

2013 Trips!

Monday, June 17, 2013

NEWPORT PLAYHOUSE FEATURES BEAU JEST PLAY and LOBSTERFEST

\$52 Per Person (Includes Driver Gratuity)

Departure: 10am Return: 5pm

~Lunch Buffet and Cabaret~

Sarah's parents have never met her boyfriend, who is a WASP executive. Her parents want her to marry a "nice Jewish boy," so Sarah hires a man from an escort service to present to her family when they come to dinner!

Tuesday, August 20, 2013

AQUA TURF 2013, MUSICAL VARIETY FEST

\$75.00 Per Person (Includes Driver Gratuity)

Departure: 8:30am Return: 5:30pm

Featuring Outstanding Cuisine & Great Entertainment

Located just outside of Hartford, CT

Lunch: Salad, Pasta, Salmon, Pork, Potato, Vegetable & Dessert

Today's Aqua Turf Entertainment Entourage will be featuring the live sounds of the Dave Colucci Band with Swing to Country Music & Everything in Between.

Thursday, September 12, 2013

AUTHENTIC MAINE LOBSTERBAKE

\$67.00 Per Person (Includes Driver Gratuity)

Departure: 8:00am Return: 6:30pm

Tour Includes: - Lobster Bake at Foster's

Entrée Choices: Lobster/Chicken

Entertainment (Music & Song) at Bill Foster's

Sightseeing in York, Maine & Hampton Beach, NH

Thursday, October 3, 2013

CHICKEN & SLOTS

\$50 Per Person (Includes Driver Gratuity)

Departure: 10:45am Return: Approximately 7:45pm

We will begin our day at **Wright's Farm Restaurant** where their fabulous dinners are served family-style. Our next step will be **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.

***Please note: All trips leave from Seekonk Human Services unless otherwise noted. 50% deposit is required at sign up and final payment must be made two weeks prior to trip. Checks should be made payable to the Town of Seekonk. For any information regarding trips please contact Ashley Pimental at 508-336-8772.**

The Affordable Care Act or “Obama Care”

Signed into law in March of 2010 and taking effect in 2014, the AFA will give seniors the security they need, as well as the important new benefits listed below:

1. Elimination of the “Donut Hole” for prescription drugs by 2020.
2. Free preventive services like mammograms and colonoscopies, as well as a free annual wellness visit.
3. Better care coordination between doctors, hospitals and other providers to help them work better as “teams” to provide you the highest quality care.
4. Fight fraud and abuse in Medicare, and strengthen the Medicare Trust Fund.
5. Protect Medicare coverage for the long term, with benefits no being reduced or taken away. And, as always, you will be able to choose your own doctor.

Because of the Affordable Care Act, seniors on Medicare receive free checkups and preventive care with no co-pay or deductible, and get a discount on their prescription drugs. That has already saved over 6 million seniors more than \$700 each (annually). That’s already been happening. Seniors may not know that they’ve been getting \$600 discounts, but it’s there.

FREE SUMMER ANIMATION WORKSHOP SERIES FOR ADULTS AGE 55+ (or whatever "senior" means to you!)

In tandem with the Massachusetts Cultural Council and Seekonk Arts Council local artist Sarah Jane Lapp will teach you how to make your drawings move! We will craft tiny movies from our drawings to be broadcast on TV9. Everyone is welcome - bring your joy, your curiosity, and your bag lunch! Questions/registration: call Sarah Jane at 612-396-8461 or email her at cinemagoat@yahoo.com Tuesdays, 12.30-2.30, Seekonk Public Library Conference Room, June 25-August 13

Farmers Market Coupons

Elders receiving food stamps, supplementary security income (SSI), Medicaid, fuel assistance, housing assistance or are enrolled in similar programs are eligible. Coupons are available in limited amounts and will be distributed on a first come, first served basis. Elders must obtain coupons in person, if you are unable to come in person, a proxy form must be completed prior to distribution. **NOTE: If you have a Brown Bag delivered to your house/apartment complex, fresh produce will be in your bag each month. You will NOT be eligible to receive farmers’ market coupons.** Please call in July to find out when distribution is!

KEEPING COOL IN THE SUMMER

1. Wear loose-fitting clothing, preferably a light color
2. Cotton clothing will keep you cooler than many synthetics
3. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors
4. Fans help circulate air
5. Take frequent baths or showers with cool or tepid water
6. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes
7. Eat light foods such as salads, fruits and vegetables