

SEEKONK HUMAN SERVICES STAFF
508-336-8772

EXECUTIVE DIRECTOR
Bernadette Huck ext. 15

SENIOR SECRETARY
Ashley Pimental ext. 12

CLERICAL ASSISTANT
Kimberly Mallon ext. 10

EDUCATIONAL & SOCIAL PROGRAMS
Karen Stutz ext. 14

OUTREACH MANAGERS
Adriana Dossantos ext. 11

Veronica Brickley ext. 17
LPN BA SOC LSWA

OUTREACH ASSISTANT
Nancy Rodrigues ext. 18

SENIOR AIDES
Loretta Ferreira & Elaine Miranda ext. 19

**SEEKONK HUMAN SERVICES
EXECUTIVE BOARD MEMBERS**

CHAIRPERSON
Victoria Kinniburgh

VICE CHAIRPERSON
Lynn Neves

Christine Allen

Rene Andrews

Beverly Della Grotta

Anita Gendron

Anne Libby

**Board Meets fourth Monday of the month
@ 3:30pm in the
Board of Selectmen Meeting Room**

Seekonk Human Services

Town Crier

320 Pleasant Street Seekonk, MA 508-336-8772

*Monday through Thursday 8:30am—4:30pm
*Wednesdays 5pm—7pm at Town Hall By Appointment Only
* Fridays 8:30am—12:30pm

May 2012

DIABETES COOKING & DINNING OUT Wednesday, May 2 @ 10am

Diabetes cooking & dinning out is a continuation from April's TRIAD: Diabetes program. The nurse will go over ways to cook enjoyable meals for diabetics as well enjoy dinning out. Diabetics can enjoy the same foods as non-diabetics in moderation. This program will teach you ways to assure that you are eating the correct foods. Lunch will be pot roast, mashed potatoes and veggies for \$2. Please call 508-336-8772 to sign up!

REBELLO FUNERAL HOME Wednesday, May 16 @ 10am

Rebello Funeral Home will be doing a presentation regarding prepaid funerals. This presentation will go over how to prepare for a funeral expense and pre-paying future funerals. Funeral expenses can frighten many people but the staff at Rebello Funeral Home will be sure to guide you in the right direction for your future planning. **FREE LUNCH.** Please call 508-336-8772 to sign up.

TRIAD: DAVID DOWNS CLUTTER CONTROL II Wednesday, May 23 @ 10am

With all the things in your life, are you happier than your dog? Do you know why our basements, garages and homes get filled with unused possessions—STUFF? Clutter Control II will go over the January presentation and updates about Clutter Control! Lunch will be chicken stir fry with brown rice for \$2. Please call 508-336-8772 to sign up.

Silver Tea

**You are cordially invited to attend a Luncheon
Honoring women in Seekonk
Age 75 or older
Lunch will be held at Johnson & Wales Inn
On Wednesday, May 9, 2012
@ 12:00 Noon**

**Hosted by Seekonk Human Services
Funded by Friends of Friends
Community Services**

Entertainment by Greg Curtis

EXPLORATION WEDNESDAYS

- **May 2:** Diabetes Cooking & Dining Out, Lunch: pot roast, mashed potatoes and veggies for \$2
- **May 16:** Rebello Funeral Home, Lunch will be Venus de Milo Soup **FREE**
- **May 23:** TRIAD-David Downs Clutter Control II, Lunch: chicken stir fry with brown rice for \$2
- **May 30:** Shopping for One, Lunch: barbeque chicken, potato salad and coleslaw for \$2
- **June 6:** Intergenerational Program, Lunch: hamburgers, etc. for \$2
- **June 13:** Solar Power, Lunch: stuffed peppers for \$2
- **June 27:** TRIAD: 14th Birthday Party, a brunch will be served for \$2

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

BULK
U.S. POSTAGE
PAID
PERMIT NO. 50
SEEKONK, MASS.

SHOPPING FOR ONE
Wednesday, May 30 @ 10am

This program will provide helpful tips and ideas to make grocery shopping more affordable, healthy and plentiful. Learn grocery store secrets when it comes to savings and how to maximize nutrition in your diet. Presented by Stacey Hiltner. Lunch will be barbeque chicken, potato salad and coleslaw for \$2. Please call 508-336-8772 to sign up!

INTERGENERATIONAL PROGRAM
Wednesday, June 6 @ 10am

Van Egmond's program, "Young Fogies & Old Whip-persnappers" will celebrate the wit, wisdom, and spirit of seniors and their special connection with youngsters. His tales, songs, riddles and poems will range from the rib-tickling to the spine-tingling to the heart-warming. Come hear "The Old Woman and the Red Pumpkin," a tale from India about an elderly woman who braves the dangers of the jungle to visit her granddaughter's family, and they help her with a way to outsmart the fierce creatures waiting to eat her on her return journey. Get happily befuddled singing along with "I'm My Own Grandpa" in which a young man marries a widow, then his father marries the widow's grown-up daughter, which makes the young man's Dad his son-in-law and his wife his mother's mother. "This program is supported in part by a grant from the Seekonk Arts Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency." Call 508-336-8772 to sign up.

