

Blackstone Council on Aging (COA) APRIL 2024 Newsletter



OUR 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 elders to remain independent and keep the quality of life for them at home for as long as possible



Spring

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

Hours:
Mondays, Wednesdays, Thursdays
Open 8:30am - 4:30pm
Tuesdays
Open 8:30am - 7:00pm
Fridays
Open 8:30am - 12:00pm



APRIL



- April 4th - Council on Aging Monthly Meeting
- April 4th - Goodstuff Smokehouse Fundraiser
- April 14th - BINGO Fundraiser
- April 15th - Patriot's Day (Center CLOSED)
- April 18th - Blackstone Library Community Night
- April 22nd- Volunteer Appreciation Week
- April 26th

**SPECIAL
DATES TO
REMEMBER!!**

SENIOR CENTER STAFF CONTACTS:

Karen Testa, Director
(508) 876-5134 | ktesta@townofblackstone.org

Kayla Cardin, Outreach Coordinator
(508) 876-5135 | kcardin@townofblackstone.org

Brenda Takessian, Activities/Nutrition Coordinator
(508) 876-5151 | btakessian@townofblackstone.org

Dennis Pimenta, Transportation Coordinator
(508) 876-5133 | coatransport@townofblackstone.org



Notes from the Director

Dear Friends,

This month we honor our volunteers as we celebrate “National Volunteer Week”, April 21-27. The success of the Senior Center reflects the increasing dedication of each of our volunteers and we are extremely grateful for their commitment to serve. Thank you! Thank you!

As a token of our appreciation and respect, we will celebrate our volunteer efforts with a host of activities during “National Volunteer Week”. Please refer inside for a list of fun activities planned. If you have completed 50 hours or more of volunteer service hours at the Senior Center over the past year, you should have received an invitation to our “Annual Volunteer Dinner”. If you have not received an invitation, please contact me. Are you providing care for a spouse, loved one or friend? If so, please plan to attend the “Powerful Tools for Caregivers” series beginning April 17th. This series is for family caregivers to learn ways to take better care of themselves and will address specific caregiver issues.

We are gearing up for our 2nd Annual Cabaret to be held on September 22nd. Under the professional direction of our talented dance instructor, Donna Carter, we will be entertained by a variety of show stopping performances and a few “surprise” performances as well. Please contact me if you would like to perform at this special event.

Special thanks to the Travel Committee for planning a variety of upcoming trips for our participants to enjoy. Please check the bulletin boards for details of all the trips being offered.

Also, special thanks to Robert & Ron Morse and the Friends Group for sponsoring the “Pauline Morse Memorial Bingo Fundraiser” on Sunday, April 14th. Please see inside for details of this fundraiser to benefit the Senior Center.

Now that spring is upon us, it is the best time of year to engage in programs and events at the Senior Center. We look forward to seeing you soon!



Warmest personal regards,

Karen Testa

Karen Testa Leone, Director

Outreach Corner - April

Kayla Cardin - Outreach Coordinator
(508) 876-5135



DURABLE MEDICAL EQUIPMENT:

The Senior Center has a small inventory of Durable Medical Equipment for loan on a short term basis for Blackstone residents. If you are in need of equipment or would like to donate equipment in good condition, please contact Kayla at (508) 876-5135.

Elder Abuse and Neglect

Did you know that 1 in 10 Americans aged 60+ have experienced some form of elder abuse? Elder abuse can occur in different ways which include sexual abuse, emotional abuse, neglect, physical abuse, and/or financial exploitation. If you suspect that you or someone you care for is experiencing elder abuse or neglect, please contact the Elder Abuse Hotline at 800-922-2275. For further information and/or guidance, please contact Kayla Cardin, Outreach Coordinator at 508-876-5135.

Medicare Savings Program Update

As of March 1st, 2024, there is no longer an asset limit to the Medicare Savings Program that assists Medicare beneficiaries pay for their Medicare premium. This means that MassHealth, also known as Massachusetts Medicaid, no longer takes the money you have in the bank into account to determine your eligibility for this program. The application is an easy two-page application that asks for some basic income information to enable MassHealth to pay for your Medicare premium. Once you turn 65, the income guidelines for MassHealth Standard change, and this program is intended to offset the cost of health insurance. With the Medicare Savings Program, you may still have to pay for secondary insurance but if you are eligible, you will not have to pay for your Medicare premium. Remember to reapply every year! MassHealth will send you a reminder notice in the mail.

