



A River Runs Through It

BLACKSTONE COA/SENIOR CENTER

FEBRUARY 2026

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A friendly reminder...
the Senior Center
will be CLOSED on
Monday, February 16th

BLACKSTONE COA/ SENIOR CENTER

15 St. Paul Street, Blackstone, MA 01504

PHONE (508) 883-1500

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

Hello Senior Center Members!

It's February—how are your New Year's resolutions going? I've had my ups and downs, but one resolution I haven't wavered on is making the Senior Center the place to be in Blackstone. Below you'll find highlights of what's happening now and what's coming up this month at the Senior Center.

We are in full swing with the Property Tax Work-Off Program. There may be a position or two still available, so if you've been thinking about applying now is the time to do so.

There's a lot happening in our Transportation Department as well. Each week we offer both a shopping day and an errand day. Be sure to check out pages 3 and 14 for more information and some exciting additions.

Lastly, here are a few important reminders:

- **Lunch Program Reminder:** Please sign up for lunch at least four business days in advance. This advance notice allows us to provide an accurate headcount to ensure we have enough food for everyone. If you're on the fence, sign up—I'd much rather have too much food than too little. Also, please understand that even when we order extra, we cannot guarantee additional portions the day of.
- **Presentations & Events Reminder:** Similar to lunch, we ask that you register by the date listed in the description. If there are fewer than five people, many presenters will request to reschedule. Knowing attendance by the deadline allows us to plan accordingly and offer the program at a later date when more people can attend.
- **Transportation:** When scheduling medical appointments that require Senior Center transportation, your appointment must be scheduled after 8:30–9 a.m. and no later than 1:30–2 p.m., depending on location. Unfortunately, we are unable to accommodate earlier appointment times.
- **Inclement Weather:** The Town website will have the most up to date information regarding closures at Town Hall and the Senior Center. However the Senior Center also follows the Blackstone/Millville School Districts closures and delays. See page 4 for more information. Also, we will do our best to send out phone blasts when a class, presentation or lunch will need to be cancelled.

Thank you for your continued support of the Blackstone Senior Center. We encourage residents to take advantage of the many programs and services offered and to help spread the word with the community. We look forward to welcoming you to the Center and seeing you throughout the month of February.

~ Tiziana Milano



Events & Presentations

FREE unless otherwise noted.

PROTECT YOURSELF FROM MEDICARE FRAUD!

WEDNESDAY | FEBRUARY 4 | 11AM

Presented by Dennis Hohengasser



Healthcare errors, fraud, and abuse cost you, me, and Medicare billions of dollars annually! Join Dennis,

an AgeSpan volunteer; he will provide us with information and tools to become better engaged healthcare consumers. Healthcare errors, fraud, and abuse cost American taxpayers and Medicare billions of dollars, but they can also have devastating health-related outcomes. Don't be a victim! You are strongly encouraged to attend this free, interactive presentation. We each can have a role in protecting ourselves and Medicare.



Sign up by Jan. 29th



...WITH DONNA MARCOTTE

WEDNESDAY | FEBRUARY 4 | NOON

Join our new Outreach Coordinator, Donna Marcotte over Beef & Potato soup to learn about the services she provides for the Seniors of Blackstone. Sign up by Jan. 28th

LUNCH & LEARN: CAPTION CALL

THURSDAY | FEBRUARY 5 | NOON

Presented by Bryan Anderson



CaptionCall

Life is Calling

What is Caption Call?

Join our event to learn about true no-cost telephone captioning. CaptionCall does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support. If you have hearing loss and need captioned telephone service to use the phone effectively, you are eligible for this no-cost federally funded service. Lunch will be a chef

salad with chicken (\$4 suggested donation). Dessert provided for all. Sign up by Jan. 29th



2.



TUESDAY | FEBRUARY 24

— NOON —

It's time to celebrate our February birthdays! We come together to celebrate winter babies with a fun Pasta Bar! But don't worry, there will definitely birthday cake as well! Followed by entertainment from local guitarist and singer Lori Brooks. Sign up by Feb. 17th.

