



A River Runs Through It

BLACKSTONE COA/SENIOR CENTER

MARCH 2026

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Director's Corner...

Hello Senior Center Members!

There is something special about this place.

Our building may not be the biggest, the newest, or the most expansive – but what happens inside these walls is nothing short of extraordinary. On any given day, laughter echoes from a card game, music drifts from an exercise class, conversations spark new friendships, and someone walks out feeling a little less alone than when they walked in.

We do a lot here. In fact, we often do more than centers with twice the square footage. And we do it because of you – your energy, your participation, your willingness to try something new, and your commitment to being part of this community.

A shared space like ours works best when we remember that it belongs to all of us. Patience, flexibility, kindness, and respect go a long way in making sure everyone feels welcome and valued. When we treat the space – and one another – with care, we create something much bigger than the building itself.

I am continually proud of what we accomplish together. Thank you for being the heart of this center and for helping make it a place where connection, growth, and community thrive.

~ Tiziana Milano



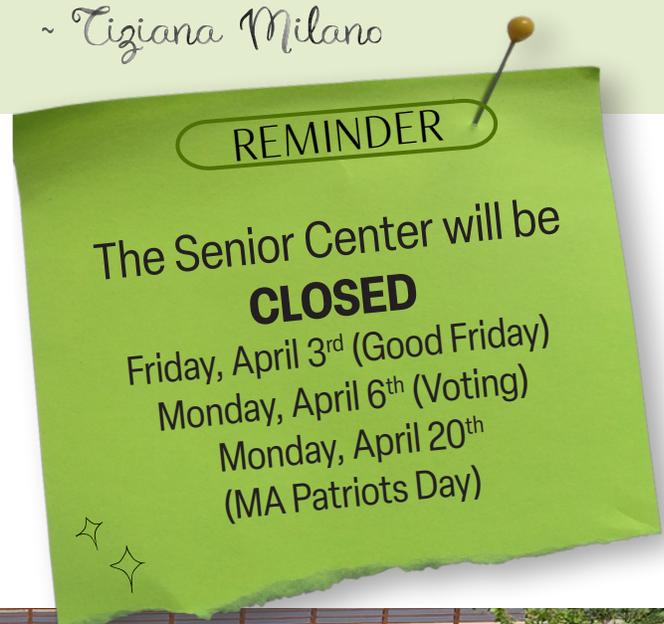
BLACKSTONE COA/ SENIOR CENTER

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



LUNCH & LEARN: PIZZA WITH VINNIE!
THURSDAY | MARCH 5 | NOON
Presented by Vincenzo Tirone



A true meaning to lunch and learn! Today join Vinnie, the Town of Blackstone's Building Commissioner for some home made pizza. Besides being very

knowledgeable in building codes, he is a pizza aficionado too!
Register by February 25th

LUNCH & LEARN:
NAVIGATING THE HOME HEALTH CARE DECISION!
THURSDAY | MARCH 12 | NOON
Presented by Noah from My Personal Home Health Care

Noah from My Personal Home Health Care will be here for an educational presentation on navigating home care, understanding the benefits of in-home support, and learning about the flexible, affordable care options available to us. **Register by March 5th**



"WHARF-RATS AND IRISHIES":
THE BLACKSTONE CANAL AND THE STORY OF THE IRISH IN WORCESTER

MONDAY | MARCH 16 | 11 AM
Presented by Austin Alexander



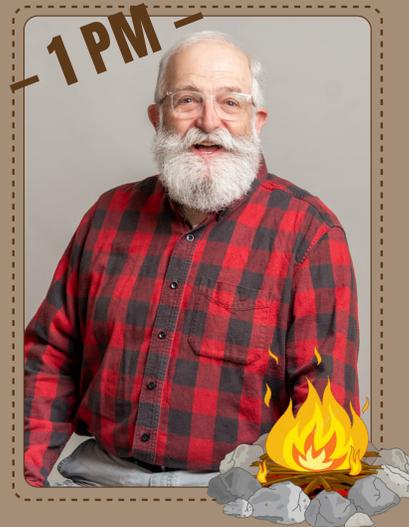
Austin, from the Blackstone River Greenway Visitor Services will tell us all about "Wharf-rats and Irishies": The Blackstone Canal and the Story of the Irish in Worcester. Join us to learn about

Worcester's very first Irish immigrants, the contractors and laborers who built the Blackstone Canal. Discover how they carved out a community for themselves in what was then a Yankee farm town, and how they overcame prejudice to quite literally build the city and leave a lasting impression on its cultural landscape. **Register by March 10th**



TUESDAY | MARCH 31
- NOON -

This month we celebrate our March birthdays with a yummy build your own Hot Dog bar! Choose some or all of these hot dog toppings: baked beans, coleslaw, chili, onions, sauerkraut, shredded cheese, mustard, relish, ketchup. Lunch will be followed by (1 pm) entertainment from story teller/songster Todd Goodwin, see below for more information. **Register by March 24th**.



