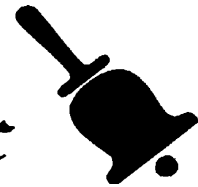




SEEKONK HUMAN SERVICES

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

September 2016

NUTRITIONAL BINGO

Wednesday, September 7 @ 10am



John Quintas from the Diabetes Association is coming back for nutritional bingo. Mr. Quintas informs individuals who live with diabetes or may become diabetic correct ways of living a healthy lifestyle. This is very informative and fun way of learning about diabetes Lunch will be Meatball Subs for \$3. Please sign up in advance.

BEING YOUR BEST AT ANY AGE

Wednesday, September 14 @ 10am

When we look better we feel better about ourselves. Our self-confidence is higher and we tend to have a better outlook in general. Learn tips and tricks to keep yourself stylish and your appearance up to date. The program discusses fashion, accessorizing, make-up, hair, even suggestions on eyeglass styles. This program is a favorite, lots of fun and laughs! Lunch will Chicken Salad Sandwiches for \$3. Please sign up in advance.

WHOOOPS...I LOST MY KEYS

Wednesday, September 21 @ 10am

It happens to all of us! Find out how you can improve your memory at this informational presentation by John Rogers, a licensed Social Worker, Assistant Administrator, and the Alzheimer's Programming Director for Catholic Memorial Home in Fall River, Ma, he has over 25 years of experience caring for individuals with Alzheimer's or related Dementia, he has also been a Dementia caregiver support group leader for close to 20 years. John will talk about simple ways we can improve our memories, food we can eat, how we can stimulate our brains and different ways to fix memory loss. Lunch will be Pasta and Meatballs for \$3. Please sign up in advance.

TRIAD: K-9 UNIT

Wednesday, September 28 @ 10am



The Bristol County Sheriff's Office K-9 Unit has served the communities of Bristol County since 1986. Each Patrol K-9 attends a sixteen week Patrol Academy. During the sixteen week period, K-9's learn tracking, criminal apprehension, building searches, crowd control, felony car stops jail cell extractions, article searching, legal issues and K-9 first aid. Each K-9 Team is expected to perform all activities at a very high level. Lunch will be Roasted Chicken, Mashed Potatoes and Veggies for \$3. Please sign up in advance.

BASIC BEGINNER SIGN LANGUAGE CLASS

Location: Seekonk Senior Center
Beginning: Tuesday, September 20th
Time: 10:00am—12:00pm



This is a signed English class. You will learn words, sentences and choruses. Class will meet every Tuesday through November 29th.

We will use the book "The Joy of Signing." The book will be available for \$6.00 the first day of class.

Please contact Nancy Smutek to sign up for class or if you have any questions, 508-336-9547

EXPLORATION WEDNESDAYS

- October 7— The Road We're All On: Healthy Planning for Healthy Aging
Lunch: Chicken Casserole for \$3
- October 21— TBD
Lunch: TBD
- October 28— TRIAD: Halloween Party
Lunch: Meatloaf with veggies and mashed potatoes for \$3.

AGING MASTERY PROGRAM: NAVIGATING LONGER LIVES

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

**AMERICAN RED CROSS
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SEEKONK HUMAN SERVICE
Friday, September 16, 2016
1pm—6pm**



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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. Crocheted and knitted items are donated to many different entities. Enjoy yourself while contributing to the Seekonk Community and more.

CHAIR YOGA

Mondays 10am— 10:50am

It has been shown to help alleviate or reduce many health challenges. The many benefits of Yoga have even been said to slow down the physical ailments associated with the aging process. Health benefits have included improvements in Sleep; Strength/Arthritis; Diabetes; Hypertension; Excess Weight; Mood/Anxiety; Depression; Chronic Pain as well as Breathing.

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.

TAI CHI

Fridays 10:15am – 11am

This ancient but effective form of exercise helps reduce stress and anxiety. It also helps increase flexibility and balance. Its benefits can help reduce back pain and pain from knee osteoarthritis, and improve quality of life. We hope you'll join us!

