



Senior



Moments

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

SEPTEMBER / OCTOBER 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.***

Hi Folks,

Well, don't you think we had a nice summer? A few days were hot and steamy; but overall, I thought it was really enjoyable. I hope you also enjoyed your summer and are looking forward to Autumn. This is the time of year when the weather transitions from the heat of summer to the cold of winter. Autumn usually lasts from early September to late November. The Autumnal Equinox will occur on September 23 @ 9:04am. We will be closed on Mon., Sept. 5 Labor Day and on Mon., Oct. 10 for Columbus Day.

Programs are starting up again and we hope you read the newsletter and/or stop in and see what we have to offer. We have a full schedule and would love to have you join us. Exercise classes are running full steam ahead...we hold three exercise classes a week, plus Tai Chi, four computer classes, singing, watercolor classes, manicurist, massage therapist, Halloween pizza party, Hawaiian luau, beginners and advanced line dancing classes, Wii bowling, card games, wood carving, breakfast served twice a month, dental screening, TRIAD, Coffee 'n Conversation and much more. Sometimes I wonder how we fit it all in! I do want to remind you that we always have room for anything special 'you' might like to do. Someone has mentioned a Photography Club...give us a call if you would be interested. Drop in the Center for a description and sign up sheet for all of the above programs and entertainment. Look at our calendars for September and October for dates and times of all events.

Just a reminder that the Lions Club will be putting on their annual Fall Festival at the Plainville Town park on September 25. Please come on down and enjoy the fun festivities they offer. We will have a senior info table and bake sale at the Festival. If you are interested in doing some baking for us, please call the Center.

Coffee 'N Conversation will be held on Wed. Sept. 28th at 10:AM. Come on down and visit with our Town officials and State Representative and State Senator and bring along your questions!

I have always thought the actions of men the best interpreters of their thoughts. - John Locke, Philosopher

Take care, Sue

SEPTEMBER BIRTHDAYS

SEPT. 1-JOAN DASZKIEWICZ, LORETTA MORSE
 SEPT. 4-ANN LAWYER
 SEPT. 6-JOAN CLARKE
 SEPT. 11-RICHARD HAMMOND
 SEPT. 14-EUNICE CLARK
 SEPT. 16-MIKE JOHNSON
 SEPT. 17-JOE ARRUDA
 SEPT. 19-**PAULINE KIRBY**, NICK VITO
 SEPT. 20-JOHN HICKMAN
 SEPT. 22-HELEN BIGELOW
 SEPT. 27-HELEN HOUGHTON, LINDA STRAFACI
 SEPT. 28-MAGGIE SNELL
 SEPT. 29-VIRGINIA CLOUTIER, CAROLYN FLANAGAN
 SEPT. 30-MARION JORDAN

**OCTOBER BIRTHDAYS**

OCT. 2-KENNETH BRYANT, HELEN FREY, **RED MITCHELL**
 OCT. 3- BRENDA NELSON
 OCT. 4- EDWARD SMITH
 OCT. 7-JOSEF RICHTER
 OCT. 9-ERNEST HARRISON
 OCT. 10-KAY ANDERSON
 OCT. 12-CAROL BUJA
 OCT. 13-PAUL CLOUTIER
 OCT. 14-ROSE-MARIE SULLIVAN
 OCT. 18-JIM LOCKHART, GAIL SABIN
 OCT. 21-PATRICIA FERNEY
 OCT. 22-WILLIAM COOK
 OCT. 23-DORIS GIGGEY, ROSE THERIAULT, VERA WATSON
 OCT. 25-ROBERT CLARKE
 OCT. 27- PAUL ARES, GIL SANDBERG

**OCTOBER ANNIVERSARIES**

OCT. 16- DONNA & WILLIAM MCLEOD
 OCT. 17 - ANN & GIL SANDBERG

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COUNCIL ON AGING BOARD MEETINGS - Council on Aging Board meetings will restart on the 2nd Tuesday of each month beginning Sept. 13th and Oct. 11th at 10: am in the library of the Senior Center. Meetings are open to the public and always interesting and informative, please think about joining us. If you would like to make a difference to the Seniors of Plainville or have suggestions or ideas to help us better serve you, please come down and visit and maybe decide to stay!

Little boy: Ouch! I have a splinter in my finger. Little girl: Scratching your head again?

WOOD CARVING - held every Thursday at 6:30pm in the upper level of the Center. Interested in learning how to carve or would you just like to "whittle away" with other carvers; then here is your chance to join. No appointment necessary, just show up Thursday nights at 6:30pm.

