

PLAINVILLE SENIOR CENTER

Events & Resources



July/August 2024

COUNCIL ON AGING

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Michelle Saucier-Silva
Administrative Assistant
Stacey Powell
Outreach Coordinator
Emily Saucier -*Transportation*
Don Pickener - *Facilities*

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HESSCO KITCHEN

Jean Taylor, *Manager*



Summer is here and that means slowing down to enjoy each beautiful day and savor all that summer offers. Even simple things like the smell of fresh-cut grass, garden vegetables, ocean breezes on those hot days, and the first lick of an ice cream cone. We all must take time to take a deep breath, exhale all your troubles and worries, and have a moment of just peaceful bliss.

If you're out at Stop & Shop in Plainville, be sure to purchase a reusable community bag during the month of July. For each bag purchased, \$1 dollar will go to The Plainville COA

Friends organization. Your support will help pay for programs and events. Be sure to spread the word!

May this summer bring you much happiness and joy. We look forward to seeing you in the center!

“Keep your face to the sun and you will never see the shadows.”

HELEN KELLER



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)

The Senior Bus is on the road: 9:00am-2:00pm

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 Stacey Powell, Outreach Coordinator 508-699-7384

SHINE Counseling

Insurance information consultation. Call the Center for an appointment. Must be a Plainville resident.

Veteran's Benefits Counseling

Melissa Bingham 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—JUST JOIN, NO PRE-REGISTRATION

A HOT LUNCH IS PROVIDED THROUGH HESSCO \$3.00 REQUESTED DONATION – please sign up 781-784-4944 to order your meal or call the center 508-699-7384

CARDS, BOARD GAMES, PUZZLES, COFFEE, TEA, AND SNACK 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)

HULA HOOP—10:00AM \$2 THIS IS JUST FOR FUN— YOU DO NOT HAVE TO KNOW HOW TO HULA HOOP—IT'S LAUGHS AND EASY EXERCISE

ZUMBA GOLD—1:00PM \$2 EASY-TO-FOLLOW AND FUN, FUN, FUN EXERCISE CLASS WITH LIVELY MUSIC TO BOOST YOUR MOOD AND INCREASE YOUR ENERGY. (NO ZUMBA IN SUMMER)

CRIBBAGE 12:30-3:00

TUESDAYS:

CHAIR YOGA 9:30AM \$3/CLASS

SHINE (BY APPOINTMENT) 9:00-12:00PM

TABLE TENNIS 12:00-2:00PM

SCRABBLE 12:30-3:00PM

KNITTING 10:45-11:45AM

EACH MONTH -

Massage on the third Thursday 9:00-11:00AM Sign up at the center

Joe's Computer Last Thursday of the month —Free technology help (not in July/August)

Manicures on the first Thursday of the month: \$12/manicure Sign up at the center 10:00-12PM

Bookclub 1:15pm—lower level. See dates inside

WEDNESDAYS:

PAINTING ON YOUR OWN- 10:00-12:00pm

THURSDAYS:

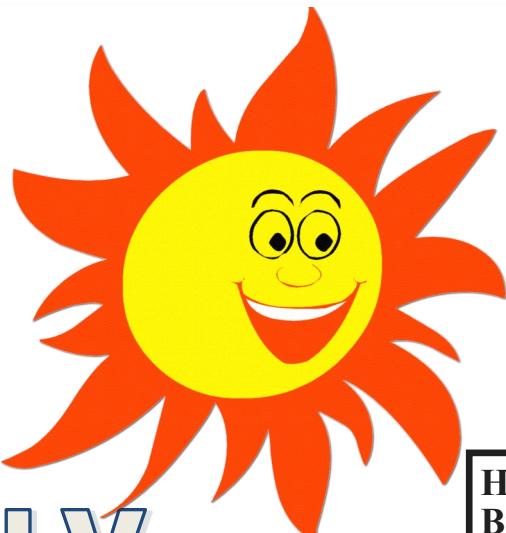
SENIOR FITNESS 9:30AM-10:30AM (ALL LEVELS) \$2/class Stretches and movements with a video and on-site guidance. Good for balance.

STRENGTH & RESILIENCE 1:00pm \$2 Stretch and strengthen your muscles with bands and more!

FRIDAYS:

MAH JONG 12:15-3:00PM

BINGO 12:15-3:00PM



Book Club—

Wednesday, July
10th 1:15pm

Apples Never Sell
by Liane Moriarty



JULY

Help the Center!

Buy a reusable community bag at Plainville Stop & Shop! Each bag purchased, Stop & Shop will donate \$1 to the Plainville COA Friends Organization

OUTDOOR MUSIC BINGO!!

Wednesday, July 18th

6:00-7:30pm



\$5/card

Snacks and drinks for
purchase will be available

CALL OR SIGN UP TO

RESERVE YOUR SPOT AT THE CENTER

JULY 10 & 24—BBQ Lunch under the Tent 11:00-1:00pm

Howie Newman will be performing at the Friends' BBQ on Wednesday, July 24th . This is through the generous grant of the Plainville Cultural Council.



- Do you need a place to stay cool and enjoy some belly laughs?
- We have some funny videos to relax and enjoy. Please see a staff member. You may even get a frozen treat while viewing!



MAKE YOUR OWN SUNDAE!