Heating Assistance Update

SMOC (South Middlesex Opportunity Council) has been diligently processing applications, but are still approximately four months behind. If you have not yet received mailed correspondence from SMOC, please call their office at 508-620-1230 and use the automated system to confirm that your application has been received. If your application is listed as incomplete, you have until the end of May 2024 to send in the missing documents. This year, SMOC has been very detailed in making sure that all documents are up to date and ensuring that they are only approving residents who provide proof of citizenship, a current photo ID and most up to date utility bills, housing costs and proof of income. Please ensure that SMOC has your most up to date information. If you need help navigating this process contact, Kayla at 508-876-5135.



April



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Town Election Day</p> <p>10:00am GAME DAY</p> <p>1</p>	<p>9:00am Strength Training 10:00am Chair Yoga 10:00am BVT One on One 12:00pm Lunch 3:00pm Line Dancing</p> <p>2</p>	<p>10:00am Coffee Talk TRAVEL Breakfast 10:30am Strength Fitness Equipment class 1:00pm BINGO</p> <p>3</p>	<p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 9:30am Cribbage 10:00am BCOA meeting 11:15am Journey Grief 12:30pm LUNCH 12:30pm Knitting Group 1:15pm Aging Gracefully 4:00pm Goodstuff Smokehouse FUNDRAISER</p> <p>4</p>	<p>10:00am Mahjong</p> <p>Senior Center closes at 12:00pm</p> <p>5</p>
<p>10:00am GAME DAY 11:30am Mystery Lunch Trip 1:00pm Paint Class</p> <p>8</p>	<p>9:00am Strength Training 10:00am Chair Yoga 11:00am Blood Pressure Clinic 3:00pm Line Dancing 4:00pm Cabaret Practice</p> <p>9</p>	<p>10:00am Coffee Talk Breakfast 10:00am Walmart 10:30am Strength Fitness Equipment class 11:30am Qigong 1:00pm BINGO</p> <p>10</p>	<p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 9:30am Cribbage 11:15am Journey through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:15pm Aging Gracefully</p> <p>11</p>	<p>10:00am Mahjong 10:00 am Crafts w/Nancy</p> <p>Senior Center closes at 12:00pm</p> <p>12</p>
 <p>Closed Patriot's Day</p> <p>15</p>	<p>9:00am Strength Training 10:00am Chair Yoga 11:00am Book Club 12:00pm April Bday Lunch 1:00pm Accidental Wedding 3:00pm Line Dancing 4:00pm Cabaret Practice</p> <p>16</p>	<p>10:00am Powerful Tools for Caregivers 10:30am Strength Fitness Equipment class 11:30am Qigong 11:30am Friends Group Meeting 1:00pm BINGO</p> <p>17</p>	<p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 10:00am Market Basket 9:30am Cribbage 11:15am Journey through Grief 11:30am Travel Committee Meeting 12:00pm LUNCH 12:30pm Craft w/Jean 12:30pm Knitting Group 1:15pm Aging Gracefully</p> <p>18</p>	<p>10:00 am Mahjong</p> <p>Senior Center closes at 12:00pm</p> <p>19</p>
<p>10:00am GAME DAY 10:00am Pop-up Food Pantry 10:00am Quilling Class 1:00pm Paint Class</p> <p>22</p>	<p>9:00am Strength Training 10:00am Chair Yoga 12:00pm Lunch 3:00pm Line Dancing 4:00pm Cabaret Practice</p> <p>23</p>	<p>10:00am Coffee Talk Breakfast 10:00am Powerful Tools for Caregivers Walmart 10:30am Strength Fitness Equipment class 11:30am Qigong 1:00pm BINGO</p> <p>24</p>	<p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 9:30am Cribbage 11:15am Journey Through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:00pm Aging Gracefully</p> <p>25</p>	<p>10:00 am Mahjong</p> <p>Senior Center closes at 12:00pm</p> <p>26</p>
<p>Volunteer Appreciation Week</p>			<p>Special Town Meeting</p>	
<p>10:00am GAME DAY 12:30pm Movie & Popcorn 1:00pm Paint Class</p> <p>29</p>	<p>9:00am Strength Training 10:00am Chair Yoga 12:00pm Lunch 3:00pm Line Dancing 4:00pm Cabaret Practice</p> <p>30</p>			



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 to make a transportation reservation!!