— 1 PM —



Lori Brooks is a talented local guitarist and singer based in Ware, Massachusetts, known for delivering engaging live performances that bring great music and vibrant energy to community venues across the region. Whether playing solo or with her band, Lori's guitar-driven sound and charismatic stage presence make her a favorite at local concerts and events, including appearances at clubs, senior facilities, campgrounds and civic organizations. Audiences appreciate her musical versatility and passion for connecting through song.

Sign up by Feb. 17th.

BIRTHDAY ENTERTAINMENT
LORI BROOKS

Please register by date shown in event description.



FEBRUARY 2: GROUNDHOG DAY

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)



NEW Shopping Schedule



Check out our updated transportation schedule for grocery shopping, bank visits, CVS, and other essential errands. This service is available to residents who are unable to drive themselves.

To ensure there is adequate space for everyone, grocery bags are

limited to two (2) per person. Please note that we are unable to transport items you cannot carry yourself, including small appliances, cases of water, or other heavy items.

FEBRUARY SHOPPING SCHEDULE:

- **February 5:** Woonsocket Price Rite & nearby stores (First Wednesday of each month)
- **February 11:** North Smithfield Walmart & nearby stores (Second Wednesday of each month)
- **February 19:** Bellingham Market Basket & nearby stores (Third Wednesday of each month)
- **February 25:** Northbridge Walmart (Fourth Wednesday of each month)
- **Every Friday:** "Errand Day," which includes trips to the bank, CVS, hair appointments, and similar stops.

Advance Reservations Is Required

To secure a seat on the van, you must call the Senior Center at least three (3) business days in advance. This allows us to properly schedule drivers and ensure transportation is available for all participants.

RETIREMENT PLANNING FOR THE ALREADY RETIRED

TUESDAY | FEBRUARY 10 | 10 AM

Presented by AARP



This AARP presentation will help you manage your expenses and cashflow in retirement. We'll also discuss the rules for working while collecting Social Security, it's impact on taxes, and how to establish

a protective plan for you and your loved ones. Join us for an informative and practical presentation and discussion. **Sign up by Feb. 3rd**



HOW PUBLIC HEALTH NURSES IMPROVE HEALTH IN COMMUNITIES

WEDNESDAY | FEBRUARY 11 | 11 AM

Presented by Debra Vascera, Town of Blackstone Public Nurse

Come learn the numerous ways in which a public health nurses improve community wellness. The methods they use may vary depending on where they work. Community budgets and the community's relationship with public health are both factors that affect how public health nurses do their jobs. **Sign up Feb. 4th**



"5 WISHES"

WEDNESDAY | FEBRUARY 25 | 10:30

Presented by Jessy Dugay of Amedisys



Join us for a presentation about ensuring your wishes about the end of your life are known and honored. The presentation includes practical steps to record and communicate your wishes, and ways you can help your loved ones avoid guesswork and guilt when the time comes. **Sign up by Feb. 19th**

TRAVEL COMMITTEE

FRIDAY | FEBRUARY 27 | 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!



Trips and more...

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

TRAVEL BREAKFAST: Missy's Family Restaurant of Woonsocket

WEDNESDAY | FEBRUARY 3 | 9:30 AM

Our next stop for our travel breakfast location is Missy's Family Restaurant. If you are looking for the best breakfast in Woonsocket look no further than Missy's Family Restaurant. If it's lunch or dinner you're craving, you can visit Missy's for that too. From scrambled eggs to chicken parm and everything in between, Missy's Family Restaurant is here to cook for you! **Register by Jan. 28th.**



BUS TO ADVENTURE:



NICHOLS HOUSE MUSEUM

TUESDAY | FEBRUARY 17
BUS LEAVES AT 8:45 AM

The Nichols House Museum is a historic home located in Boston's Beacon Hill neighborhood. Visitors are welcome for tours, programs and special events throughout the year. They highlight topics such as women's history, decorative arts, and everyday life through stories of the Nichols family and their contemporaries in late 19th century and early 20th century Boston.

