



# SEEKONK HUMAN SERVICES

## Town Courier



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday through Thursday 8:30am—4:30pm ~ Fridays 8:30am—12:30pm

\*Evening appointments available upon request

### July 2016

#### SUMMER BREATHING PROGRAM

Wednesday, July 13, 2016 @ 10am

Respiratory issues in the summer! Join Deborah Bell, Respiratory Therapist from Catholic Memorial as she talks about Respiratory Issues and teaches techniques for breathing using bubbles. Did you know you can check the air quality to see if its safe to be outside? Learn this and other tips for staying safe in the summer heat! Lunch will be American Chop Suey and dessert for \$3. Please call Seekonk Human Services at 508-336-8772 to sign up for this activity and lunch.

#### FREE HEARING SCREENING

Tuesday, July 19 from 1pm—4pm

The screening takes about 15 minutes and in that time we check their ear canal for wax buildup and screen them for hearing loss with an audiometer. Residents who already have hearing aids, we can check them and replace the batteries and answer any questions that they may have. Appointments start at 1pm. Please call Seekonk Human Services at 508-336-8772 to schedule your free hearing screening!

### Farmers' Market

At this time, we are anticipating that the Farmer's Market Coupons will once again be available beginning August 1st. Please watch Channel 9 and/or flyers at the senior center for exact dates. **NOTE:** If you're a Brown Bag participant fresh produce will be in your bag each month. You will **NOT** be eligible to receive farmers' market coupons. **Please call 508-336-8772 to confirm coupons are available.**

#### WACKY WEDNESDAY

Wednesday, July 20, 2016 @ 10am

Come join on us on Wacky Wednesday! This is a relaxed day where music will be playing and a yummy lunch of hamburgers, hotdogs, macaroni salad, pickles and chips will be served. Enjoy a relaxing afternoon. To sign up for this activity please call 508-336-8772.

#### IRIS SCANNING

Wednesday, July 27, 2016 @ 10am

The Bristol County Sheriff's Office will be at Seekonk Human Services with a very special program. This Iris scanning program was implemented as a child safety program that uses technology, accessed through a high-resolution digital camera. This valuable tool is now also benefiting older adults. It is used to positively identify children and vulnerable adults in seconds by digitally encoding the unique characteristics of people's irises and making the information available in seconds on a national database. To register for your scan, please call the Seekonk Human Services at 508-336-8772. Lunch will be French meat pie, veggies and mashed potatoes and dessert for \$3.




#### ATTENTION VOLUNTEERS!



Seekonk Human Services is seeking volunteers for **Bocce, Bridge, and Cribbage**. We want to make this Senior Center the best one yet but **WE** need your help to make these new and exciting programs happen. We are open to all suggestions and willing to give it a try! If you have a suggestion or can volunteer your time please call 508-336-8772.

# SEEKONK COUNCIL ON AGING

## July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
	4  4 GATRA Shopping Day 10:15am - 11:30am *Walmart, Stop & Shop, & Pricerite 800-483-2500	5 GATRA Shopping Day 10:15am - 11:30am *Walmart, Stop & Shop, & Pricerite 800-483-2500	6 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	7 Game Day to fit your mood 10am - 12pm Movies at 1pm
11 Knitting Club 12:30pm - 2:30pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	12 GATRA Shopping Day 10:15am - 11:30am *Walmart, Stop & Shop, & Pricerite 800-483-2500	13 Summer Breathing Program 10am Lunch: American Chop Suey, BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	14 Game Day to fit your mood 10am - 12pm Movies at 1pm Mens Breakfast @ 8:30am Toti's Resturant	15 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
18 Knitting Club 12:30pm - 2:30pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	19 GATRA Shopping Day 10:15am - 11:30am *Walmart, Stop & Shop, & Pricerite 800-483-2500	20 Wacky Wednesday at 10am Lunch: Hamburgers, hot dogs, Macaronni salad for \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	21 Game Day to fit your mood 10am - 12pm Movies at 1pm Womens Lunch @ 12:00pm	22 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
25 Knitting Club 12:30pm - 2:30pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	26 GATRA Shopping Day 10:15am - 11:30am *Walmart, Stop & Shop, & Pricerite 800-483-2500	27 TRIAD: IRIS SCANNING 10am Lunch: French Meat Pie for \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	28 Game Day to fit your mood 10am - 12pm Movies at 1pm	29 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm

