballs, roasted broccoli & carrots and some fresh fruit for dessert! But don't worry there will definitely be birthday cake as well! Followed by Songs & Stories by Matt York. **Sign up by January 13th.**

MATT YORK

20 JANUARY 2025
1:00 PM



Matt York will be performing his Songs and Stories focusing on The Highwaymen: Johnny Cash, Willie Nelson, Kris Kristofferson, & Waylon Jennings. Song and Stories is a performance that blends songs by the artists and stories about their upbringing and impact on music.

Please register by date shown in event description.



... with COA CHAIR JAY DILIBRO

THURSDAY | JANUARY 8 | NOON

Take some time to talk with Jay Dilibro, COA Board Chair, over a big Salad w/ optional marinated salmon. **Sign up by January 5th.**

...with BOB KLUCHEVITZ

THURSDAY | JANUARY 15 | NOON

Questions about property tax assessment and the adjustment process? Assessor Board Chair, Bob Kluchevitz will discuss the process and know hows of your property tax over a bowl of Chicken Soup. **Sign up by January 12th.**

...with DAN KEEFE

THURSDAY | JANUARY 22 | NOON

Join Selectman Dan Keefe over tomato soup & chicken salad sandwiches to learn the truth behind the rumors of a new senior center! **Sign up by January 12th.**

NEW Grocery Transportation

Transportation for grocery shopping is available for those who need a ride. To ensure there is enough space for everyone, we kindly ask that grocery bags be limited to four (4) per person. Please note that we are unable to transport items you cannot carry yourself, such as small appliances, cases of water, or other heavy items.



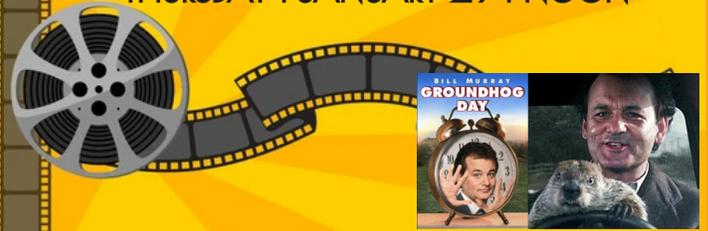
January Shopping Schedule:

- North Smithfield **Walmart** & nearby stores – Second Wednesday of each month, January 14
- Bellingham **Market Basket** & nearby stores – Third Thursday of each month, January 22
- Northbridge **Walmart** – Fourth Wednesday of each month, January 28

Please call to **reserve your spot at least three (3) business days in advance. Pick-up begins at 9:00 a.m.**

LUNCH & A MOVIE: GROUNDHOG DAY

THURSDAY | JANUARY 29 | NOON



A cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage.

Starring Bill Murray, Andie MacDowell, and Chris Elliott. (1993 | PG | 1h 41m | Fantasy Romantic Comedy)

Sign up by January 23rd

PROTECT YOURSELF FROM MEDICARE FRAUD!

WEDNESDAY | FEBRUARY 4 | 11AM

Presented by Dennis Hohengasser

Attend this Open, Free, Interactive Presentation by AgeSpan volunteer Dennis Hohengasser, to learn how to protect yourself and Medicare from errors, fraud, and abuse. **Sign up by January 29th**



LUNCH & LEARN: CAPTION CALL

THURSDAY | FEBRUARY 5 | NOON

Presented by Bryan Anderson

What is Caption Call? Learn all about this free-to-you speech to text service for your cellphone or home phone - and it can work without internet, too! Lunch will be a chef salad with chicken. Dessert provided for all. **Sign up by January 29th**



Watch for these presentations coming in February....

FEBRUARY 10 AT 10 AM: Retirement Planning for the Already Retired, presented by Sam Dockenvich of AARP.

FEBRUARY 11 AT 11 AM: How Public Health Nurses Improve Health in Communities

Trips and more...

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

TRAVEL BREAKFAST: Cracker Barrel

WEDNESDAY | JANUARY 7 | 9:30 AM



Our next stop for our travel breakfast location is Cracker Barrel, rooted in hospitality since 1969. They believe in the goodness of country hospitality. They show you country-style appreciation, so you can appreciate the moment. With more helping hands, warm plates and warm welcomes. It means when you go see them, you enjoy good food in good company. Because at Cracker Barrel, they're always serving up more than a meal. **Register by January 2nd.**

MYSTERY LUNCH

MONDAY | JANUARY 12 | NOON

Where in the World Is Lunch Going to Be?

Hint: Siamese, if you please!