What did Cinderella wear to the undersea ball? Glass flippers!

CHICKIE FLYNN'S RESTAURANT - Openings are available to join us for a three course meal at Chickie Flynn's in Foxboro located just before Patriot Place. Many thanks go out to Chickie Flynn's for their generosity; the meal is free with a cost of \$2.50 for the gratuity. Previously this offering was at Leona's in No. Attleboro. They reopened in Foxboro and the new restaurant is Chickie Flynn's. Openings are always available for seniors who have not attended the meal. The next two meals are Sept. 28th and October 26th. Call the Center to make a reservation.

It is impossible to help another without helping yourself, or to harm another without harming yourself.

BEGINNERS LINE DANCING - Back by popular demand; we are starting a new Beginners Line Dancing class. Due to the popularity of our Sociables Dances at Lake Pearl (held on the 2nd Monday of every month) we have had many requests for line dancing instruction. We hold an advanced line dancing class every Monday (except for dance day) and now are starting Beginners Line Dancing on Friday mornings from 10:am to 11:15am. Lessons will start on Friday, Sept. 9th. Cost will be \$16.00 for 8 weeks payable in advance.

When we played softball I'd steal second, then feel guilty and go back. Woody Allen

BREAKFAST AT THE CENTER - We have had a very good turnout at our breakfast held on Tuesdays, twice a month at the Center. For \$2.50 you get your choice of two eggs (scrambled or fried), homefries, two pieces of toast, coffee and a breakfast meat (i.e., bacon, sausage, ham). We start serving at 8:am and end at 10:am. No reservations necessary, just stop in; we will be glad to see you.

When I was a kid I asked my dad if I could go Ice-skating. He told me to wait until it gets warmer. -Rodney Dangerfield

DENTAL SCREENING - Dr. John Barone of No. Attleboro will hold a dental screening at the Center on Tuesday, September 20th from 10:am to 11:30am. By adopting healthy habits at home, making better choices about diet and lifestyle and seeking regular professional dental care, many older adults are keeping their teeth, staying healthier and looking better than ever! At the screening, he will present a 5-10 minute introduction and answer any question from the attendees. He will then be available to perform screening exams for mouth cancer, dentures and other general mouth conditions and make recommendations, if necessary. Dr. Barone will have available free dental items (toothbrush, toothpaste, denture container, denture brush, denture paste and pamphlets). Call the Center to register - all screenings by appointment only.

I had my appendix removed. There was nothing wrong with it, I just did it as a warning to the other organs in my body to shape up or they're out of there. -Charlie Viracola

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2011				
5	6	7	8	9
CENTER CLOSED LABOR DAY	9:30 EXERCISE 10:45 KNITTING 1:00 CARDS 1:00 TABLE TENNIS	9 - 11 VNA HEALTH CLINIC 9:00 WII BOWLING 10:00 EXERCISE 10:30 BOCCIE 1:00 CARDS 1:00 TAI CHI 1:00 ASK-A-VETS' AGENT	9:30 EXERCISE 10:00 SING-A-LONG 11:30 LUNCH BUNCH 1:00 CARDS 1:00 MASSAGE THERAPIST 6:30 WOOD CARVING	10:00 BEGINNER'S LINE DANCING * NEW * 12:45 BINGO 12:45 MAH JONG
12	13	14	15	16
SOCIALLES DANCE at LAKE PEARL 1 - 3 SHINE COUNSELOR 1:00 CARDS	SCOTTISH HIGHLANDS TRIP 8:00 BREAKFAST 9:30 EXERCISE 10:00 COA MEETING 10:45 KNITTING 1:00 CARDS 1:00 TABLE TENNIS	9:00 WII BOWLING 9:30 MANICURIST 10:00 EXERCISE 10:30 BOCCIE 1:00 TAI CHI 1:00 CARDS	9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1 - 3 SIGN LANGUAGE * NEW * 6:30 WOOD CARVING	10:00 BEGINNER'S LINE DANCING (2/6) 12:45 BINGO 12:45 MAH JONG ATLANTIC CITY/NEW YORK/PHILADELPHIA TRIP 9/18 - 20
19	20	21	22	23
9:00 BEGINNER COMPUTER 1 - 3 SHINE COUNSELOR 1:00 LINE DANCING 1:00 CARDS 1:00 INTERMEDIATE COMPUTER 1 2:00 INTERMEDIATE COMPUTER 2	FOXWOODS TRIP 9:30 EXERCISE 10-11:30 DENTAL SCREENING 10:45 KNITTING 1:00 CARDS	9:00 WII BOWLING 10:00 EXERCISE 10:30 BOCCIE 1:00 TAI CHI 1:00 CARDS	BIG E TRIP 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1 - 3 SIGN LANGUAGE (2/5) 6:30 WOOD CARVING	LUAU at SENIOR CENTER 11:30 - 2:00
26	27	28	29	30
8:00 FOOT DOCTOR 9:00 BEGINNER COMPUTER 10:00 ASK-A-NURSE 1 - 3 SHINE COUNSELOR 1:00 LINE DANCING 1:00 CARDS 1:00 INTERMEDIATE COMPUTER 1 2:00 INTERMEDIATE COMPUTER 2	8:00 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 1:00 MOVIE 1:00 CARDS 1:00 TABLE TENNIS	9:00 WII BOWLING 10:00 EXERCISE 10:00 COFFEE N' CONVERSATION 10:30 BOCCIE 11:30 CHICKIE FLYNN'S 1:00 TAI CHI 1:00 CARDS	9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1 - 3 SIGN LANGUAGE (3/5) 6:30 WOOD CARVING	10:00 BEGINNER'S LINE DANCING (3/6) 12:45 BINGO 12:45 MAH JONG