Van Donations

Van donations will be accepted for these trips

THANK YOU

Walmart 

Walmart Shopping
2nd and 4th Wednesday of the Month
10:00am to 12:00pm

We will transport passengers to the Walmart Supercenter in North Smithfield, RI on Wednesday, April 10th and Wednesday, April 24th



Market Basket Shopping

3rd Thursday of the Month
10:00am to 12:00pm

We will transport passengers to Market Basket in Bellingham, MA on Thursday, April 18th



*****As a Reminder*****

When you are utilizing the Senior Center Transportation to Walmart or Market Basket, Participants will have 1 - 1 1/2 hours to shop. Thank you for being considerate of our driver's very busy schedule.



Just a reminder - For ALL Transportation needs, please contact Dennis @ (508) 876-5133 Thank you!

thank you

thank you

thank you

Thank you to everyone who attended our Annual St. Patrick's Day Luncheon at the Millerville Men's Club. A special thanks to the following individuals for their contribution to this successful event. Selectman Daniel Keefe & Selectman Brian Scanlan for sponsoring this incredible St. Patrick's Day event. Thank you to Rep. Soter, Attorney Dan Doyle, Ancient Order of Hibernians Historian for taking us on a journey through Blackstone's Irish history, Chad Lovett, Town Administrator and Lauren Taylor, Assistant TA for their help with serving, Fire Chief Kevin Roy and Jimmy Sullivan Superintendent DPW for attending, Chef Joe Emidy for preparing a delicious meal, Eric O'Connor from the Polish American Citizens Club for his assistance with preparing the meal, Millerville Men's Club, Paul Mercier for his assistance, Mary Lou Branchaud and her bakers Renee Milliken, Lisa Lastoria, Lisa Cheever, Mandi Whipple, Ellen Goudreau, Tressy Collier, Casey Doyle, for the scrumptious desserts, Steven Macdonald Entertainer, our dedicated volunteers for their willingness to always assist and lend a helping hand, Brenda Takessian for her extra efforts and tending to all the details!!

You all Rock!!!

"Coming together is a beginning; keeping together is progress; working together is success!"



Veteran's News



VA



U.S. Department
of Veterans Affairs

VA is here for you.

1-800-MyVA411 (1-800-698-2411) is always the right number

Veterans Crisis Line: 988 and press 1, Chat, or Text 838255

Vet Centers: 1-877-927-8387

Homeless Veteran Resources: 1-877-424-3838 or Chat

Do you want to know what
veteran benefits are available
to you from the state of
Mass??? Go to
www.MassVetsAdvisor.org for a
complete listing of state
benefits.



Pop-up Mobile Food Pantry

Monday, April 22nd @10:00am



If you are a Blackstone resident and 60 years of age or older, you are eligible for the Pop-Up Food Pantry. You just drive through the Senior Center's parking lot to pick up your bag of groceries.

You will receive a pre-filled bag with nonperishable grocery items including canned tuna, soup, cereal, low/no salt vegetables and more. It is first-come, first-served and it is FREE!!



MEALS PROGRAM

If you do not enjoy eating at home alone, we invite you to join us at our Nutrition site. Each Tuesday and Thursday, we serve a delicious and nutritious meal at the affordable price of \$4.00 at 12:00pm in the dining room of the Senior Center. Meals include the choice of an entrée or sandwich, soup or salad, vegetable, dessert, coffee or tea. You must make a reservation at least one week in advance. Please phone Brenda at (508) 876-5151 for additional details.



Mother's Day Tea-riffic Tea Party

Monday, May 6th

1:00 PM – 3:00 PM

\$5.00



We will celebrate all mothers, grandmothers, adoptive mothers, Godmothers and more in honor of Mother's Day.