## EXPLORATION WEDNESDAYS

- August 10— **Summer Safety Bingo**  
Lunch: Pizza and salad for \$3
- August 17— **A Guide to Home Maintenance**  
Lunch: Meatloaf with veggies and potatoes for \$3
- August 24— **TRIAD: Lockboxes**  
Lunch: Shepherd's Pie for \$3
- August 31— **Labor Day Celebration**  
Lunch: Chicken Pot Pie for \$3

## KNITTING GROUP Mondays 12:30pm—2:30pm



Knitting and crocheting are great activities year round. Even if you have never held knitting needles before, you can learn the basics and get started. Join us on any Mondays at 12:30 pm and learn why this ageless pastime is gaining in popularity. Crocheted and knitted items are donated to many different entities. Enjoy yourself while contributing to the Seekonk Community and more.

## BINGO Wednesdays 1pm—3pm



Come one come all and enjoy an afternoon of BINGO. Play one card for .25 cents or play five cards for \$1.00. Lets see if you're the next winner!

## MOVIES Thursdays @ 1pm

Come join us on Thursday afternoons for a movie and popcorn, avoid that summer heat! Bring your friends and grandchildren to enjoy an afternoon out!



OH NO!... Why was the program cancelled? Sometimes wonderful programs are cancelled because we all tend to wait until the last minute to register. Please register early to avoid disappointment that the program you wanted was cancelled, perhaps unnecessarily.

## AGING MASTERY PROGRAM: NAVIGATING LONGER LIVES

As advertised in the last two editions of our newsletter, we are now ready to offer the Aging Mastery Program. We are looking for 22 seniors to participate in the 10-week program which is scheduled to begin Tuesday, October 4th at 10:00am.

In this program, you will take core and elective courses and combine evidence informed materials, expert speakers, group discussions, level of mastery and achievement, and small rewards. All of these courses are designed to give the participants the skills and tools they need to achieve measureable improvements in managing their health, remaining economically secure, and contributing actively to society. Participating in the program is free of charge, and complementary healthy snacks will be served at each training session. The sessions will be taught by experts on the topic of the day. Participants will receive basic education materials, a checklist of potential next steps and a system of tracking behaviors. Below we have listed the courses in the AMP Core Curriculum, as well as AMP Elective Courses.

- ◇ **Navigating Longer Lives: The Basics of Aging Mastery**
- ◇ **Exercise and You**
- ◇ **Sleep**
- ◇ **Healthy Eating and Hydration**
- ◇ **Financial Fitness**
- ◇ **Medication Management**
- ◇ **Advance Planning**
- ◇ **Healthy Relationships**
- ◇ **Falls Prevention**
- ◇ **Community Engagement**

## MEN'S BREAKFAST Thursday, July 14, 2016 @ 8:30am Toti's Restaurant

All men 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, order what you want, pay for what you order.

## WOMEN'S LUNCH Thursday, July 21, 2016 @ 12:00pm JC's Corner, 717 Fall River Avenue

All women are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious brunch. There is no set price for brunch, order what you want, pay for what you order.



