

# PLAINVILLE SENIOR CENTER

## Events & Resources



September/October 2025

### COUNCIL ON AGING

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*Administrative Assistant*  
Stacey Powell  
*Outreach Coordinator*  
Kristen Parsons-*Transportation*  
Don Pickener - *Facilities*

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Jean Taylor, Secretary  
Jack Shepardson, DAL  
Jane Gilmore, DAL

#### HESSCO KITCHEN

Jean Taylor, Manager

**“And then the sun  
took a step back, the  
leaves lulled them-  
selves to sleep, and au-  
tumn was awakened.”**  
– *Raquel Franco*



**New Englanders, welcome to beautiful fall. Na-  
ture’s second spring full of color. The scent of  
fallen leaves wafts in the crisp air. Nature scurries  
in preparation, and we add another layer of cloth-  
ing. We are experts at this by now. We know  
what’s coming, but do you know what to expect  
at the senior center? We are always adding new,  
unadvertised programs, so check Facebook! We  
are looking forward to seeing you at the center,  
and hope you enjoy the fall programming.**

**We wish Valerie Comes, long-term volunteer of  
the senior center, all the best in her new chapter  
of life. Valerie served on the COA Board and  
HESSCO board for a number of years. We are so  
grateful for her service and will miss her smiling,  
friendly face. Thank you, Val for all of your kind-  
ness and generosity.**



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 Holi-

## **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 call 781-784-4944 to order your meal or through the senior 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)**

**EASY LINE DANCING 11:00AM \$2**

**CRIBBAGE 12:30-3:00**

**TUESDAYS:**

**CHAIR YOGA 9:30AM \$3/CLASS**

**TABLE TENNIS 12:00-2:00PM**

**SCRABBLE 12:30-3:00PM**

**KNITTING 10:45-11:45AM**

**WEDNESDAYS:**

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

**PAINTING- 10:00-12:00pm**

**Socialize and paint on your own. No cost.**

**THURSDAYS:**

**SENIOR FITNESS 9:30AM-10:30AM (ALL**

**LEVELS) \$2/class Video with on-site guidance. Sitting and standing routines help with arthritis, balance, and more!**

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

**FRIDAYS:**

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

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

**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— 15 mins for \$10 Sign up required**

**Trivia Games! - 2nd Thursday of the month. 1:00pm Sign up please.**

**Grief Support Group— Thursday 10:00 Sept 4 & 18th, Oct 2 & 16th**



Attention Bakers and Candy Makers!  
Bake sale items wanted!  
Please drop off donations on Thursday, September 25th. Sign up please

A special thank you to T&D Auto and Towing and Staple Landscaping for their support and generosity.

These companies care about the seniors of our community.

Stop and Shop Plainville, Taunton St. will donate \$1 for every community bag purchased to the COA Friends of Plainville during the month of September.



FRIDAY, SEPTEMBER 26TH 10-2 AND  
SATURDAY, SEPTEMBER 27TH 10-2

AT PLAINVILLE  
SENIOR CENTER  
9 SCHOOL ST. PLAINVILLE, MA

OVER 40 VENDORS!

UNIQUE GIFTS FOR EVERYONE!



PLEASE CONSIDER BRINGING A NON-PERISHABLE  
FOOD ITEM TO HELP PLAINVILLE LIVING BREAD FOOD  
PANTRY

**MEDICARE PRESENTATION—**  
**Wednesday, October 8th 10:00AM**

**QUESTIONS? It's open enrollment time! SHINE Counselor, Mary Shepardson will present new changes in Medicare benefits 2025/26. All are welcome to attend. Please sign up.**



**Up Up and Away! The Wright Brothers Presentation**  
**Wednesday, October 29th 10:00AM**

Come learn how the Wright Brothers, two bicycle mechanics from the Midwest, out-think and out-engineer the best scientific minds in the world and invent the airplane. A true story of inspiration and travel.





**Wednesday, October 1st 11:00AM  
INSIDE THE WALLS**

**A Day in the Life of Corrections  
Officers and Prisoners**

Norfolk County Sheriff's Office will discuss the responsibilities of Corrections Officers and what they face in today's prisons. Have you ever

wondered what it would be like to work amongst prisoners? You will hear details of their very challenging jobs. Also, you will learn about how the prisoners live in the prisons and what it's like to live everyday in jail.