That's a "Good wun" songs and stories from around the Campfire by Storyteller and Songster Todd Goodwin

Todd Goodwin is a campfire story teller who tells seasonal stories year round with a "campfire", real or imagined, as a gathering place. Around the campfire there are no costumes or sets, just the face and voice of the teller who uses the imagination of the listeners to travel to different places in time and space. Mr. Goodwin creates many of the stories he tells from his camping background and growing up as a New England Yankee. He adds to his repertoire from literature and his experience as a teacher of drama and history and the blessings and challenges of everyday life. He sings and plays the harmonica to create a complete "campfire" experience that can be enjoyed anywhere people gather, indoor or out. If you have a campfire ring or outdoor spot, even better!

This program is being made possible with the financial support of the Blackstone Cultural Council and the Mass Cultural Council.



B I R T H D A Y B A S H E N T E R T A I N M E N T
TODD GOODWIN

Please register by date shown in event description.

Events & Presentations



MARCH 2: HIDDEN IRELAND

Hidden Ireland (56 minutes) Join host Peter Greenberg as he travels through the Republic of Ireland and Northern Ireland, exploring Dublin, Belfast, Cape Clear, the Cliffs of Moher, Ashford Castle, and more. (Some violence, alcohol use, foul language). (2023 | 56 m | Documentary)




Join us for lunch & music on St. Patrick's Day!



Enjoy a boiled dinner of Corned Beef, Carrots, Potatoes, and Cabbage along with music of the season by Beth Killian. Beth obtained her Masters degree in Social Work in 2020 specializing in Geriatric and Palliative Care, and utilizes music as a tool for healing, connection, and joy in her work with youth, young adults, and elders. Throughout all of her roles, music continues to be Beth's passion. Whether it be creating silly songs for friends, leading connective music programming at memory care units, writing and sharing something cathartic when emotions are bottled up, or pulling thoughts from people who swear they aren't musically inclined and turning their words into a song for them to be proud of, her hope is to continue to use music as a tool for connection and creation.

DEEDS AND PROBATE COURT

THURSDAY | MARCH 19 | NOON

Presented by Kathryn Toomey and Stephanie Fattman



Learn how Kathryn of the Worcester Registry of Deeds and Stephanie of the Probate Courts work together for the residents of Massachusetts. The dialogue will include land ownership, how probate issues can affect what happens to your property, and an introductory overview of Deeds, the Homestead Act, Trusts, and Estates. Bring your own lunch, or register for the Senior Center meal of the day. **Register by March 13th**

BCBS Q&A

WEDNESDAY | MARCH 25 | 11 AM

Presented by Luisa Lewis



Visit Luisa, Senior Plan Consultant of Blue Cross Blue Shield MA to find the answers to your questions about Medicare, Dental, and GeoBlue Plans. **Register by March 20th**

GARDEN CLUB



SPRING PLANTING

MONDAY | MARCH 23 | 10:30 AM

Presented by Kate Donovan

Help us clean up the garden beds, and put the first round of seedlings into the ground. **Register by March 18th** (In the event of inclement weather, this class will be rescheduled to Monday, March 30th).

MILK JUG SEED STARTING

MONDAY | MARCH 30 | 10:30 AM

Presented by Kate Donovan

Join the Garden Club for another round of Milk Jug Seed Starting. Bring your clean, translucent plastic gallon jugs and your garden gloves! **Register by March 25th** (If the Spring Planting is rescheduled for this date, Seed Starting will be held on Monday, April 13th).



Presentations continued & Trips

TRAVEL COMMITTEE

FRIDAY | MARCH 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!

