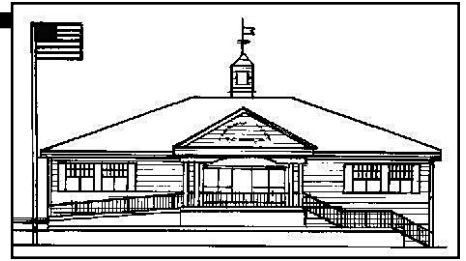




Senior Moments



Plainville Council on Aging
9 School St. • Plainville, MA 02762
508-699-7384
Fax: 508-699-1325

MAY / JUNE 2011

COUNCIL ON AGING BOARD

Natalie RammelChairman
Leland F. RossVice-Chair
Mary Griswold..... Secretary
Florence CushmanTreasurer
Brenda Watkinson Member
Gail Sabin Member
Dorothea Kettell Member
Terri Galvin Member
Roberta Bumpus..... Member
Doris RossAssociate

Friends of Plainville Seniors

Susanne Pappalardo President
Diana Green Vice-President
Allie "Pete" McAlpine Treasurer
Patricia McCready Secretary

Your Senior Center is open from
8:30am till 3:30pm,
Monday thru Friday, except on holidays.

Meal reservations must be made
48 hrs in advance.
Please call the kitchen at 508-699-0937
to order or cancel your reservation

Your mini bus is on the road from
9:00am to 3:00pm Monday thru Friday.
We ask that all reservations be made
as soon as possible.

We are here to assist you
in any way we can.
Please call us at the center at
508-699-7384.

Notary Public Services Available.

***Come grow older along with us,
the best is yet to be.***

Hi Folks,

Well here we arewe made it through winter, through the cold beginnings of spring and now looking forward to leaves on the trees, flowers and lots of sunshine. It sure does make a body feel better with good weather and sunshine!

One of our most important events is our **Volunteer Appreciation Dinner**. This is our chance to say "thank you" to all the volunteers who help us make the Center such a warm and welcoming place. We could not do it without these special people who give of their time and talent and give so much to the Senior Center. Our dinner will be held on Thursday, May 5th with hors d'oeuvres served at 4:pm, dinner at 5:pm and "Don Richards" singer, comedian and impressionist at 6:pm. Invitations will be sent to all volunteers. Please call us if you do not receive an invitation, we don't want to leave anyone out!

Our next important event is the **YARD AND BAKE SALE** on Saturday, June 4 and Sunday, June 5. This is your chance to "Go Green"! You can reduce clutter, recycle and regift...save all your treasures, put them in a big box and bring them down to the Senior Center beginning May 9th. As you know this is one of our biggest fundraisers and our success is due largely to the support of the townspeople of Plainville. You are the ones who make it work. You collect & donate, you bring your items down and then on the weekend of the yard sale you come back and buy more treasures! There is a sense of camaraderie and fun when we put this all together. It is a lot of hard work, especially pricing, but we all seem to enjoy it and it does bring about a sense of community. Please join us doing whatever you would like to do: bring a box of 'stuff', bake some goodies, stay and volunteer to help and most important of all, come on down on Saturday and Sunday, eat some hot dogs, spend some money and replace the treasures you donated!

To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

*Love & hugs
Sue*

MAY BIRTHDAYS

1-VALAURIA DUCLOS, PAULINE MARCURE
 3-ANN MARCOLINI, DON BRANAGAN
 4-ALMA AMARA
 5-JOSEPH DELSIGNORE, JUNE LANDRY
 11-MICHAEL CALAMARI
 11-JOANNE GRAY
 12-MAE STROH, BEATRICE TRADD
 13-VIOLET GRZENDA
 15-JOHN ANEMAET, LENA WATTERS
 16-LUCILLE SKINNER
 20-ANN MARIE ROBREY,
 24-JOHN GREENE
 27-MARTHA CHAISSON, EDITH WALNUT
 29-JAYNE JOHNSON
 31-SYLVIA GUARINO

JUNE BIRTHDAYS

1-ALLIE (PETE) MCALPINE, GEORGE MORT
 2- HOPE BRYANT, ELIZABETH TAPLEY
 4-TERRI GALVIN, JUNE MORT
 8-PHYLLIS WALLACE, LEWIS MANN
 11-**CHARLIE WARBURTON, CLIFF LANDRY**
 16- CLAY CONARD
 24-DOT BONITO, ALBERT BRODEUR, HARRY GILMORE, EILEEN CALAMARI
 26-ANN GALVIN, JANET MASSEY
 27-DONNA MCLEOD, HELEN BRAUNER
 28- DOTTIE DOE, DORIS MARVELLE

