

PLAINVILLE SENIOR CENTER

Events & Resources



JANUARY/FEBRUARY 2026

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Outreach Coordinator
Kristen Parsons-Transportation

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HESSCO KITCHEN

Jean Taylor, Manager



Happy New Year!

We wish this year brings you good health, much joy, happiness, new friends, and many blessings.

As we begin 2026, it's a great time to start something new. Try out one of our classes, get a new hobby, learn a language, travel, or just finish those tasks that you keep putting off. It's very rewarding to accomplish even small goals, and you'll be glad you did!

This newsletter is full of fun and informative events to make your winter fly by! Elvis will be joining us in February, tax prep is back, and the fire department will provide you information to keep you safe. Events fill up fast so don't hesitate. We look forward to seeing you there!

"You do not find the happy life. You make it."

Benjamin Franklin

"The best way to predict the future is to create it."

Abraham Lincoln

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.

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)

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 & 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

Dollar Tree Bingo, First Friday of the Month—Win Prizes and have fun! January 9th and February 6th.

MONTHLY

Joe's Computer Last Thursday of the month —Jan 29th & Feb 26th

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. Jan 8th & Feb 12th

Grief Support Group— 1st and 3rd Thursday of month 10:30am
Jan 15th, Feb 5th & Feb 19th

Wednesday, January 7th 10:00

New Tax Law Changes

AARP Tax-Aide volunteers, Rick Guillette and Joe Feroce, will describe the new tax laws for 2026. Learn about the laws affecting seniors. Come learn what's new and ask your tax questions. Sign up required



Tuesday, January 13th 10:00-12:00pm

Blue Cross/Blue Shield representatives will have an informational table for questions.

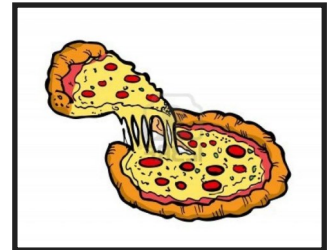
Donuts and juice will be available. Sign up please



Wednesday, January 14th 11:00am

Plainville Fire Department Winter Safety Presentation & Pizza Luncheon

Plainville senior residents are invited to a lunch and learn of winter safety tips, information and safety resources.



Sign up is required.

Tuesday, February 17th 5:00PM

ESTATE PLANNING

Attorney from Connor & Hilliard law firm, will be presenting on estate planning. This after-hours presentation will provide you with important information to make decisions on your protecting your assets. Sandwiches will be provided. Sign up is required.



**The Senior Center will be closed for: January 1st and 2nd—New Year Holiday
January 19th—Martin Luther King Day
February 16th —President's Day**

ELVIS IS IN THE BUILDING!

Valentine's Day Party

Robert Black

Performing live as Elvis
Kentucky Fried Chicken Lunch

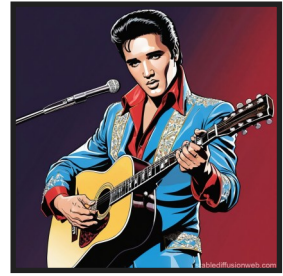
Dessert

Wednesday, February 11th

11:30-1:30pm

\$10/pp

Sponsored by Plainville COA Friends
Sign up is required, ticket needed for entry
Plainville residents have priority sign up
Out of town guests may sign up after 1/20



Soup For You!

Wednesday February 25th

11:30-12:30pm

There will be a variety of different soups to enjoy! Come and enjoy a hot cup of homemade soup made by staff. No cost. Sign up required



AARP 2025 Tax Preparation

AARP representatives will be available for low-income seniors to prepare taxes at no cost. Plainville residents will have priority sign up. Please call after January 12th to make an appointment. Out of town guests may sign up after February 9th. A intake form must be completed prior to your appointment.

Please call the center if you have to cancel your appointment.

February is National Senior Independence Month. This month is focusing on supporting older adults to live fulfilling, independent lives with dignity, highlighting resources like senior centers and community support

Senior Supper Club—You're invited!

Do you like going out to eat, but don't like dining alone or just want to meet 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.

January 6th, Tuesday at 4:00pm at Fitzzy's Pub Plainville

February 4th, Wednesday at 4:00pm at Evviva Trattoria Wrentham



Funny Movie and Lunch!

**Wednesday, January 21st and February 18th
10:00AM**

Come enjoy a free movie on our 85" screen with popcorn, sweets, and a drink. Lunch is available for purchase \$3. Bring your friends and enjoy a relaxing time. **SIGN UP PLEASE**
Lunch by Plainville COA Friends:
Jan 21st—Homemade Lasagne
Feb 18th—Pizza w/salad



JANUARY MOVIE—O BROTHER WHERE ART THOU Comedy: George Clooney stars in a funny comedy set in the south that will keep you laughing.