Attendees will once again enjoy the sounds of seasoned professional, Teresa Tafuri, harpist. Do you have a favorite song that you would like Teresa to play? Please leave your recommendation with Brenda when you register.

You will enjoy finger sandwiches, sweets and a variety of teas.

This event is sponsored by Friends of BCOA and UniBank!

UNIBANK

Remember to bring your own teacup and wear your favorite hat!



CRAFT CORNER!!

***NEW* Crafts w/Nancy**

Spring Wreath

Friday, April 12th @10:00am - \$12.00 per person

This class is limited to 12 participants!

Come join Nancy to create this adorable Spring Wreath. Supplies will be provided, and no experience necessary.



Blackstone Public Library
Monthly Craft at the Senior Center

Mosaic Tile
Trays

Thursday
April 18
12:30 PM

Location: Senior Center



Come and create beautiful mosaic tile trays with Jean!

Supplies will be provided.
No experience is necessary.

Contact the Blackstone Public Library at 508-883-1931 to register.

You must be 60 years of age or older, or a member of the Blackstone Senior Center, to register for this program.

Space is limited to 15 spots.
Signups begin on Monday, March 18.

Registration is required. You must be 60 years of age or older, or a member of the Blackstone Senior Center, to register for this program. Contact the Blackstone Public Library at 508-883-1931 to register.

The Mosaic Tile Trays craft is funded by a generous donation from the Blackstone LIG MEG as authorized by the Board of Library Trustees.

Quilling with Helen!!
Monday, April 22nd
@10:00am - \$10.00 per person
Beginners welcome!!
All supplies will be provided.



This class is limited to 10 participants.

Painting Classes w/Diane Mayers from Artful Dodger

1:00pm - 2:30pm \$4.00 per class. (\$24.00 for 6 week session, due at registration)

You must pre-register for this 6 week session held on Mondays!! New session dates will be Mondays, April 8th, April 22nd, April 29th, May 6th, May 13th and May 20th. Sign up with Brenda if you are interested!

You must pay upfront for this 6 week series.



SPECIAL PROGRAMS...

Save the date!!!!

May 21st - Evening Concert
Series KICKOFF!!
Featuring The Catnip Junkies

May 28th - Annual Special
Town Meeting



"An Accidental Wedding"
by Steve Henderson

Tuesday, April 16th @1:00pm

A hilarious encounter with a wouldn't-be groom, an irate match maker and a tall tale like they write tall tales about. A highly interactive, roll in the aisle comedy you won't want to miss. This program is supported in part by a grant from the Blackstone Cultural Council.



Monthly Birthday Luncheon

Tuesday, April 16th @12:00pm

\$5.00 per lunch

Menu: Chicken Escarole soup, Chicken Cacciatore, Roasted potatoes, Roll, OR Spinach salad w/chicken and Special Birthday dessert!!

Entertainment will be provided by Steve Henderson and his "An Accidental Wedding" performance @1:00pm

Join us at the Senior Center !!!



BREAKFAST

"Coffee Talk" Breakfast Club

Wednesdays - 10:00am - 11:00am

Our Coffee Talk Breakfast Club continues to gather together to enjoy a cup of coffee and refreshments on Wednesdays in the dining room.

There will be NO Coffee Talk Breakfast meeting on Wednesday, April 17th

Please call Dennis @ (508) 876-5133 if you need transportation to the Senior Center.



TOWN ELECTION DAY!! Monday, April 1st



One-on-One Tech Training w/BVT



Tuesday, April 2nd

10:00am - 12:00pm

Blackstone Valley Tech HS will be on-site to provide One-on-One, in-depth training on how to use your digital technology on your own devices, such as Smart Phones, iPads, Tablets, Laptops, etc.

Please register w/Brenda to schedule an appointment.



**JOIN US FOR OUR "FRIENDS OF BCOA FUNDRAISER"
@GOODSTUFF SMOKEHOUSE**

**THURSDAY, APRIL 4TH @4:00PM - CLOSE
EAT IN OR TAKE OUT!!!**

**PLEASE COME OUT & SUPPORT GOODSTUFF AND
YOUR BLACKSTONE SENIOR CENTER!!
A PERCENTAGE OF ALL PURCHASES (DINE IN AND
TAKE-OUT) WILL BENEFIT THE SENIOR CENTER**



THERE'S ALOT HAPPENING THIS MONTH AT THE SENIOR CENTER...