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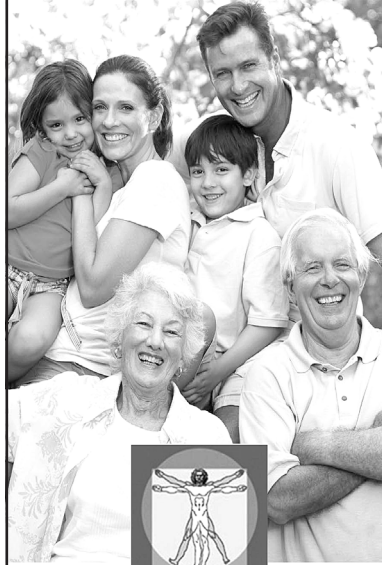


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Monday - Friday: 6:00 AM - 7:00 PM  
Friday: 6:00 AM - 7:00 PM  
Saturday: 7:00 AM - 12 PM

**CUMBERLAND OFFICE**

2295 Diamond Hill Road  
Cumberland, RI 02864  
Phone: (401) 305-3858  
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Monday - Thursday: 7:30 AM - 7:00 PM  
Fridays 7:30 AM - 4 PM



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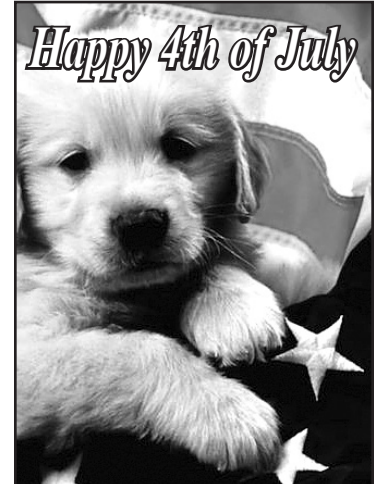
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**Please contact  
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**Summer Time**

## 2016 TRIPS

**Best of Maine Tour**  
**Thursday, July 14, 2016**  
**8am to 7:30pm**

**\$60 per person (driver gratuity included)**

Start the morning with a visit to *When Pigs Fly Company Store* in Kittery, ME. Explore this amazing place which includes over 25 varieties of our all natural breads and other products like jams & jellies and yes there is a sampling table! But save your appetite for lunch at the *Clambake Restaurant* in Scarborough, ME! Here you have your choice of Fish & Chips, Baked Haddock, Chicken Tenders, Clam Strips or Clam Cakes all served with fries & yummy dessert! After lunch we will make a stop at *Len Libby's Chocolates* and then on to scenic York, ME for an afternoon visit to *Stonewall Kitchen Store*. You will be amazed at the abundance of locally produced products here. Smell the incredible aromas, savor delicious samples, or watch the jam making process. The perfect ending to a delectable day in Maine! Reserve early!

**Theatre By The Sea**  
**Thursday, August 25, 2016**  
**10am—6pm**

**Cost: \$62 per person (driver gratuity included)**

The gloriously funny five-time Tony®-nominated musical based on the mega-hit 1992 film that starred Whoopi Goldberg. When disco diva Deloris Van Cartier witnesses a murder, she is put in protective custody in one place the cops are sure she won't be a found: a convent. Disguised as a nun, she finds herself at odds with both the rigid lifestyle and the uptight Mother Superior. Using her unique talents to inspire the choir, Deloris breathes new life into the church, but in doing so blows her cover. Soon it is nun-on-the-run time but she finds salvation in the heavenly power of her newly found sisterhood. Lunch will be at Bistro By The Sea.....Lunch will be a choice of (1) Lemon-rosemary marinated chicken over basmati rice; (2) North Atlantic Pan-Seared Cod; or (3) Linguine Primavera

**Tower Hill Botanic Garden & The Old Mill Restaurant**  
**Thursday, September 22, 2016**  
**9:15am to 4:30pm**

**\$73 per person (driver gratuity included)**

Join Seekonk Human Services for a leisurely ride to Westminster. Upon arrival at the Old Mill Restaurant you will have time to shop in their Country Store before a delicious lunch. Today, you have your choice of *Baked Stuff Chicken with Supreme Sauce* or *Baked Stuffed Filet of Sole Amandine*. Both meals served with potatoes, vegetables, corn fritters, rolls and butter, dessert & coffee. In the afternoon we make our way to Boylston, MA to visit the Tower Hill Botanic Garden, New England's year round botanic garden. This living museum of plants is 132 acres of garden paradise. Here you will enjoy a guided tour of the grounds. What a perfect day! Reserve your seat early!

