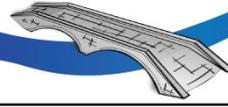




# A River Runs



# Through It

**Friends of the Blackstone Council on Aging, Inc.**

P.O. Box 204 Blackstone, MA 01504

**Senior Center Hours:** Mon.—Thurs. 8:00am to 3:30pm; Friday 8am to Noon

**Location:** 15 St. Paul Street, Blackstone, MA 01504 - Phone: 508-876-5134

**June 2016**

**Volume 10**

**Issue 6**

The Senior Center would like to extend a BIG THANK YOU to Sara Douglas for the “Senior Prom” Evening. What a wonderful event. All who attended had a great time and we look forward to next years Prom.



Left, Bob Perrault, Senior Van Driver , dressed in his fancy attire to pick up the Seniors for the Prom.

# Fun Night



## Weekly Activities

Mondays	9:00am	Arthritis Exercise
Mondays	10:15am	Painting Class
Tuesdays E/O	10:00am	Coloring Class
Wednesday	10:00am	Sit and Spin
Wednesdays	1:00pm	Bingo
Thursdays	9:00am	Strength Training
Thursdays	10:00am	Tai Chi
Thursdays	1:00pm	Yarn Works
Fridays	10:00am	Line Dancing

## Evening Dinner & Bingo

Thursday June 16

Come early for Dinner at 5:00

Dinner sponsored by the Lions Club

Bingo Starts at 6:30



## Red Sox Raffle Tickets Now Available

\$5.00 each or 5 for \$20

Tampa Bay Rays August 29th @

7:10pm

2 tickets and premiere  
parking.

Drawing August 5th



*Popcorn and  
a Movie*

*@*

*Blackstone*

*Public Library*

*Tuesday June  
7th @  
5:00pm*

*"My Big Fat  
Greek Wedding"*

*With*

*Nia Vardalos, John Corbet*

## Blackstone Senior Center

## June Activities

Happy  
*Father's*  
Day



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Sit and Spin 12:00 Bistro Lunch 1:00 Bingo	1 9:00 Strength Training 10:00 Tai Chi 12:00 Lunch	2 10:00 Line Dancing 11:00 Seniors Choice
6 8:30 2nd Annual "Go the Distance Walking Challenge" 9:00 Arthritis Class 10:15 Water Color Painting 12:00 Bistro Lunch 1:00 Cribbage	7 9:30 Friends Group Meeting 9:45 St. Theresa's Food 12:00 Lunch 1:00 Zumba Gold 5:00 Movie (My Big Fat Greek Wedding) and Light Dinner at the Library	8 10:00 Sit and Spin 12:00 Bistro Lunch 1:00 Bingo	9 9:00 Strength Training 9:30 Craft Class 10:00 Tai Chi 12:00 Lunch	10 8:00 National Museum of American Illustration
13 9:00 Arthritis Class 10:15 Water Color Painting 12:00 Bistro Lunch 1:00 Cribbage	14 9:30 Walmart 10:00 Adult Coloring 12:00 Lunch 1:00 Zumba Gold	15 10:00 Sit and Spin 10:45 St. Blaise Food Pantry 12:00 Bistro Lunch 1:00 Bingo	16 9:00 Strength Training 10:00 Tai Chi 12:00 Lunch 5:00 Lions Dinner 6:30 Evening Bingo	17 9:30 Fletcher House and Lunch at Georges
20 9:00 Arthritis Class 10:15 Water Color Painting 12:00 Bistro Lunch 1:00 Cribbage	21 10:00 Rob Roy's 10:45 St. Bethany Food Pantry 12:00 Lunch 1:00 Zumba Gold	22 10:45 Summer Kick Off Party w/ Jay Slick 12:00 Hot Diggity Dogs 1:00 Bingo	23 9:00 Strength Training 9:30 Craft Class w/ Laurie 10:00 Tai Chi 12:00 Lunch 1:00 Walmart	24 11:00 Seniors Choice
27 9:00 Arthritis Class 10:15 Water Color Painting 12:00 Bistro Lunch 1:00 Cribbage	28 10:00 Adult Coloring 10:45 St. Bethany's Food 12:00 Lunch 1:00 Summer Tea and Hat show. Please wear your favorite fancy hat!	29 10:00 Sit and Spin 12:00 Bistro Lunch 1:00 Bingo	30 9:00 Strength Training 10:00 Tai Chi 12:00 Lunch	

