



Senior Moments



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

NOVEMBER / DECEMBER 2011

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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.***

HAPPY THANKSGIVING * MERRY CHRISTMAS

Hi Folks,

Autumn is here...beautiful, wet, rainy with not many brilliant colors. We have had a very wet summer and fall with all the rain. Let's hope we do not have a winter like last year! It seems like we wait for the perfect time each season and then it disappears all too quickly. Such is life, I suppose.

The Center is bustling with activity and listed below are all important dates, holidays and parties for the upcoming 2 months. More information will be in the newsletter and please remember to check out our calendars, we don't want you to miss anything.

November events are as follows: Lions Club Roast Beef Luncheon~Sun. Nov. 6th ; Veterans Breakfast~Thurs. Nov. 10th; Dean's Lunch~ Wed. Nov. 16th; Thanksgiving Luncheon ~Thurs. Nov. 17th; Coffee 'n Conversation with Town Officials~ Wed. Nov. 30th and also on Wed. Chickie Flynn's; and Dean's Breakfast on Tues. Nov.8th & Thurs. 22nd.

December events: XMAS Wreath Demo~Tues. Dec. 1st; Christmas at the Tavern ~Friday, Dec. 9th ;Dean's Breakfast~ Tues. Dec. 13th & 27th ; XMAS at the Center Tues. Dec. 20th and Dean's Lunch on Thurs. Dec. 29th.

We will be closed on Fri. Nov. 11th Veterans Day and on Nov. 24th Thanksgiving Day and Friday Nov. 25th. In December we will be closed on Monday, Dec. 26th and on Monday, Jan. 2nd.

All of the staff here at the Senior Center: Red, Rosie, Stacey, Sandy, Sherry, Sue and all of our wonderful volunteer receptionists wish you a Happy Thanksgiving, a Merry Christmas and may the New Year "2012" bring you peace of mind and contentment with a healthy dose of laughter.

*May Christmas inspire each of us to give
a little of what we have,
to share a little of who we are,
to help make this the kind of world that it was meant to be.*

Take care, Sue

Birthdays and anniversaries are listed upon request. Please let us know if you would like to be included!

NOVEMBER BIRTHDAYS

NOV. 1-ELEANOR HOOKER
 NOV. 2- PAULINE ARRUDA
 NOV. 3-DOROTHY FORD
 NOV. 4-NATALIE RAMMEL
 NOV. 5-KENNETH KUBLIN
 NOV. 6-MICHAEL DILEONARDO
 NOV. 9-DOT KETTELL
 NOV. 12-GILBERT BAGLEY, DONNA DIMONTE
 NOV. 14-ANN BLACKWOOD
 NOV. 16-HELENA LYONS
 NOV. 18-JANET MACMUNN
 NOV. 20- PHYLLIS PECK
 NOV. 20- CHAUNCY SMITH
 NOV. 21-BARBARA FLUCK
 NOV. 24-MARY DEMERS
 NOV. 25-LORRAINE READ

DECEMBER BIRTHDAYS

DEC. 2-JOAN SEYMOUR
 DEC. 10 - BARBARA MEYER
 DEC. 15 - BERNIE MCNICHOLS
 DEC. 17- ANDREA SOUCY
 DEC. 18-FRANCIS PERRY, ANN PROVOST
 DEC. 19-FRANK BARRETT
 DEC. 21-MARY STEWART, DONNA DIFIORE
 DEC. 22- ADELE MORIN, BOB RUEST
 DEC. 23-CLAIRE KUBLIN
 DEC. 24-ERNEST MOSCHERA, LORRAINE PARKER
 DEC. 26- CAROL MARCOUX, MARIE SIMMONS
 DEC. 31- GERARD AUCLAIR



NOVEMBER ANNIVERSARIES

NOV. 8- PAULINE & JOE ARRUDA
 NOV. 24-CLAIRE & PAUL AYRES
 NOV. 28- CAROLYN & CHET ENBINDER

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**A special Christmas Party Invitation to all of you
*Merry Christmas ~ Merry Christmas***

**Everyone is invited to our Christmas Party on Friday, December 9th,
2011, from 11:30am till 3:00pm. at the Tavern from Tower Square,
Route One, Plainville.
Tickets are \$18.00 per person**