Wednesday,
August 14th
1:00pm–2:00pm



Plainville Seniors are invited to make your own sundae! Cool off with a delicious treat of ice cream and many toppings. You must sign up to attend this event.

No-cost to Plainville seniors.

Out-of-Town guests are welcome for \$3/pp.

AUGUST

Farmer's Market Nutrition Program Vouchers will be available for low-income seniors that meet eligibility requirements. Please inquire if you would like more information.

Book Club—
Wednesday, August 14th 1:15pm
The Diamond Eye by Kate

- What did the ocean say to the beach? Nothing. It just waved.
- Why aren't lobsters generous? Because they're shellfish
- Where do birds stay when they go on vacation? Someplace cheap.
- Did you hear about the ice cream truck accident? It crashed on a rocky road.
- Did you hear about the dog who wears a swimsuit? Apparently, it looks quite fetching.
- Why don't seashells take baths? Because they wash up on the beach.
- What do you get when you cross an elephant and a fish? Swimming trunks.
- What happens when ice cream gets angry? It has a meltdown.
- Where do boats go when they're sick? To the dock.
- What do you call an anxious mosquito? A jitterbug.
- How many blueberries can you grow on a bush? All of them.



Delicious & Easy Mushroom Pork Chops

Pork chops with cream of mushroom soup are quick and easy, but very delicious. Serve over rice or potatoes.

Ingredients

4 pork chops
salt and ground black pepper to taste
1 pinch garlic salt, or to taste
½ pound fresh mushrooms, sliced
1 onion, chopped
1 (10.75 ounce) can condensed cream of mushroom soup

Directions

Season pork chops with salt, pepper, and garlic salt. Brown chops over medium-high heat in a large nonstick skillet. Add mushrooms and onion and sauté for one minute. Pour soup over chops. Cover, reduce the heat to medium-low, and finish heating. Enjoy!

Summer is road trip season! Go out and enjoy the beauty of this great country. See below some tips to help you enjoy a wonderful trip and stay safe:

**Choose Senior-Friendly Accommodations**

When planning overnight stays, opt for senior-friendly accommodations. Look for hotels or motels with accessible rooms, comfortable bedding, and amenities that cater to the needs of seniors. Booking accommodations in advance ensures a seamless and stress-free journey.

Embrace Technology

Technology can be a valuable companion on a road trip. Use GPS navigation apps to stay on course and explore real-time traffic updates. Additionally, consider wearable health technology that tracks vital signs and provides reminders for medications, contributing to a healthier and more secure journey.

Share Driving Responsibilities

If traveling with a companion, consider sharing driving responsibilities. Alternating turns behind the wheel ensures both drivers stay alert and well-rested. This collaborative approach not only enhances safety but also allows for a more enjoyable experience as you share the joys of the open road.

Be Mindful of Health Considerations

Before embarking on a road trip, consult with a healthcare professional to ensure you are physically prepared for the journey. Discuss any health considerations, obtain necessary vaccinations, and inquire about medical facilities along the route. Keep a copy of your medical records and emergency contact information readily available.

Stay Hydrated for the Road Trip

Proper hydration and nutrition are crucial during a road trip for senior citizens. Carry a reusable water bottle and healthy snacks to stay energized and hydrated. Avoid excessive caffeine and opt for balanced meals to ensure sustained energy levels throughout the journey.

Maintain a Flexible Itinerary:

While planning is essential, maintaining a flexible itinerary allows for spontaneous discoveries and unplanned detours. Embrace the freedom of the open road and be open to serendipitous adventures that may arise along the way. A flexible mindset enhances the joy of the journey.

Enjoy Outdoor Activities

Incorporate outdoor activities into the road trip itinerary to promote physical well-being. Plan short walks, nature hikes, or picnics in scenic spots. Engaging in light exercises and connecting with nature adds a refreshing dimension to the travel experience.

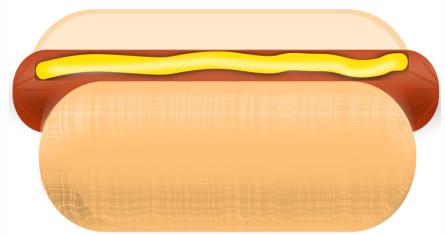
Capture Memories

Document the journey by capturing memories through photographs or a travel journal. Reflecting on the moments and experiences along the way adds a personal touch to the road trip. Share your adventures with friends and family, creating a cherished record of your travels.

PLAINVILLE COA FRIENDS
Food and Fun on Wednesdays!!
11:00-1:00PM

BBQ TIME!!

JULY 10 & 24
AUGUST 7 & 21



**HAMBURGERS, HOT DOGS, SIDES AND
DESSERT!**

**COME AND ENJOY GREAT FOOD, FUN
MUSIC AND NICE PEOPLE**

On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives. During the BBQ, all seniors will get a gift!

Stay hydrated!

Coconut water is naturally occurring, is very rich in potassium, contains sodium, chloride, and carbohydrate and is viewed as the hydrating beverage of choice in certain parts of the world.



Book Online!
salonrougepro.com

Rouge

Senior Special Pricing Booking Now!

\$30

Wash, Cut
& Blowout

\$20

Blowout
& Style

\$15

Manicure

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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
- ◆ 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 to information and 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.