# Blackstone Senior Center

## June 2016

### Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>Bistro</u> Chicken Soup Grilled Ham & Chees Dessert	1 <u>Tri Valley</u> Pork Rib-i-que Hot Potato Salad Corn Niblets Mandarin Oranges Hamburger Bun	2 <u>Seniors Choice</u>
<u>Bistro</u> American Chop Suey Home Made Bread Dessert	6 <u>Tri Valley</u> Hot Dog Baked Beans Pasta Salad Cantaloupe Hot Dog Bun	7 <u>Bistro</u> Hot Dogs Potato Salad Dessert	8 <u>Tri Valley</u> Garlic Herb Chicken Couscous Winter Mix Vegetables Streusel Cake Pumpnickel Bread	9 <u>Seniors Trip</u> National Museum of American Illustration Lunch
<u>Bistro</u> Pasta Meatballs Dessert	13 <u>Tri Valley</u> Chicken Parmesan Penne with Sauce Corn Fresh Fruit French Bread	14 <u>Bistro</u> Chicken Soup Chicken Salad Sandwich Dessert	15 <u>Tri Valley</u> Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Strawberry Shortcake Marble Rye Bread	16 <u>Seniors Trip</u> Fletcher House Lunch at Georges
<u>Bistro</u> Chili Corn Bread Dessert	20 <u>Tri Valley</u> Roast Turkey with Gravy Mashed Sweet Potatoes Tuscany Vegetables Chocolate Mousse Pumpnickel Bread	21 <u>Summer Kick Off</u> Hot Dogs Chips Pickles Dessert	22 <u>Tri Valley</u> Spaghetti & Meatballs Green Beans Birthday Cake French Bread	23 <u>Seniors Choice</u>
<u>Bistro</u> Venus DeMilo Soup Grilled Cheese Dessert	27 <u>Tri Valley</u> Buttermilk Chicken Mashed Potatoes Mixed Vegetables Fruit Cocktail Pumpnickel Bread	28 <u>Bistro</u> American Chop Suey Home Made Bread Dessert	29 <u>Tri Valley</u> Beef w/ Peppers & Onions Potato Wedges Jardinere Vegetables Mixed Fruit Sandwich Roll	30

**BLACKSTONE  
COUNCIL ON AGING  
FOR MEAL RESERVATIONS CALL:  
508-876-5151**

**For Transportation call:  
508-876-5133 for reservations**

Trips are subject to change due to medical  
appointments.



# Summer Kick off Party

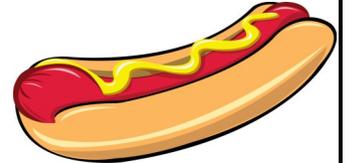
June 22, 2016

With Entertainment by Jay Slick @ 10:45

And Stay for our Hot Diggety Dog Lunch!



Call Gail to reserve 508-876-5151



## June Trip

Friday June 17th Leaving @ 9:30

Fletcher House and lunch at George's

*The Northbridge historical Society is the owner and custodian of the historic Fletcher House where articles, documents, and other historical memorabilia in the Society's possession are kept.*

One of only two remaining 18th century structures in Whitinsville's National Register District, this house was built in 1770 by Colonel James Fletcher. Fletcher set up the first iron forge in the community and later established a cotton mill. He served in the Revolutionary War and held many town offices.

Call Gail to reserve 508-876-5151

## June Trip

Friday June 10th National Museum of American Illustration

**\$25.00 per person– 8am departure**

Call Gail for more information and to reserve

508-876-5151

Artworks from the 'Golden Age of American Illustration' and from other eras are presented in the 'Gilded Age' architectural frame of *Vernon Court* (1898). Visitors can appreciate the American Imagist Collection as a medley of beautiful pictures, but also as a historical overview of our unique culture. These works are our visual history, indeed they are American civilization illustrated. The original paintings and drawings in the Collection were specifically created for reproduction in books, periodicals, newspapers, advertisements, and art prints. In the process, illustrators created iconic images, a mythology of our history, and a virtual catalog of bygone styles and days.