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 BEGINNER COMPUTER 1 - 3 SHINE COUNSELOR 1:00 LINE DANCING 1:00 CARDS 1:00 INTERMEDIATE COMPUTER 1 2:00 INTERMEDIATE COMPUTER 2	4 9:30 EXERCISE 10:45 KNITTING 1:00 CARDS	5 9:00 WII BOWLING 10:00 EXERCISE 10:30 WII WHEEL OF FORTUNE 1:00 CARDS 1:00 TAI CHI 1:00 ASK-A-VETS AGENT	6 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1 - 3 SIGN LANGUAGE (4/5) 1:30 WATERCOLOR PAINTING (1/6) 6:30 WOOD CARVING	7 10:00 BEGINNER'S LINE DANCING (4/8) 12:45 BINGO 12:45 MAH JONG
10 CENTER CLOSED <u>COLUMBUS DAY</u> SOCIABLES DANCE at LAKE PEARL	11 8 - 10 BREAKFAST 9:30 EXERCISE 10:00 COA MEETING 10:45 KNITTING 1:00 CARDS 1:00 TABLE TENNIS	12 9:00 WII BOWLING 9:30 MANICURIST 10:00 EXERCISE 10:30 WII WHEEL OF FORTUNE 1:00 CARDS 1:00 TAI CHI	13 9:30 EXERCISE 10:00 SING-A-LONG 11:30 LUNCH BUNCH 1:00 CARDS 1:00 MASSAGE THERAPIST 1 - 3 SIGN LANGUAGE (5/5) 1:30 WATERCOLOR PAINTING 6:30 WOOD CARVING	14 10:00 BEGINNER'S LINE DANCING (5/8) 12:45 BINGO 12:45 MAH JONG
17 9:00 BEGINNER COMPUTER 1 - 3 SHINE COUNSELOR 1:00 LINE DANCING 1:00 CARDS 1:00 INTERMEDIATE COMPUTER 1 2:00 INTERMEDIATE COMPUTER 2	18 FOXWOODS TRIP 9:30 EXERCISE 10:45 KNITTING 1:00 MEDICARE PRESENTATION 1:00 CARDS 1:00 TABLE TENNIS	19 LAKE PEARL TRIP 9:00 WII BOWLING 10:00 EXERCISE 10:30 WII WHEEL OF FORTUNE 12:15 C-VNA PRESENTATION 1:00 TAI CHI 1:00 CARDS	20 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 12:45 TRIAD "YELLOW DOT" MTG 1:30 WATERCOLOR PAINTING (3/6) 6:30 WOOD CARVING	21 10:00 BEGINNER'S LINE DANCING (6/8) 12:45 BINGO 12:45 MAH JONG
24 9:00 BEGINNER COMPUTER 1 - 3 SHINE COUNSELOR 1:00 LINE DANCING 1:00 CARDS 1:00 INTERMEDIATE COMPUTER 1 2:00 INTERMEDIATE COMPUTER 2	25 8 - 10 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 1:00 MOVIE 1:00 CARDS 1:00 TABLE TENNIS 2-7 BLOOD DRIVE	26 9:00 WII BOWLING 10:00 EXERCISE 10:30 WII WHEEL OF FORTUNE 11:30 CHECKIE FLYNN'S 1:00 TAI CHI 1:00 CARDS	27 9:30 EXERCISE 1:00 CARDS 12:00 HALLOWEEN PIZZA PARTY 6:30 WOOD CARVING	28 10:00 BEGINNER'S LINE DANCING (7/8) 12:45 BINGO 12:45 MAH JONG
31 9:00 BEGINNER COMPUTER 10:00 ASK-A-NURSE 1 - 3 SHINE COUNSELOR 1:00 LINE DANCING 1:00 CARDS 1:00 INTERMEDIATE COMPUTER 1 2:00 INTERMEDIATE COMPUTER 2		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		OCTOBER 2011

