

PLAINVILLE SENIOR CENTER

Events & Resources



May/June 2025

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Administrative Assistant
Stacey Powell
Outreach Coordinator
Kristen Parsons-*Transportation*
Don Pickener - *Facilities*

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HESSCO KITCHEN

Jean Taylor, *Manager*

Doesn't it seem that this time of year makes you smile? Just stepping outside your door, you can't help but hear the birds chirping away as they dart from branch to branch. The grass is green again and buds turn into flowers. You once again can open your windows to let in the fresh warm air. It seems like everything is just a little better and happy. How fortunate we are to live in this part of the country, where we have so much nature to admire.

The Kentucky Derby party is back! We hope to see you for a fun day of games and Kentucky Fried Chicken. Sign up is required, and a ticket is required to attend. We are also honoring our wonderful volunteers. The people that volunteer at the center, are amongst the finest and kindest people around. They have given so much of themselves, and we are very grateful for their loyalty and dedication.



**We hope to see you at the center!
So much to learn, see, and do!
Someone always has a good ole' time, now let that someone be you!**

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)

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 for an appointment with Stacey Powell, Outreach Coordinator 508-699-7384 (no walk ins please)

SHINE Counseling

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

Veteran's Benefits Counseling

Scott Smith 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

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:

INDOOR WALKING: for beginners 9:30am 20-30 minutes maximum.

PAINTING- 10:00-12:00pm

Socialize and paint on your own. No cost.

THURSDAYS:

SENIOR FITNESS 9:30AM-10:30AM (ALL LEVELS) \$2/class Video with on-site guidance. Sitting and standing routines help with arthritis, balance, and more!

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

EACH MONTH -

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

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

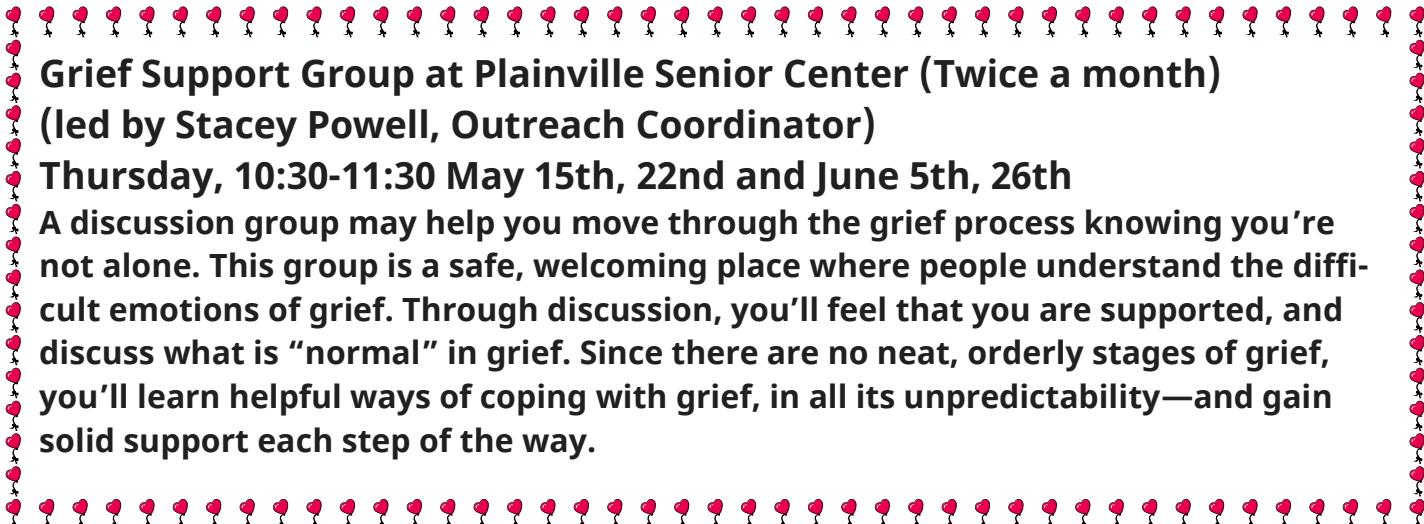
**Book Club 1:15pm first Wed of each month—lower level.
Books available at the town library.**

Chair Massage— (May 7th, June 4th & June 18) 15 mins for \$10 Sign up required

Trivia Games! - 2nd Thursday of the month. 1:00pm Sign up please.

The Senior Center will be closed on Monday, May 26th for Memorial Day. No bingo or Mah Jong on Friday, May 23rd. No programs on Wednesday, May 28th and May 29th due to Wellness Fair.

The Center will be closed on Thursday, June 19th for Juneteenth Day.



Grief Support Group at Plainville Senior Center (Twice a month)

(led by Stacey Powell, Outreach Coordinator)

Thursday, 10:30-11:30 May 15th, 22nd and June 5th, 26th

A discussion group may help you move through the grief process knowing you're not alone. This group is a safe, welcoming place where people understand the difficult emotions of grief. Through discussion, you'll feel that you are supported, and discuss what is "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.



Thursday, May 1st
11:30-1:30PM
**KENTUCKY DERBY PARTY WITH
KENTUCKY FRIED CHICKEN AND GAMES!**
Join in on the fun and fabulous day of simulated races at Plainville Senior Center. Win prizes, have a great lunch, and wear your derby clothes and hats!
\$10/pp. Space is limited, sign up early!

MEMORIAL EVENT AT THE SENIOR CENTER!

