

# PLAINVILLE SENIOR CENTER

## Events & Resources



November/December 2025

### COUNCIL ON AGING

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*Administrative Assistant*  
Stacey Powell  
*Outreach Coordinator*  
Kristen Parsons-*Transportation*

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Walter Sholudko, Treasurer  
Jean Taylor, Secretary  
Jack Shepardson, DAL  
Jane Gilmore, DAL

#### HESSCO KITCHEN

Jean Taylor, Manager

Isn't the statement time flies so true? Here we go again wrapping up another amazing year. It seems we just posted summer events and now it's year end. The Senior Center had a wonderful 2025! We hope that 2025 was a good and memorable year for you as well. It was also a year of change. We want to thank our loyal friend and colleague, Don Pickener, who retired in October. He did the work of ten men and always helped everyone. We wish him the very best of everything and will miss his dedication and kindness. As you will see inside, fun is in your future. Be sure to sign up for our events and always know that the senior center is yours to visit and enjoy. You are always welcome! *Wishing you and yours a wonderful holiday season and best of health and wellness always.*



**HAPPY & MERRY  
TO YOU AND  
YOURS  
Thank you veterans!**

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 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)

FUN LINE DANCING 10:00AM \$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 & 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

**MONTHLY**

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

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.  
(except for Nov it will be 11/6)

Grief Support Group— 1st and 3rd Thursday of month 10:30am

**Sunday, November 2nd 2:00-4:00pm**

**Lion's Club Pot Roast Dinner for Plainville Seniors**

**No cost dinner for senior Plainville residents only**

**Sign up is required to attend and donations greatly appreciated**



**Wednesday, November 5th 11:00AM**

**SAFE Coalition will provide a training on how to administer Narcan in an overdose emergency. Narcan is a medicine that can save someone from a heroin, fentanyl, or prescription opioid medicine overdose. *Narcan* is the brand name for *naloxone*.**

**Sign up is required.**



**Thursday, November 6th 9:15AM—**

**Veteran's Breakfast at the Jackson School**

**Veterans and their spouse are invited to the Jackson School for a breakfast and performance by Jackson School students. Please sign up.**

**Dollar Tree Bingo sponsored by Chapel Hill 12:30pm**

**Friday, November 7th and December 5th**

**No cost to play. Win prizes and have fun!**



**The Council on Aging Board meeting in November has been moved to Monday, November 10th (from 11/11) due to the Veteran's Day holiday. Meeting starts at 10:00AM**

**Make a Gnome Craft!**

**Thursday, November 13th at 11:00AM**

**Residence Inn at Great Woods will host a gnome craft making class with snacks. No cost. Sign up is required to attend.**



**DAYLIGHT SAVINGS TIME IS SUNDAY, NOVEMBER 2nd. CLOCKS GO BACK ONE HOUR. Replace your smoke detector batteries, change filters.**

**It's time to get ready for cold weather! Seal or repair leaky windows. Take out air conditioners from windows, fill up your fuel tanks, get extra batteries, stock up on sale soups and other non-perishable items.**

**November is Diabetes Awareness Month. A good diet of healthy food and avoiding sugary drinks, soda, juice, and energy drinks. Stay away from processed foods like fast food, packaged snacks and sugary cereals. No white bread, white rice, pasta. Stay away from saturated trans fats, butter, cheese, and fried foods. Stick with homemade, healthy, fresh foods.**

**The Senior Center will be closed for: Tuesday, November 11th for Veteran's Day  
Thursday, November 27 for Thanksgiving  
Thursday, December 25 and Friday, December 26th for Christmas  
Thursday, January 1st and Friday, January 2nd for New Years**



Wednesday, Nov 12th 11:30am  
Thanksgiving Luncheon  
by Lake Pearl

Enjoy a gourmet Thanksgiving luncheon  
by Chef Kyle  
\$20/pp

Luncheon includes appetizer, meal, dessert  
and live entertainment

*You must have a ticket to attend this event.  
Last day to sign up is Wednesday, 11/5.*

Plainville Senior Center Annual  
Christmas Party at Plainridge Casino

Tuesday, December 16th 11:30-1:30PM  
(Doors open at 11:15)  
\$15/pp Suggested donation

Buffet luncheon, dessert, live  
entertainment, games and  
more!



*Out of town guests are welcome to  
sign up after Thanksgiving*

**COLONIAL FEAST DINNER AT THE JACKSON SCHOOL—**  
**Wednesday, December 3rd 4:00-5:00PM**

Enjoy a wonderful dinner served by the students of the Jackson School. This dinner is free to Plainville Seniors. Please sign up to attend.



**Always Learning Workshop—Tuesday, December 9th at 10:30**

Join Jay Elias in “Always Learning; Person Place or Thing” as we continue our never-ending quest to gain a bit of insight into the world around us.



**Senior Supper Club—You're invited!!!**

Do you like going out to eat, but don't like to go alone or just like meeting new people? Come to dinner with others just like you, 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. Tuesdays.

November 11th 4:30PM Stoneridge Restaurant Plainville  
December 2nd Fitzy's Pub (time will be listed)



**10:00AM MOVIE TIME!!**

Wednesday, November 19th & Dec 10th (Free lunch in December)  
It's movie time! Come enjoy a free movie on our 85" screen with popcorn, sweets, and a drink. Sign up please.



**NOVEMBER—GOING IN STYLE** Comedy: A classic heist comedy starring Michael Caine, Morgan Freeman, and Alan Arkin as lifelong friends who plan to rob a bank after losing their pensions.

**DECEMBER—QUEEN BEES** Comedy: While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls." This movie comes with a free lunch, but you must sign up to have lunch.

**Thank you so much to all the vendors, donations and volunteers that helped make the Craft Fair in September such a wonderful success!**



2 lbs chuck roast cubed  
 1/2 C flour  
 1 1/2 tsp salt & 1/4 tsp pepper  
 1/4 tsp paprika  
 1 tsp Worcestershire sauce  
 1 1/2 Cups water  
 2 tsp beef better than bouillon  
 1/2 teaspoon minced garlic  
 1 bay leaf  
 4 carrots sliced, 2 onions chopped, 1 celery sliced 1/4 cup peas (optional)  
 3 medium potatoes diced  
**In a bowl, mix together the flour, salt, pepper and paprika.**  
**Add the cubed chuck roast to the slow cooker. Mix in the flour mixture to fully coat the stew meat. Add the remaining ingredients and mix well.**  
**Cook on low for in crock pot 10-12 hours or high for 4 to 6 hours (if you don't have a crock pot, see a staff member for rental information).**

## CLASSIC BEEF STEW—EASY NO FUSS



December is named for the Latin word decem (ten) because it was the tenth month in the ancient Roman calendar, which started in March

### WHAT WAS SERVED AT THE FIRST THANKSGIVING MEAL?

#### Venison:

The Wampanoag brought five deer to the feast, providing a significant portion of the meal.

#### Fowl:

Wild fowl, such as ducks, geese, or passenger pigeons, were likely available.

#### Seafood:

The abundance of local seafood, including lobster and various shellfish, was part of the meal.

#### Corn:

Corn was prepared as a thick mush or porridge, which the Wampanoag called maizium, and was also used to make corn bread.

#### Pumpkin:

Pumpkins were likely present and might have been roasted or hollowed out and filled with milk and honey for a type of custard.

What smells best as Turkey Dinner is cooking?  
 Your nose!

What's Santa's favorite sandwich? Ans: Peanut Butter & Jolly

What do gingerbread men use when they hurt their legs? Ans: Candy canes

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Plainville Council on Aging  
9 School Street  
Plainville, MA 02762

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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.