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LION'S ROAST BEEF DINNER - One of the best and most delicious roast beef dinners that I have ever had! Join us for a free dinner on the first or second Sunday in Nov. at 2:pm at the Senior Center. Pre-registration and a ticket required. Call the Center for exact date.

Personally, I used to believe in reincarnation, but that was in a previous lifetime.

MEDICAL EQUIPMENT - The Lion's Club provides medical equipment from their "Loan Closet" located in the lower level of the Senior Center. Equipment such as wheelchairs, walkers, bath seats, canes, etc. are all available. Call the Center if the need arises and we will let you know if the item is available. They even have hospital beds!

The road to ruin is always in good repair.

LIVING BETTER/LIVING LONGER - Join Bonnie Ryvicker from the Community VNA and learn a few simple tricks that may help us live longer. Topics covered include diet, exercise, disease prevention tips and preventing falls. The BLUE ZONES will also be discussed and why do individuals living there seem to live well beyond 100 years of age and still be healthy! Join us on Wed. Oct. 19 @ 12:15pm.

My love life is like a fairy tale. Grimm

PROGRAMS RESTARTING IN SEPTEMBER:

- LINE DANCING - MONDAY, SEPT. 19
- INTERMEDIATE COMPUTER, MON. SEPT.19
- COA MEETING TUES. SEPT.13 & OCT. 11
- MASSAGE THERAPIST SEPT. 8
- MANICURIST SEPT. 14
- BEGINNING COMPUTER OCTOBER 3
- WATERCOLOR PAINTING OCT. 6 (UPPER LEVEL)
- ADVANCED BEGINNER JANUARY 2012

I never panic when I get lost.I just change where it is I want to go

IMPORTANT THINGS TO REMEMBER:

- LION'S ROAST BEEF DINNER -1ST OR 2ND SUN. NOV.
- FOOT DR. - MONDAY, SEPT. 26TH , APP'T ONLY
- ASK A NURSE - MON. SEPT. 26 DROP IN
- VETERANS AGENT - 1ST WED. OF MONTH - DROP IN
- SHINE COUNSELOR, EVERY MONDAY APP'T ONLY 1-3
- BREAKFAST - SEPT.13 & 27 ~ OCT. 11 & 25 8-10:AM
- BUS AVAILABLE, Mon. thru Fri. 9:am to 2:pm
- PHOTOGRAPHY CLUB - CALL IF INTERESTED
- LUNCH BUNCH - EVERY MONTH
- WII BOWLING - WEDNESDAY 9AM
- MOVIES - TRUE GRIT 9/27 & DAN IN REAL LIFE 10/31
- VNA HEALTH CLINIC - WED. SEPT. 7



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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.

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Don't be afraid to give your best at what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves. -Dale Carnegie

HAWAIIAN LUAU

OUR LUAU WILL BE HELD "INSIDE" AT THE SENIOR CENTER
ON FRIDAY, SEPTEMBER 23 FROM 11:30AM TILL 2:PM.

LUNCHEON WILL BE BONELESS BREAST OF CHICKEN WITH
SWEET SAUCE, WHITE RICE, VEGETABLE MEDLEY, ROLLS,
PUNCH AND PEACH UPSIDE DOWN CAKE W/WHIPPED CREAM.

ENTERTAINMENT WILL BE PROVIDED BY
THE STONE STREET STRUMMERS.

PRICE WIL BE \$4.00 PAYABLE AT TIME OF SIGN UP.

FUN FUN FUN FUN

RECREATION AREA - We have a pleasant, shaded, grassy area in the back of the Senior Center with a picnic table, bocce, horseshoes, hanging plants and "no people"! We would love to have someone, anyone, come and visit our outdoor recreation area and see what we have to offer. It's cool and cozy and you can read a book, play a game or just sit and relax. Why don't you come down and visit and maybe make some suggestions about how we can improve the area so more seniors will visit. Bring your family & friends and feel free to use the area on weekends. You will not have access to the Center itself on weekends; but you are always welcome to use the Senior Center grounds.