In 1885, Dr. Arthur Nichols and his wife Elizabeth purchased the 1804 townhouse where their three daughters matured into designers, writers, and social activists. Domestic staff, including locals and individuals from abroad, also lived and worked in the four story home. Rose Standish Nichols later inherited the property and occupied it until her death in 1960. The collection highlights span beyond this time period and include sculpture by Augustus Saint-Gaudens, Flemish tapestries, and Chinese ceramics, as well as day-to-day objects like a 1936 radio.

The trip is pay your own way at the museum.

Senior admission \$13,

FREE admissions for the following:

- Mass Cultural Council's Card to Culture program: EBT, WIC, SUN Bucks, and ConnectorCare cardholders receive free admission (2 per card)
- Active duty military personnel, plus up to five family members, in collaboration with NEA Blue Star Museum

PLEASE NOTE: We will stop for lunch in the area after the tour. It will be a purchase your own lunch.

Sign up by February 12th.

4.



MYSTERY LUNCH

MONDAY | FEBRUARY 23
BUS LEAVES AT 10:45 AM

Where in the World Is Lunch Going to Be?

Hint: All Roads Lead to Rome

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 Feb. 18th**

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



SENIOR CENTER INCLEMENT Weather POLICY

During inclement weather, the Senior Center follows the Blackstone/Millville School District for cancellations and delays.

When schools are closed, all Senior Center programs and transportation services will also be canceled. The Center will remain open for information and referrals unless Town Hall is closed. **Please check the Town's website for updates after significant snowfall.** Transportation to medical appointments will be canceled on school closure days as well. We apologize for the inconvenience. **For medical emergencies, please dial 911.**

TRAVEL BREAKFAST Patriot's Diner of Woonsocket

WEDNESDAY | MARCH 4 | 9:30 AM



Our next stop for our travel breakfast location is Patriot's Diner. Patriots Diner offers delicious homestyle entrees, all-day breakfast and sandwiches. Join them in their comfortable and relaxing old-school diner. **Register by Feb. 27th.**

Trips and more...

Blackstone Senior Center & 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 13th, 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"

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

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!

featuring
The Guinness Irish Band & Emerald Fire Irish Dance

Penn Dutch Country 2026

with the NEW SHOW

SIGHT & SOUND THEATRES
JOSHUA
LIVE ON STAGE
May 6th - 8th, 2026
3 Days / 2 Nights

Embark on a captivating 3-day journey through Lancaster County, Pennsylvania, immersing yourself in the rich Amish culture and breathtaking scenery. Discover the oldest and largest Amish settlement in America. Our Penn Dutch tour takes you back in time to a simpler way of life. Explore the Amish communities, witness their traditional lifestyle, and learn about their fascinating culture. Enjoy captivating performances at the Dutch Apple Dinner Theatre and Sight & Sound Theatre, marvel at the beauty of Longwood Gardens, and take a scenic ride on the Strasburg Railroad.



With a knowledgeable tour guide, comfortable transportation, and delicious meals, this tour offers a comprehensive and unforgettable experience.

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

Register asap for this amazing trip at the Blackstone Senior Center. **OPEN TO ALL**

Miscellaneous

BLOOD PRESSURE CLINIC & MEDICATION REVIEW SESSION

THURSDAY | FEBRUARY 26

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.



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.



UNIVERSITY OF MINNESOTA

University of Minnesota would like to learn what really matters to adults aged 50 and older so they can design better health services and helpful technologies. Your answers will guide researchers, healthcare teams, and product designers.

How can you help?

- Rate 22 everyday needs (such as sleep, social time, and balance) on how important each one is for you.
- Rate 14 kinds of technology (like wearables and smart home devices) on how interested you are in using them.
- Answer a few short questions about yourself.

There are no right or wrong answers—they simply want your honest opinion. The survey takes about 15-20 minutes. You will also have the option to enter your name in a drawing for one of five \$100 electronic gift cards that are accepted anywhere.