ATTENTION PLEASE!

New day and time for our Line Dancing Class!!!
Line Dancing is held on Tuesdays @3:00pm.
Cabaret Practice will be held @4:00pm.

ATTENTION PLEASE!

Blood Pressure Screening

Tuesday, April 9th
11:00AM - 11:45AM

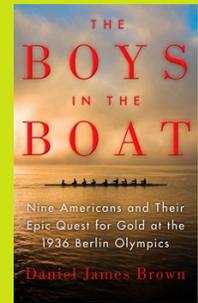


As many of you are aware, the information you get from tracking and managing your blood pressure levels regularly may help to lower your risk for heart-related events. Ester Jalbert, RN will conduct FREE blood pressure screenings in the Senior Center dining room for your convenience.

HELLO
spring

Travel Committee Meeting

Travel Committee meets every 3rd Thursday of the month. Join us and share your travel and trip ideas on Thursday, April 18th @11:30am.



Blackstone Public Library's Bountiful Book Club @ the Senior Center

Tuesday, April 16th @11:00am
Join Ellen from the Blackstone Public Library, as the group reviews the April book, "The Boys in the Boat by Daniel Brown"
Pick up your copy at the Senior Center.

Blackstone Afternoon Cinema Presents....

"The War with Grandpa"
Starring Robert De Niro and Uma Thurman

Monday, April 29th @12:30pm
Join us for a Movie & Popcorn.



JOIN US FOR ALL THE FUN!!

Happy Spring! The Friends group is celebrating the end of winter with our spring fundraisers. Be sure to get your ticket to the Pauline Morse Memorial Bingo to be held on Sun, 4/14/24, 2:00pm at the Millerville Men's Club before they sell out. You can also purchase delicious Hilliard's candy bars from our Friends group. We recently purchased a new birthday banner for the senior center which was beautifully displayed at our March birthday/St. Patrick's Day luncheon. Please reach out to Judy Decasse at 508-883-8977 if you are interested in joining this wonderful team.



NEW CLASS



Strength Training Exercise Equipment Classes

Wednesdays @ 10:30am

This small interactive class will be conducted on the use of the strength training machines located in the exercise area. Each class will focus on how to use the machines to strengthen your upper body and lower body. Classes will be conducted by Brenda and Karen.

NEW!

Mondays are for Playing Games with your friends at the Senior Center!!
10:00am - FREE

We have a variety of games to play OR bring your favorite game to play with others.



2nd Annual Cabaret

The Senior Center's 2nd Annual Cabaret will be held on Sunday, September 22, 2024.

Cabaret meeting/practices are held on Tuesdays, beginning April 9th @4:00pm to get ready for our Cabaret Show!!! All are welcome to participate!!!



Effective immediately, we will be accepting registrations and payments for all activities, events and luncheons on the following days and times:
Tuesdays, Wednesdays and Thursdays 11:00am - 1:00pm ONLY!!!
Please plan accordingly.

Trips!!!!!!



April's TRAVEL "Coffee Talk" Breakfast Club will be held on Wednesday, April 3rd
 Please meet @Shanna's Country Kitchen
 1515 Old Louisquisset Pike, Lincoln RI
 @ 10:00am
 Breakfast is on your own. Please schedule with Dennis if you need Transportation.



March's Mystery Lunch
 Monday, April 8th
 \$5.00 for Transportation
 Bus leaves @11:00am
 and Returns @ 3:00PM
 Lunch on your own.

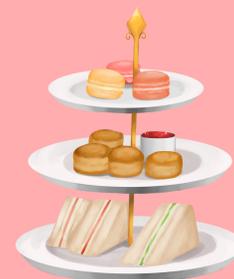


Blithewold Mansion Tour & Tea Trip
 Monday, May 20th

Bus leaves the Center @9:45am

Bus returns to the Center @4:00pm

\$62.00 per person



SIGN UP

Afternoon Tea has always been a great way to begin or end a special day at Blithewold Mansion Gardens & Arboretum. Sit back and relax while delighting in a cup of tea, freshly baked scones w/sweet cream, and a 3-tiered tray fulfilled with sweets and savory treats. Simply luxurious!