**MAY ANNIVERSARIES**

4-EILEEN & RAYMOND GAGNON
 7-SANDY & DICK HAMMOND
 12-EILEEN & MIKE CALAMARI
 18-VIRGINIA & PAUL CLOUTIER
 25-JANE & HARRY GILMORE
 30-ANN & JAMES WILLS

JUNE ANNIVERSARIES

3-CARLENE & DANIEL NOLIN
 7-DINA & ERNIE HARRISON
 14 -DOUG & ELAINE BALMER
 23 - CLIFF & LORRAINE READ
 29-CATHY & NICK VITO



PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE


PLAINVILLE RX CENTER
 508-695-5091
 122 South Street • Plainville, MA



**DON'T KEEP YOUR
 BUSINESS A SECRET!
 ADVERTISE NOW!**
 Call Senior Citizen Publishing
617-254-4545



SPONSORS WANTED!!!
800-732-8070



ASK A VETERANS AGENT - On Wed. **May 4th** our new Veterans' Agent, Ned Merrick, will be here to answer your questions and concerns about Veterans Benefits. Ned will be here from 1: to 2:PM. Feel free to just drop in with any questions or concerns you might have regarding veterans benefits. No appointment will be necessary.

"The trouble with quotes on the internet is that it's difficult to discern whether or not they are genuine." - Abraham Lincoln

SHINE COUNSELOR - Pat Bishop, our SHINE counselor, will be available Monday afternoons in May and June at the Center. Appointments are necessary for both Pat and Sherry, call the Center to sign up and to receive more information.

If you let your head get too big, it will break your neck. - Elvis

WOOD CARVING - Join our wood carvers every Thursday night at 6:30pm for some **carving, coffee and conversation!** If you have always had a yen for wood carving this is the place to try it. Come on down to the Center and try your hand at creating something out of a block of wood; not necessary to even carve, onlookers always welcome.

Old accountants never die, they just lose their balance.

COUNCIL ON AGING MEETING - Our Council meetings are held on the 2nd Tuesday of each month at 10:am in the library of the Senior Center. The meetings are open to the public and can sometimes be very informative and interesting. We have openings for associate members and one member of the Board. If you are interested come visit our meetings and see if you would like to become an associate or a board member. Our next meetings will be Tues. **May 10** and **June 14**.

How do you stop a charging elephant? Take away his credit card!

BOCCE - We have high hopes that the weather will continually get better and we will be able to start BOCCE the first week of May. Usually we play Bocce on Wednesday; but due to conflicting schedules, please call the Center for day and time. It is not necessary to sign up in advance, just come on down and join the fun....good exercise and lots of laughs. We also expect to have our horseshoe game going by the middle of summer.


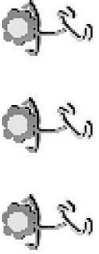
Who taught physical education at the Alamo? Gym Bowie.

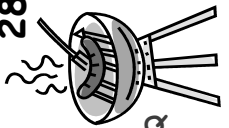
VNA GARDENING and WELLNESS - Connecting with nature is a terrific way to nurture your body, mind and soul. Whether you have a green thumb or not, join us for a fun discussion on ways to bring the outdoors into your home. Learn some helpful gardening tips and pot a plant of your very own to keep and enjoy. Sign up with our friend from the Community VNA, Stacey Hiltner, for a hands on presentation Tuesday, June 14th @ 12:45pm.

Acme Picture Frames: We want to hang around your house.

IS YOUR LICENSE VALID?? - News from the Registry of Motor Vehicles: **The RMV does not mail you notice to renew your driver's license. But>>>they now offer a free reminder service.** Sign up for the free service and choose whether you want to be notified by email, phone or text message. You can order this service at www.mass.gov/rmv. Take out your license and check the date; if it needs to be renewed this year make sure you put a reminder on your calendar. You may renew your license up to (1) year prior to the expiration. You may also be eligible to renew your license online. License and registration renewals, amendments and duplicates can be done at the Attleboro Registry of Motor Vehicles located at 75 Park St. Attleboro, Ma. Hours 9:AM to 5:PM. The closest Full Service Registry is Milford or Taunton.