BASEBALL IN WORCESTER AND THE BLACKSTONE VALLEY

MONDAY | MARCH 30 | 1 PM

Presented by Austin Alexander

Austin is back, this time he is here to tell us all about the local history of baseball. Join us for the history of baseball in Worcester and the Blackstone Valley. Discover forgotten figures, famous firsts, and learn how the game grew hand in hand with industry in the region! **Register by March 25th**



SPRING BUNNY SHELF SITTER

THURSDAY | APRIL 9 | 2 PM

Craft w/ Celeste



Celeste is back with another fun Spring time craft! Come and make this adorable Bunny shelf sitter to brighten up your room! Space is limited to 10 people so sign up asap! If you have a change in plans when the day gets closer, please let us know so we can open up your spot. **Register by April 2nd**

This program is being made possible with the financial support of the Blackstone Cultural Council and the Mass Cultural Council.



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.**



MYSTERY LUNCH

MONDAY | MARCH 9
BUS LEAVES AT 11 AM

Where in the World Is Lunch Going to Be?

Hint: "Feel Welcome, Feel Hungry, Feel Like Family"
Serving delicious food ranging from delectable appetizers to premium burgers and signature pasta dishes. We do whatever we can to make your experience with us comfortable and enjoyable, and we'll make you feel like part of the family. **Cost:** The price of your meal, Lunch Mains & Burgers: \$13 - \$21. **Register by March 2nd**

MYSTERY LUNCH

MONDAY | APRIL 6
BUS LEAVES AT 11 AM

Where in the World Is Lunch Going to Be? **Register by March 30th**



TRAVEL BREAKFAST

Gram's Griddle & Grill in Uxbridge

WEDNESDAY | APRIL 1 | 9:30 AM

Our next stop for our travel breakfast location is Gram's Griddle & Grill. A fairly new -hot spot- just check out this review by **WhereTheCashAt**. "One of the Best Upcoming Diner Type spots for sure. Food fresh and the portions are huge. Staff is friendly and the menu is great. Lots of options and there's daily specials too. It's not just breakfast. I will be coming back soon. Especially to get my picture taken in "Vicks Seat". (CASH ONLY - *ATM is available*) **Register by March 25th.**



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

Trips & miscellaneous

Penn Dutch Country 2026

with the NEW SHOW



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 and pay by March 13th, there will be no refunds or cancellations after this date. Registration forms are available at the Blackstone Senior Center. OPEN TO ALL



March 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.

SHOPPING SCHEDULE:

- **March 4:** Woonsocket Price Rite & nearby stores (First Wednesday of each month)
- **March 11:** North Smithfield Walmart & nearby stores (Second Wednesday of each month)
- **March 18:** Bellingham Market Basket & nearby stores (Third Wednesday of each month)
- **March 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.

CELEBRATING 50 YEARS

Tri-Valley HOME WITH YOU

Powerful Tools For Caregivers

All participants receive a Caregiver Helpbook!

Event Details:
six-week class series
Wednesdays April 1st - May 6th
1:00pm - 2:30pm
Mendon Senior Center
62 Providence St,
Mendon, MA 01756

Ready to register?
Call Dawna
(Caregiver Specialist, Tri-Valley)
508) 949-6640 ext. 3157

508-949-6640 www.trivalley.org

Powerful Tools For Caregivers is owned and managed by Iowa State University of Science and Technology.

FREE COURSE!

Miscellaneous

BLOOD PRESSURE CLINIC & MEDICATION REVIEW SESSION

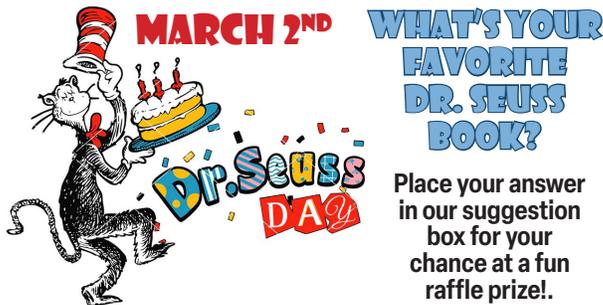
THURSDAY | MARCH 26
11:30 AM - 12:30 PM



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.



MARCH 2ND

WHAT'S YOUR FAVORITE DR. SEUSS BOOK?

Dr. Seuss DAY

Place your answer in our suggestion box for your chance at a fun raffle prize!.

From the Friends of BCOA

Hello from the Friends of the Blackstone Council on Aging. Our team is working hard to bring you some fun events in 2026. Now if we can just get the snow to stop falling!!!

