

# PLAINVILLE SENIOR CENTER

## Events & Resources



May/June 2024

### COUNCIL ON AGING

#### Staff

Christine Higgins  
*Executive Director*  
Michelle Saucier-Silva  
*Administrative Assistant*  
Stacey Powell  
*Outreach Coordinator*  
Emily Saucier -*Transportation*  
Don Pickener - *Facilities*

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Maureen Headd, *Treasurer*  
Carol Lerch, *Secretary*  
Valerie Comes  
Virginia Cloutier  
Donna DiFiore  
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Ursula Dyer  
Claire Ford  
Jane Gilmore  
Deb Rockett  
Deborah Sloan

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Dick Sabin, *President*  
Les Chase, *VP*  
Dan Flynn, *Treasurer*  
Jean Taylor, *Secretary*

#### HESSCO KITCHEN

Jean Taylor, *Manager*

May and June are such beautiful months of the year. The sun is warm, the birds are chirping, flowers are blooming and everyone likes to get out and enjoy the fresh air. Its sunshine and positivity all around!



We are excited to announce that we have some great outdoor activities coming up. We will honor Veterans and service people in May for our annual memorial event. The students from the Jackson School will also be joining us in song. If you enjoy seeing the students, there will also be a Bingo game with the students program. One other fun event—and for the first time ever, a full American Revolution camp will be set up in Telford Park. There will be food, history and so much to see. John Horrigan will do a special presentation on Paul Revere to get us ready for this event. Also, BBQs are back at the center! Chef Al returns at the grill for some fun days ahead. Whether you like socializing, learning, eating, or just getting out of the house and see some wonderful people, come on down to the center!

Let's enjoy these beautiful days together.

PLAINVILLE COUNCIL ON AGING / SENIOR CENTER

9 School Street, Plainville, MA 02762

Phone: (508) 699-7384 Fax: (508) 699-1325

*To view newsletters online, see instructions on back page*

Senior Center Hours: Monday - Friday 8:30am - 3:30pm (Except Holidays)

The Senior Bus is on the road: 9:00am-2:00pm

## **SOCIAL SERVICES**

### **Outreach/ Information & Referral**

Assistance is provided to adults age (60+) for needs assessment and information for appropriate referrals for community, State and Federal resources and entitlement benefits, including legal issues, fuel assistance, food stamps, housing and healthcare needs. Call Stacey Powell, Outreach Coordinator 508-699-7384

### **SHINE Counseling**

Insurance information consultation. Call the Center for an appointment. Must be a Plainville resident.

### **Veteran's Benefits Counseling**

Melissa Bingham can answer your benefits questions. 508-699-0120 Wednesdays by appointment. 12-2pm

### **Self-Help Fuel Assistance**

Eligible persons may receive fuel assistance, utility and phone discounts. Contact the center.

### **Plainville Housing Authority**

508-699-4212  
140 East Bacon St. Plainville

### **Read This On-Line**

Our newsletter is published on the Senior Center section of the Town of Plainville website.

Call us for any changes in your address or if you no longer would like to receive this newsletter.

### **NOTARY:**

**The Senior Center offers notary services. Call the center to inquire availability. A donation to the center is suggested.**

### **Project Reassurance - CALL**

This service could help keep you or your loved one safe. Do you or a loved one need a daily wellness phone call? In cooperation with the Police Dept, and volunteers, Project Reassurance is designed for seniors who live alone, or may have compromised health. A phone call is made each morning. If no one answers, or the phone is busy, a call back is repeated again a short time later. If no answer a second time, a first responder will check on the individual. Call the Senior Center to sign-up.

### **Food Assistance Benefits**

**If you need SNAP (food stamps) benefits and an application, call the Dept. of Transitional Assistance Hotline 800-645-8333.**

**Medical Equipment-** Provided by the Lions Club for Plainville seniors. Please call the center.

### **NUTRITION**

#### **On-Site Meals**

Jean Taylor is the Meal Site Manager from HESSCO Elder Services. Lunch is served Monday through Friday at noon. A voluntary donation of \$3.00 is requested.

### **Meals on Wheels**

Nutritious meals are delivered to eligible seniors who are home-bound. **Call HESSCO 781-784-4944.**

### **LEGAL**

#### **Metro West Legal Services**

provides civil legal representation to older adults of low income.