WEDNESDAY, MAY 21st 10:00 AM

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

REFRESHMENTS WILL BE AVAILABLE AFTER EVENT

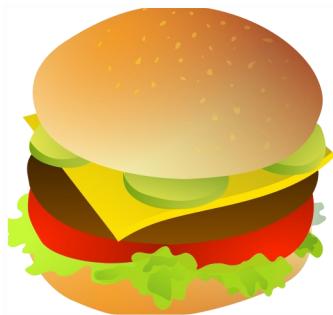


Health
&
Wellness

Wellness Fair at the Senior Center!
Thursday, May 29th 12:00-6:00pm
STOP ON BY!

Get healthy, get informed, get your blood pressure checked! Meet healthcare, assisted living, medical personnel and other service vendors at the Wellness Fair! We will have food, and much more!

**IT'S BBQ TIME!
WEDNESDAY, JUNE 4TH
11:00-1:00PM**



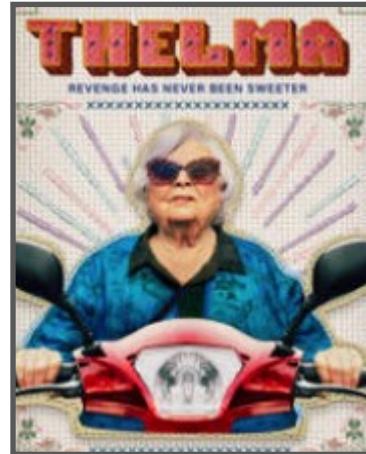
Join us for a BBQ lunch of hamburgers or hot dogs. Sit outside and enjoy your lunch with some live juggling performance and live music !

Sponsored by the Plainville COA Friends

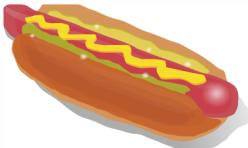
WOW! MOVIE & LUNCH!

WEDNESDAY, JUNE 18th 11:30am

THELMA is a poignant action-comedy that gives veteran Oscar® nominee June Squibb her first leading role and features the final performance of trailblazing actor Richard Roundtree (SHAFT). Squibb, who did most of her own stunts in the film, plays Thelma Post, a feisty 93-year-old grandmother who gets conned by a phone scammer pretending to be her grandson and sets out on a treacherous quest across Los Angeles, accompanied by an aging friend (Roundtree) and his motorized scooter, to reclaim what was taken from her. Lunch at 11:30, Movie at 12:00pm

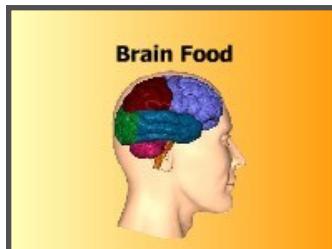


Lunch 11:30: Hot dog on a fresh bun, baked beans, drink & dessert. NO COST. Sign up required.



**WEDNESDAY, June 25th 11:00 AM
FOOD FOR BRAIN HEALTH:
"A RECIPE FOR LIFE"**

Join Richard Rogers of Heart to Home Meals. Richard "The Forgetful Chef" will offer samples of food that helped him improve his brain health. You will be able to sample meals, desserts, and learn more about brain.



It's Back! The Senior Supper Club—12 people max

Do you like going out to eat, but don't like to go alone or just like meeting new people? Come to dinner and have a fun night out. Reservations for our group will be under Plainville Senior Center.



Tuesday, May 20th 5:00pm

Fitzy's Pub, Plainville—Dinner choices will be: Baked scrod w/one side, chicken parmesan over macaroni, chopped sirloin with one side, or spaghetti and meatballs. All meals come with bread, butter, coffee or tea. \$20/pp includes tip. Restaurant prefers cash if possible.

Wednesday, June 25th 5:00pm

Evviva Trattoria, Wrentham—Wine & Dine \$20/pp (not include tax and tip). Choose from a limited menu.

Sign up required to attend.

WEDNESDAY, MAY 14TH 11:00AM

Attorney Jay Elias will present on how to write your own obituary. Who's know you better than you? This writing program will guide you on how to write out exactly what you would want the world to know about you. Please sign up.



PLAY DOLLAR TREE BINGO!

Friday, May 2nd and June 6th 12:30-1:30pm

Play bingo and win fun prizes from the Dollar Tree store. It's a fun time for all!

May is Stroke Awareness Month—Remember **FAST** This acronym is used to help identify the signs of a stroke and encourage prompt medical attention, which is crucial for improving outcomes. **Face:** Sudden drooping or numbness on one side of the face.

Arms: Weakness or numbness in one arm. **Speech:** Difficulty speaking, slurred speech, or trouble understanding speech. **Time:** Call 911 immediately if you notice any of these symptoms .

JUNE 20th—The first day of summer, or the summer solstice, is determined by the Earth's position in its orbit around the sun, specifically when the Northern Hemisphere is tilted most towards the sun, resulting in the longest day of the year and the start of astronomical summer. While the summer solstice marks the astronomical start of summer, meteorologists and climatologists often consider June 1st as the meteorological start of summer.



Summer Funnies

What's the one vegetable not welcome on a cruise? A leek
 Why does the ice cream cone get invited to all the parties?
 Because it's so cool.
 Why did the banana put on sunscreen? Because it peels.



TRY OUT SENIOR FITNESS

9:30AM-10:30AM THURSDAYS \$2

Feel better and get moving at your own pace, all while having fun! Come and join in each week for a variety of videos and on-site guidance. There are sitting and standing routines which have been proven to be very successful in helping with arthritis, balance, bone health, cardio endurance, core strength, weight control and overall foundational health benefits.



WALK INDOORS!

Walk along to an easy-to-follow, beginner-level video. Walk at your pace and enjoy the company of fellow indoor walkers. This walk is usually 15-20 minutes. No cost. Walk each Wednesday at 9:30AM on the lower level.



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Plainville Council on Aging
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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
- ◆ 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.