Nature gave us two ends: one to sit on and the other to think with. Ever since then, success or failure has been dependent on which we use the most. - George Kilpatrick

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 BEGINNER COMPUTER 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	3 9:30 EXERCISE 10:45 KNI TTING 1:00 TABLE TENNIS 1:00 CARDS/BRIDGE	4 9:00 WII BOWLING 10:00 BOCCE STARTS 10:00 EXERCISE 1:00 ASK-A VETS' AGENT 1:00 CARDS	5 9:30 EXERCISE 10:00 SING-A-LONG 12:45 VNA MEMORY 1:00 CARDS 4:00 VOLUNTEER DINNER	6 12:45 MAH JONG 12:45 BINGO
9 YARD SALE DONATIONS SOCIABLES DANCE 8:00 FOOT DOCTOR 9:00 BEGINNER COMPUTER 1:00 SHINE COUNSELOR 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	10 9:30 EXERCISE 10:00 COA MEETING 10:45 KNI TTING 1:00 TABLE TENNIS 1:00 CARDS/BRIDGE	11 9:00 WII BOWLING 9:30 MANICURIST 10:00 BOCCE 10:00 EXERCISE 11:30 LUNCH BUNCH 1:00 CARDS	12 MAINE TRIP 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1:00 MASSAGE THERAPIST 6:30 WOOD CARVING	13 12:45 MAH JONG 12:45 BINGO
16 9:00 BEGINNER COMPUTER 1:00 SHINE COUNSELOR 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	17 FOXWOODS TRIP 9:30 EXERCISE (UPPER LEVEL) 10:45 KNI TTING 12:45 FRIENDS MEETING 1:00 TABLE TENNIS 1:00 CARDS/BRIDGE	18 9:00 WII BOWLING 10:00 EXERCISE- (UPPER LEVEL) 10:00 BOCCE 1:00 CARDS	19 LAKE PEARL TRIP 9:30 EXERCISE (UPPER LEVEL) 10:00 SING-A-LONG 11-2 BALANCE/BONE DENSITY 1:00 CARDS 6:30 WOOD CARVING	20 12:45 MAH JONG 12:45 BINGO(UPPER LEVEL)
23 9:00 BEGINNER COMPUTER 10:00 ASK-A-NURSE 1:00 SHINE COUNSELOR 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	24 9:30 EXERCISE (UPPER LEVEL) 10:45 KNI TTING 1:00 TABLE TENNIS 1:00 CARDS/BRIDGE	25 10:00 COFFEE N' CONVERSATION 11:30 CHICKIE FLYNN'S 1:00 CARDS	26 9:30 EXERCISE (UPPER LEVEL) 10:00 SING-A-LONG 12:45 REMEMBRANCE DAY 1:00 CARDS 6:30 WOOD CARVING	27 12:45 MAH JONG 12:45 BINGO(UPPER LEVEL)
30 CENTER CLOSED MEMORIAL DAY 	31 9:30 EXERCISE(UPPER LEVEL) 10:45 KNI TTING 1:00 TABLE TENNIS 1:00 CARDS/BRIDGE 1:00 MOVIE	YARD SALE JUNE 4 & 5		MAY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DEPARTMENT STORE SHOPPING TUESDAYS 1:00 GROCERY STORY SHOPPING THURSDAYS 1:00. CALL THE CENTER TO RESERVE YOUR SPOT ON THE BUS. 508-699-7384		1 9:00 WII BOWLING 10:00 EXERCISE (UPPER LEVEL) 10:00 BOCCE 1:00 CARDS	2 9:30 EXERCISE (UPPER LEVEL) 10:00 SING-A-LONG 1:00 CARDS 6:30 WOOD CARVING	3 NO ACTIVITIES TODAY YARD SALE THIS WEEKEND! JUNE 4 & 5
6 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2 TOWN MEETING	7 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS	8 9:00 WII BOWLING 9:30 MANICURIST 10:00 EXERCISE 10:00 BOCCE 11:30 LUNCH BUNCH 1:00 CARDS	9 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1:00 MESSAGE THERAPIST 6:30 WOOD CARVING	10 12:45 MAH JONG 12:45 BINGO
13 SOCIABLES DANCE 1:00 CARDS 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	14 NH TRIP 9:30 EXERCISE 10:00 COA MEETING 10:45 KNITTING 12:45 VNA GARDENING 1:00 TABLE TENNIS 1:00 CARDS	15 9:00 WII BOWLING 10:00 EXERCISE 10:00 BOCCE 1:00 CARDS	16 9:30 EXERCISE 10:00 SING-A-LONG 12:45 LAW SEMINAR 2:00 CARDS 6:30 WOOD CARVING	17 12:45 MAH JONG 12:45 BINGO
20 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	21 FOXWOODS 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 1:00 MOVIE	22 9:00 WII BOWLING 10:00 EXERCISE 10:00 BOCCE 1:00 CARDS	23 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 6:30 WOOD CARVING	24 12:45 MAH JONG 12:45 BINGO
27 10:00 ASK-A-NURSE 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	28  9:30 EXERCISE 10:45 KNITTING 12:00 ANNUAL BBQ 2:00 CARDS	29 9:00 WII BOWLING 10:00 EXERCISE 10:00 BOCCE 11:30 CHICKIE FLYNN'S 1:00 CARDS	30 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 2:00 - 7:00 BLOOD DRIVE 6:30 WOOD CARVING	JUNE 2011

