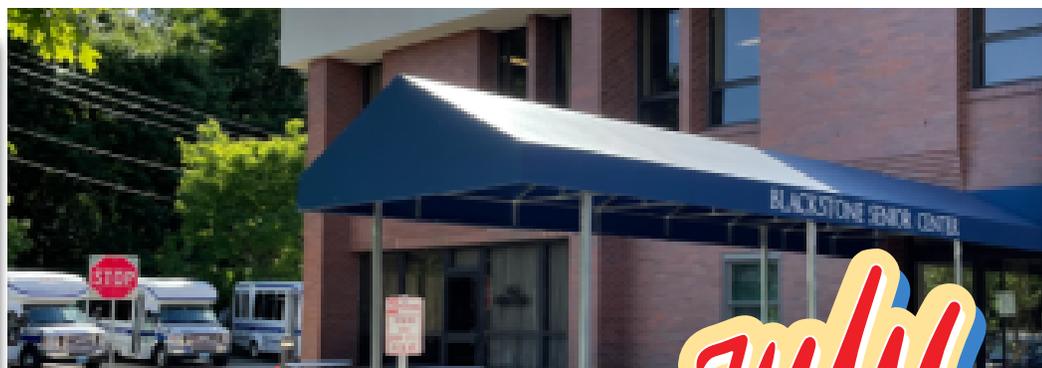
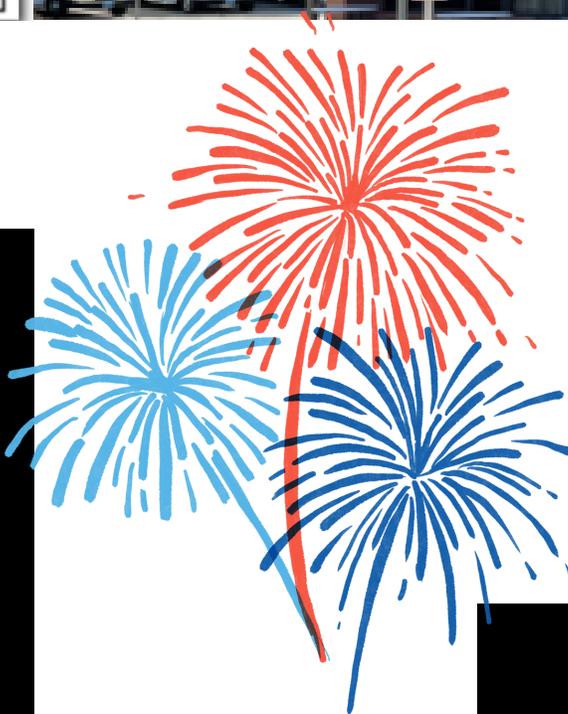


Blackstone Council on Aging (COA)

JULY 2024 Newsletter



July

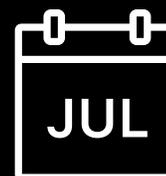


OUR MISSION

- 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

**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
8:30am - 12:00pm



July
July 4th NO BCOA Meeting
Independence Day -
CLOSED
July 5th CLOSED
July 16th Summer Concert Series
July 17th Friends of BCOA Meeting

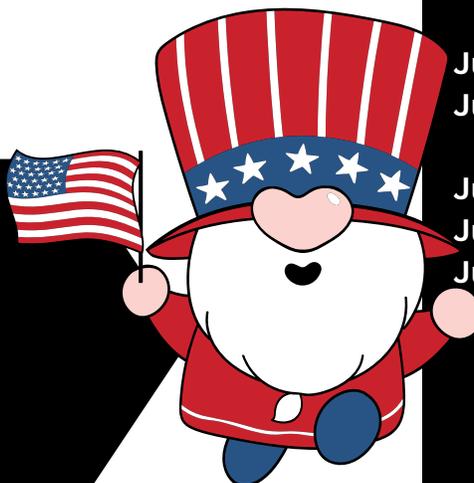
SENIOR CENTER STAFF CONTACTS:

Maggie Gundersen, Director
(508) 876-5134 | mgundersen@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



**SPECIAL
DATES TO
REMEMBER!!**



Let's Welcome our New Director...

