

PLAINVILLE SENIOR CENTER

Events & Resources



September/October 2024

COUNCIL ON AGING

Staff

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

COA Board Members

Brenda Watkinson, *Chair*
Donna DiFiore, *Vice President*
Carol Lerch, *Secretary*
Elaine Balmer
Valerie Comes
Virginia Cloutier
Maureen Headd
Judy Molloy
Michelle Romano

Receptionists

Joanne Balduf
Elaine Balmer
Allyson Brown
Valerie Comes
Janice Deblasio
Donna DiFiore
Ursula Dyer
Claire Ford
Jane Gilmore
Deb Rockett
Deborah Sloan

COA Friends

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

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.**

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 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 & 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

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

Food

FALL VENDOR FAIR & 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



Computer Repair
New & Used Computers
System Upgrades
Slow Computer Tune-Ups

Book an appointment
for in home training
on our website
JOESCOMPUTERSERVICES.BIZ

580 Kelley Blvd.
North Attleboro
508.643.4414



Book Online!
salonrougepro.com



172 East Bacon St.
Plainville, MA
02762
(509) 695-6721

Senior Special Pricing Booking Now!

\$30	Wash, Cut & Blowout	\$20	Blowout & Style	\$15	Manicure
------	---------------------	------	-----------------	------	----------

PLEASANT PRINTING COMPANY



Serving the Attleboro area
for over 30 years.

T 508.222.3366
T 508.222.4102
F 508.222.8346
info@pleasantprint.com

- Drive-thru service
- Pick-up & delivery
- Design services
- ...and all of your printing needs...

163 PLEASANT ST. | ATTLEBORO, MA 02703 | PLEASANTPRINTING.COM

Plainville Council on Aging
9 School Street
Plainville, MA 02762

Non-Profit Org
PAID
N. Attleboro, MA
Permit 155

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
- ◆ 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.