

# TO RECEIVE THIS NEWSLETTER BY MAIL:

COMPLETE AND RETURN THIS FORM WITH THE FOLLOWING INFORMATION:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

**Amount Enclosed:** \$10.00 donation for a one (1) year newsletter subscription  
*One (1) year subscription provides newsletter mailed to subscribed address January to January.*

**Please Make Checks Payable To:** Blackstone Council on Aging

**Please Check One:** New Subscription  Renewal  Address Change

**Mail Form and Payment To:** Blackstone COA | 15 St. Paul Street | Blackstone, MA 01504

BLACKSTONE  
COUNCIL ON  
AGING (COA)



BLACKSTONE SENIOR CENTER



## JANUARY 2023 NEWSLETTER



### MISSION

- ✓ 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 the elder to remain independent and keep the quality of life for them at home for as long as possible

### PURPOSE

The Council on Aging (COA) is to advocate, plan, coordinate, and provide comprehensive day-to-day services for Blackstone residents ages 60 and over and to provide services to residents under the age of 60 with disabilities.

## SPECIAL DATES TO REMEMBER

- January 2<sup>nd</sup> — New Year's Day Observed (CLOSED)
- January 5<sup>th</sup> — Blackstone Council on Aging Monthly Meeting
- January 16<sup>th</sup> — Martin Luther King, Jr. Day (CLOSED)
- January 18<sup>th</sup> — January Birthday Celebration

Address Service Requested

Blackstone Council on Aging  
15 St. Paul Street  
Blackstone, MA 01504

#### Senior Center Staff Contacts:

**Karen Testa, Director**  
(508) 876-5134 | [ktesta@townofblackstone.org](mailto:ktesta@townofblackstone.org)

**Ashley Beaupre Aldrich, Outreach Coordinator**  
(508) 876-5135 | [abeaupre@townofblackstone.org](mailto:abeaupre@townofblackstone.org)

**Brenda Takessian, Nutrition/Activities Coordinator**  
(508) 876-5151 | [btakessian@townofblackstone.org](mailto:btakessian@townofblackstone.org)

**Dennis Pimenta, Transportation Coordinator**  
(508) 876-5133 | [coatransport@townofblackstone.org](mailto:coatransport@townofblackstone.org)

**Blackstone Council on Aging (COA)/Senior Center**  
15 St. Paul Street  
Blackstone, MA 01504

#### Hours:

Monday, Wednesday, Thursday – 8:30 AM to 4:00 PM  
Tuesday – 8:30 AM to 7:00 PM  
Friday – 8:30 AM to 12:00 PM

# MESSAGE FROM THE DIRECTOR



Dear Friends,

Happy New Year! Let's make our New Year's resolution to be there for each other and help fellow human beings in need, even if we do not know them personally. Together, we can spread kindness and cheer.

I send my heartfelt gratitude to our Board of Selectmen, Town Administrator, COA Board, instructors, staff, volunteers, community supporters and YOU for your continued support and loyalty to the Senior Center. We look forward to another successful year of enriching the lives of seniors in the community.

We have many new and exciting celebrations, presentations, trips and more planned at the Senior Center in the upcoming year. Please check our monthly newsletter and bulletin boards for details and updates on all planned activities.

Is there a certain program, event, or trip that you would like us to offer? If so, please be sure to let us know. A suggestion container is located in the Annex area of the Senior Center for your use.

In closing, I wish you and yours a New Year bursting with joy, roaring with laughter and full of fun.



Warmest Personal Regards,

*Karen Testa*

Karen Testa Leone, Director

# MONTHLY SHOPPING TRIPS

## Transportation Reservations

You must make a transportation reservation with Dennis, our Transportation Coordinator at least **two (2) days prior** to each shopping trip

Call (508) 876-5133 or Email our Transportation Coordinator at [coatransport@townofblackstone.org](mailto:coatransport@townofblackstone.org) to make a transportation reservation!

## Van Donations

Van donations will be accepted for these trips



## Walmart Shopping Trip

**2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the Month**  
10:00 AM to 12:00 PM

We will transport passengers to the **Walmart Supercenter in North Smithfield, RI** on the **2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month.**

### This Month's Schedule

Transportation will be provided on the following dates from 10:00 AM to 12:00 PM:

- ✓ Wednesday, January 11<sup>th</sup>
- ✓ Wednesday, January 25<sup>th</sup>

## MARKET BASKET Shopping Trip

**3<sup>rd</sup> Thursday of the Month**  
10:00 AM to 12:00 PM

We will transport passengers to the **Market Basket in Bellingham, MA** on the **3<sup>rd</sup> Thursday of each month.**

### This Month's Schedule

Transportation will be provided on the following dates from 10:00 AM to 12:00 PM:

- ✓ Thursday, January 19<sup>th</sup>

# JOIN OUR NEW FACEBOOK GROUP



Members of the new **Blackstone MA Senior Center Facebook Group** can:

- ✓ Stay updated on what is happening at the Senior Center
- ✓ Interact with friends, staff, and Council on Aging Members
- ✓ Learn more about what activities, events, fundraisers, and volunteer opportunities the **Friends of the Blackstone Council on Aging** have available
- ✓ Share photos from past events



Visit <https://www.facebook.com/groups/774029473781259> or scan the QR Code with your mobile device to join!

# IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING



**Friends of the BCOA Meeting**  
**Thursday, January 19<sup>th</sup> – 11:00 AM to 11:45 AM**



The next meeting of this group will be held on Thursday, January 19<sup>th</sup> at 11:00 AM.

New members are encouraged to attend this meeting to assist with planning for upcoming fundraisers.



**Cabaret Show Practice**  
**Every Monday – 2:00 PM to 3:30 PM**



Cabaret Rehearsals have begun!

Practices are held each Monday immediately following Line Dancing classes. There are still roles to fill (assisting with props, costume changing, etc.) for the Cabaret.

Please stop by to see how you can contribute to the success of this fundraiser.



## CRAFT CORNER

**Craft Classes require pre-registration as classes are limited in size.**



**Craft Class with Jean**  
**Thursday, January 19<sup>th</sup> – 12:30 PM to 1:30 PM**

This class will be held at the Senior Center; however, you must register through the Blackstone Public Library (508-883-1931).

When you phone the Library, inform the receptionist that you would like to register for the Arts & Crafts Class with Jean on Thursday, January 19<sup>th</sup> at 12:30 PM at the Senior Center.

You will learn how to make adorable Snowmen with salt and pepper shakers



# OUTREACH COORDINATOR'S CORNER



## Senior Tax Exemption (41C)

If you qualify for an exemption, you may receive \$1,000 in tax relief in Fiscal Year 2023.

### Qualifications vary:

- ✓ Must be 65 years of age or older as of July 1<sup>st</sup> of the fiscal year
- ✓ For Fiscal Year 2023, your gross income (including your social security benefits) can't be more than:
  - \$25,201 if you are single; and,
  - \$37,802 if you are married
- ✓ Your whole estate (not including the value of the property) cannot be more than:
  - \$40,000 if you are single; and,
  - \$55,000 if you are married



Applications are available at the Senior Center and must be submitted to the Board of Assessors on or before April 1, 2023.

## HEALTH & WELLBEING

### My Life, My Health (Chronic Disease Management)

**Beginning Friday, February 10<sup>th</sup> – 9:30 AM to 12:00 PM**

My Life, My Health is a Stanford University Chronic Disease Self-Management Program for anyone living with an ongoing medical condition, such as:

- Arthritis
- Asthma
- COPD
- Diabetes
- High Blood Pressure
- Heart Disease
- ...and more!

### You will learn to:

*Eat Well | Control Your Pain | Start an Exercise Program  
 Handle Stress and Relax | Increase Your Energy Level*

**The program will run on Fridays from February 10<sup>th</sup> through March 17<sup>th</sup>.**

Please see the enclosed flyer for registration information.

# IMPORTANT INFORMATION



## SENIOR CENTER'S INCLEMENT WEATHER POLICY



It is the policy of the COA to align with the Blackstone School systems cancellations and delayed openings with regard to all Senior Center programming and transportation services.

The Senior Center will remain open for information and referrals unless the Town Hall closes. Please check our Facebook page following a significant snow fall for school cancellations.

If you requested transportation to a medical appointment on a day when the schools are closed, we apologize for the inconvenience, but it is too risky for the COA vans to be on the road during inclement weather.

**If you have a medical emergency, please dial 911.**

## TRANSPORTATION

Our new van has arrived! Special thanks to the residents of Blackstone for approving this purchase at the Town meeting held in April. Our new van is on the road and being put to good use!



## ACTIVITIES, PRESENTATIONS, & MORE



### Blood Pressure Screening Clinic

Tuesday, January 10<sup>th</sup> – 11:15 AM to 12:00 PM



As many of you are aware, the information you get from tracking and managing your blood pressure levels regularly may help to lower your risk for heart-related events.

FREE blood pressure screenings will be held on Tuesday, January 10<sup>th</sup> at 11:15 AM in the Senior Center Dining Room.

**Please pre-register to have a screening conducted.  
Registration form is in the Activities Book in the Dining Room.**



### Monthly Birthday Celebration

Wednesday, January 18<sup>th</sup> – 12:00 PM to 1:00 PM



Join us for our monthly birthday celebration! We will be serving Gail's "homemade" lasagna, Caesar salad and Italian bread. Entertainment will be provided by Joe Cesaroni.

Make your luncheon reservation early, as this is sure to be a popular luncheon.