Welcome

Greetings everyone,

My name is Maggie Gundersen and I am delighted to be your new Director at the Blackstone Senior Center. I'm looking forward to meeting all of you and getting to know each of you better. I've heard great things about the Blackstone Senior Center and its staff, and I'm looking forward to becoming a part of your team.

Prior to coming to Blackstone, I worked at two other Senior Centers in Massachusetts for nearly 10-years. I've lived in nearby Wrentham with my husband and two children for over 20-years and have often frequented the Blackstone, Bellingham and Woonsocket areas.

This week and last, I've been stopping-in and visiting the Senior Center, so I can meet many of you and learn more about the activities and services that have made your Senior Center so great. All of you have been so welcoming to me and sincerely interested in making me feel at-home here.

It looks like Brenda has created some great activities for July and I hope to see many of you at these events. This summer the outdoor concerts look spectacular and the group get-togethers at the Senior Center should allow us plenty of opportunities to meet. In the meantime, please feel free to call me or stop by the Senior Center and introduce yourself to me. I'm looking forward to my time with the Blackstone Seniors.

Best regards,
Maggie





Outreach Corner - July 2024

Kayla Cardin - Outreach Coordinator
(508) 876-5135

Disability Pride Month

In honor of those who have disabilities, please join the Blackstone Council on Aging in celebrating Disability Pride Month! While disabilities affect people in a variety of ways, there are some options to make life more accessible. The Blackstone Senior Center does have some Durable Medical Equipment that can be loaned to residents in town who would benefit from this equipment. For those looking for services or just to bounce a thought off someone, please consider contacting our Outreach Coordinator, Kayla Cardin for assistance as she not only assists seniors in Blackstone but also those who have disabilities and are over the age of 18.