**Dinner will be at noon, followed by our entertainment
“JODY EBLING”**



**The menu will be as follows:
Chicken and vegetable soup
Choice of one entrée:
Apple Braised Pork Loin
Baked Haddock
Baked Stuffed Chicken Breast
Mashed potatoes
Winter vegetables
Fresh rolls, coffee/tea
Pineapple Upside Down Cake**





**Door prizes awarded
A present for everyone**

**Please call the Center to make your reservation and choice of entrée.
All reservation/food choices must be made by December 1st 2011.
Reservations limited to Plainville residents until November 18th;
Then our out of town friends are invited to join us.**

**Don't be disappointed! - due to the popularity of our "parties", the sign up time for parties
will be restricted to Plainville residents first with our out of town friends invited to join us
after the initial sign up. If you have any questions, call the Center.**

LASALETTE LIGHTS - Our annual trip to LaSalette to see the Christmas lights will be on Tues. Dec. 6th with a snow date of Tues. Dec. 13th, if needed. Our bus holds eight people and we leave about 3:30pm and come back about 6:30pm. There is ample time to get a bite to eat at Bliss Bros., browse the gift shop and see the lights. We can pick you up at the Center or at your home. If the weather gives us a problem, we will reschedule for after Christmas. This trip fills up fast so please call the Center as soon as possible.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2011	1 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS	2 9:00 WII BOWLING 10:00 EXERCISE 1:00 CARDS 1:00 TAI CHI 1:00 ASK-A-VETS' AGENT	3 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1:30 PAINTING (4 OF 6) 6:30 WOOD CARVING	4 9:45 JACKSON SCHOOL PLAY 10:00 LINE DANCING (8/8) 12:45 MAH JONG 12:45 BINGO SUN., 11/6 2 PM LIONS' CLUB RB DINNER
7 9:00 BEG. COMPUTER 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	8 8:00 BREAKFAST 9:30 EXERCISE 10:00 COA MEETING 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS	9 9:30 MANICURIST 10:00 EXERCISE - CANX 1:00 CARDS 1:00 TAI CHI	10 LAKE PEARL TRIP 8:30 VETERAN'S BREAKFAST 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1:30 PAINTING (5 OF 6) 6:30 WOOD CARVING	11 CENTER CLOSED VETERANS' DAY 
14 SOCIABLES DANCE 9:00 BEG. COMPUTER 1:00 CARDS 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	15 FOXWOODS TRIP 9:30 EXERCISE 10-1 MEDICATION MGT 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS	16 10:00 EXERCISE NOON DEAN'S LUNCH 1:00 CARDS 1:00 TAI CHI	17 9:30 EXERCISE 10:00 SING-A-LONG 12: HESSCO TKSQVING DNR 1:00 MASSAGE THERAPIST 1:30 PAINTING (6 OF 6) 6:30 WOOD CARVING	18 10: Beginners Line Dancing 12:45 MAH JONG 12:45 BINGO
21 9:00 BEG. COMPUTER 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	22 8:00 BREAKFAST 9:30 EXERCISE 9:45 JACKSON SCHOOL PLAY 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS	23 9:00 WII BOWLING 10:00 EXERCISE - CANX 1:00 CARDS 1:00 TAI CHI	24 CENTER CLOSED THANKSGIVING 	25 CENTER CLOSED
28 WHITE MTNS TRIP 10:00 ASK-A-NURSE 12:15 CVNA 'BLUE ZONES' 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	29 9:30 EXERCISE 10:45 KNITTING 1:00 MOVIE 1:00 TABLE TENNIS 1:00 CARDS	30 9:00 WII BOWLING 10:00 EXERCISE 10:00 COFFEE & CONVERSATION 11:30 CHICKIE FLYNN'S 1:00 CARDS 1:00 TAI CHI	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	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 2011	2012 MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7		1 9:30 EXERCISE 10:00 SING-A-LONG 11:00 VNA WREATH DEMO 1:00 CARDS 6:30 WOOD CARVING	2 10: Beginners Line Dancing (Refresher class) 12:45 MAH JONG 12:45 BINGO NEWPORT MANSIONS
5 8:AM FOOT DOCTOR 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	6 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 3:30 LIGHTS at LASALETTE	7 9:00 WII BOWLING 10:00 EXERCISE 1:00 CARDS 1:00 TAI CHI 1:00 ASK A VETS' AGENT	8 9:30 EXERCISE 10:00 SING-A-LONG 1:00 MESSAGE THERAPIST 1:00 CARDS 6:30 WOOD CARVING	9 HOLIDAY PARTY at the TAVERN 
12 SOCIABLES DANCE 9:45 JACKSON SCHOOL PLAY 1:00 CARDS 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	13 FOXWOODS TRIP 8:00 BREAKFAST (8-10AM) 9:30 EXERCISE 10:00 COA MEETING 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 3:30 LIGHTS at LASALETTE	14 9:00 WII BOWLING 9:30 MANICURIST 10:00 EXERCISE 1:00 CARDS 1:00 TAI CHI	15 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 6:30 WOOD CARVING	16 12:45 MAH JONG 12:45 BINGO
19 10:00 ASK-A-NURSE 1:00 CARDS 1:00 LINE DANCING 1:00 INT. COMPUTER-1 2:00 INT. COMPUTER-2	20 9:30 EXERCISE CHRISTMAS PARTY AT THE CENTER APETIZERS @ 11:00	21 9:00 WII BOWLING 10:00 EXERCISE 1:00 CARDS 1:00 TAI CHI	22 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 6:30 WOOD CARVING	23 12:45 MAH JONG 12:45 BINGO
26 CENTER CLOSED MERRY CHRISTMAS! ALSO CLOSED JAN. 2 FOR NEW YEAR'S	27 8:00 BREAKFAST (8-10AM) 9:30 EXERCISE 10:45 KNITTING 1:00 MOVIE 1:00 TABLE TENNIS 1:00 CARDS/BRIDGE	28 9:00 WII BOWLING 10:00 EXERCISE 11:30 CHICKIE FLYNN'S 1:00 CARDS 1:00 TAI CHI	29 9:30 EXERCISE 10:00 SING-A-LONG Noon Bean's Lunch 1:00 CARDS 6:30 WOOD CARVING	30 12:45 MAH JONG 12:45 BINGO NEW YEAR'S TRIP TO LAKE PEARL 12/31