**The Buddliner Tour**  
**Thursday, October 13, 2016**  
**7am—8:30pm**

**\$88 per person (drivers gratuity included)**

Enjoy a scenic ride to North Conway, NH. We will make a coffee stop on the way up. Begin the day with a wonderful lunch at *The White Mountain Hotel*. Luncheon will include salad, fresh baked dinner rolls & butter. You have your choice of 2 entrees: Broiled Scrod or Chicken Piccata, and dessert of course! After lunch you enjoy a scenic *Buddliner* train ride from North Conway to Glen where you get off the train and visit the Cider Mill. At the Cider Mill you will enjoy a home made cider donut and hot apple cider. Train ride is approximately 1 1/2 hour roundtrip.

**\*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 are to be made payable to the Town of Seekonk. To ensure trips are not cancelled please sign up one month prior to trip at the latest in order to give the tour company an accurate count. For any information regarding trips please contact Seekonk Human Services at 508-336-8772.**

**BALANCE -- MEMORY -- WEIGHT**

Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to loose excess weight. Using the Wii Fit Plus program on a regular basis can help you with all three of these things. Exercise is not always easy and sometimes it hurts. This is a painless and fun way to exercise. I would love to show you how this program could help you. Contact the Senior Center at 508 336-8772 and ask them to set up an appointment with Nancy.

**BLOOD PRESSURE & GLUCOSE CLINIC**

**Wednesday, July 20, 2016**

**Seekonk Human Services**

**9:00am—10:30am**

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide blood pressure & glucose screening on the 3rd Wednesday of the month from 9:00am to 10:30am. This is a perfect opportunity to get your blood pressure & glucose tested. This is a first come first serve clinic.

**SEEKONK SENIOR SHOPPING DAY**

**By GATRA (800) 483-2500**

Tuesdays from 10:15am to 11:30am. GATRA will go to WalMart, Stop & Shop and Pricerite in Seekonk. Please call GATRA to schedule your shopping day.

**FREE MEDICAL EQUIPMENT**

Our FREE Medical Loan Closet is available to Seekonk residents. We would like to thank our residents for their donations to our Medical Loan Closet. Please call Seekonk Human Services at 508-336-8772 if you are in need of a medical loan.

**SEEKONK TOTAL FITNESS**

**1301 Fall River Avenue**

**Seekonk, MA 02771**

**508.336.4545**

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Monday, Wednesday, and Friday from 11am—12pm. The one hour 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.

**YMCA\***

**472 Taunton Avenue**

**Seekonk, MA 02771**

**508.336.7103**

**\$3 fee per class for the following classes:**

- ◆ **Arthritis Foundation Aquatic Exercise**  
Monday, Wednesday, Friday @ 9am
- ◆ **Aquaerobics**  
Monday, Wednesday Friday @ 9:45am
- ◆ **Silver Sneaker Classic**  
Monday, Wednesday and Friday @ 11am

**\*Must be a Seekonk Resident**

**FREE FILE OF LIFE FOLDERS**

Free File of Life Folders are available at Human Services. They are designed to be kept on your refrigerator/wallet/car as an alert to emergency medical personnel of your medical information during an emergency. During those times of stress, it is difficult to remember medications and dosages.

Seekonk Human Services

540 Arcade Avenue

Seekonk, MA

Phone: 508-336-8772

Fax: 508-336-2239

Email: bhuck@seekonk-ma.gov

**We're committed to Seekonk's Seniors.**

**Help us, help you.**

**Seekonk Human Services is primarily an informational and referral agency. We try to help you directly or by introducing you to a network of federal, state, or local support services. Human Services is opened for appointments and drop-ins Monday through Thursday 9:00 am to 3:00 pm and Fridays 9:00 am to 11:00 am. We have evening appointments available upon request. All Seekonk residents are invited to enjoy the activities at the center.**

**\* 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. The Town Crier is partially funded by the Executive Office of Elder Affairs. We thank them for their support.**

Seekonk Human Services  
540 Arcade Avenue  
Seekonk, MA 02771

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