

PLAINVILLE SENIOR CENTER

Events & Resources



September/October 2025

COUNCIL ON AGING

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

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Jean Taylor, Secretary
Jack Shepardson, DAL
Jane Gilmore, DAL

HESSCO KITCHEN

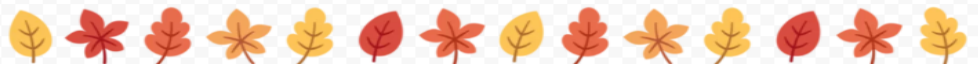
Jean Taylor, Manager

**“And then the sun
took a step back, the
leaves lulled them-
selves to sleep, and au-
tumn was awakened.”
– Raquel Franco**



**New Englanders, welcome to beautiful fall. Na-
ture’s second spring full of color. The scent of
fallen leaves wafts in the crisp air. Nature scurries
in preparation, and we add another layer of cloth-
ing. We are experts at this by now. We know
what’s coming, but do you know what to expect
at the senior center? We are always adding new,
unadvertised programs, so check Facebook! We
are looking forward to seeing you at the center,
and hope you enjoy the fall programming.**

**We wish Valerie Comes, long-term volunteer of
the senior center, all the best in her new chapter
of life. Valerie served on the COA Board and
HESSCO board for a number of years. We are so
grateful for her service and will miss her smiling,
friendly face. Thank you, Val for all of your kind-
ness and generosity.**



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 Holi-

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.

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

HOT LUNCH IS PROVIDED THROUGH HESSCO \$3.00 REQUESTED DONATION – please call 781-784-4944 to order your meal or through the senior 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)

EASY LINE DANCING 11:00AM \$2

CRIBBAGE 12:30-3:00

TUESDAYS:

CHAIR YOGA 9:30AM \$3/CLASS

TABLE TENNIS 12:00-2:00PM

SCRABBLE 12:30-3:00PM

KNITTING 10:45-11:45AM

WEDNESDAYS:

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

**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 & RESILIANCE 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.

**Grief Support Group— Thursday 10:00
Sept 4 & 18th, Oct 2 & 16th**



**Attention Bakers and
Candy Makers!**
Bake sale items wanted!
Please drop off donations
on Thursday, September
25th. Sign up please

*A special thank you to T&D
Auto and Towing and Sta-
ple Landscaping for their
support and generosity.*

*These companies care about
the seniors of our commu-
nity.*

**Stop and Shop Plainville, Taun-
ton St. will donate \$1
for every community
bag purchased to the
COA Friends of
Plainville during the
month of September.**



PLAINVILLE SENIOR CENTERS ANNUAL

FALL CRAFT FAIR
FEATURING
HANDMADE ITEMS

**CRAFTS,
BAKE SALE
RAFFLES &
MORE!!**

**FRIDAY:
OUTDOOR
BBQ
SATURDAY:
TURNER
BROS FOOD
TRUCK**

**FREE
ADMISSION**

**FRIDAY, SEPTEMBER 26TH 10-2 AND
SATURDAY, SEPTEMBER 27TH 10-2**

**AT PLAINVILLE
SENIOR CENTER
9 SCHOOL ST. PLAINVILLE, MA**

OVER 40 VENDORS!
UNIQUE GIFTS FOR EVERYONE!

PLEASE CONSIDER BRINGING A NON-PERISHABLE
FOOD ITEM TO HELP PLAINVILLE LIVING BREAD FOOD
PANTRY



**MEDICARE PRESENTATION—
Wednesday, October 8th 10:00AM**

**QUESTIONS? It's open enrollment time! SHINE Counselor,
Mary Shepardson will present new changes in Medicare
benefits 2025/26. All are welcome to attend. Please sign
up.**



**Up Up and Away! The Wright Brothers Presentation
Wednesday, October 29th 10:00AM**

**Come learn how the Wright Brothers, two bicycle
mechanics from the Midwest, out-think and out-
engineer the best scientific minds in the world and
invent the airplane. A true story of inspiration and
travel.**





Wednesday, October 1st 11:00AM

INSIDE THE WALLS

A Day in the Life of Corrections

Officers and Prisoners

Norfolk County Sheriff's Office will discuss the responsibilities of Corrections Officers and what they face in today's prisons. Have you ever

wondered what it would be like to work amongst prisoners? You will hear details of their very challenging jobs. Also, you will learn about how the prisoners live in the prisons and what it's like to live everyday in jail.