**Call: 1-800-696-1501.**

**OR** An Attorney is available the last Monday of every other month. Call the Center for an appointment.

### **Safe at Home**

**Plainville senior residents can request home safety inspections. Please inquire at the center.**

### **HEALTHCARE ASSISTANCE**

**SHINE: 800-243-4636—PRESS 5**

**PRESCRIPTION ADVANTAGE:**

**800-243-4636 PRESS 3**

**PHARMACY OUTREACH**

**PROGRAM: 866-633-1617**

**MEDICARE: 800-633-4227**

**MEDICARE ADVOCACY:**

**(COMPLAINTS) 866-778-0939**

### **TRANSPORTATION**

### **SENIOR CENTER BUS**

### **Call (508) 699-7384 EXT 4**

Plainville seniors age (60+) and disabled Plainville residents

**Donation Fare: \$1.75 one way**

The bus offers curbside transportation to the senior center, local medical appointments, grocery shopping, banking and the hairdresser. Earliest pick-up is 9:00am - earliest appointment scheduled is 9:30am. Medical appointments take priority over shopping trips. Please schedule 24 hours in advance. Wheelchair riders must be accompanied by a companion. For shopping trips, you may only purchase what you can carry in one trip. Please call the center if your appointment is cancelled or has changed.

Walkers, canes, transport chairs and wheelchairs are available for Plainville seniors to borrow. Please call the center. **508-699-7384**

**Elder abuse is illegal. If you or someone you know may be abused or neglected, call the Elder Abuse Hotline at 800-922-2275**

**NEW HOPE DOMESTIC VIOLENCE 800-323-4673**

**DAILY: PROGRAMS ARE FOR EVERYONE—THERE ARE NO PRIVATE GAMES OR GROUPS. ALL ARE WELCOME TO JOIN IN—JUST JOIN, NO PRE-REGISTRATION**

**A HOT LUNCH IS PROVIDED THROUGH HESSCO \$3.00 REQUESTED DONATION – please sign up 781-784-4944 to order your meal or call the center 508-699-7384**

**CARDS, BOARD GAMES, PUZZLES, COFFEE, TEA, AND SNACK ARE AVAILABLE EVERY DAY**

**MONDAYS:**

**ASK A NURSE 10:30-11:30AM (LAST MONDAY OF MONTH)**

**METROWEST LEGAL (LAST MONDAY OF MONTH EVERY OTHER MONTH)**

**HULA HOOP—10:00AM \$2 THIS IS JUST FOR FUN— YOU DO NOT HAVE TO KNOW HOW TO HULA HOOP—IT'S LAUGHS AND EASY EXERCISE**

**ZUMBA GOLD—1:00PM \$2 EASY-TO-FOLLOW AND FUN, FUN, FUN EXERCISE CLASS WITH LIVELY MUSIC TO BOOST YOUR MOOD AND INCREASE YOUR ENERGY. (NO ZUMBA ON MARCH 11th)**

**CRIBBAGE 12:30-3:00**

**TUESDAYS:**

**CHAIR YOGA 9:30AM \$3/CLASS**

**SHINE (BY APPOINTMENT) 9:00-12:00PM**

**TABLE TENNIS 12:00-2:00PM**

**SCRABBLE 12:30-3:00PM**

**KNITTING 10:45-11:45AM**

**WEDNESDAYS:**

**PAINTING ON YOUR OWN- 10:00-12:00pm**

**EACH MONTH**

**Massage on the third Thursday 9:00-11:00AM Sign up at the center**

**Joe's Computer Last Thursday of the month —Free technology help**

**Manicures on the first Thursday of the month: \$12/manicure Sign up at the center 10:00-12PM**

**Bookclub 1:15pm—lower level. First Wednesday.  
Books available at the town library.**

**THURSDAYS:**

**SENIOR FITNESS 9:30AM-10:30AM (ALL LEVELS) \$2/class Stretches and movements with a video and on-site guidance. Good for balance.**