REMEMBRANCE DAY - Our annual Remembrance Day event will be held on **Thursday, May 26th** @ 12:45pm. This is our day to honor the veterans and remember all of the seniors who have left us this past year and our friends and family who are no longer with us. We have all had sorrow in our lives and this is a time for reflection and peace. If anyone has a poem or thought they would like to share, let me know. It will take place outside in front of the weeping cherry tree. Taps will be played at the end of the short but meaningful ceremony. Please join us.

The future belongs to those who prepare for it. - Ralph Waldo Emerson

COFFEE 'N CONVERSATION W/TOWN & STATE OFFICIALS - will be held on **Wed., May 25th** from 10: to 11:am at the Senior Center. We always have a lively conversation and with the Annual Town Meeting coming up on Monday, June 6th and the budget cuts the state is talking about....well, there is just no telling where the conversation may go! **Do you have any questions or concerns about the town?** Bring your questions to Coffee N Conversation on Wed. May 25th and you might find some good answers to your questions.

Miser: someone who earns money the hoard way.

FREE CELL PHONE & SERVICE FOR LOW-INCOME SUBSCRIBERS - If you receive food stamps, are on Mass-Health or have an annual income of under \$14,000 for one person, you may be eligible for a free cell phone. SafeLink Wireless offers free cell phones to low-income seniors ~Limitless 911 and access to minutes of free talk-time per month. For information call 1-800-977-3768 or go to www.safelinkwireless.com.

There is no conclusive evidence about what happens to old skeptics, but their future is doubtful.

LAW SEMINAR - We will have Attorney Melissa Victor with us on **Tuesday, June 14th** to discuss wills, health care proxy, durable power of attorney, trust, long term care and other legal issues of interest to seniors. Please join us for an interesting and informative talk on topics of great concern to all of us.

Why did the banana go out with the prune? He Couldn't get a date!

ANNUAL COOKOUT - Our annual cook-out will be sponsored this year by TRIAD and the Norfolk County Sheriff's Office. Hamburgers, hotdogs, potato chips and drinks will be supplied by TRIAD. Also their Command Center and Canine Unit will be available for display. The Senior Center will provide salads (all kinds) and desserts. Donations of salad or dessert will be greatly appreciated. Entertainment will be provided by Dave Valerio.

SHINE INFORMATION - WILL YOU HIT THE GAP ("DONUT HOLE")?

The Affordable Care Act ("health care reform") includes provisions to gradually close the gap (also know at the "donut hole") in Medicare D (prescription drug coverage) by 2020. You are in the gap when your retail drug costs reach \$2,840. Prior to 2011, when you reached the gap you were responsible for the full cost of your medication. This year, if you reach the gap, your plan will 50% of covered brand name drugs and 7% of covered generics.

Prescription Advantage, the state's prescription drug assistance program, can help lower out-of-pocket costs even further if you reach the gap. Prescription Advantage also provides coverage for Benzodiazepines which are not covered by Medicare D plans. In addition, being a member of Prescription Advantage gives you a special enrollment should you need to change your drug plan for any reason - outside of the annual open enrollment period in the fall. LIS-Low Income Subsidy (also known as "Extra Help") members already get coverage in the gap and will not receive additional discounts. For more info, call Sherry or Pat, **SHINE** Counselors at 508-699-7384.

SIGN LANGUAGE - We did a sign language class a few years back and someone expressed an interest in holding another class. If you are interested in attending a basic sign language course, please sign up at the Center. The fee for the course will depend upon the amount of people who sign up. We will need a minimum of ten people to sign up. If you have any questions, please call the Center.

CLASSES TAKING SUMMER VACATION IN JULY & AUGUST
BEGINNING COMPUTER, INTERMEDIATE COMPUTER,
WATERCOLOR AND TAI CHI CLASSES

ADVANCE BEGINNER COMPUTER CLASS will hold an 8 week course beginning on Thursday, July 14th @ 1:pm. This class is ideal for a person with a basic knowledge of the computer, who wishes to learn more about the intricacies of the computer and the fun!! Call now to sign up. Class limited to 8 people. Plainville residents get first preference.

