

# PLAINVILLE SENIOR CENTER

## Events & Resources



September/October 2024

### COUNCIL ON AGING

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*Administrative Assistant*

Stacey Powell

*Outreach Coordinator*

Emily Saucier - *Transportation*

Don Pickener - *Facilities*

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#### HESSCO KITCHEN

Jean Taylor, *Manager*

It's hard to believe it's time to put away that bathing suit and dig out those sweaters again. September and October are the beautiful transition months from summer. It's interesting to see how nature reacts to the coming season. The leaves change, birds and critters are starting to prepare for colder days, days get shorter and harvest time begins. Fall means people are back from vacations, and we start up more programming and have the pleasure of making your time spent at the center most enjoyable.

This September we will once again hold a Plainville COA Friends vendor fair. Last year, we had a great turnout. There will be many vendors of different businesses and services. Don't miss out on the very popular bake sale. Donations are always welcome if you like to bake or make treats. Money raised goes right back to programs and events at the senior center.

October is Medicare open enrollment. Come and listen to the presentation in September. Learn the new changes to make the best decisions for you.

Get healthy! Come to the Wellness Health Fair on Wednesday, October 9th 10:00-2:00pm. You can find great health information, food, and giveaways. Plus, Cousins Lobster Truck will be here to enjoy lobster and more! Sign up for the chili cookoff and safety presentation. You can help judge the best chili and learn ways to keep you and your family safe.

We look forward to seeing you! Feeling shy? Wednesdays are New Friends Day! Come at 10AM and meet others that are new to the center just like you! You will feel welcome and enjoy the company of others.



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.

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

## **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.

**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 SNACKS 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**

**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 -**

**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. See dates inside  
Books available at the town library.**

**NEW FRIENDS DAY—10:00 AM New visitors to the center will receive a tour of the center and be introduced to others. This is great for those who have never been to the center or just want to meet people.**

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

**FRIDAYS:**

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

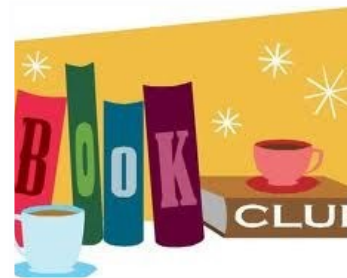
**BINGO 12:15-3:00PM**

## Book Club—

1st Wednesday of the month at 1:15pm  
Lower level of the Senior Center

September 4th: *Our Missing Hearts* by Celeste Ng

October 2 *The World Played Chess* by Robert Dugoni



## Medicare Presentation—

**Tuesday, September 24th at 11:00AM**

**Learn the ins and out of Medicare and have your questions answered by Mary Shepardson, SHINE Counselor. Lower level of Senior Center. Please sign up to attend.**

**Cousins Maine Lobster Truck is coming to Plainville Senior Center!!**

**Wednesday, October 9th 11:00-1:00PM**

**You may have seen them on the Shark Tank show. Enjoy fresh Maine lobster, chowder, bisque, lobster macaroni and cheese, and much more! Grab one of their famous whoopie pies. You can even order ahead of time so you don't have to wait! Real Maine lobster rolls with butter or mayo, fresh from the Atlantic ocean and coast of Maine. Yum!**



## Public Safety Presentation & Chili Contest

**Wednesday, Oct 23rd 11:00am**

**Join Plainville Fire Department for a safety presentation and enjoy homemade chili and hot dogs. Vote for your favorite chili. This presentation is for Plainville residents only.**



**PROPERTY TAX AID:** Applications for grants from the Plainville Taxation Aid Fund are available at the Senior Center, Assessor's Office and the Treasurer's Office in the Town Hall. Applications must be returned by Oct. 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.

**To live is the rarest thing in the world. Most people exist, that is all— *Oscar Wilde*  
The most important thing is to enjoy your life—to be happy—it's all that matters—  
*Audrey Hepburn***



**Plainville COA Friends invites you to their**

**Free entry**

**FALL**

**VENDOR FAIR**

**Food**

**& Bake Sale**

September 13th 10-2 &  
September 14th 10-3

**SOMETHING FOR EVERYONE!**  
**OVER 40 VENDORS!!**

**Bake Sale, jewelry, stained glass, crafts, seasonal items, local honey, embroidered items, Pampered chef, Avon, quilts, knitted & crochet items and so much more!!!!**

**Many gift basket drawings to choose from  
(winners will be drawn at 12:00 Saturday Sept 14th)**

**Please consider bringing in a non-perishable food item  
to donate to the Plainville Living Bread Food Pantry**

**Plainville Senior Center  
9 School St. Plainville, MA**

**508-699-7384**

Plainville COA Friends invite you on Wednesdays!

BREAKFAST: 8:00-10:00am \$7

Enjoy homemade fresh breakfast w/coffee  
and juice

September 4 and October 2



LUNCH: 11:00-1:00pm \$8

Homemade lunch and dessert too!

September 18 and October 16

- Growing old is inevitable, but growing up is optional
- Age is an issue of mind over matter. If you don't mind, it doesn't matter!

New season, new hobby! Train your brain!

Learn to play guitar in just a few weeks. All skill  
levels are welcome. Guitars will be provided to use  
during your lesson or bring your own!

Mondays 11:30-12:30pm  
Dates: October 7, 21 & 28

\$27 for all three classes. You  
must sign up and pay prior to  
the class.





## LEARN WHILE HAVING FUN!

Free monthly presentations on various topics. Join Jay Elias on the first Tuesday of the month at 11:00am Tuesday, September 3rd and October 1st



### Why is it called the fall?

The term came to denote the season in 16th-century England, a contraction of Middle English expressions like "fall of the leaf" and "fall of the year". Compare the origin of spring from "spring of the leaf" and "spring of the year"

There is a bush, a pine tree, and an oak tree and it is the fall season. If the wind is blowing towards the west, which way does the leaves on the pine tree fall?  
– *A pine tree doesn't have leaves. It has needles*

## STOP ON BY!

**Wellness Fair at the Senior Center!**  
**Wednesday, October 9th 10-2:00pm**

**Get healthy, get informed, get your blood pressure checked!**

**Meet healthcare, assisted living, medical personnel and other service people at wellness fair! We will have food, and much more! Cousins Maine Lobster truck will be here for lunch 11:00-1:00pm**



**HOLIDAY CLOSURES:**  
**The Senior Center will be closed on Monday, September 2nd for Labor Day and Monday, October 14th for Columbus Day**



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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 and information for 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.