**STRENGTH & RESILIENCE 1:00pm \$2 Stretch and strengthen your muscles with bands and more!**

**FRIDAYS:**

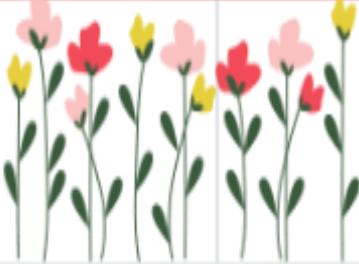
**MAH JONG 12:15-3:00PM**

**BINGO 12:15-3:00PM**



# MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 1 Painting 10:00 Book Club 1:15pm	 2 Senior Fitness 9:30am Manicurist 10:00am Strgth & Res. 1:00pm	3 Mah Jong 12:15pm Bingo 12:15pm
6 Hula Hoop 10:00am Zumba Gold 1:00pm Cribbage 12:30pm	7 Chair Yoga 9:30am Jay Talk 11:00am Table Tennis 12:00pm Scrabble 12:30pm Knitting 10:45am	 8 Painting 10:00 HISTORY LECTURE 10:00	9 Massage 9:00am Senior Fitness 9:30am Strgth & Res 1:00pm	10 Mah Jong 12:15pm Bingo 12:15pm
13 Hula Hoop 10:00am NO ZUMBA today Cribbage 12:30pm	14 Chair Yoga 9:30am Table Tennis 12:00pm Scrabble 12:30pm Knitting 10:45am	 15 8:00-10:00 Painting 10:00	16 Senior Fitness 9:30am Strgth & Res 1:00pm	17 Mah Jong 12:15pm Bingo 12:15pm
20 Hula Hoop 10:00am Ask a Nurse 10:30 Zumba Gold 1:00pm Cribbage 12:30pm	21 Chair Yoga 9:30am Table Tennis 12:00pm Scrabble 12:30pm Knitting 10:45am	 22 10:00am MEMORIAL SERVICE	23 Senior Fitness 9:30am Strgth & Res 1:00pm	24 Mah Jong 12:15pm Bingo 12:15pm
27 CENTER CLOSED 	28 Chair Yoga 9:30am Table Tennis 12:00pm Scrabble 12:30pm Knitting 10:45am	 29 11:00-1:00PM BARBECUE	30 Senior Fitness 9:30am Joe's Computer 12:30pm Strgth & Res 1:00pm	31 Mah Jong 12:15pm Bingo 12:15pm

A hot lunch is available each day provided by HESSCO \$3 donation 11:00-12:30pm

## PLAINVILLE SENIOR CENTER ACTIVITIES MAY/JUNE 2024



# JUNE



# 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A hot lunch is available everyday provided by HESSCO \$3 donation 11:00-12:30pm</p>				
3 Hula Hoop 10:00am Zumba Gold 1:00pm Cribbage 12:30pm	4 Chair Yoga 9:30am Jay Talk 11:00am Table Tennis 12pm Scrabble 12:30pm Knitting 10:45am	5 Painting 10:00 Book Club 1:15pm 	6 Senior Fitness 9:30am Manicurist 10:00am Strgth & Res 1:00pm	7 Mah Jong 12:15pm Bingo 12:15pm
10 Hula Hoop 10:00am Zumba Gold 1:00pm Cribbage 12:30pm	11 Chair Yoga 9:30am Table Tennis 12:00pm Scrabble 12:30pm Knitting 10:45am	12 Painting 10:00 Lunch 11:00-1:00pm	13 Senior Fitness 9:30am Strgth & Res 1:00pm	14 Mah Jong 12:15pm Bingo 12:15pm
17 Hula Hoop 10:00am Zumba Gold 1:00pm Cribbage 12:30pm	18 Chair Yoga 9:30am Table Tennis 12:00pm Scrabble 12:30pm Knitting 10:45am	19 CENTER CLOSED	20 Massage 9:00-11:00am Senior Fitness 9:30am Strgth & Res 1:00pm	21 Mah Jong 12:15pm Bingo 12:15pm
24 Legal Help 9:00 Hula Hoop 10:00am Ask a Nurse 10:30 Zumba Gold 1:00pm Cribbage 12:30pm	25 Chair Yoga 9:30am Table Tennis 12:00pm Scrabble 12:30pm Knitting 10:45am	26 Painting 10:00  11:00-1:00PM	27 Senior Fitness 9:30am Strgth & Res 1:00pm	28 Mah Jong 12:15pm Bingo 12:15pm

**MEMORIAL EVENT AT THE SENIOR CENTER!  
WEDNESDAY, MAY 22nd 10:00 AM**



**JOIN VETERANS, SERVICEMEN AND WOMEN, POLICE AND FIREMEN TO HONOR THEIR SERVICE  
THE 2ND GRADE JACKSON SCHOOL STUDENTS WILL SING AND RECITE POEMS.**

**REFRESHMENTS WILL BE AVAILABLE AFTER THE SERVICE.**

**MINUTEMEN CAMP EVENT—  
SATURDAY, JUNE 8TH 3:00pm-6:00pm**

**Telford Park**

**HISTORY & FOOD**



**The 13th Continental Regiment will set up a full camp of tents with a cooking demonstration and display of items used in colonial times. They present talks on weapons, camp items, medical equipment, occupations, clothing, farming, toys, food and more.**

**Learn about the history of Massachusetts war time and the soldiers that served. This event is open to the public of all ages.**