Be on the lookout for our future activities which will be posted on our bulletin board at the Senior Center.

For more information, contact Judy at 508-612-4566.

Wishing you warm, cozy days and delicious cups of cocoa!



6



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



ARTIST'S ALLEY

Welcome to **ARTIST'S ALLEY**! We have reserved Monday afternoons (12 pm – 4 pm) for all artists or crafters that want a place to work on their projects while socializing with other artists! 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. They 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 they hear from you, they will schedule an appointment for your interview.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 AM Game Day 2 > No Pound 12 PM Artist's Alley 12 PM Movie: Hidden Ireland	9:15 AM Strength & Stretch 3 10:10 AM Chair Yoga 11 AM Walking Club 1:15 PM Strength Circuit	9:30 AM Coffee Club 4 > 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) 5 9:30 AM Cribbage 10 AM Tai Chi (Intermediate) 11 AM Journey Through Grief 12 PM Pizza Making 🍕 12:30 PM Yarn Works 1:15 PM Aging Gracefully	10 AM Mah Jong 6 > Pound 11 AM Walking Club 1 PM Painting Class @ Artful Dodger 
10 AM Game Day 9 > Pound 12 PM Artist's Alley 11 AM MYSTERY LUNCH	9:15 AM Strength & Stretch 10 10:10 AM Chair Yoga 11 AM Walking Club 1:15 PM Strength Circuit 10 AM BUS TRIP - IRISH CELEBRATION	9:30 AM Coffee Club 11 > Tap Dance 10:30 AM Line Dance 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 PM Navigating the Home Health Care Decision 🍕 12:30 PM Yarn Works 1:15 PM Aging Gracefully	10 AM Mah Jong 13 > No Pound 11 AM Walking Club 1 PM Painting Class @ Artful Dodger 
10 AM Game Day 16 > Pound 11 AM Wharf-rats & Irishes 🍷 12 PM Artist's Alley	9:15 AM Strength & Stretch 17 10:10 AM Chair Yoga 11 AM Walking Club > Book Club-Count My Lies, by Sophie Stava 12 PM Entmt: Beth Killian 1:15 PM Strength Circuit NOON TRADITIONAL IRISH CELEBRATION, SEE PG 3	9:30 AM Coffee Club 18 > Tap Dance 10:30 AM Line Dance 11:30 PM Meditation 1 PM BINGO 2:15 PM ZUMBA 	9 AM Tai Chi (Beginners) 19 9:30 AM Cribbage 10 AM Tai Chi (Intermediate) 11 AM Journey Through Grief 12 PM Registry of Deeds & Probate 🍷 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 10:30 AM Spring Planting 12 PM Artist's Alley	9:15 AM Strength & Stretch 24 10:10 AM Chair Yoga 11 AM Walking Club 1:15 PM Strength Circuit	9:30 AM Coffee Club 25 > Tap Dance 10:30 AM Line Dance 11 AM BCBS Q&A 🍷 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 
10 AM Game Day 30 > Pound 10:30 AM Milk Jug Seed Starting 12 PM Artist's Alley 1 PM Local Baseball 🍷	9:15 AM Strength & Stretch 31 10:10 AM Chair Yoga 11 AM Walking Club 1:15 PM Strength Circuit 12 PM BIRTHDAY BASH 1 PM TODD GOODWIN	 🍷 =Presentation 🍕 =Lunch & Learn		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 ▲ Greek Chicken w/white rice & broccoli	4 <u>Travel Breakfast</u> ❖ Betty's Soup of the Day	5 ★ Pizza w/Vinnie!!	6
9 Mystery Lunch Trip	10 ▲ White bean chicken chili w/brown rice & green beans	11 ❖ Cheeseburger w/potato salad	12 ▲ Soup of the Day & Turkey Salad sandwich on multigrain bread	13
19	17 ▲ Corned beef and cabbage!	18 ❖ Salad w/scoop of Egg Salad	19 ▲ Soup of the Day & "Ceasar" Chicken Salad sandwich on multigrain	20
23	24 ▲ Meatballs w/onion gravy & bowtie pasta	25 ❖ Pulled Pork Sliders	26 ❖ Meatloaf & Mashed Potatoes	27
30	31 ▲ BIRTHDAY BASH Hotdog Bar!			