Your responses are confidential and will be reported only as combined results. University of Minnesota will not share your personal information with anyone outside the study team.

If you have questions now or later, please contact the study team at tech4aging@umn.edu

By continuing, you agree to take part in this research study and confirm you 50 years of age or older.

Thank you for helping University of Minnesota shape tools and services that fit the real-life goals of older adults!

Scan the QR Code to start survey or visit tinyurl.com/umelderstudy



From the Friends of BCOA

Welcome to 2026!

The Friends of the Blackstone Council on Aging are proud to represent our town and senior center. We were pleased to sponsor the Wise Guys Trivia entertainment at the recent Seniors Christmas party at Galliford's. We were also able to reduce the cost of this luncheon for 50 attending seniors. We would like to thank everyone for supporting our holiday baskets raffle. Congratulations to our winners: warm & Cozy basket – Skylar C, Men's basket – Catherine P, Home for the Holidays basket – Sue G, and our Fabulous Feast basket – Bruce W! Be on the lookout for upcoming fundraisers & special events in the new year! For more info, contact Judy at 508-612-4566.

Stay warm!

6.

ALL NEW! ARTIST'S ALLEY

Want a place to work on your Art and Craft projects while socializing with other artists? Starting this month, February, we will be opening **ARTIST'S ALLEY**, on Mondays from 12 pm – 4 pm. Bring your dry or quick-drying art projects, and join us for some socializing and crafting. Whether it is watercolor, acrylics, rubber stamping, charcoal, papercrafts, polymer clay, etc we invite you to this shared space! Tables and chairs will be available for your use in the Annex for the duration.

PLEASE NOTE: There will be no storage space available between sessions – be prepared to bring your projects and supplies home with you by 4 pm. If you are catching a ride with us, the last bus departs between 2 pm - 3pm. We ask that you do not bring the following mediums: Oil Paints, open liquid inks or dyes, natural clay, strong glue (white glue, modgepodge, and low temp glue guns are OK), liquid resin, or projects that create strong fumes.

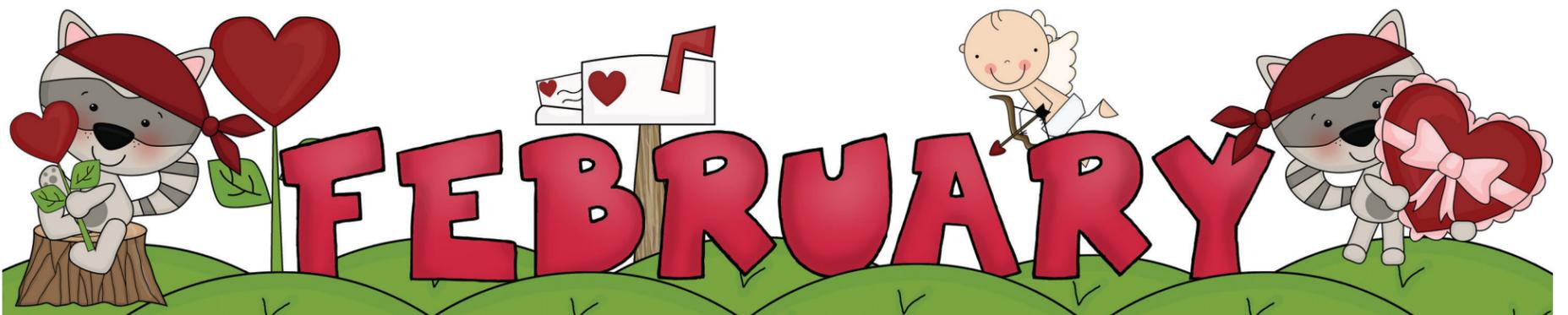
We're excited to try out **ARTIST'S ALLEY** and see how it's received. If there's strong interest, we hope to make this a regular weekly program moving forward.



SHARE YOUR STORY!