MassSave - Enhanced Residential Offers

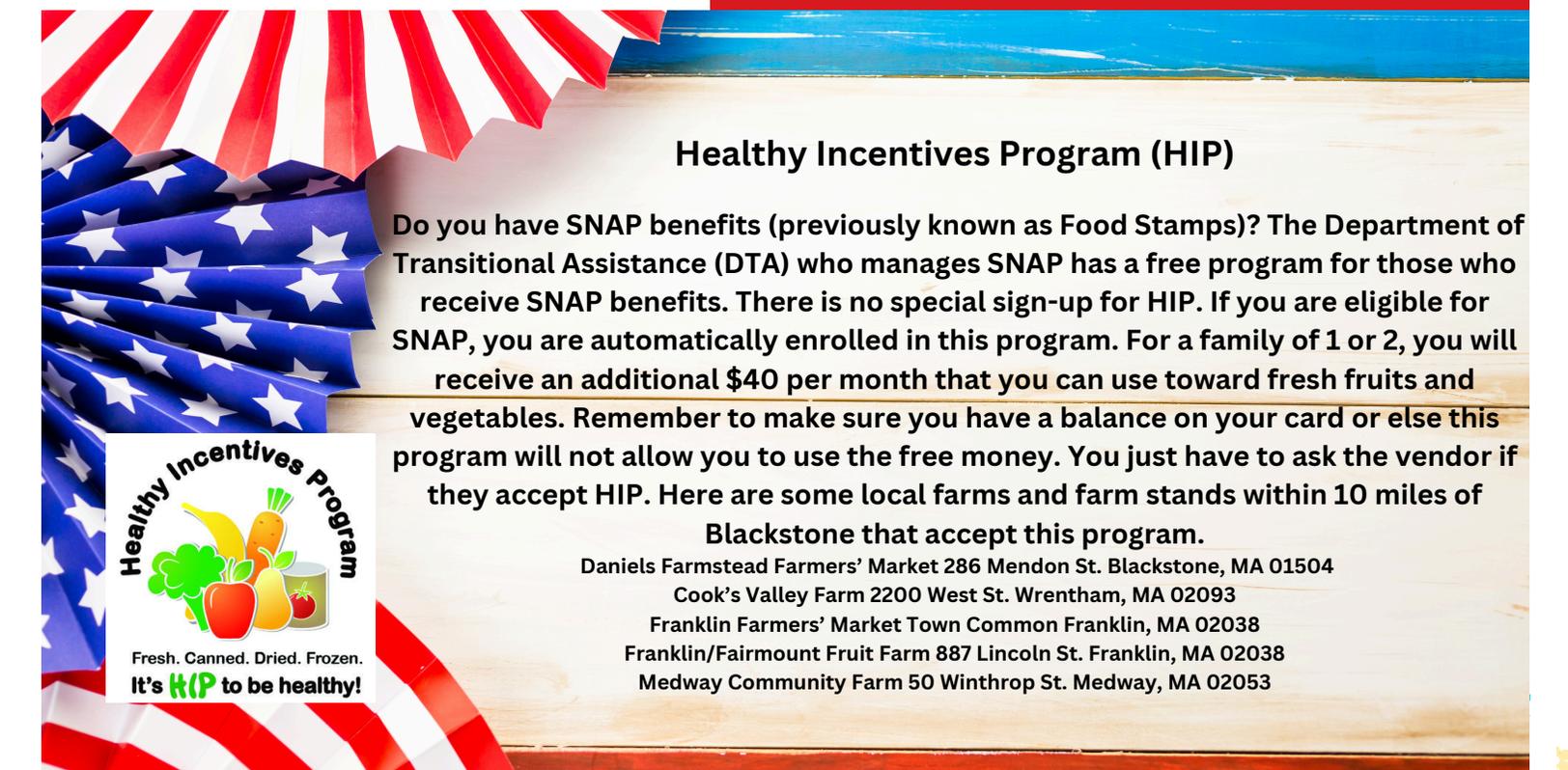


For those who didn't quite qualify for heating assistance this year, there is still a program through MassSave that may assist you in receiving a no-cost insulation upgrade and an increased rebate on heating and cooling equipment. Individuals who make an income between \$45,393-\$60,523 and a family size of two who make a combined income between \$59,360-\$79,146 qualify for this program. Please contact MassSave for your free energy home assessment and in doing so, remember to ask about this program. For more guidance, you may visit www.masssave.com and search for this program, or you may contact our Outreach Coordinator, Kayla Cardin.

Healthy Incentives Program (HIP)

Do you have SNAP benefits (previously known as Food Stamps)? The Department of Transitional Assistance (DTA) who manages SNAP has a free program for those who receive SNAP benefits. There is no special sign-up for HIP. If you are eligible for SNAP, you are automatically enrolled in this program. For a family of 1 or 2, you will receive an additional \$40 per month that you can use toward fresh fruits and vegetables. Remember to make sure you have a balance on your card or else this program will not allow you to use the free money. You just have to ask the vendor if they accept HIP. Here are some local farms and farm stands within 10 miles of Blackstone that accept this program.

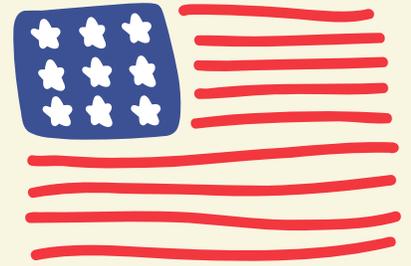
- Daniels Farmstead Farmers' Market 286 Mendon St. Blackstone, MA 01504
- Cook's Valley Farm 2200 West St. Wrentham, MA 02093
- Franklin Farmers' Market Town Common Franklin, MA 02038
- Franklin/Fairmount Fruit Farm 887 Lincoln St. Franklin, MA 02038
- Medway Community Farm 50 Winthrop St. Medway, MA 02053