Come try our New Class

## Sit and Spin!!



Starting  
Every  
Wednesday  
in May at  
10am

Pedaling at a comfortable resistance for a few minutes means you are burning calories .

Low impact exercises like cycling can help to keep joints more fluid and healthy. Flexibility improves as well as a reduction in joint pain.

When you work your cardiovascular system you are also working your heart muscle. Like any muscle when exercised it gets stronger. That means that it can now pump more blood with less effort reducing the pressure on the arteries. This is what results in lowered blood pressure.

Most machines can be used for both upper and lower body strength cycling exercises. As well, most of them will pedal forward and backwards so you can tone and strengthen by hitting your muscles in different ways.

Call Gail for more information and to reserve your spot. Space is limited.  
508-876-5151

Rep. Kuros hosts bi-monthly office hours in each of the towns in his district.

Representative Kuros Office Hours  
at the Blackstone Senior Center  
6/7/16

11:00am –12:00pm

Join Us June 28th  
for our  
Summer Tea  
and Hat Show with  
Margo  
1:00 pm

Please wear your favorite fancy hat!



The Senior Center will be  
Closed Monday July 4th  
Have a Safe and Happy  
4th of July!



June 6, 2016 at 8:30am  
Roosevelt Field  
2ND Annual  
“GO THE DISTANCE”  
STATE WALKING  
CHALLENGE  
Brought to you by:

KEEP MOVING WALKING  
CLUBS

Massachusetts  
Association of Councils on  
Aging

AND THE  
Blackstone Senior Center

Register today to Go The  
Distance and Keep Moving!

Call 508-876-5134 to register.  
All participants are entered to win  
Great prizes!

The Friends of the Black-  
stone Council on Aging  
will be hosting our  
2nd Annual Silent Auction  
Gala in October at the  
Millerville Men's Club.



**We are Seeking Donations for this Event!**

- ◆ Sporting Event Tickets
- ◆ Restaurant/Store Gift Cards
- ◆ Gift Baskets
- ◆ New Items Only!

Please Contact

- ◆ Senior Center @508-876-5134

**Staying Informed and Engaged**

## Protect Yourself From Medicare Fraud!

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Come meet a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program on **Tuesday, July 19 at 10:00 a.m.** at the Blackstone Senior Center, 15 St. Paul St., Blackstone, MA 01504, and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This *free* information workshop will provide you with the tools to become a more informed and engaged health care consumer.

For more information and to reserve your seat please contact Laurie Keefe, the director of the Blackstone Senior Center, at 508-876-5134 or at [LKeefe@TownofBlackstone.org](mailto:LKeefe@TownofBlackstone.org).

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

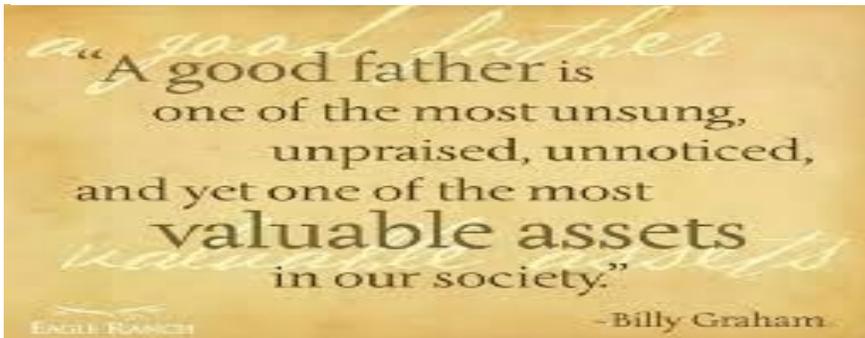
This event is jointly sponsored by the Blackstone Senior Center and the Massachusetts Senior Medicare Patrol Program. The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP0226-01-00 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.