Parks and Recreation, in conjunction with the Board of Selectmen and William Nay, are looking for people with history in Blackstone that are willing to share their stories on a video for the 250th Semiquincentennial Celebration in July 2026. We will give you a couple questions to get started, such as: how long have you been here, where did you live, what is your favorite memory of Blackstone, what did you do for fun as a child. After that, you can share some stories about your personal history. If you are interested, send an email to ParksandRecreation@townofblackstone.org or call 508-928-7817. When we hear from you, we will schedule an appointment for your interview.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| 10 AM Game Day > Pound 12 PM Artist's Alley 1 PM Movie: Groundhog Day | 9:15 AM NO Strength & Stretch 10:10 AM Chair Yoga 11 AM Walking Club 1:15 PM Strength Circuit 9:30 AM TRAVEL BREAKFAST | 9:30 AM Coffee Club > NO Tap Dance 10:30 AM NO Line Dance 11 AM Presentation: Medicare Fraud ★ 11:30 PM Meditation 12 PM Soup to Nuts ★ 1 PM BINGO 2:15 PM NO ZUMBA  | 9 AM Tai Chi (Beginners) 5 9:30 AM Cribbage 10 AM Tai Chi (Intermediate) 11 AM Journey Through Grief 12 PM Lunch & Learn: Caption Call ★ 12:30 PM Yarn Works 1:15 PM Aging Gracefully | 10 AM Mah Jong > Pound 11 AM Walking Club 1 PM Painting Class @ Artful Dodger Olympics Opening Day    |
| 9 AM Superbowl Recap 9 10 AM Game Day > Pound 12 PM Artist's Alley | 9:15 AM NO Strength & Stretch 10 AM Presentation: Retirement Planning ★ 10:10 AM Chair Yoga 11 AM Walking Club 1:15 PM Strength Circuit | 9:30 AM Coffee Club 11 > Tap Dance 10:30 AM Line Dance 11 AM Presentation: How PHN's Improve Health ★ 11:30 PM Meditation 1 PM BINGO 2:15 PM ZUMBA  | 9 AM Tai Chi (Beginners) 12 9:30 AM Cribbage 10 AM Tai Chi (Intermediate) 11 AM Journey Through Grief 12:30 PM Yarn Works 1:15 PM Aging Gracefully | 10 AM Mah Jong 13 > Pound 11 AM Walking Club 1 PM Painting Class @ Artful Dodger Deadline to Register for Irish Celebration, see pg.5  |
| CENTER CLOSED 16  PRESIDENTS DAY | 9:15 AM NO Strength & Stretch 17 10:10 AM Chair Yoga 11 AM Walking Club > Book Club - The Women on Platform Two 1:15 PM Strength Circuit 8:45 AM BUS TRIP | 9:30 AM Coffee Club 18 > Tap Dance 10:30 AM Line Dance 11:30 PM Meditation 1 PM BINGO 2:15 PM ZUMBA  12 PM POTLUCK LUNCH | 9 AM Tai Chi (Beginners) 19 9:30 AM Cribbage 10 AM Tai Chi (Intermediate) 11 AM Journey Through Grief 12:30 PM Yarn Works 1:15 PM Aging Gracefully | 10 AM Mah Jong 20 > Pound 11 AM Walking Club 1 PM Painting Class @ Artful Dodger  |
| 10 AM Game Day 23 > Pound 12 PM Artist's Alley 10:45 AM MYSTERY LUNCH | 9:15 AM NO Strength & Stretch 24 10:10 AM Chair Yoga 11 AM Walking Club 1:15 PM Strength Circuit 12 PM BIRTHDAY BASH 1 PM LORI BROOKS | 9:30 AM Coffee Club 25 > Tap Dance 10:30 AM Line Dance > Presentation: "5" Wishes ★ 11:30 PM Meditation 1 PM BINGO 2:15 PM ZUMBA  | 9 AM Tai Chi (Beginners) 26 9:30 AM Cribbage 10 AM Tai Chi (Intermediate) 11 AM Journey Through Grief 12:30 PM Yarn Works 1:15 PM Aging Gracefully 11:30 AM BLOOD PRESURE CLINIC | 10 AM Mah Jong 27 > Pound 11 AM Walking Club > Travel Committee 1 PM Painting Class @ Artful Dodger  |