Summer Concert Series

JULY



Monday

Tuesday

Wednesday

Thursday

Friday

1

Game Day 10:00am
Painting Class 1:00pm

2

Strength Training 9:00am
Chair Yoga 10:00am
Lunch 12:00pm

3

Walking Club 9:30am
Strength Fitness
Equipment 10:30am
Qigong 11:30
4th of July/Bday
Celebration 12:00pm
BINGO 1:00pm

4


CLOSED
INDEPENDENCE DAY

5


CLOSED

8

Game Day 10:00am
Painting Class 1:00pm

9

Strength Training 9:00am
Chair Yoga 10:00am
Blood Pressure
Clinic 11:00am
Bring a Friend
Lunch 12:00pm

10

Walking Club 9:30am
Coffee Talk
Breakfast Club 10:00am
Walmart 10:00am
Strength Fitness
Equipment 10:30am
Qigong 11:30
BINGO 1:00pm

11

Tai Chi (Beg.) 9:00am
Tai Chi (Adv.) 10:00am
Cribbage 9:30am
Journey through
Grief 11:00am
Lunch 12:00pm
Knitting Group 12:30pm
Aging Gracefully 1:15pm

12

Mahjong 10:00am
Senior Center
CLOSES @12:00PM

15

Game Day 10:00am
Pop-up Pantry 10:00am
Movie & Popcorn 12:30pm
Painting Class 1:00pm

16

Strength Training 9:00am
Chair Yoga 10:00am
Book Club 11:00am
Synergy Home Care &
Attny Dan Doyle 11:00am
Lunch 12:00pm



Concert Series featuring
STEVE ANTHONY 6:00pm

17

Walking Club 9:30am
Coffee Talk TRAVEL
Breakfast Club 10:00am
Strength Fitness
Equipment 10:30am
Friends of BCOA
Meeting 11:30am
Qigong 11:30
BINGO 1:00pm

18

Tai Chi (Beg.) 9:00am
Tai Chi (Adv.) 10:00am
Market Basket 10:00am
Cribbage 9:30am
Journey through
Grief 11:00am
Lunch 12:00pm
Craft w/Jean 12:30pm
Knitting Group 12:30pm
Aging Gracefully 1:15pm

19

Mahjong 10:00am
Senior Center
CLOSES @12:00PM

22

Game Day 10:00am
Newport Playhouse
Lobsterfest 9:30am
Painting Class 1:00pm

23

Strength Training 9:00am
Chair Yoga 10:00am
Lunch 12:00pm

24

Walking Club 9:30am
Coffee Talk
Breakfast Club 10:00am
Walmart 10:00am
Strength Fitness
Equipment 10:30am
Qigong 11:30am
BINGO 1:00pm

25

Tai Chi (Beg.) 9:00am
Tai Chi (Adv.) 10:00am
Cribbage 9:30am
Journey through
Grief 11:00am
Lunch 12:00pm
Knitting Group 12:30pm
Aging Gracefully 1:15pm

26

Mahjong 10:00am
Senior Center
CLOSES @12:00PM

29

Game Day 10:00am
Marty Gitlin Presents
"Funniest Moments in
Film 11:00am
Painting Class 1:00pm

30

Strength Training 9:00am
Chair Yoga 10:00am
George's of Galilee Lunch &
Beach Trip 10:30am
Lunch 12:00pm

31

Walking Club 9:30am
Coffee Talk
Breakfast Club 10:00am
Strength Fitness
Equipment 10:30am
Qigong 11:30
BINGO 1:00pm



Summer
Concert Series



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

MONTHLY SHOPPING TRIPS **Transportation Reservations**

Call (508) 876-5133 or email our Transportation Coordinator at coatransport@townofblackstone.org to make a transportation reservation!!

IMPORTANT

NEW

NEW Transportation Policies for Doctor's appointments:

Local appointments to Milford, Franklin, Bellingham etc - Appointments **MUST BE** scheduled for **NO LATER** than 2:00 PM and for long distance appointments, Worcester, Framingham, Natick, Providence, etc. **NO LATER** than 1:00 PM.