What kind of monk lives in the woods? A forest friar.

H.O.M.E. - Just a reminder to SENIORS to always check with Homeowner Options for Massachusetts Elders (HOME, INC.) at 781-848-5200 or go to www.elderhomeowners.org before considering refinancing your home. This nonprofit Massachusetts Agency provides one-on-one counseling to seniors concerning such things as Reverse Mortgages and Homeowner Refinancing. This is a very valuable and extremely well respected resource for seniors.

Right now I'm having amnesia and déjà vu at the same time. I think I've forgotten this before. Steven Wright

DID YOU KNOW??? -

- We have Wireless Internet access, bring your laptop and enjoy hanging out at the Center.
- We have Wii bowling every Wed. morning and other Wii games available.
- **We accept donations for:**
 1. Angelcat Haven Shelter (clean towels for bedding and cat litter and food.)
 2. For Redeemable bottles and cans (proceeds go to various charities)
 3. Donate your old glasses for the Lion's Club
 4. For Medical equipment (wheelchairs, canes, bath seats, etc.)for the Lion's Club Medical Closet located at the Senior Center
 5. Aluminum tabs (soda, cans, etc.)For dialysis for children.

"When I rest, I rust". Fritz Thyssen, German Industrialist



SEMCO MACHINE CORPORATION

Compliments of ...

The

Holmes Family

Get wise to age-fighting

THINK FINE LINES SHOULD BE QUOTED- NOT APPEAR ON YOUR FACE?
 TIMEWISE® SKIN CARE CAN HELP REDUCE
 THE APPEARANCE OF FINE LINES AND WRINKLES.

AMANDA GODDARD
 INDEPENDENT BEAUTY CONSULTANT

www.marykay.com/agoddardf **508-212-4725**



**DON'T KEEP
 YOUR BUSINESS
 A SECRET!
 ADVERTISE HERE!
 800-732-8070**



Don't ignore
YOUR ADVERTISING PROBLEMS!
 We can help you to solve them!

S T A F F

Executive Director – Sue Hinski
Outreach Coordinator – Sherry Norman
Travel Coordinator – Sandra Hammond
Bus Driver – Rosie Sorrento
Meal Site Director – Red Mitchell

MISSION STATEMENT

- To provide outstanding services to seniors, treating people with kindness, respect, and dignity.
- To serve as advocates and to enhance the lives of seniors in our community.
- To provide a gathering place for older adults in an atmosphere that promotes and utilizes life experiences and skills.
- To provide participants opportunities and resources in the area of physical and mental health, nutrition, recreation, and education.

Friends of Plainville Seniors
Plainville Council on Aging
9 School St.
Plainville, MA 02762

Address Service Requested

Non-profit Org
US Postage
PAID
N. Attleboro, MA
Permit 155

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind. William James

ANOTHER NOTE ABOUT THE YARD SALE: ALL YARD SALE DONATIONS WILL BE ACCEPTED IN THE LOWER LEVEL OF THE SENIOR CENTER BEGINNING MONDAY, MAY 9th. WE CANNOT ACCEPT LARGE APPLIANCES, COMPUTERS, MONITORS OR CLOTHING. LARGE ITEM DONATIONS WILL BE ACCEPTED BUT HANDLED ON CASE BY CASE BASIS. IF YOU ARE UNABLE TO DROP OFF YOUR ITEMS, A PICK UP WILL BE ARRANGED. CALL THE CENTER TO SET UP A PICK UP APPOINTMENT.

****DROP OFF FOR BAKED GOODS WILL BE FRIDAY DURING THE DAY OR ON SATURDAY OR SUNDAY. IN THIS DAY AND AGE IT IS HARD TO FIND THE TIME TO BAKE; SO PLEASE KNOW THAT WE APPRECIATE ALL YOUR HELP.****

JUST A REMINDER: POOL TABLE ALWAYS AVAILABLE, TABLE TENNIS ON TUESDAY AFTERNOONS, BOCCE & HORSESHOES (in the summer), COMPUTER LAB EVERY DAY, WII BOWLING AND WHEEL OF FORTUNE ON WEDNESDAY MORNINGS. WE ALSO SELL TOWN OF PLAINVILLE TRASH STICKERS ~ AVAILABLE MONDAY THRU FRIDAY 8:30-3:30PM.

ARE YOU AT LEAST 60 AND HAVE A PROBLEM WITH YOUR IN-HOME CAREGIVING SERVICES? If so, please call us! 1-800-243-4636 (1-800-AGE-INFO)