



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

October 2016

Volume 10

Issue 7



October Highlights:

October 11th– 10:00am Senior Medicare Patrol Presentation

October 13th– 1:30pm Prescription Advantage Presentation

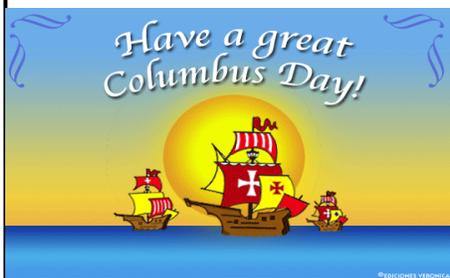
October 14th– 10:30am Arnold House Tour and lunch at Asia Grille

October 18th– 1:00pm Fallon Health Presentation

October 20th– 6:30pm Evening Bingo

October 26th– 10:45am Birthday Party with music by Polka Paul

October 31st– 10:30am Halloween Party and Pot Luck Lunch



The Senior Center
and Town Hall Offices will be
closed
on Monday, October 10th



Blood Pressure Clinic!
October 27th
9:00am-11:00 am

*Brought to you by
The Blackstone Board
of Health*

BELLINGHAM COUNCIL ON AGING
ANNUAL CRAFT FAIR

NOVEMBER 5, 2016
9 A.M. TO 3 P.M

Entertainment by Polka Paul, Craft Ven-
dors, Food and FUN!!!!.

Weekly Activities

Mondays	9:00am	Arthritis Exercise
Mondays	10:15am	Painting Class
Tuesdays	1:00pm	Zumba Gold
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

Join Us Tuesday's at 1:00 pm for FREE ZUMBA GOLD



ZUMBA GOLD is a fitness program specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA program and bring them to the active older adult, beginner, and anyone needing modifications for a successful class. This fun filled class also incorporates line dancing and country music with the Latin and international rhythms!!

Blackstone 1st Annual Fall Festival, Saturday October 15, 2016 **11am to 4pm, Roosevelt Park**

Join Blackstone Parks and Recreation at Roosevelt Park for the 1st Annual Fall Festival - Pumpkin People on Display for a good old-fashion day of family fun! Celebrate Fall with food, games, crafts, vendors, competitions, and enjoy the Pumpkin People display in the park. Show your creativity by entering a Pumpkin Person in the contest - prizes are awarded to the top three entries. Voting will take place during the festival! Do you have a killer apple or pumpkin pie? Enter the pie contests.

Schedule (Preregistration is required for the Pumpkin People and Pie contests)

- 9 a.m. Vendors set up
- 10 a.m. Pumpkin People Entries can be set up
- 11 a.m. Vendors, games, and food booths open.

Voting for Pumpkin People Begins.

- 11:30 a.m. Entries into the Apple and Pumpkin Pie contests are delivered for judging.
- 12:30 p.m. Pie contest winners are announced
- 1 p.m. Eating competitions start
- 3:30 p.m. Pumpkin People on Display winners are announced
- 4 p.m. Vendors, games, and food booths close

If you would like to enter the Pumpkin People contest, the Pie competitions, or become a vendor or sponsor, please send a note to BlackstonePandR@yahoo.com. For more information, visit Blackstone Parks and Recreation on Facebook.