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|---|--|--------|
| 2 | 3 Travel Breakfast ▲ Chicken Tiki Masala w/ Couscous & sides | 4 ★ Beef & Potato Soup | 5 ❖ Chef salad w/grilled chicken | 6 |
| 9 Mystery Lunch Trip | 10 ▲ Chicken cacciatore w/ gemelli pasta & sides | 11 ❖ Garden salad w/Chicken Salad | 12 ❖ Baked shells w/ side salad | 13 |
| CENTER CLOSED | 17 ▲ Jambalaya w/rice pilaf and sides | 18 Join Us for a Pot Luck Lunch The signup sheet will be available in the main room. The kitchen will not be open for heating or cooling foods. | 19 ❖ Gorgonzola Salad (CONTAINS WALNUTS) | 20 |
| 23 | 24 ▲ BIRTHDAY BASH Pasta Bar! | 25 ❖ Chili & Cornbread | 26 ❖ Hashbrown Casserole (Cracker Barrel CopyCat) | 27 |

| | | |
|--|---|---|
| IMPORTANT: REGISTER FOR LUNCH 4 DAYS IN ADVANCE | <h1 style="color: white; margin: 0;">February Lunch Menu</h1> | ★ FREE MEAL ▲ \$3 SUGGESTED DONATION ❖ \$4 SUGGESTED DONATION |
|--|---|---|



The Winter Olympics are here! Each morning at the Senior Center, from 8:45 AM – 9:30 AM, we will be playing a recap broadcast from the night before so you can stay up to date on all the action.

However, each day, live competition will air throughout the day on NBC, with an enhanced primetime show that will spotlight the top moments from the competition each night. USA and CNBC will also be hosting some coverage. Don't miss the Opening Ceremony Live at 2 PM on Friday, February 6th on NBC, or the primetime replay at 8 PM.

Full live streaming coverage, highlights, and commentary will be available on NBCOlympics.com, NBC.com, the NBC apps: Sports, Olympic, and standard. If you have Peacock, you will have access to the full coverage from Opening to Closing, plus live streaming coverage of every competition session and medal ceremony, replays, highlights, documentaries, and more.



10.

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):** Visit our Outreach Coordinator for questions and help filling out an application. You can also call SMOC directly at (617) 573-1100 (Please listen for phone menu options for EOHLC divisions)
- ◆ **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
- ◆ **MASSACHUSETTS 211:** Dial 211 or visit mass211.org for emergency house referrals, landlord-tenant legal help, eviction mediation, and housing search assistance within your local area
- ◆ **MASSACHUSETTS DEPT. OF MENTAL HEALTH (DMH) BEHAVIORAL HELP LINE (24/7)** Assistance and information for mental health services (883) 773-2445
- ◆ **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)
- ◆ **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP):** Visit our Outreach Coordinator for questions and help filling out the application or call the DTA Assistance Line Assistance Line at (877) 382-2363. The DTA Assistance Line is open from 8:15 A.M. to 4:45 P.M.
- ◆ **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
 - Transportation: Tri-Valley authorizes medical and social transportation for residents who are currently receiving their services. If residents are not receiving their services, they have a grant program where they can receive up to two rides per month anywhere with 72 hours notice. Residents must be over 60 or disabled. Please call the number above and ask to be connected with information and referrals to make your request.
 - Meals on Wheels
 - Social Worker/Care Giver
 - Housing

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 No classes in February

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. 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 February 4th

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 February 4th



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 February 4th

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*

SPONSORED BY THE BLACKSTONE PUBLIC LIBRARY

SENIOR CENTER BOOK CLUB

February book choice...

Come join us in person Tuesday, February 17 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.

TRANSPORTATION INFORMATION

MONDAY - THURSDAY 8 AM TO 3:30 PM | 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 APPOINTMENTS

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 Office name, address, phone number
 - ◆ Date & Time of Appointment
 - ◆ Approximate length of appointment
- Appointments must be scheduled no earlier than 8:30-9am depending on destination. Appointments also 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. Below are recommend amounts based on distance.