9:45am	Bus Leaves the Senior Center
11:00am	Arrive at Blithewold
11:30am - 1:00pm	Tour the mansion and gardens
1:00pm - 2:30pm	Afternoon Tea Party



Comfortable walking shoes and weather appropriate attire are recommended for touring the gardens and grounds. Also note that the house is not air-conditioned but on warm days the breeze off the bay keeps the mansion quite comfortable.

Volunteer Week Festivities



Monday, April 22nd

Tuesday, April 23rd

Wednesday, April 24th

Thursday, April 25th

Friday, April 26th

-FREE Craft Class

-Staff serves lunch

-Volunteer appreciation

Luncheon - Il Fornello Rest

-FREE Lunch and special dessert

-Coffee and Pastry

Grazie

Volunteers: Please sign up for the days you will be attending!



Volunteer Luncheon will be held at

Il Fornello Restaurant

16 Josephine St., No. Providence, RI

@12:00pm

Buffet lunch will be served!!



Blackstone Council On Aging's Volunteers are

Dedicated, Celebrated, and Appreciated!!

Powerful Tools for Caregivers

Wednesdays, April 17th - May 22nd

6 Week Series

10:00am - 12:30pm

Blackstone Senior Center



Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

The classes give caregivers tools to help:

Reduce stress

- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources
- In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.



You must register for this 6-week Series w/Brenda



NEW CLASS



Join instructor Faith Kennedy as she leads this **NEW 8 week Session on Qigong.**

Beginning, Wednesday, April 10th

@11:30am - \$3.00 per class

Qigong improves quality of life through slow meditative movements, standing or sitting, and offers a variety of benefits.

Some of the benefits are:

- Reduces stress
- Boosts immune system
- Reduces falls and better balance
- Helps to balance emotions

Please register for this class w/Brenda.

New - Recipe of the Month



Massachusetts
Councils On Aging

April

Nutrition News You Can Use

April - Arab American Heritage Month

During the month of April, the Arab American Foundation celebrates the culture and achievements of Arab Americans across the nation. To properly celebrate the diverse cultures and histories of Arab Americans, we are sharing an authentic Tabbouleh recipe.

TABBOULEH

- Ingredients:
- 1 bunch of fresh parsley, finely diced
- 1 medium tomato, finely diced
- 1 TBSP bulgur
- 2 scallions, finely diced
- Salt
- Juice of 1 ½ lemons
- 5 leaves of fresh mint, finely diced
- 3 TBSPs extra virgin olive oil
- Romaine lettuce



Instructions:

1. Make sure all your ingredients have been washed.
2. Grab a large serving bowl to add all your ingredients in once they've been prepared.
3. Add parsley, tomato, and scallions into the bowl.
4. In a separate bowl pour in the lemon, olive oil, and salt. Mix and pour onto the salad.
5. Add in the bulgur. Mix the salad very well. This is going to allow the bulgur to "open". Bulgur is partially cooked, so it does not need to be prepared prior.
6. The last step is to add in the fresh mint. If you don't plan on eating the tabbouleh right now, don't add mint because it will turn brown. Add the fresh chopped mint as soon as you're about to eat it and mix it well.
7. Taste test for salt. Add if necessary.
8. Serve with romaine lettuce. You can scoop tabbouleh into each lettuce leaf.