**Sign up is required.**



Wednesday October 15th Stampin' Up Card Making Class. Make three greeting cards for \$10.00. Have fun making beautiful cards and enjoy the company of others.

**PLAINVILLE COA FRIENDS INVITE YOU!!**

**BREAKFAST \$7 Coffee, tea, juice included:**

**9/3 Sausage, egg, cheese sandwich with fruit  
10/8 Pancakes w/blueberry compote w/bacon**

**LUNCH \$8**

**9/24 Willowtree Chicken sandwich, chips and drink  
10/22 Chicken, broccoli and ziti with bread/butter.**



**DON'T  
FORGET!**

*The Senior Center will be closed Monday, September 1st for Labor Day and Monday, October 13th for Columbus Day.*



**Applications Available for Plainville Tax Aid**

Applications for grants from the Plainville Elderly and Disabled Taxation Aid Fund will be available at the Senior Center, Assessor's Office, Treasurer's office at the Town Hall, and from the Veteran's Affairs agent (for Veterans only). Applications are due by 10/16. Eligibility is annual income less than \$39.5K individual or \$53K couple. Applicants must own and occupy their home, must be 65 and older, or disabled. Tax Aid Grant Program is funded by donations from residents, businesses and community groups to help those in need.

## Fun and Easy Line Dancing

Mondays 10:00AM \$2

Easy-to-follow line dancing is good for memory, balance, exercise and stress reduction. You'll have fun and enjoy the social time of fellow dancers.



## The Senior Supper Club

Do you like going out to eat, but don't like to go alone or just like meeting new people? Come to dinner and have a fun night out. Everyone gets their own bill. Reservations for the group will be under Plainville Senior Center.

Sign up is required to attend. New comers take priority.

**Wednesday, September 10th 5:00pm**

Frankie's, Plainville (Route 1 North)

**Tuesday, October 7th 5:00pm**

Cracker Barrel, Wrentham, MA (In Wrentham Outlets)



**Wednesday, September 10th 11:00AM LUNCH AND LEARN**

Presented by Plainville Fire Department

Pizza luncheon no cost to Plainville Seniors. Learn about using fire extinguishers and other important safety information.

Sign up to attend



**Friday, September 12th 5:30pm—MUSIC BINGO w/Chris!**

Have fun playing Bingo and listening to fun music. Win prizes and have a great time! Sign up required. \$5/per card to play.



## Free Hearing Screening

**Wednesday, September 17th 10:00-2:00PM**

By appointment only. Hearwell will provide complimentary 15-minute appointments for hearing screening and cleaning.



**Grief Support Group— Thursdays 10:30AM**  
**Lower Level Conference Room**  
**September 4th & 18th \* October 2nd & 16th**



Participating in outdoor activities during the fall season can help seniors stay active, improve their mobility, and boost their cardiovascular endurance. Embracing the changing seasons and trying new activities can stimulate the mind, reduce stress, and enhance cognitive function. Artificial light can help with seasonal change, improving mood.



## Thursday, October 23rd 10:00AM MOVIE TIME!!

It's movie time! Come enjoy a free movie on our 85" screen with popcorn, sweets, and a drink. Sign up please. Movie will be posted.



### Easy Chocolate Chip Cookies (add cranberries, nuts if you like!)

1 1/2 cups brown sugar

1 cup butter, softened

2 large eggs, teaspoon of vanilla extract

3 cups all-purpose flour

1 1/2 cups semi-sweet chocolate chips

Gather the ingredients. Preheat the oven to 350 degrees

Beat sugar and butter together in a large bowl with an electric mixer until light and fluffier in texture. Beat in eggs, one at a time. Add vanilla. Gradually stir in flour until well combined; fold in chocolate chips. Spoon dough onto a baking sheet, keeping them about 2 inches apart. Bake in the preheated oven until edges are golden brown, 10 to 15 minutes.



September is Healthy Aging Month, and a great time to focus on healthy habits. Key tips include staying active, eating a balanced diet with plenty of fruits and vegetables, getting enough sleep, managing stress, and maintaining social connections. Don't forget regular health checkups and screenings, and consider learning a new skill or hobby to keep your mind active.

**Did you know that the scarecrow received an award? He was outstanding in his field.**

**What do you call a cold day in September?  
Septem-brrrrr**

**What's the best type of joke to tell to an oak tree in October?  
Acorn-y joke**

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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.