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ROAST BEEF LUNCHEON - Due to the generosity of the Lion's Club, we will again hold our annual "free" delicious roast beef luncheon on Sunday, Nov. 6th at 2:PM. We always look forward to this meal. Simply put, this is one of the best roast beef dinners that I have ever had, whether it be in a restaurant or at home. They all do an excellent job. This event fills up very fast, so please come to the Center to register and pick up a ticket. Luncheon limited to Plainville residents only.

If walking/cycling is good for your health, postman would be immortal.

LUNCH BUNCH AT GERRY'S PLACE - Our annual November luncheon will be held at Gerry's Place at Tri-County Regional High School in November at a date to be determined. The menu will be a choice of Baked Haddock, Liver & Onions (senior favorite) or Baked Ham along with salad, rolls dessert and coffee or tea for \$9.00 including the tip. Money will be payable when reservation is made. Call the Center for a definite date for the luncheon.

My friend has difficulty sleeping, but I can do it with my eyes closed!

DEAN'S BREAKFAST AND LUNCHEON SPECIALS - We have a very special "cook" in our kitchen mixing up a delicious breakfast for \$2.50 (eggs, breakfast meat, homefries, toast & coffee). In Nov. the dates will be Tues. the 8th & the 22nd. In Dec. Tuesday the 13th & Tues. the 27th from 8-10:am. The breakfast will be served as you order and payable when you order anytime between 8 and 10:am on the above Tuesdays. In January we have a tentative plan to hold the breakfast every Tuesday from 8 to 10:am. Dean is also doing a luncheon once a month on the 3rd Wednesday of each month. On November 16th the menu will be Yankee Pot Roast, potato, carrot, turnip and dessert for \$3.50. Reservations must be made for the luncheon and paid in advance.

A tortoise doesn't run or exercise and does nothing, yet it lives for 450 years.

COUNCIL ON AGING MEETINGS - held on the 2nd Tuesday of each month. Meetings will be held on Tuesday, Nov. 8th and Tuesday, Dec. 13th in the library of the Center at 10:am. The public is invited and encouraged to attend our informative and interesting meetings.

I quit my job at the helium factory, I refuse to be spoken to in that tone

CVNA WREATH DEMO - Join us for our annual wreath making demonstration run by the Community Visiting Nurse Association of Attleboro. Demo will be held on Thurs. December 1st at 12:45pm. This is a lot of fun and you could be one of the lucky ones and win one of the wreaths they make during the program. Call the Center to sign up for this fun, fun program.