A River Runs Through It **October 2016**

Blackstone Senior Center

October Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:00 Arthritis Class 10:15 Water Color Painting 12:00 Bistro Lunch	9:30 Walmart 10:00 Friends Group Meeting 12:00 Lunch No Zumba Gold	10:00 Sit & Spin 12:00 Bistro Lunch 1:00 Bingo	9:00 Strength Training 10:00 Tai Chi 12:00 Lunch 1:00 Yarn Works	11:00 Seniors Choice
10	11	12	13	14
CLOSED HAPPY COLUMBUS DAY!	10:00 Senior Medicare Patrol Program - Coffee and Pastries provided 12:00 Lunch 1:00 Zumba Gold	10:00 Sit & Spin 12:00 Bistro Lunch 1:00 Bingo	9:00 Strength Training 9:30 Craft Class 10:00 Tai Chi 12:00 Lunch 1:30 Prescription Advantage Presentation	10:30 Arnold House Tour (Not Handicap Accessible) Lunch at Asia Grille
17	18	19	20	21
9:00 Arthritis Class 10:15 Water Color Painting 12:00 Bistro Lunch 12:30 Christmas Tree Shop	10:00 Rob Roy's 12:00 Lunch 1:00 Zumba Gold 1-3 Fallon Health Information	10:00 Sit & Spin 12:00 Unibank for Savings Sponsored Lunch 1:00 Bingo	9:00 Strength Training 9 - 11 Blood Pressure Clinic 10:00 Tai Chi 12:00 Lunch 1:00 Walmart 6:30 Evening Bingo	11:00 Seniors Choice
24	25	26	27	28
9:00 Arthritis Class 10:15 Water Color Painting 12:00 Bistro Lunch	12:00 Lunch 1:00 Zumba Gold	10:00 Sit & Spin 10:45 Birthday Party w/ Polka Paul 12:00 Bistro Lunch 1:00 Bingo	9:00 Strength Training 10:00 Tai Chi 12:00 Lunch 12:30 Fall Foliage Ride	11:00 Seniors Choice
31				
9:00 Arthritis Class 10:15 Water Color Painting 10:30 Halloween Party 12:00 Pot Luck Lunch				

Blackstone Senior Center

October 2016

Lunch Menu



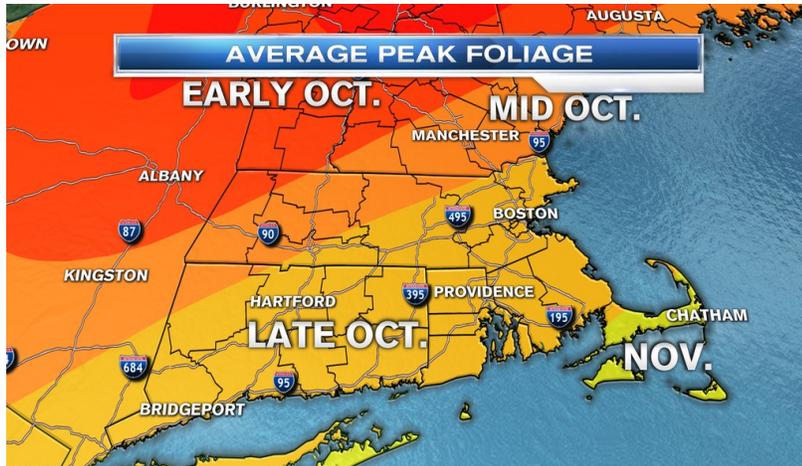
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Bistro</u> Hot Dogs Beans Home Made Bread Dessert	3 <u>Tri Valley</u> Shepherds Pie Peas Carrots Mandarin Oranges	4 <u>Bistro</u> Chicken Soup Chicken Salad Sandwich Dessert	5 <u>Tri Valley</u> Chicken Cacciatore Penne Pasta Italian Blend Vegetables Vanilla Mousse	6 <u>Seniors Choice</u>
<u>Columbus Day</u> NO MEALS SERVED	10 <u>Tri Valley</u> Pot Roast Stew Steamed Potatoes Succotash Mixed Fruit	11 <u>Bistro</u> Pasta & Meatballs Home Made Bread Dessert	12 <u>Tri Valley</u> Meatloaf & Gravy Garlic Mashed Potatoes Country Blend Vegetables Pears	13 <u>Seniors Choice</u>
<u>Bistro</u> Venus DeMilo Soup Grilled Cheese Sandwich Dessert	17 <u>Tri Valley</u> Buttermilk Chicken Yukon Gold Potatoes Mixed Vegetables Tapioca Pudding	18 <u>Unibank</u>	19 <u>Tri Valley</u> Corn Chowder Salmon Boat Garlic Mashed Potatoes Peas & Onions Mandarin Oranges	20 <u>Seniors Trip</u>
<u>Bistro</u> Chili Corn Bread Dessert	24 <u>Tri Valley</u> Pork Rib-i-cue Hot Potato Salad Corn Niblets Strawberries	25 <u>Bistro</u> Chicken Soup Grilled Tomato & Cheese Dessert	26 <u>Tri Valley</u> Stuffed Shells Italian Green Beans Carrots Birthday Cake	27 <u>Seniors Choice</u>
<u>Pot Luck</u> Please Bring a "Spooky" Dish to Share!	31			

**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.

As quickly as the leaves are changing color around us, winter's chill is sneaking up. So before autumn falls away, get on the bus and take a driving foliage tour to see New England at its brightest.