**The Lions Club will be cooking a BBQ of hamburgers and hot dogs. Chef Al Ellis, will prepare a colonial soup to sample. This event is sponsored by Massachusetts Cultural Council in participation with The Plainville Senior Center, Public Library, and Historical Commission.**

**Be sure to check out John Horrigan's presentation at the Senior Center on Wednesday, May 8th at 10:00am to learn about this time in history.**

**Wednesday, May 8th  
10:00AM**

**Join John Horrigan as he presents on Paul Revere and Massachusetts Revolutionary times. He will have some amazing historical information that will captivate the audience. You'll have some great history information for the June 8th event in the park!**

**TAX AID**

**Applications for grants from the Plainville Elderly and Disabled Taxation Aid Fund will be available in June at the Senior Center, Assessor's Office and the Treasurer's Office in the Town Hall. Applications must be returned by 10/15. Annual income of less than \$38K for an individual or \$51K for a couple (new higher limits). Must own and occupy your home. Must be 65 or older or disabled**

Tuesday, May 7th 9:45AM—

Play Bingo with the 2nd Graders of the Jackson School! Win prizes and have fun with some amazing kids! You must sign up at the center to attend.



## ATTENTION METAL DETECTOR ENTHUSIASTS (OR WANNABEES!)

Tuesday, June 11th at 11:00am

Steven Kiley has a passion for metal detecting, genealogy, history, and relic hunting. He will show you his amazing artifacts he found. This is a unique, fun and interesting program.



## PLAINVILLE COA FRIENDS Food and Fun on Wednesdays!!

**Breakfast \$7**

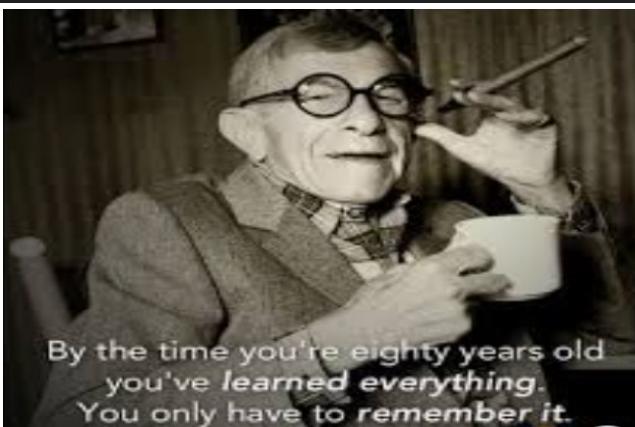
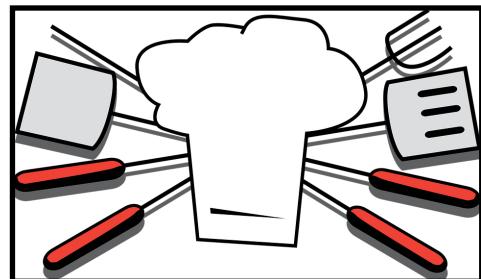
May 15th—Pancakes w/blueberry compote and sausage, coffee/tea, juice

Lunch

May 29th—Outdoor BBQ! Burger Festival!

June 12th—Turkey sandwiches/wraps, side and drink

June 26th—Outdoor BBQ!



Book Online!  
[salonrougepro.com](http://salonrougepro.com)

**Rouge**

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Plainville, MA 02762  
(509) 695-6721

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\$20	Blowout & Style
\$15	Manicure



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Plainville residents: If your address has changed or you would no longer like to receive the newsletter by mail, please call us at 508-699-7384.

For our out-of-town friends, newsletters can be viewed online by:

- ◆ Go to the Town of Plainville Massachusetts website [www.Plainville.MA.US](http://www.Plainville.MA.US)
- ◆ Under Government select Council on Aging
- ◆ Click on "Newsletters"

## PLAINVILLE COUNCIL ON AGING / SENIOR CENTER

### *Welcome*

The Plainville Council on Aging is a place of community and acceptance; we welcome all seniors to enjoy the Center's activities, meals, events or simply the company of other seniors. All seniors are invited to join together as a united community.

### *Who Are We*

The Plainville Council on Aging/ Senior Center staff are here to assist with questions and social service needs of citizens age (60+). The Center is operated by a small staff and numerous volunteers who give their time and talent so generously.

### *Our Purpose*

The Council on Aging / Senior Center provides a welcoming place for companionship, recreation, educational programs, meals and activities. We can provide seniors referrals to information and other services. The center provides community programs, transportation and is a congregate meal site. Our goal is to provide access to services, resources and programs that promote the health and well-being of all senior citizens.