

PLAINVILLE SENIOR CENTER

Events & Resources



January/February 2025

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Stacey Powell
Outreach Coordinator
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Don Pickener - *Facilities*

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HESSCO KITCHEN

Jean Taylor, *Manager*



Happy and healthy new year to you! We wish this new year will bring you many happy days, great memories, new friends, good health, and peace in your heart.

We are looking forward to your visit and participation in the many events this year. There is always something happening at the center whether it's to attend a program, an exercise class, a lecture, find a good book, enjoy a coffee and a snack, or just visit and warm yourself during these cold months. The staff is always friendly, and we love seeing you!

Be sure to check out the happenings for January and February. We have some de-stressing programs as well as informative lectures. The center library is stocked with books and puzzles to keep you busy during the long winter nights. Feel free to stop by and check them out. We are also reintroducing chair massage to melt your stress away.

Stay warm, safe, and see you at the center!

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

Scott Smith 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

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)

DEEP BREATHING FOR STRESS 9:30—15 MINUTES, NO COST

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

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:

INDOOR WALKING: for beginners 9:30am

20-30 minutes maximum.

PAINTING- 10:00-12:00pm

Socialize and paint on your own. No cost.

EACH MONTH -

Joe's Computer Last Thursday of the month —Free technology help

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.

Chair Massage—Jan 8th 15 mins for \$10 Sign up required

Trivia Games! - 2nd Thursday of the month. 1:00pm Sign up please. (1/9, 2/13)

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

LUNCH WITH THE PLAINVILLE COA FRIENDS

Keep warm and enjoy a homemade, hot lunch of chicken, broccoli and ziti! Only \$8 Sign up required



Wednesday, January 22nd 11:00AM



Do you know what to do in an emergency? The American Red Cross will be here to inform and instruct you on what to do in the event of an emergency. Create a plan and be prepared. Sign up required.



Meet Eddie the Comfort Dog!

Wednesday, January 15th at 10:00am

Norfolk County Sheriff's officer, Mike Monaghan will introduce you to Eddie, a comfort dog that provides emotional support in moments of trauma and calm. Eddie is available to help people feel more at ease and relaxed. See how Eddie works and learn more about comfort animals. Please sign up.



Wednesday, January 29th 10:00AM

Help is here if you need it! Representatives from the Massachusetts State Long-Term Care Ombudsman Program will provide an overview of this federal and state-funded program and how it works to provide advocacy for individuals living in nursing homes, rest homes, and assisted living residences. Basic services and differences among the settings will be reviewed, as well as things to be aware of if you or a loved one needs care in one of these settings.



You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things

There are far better things ahead than any we leave behind — C.S. Lewis



Wednesday, February 5th 11:00-12:30pm

What do your dreams mean? Have you ever wondered why you dreamed what you did or have reoccurring dreams? Come and have your dreams interpreted by certified dream analyst and educator Julia Dobbelaar as she demonstrates a simple process anyone can use to unlock the mystery of dreams. This event is a wonderful opportunity to gain insight into the subconscious and discover how understanding dreams can bring clarity and inspiration into our waking life. If you would like your dream interpreted, please write it down and bring it to this session.

Sign up required.



HOMEMADE LUNCH & FUN!

Wednesday, February 15th

12:00pm

Play Wheel of Fortune and enjoy a pasta lunch. Only \$10 for food and game play.

Sign up required.



Chair Massage is back!

Relax with soothing massage. Pamela Diaz of Rose Lily Therapeutic Massage of Plainville will be at the center once a month.

First session is Wednesday, January 8th.

Sign up is required. \$10 for 15 minutes



Introducing! Two new programs to start 2025 in a healthy, positive way!

WALKING: Indoor, fun walking workouts by video. Easy-to-follow walking workouts to get your steps in and stay heart healthy!
(Walking workouts will be between 20 to 30 minutes and are beginner/senior level) 9:30am on Wednesdays, no cost.

DEEP BREATHING & MEDITATION: Calm anxiety, stress and relax your nerves with deep breathing and meditation. These seated sessions are via video. No cost. 9:30am Mondays.



The Senior Center will be closed for the following public holidays:
New Years Day—Wednesday, January 1st
Martin Luther King Day— Monday, January 20th
President's Day—Monday, February 17th

Writer, Nick Thomas (*Boomer Magazine*) shares his
New Year's resolutions that are just punny!



- To lose the weight I put on in 2024. But in my defense, I had a lot on my plate last year.
- To buy a cheap hairpiece for my bald spot. It will be a small price toupee.
- To visit the Grand Canyon. I've heard it's just gorges.
- To get a new set of golf clubs for my wife, which will be a fair trade.
- To clean all the mirrors in the house. Honestly, I could really see myself doing that.
- To relearn how to throw a boomerang. Hopefully, it will come back to me.
- To stop procrastinating. Eventually.
- To search the house for my favorite watch I lost last year. I just hope I can find the time.
- To learn how to pick locks. It should open doors for me in 2025.
- To sell my parakeet that lost its voice last year. Serious inquiries only – it's not going cheap.
- To stop spreading nasty gossip in the library elevator. That's being mean on so many levels.
- To install a giant picture window in my living room, which I know will be a big pane.
- To sell my vacuum cleaner. It's just collecting dust.
- To immediately stop eating deli meats, but it will be hard to quit cold turkey.
- To reward myself with a new golf shirt because over the holidays I got a hole in one.
- To order a chicken and an egg online to see which comes first.
- To refuse to attend funerals before 10 a.m. I'm just not an early mourning person.
- To get over my fear of hurdles, but it may take a leap of faith.
- To visit a nude beach, as soon as I overcome being clothes-minded.
- To give away my old broken garden gate. No, there's no catch.
- To dress up as a clown and entertain the neighborhood children for their birthdays. They will appreciate the jester.
- To learn sign language. It will be very handy.
- To replace all my shoelaces with Velcro straps. Well, why knot?

“Celebrate endings—for they precede new beginnings.” —Jonathan Huie



WINTER COLD IS HERE!

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers, and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk. Cover up! All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away. Know the warning signs of frostbite: skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately. If frostbite occurs, run the affected area under warm (not hot) water.

TAX TIME! AARP will be here from February to April to assist low-income seniors with 2024 tax preparation. Sign up is required. Please call for an appointment after January 15th. You must have an appointment for tax preparation.



EASY COMPANY CAKE

- 2 c. Jiffy mix
- 1/2 c. sugar
- 1 egg
- 3 tbsp. shortening (or soft butter)
- 3/4 c. milk



1 can fruit filling or whipped cream

In bowl, add Jiffy mix, sugar, egg, shortening and milk; mix well. Pour into an oil sprayed pan. Top with 1 can of fruit filling or whip cream.

Bake in preheated 350°F oven for 30 minutes

The months of January and February were not originally in the ancient Roman calendar as the winter months were considered dormant, both in terms of agriculture and also in terms of making war. This was a time of peace.



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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.