Fall Foliage Ride October 27, 2016

Leaving the Senior Center
at 12:30

Returning approx. 3:30

Seating is limited, Call
Gail for reservations.

508-876-5151

\$3.00 per person



Patriots Basket Raffle

\$5.00 each or 5 for \$20

Saturday December 24, 2016

1:00 Patriots VS Jets

2 tickets to the game and lots of Patriot
Game day Extras!

Drawing November 23, 2016 @ 12:00pm

Tickets available October 1–Nov 22.

Join us for a catered lunch on
Wednesday October 19, 2016.

12:00pm

Sponsored by Unibank Blackstone.

Seats are limited, Call Gail to sign up. 508-876-5151

Stay for BINGO at 1:00

October 14th at 10:30 am Arnold House Tour!!

Arnold House is a rare surviving example of a stone-ender, a once-common building type featuring a massive chimney end wall. Built by Eleazer Arnold in 1693, the house features stone work that reflects the origins and skills of the settlers who emigrated from the western part of England.



After the Tour we will be getting lunch at Asia Grille!

This tour is not Handicap Accessible

Sign up with Gail at 508-876-5151

**Tuesday
October 11, 2016
10:00 am**



280 Merrimack St., Ste 400, Lawrence, MA 01843
800-892-0890 • www.masmp.org

Protect Yourself From Medicare Fraud!

Discussion on how to prevent, detect, report healthcare errors, fraud and abuse.

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

Pastries and Coffee will be served!

For more information and to reserve your seat please contact Erin Curley, the Outreach Coordinator of the Blackstone Senior Center

508-876-5135 or at ecurley@townofblackstone.org.

SMOC—Heating Assistance

Application Packets for NEW applicants will be available After October 10th .

Renewal applications have started to be mailed, (Watch your mail) please call to schedule an appointment if you need help with the renewal application.

Blackstone residents over the age of 18 years who own or rent a house are eligible to apply for heating assistance. Eligibility is based on gross annual income and household size. If heat is included in your rent, you can still apply. SMOC packets will be available at the Blackstone Senior Center after October 25, 2015. **The program begins on November 1, 2016 and runs through April 30, 2017.** After receiving a packet, an appointment is necessary to complete an application. Please bring with you all the necessary required documents as stated in the packet.

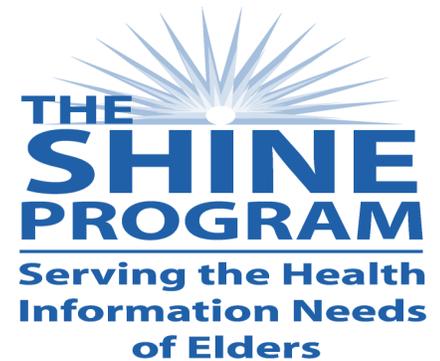
All completed applications are mailed to SMOC in Framingham to determine eligibility and benefit level. The Blackstone Senior Center is an intake site ONLY.

Call Erin Curley Outreach Coordinator at 508-876-5135 or Laurie Keefe, Director at 508-876-5134 for further information.

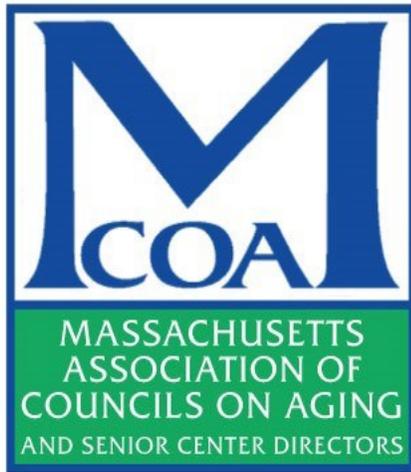
Do Not Ignore Medicare Mail!

Open Enrollment:
October 15th– December 7Th

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of October. That notice outlines changes to be made to your plan for 2017. *It is important to **review, understand and save** this information.* During **Medicare Open Enrollment, from October 15th to December 7th,** you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call Erin Curley, Outreach Coordinator @ 508-876-5135 to set up an appointment.