Pete Rose was on his way to being reinstated in baseball until he asked the commissioner.

"What are the odds?"

MEDICATION MANAGEMENT CLINIC (AKA BROWN BAG) - On Tues. Nov. 15th from 10:am to 1:pm you will be able to sign up for an individual nursing consultation to help you:

- Understand your medications and precautions
- Answer questions you may have
- Evaluate over-the-counter drugs and herbal remedies
- Organize medications on chart to help with administration
- Understand interaction of different medications
- Consult with you physician or pharmacist as needed

Sign up for your appointments at the Senior Center. Be sure to bring **ALL** your medications, vitamins and herbal remedies along with your doctor's name and number. This program is free with funding provided by a grant from HESSCO and the Ma. Executive Office of Elder Affairs.

VETERANS BREAKFAST - Our annual Veterans Breakfast will be held on Thursday, Nov. 10th @ 8:30am. Our breakfast will be special this year with Dean (of Joe's 320) doing the cooking. Be prepared for a delicious meal cooked by a veteran (Marine) for the veterans! Breakfast will consist of Scrambled eggs, home fries, bacon, ham and sausage, S.O.S., Baked beans, corn bread, Danish and biscuits Does that sound delicious or what! The breakfast will be limited to veterans and a friend or spouse. Plainville veterans will be given priority and out of town veterans will be placed on a waiting list. There will not be a charge for the meal. Sign up required by November 5th. I would also like to remind you of our Veterans Wall of Honor. Any Plainville veteran, who wishes to do so, may put his picture on the wall.

Attitudes are contagious. Is yours worth catching?

CHRISTMAS AT THE CENTER - will be held on Tuesday, Dec. 20th Our menu will be appetizers, HESSCO luncheon of Roast Pork, red bliss potatoes, applesauce, vegetables and brownie with ice cream. The entertainment for our Christmas Party at the Center will be the Singing State Trooper Dan Clark (retired) and his lovely wife, Mary. Door prizes and a present for all. Join us for a time of celebration and laughter. Cost will be \$4.00. Reservations will be limited to eighty and Plainville residents will receive first preference until December 5th then our out of town friends will be invited to join us.

Cashew: the noise a nut makes when it sneezes.

WINTER IS COMING....Make sure you have plenty of salt for your walkways, non-perishable food, bottled water and a flashlight or two in case of a storm. Pull out your winter clothing and find your hat, find your gloves and get your ice scraper ready! When Plainville schools are closed due to inclement weather, the Senior Center is also closed. Check the TV listings or call the Center for a recorded message.

The thing that keeps me from being happily married is my husband.

MEDITATION IN MOTION ~ TAI CHI - We have a Tai Chi class every Wednesday at 1:PM in the lower level of the Senior Center. Tai Chi fights late-life depression and motivates the heart. As a low impact exercise, Tai Chi is great for people with joint problems because it actually helps build connective tissue and improve circulation. Our beginners class is at 1:pm and the price is \$1.50; at 1:30 our advanced students begin till 2:pm. Price for the full hour is \$3.00. If you are interested, come on down and visit, your first visit is always free.

PROJECT REASSURANCE - Do you know of a frail elder or a senior who lives alone and would like a daily call, 365 days a year, just to stay hi and check up on them? We have a group of dedicated volunteers who make calls from the Plainville Police Station every day of the year. Call the Center if you are interested.

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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.
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Thought for the day: "It's a funny thing about life; if you refuse to accept anything but the best, you very often get it." W. Somerset Maugham

GIVING THANKS

This is the time of year to give thanks and to show our appreciation to the many companies, organizations and individuals who help make the Senior Center such a great place.

The Lions Club who do so much for so little in return; the delicious Roast Beef Luncheon, the donations to Seniors who need help, the medical equipment to loan out to residents of Plainville and to always lend a helping hand when needed.

**Panera Café, Boyer-Fassett Bakery, Dunkin Donuts and Honey Dew Donuts for their yummy donations.
Shaw's Supermarkets and Stop & Shop for all their donations.**

Plainville Prescription Center for consistently giving more than we ask for.

And last but not least a very big thank you to Philip Sanborn for picking up donations in rain, snow, sleet...in any kind of weather Philip was always there to make sure we received our 'goodies'.

Thank You Philip.