

# PLAINVILLE SENIOR CENTER

## Events & Resources



November/December 2024

### COUNCIL ON AGING

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

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Donna DiFiore, *Vice President*  
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Elaine Balmer  
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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 wonder-  
ful 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.

Walkers, canes, transport chairs and wheelchairs are available for Plainville seniors to borrow. Please call the center. 508-699-7384

## **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.

**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**

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

**FRIDAYS:**

**MAH JONG 12:15-3:00PM**

**BINGO 12:15-3:00PM**

**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.**

## 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
- ♦ BJs 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 vegetable
- 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**



**Computer Repair**  
**New & Used Computers**  
**System Upgrades**  
**Slow Computer Tune-Ups**

Book an appointment  
for in home training  
on our website  
[JOESCOMPUTERSERVICES.BIZ](http://JOESCOMPUTERSERVICES.BIZ)

580 Kelley Blvd.  
North Attleboro  
508.643.4414



Book Online!  
[salonrougepro.com](http://salonrougepro.com)

*Rouge*

172 East Bacon St.  
Plainville, MA  
02762  
(509) 695-6721

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\$30

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& Blowout

\$20

Blowout  
& Style

\$15

Manicure

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Plainville Council on Aging  
9 School Street  
Plainville, MA 02762

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Permit 155

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](http://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.