\$2 Blackstone & Millville

\$5 North Smithfield & Woonsocket

\$10 ... MASSACHUSETTS:

Bellingham, Franklin, Hopedale, Medway,
Mendon, Milford, N. Attleboro, Northbridge,
Plainville, Upton, Uxbridge, Whittinsville

RHODE ISLAND:

Burrillville, Chepachet, Cumberland, Lincoln,
Pascoag, Smithfield

\$15 Providence, RI

\$30 Worcester, MA



SAFETY

PLEASE NOTE:

- Drivers are unable to assist riders who have difficulty walking or use wheelchairs, beyond use of the wheelchair lift.
- You must arrange for an assistant if you cannot navigate the stairs unassisted. **(You will be refused service day of, if it is apparent that you require an assistant and do not have one.)**
- When making your reservation notify the Transportation department if you require use of the wheelchair lift.

SHOPPING DAYS

- Shopping requires three (3) business days advance notice.
- Shopping is only available on designated days.
- Pick up will be begin at 9AM.
- See Calendar on pg 3 or 8 & 9 for locations.



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.



2025 BENEFITS?

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**

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.



“Free Tax Help for Seniors!”

Tax season doesn't have to be stressful! Seniors 60+ are eligible for **FREE** tax preparation at the locations listed below. Call soon to reserve your spot—appointments go quickly.

AARP Tax Aide

AARP Volunteers are available to prepare "simple" tax returns for Seniors at no cost. Please call the appropriate location to make an appointment. Spots do fill up fast.

| Location | Address | Time Frame | Day | Time | Phone |
|---------------------------|---------------------------|------------------|-----------|-----------------|-----------------------|
| Bellingham Senior Center | 40 Blackstone Street | Feb - Apr | Thursday | 9am - 2 pm | 508-657-2705 |
| Franklin Senior Center | 10 Daniel McCahill Street | 2/6/26 - 4/3/26 | Friday | 9am - 2 pm | 508-520-4945 |
| Hopedale Community House | 43 Hope Street | Feb - Apr | Thursday | 9am - 2 pm | 508-634-2208 |
| Milford Public Library | 80 Spruce Street | Feb - Apr | Wednesday | 4pm - 8pm | |
| | | | Saturday | 9:30am - 2:30pm | 508-473-2145 ext. 219 |
| Milford Senior Center | 60 N Bow Street | 2/11/26 - 4/8/26 | Wednesday | 9am - 2 pm | 508-473-8334 |
| Northbridge Senior Center | 20 Highland Street | 2/6/26 - 4/10/26 | Friday | 8:30am - 1pm | 508-234-2002 |
| Upton Senior Center | 9 Milford Street | Feb - Apr | Monday | 9am - 2 pm | 508-529-4558 |
| Uxbridge Senior Ctr | 36 S. Main Street | 2/2/26 - 4/6/26 | Monday | 8:15am - 1pm | 508-278-8622 |



Senior Center/ COA Staff

Director

Tiziana Milano x134
tmilano@townofblackstone.org

Outreach Coordinator

Donna Marcotte x135
dmarcotte@townofblackstone.org

Nutrition & Activities Coordinator

Kim Coffey x151
kcoffey@townofblackstone.org

Transportation Coordinator

Dennis Pimenta x133
coatransport@townofblackstone.org

Council on Aging Board Members

| | |
|------------------------|------------------|
| Roberta Barrey | Carolyn Sullivan |
| Edward Collette | Julie Wingat |
| James Dilibero - Chair | One Vacancy |

Next Board meeting Thursday, February 5th, at 10 am

Friends of the Council on Aging

Judy Decasse - President

Next Friends meeting Wednesday, February 18, 2026 10am

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

RETURN SERVICE REQUESTED

**Blackstone Senior Center
15 St. Paul Street
Blackstone, MA 01504
PH: (508) 883-1500**