CHICKEN & SLOTS THURSDAY
Thursday, May 17, 2012
\$48 Per Person

We will begin our day at Wright's Farm Restaurant where their fabulous dinners are served family-style. Dinner begins with rolls made daily in their own bakery served along with crisp, fresh salad topped with Wright's Farm Classic Italian Dressing. These are followed by family-sized portions of shell macaroni, truly unique French fries and their famous chicken. The macaroni is served with Italian sauce made from their recipe. Our next stop will be to Twin River Casino – New England's place to play. While at Twin River we will be treated to their bonus package which includes \$10 bonus play and \$7 food credit. Departure time at 10:30am and return time at 7pm. Please call 508-336-8772 to book your trip!!

LAKE WINNIPESAUKEE CRUISE
Thursday, June 21st
\$69 Per Person

Featuring narrated cruise, buffet luncheon & scenic sights! Depart on your luxury Silver Fox Motor Coach. In the summer time, there's no better way to enjoy the beautiful, warm seasonal, climate than a trip to New Hampshire's beautiful Lake Winnepesaukee. Departing from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains from the decks of the 230-foot M/S Mount Washington as you cruise the famous lake. You'll enjoy a relaxing, splendid day as your Captain sails from port to port. Your narrated cruise of this immense Lake also includes a delicious buffet luncheon. After your delightful cruise, you'll have time to enjoy some local attractions before leaving for home. Departure time will be 8am and return time will be 6:30pm. Please call 508-336-772 to reserve your spot!

NEWPORT PLAYHOUSE PRESENTS:
The Kitchen Witches and Lobsterfest!
Monday, July 9, 2012

The Kitchen Witches is about two cooking show hostesses who have hated each other for 30 years – Dolly and Isobel – end up together on a TV cooking show. Before long, the insults are flung harder than the food, and the show becomes a rating smash as Dolly and Isobel top both Martha Stewart and Jerry Springer! Departure time will be at 10am from Human Services and return time will be approximately 5pm.

CARDIAC PREVENTION CLINIC
CANCELLED FOR MAY
9:00 am – 12:00 Noon

Seekonk Human Services holds a FREE clinic on the 3rd Wednesday of every month. This clinic is staffed by the same two exceptional nurses from South Coast Hospital who have been doing this clinic for several years. Why not take advantage of a FREE opportunity to check your cholesterol, glucose and blood pressure. While you are waiting you may ask the nurse about any concerns you may have or any medications you are taking. No appointment is necessary; it is first come, first served. This clinic is a perfect way to monitor your health each month.

MEN'S BREAKFAST
Thursday, May 10, 2012
8:30 am @ Brothers Seafood

Men of all ages are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast – the cost is up to you.

SEEKONK HUMAN SERVICES
Food Pantry

Seekonk Human Services is in great need of non-perishable items. Our cupboards are bare and we have nothing to give when families come in. We know that we can count on the Seekonk residents to come through for us! Please drop off donations at 320 Pleasant Street, Seekonk, MA 02771.

PITCH (HI-LO-JACK)
Wednesdays @ 12:30 – 2:30

Pitch will be the 1st & 3rd Wednesdays. Come join the fun. Why not enjoy an afternoon playing cards with a great group of people. No sign up is required. If you have any questions you may call 508-336-8772.

Wii Exercise Class
Mondays @ 10am

Come join us for some Wii exercise fun. The Wii is a great way to stay in shape without the high costs of joining a gym. It's great for people of any age! Come and try it to see how much fun keeping in shape can be! Call 508-336-8772 for more information.

KNITTING CLASS
Mondays @ 12:30 – 2:30

Ladies! You are welcome to join the knitting group on any Monday afternoon. Please bring your own knitting needles if you have them, yarn is provided. The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes.

MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments
Click on Human Services

YMCA
472 Taunton Avenue
Seekonk, MA 02771
508.336.7103

\$3 fee per class for the following classes:

- Chair Yoga (Slow Flow) – Wednesdays 10:00 – 11:00am
- Balance Class – Fridays 11:45am – 12:15pm
- Aqua Aerobics – Wednesdays 8:15 – 9:00am OR 9:45 – 10:30am
- Arthritis Foundation Certified Aqua Class – Fridays 9:00 – 9:45am

SEEKONK TOTAL FITNESS
1301 Fall River Avenue
Seekonk, MA 02771
508.336.4545

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Mondays 11:30-12:15 and Thursdays from 10:30am – 11:15am. The 45-min fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your inactive lifestyle by increasing muscular strength, range of movement & balance. **The cost per class is \$1.**

GATRA PHOTO ID'S

GATRA Photo ID'S can be done at Seekonk Human Services. No appointment is necessary. Just an application and a picture and the ID will be mailed within 2 weeks. Please contact Ashley Pimental @ 508-336-8772.

TRASH DAY: For the Memorial Day Holiday, trash pick up will be delayed a day.

*** NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.**