Sign up for our mystery lunch adventure!

Transportation to the Senior Center is available—please let

us know if you need a ride. **Sign up by**

January 7

Cost: CASH ONLY The price of your meal, generally ranges between \$10–\$20.



BUS TO ADVENTURE TO THE WORCESTER ART MUSEUM

JANUARY 28, 2025 | 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.



Penn Dutch Country 2026

with the NEW SHOW



Save the Date!

May 6th - 8th, 2026
3 Days / 2 Nights

Price Per Person: \$1159 Single, \$899pp Double, \$889pp Triple, \$869pp Quad Occupancy

Includes: 2 Nights Lodging, 4 Meals, Ticket to "JOSHUA" at Sight & Sound, Oklahoma Dinner Show at the Dutch Apple Dinner Theatre, Strasburg Railroad Train Ride, Elva Hurst Chalk Talk, Longwood Gardens Admission, Touring as described, Tour Manager & Bus Driver Gratuities Are Included.

• Optional Travelers Insurance by Chubb Travel Protection is Available for this program

For additional information please email Tiziana Milano at tmilano@townofblackstone.org.



The trip is 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. Staff is here to help with reservations. Bus leaves the Senior Center at 9:30 am. Plan to buy lunch onsite, menu available online **Sign up by January 21st.**

TRAVEL COMMITTEE

FRIDAY | JANUARY 30 | 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!

6.



Trips and more...

**Best of Times Travel proudly presents
Andy Cooney's Irish Celebration!
TUESDAY | MARCH 10
DANVERS, MA
TIME: NOON | BUS LEAVES AT: 10 AM**

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 showcase of Ireland's music, song, comedy and dance only Andy Cooney can present, 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 you can drive on your own, or hop on our bus! Sign up by February 16th! There will be no refunds for cancellations after this date. Open to all.

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

The sights and sounds of Ireland come alive with Andy Cooney and his Irish Celebration!
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!

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

featuring
The Guinness Irish Band & Emerald Fire Irish Dance

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



Tall Ships 2026
Tuesday, July 14th



NH Turkey Train
Tuesday, October 6th

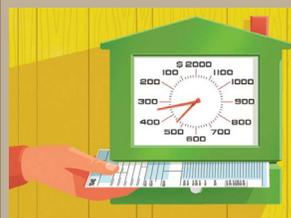


Christmas New York Style
Tues - Wed, December 8th - 9th



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 is also available on

the Town's website, <https://www.townofblackstone.org/375/tax-Work-Off-Program>

Outreach Resources

- ◆ **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)**
- ◆ **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP):**
- ◆ **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.
- ◆ **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).
- ◆ **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 / 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 or 508-414-5520.



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 or call 1-888-AARP-NOW (1-888-227-7669).

AARP Foundation
Tax-Aide





TRANSPORTATION INFORMATION

MONDAY - THURSDAY 8:30 TO 3:30PM | FRIDAY 8:30 AM - NOON

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 ***

MEDICAL RIDES

ALL Medical appointments require **one week** (5 business days) advance notice.

- Please have all the following information available when calling in for a doctors appointment:
 - ◆ Your name, Address, Phone number
 - ◆ If an assistant will be riding with you
 - ◆ Doctor or business name, address, phone number
 - ◆ Date & Time of Appointment
 - ◆ Approximate length of appointment
- All appointments must be scheduled such that you return home by 3 pm Monday - Thursday & 11:30 am on Friday.
- We cannot service local doctor's appointments later than 2 pm, or long distance appointments later than 1 pm.

DONATIONS

Donations are gladly accepted. See brochure for recommended amounts.

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** requires **three days** (3 business days) advance notice.
- Shopping is only available on designated days. **The drivers can no longer stop at a store for you after an appointment, please plan accordingly.**
- **Pick ups will be scheduled beginning at 9AM.**

