

# PLAINVILLE SENIOR CENTER

## Events & Resources



July/August 2025

### COUNCIL ON AGING

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*Outreach Coordinator*  
Kristen Parsons-*Transportation*  
Don Pickener - *Facilities*

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Jack Shepardson, *DAL*  
Jane Gilmore, *DAL*

#### HESSCO KITCHEN

Jean Taylor, *Manager*



Think back when you were young. What is your favorite summer memory? Living in New England with the summer heat, we can all certainly remember feeling those hot, humid days. Maybe you cooled off by spraying the garden hose, eating ice cream as it melted down your arm, leaping over waves in the ocean, or swinging on a tire under a shady tree. Fond memories may include eating a grilled hot dog or cheering on a game in the park. Drive-ins were a big deal back in the day. We all have so many good memories of summer. Summer may have long days, but it passes us by so fast. Why not cool off at the Senior Center? A place where you are guaranteed another happy memory of summer. Summer, smiles and sunshine!

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:**

**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 12:00-3:00PM**

**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— 15 mins for \$10 Sign up required**

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

**Walkers welcome! Meet at the Senior Center and walk with someone! Inquire with a staff member. We will do our best to match you up with someone to walk with on a daily/weekly basis.**

## A Day in the Life

**Wednesday, July 9th 10:00am**  
Plainville's own Lt. Colonel James Blasé will be here to discuss his amazing military career working for former presidents Carter and Reagan. He has many stories of his military service working for the presidents and his travels all over the world.



## **Tuesday, July 15th 5:30pm A Walk in Their Shoes—Dementia Simulation**

**Join Carol Hickey of The Residence at Great Woods. She will take you through a dementia simulation experience to better understand and empathize with what living with Alzheimer's or other forms of dementia can be like.**  
**Sign up required.**



## **Norfolk District Attorney's Office is sponsoring: SCAM Bingo! Friday, July 18th 12:30pm**

**Play Bingo while learning about the latest scams and avoid being a victim of scam crimes. This will be fun but also very informative. Please sign up to play.**



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

**(led by Stacey Powell, Outreach Coordinator)**

**Thursday, 10:30-11:30 July 10, 24 and August 7, 21st.**



Would you or someone like to be a part of the annual Vendor Fair? Please let us know!

**Friday, September 26th and Saturday, September 27th  
10:00-2:00pm \$40 for one day or \$60 for two days**



# IT'S BBQ TIME!

WEDNESDAY, July 16th  
August 13th, 27th  
11:00-1:00PM

Join us for a BBQ lunch of hamburgers or hot dogs. Sit outside and enjoy your lunch and entertainment.

*July 30th—Indoors—Turkey Gobbler sandwiches*

*Sponsored by the Plainville COA Friends  
Wednesday, July 30th—Turkey Gobbler Sandwiches inside the senior cen-*

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, July 8th 5:00pm

Stoneridge Restaurant, Plainville

Monday, August 4th 5:00pm

LaFamillia Restaurant, Wrentham, MA

Restaurants subject to change. Check sign up.

Sign up required to attend

**Dinner  
with  
Friends**

**PLAY DOLLAR TREE BINGO!**

**Friday, July 11th 12:30-1:30pm**

**Play bingo and win fun prizes from the Dollar Tree store.**

**It's a fun time for all!**



**Wednesday, August 6th 12:30-1:30pm**

**MAKE YOUR OWN SUNDAE**

**What a sweet way to enjoy the summer!**

**No-cost to Plainville seniors. Make your own sundae with many toppings! (Out of town guests are welcome to attend for \$3).**

**Applications Available for Plainville Tax Aid**

Applications for grants from the Plainville Elderly and Disabled Taxation Aid Fund will be available at the Senior Center, Assessor's Office, Treasurer's office at the Town Hall, and from the Veteran's Affairs agent (for Veterans only). Applications are due by 10/16. Eligibility is annual income less than \$39.5K individual or \$53K couple. Applicants must own and occupy their home, must be 65 and older, or disabled. Tax Aid Grant Program is funded by donations from residents, businesses and community groups to help those in need.

## Easy-to Learn Line Dancing

August 20th 4:00pm \$2

Learn the latest, fun dances at a beginner level. Dancing is good for memory, balance, exercise and stress reduction. These are dances that you can do at weddings or just for fun and exercise.



Sign up required



## Tuesday, August 26th Estate Planning 5:30-7:00pm

Secure your financial future for you and your family. You will learn basic estate planning involving the goal of avoiding probate, the use of wills and trusts, including different types of revocable and irrevocable trusts. Medicaid planning, mostly focusing on methods of protecting assets from a Medicaid spend-down to qualify for nursing home subsidy. This will involve an explanation of so-called "Medicaid trusts" as well as other strategies.

**Farmer's Market Coupons will be available this summer to disabled seniors or those meeting eligibility requirements. Inquire at the center or visit Mass.gov and search "Farmers Market Coupons"**

The Senior Center will be closed for Friday, July 4th in observance of Independence Day Holiday



*We're having a heat wave,  
A tropical heat wave,  
The temperature's rising,  
It isn't surprising.*

Stay hydrated and drink plenty of fluids. Make sure to add food and drinks with potassium and sodium that restore the electrolyte balance when losing fluids. Not having enough water in your body may make you feel nauseous, that could eventually leading to dizziness and falls. Drink water even when not thirsty in the summer.

## CHOCOLATE-DIPPED BANANAS—A HEALTHY, COOL TREAT!

**Health Benefits:** The blood-pressure lowering potassium from the bananas and the health-enhancing antioxidants from the dark chocolate makes for a guiltless treat.

**DIY Recipe:** Microwave 6 tablespoons of dark chocolate chips in a glass bowl on medium power for one minute and then stir. Continue microwaving in 15-second increments until chocolate is melted. Line a baking sheet with waxed paper. Cut two medium bananas in half and insert popsicle sticks into cut ends. Dip banana sections in melted chocolate and freeze on tray for two hours, or until firm. Place in freezer bags and store until ready to eat.



**PLAN A PICNIC! ENJOY FRESH AIR AND TAKE IN ALL THAT NATURE OFFERS. SUMMER PICNICS ARE GREAT FOR SENIORS WANTING TO SPEND AN AFTERNOON OUTDOORS. JUST REMEMBER TO PICK AN AREA WITH COMFORTABLE SEATING AND SHADE. CONSIDER BRINGING THE PICNIC CLOSER THAN GOING FAR AWAY. GO OUT ON A PATIO, DECK OR A COURTYARD.**

**THEY MAKE GREAT PICNIC SPOTS. TOO HOT? BRING YOUR LUNCH TO THE SENIOR CENTER. CALL A FRIEND OR NEIGHBOR AND MAKE IT A POTLUCK PICNIC.**

The wife and I took a long, summer drive out to the country and pulled over to fill up our car's gas tank and tires... She was surprised to see that the station had a fee to fill the tires and asked me, "Why in the world do they charge for AIR?!" I responded, "Inflation."

Why do seagulls fly over the sea? If they flew over the bay, they would be bagels.

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Plainville Council on Aging  
9 School Street  
Plainville, MA 02762

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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](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.