IMPORTANT: REGISTER FOR LUNCH 4 DAYS IN ADVANCE	<h1 style="margin:0">March Lunch Menu</h1>	★ FREE MEAL ▲ \$3 SUGGESTED DONATION ❖ \$4 SUGGESTED DONATION
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The year 2026 marks the 250th anniversary of our nation's founding in 1776—the United States of America's Semiquincentennial. For this milestone occasion, a fleet of the world's most magnificent international tall ships and military ships, in an epic peacetime gathering, will sail into the port of Boston as part of Sail250®. GRACEFUL, dramatic, and powerful, the sailing ships of the 18th and 19th centuries, known as tall ships, have inspired writers and adventurers. Join Best of Times Travel in experiencing the wonder and excitement of it all as we sail through Boston's historic harbor on the Provincetown II, capturing magnificent views of the fleet. We'll be viewing it all from the best vantage point possible – the water! But not only do you get the magnificence of the Tall Ships armada in Boston Harbor, but your package includes a great buffet meal and we even bring in some light entertainment fitting for the event!

***** Special Note: The Provincetown II has 3 spacious decks. We board via the middle deck. All restrooms are located on the lower deck accessible via a stairway (fully equipped with handrails). There are no elevators onboard. ******

There are no refunds for cancellations received after 06/12/2026.

Best of Times Travel reserves the right to issue any refunds, in whole or part, in the form of a Future Travel Credit.

MONDAY | JULY 13 | Price: \$165 per person

Includes: Transportation, Plated Buffet Brunch, Meal Tax & Gratuity, Entertainment, & Harbor Cruise.

Plated Brunch Menu: French Toast, Quiche, Bacon, Breakfast Potatoes, Chicken Picatta

Also Included: Breakfast Pastries, Orange Juice, Coffee/Tea, Water

Registration for Blackstone residents only until March 11th.

Starting with March 12th open to all. There will be a waitlist for non-residents.



Outreach Resources

- ◆ **CIRCUIT BREAKER** Did you know most seniors aged 65+ may qualify for the circuit breaker credit. Ask your tax accountant if you qualify.
- ◆ **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** 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
 - Powerful Tools for Caregivers: A six week class is being offered by Tri-Valley, please see page 5 for more information.

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 No Class March 2nd or 13th.

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. It includes modified poses and breathing exercises that can improve flexibility, strength, and overall well-being.

Instructor: Mary Whelton



STRENGTH CIRCUIT | TUESDAYS | 1:15 PM

Jean Gillis, Milford COA fitness director, leads us on a circuit of the resistance training equipment targeting different muscle groups. These exercises are performed back-to-back with little to no rest in between. This method helps build muscle strength and endurance while keeping your heart rate elevated, making it an efficient way to work out.

Instructor: Jean Gillis

TAP DANCE | WEDNESDAYS | 9:30 AM

New to Tap dance? Tap is a form of dance that uses the sounds of tap shoes striking the floor as a form of percussion. Here you will practice your moves and string the steps together for a beginner tap experience.

Instructor: Linda Olean

LINE DANCE | WEDNESDAYS | 10:30 AM

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. Join us to learn the steps for a full Line Dance.

Instructor: Linda Olean

MEDITATION | WEDNESDAY | 11:30 AM

Learn the basics of meditation, a practice that involves focusing the mind to achieve calm and clarity. Journey to mindfulness and serenity via meditation. No experience necessary.

Instructor: Jean Gillis



ZUMBA GOLD | WEDNESDAYS | 2:15 PM

Zumba Gold is a modified, lower-intensity version of the traditional Zumba class. It features easy-to-follow choreography that focuses on balance, coordination, and cardiovascular fitness while being gentle on the joints.

Instructor: Linda Olean

TAI CHI BEGINNER | THURSDAYS | 9 AM

A gentle form of exercise that combines slow, flowing movements with deep breathing and meditation. It is widely practiced for its health benefits, including improved balance, flexibility, and stress relief.

Instructor: Karl Davies



TAI CHI INTERMEDIATE | THURSDAYS | 10 AM

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

Instructor: Karl Davies

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SENIOR CENTER BOOK CLUB

March book choice...



Come join us in person Tuesday, March 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@cwmars.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 availability and locations on pg 5, 8 & 9.



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, March 5th at 10 am

Friends of Council on Aging

Judy Decasse - President

Next Friends meeting, Wednesday, March 18 at 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