### Blackstone Bountiful Book Club

Tuesday, January 17<sup>th</sup> – 11:00 AM to 12:00 PM



Book Club members meet the 3<sup>rd</sup> Tuesday of each month at 11:00 AM – 12:00 PM. New members are invited to join at any time.

The novel to be discussed on January 17<sup>th</sup> will be: **"The Gown" by Jennifer Robson**

Copies of the monthly novels are available at the Senior Center.

**Please contact Brenda in the dining room to obtain a copy.**



### Blackstone Afternoon Cinema

Every Tuesday – Showtime is 12:30 PM



We will begin showing a movie and serving popcorn on Tuesday afternoons at 12:30 PM, beginning January 17<sup>th</sup>. The first movie to be shown is, **"Elvis"**, starring Austin Butler as Elvis.

Please phone Brenda to make a reservation for January 17<sup>th</sup>. Also, if you have a favorite movie that you would like to be shown, please let us know.



### Francine's Fashions

Wednesday, January 18<sup>th</sup> – 11:30 AM to 1:00 PM



Francine's Fashions will display her winter collection of sweatshirts.

These sweatshirts are the perfect way to stay warm.

*The Friends of BCOA will receive a small portion of sales*

### SPECIAL LUNCHEON EVENTS

*Please make your luncheon reservations for any of the November special luncheons with Brenda Takessian, our Nutrition/Activities Coordinator, in the dining room, at [btakessian@townofblackstone.org](mailto:btakessian@townofblackstone.org) or (508) 876-5151.*

# ACTIVITIES, PRESENTATIONS, & MORE



## Pop-Up Food Pantry Monday, January 23<sup>rd</sup> – 10:00 AM



This month on the fourth Monday at 10:00 AM, a truck from the YMCA will be on site in the Senior Center's parking lot to deliver "FREE" bags of food to eligible participants.

**(Please note date is the 4<sup>th</sup> Monday, due to Martin Luther King Jr. holiday)**

You must be a Blackstone resident and 60 years of age or older to be eligible for the Pop-Up Food Pantry.

You will receive a bag pre-filled with nonperishable grocery items including canned tuna and soup, cereal, low/no salt vegetables and more. It's first-come, first-served and it is free. You just drive through the Center's parking lot to pick-up a bag!

If you require further information, please phone Ashley, Outreach Coordinator at (508) 876-5135.



## Matter of Balance Program Beginning Monday, January 23<sup>rd</sup> – 10:00 AM to 12:00 PM



The Matter of Balance program is designed to help older adults at risk of falling to take charge and reduce potential dangers. Participants will learn evidence-based techniques to increase strength, balance and flexibility and gain the confidence they need to stay active.

The program will run on Mondays from January 23<sup>rd</sup> through March 13<sup>th</sup>.

Please see the enclosed flyer for registration information.



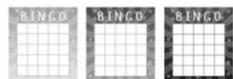
## One-on-One Tech Training Tuesday, January 24<sup>th</sup> – 9:30 AM to 11:30 AM



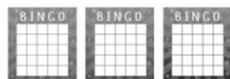
Tech coaches from Blackstone Valley Tech will be back on Tuesday, January 24<sup>th</sup> to provide one-on-one training to our participants on how to use your own device, such as I-phone, all smart phones, iPads, tablets, laptops, etc.

A one-on-one session allows you to learn at a pace that is comfortable for you and to ask any questions that you may have. Perhaps you are not aware of all the capabilities of your device has to offer.

**Please register with Brenda in the dining room for your FREE 30-minute session.**



## Snowflake BINGO Wednesday, January 25<sup>th</sup> – 1:00 PM to 2:30 PM



Snowflakes are in the air and will surround us at our weekly Bingo game. We will have increased prizes, gift card raffles, and refreshments will be served.



## Pitch Card Games Every Tuesday – 1:00 PM to 3:00 PM



Our Tuesday afternoon Pitch Card Game is growing! Stop in on any Tuesday and join in an afternoon of socializing and playing cards with others.

Cards will be provided for all games.



# IMPORTANT INFORMATION



## UPCOMING TRIPS

Please check the Trip Bulletin Board for the latest trip information!



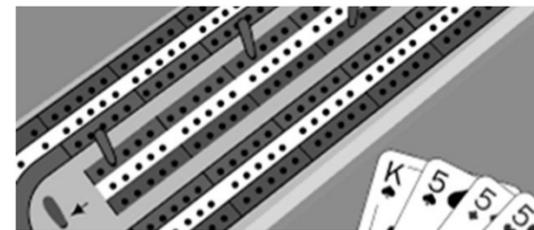
## DONATIONS

Have you received a gift during the holiday season and wanted to give it back or re-gift it to someone else?

No need to re-gift when you can donate the gift(s) to the Senior Center!