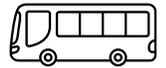
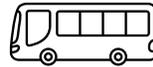
Call Dennis at 508-876-5133 if you have any questions or to book your appointments.



Walmart

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

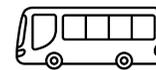
We will transport passengers to the Walmart Supercenter in North Smithfield, RI on Wednesday, July 10th and Wednesday, July 24th



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, July 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!



Friends of BCOA



It's Summer time & the Music is Easy... at the Evening Concert Series Sponsored by The Friends of BCOA. We have enjoyed the Jazz Style of the Catnip Junkies & rocked out with Robert "ELVIS" Black. Please join us at The Blackstone Boys & Girls Club, 115 Canal Street, Blackstone to enjoy the Amazing Steve Anthony on Tuesday, July 16th from 6:00pm - 8:00pm.

It's FREE!! Bring a chair or blanket, snacks or your dinner!! If you would like more information on the Friends Group, please call Judy @ 508-612-4566.

Veteran's News



VA



U.S. Department of Veterans Affairs

Do you want to know what benefits that you may be entitled to from the state of Massachusetts? Go to the www.MassVetsAdvisor.org. This web site will show you everything that is available to you from the state of Massachusetts.

Veteran's

Are you in financial need? The state offers a program for veterans in need, it is called Chapter 115. Contact me at 508-876-5133 and we can discuss you issues; I might be able to help you. My office hours are Tuesdays and Thursdays from 1:30 PM to 4:00 PM

Pop-up Mobile Food Pantry

Monday, July 15 @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.

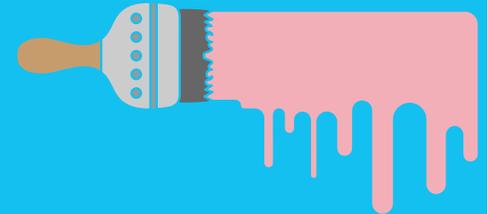
You will receive a pre-filled bag with nonperishable grocery items including canned tuna, soup, cereal, low/no salt vegetables and more. It is first-come, first-served and it is FREE!!



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.



Painting Class w/Diane Mayers from The Artful Dodger RETURNS!!

Mondays beginning July 1st @1:00pm - 2:30pm
6 week Session - \$24.00 paid in full at registration



Senior Center Events!!!

Would you like to volunteer to teach a craft class at the Senior Center?
Please contact Brenda @ 508-876-5151 for more information.

HAPPY
4th of July
HAPPY BIRTHDAY

4th of July/Birthday Celebration & Luncheon partially Sponsored by Main Street Discount Liquors!

Wednesday, July 3rd @ 12:00pm
\$5.00 per person

Menu:

Dynamite subs (some without Onion), chips, salad, drinks and a special Birthday dessert
Entertainment provided by Bobby Bourassa!!!



BLACKSTONE PUBLIC LIBRARY

We can bring the library to you!
The Blackstone Public Library's Homebound Delivery Program brings library materials, including books, audiobooks, CDs, DVDs, and magazines, to residents of Blackstone.

If you do not have access to the library due to permanent or temporary physical limitations and would like to be part of this program, or if you know of anyone who would benefit from this program, please contact:

Ellen Goudreau
Blackstone Public Library
508-883-1931
egoudreau@cwmar.org



LUNCH TIME



Bring a Friend to Lunch Day!!!

Tuesday, July 9th @12:00pm

\$4.00 (NEW Friends eat for FREE!)

Our Seniors are loving our weekly lunches provided by our new Caterer. Join a friend for lunch, conversation and to meet new friends!!

Please make your reservation w/Brenda for a HOT or COLD lunch.

Menu is:

Mushroom Barley Soup
Sausage & pepper sandwich
Chips, Roasted zucchini, Ww roll, Pudding
OR Greek salad w/ chicken

FREE

Blood Pressure Screening

Tuesday, July 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.



Join us at the Senior Center!!!

"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.

