



# 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

### August 2016

#### GRAND OPENING OF SEEKONK HUMAN SERVICES

Ribbon cutting done on Sunday, June 27th with Bernadette Huck (Director), Dave Bowden (Chair of the Senior Center Building Committee) and Town Administrator Shawn Cadime.



#### TRIAD: HOME LOCK BOXES

Wednesday, August 24 @ 10am

A lockbox is a secure way of keeping a spare set of house keys accessible from outside the home. They are a small container in which you place your keys and shut the door. The door automatically locks, and you need the combination in order to open the door again. Lockboxes are designed to keep away thieves and burglars, and have been shown to help seniors feel safer in their own homes. Lunch will be shepherds pie for \$3. Sign up in advance by calling 508-336-8772.

#### SUMMER BINGO

Wednesday, August 10 @ 10am

It's Summertime a great time to relax & have fun with family & friends! But for seniors, the heat can be dangerous. *Did you know you can check the air quality to see if its safe to be outside. Learn this & other tips for staying safe in the summer heat!* Lunch will be salad and pizza for \$3. Sign up in advance by calling 508-336-8772.

#### A GUIDE TO HOME MAINTENANCE

Wednesday, August 17 @ 10am

You spend most of your time in your home. It only makes sense to take good care of it. With ongoing and preventive maintenance, you can increase the value of your home, control upkeep costs, and maintain a healthier, happier, and safer environment for you and your family. Lunch will be meatloaf, potatoes, and veggies for \$3. Sign up in advance by calling 58-336-8772



### LABOR DAY CELEBRATION

Wednesday, August 31  
@ 10am

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Lunch will be Chicken Pot Pie and Dessert for \$3

Entertainment by Barney Mallon



## EXPLORATION WEDNESDAYS

- Sept. 7— John Quintas: Diabetes Association  
Lunch: Meatball Subs, \$3
- Sept. 14—  
Lunch: Chicken Salad Sandwiches, \$3
- Sept. 21—Oops...I lost my keys  
Lunch: Pasta and meatballs, \$3
- Sept. 28— TRIAD  
Lunch: Roasted Chicken Dinner, \$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.

## SILVER SNEAKERS

**Tuesday & Thursday 10am—10:45am**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Resistance training and activities is achieved with the use of hand weights and tubing. A chair is used for seating and standing support.

## BINGO

**Wednesdays 1pm—3pm**

Come one come all and enjoy an afternoon of BINGO. 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!

## MIXED YOGA

**Fridays 9am—9:50am**

This class is a Vinyasa practice that is taught at a slower pace to help students find beneficial alignment and nourishment in each pose. This a truly a practice for all and will leave you feeling energized and centered.

## SILVER TEA

The Silver Tea honors women 75 years or older for a luncheon that is Sponsored by Seekonk Human Services and Funded by Friends of Friends Community Services Incorporated. The oldest resident who attends receives a gift. This year Dorothy Scott, 101, is the oldest resident. The second oldest resident was Dorothy Newman, 96. Pictured below is Bernadette Huck (Director), Dorothy Scott (resident) and Edith Krekorian (President of Friends of Friends).



## AGING MASTERY PROGRAM: NAVIGATING LONGER LIVES

As advertised in the last 2 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 scheduled to begin October 4th at 10:00am. In this program, you will take core classes taught by expert speakers. All of these courses are designed to give participants the skills and tools they need to achieve improvement in managing their health and remain economically secure. Participation in this program is free of charge as well as materials and complimentary healthy snacks served at the end of each training session. Please call 508-336-8772 to enroll as admission is on a first come first serve basis. Below we have listed the courses in the AMP Core Curriculum.

- ◇ **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**

## 2016 TRIPS

**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.

**Hu Ke Lau**  
**Tuesday, December 6, 2016**  
**Depart: 9:45am Return: 4:30pm**

**Cost: \$73 per person (drivers gratuity included)**

The *Hu Ke Lau* is one of the area's premier full-service facilities, a restaurant \* dinner theatre offering award-winning Polynesian dining and great shows. In addition to a great show you will enjoy a wonderful lunch. Your choice of Prime Rib or fresh baked Boston Scrod, complete with salad, rolls & butter, dessert and tea or coffee. What a better way to spend the afternoon!?

**\*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.**

### **BLOOD PRESSURE & GLUCOSE CLINIC**

**Wednesday, August 17, 2016**

**9:00am—10:30am**

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide blood pressure & glucose screening. This is a perfect opportunity to get your blood pressure & glucose tested.

### **MEN'S BREAKFAST**

**Thursday, August 11, 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 BRUNCH**

**Thursday, August 18 2016 @ 10:00am**

**Panera Bread, Rt. 6 Seekonk**

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.

## **Farmers' Market**

Farmers Market will be available Monday, August 1, 2016. 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'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.

### **FREE DENTAL CARE CLINIC** **Southcoast Smiles—Rt. 6, Seekonk** **Saturday, September 10, 2016**

Patients 18 years and older will receive a **FREE Dental Exam** as well as a choice of a **Cleaning, Filling or Extraction. FREE Oral Cancer Screenings.** Registration starts at 7:30am. Event hours are 8:00am—3:00pm. Arrive early! The first 200 patients are guaranteed to be seen but dental care is provided on a **First Come, First Served Basis.**

### **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.

### **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

**\*Must be a Seekonk Resident**

### **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 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.

### **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.

**\* 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.**





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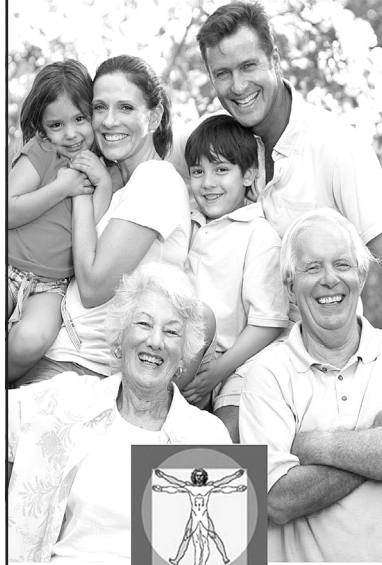


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**Please contact  
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# SEEKONK COUNCIL ON AGING

## August 2016

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	2	Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	3	BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	4	Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm	5	Floor Yoga 9am - 9:50am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
8	Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	9	Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	10	Summer Safety Bingo @ 10am Lunch: Pizza and Salad, \$3 <b>BINGO from 1pm to 3pm</b> Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	11	Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm Mens Breakfast @ 8:30am Toti's Restaurant	12	Floor Yoga 9am - 9:50am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
15	Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	16	Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	17	A Guide to Home Maintenance Lunch: Meatloaf, with <b>BINGO from 1pm to 3pm</b> Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	18	Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm Womens Brunch @ 10am Panera Bread - Rt. 6	19	Floor Yoga 9am - 9:50am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
22	Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	23	Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	24	Blood Pressure Clinic 9:00am - 10:30am <b>BINGO from 1pm to 3pm</b> Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	25	Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm	26	Floor Yoga 9am - 9:50am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
29	Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	30	Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500	31	Labor Day Celebration @ 10am Lunch: Chicken Pot Pie, \$3 <b>BINGO from 1pm to 3pm</b> Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm				

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