On most special luncheons, we give away door prizes to the members who attend. Put those gifts to good use and bring them to Brenda at the Senior Center.

Please donate new items ONLY. We appreciate your generosity!



## CRIBBAGE LEAGUE

Calling all Cribbage players! We would like to begin a Cribbage league in February.

Please phone Karen if you are interested in participating in this league. The league will be offered on Tuesday afternoons or Wednesday mornings.

# MONTHLY CALENDAR

| MONDAY  | TUESDAY  | WEDNESDAY   |
|---|--|---|
| 2<br><b>NEW YEAR'S DAY<br/>OBSERVED (CLOSED)</b>  | 3<br>9:00 AM Strength Training<br>10:00 AM Chair Yoga<br>1:00 PM Weekly Card Games   | 4<br>1:00 PM BINGO  |
| 9<br>10:00 AM Board Games to Exercise Your Brain<br>1:00 PM Beginner's Line Dancing<br>1:00 PM Painting Class<br>2:00 PM Cabaret Show Practices   | 10<br>9:00 AM Strength Training<br>10:00 AM Chair Yoga<br>11:15 AM Blood Pressure Screening Clinic<br>1:00 PM Weekly Card Games  | 11<br>10:00 AM Walmart Shopping Trip<br>1:00 PM BINGO   |
| 16<br><b>MARTIN LUTHER KING, JR.<br/>DAY (CLOSED)</b>   | 17<br>9:00 AM Strength Training<br>10:00 AM Chair Yoga<br>11:00 AM Blackstone Bountiful Book Club<br>12:30 PM Blackstone Afternoon Cinema<br>1:00 PM Weekly Card Games | 18<br>11:30 AM Francine's Fashions<br>12:00 PM <b>Monthly Birthday Celebration</b><br>1:00 PM BINGO |
| 23<br>10:00 AM Board Games to Exercise Your Brain<br>10:00 AM Pop-Up Food Pantry<br>10:00 AM Matter of Balance<br>1:00 PM Beginner's Line Dancing<br>1:00 PM Painting Class<br>2:00 PM Cabaret Show Practices | 24<br>9:00 AM Strength Training<br>9:30 AM One-on-One Tech Training<br>10:00 AM Chair Yoga<br>12:30 PM Blackstone Afternoon Cinema<br>1:00 PM Weekly Card Games        | 25<br>10:00 AM Walmart Shopping Trip<br>1:00 PM Snowflake BINGO                                     |
| 30<br>10:00 AM Board Games to Exercise Your Brain<br>10:00 AM Matter of Balance<br>1:00 PM Beginner's Line Dancing<br>1:00 PM Painting Class<br>2:00 PM Cabaret Show Practices                                | 31<br>9:00 AM Strength Training<br>10:00 AM Chair Yoga<br>12:30 PM Blackstone Afternoon Cinema<br>1:00 PM Weekly Card Games  |                |

# JANUARY 2023

| THURSDAY  | FRIDAY |
|---|--------|
| 5<br>9:00 AM Tai Chi (Beginners)<br>10:00 AM Tai Chi (Advanced)<br>10:00 AM BCOA Meeting<br>11:15 AM Coping with Grief<br>12:30 PM Knitting & Crocheting Circle<br>1:15 PM Aging Gracefully and Gratefully  | 6      |
| 12<br>9:00 AM Tai Chi (Beginners)<br>10:00 AM Tai Chi (Advanced)<br>11:15 AM Coping with Grief<br>12:30 PM Knitting & Crocheting Circle<br>1:15 PM Aging Gracefully and Gratefully  | 13     |
| 19<br>9:00 AM Tai Chi (Beginners)<br>10:00 AM Tai Chi (Advanced)<br>10:00 AM Market Basket Trip<br>11:00 AM Friends of the BCOA Meeting<br>11:15 AM Coping with Grief<br>12:30 PM Craft Class with Jean<br>12:30 PM Knitting & Crocheting Circle<br>1:15 PM Aging Gracefully and Gratefully | 20     |
| 26<br>9:00 AM Tai Chi (Beginners)<br>10:00 AM Tai Chi (Advanced)<br>11:15 AM Coping with Grief<br>12:30 PM Knitting & Crocheting Circle<br>1:15 PM Aging Gracefully and Gratefully  | 27     |

# January



## SPECIAL MENU'S LUNCH IS SERVED AT 12:00 PM

(UNLESS OTHERWISE NOTED)

### Monthly Birthday Celebration Wednesday, January 18<sup>th</sup>

- ✓ Gail's Homemade Lasagna
- ✓ Caesar Salad
- ✓ Italian Bread
- ✓ Coffee and Tea
- ✓ Dessert



A \$4.00 donation is requested. You must call (508) 876-5151 to make a meal reservation. Reservations must be made at least TWO (2) days in advance. Please inform staff if you have or suspect that you may have any food allergies.