**INTERNET SAFETY TIPS**

- Avoid publishing your full name, your school name, home address, email address, mobile or home phone numbers and images, where they are easily accessible by others. Use caution especially with social networking sites such as Facebook
- Never give out personal details to online friends you do not know offline
- Never post anything you wouldn't want your family, employer or children to see.

Remember that once you post information online, you can't take it back. Even if you delete the information from a site, older versions exist on other people's computers

Happy  
*Father's*  
Day

**The Summer Solstice**

The summer solstice heralds the beginning of summer in the Northern Hemisphere. The timing of the summer solstice depends on when the Sun reaches its northernmost point of the equator.

**In 2016, summer begins with the solstice on June 20 at 6:34 a.m. EDT.**

This summer solstice is the day with the most hours of sunlight during the whole year

**IMPORTANT NOTICE!**

Beginning July 1, 2016 the River Runs Through It Newsletter will be an annual subscription, renewing every July 1. Those who have already renewed or newly subscribed for the 2015-2016 year will not need to renew again until June of 2017 (a year from this summer.) Anyone who newly subscribes to the newsletter going forward will be charged a pro-rated amount, based on how many months are left in the current subscription year. Then, every June, reminders will be issued in May and June, as the renewal comes due. If you want to continue receiving the newsletter after July 1 each year, renewals and payments should be made by 6/30. We are taking this step in order to streamline and improve the efficiency of the renewal process.

**Friends of the Blackstone COA, Inc. General Disclaimer**

Through the Newsletter, Cable Access, Web sites and other Internet applications, the Friends of the Blackstone COA, Inc. provides access to a broad range of content, information, and discussion utilizing a variety of technologies and delivery mechanisms. These include, but are not limited to, links to external Web sites, audio and video presentations, podcasts, blogs, comment and message forums, e-mail updates and advertisers. These materials may include content from external contributors, individuals or organizations. The assertions, opinions, and conclusions expressed therein are those of the authors and do not necessarily reflect those of the Friends of the Blackstone COA, Inc.

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Kim Giguere-Owner



Next Friends Group Meeting  
is June 7  
@9:30 am

At The Senior Center  
Come join the fun!

All are Welcome to help plan  
and implement activities,  
events and fundraising for our  
Seniors.

**Ideal Pizza**  
Blackstone, Ma  
Call: 508-883-4455



**Come join the COA Friends Group!**

at the Blackstone Senior Center.  
Volunteering promotes goodwill and  
friendship and makes the heart grow  
fonder.



**Blackstone Lions Support All Town Activities  
And Organizations**

**Come Join Us and Have Some Fun!**



**Call Cindy Crawford at  
(508)883-5842  
For More Information**

**We go to CVS and Walmart Pharmacy Daily  
Call 508-876-5133 for reservations**  
**ALL SENIOR VAN TRIPS ARE SUBJECT TO  
CHANGE DUE TO MEDICAL  
APPOINTMENTS BEING A PRIORITY.**  
Donations for trips are always welcome. Thank you.

**Senior Center Staff**

Laurie Keefe,..Director..... (508) 876-5134....lkeefe@townofblackstone.org  
Gail LeClair.....Nutrition/Fitness Coordinator .....(508) 876-5151....gleclair@townofblackstone.org  
Dennis Pimenta...Transportation Coordinator .....(508) 876-5133....coatransport@townofblackstone.org

**Van Drivers**

Nancy Davidson, Theresa Cardinal, Dennis Bouvier,  
Robert Greenhalgh, Dave Ceolinski, Tim Flynn, Bob Perrault

**Volunteer Drivers**

Dick Hilditch, Stella Gallant, Jeanne Conine, Pam Grant, Audrey Drake  
**S.H.I.N.E.** (Serving the Health Information Needs of Elders) Volunteers  
Steve Lotterman

**Production and distribution of this monthly newsletter is funded by the  
Friends of the Blackstone Council on Aging, Inc., the Executive Office of Elder Affairs  
and from generous donations from the community.**  
**Thank you.**

Address Service Requested

Friends of the Blackstone  
Council on Aging, Inc.  
P.O. Box 204  
Blackstone, MA 01504