No Coffee Talk Breakfast Club on Wednesday, July 3rd



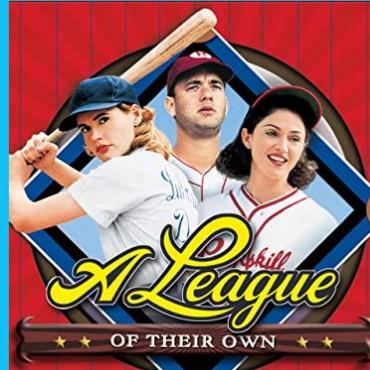
Blackstone Afternoon Cinema Presents....

"A League of Their Own"

Monday, July 15th @12:30pm

Starring Tom Hanks, Geena Davis, Lori Petty, Madonna and Rosie O'Donnell!!

Join us for a Movie & Popcorn.



SYNERGY
HomeCare



Synergy Home Care & Attorney Daniel T. Doyle Presentation

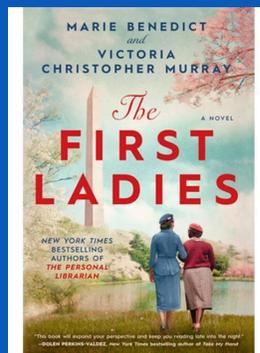
Tuesday, July 16th
@11:00am

Free

Light refreshments will be served.

You must sign up for this presentation

w/Brenda (508) 876-5151



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

Tuesday, July 16th @11:00am

Join Ellen from the Blackstone Public Library, as the group reviews the July Novel, "The First Ladies" written by Marie Benedict

Pick up your copy at the Senior Center.



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



Qigong



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

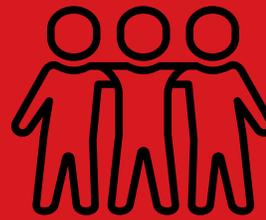
**Beginning, Wednesday, June 5th
@11:30am - \$3.00 per class**

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.



Friends of Blackstone Council on Aging (FBCOA)

Monthly Meeting

**Wednesday, July 17th
@11:30am**

Join our Friends group as they plan for upcoming Fundraising Events.

Blackstone Public Library Monthly Craft at the Senior Center

Seashell Frames

Thursday
July 18
12:30 PM

Location: Senior Center



Embrace the season of beaches and seashells with this month's craft! Come and learn how to make beautiful seashell frames 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.

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 Seashell Frames craft is funded by a generous donation from the Blackstone LIG MEG as authorized by the Board of Library Trustees.

Marty Gitlin presents...

The Funniest moments in film!! Monday, July 29th @11:00am

THE FUNNIEST MOMENTS IN FILM!

Searching for a good laugh in these rather dark times? Join us for The Funniest Moments in Film.

Award-winning journalist and pop culture historian Marty Gitlin will bring the biggest belly-laughs in movie history to your library, senior center or assisted living. This interactive presentation highlights the best of the best from the silent era to the modern era.

Marty will show videos of the best laugh-out-loud scenes from the 1920's to today, including snippets of such stars as Harold Lloyd, Groucho Marx, Woody Allen, Peter Sellers, Mel Brooks, Dustin Hoffman and Robin Williams. You will be entertained by the funniest moments in such comedies as Some Like It Hot, The Producers, Blazing Saddles, Monty Python and the Holy Grail, Naked Gun, Tootsie, Planes, Trains and

Automobiles and The Bridge. He will discuss why those actors and films are considered the funniest of all time, as well as the impact they made on pop culture.

This presentation runs about one hour. It will include plenty of challenges and fun trivia questions for the patrons and will be followed by a question-and-answer period.

I understand budgetary concerns, so I charge only \$25 plus mileage. As a freelance author I set my own schedule, so any date and time that works for you should work for me!

Please email me at mglr@bigglobol.net or call at 26-235-7188 for more information. Hope to hear from you soon!



