

PLAINVILLE SENIOR CENTER

Events & Resources



November/December 2024

COUNCIL ON AGING

Staff

Christine Higgins
Executive Director
Michelle Saucier-Silva
Administrative Assistant
Stacey Powell
Outreach Coordinator
Kristen Parsons-*Transportation*
Don Pickener - *Facilities*

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Donna DiFiore, *Vice President*
Carol Lerch, *Secretary*
Elaine Balmer
Valerie Comes
Virginia Cloutier
Maureen Headd
Judy Molloy
Michelle Romano

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Elaine Balmer
Allyson Brown
Deborah Coleman
Valerie Comes
Janice Deblasio
Donna DiFiore
Ursula Dyer
Claire Ford
Jane Gilmore
Deb Rockett
Deborah Sloan

COA Friends

Dick Sabin, *President*
Les Chase, *VP*
Walter Sholudko, *Treasurer*
Jean Taylor, *Secretary*

HESSCO KITCHEN

Jean Taylor, *Manager*



**It's that time of year; the season for cheer!
Good wishes to you in all that you do! It's a
cheerful season, so don't reason all that's
to do, even though true, there's always an-
other time, and it's completely fine! Keep a
smile on your face, and soon it will erase,**

any troubles that start, it's the key to have a happy heart!

Happy Holidays to all!

**Thank you to the Plainville COA Friends, volunteers, ven-
dors and all the donations contributed to the Vendor Fair.
What a success and great turnout. We are excited to an-
nounce that Lake Pearl Luciano's will be cooking
the Thanksgiving meal this November. Sign up is required.
We are also having a holiday party at Plainridge Casino in
December. See inside for details. We are so excited to in-
troduce you to Kristen Parsons, our new bus driver. Kris-
ten is going to be a great addition to the center family.
Emily Saucier has moved to pursue something in her ca-
reer path and will be missed. Please take a minute to say
hello to Kristen!**

**The end of year is the perfect time to say
thank you for everyone that volunteers
their time to make the center the won-
derful place it is. We could not run the center
without you. We are very grateful for you,
and we wish everyone and their families peace, joy, good
health, and happiness.**

May 2025 be your best year ever!



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 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

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 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)

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

GUITAR LESSONS—11:30-12:30pm \$9/class

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 -

Joe's Computer Last Thursday of the month —Free technology help (November is the 21st and none in December)

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

Book Club 1:15pm first Wed of each month—lower level.
Books available at the town library.

WEDNESDAYS:

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

NEW FRIENDS DAY—10:00 AM New visitors to the center will receive a tour of the center and be introduced to others. This is great for those who have never been to the center or just want to meet people.

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

ITS BACK—Shredding Truck!

*Sponsored by the Norfolk County District Attorney
Michael Morrissey's Office*

Monday, November 4th 10:00-1:00PM

Safely destroy old documents, bills, tax papers, junk mail, etc. We are grateful to the Norfolk DA's office for providing this service.



YOU'RE INVITED!!! COME TO THE JACKSON SCHOOL!

Be a part of a young student's life. Here are some events that you are invited to at no cost. Sign up is required.



Tuesday, November 12th 9:15—Veteran's Day Breakfast Show. Honoring veterans and servicemen and women.

Wednesday, December 4th 4:00pm— Colonial Feast Dinner—Sit down meal by students.

TRIVIA WITH A TWIST!

**Thursday, November 7th &
December 12th 1:00pm**

Have fun and win prizes! Sign up to play



Aging Healthy Lecture and Information

Tuesday, November 12th 11:00-12:00pm

Join Nurse Kim and Nurse Dayana as they discuss best practices for fall prevention. As we age, our balance can become challenging, and it is essential to good health and quality of life. This is a great opportunity to ask questions and hear great information regarding balance.



Enjoy the little things in life, for one day you may look back and realize they were the big things. ~Robert Breault

Thanksgiving Luncheon

Thursday, November 14th 11:30-1:30 PM \$20

**Sponsored by Plainville COA Friends
(Plainville residents priority sign up)**



Enjoy a gourmet Thanksgiving luncheon by chef Kyle of Lake Pearl. Full turkey dinner with all the fixings, appetizer, dessert and beverage. Live entertainment by Tommy Segall.



**It's that time again for our Annual Senior Christmas Party
Wednesday, December 11th 11:15-1:30pm**

Plainridge Casino, 2nd Flr

No early birds, please!

**Doors open at 11:15AM
and you must sign up and
have a ticket to attend.**

**Have a wonderful day of a
delicious buffet lunch,
dessert, music by DJ Chris, and photos with Mr. & Mrs. Clause**

\$12 Ticket

Park on left side of building to enter near elevators

Plainville resident priority sign up.



❤️ We would like to thank the following businesses for their generosity in donating to the Vendor Fair in September. These businesses care about seniors and being a part of our community.

❤️ Please frequent them and support their business.

- A& J Restaurant
- Anthony's North End Deli
- As the Fur Flies
- BJ's Restaurant
- Bounce Back Massage
- Box Seats North Attleboro
- Bubble King
- Burgundian
- Chilis Plainville
- CVS Plainville
- Dairy Queen
- Hatch Building Supplies
- Home Depot Mansfield
- Home Depot S. Attleboro
- Home of Greek Yogurt
- Jersey Mikes
- KCs Classic Burger
- Longhorn North Attleboro
- Mad Moose
- North Bowl Lanes
- One Ten Grille (110)
- Plainville Auto
- Plainville House of Pizza
- Scoops Ice Cream
- Seafood Peddler
- Shaws North Attleboro
- Showcase Cinema North Attleboro
- Stone Ridge
- Stop & Shop Plainville
- Subway Plainville
- The Chieftain Pub
- Unlikely Story
- Village Griddle
- Wards Berry Farm
- Whole Foods Bellingham



Plainville COA Friends Breakfast only \$7.00



Wednesday, November 6th 8:00-10:00am

Scrambled Eggs and Sausage (plate or as a sandwich)
with coffee, tea, juice.

Paparazzi Jewelry will be here! Shop for your holidays!

Play Wheel of Fortune!

Tuesday, November 5th 1:00pm

It's the game you've known for years. Come and play for laughs and fun prizes! Sign up to play.



QUICK MINESTRONE SOUP—Great for a fast, healthy meal!

- Box or Large Can of Vegetable Stock
- Can of chopped tomatoes
- Pasta of your choice
- Bag of frozen mixed vegetables
- 4 Tablespoons of pesto
- Drizzle of olive oil and garlic powder

Bring the stock to the boil with the tomatoes, then add the spaghetti and cook for 6 mins or until done. A few minutes before the pasta is ready, add the vegetables, garlic powder, and bring back to the boil. Simmer for 2 mins until everything is cooked. Serve in bowls drizzled with pesto and oil, sprinkled with parmesan or cheddar cheese.

HOLIDAY CLOSURES:

The Senior Center will be closed on Monday, Nov 11th, Thursday, November 28th & Friday, November 29th and Wednesday, December 25th

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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 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.