Shine counselors will be available on Friday Mornings during open enrollment. By appointment only!!



At the Center of it All

This Years MCOA Annual Fall Conference will be held at Sea Crest Resort, Falmouth, MA October 26,27 & 28th

**The Theme of this years Conference is
Rising Tides: Embracing Population Growth of Older Adults**

This fall gathering has always been a time to reflect on the previous year's successes and challenges as well as an opportunity to implement new initiatives and plan for the future. The older population—persons 65 years or older—numbered 46.2 million in 2014 (the latest year for which data is available). They represented 14.5% of the U.S. population, about one in every seven Americans. By 2060, there will be about 98 million older persons, more than twice their number in 2014. People 65+ represented 14.5%

of the population in the year 2014 but are expected to grow to be 21.7% of the population by 2040.

Blackstone Senior Center Director and Outreach Coordinator will be attending the conference. This is always a great way to engage with our colleagues from all over the state and bring back new ideas and implement them into our programming here at our Senior Center.



October 18th 1:00pm Fallon Health Presentation

Come learn about Fallon Health's options for people with Medicare. Fallon has been providing Medicare eligible individuals with health plans for more than 35 years and has a choice of plans to fit your lifestyle and budget. They will answer any questions you may have, and they will tell you more about your Medicare options with Fallon.

Prescription Advantage Presentation

Thursday, October 13th @ 1:30

Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the "donut hole."

This year, when Medicare beneficiaries (who do **not** get Extra Help) reach the donut hole, they will have to pay 45% of the cost of covered brand name drugs and 58% of covered generic drugs. Just think...if you have a brand name drug that costs \$300 you will have to pay **\$135!!**

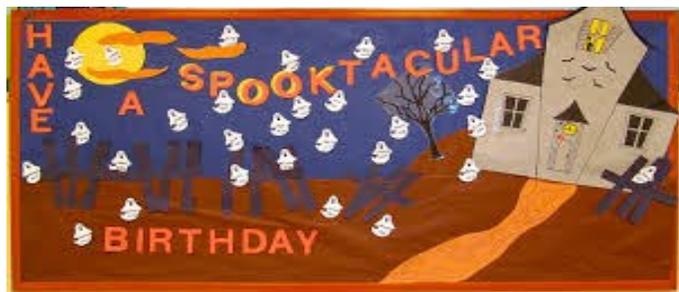
This is where **Prescription Advantage** can help.

Kathy Devine from the Executive Office of Elder Affairs will be at the
Blackstone Senior Center, Thursday, October 13th @ 1:30

Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage.

You won't want to miss this important presentation!

October 26th Birthday Party with music by Polka Paul!
Party starts at 10:45!



Stay for Lunch!
Call Gail
508-876-5151

October 20th Evening Bingo Starting at 6:30!!



**JOIN US OCTOBER 31ST AT
10:30AM
HALLOWEEN PARTY AND A
POT LUCK LUNCH!!**

**DRESS IN YOUR
BEST COSTUMES!**

GREAT FOOD AND FUN! CALL GAIL TO SIGN UP!

508-876-5151



The newsletter is sponsored in part by Massachusetts Council on Aging Formula Grant. The Massachusetts Association of Councils on Aging and Senior Center Directors is a non-profit membership organization comprised of municipal Councils on Aging. Their mission is to support the independence of adults 60 and older by advocating for programs and services to meet their needs, promote the growth and quality of Councils on Aging and senior centers and strengthen the professional skills of Council on Aging staff.

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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www.diamondoverheaddoor.com

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We at the Senior Center are genuinely appreciative of Park 'n Shop's contributions over the years! We just want to send out a special thank you! Without your contributions we wouldn't be able to have low cost events for our Seniors! Thank you again!

ANIMAL ARTS

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We would also like to thank Mark Juba and Blackstone-Millville Regional High School for printing our newsletters for us every month! Without our newsletters we wouldn't be able to get all of our events and information out to the public on a monthly basis! Thank you!

**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
Erin Curley.....Outreach Coordinator.....(508) 876-5135....ecurley@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, Roger Gagnon,
Robert Greenhalgh, Walter Kanz, 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

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Friends of the Blackstone Council on Aging, Inc., the Executive Office of Elder Affairs**

Address Service Requested

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