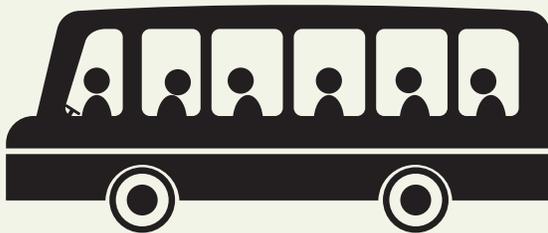
Please sign up w/Brenda for this event!!

Trips!!!!

July's TRAVEL "Coffee Talk"
Breakfast Club will be held on
Wednesday, July 17th
PLEASE MEET

@Lighthouse Restaurant,
1665 Hartford Ave, Johnston, RI
@ 10:00am

Breakfast is on your own. Please
schedule with Dennis if you need
Transportation.



2024 Newport Playhouse Lobsterfest

Monday, July 22nd
\$45.00 PER PERSON!

Bus will leave the SC @9:30am
Bus will return to the SC @6:00pm

Lobsterfest Menu includes:

1 ¼ lb. BOILED LIVE LOBSTER, Mussels in Wine, Sweet Corn on the Cob
Roasted Chicken, BBQ Chicken, Red Bliss Potatoes, Glazed Sweet Potatoes,
Shrimp Cocktail, Vegetable Medley, Our Own New England Clam Chowder
3-Bean Salad, Beet Salad, Cucumber Salad, Lettuce Bowl, Watermelon
Strawberry Shortcake, Bread-Butter, Melted Butter, Lemon Wedges
Coffee and Tea All Day Long

Doors open at 11:00 a.m.
Buffet at 11:30 a.m.

Enjoy a great buffet, a funny play, and a fun-filled cabaret!



George's of Galilee Lunch and Beach Time Trip

Tuesday, July 30th - \$5.00 for Transportation

Bus leaves the SC @10:30am

Bus returns to the SC @6:00pm

Have lunch with friends then enjoy some beach time!



Bring your beach chair or blanket!

July

New - Recipe of the Month

Written by Jasmin Dieb

5 A Day Salad

Makes: 4 servings

This nutrient-packed salad uses ten different vegetables, and each serving is equal to five cups of vegetables!

Ingredients

- 4 cups spinach, fresh
- 4 cups romaine lettuce
- 2 cups green pepper, chopped (or red, yellow, or orange peppers)
- 2 cups cherry tomatoes
- 1 cup broccoli, chopped
- 1 cup cauliflower, chopped
- 1 cup yellow squash, sliced
- 1 cup cucumber, sliced
- 2 cups carrot, chopped
- 1 cup zucchini, sliced

Directions

1. Wash hands with soap and water.
2. Wash all the vegetables and mix them together in a large mixing bowl.
3. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Note - The dressing is not included in the nutritional analysis.

Each serving = 5 cups of vegetables (Eight 5-A-Day servings).

Source:

US Department of Health and Human Services Centers for Disease Control and Prevention (CDC)
5 A Day for Better Health Program



Our Seniors are enjoying their Nutrition Program Menu choices of a HOT or COLD lunch, quality and price!!

Join us Tuesdays and Thursdays @12:00pm - \$4.00 per meal

LUNCH TIME

July 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Greek cucumber salad Potato crusted fish Green beans Rice pilaf Ww roll Sliced peaches Ham & cheese on wheat	3	4 Closed	5
8	9 Mushroom Barley Soup Sausage & pepper sandwich Chips Roasted zucchini Ww roll Pudding Greek salad w/ chicken	10	11 Vegetable soup Chicken cordon bleu Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate	12 
15	16 Tossed salad Swedish meatballs Mashed potatoes Buttered corn Fresh fruit- Ww roll Roast beef sandwich on roll	17	18 Chicken soup Pot roast Mashed potatoes Peas & carrots Sliced peaches – Ww roll Cobb salad	19 
22 	23 Tomato soup Marry Me Chicken Waxed beans Roasted potatoes Ww roll Sliced peaches Chef salad	24	25 Lentil soup w/ vegetables Sliced turkey Stuffing Mixed squash Ww roll Brownie Seafood salad plate	26
29	30 Vegetable soup Pork Chop Italiano Roasted vegetables Parmesan rice Tropical fruit - Ww roll Spinach salad w/ chicken	31		

Please make your reservation 1 week in advance!!
 For more information call Brenda @508-876-5151





EVENING CONCERT SERIES!!