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 or pick up a paper copy from the Town Clerk's office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>January</h1> <p> = Presentation = Lunch & Learn</p>				1 10 AM > Mah Jong > Pound 11 AM > Walking Club- <i>NEW time for Winter</i> 1 PM > Painting Class @ Artful Dodger
			CENTER CLOSED	
10:00 AM > Game Day > Pound	9:15 AM > Strength & Stretch 10 AM > Social Security 10:10 AM > Chair Yoga 11 AM > Walking Club- <i>NEW time for Winter</i> 12 PM > BVR Tech 1:15 PM > Strength Circuit	9:30 AM > Coffee Club > Tap Dance 10:30 AM > Line Dance 11:30 PM > Meditation 1 PM > BINGO 2:15 PM > Zumba 9:30 AM Travel Breakfast	9 AM > Tai Chi (Beginners) 9:30 AM > Cribbage 10 AM > Tai Chi (Intermediate) 11 AM > Journey Through Grief 12 PM > Soup to Nuts: Delibiro 12:30 PM > Yarn Works 1:15 PM > Aging Gracefully	10 AM > Mah Jong > Pound 11 AM > Walking Club- <i>NEW time for Winter</i> 1 PM > Painting Class @ Artful Dodger
10:00 AM > Game Day > Pound	9:15 AM > Strength & Stretch 10:10 AM > Chair Yoga 11 AM > Book Club > Walking Club- <i>NEW time for Winter</i> 1:15 PM > Strength Circuit 2:30 PM > Death Cafe	9:30 AM > Coffee Club > Tap Dance 10:30 AM > Line Dance 11:30 PM > Meditation 1 PM > BINGO 2:15 PM > Zumba Walmart	9 AM > Tai Chi (Beginners) 9:30 AM > Cribbage 10 AM > Tai Chi (Intermediate) 11 AM > Journey Through Grief 12 PM > Soup to Nuts: Kluchevitz 12:30 PM > Yarn Works 1:15 PM > Aging Gracefully	10 AM > Mah Jong > Pound 11 AM > Walking Club- <i>NEW time for Winter</i> 1 PM > Painting Class @ Artful Dodger
NOON MYSTERY LUNCH				
 MARTIN LUTHER KING DAY <small>I HAVE A DREAM</small> CENTER CLOSED	9:15 AM > Strength & Stretch 10:10 AM > Chair Yoga 11 AM > Book Club > Walking Club- <i>NEW time for Winter</i> 1:15 PM > Strength Circuit 12 PM BIRTHDAY BASH LUNCH 1 PM MATT YORK	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	9 AM > Tai Chi (Beginners) 9:30 AM > Cribbage 10 AM > Tai Chi (Intermediate) 11 AM > Journey Through Grief 12 PM > Soup to Nuts: Keefe 12:30 PM > Yarn Works 1:15 PM > Aging Gracefully 	10 AM > Mah Jong > Pound 11 AM > Walking Club- <i>NEW time for Winter</i> 1 PM > Painting Class @ Artful Dodger
10:00 AM > Game Day > Pound	9:15 AM > Strength & Stretch 10:10 AM > Chair Yoga 11 AM > Laughter Yoga > Walking Club- <i>NEW time for Winter</i> 1:15 PM > Strength Circuit	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 Walmart 9:30 AM BUS TRIP	9 AM > Tai Chi (Beginners) 9:30 AM > Cribbage 10 AM > Tai Chi (Intermediate) 11 AM > Journey Through Grief 12 PM > Movie: Groundhog Day > Yarn Works 1:15 PM > Aging Gracefully 11:30 AM BLOOD PRESSURE	10 AM > Mah Jong > Pound 11 AM > Walking Club- <i>NEW time for Winter</i> > Travel Committee 1 PM > Painting Class @ Artful Dodger



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

**THURSDAY | JANUARY 29
11:30 AM - 12:30 PM**



The Blackstone Board of Health Department 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**

January Lunch Menu

***FREE MEAL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6 Tri-Valley Chicken Stirfry w/sides \$3 suggested donation	7 Travel Breakfast <hr/> Betty's Soup of the Day \$4 suggested donation	8 *Garden Salad w/ Salmon	9
12 Mystery Lunch Trip	13 Tri-Valley Beef w/Onions & Peppers w/sides \$3 suggested donation	14 *Chili/Potluck	15 *Chicken Soup	16
CENTER CLOSED	20 BIRTHDAY BASH Tri-Valley Lasagna & meatballs w/sides \$3 suggested donation	21 Shepards Pie \$4 suggested donation	22 *Tomato Soup w/Chicken Salad Sandwiches	23
26	27 Tri-Valley Buttermilk Chicken \$3 suggested donation	28 Bus Trip <hr/> American Chop Suey \$4 suggested donation	29 Pizza & Popcorn \$4 suggested donation	30

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

January Lunch Menu

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



Board Members

Edward Collette

James Dillbero - Chair

Gail Stokes

Carolyn Sullivan

Julie Wingat

Two Vacancies

Next Board meeting Thursday,
January 8th, at 10 am

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

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Friends of the Council on Aging

Judy Decasse - President

Next Friends meeting Wednesday, January 14, 2025 at 9:30am