Sign up is required.

Wednesday October 15th Stampin' Up Card Making Class. Make three greeting cards for \$10.00. Have fun making beautiful cards and enjoy the company of others.



PLAINVILLE COA FRIENDS INVITE YOU!!

BREAKFAST \$7 Coffee, tea, juice included:

9/3 Sausage, egg, cheese sandwich with fruit

10/8 Pancakes w/blueberry compote w/bacon

LUNCH \$8

9/24 Willowtree Chicken sandwich, chips and drink

10/22 Chicken, broccoli and ziti with bread/butter.



DON'T FORGET!

The Senior Center will be closed Monday, September 1st for Labor Day and Monday, October 13th for Columbus Day.



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.

Fun and Easy Line Dancing

Mondays 10:00AM \$2

Easy-to-follow line dancing is good for memory, balance, exercise and stress reduction. You'll have fun and enjoy the social time of fellow dancers.



The Senior Supper Club

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. Everyone gets their own bill. Reservations for the group will be under Plainville Senior Center. Sign up is required to attend. New comers take priority.

Wednesday, September 10th 5:00pm

Frankie's, Plainville (Route 1 North)

Tuesday, October 7th 5:00pm

Cracker Barrel, Wrentham, MA (In Wrentham Outlets)

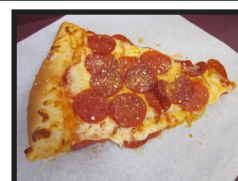


Wednesday, September 10th 11:00AM LUNCH AND LEARN

Presented by Plainville Fire Department

Pizza luncheon no cost to Plainville Seniors. Learn about using fire extinguishers and other important safety information.

Sign up to attend



Friday, September 12th 5:30pm—MUSIC BINGO w/Chris!

Have fun playing Bingo and listening to fun music. Win prizes and have a great time! Sign up required. \$5/per card to play.



Free Hearing Screening

Wednesday, September 17th 10:00-2:00PM

By appointment only. Hearwell will provide complimentary 15-minute appointments for hearing screening and cleaning.



Grief Support Group— Thursdays 10:30AM
Lower Level Conference Room
September 4th & 18th * October 2nd & 16th



Participating in outdoor activities during the fall season can help seniors stay active, improve their mobility, and boost their cardiovascular endurance. Embracing the changing seasons and trying new activities can stimulate the mind, reduce stress, and enhance cognitive function. Artificial light can help with seasonal change, improving mood.



Thursday, October 23rd 10:00AM MOVIE TIME!!

It's movie time! Come enjoy a free movie on our 85" screen with popcorn, sweets, and a drink. Sign up please. Movie will be posted.



Easy Chocolate Chip Cookies (add cranberries, nuts if you like!)

- 1 ½ cups brown sugar
- 1 cup butter, softened
- 2 large eggs, teaspoon of vanilla extract
- 3 cups all-purpose flour
- 1 ½ cups semi-sweet chocolate chips

Gather the ingredients. Preheat the oven to 350 degrees

Beat sugar and butter together in a large bowl with an electric mixer until light and fluffier in texture. Beat in eggs, one at a time. Add vanilla. Gradually stir in flour until well combined; fold in chocolate chips. Spoon dough onto a baking sheet, keeping them about 2 inches apart. Bake in the preheated oven until edges are golden brown, 10 to 15 minutes.



September is Healthy Aging Month, and a great time to focus on healthy habits. Key tips include staying active, eating a balanced diet with plenty of fruits and vegetables, getting enough sleep, managing stress, and maintaining social connections. Don't forget regular health checkups and screenings, and consider learning a new skill or hobby to keep your mind active.

Did you know that the scarecrow received an award? He was outstanding in his field.

**What do you call a cold day in September?
Septem-brrrrr**

**What's the best type of joke to tell to an oak tree in October?
Acorn-y joke**

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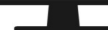


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North Attleboro
508.643.4414



Plainville Council on Aging
9 School Street
Plainville, MA 02762

Non-Profit Org
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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.