HELD OUTDOORS @The Blackstone Boys & Girls club!!

Sponsored by The Friends of BCOA

115 Canal Street, Blackstone

Starring.....

Tuesday, May 21st
"THE CATNIP JUNKIES"
6:00pm - 8:00pm

Tuesday, June 18th
"ROBERT BLACK"
6:00pm - 8:00pm

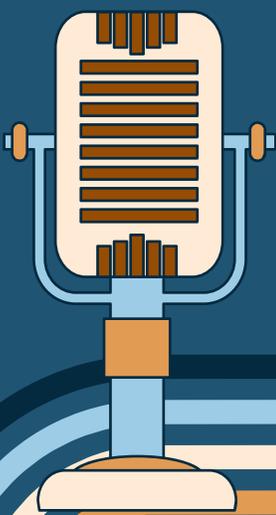


Good Times



Good Times

Tuesday, July 16th
"STEVE ANTHONY"
6:00pm - 8:00pm



Tuesday, August 20th
"THE STRUMDAWGS"
6:00pm - 8:00pm

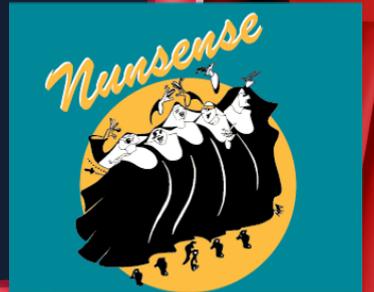
Bring your own chair!!!!





MONDAY, JULY 22ND

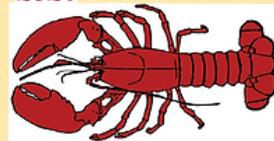
**NEWPORT PLAYHOUSE
LOBSTERFEST &
"NUNSENSE"
CABARET SHOW!!**



**\$45.00 PER PERSON
INCLUDES TRANSPORTATION**

**BUS WILL LEAVE THE SC @9:30AM
BUS WILL RETURN TO THE SC @6:00PM**

2024 LOBSTERFESTS!



LOBSTERFEST MENU INCLUDES:

**1 ¼ LB. BOILED LIVE LOBSTER, MUSSELS IN WINE, SWEET CORN ON THE COB, ROASTED CHICKEN, BBQ CHICKEN, RED BLISS POTATOES, GLAZED SWEET POTATOES, SHRIMP COCKTAIL, VEGETABLE MEDLEY, OUR OWN NEW ENGLAND CLAM CHOWDER
3-BEAN SALAD, BEET SALAD, CUCUMBER SALAD, LETTUCE BOWL, WATERMELON, STRAWBERRY SHORTCAKE, BREAD-BUTTER, MELTED BUTTER, LEMON WEDGES
COFFEE AND TEA ALL DAY LONG**

ENJOY A GREAT BUFFET, A FUNNY PLAY, AND A FUN-FILLED CABARET!

Ticket price has been partially funded by the Town of Blackstone.

YOU MUST MAKE A RESERVATION W/BRENDA FOR THIS TRIP!



The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

1 If you need POLICE



2 If you need FIRE DEPT.



3 If you need an AMBULANCE



If the 9-1-1 dispatcher asks questions
Press

4 For YES

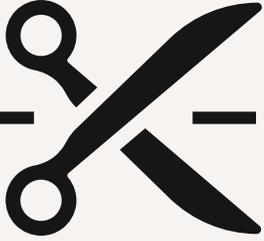


5 For NO



Source: MA State 911 Department and the
Executive Office of Public Safety and Security.

www.mass.gov/e911



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.

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Blackstone, MA 01504
Address Service Requested