GATRA TRANSPORTATION SERVICE
1-800-483-2500

Riding Dial-A-Ride is Easy: To be considered for Dial-A-Ride service, customers must complete GATRA's Statewide Access Pass and ADA Paratransit Eligibility Application form and/or a Senior Application. **BEFORE CALLING, HAVE YOUR TRIP INFORMATION READY.** Exact address and requested travel times are required. The day before your travel date, please call the office to check your pick up times. We ask that you call the office between 4:30pm and 6:00pm Monday through Friday, and between 9am and 6pm on Saturday.

Making a Reservation: Make your reservation Monday through Friday from 8:30am to 4:30pm.

Dial-A- Ride Service Area: The Seekonk Dial-A-Ride service takes riders to the following towns ONLY:

- ⇒ **Rehoboth**
- ⇒ **Plainville** (Thursday 10am to 2pm ONLY)
- ⇒ **Attleboro** (Thursday 10am to 2pm ONLY)
- ⇒ **North Attleboro** (Thursday 10am to 2pm ONLY)
- ⇒ **East Providence, North Providence, Pawtucket, Providence** (Mon., Wed., & Fri. 10am – 2pm ONLY)

2016 TRIPS

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!?

Newport Playhouse
"Nana's Naughty Knickers"
Thursday, December 8, 2016
Depart: 10am Return: 5pm

Cost: \$54 per person (drivers gratuity included)

Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area!

***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, September 21, 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, September 8, 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, September 15 2016 @ 10:00am****IHop, Route 6, East Providence**

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.

Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Do Not Wait Until It's Too Late!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. Call Seekonk Human Services at 508-336-8772

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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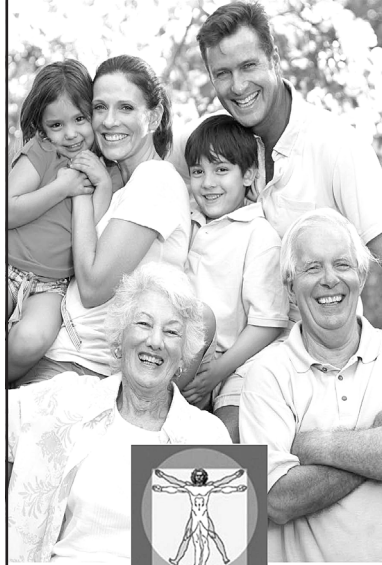


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927B Warren Avenue
East Providence, RI 02914
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Fax: (401) 438-0903


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
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Fax: (401) 305-3859

Monday - Thursday: 7:30 AM - 7:00 PM
Fridays 7:30 AM - 4 PM



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Please contact
Tom Reily
508-336-6633
x 337



Local #215



Lodge #5

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you mean I can't wear white
after Labor Day?**



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SEEKONK COUNCIL ON AGING

September 2016


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|---|---|---|---|
| <p>5</p>  | <p>6</p> <p>Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p> | <p>7</p> <p>Nutritional Bingo @ 10am Lunch: Meatball Subs, \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p> | <p>8</p> <p>Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm "Miss Congeniality" Mens Breakfast @ 8:30am Toti's Restaurant</p> | <p>9</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm Mixed Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p> |
| <p>12</p> <p>Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p> | <p>13</p> <p>Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p> | <p>14</p> <p>Being Your Best at Any Age @ 10am, Lunch: Chicken Salad Sandwiches, \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p> | <p>15</p> <p>Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm "Just Go With It" Womens Brunch @ 10am Panera Bread - Rt. 6</p> | <p>16</p> <p>Mixed Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p> |
| <p>19</p> <p>Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p> | <p>20</p> <p>Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p> | <p>21</p> <p>Whoops...I lost my keys @ 10am Lunch: Pasta & Meatballs, \$3 Cardiac Care 9am - 10:30am BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p> | <p>22</p> <p>Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm "The Proposal"</p> | <p>23</p> <p>Mixed Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p> |
| <p>26</p> <p>Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p> | <p>27</p> <p>Silver Sneakers 10am - 10:45am Cards (Pitch) 1pm GATRA Shopping Day 10:15am - 11:30am 800-483-2500</p> | <p>28</p> <p>TRIAD: K-9 UNIT @ 10am Lunch: Roasted Chicken, Veggies, and Mashed Potatoes, \$3 BINGO from 1pm to 3pm Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p> | <p>29</p> <p>Silver Sneakers 10am - 10:45am Game Day 10:30am - 12:30pm Movies at 1pm "It Could Happen To You"</p> | <p>30</p> <p>Mixed Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p> |

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