FEBRUARY MOVIE—MONSTER IN-LAW Comedy: Jennifer Lopez and Jane Fonda star in this funny comedy of a mother in law not too fond of her new daughter-in-law.

WINTER SAFETY REMINDERS:

- Wear shoes with good traction and non-slip soles, even indoors.
- Keep walkways and stairs clear of snow and ice. Use salt or sand for extra grip.
- Use handrails when navigating stairs and uneven surfaces.
- If you use a walking aid, ensure it's appropriate for use on icy surfaces.
- Dress in multiple, warm, loose-fitting layers, even inside the house.
- Keep your home heated to at least 68 degrees to prevent cold stress and hypothermia.
- Block drafts around windows and doors with towels or weather stripping.
- Stay active with indoor exercise to improve circulation.
- Stay hydrated by drinking plenty of water and eating warm meals.
- Be aware of hypothermia signs like shivering, slurred speech, drowsiness, confusion.
- Stay hydrated, as you may not feel as thirsty in cold weather.
- Get annual flu shots and other recommended vaccines.
- Avoid excessive alcohol, which can lower body temperature.
- Install and regularly check carbon monoxide detectors.

WINTER HUMOR

What did the icy road say to the car? – “Wanna to go for a spin?”

What does a barbershop serve in winter? – Cold cuts!

Which is faster, hot or cold? Hot—you can catch cold pretty easily!

How do you know when it is too cold to picnic outside? – You chip your tooth on your soup!

What do snowmen call their offspring? – CHILL-dren

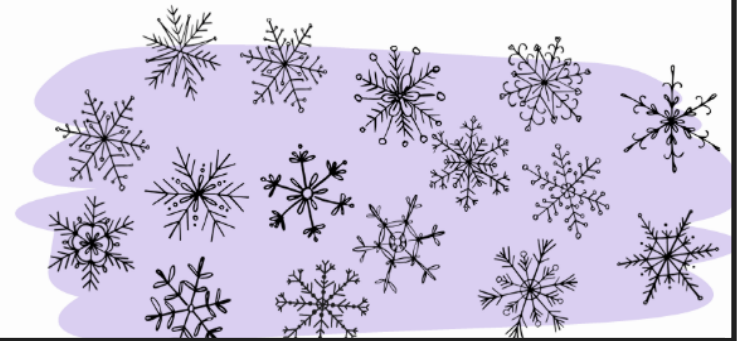
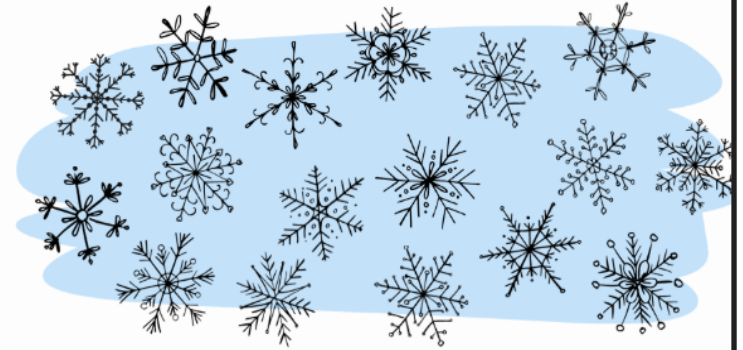
How do snowmen greet each other? – “Ice to meet you!”

Knock, Knock! Who's there? Emma. Emma who? Emma feeling bit cold out here – let me in!



MISSING SNOWFLAKE

WHICH SNOWFLAKE IS MISSING FROM THE SECOND IMAGE?



**NEVER CATCH SNOWFLAKES
WITH YOUR TONGUE**



**UNTIL ALL THE
BIRDS HAVE GONE SOUTH!**

Winter Breakfast Idea

This hearty breakfast provides lasting energy and is rich in fiber and antioxidants

Oatmeal with Winter Fruit and Nuts

- 1/2 cup rolled oats
 - 1 cup low-fat milk
 - 1/4 tsp cinnamon
 - 1 small apple or pear (diced)
 - 1 tbsp raisins or dried cranberries
 - 1 tbsp chopped walnuts or almonds
- Cook oats in milk over medium heat until creamy.
Stir in cinnamon, fruit, and dried berries.
Top with nuts and serve warm

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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
- ♦ 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.