Our Seniors are enjoying their NEW menu choices of a Hot or Cold lunch, quality and price!!
 Join us Tuesdays and Thursdays @12:00pm - \$4.00 per meal



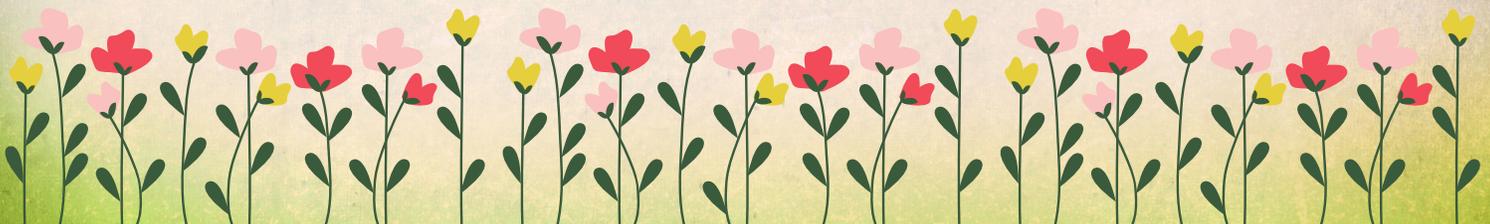
SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Lentil soup with vegetables Sausage & pepper sandwich Green beans Herb red potato salad Ww roll Fresh fruit Chef salad	3 	4 Chicken escarole soup Slow roasted BBQ pork Cole slaw Pasta salad Ww roll Watermelon Seafood salad sandwich	5
8	9 NO LUNCH SERVED	10	11 Kale & bean, sausage soup Pot roast w/gravy Mashed potatoes Mixed vegetables Ww roll Cake Chicken salad plate	12
15  SENIOR CENTER CLOSED NO LUNCH SERVED	16 Chicken escarole soup Chicken cacciatore Roasted potatoes Ww roll Lorna doone cookie Spinach salad w/ chicken SPECIAL DESSERT	17	18 Tomato soup Open turkey sandwich w/ gravy Stuffing Cole slaw Ww bread Brownie Italian grinder	19
22	23 Vegetable barley soup Fried chicken Sweet potatoes Cole slaw Ww roll Fresh fruit Reuben on rye	24	25 Escarole & bean soup Salisbury steak w/gravy Rice pilaf Green beans w/ carrots Whole Wheat Roll Pudding Tuna sandwich	26
29 	30 Turkey soup w /vegetables Roasted pork loin w/gravy Mixed vegetables Greek lemon potatoes Cake Cobb salad			



You need to make a reservation 1 week in advance
 w/Brenda (508) 876-5151!!



THE PAULINE MORSE MEMORIAL FUNDRAISER!!

AFTERNOON

OF

BINGO

Raffle Baskets
50/50

Cash Bar
Refreshments

Sunday, April 14th
@2:00 pm

Tickets are \$20. Each player will receive 6 cards per game. 12 games will be played. Additional cards may be purchased.

PRIZES | REFRESHMENTS | FUN

Tickets may be purchased @Blackstone Senior Center, at the door, or
email Rononreilly@comcast.net



Millerville Men's Club
8 Lloyd Street, Blackstone, MA
Must be over 18 to play!!



*Co-Sponsored by the Friends of BCOA and Ron & Bob Morse



Mother's Day Fundraiser!!

\$150 GIFT CARD TO MASSAGE ENVY

Raffle Tickets are \$5.00 each

OR

3 for \$10.00

Sponsored by the Friends of BCOA.

**Winner will be drawn
on May 8th!!**

EVENING CONCERT SERIES!!

HELD OUTDOORS @BMR HS

Sponsored by The Friends of BCOA

Starring.....

Tuesday, June 18th

"ROBERT BLACK"

6:00pm - 8:00pm



Tuesday, May 21st

"THE CATNIP JUNKIES"

6:00pm - 8:00pm



Tuesday, July 16th

"STEVE ANTHONY"

6:00pm - 8:00pm



Tuesday, August 20th

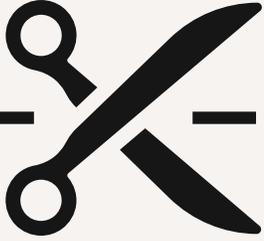
"THE STRUMDAWGS"

6:00pm - 8:00pm



Bring your own chair!!!!





Complete and Return this form with the following information:

Name: _____

Address: _____

City/State/Zip: _____

AMOUNT ENCLOSED: \$10.00 (for Blackstone Residents) OR \$15.00 (Out of Town/State) Donation for a one (1) year newsletter subscription.

One (1) year subscription provides a newsletter mailed to subscribed address.

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