



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 2017



Seekonk Human Services
Will be closed on
Tuesday, July 4, 2017
To observe The Fourth

NEXT MONITORING ICE CREAM SOCIAL Wednesday, July 12, 2017 @ 10am



Based in Swansea, MA, Next Monitoring, Inc. is a family owned business that takes enormous pride in providing the community with world class service. Their monitoring partners have over 50 years of experience and they continually set the standard for service and reliability with their trained personnel. They offer a variety of alert systems that are simple, safe and affordable. During this time Next Monitoring will tell you about the different types of monitoring alert systems they offer. Lunch will be pizza and salad for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

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.**

UNDERSTANDING YOUR DOCTOR Wednesday, July 19, 2017 @ 10am

Dr. Couto will be hosting an informational session about Understanding Your Doctor. During this session he will go over what doctors expect of their patients, what challenges doctors face and how to overall better understand a doctors perspective. He will also leave room for questions and answers. Lunch will be chicken salad sandwiches for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

TRIAD: K-9 UNIT Wednesday, July 26 @ 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 American chop suey for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

Hearing Clinic Thursday, July 20, 2017 1:30pm to 3:00pm

Chris Brissette from MASS Audiology will be at Seekonk Human Services to perform a hearing clinic along with cleaning and hearing aid checks. Appointments are approximately 10-15 minutes and are on a first come first serve basis. Please call Seekonk Human Services at 508-336-8772 to schedule your exam!

EXPLORATION WEDNESDAYS

- August 2 — Cooking with Karen
Lunch: TBD
- August 2—BRAINHQ @ 2pm
- August 9 — Diabetes Education
Lunch: TBD
- August 16 — Benefits of Coconut Oil
Lunch: TBD
- August 23— TRAIID:
Lunch: Pasta and Meatballs and dessert for \$3
- August 30— Labor Day Party
Lunch: Roasted Chicken, Mashed Potatoes, veggies and dessert for \$3

TECH TIME

Thursday, July 13, 2017 @ 2pm—4pm

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Thursday of the month from 2pm to 4pm to help individuals out with their electronics. Bring your laptop, tablet, or cell phone and learn what they all have to offer or clean out the hard drive of your computer.

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 Nancy at 508-336-9547

BASIC BEGINNERS SIGN LANGUAGE

Mondays - 10am—12pm

This is a signed English class. You will learn words, sentences and choruses. Class is Monday, from 10am to 12pm and continue to be held on Mondays. Books will be available for purchase at the first class for \$6. Please contact Nancy Smutek to sign up for class or if you have any questions, 508-336-9547

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
- ♦ Aqua Aerobics
Monday, Wednesday Friday @ 9:45am

*Must be a Seekonk Resident

MONTHLY BREAKFAST

Tuesday, July 25, 2017

RISE AND SHINE!
IT'S TIME FOR
BREAKFAST!



MONTHLY BREAKFAST 4th Tuesday of the month from 9:30am – 11:00am Menu and Prices Available at the Senior Center. Menu items include eggs, pancakes, toast, bacon, sausage, French toast, and egg sandwiches!

CALLING ALL CRAFTY SENIORS



Coming this July and August we will be offering craft classes!

These classes will be every Monday afternoon from 1pm to 3pm

Come alone or bring your grandchild (ages 10+) to share in the creativity!

Just a few of the projects offered will be:

Topiary Tree
Flip Flop Welcome Hanger
No Sew Pillows
Tea Cup Arrangement
Card Making

Stop by the front desk to view samples of these projects or leave a suggestion of something you'd like to make.

SOCIAL MEDIA CLASS

Wednesdays starting July 26 from 2pm to 3pm

Learn about Social Media on Wednesday afternoons. Social media includes email, Facebook, Twitter, YouTube, among other sites. When Social Media is used correctly it can be completely safe and fun for the family. It is an excellent way to stay in touch with long distance family members and friends.

BINGO UPDATE

BINGO cards will be sold from 12pm until 12:45pm on Thursdays. BINGO will start promptly at 1pm. No tickets will be sold after 12:45pm. Thank you!

2017 TRIPS

FULL



Newport Playhouse Lobsterfest
Tuesday, July 18, 2017
Depart: 10am Return 5:00pm
Cost: \$62 per person (driver gratuity included)



FULL

Happy Days are Here Again & Foxwoods
Thursday, August 3, 2017
Depart: 8:15am Return: 6pm
Cost: \$74 per person (driver gratuity included)

Test your luck with Seekonk Human Services at Foxwoods before a show at the Pequot Theater. Cabaret Lulu presents Happy Days Are Here Again. This show is a tribute to the Great American Song Book and features the music of Barbra Streisand, Judy Garland, Rosemary Clooney and more. You will receive a casino pack-age at Foxwoods to use before the show. What a joyful way to spend the day! Casino Package: Full Buffet Lunch or \$10 Food Credit & \$10 Bonus Slot. No refunds if you cancel after July 20, 2017. **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

Indian Princess Lake Cruise - Cruising out of Webster, MA
Tuesday, August 22, 2017
Depart: 8:30am Return: 3:30pm
Cost: \$82 per person (driver gratuity included)

Join us on The Indian Princess, a modern day replica of the grand riverboats that plied the Mississippi River in the late 19th century. Cruising out of Webster, Massachusetts, she is one of the few authentic paddle wheel riverboats still in operation in the United States today. In keeping with early traditions she was built with stern wheels that are her only means of propulsion. The Indian Princess has a split stern wheel and each is run by a twin diesel engine that powers hydraulic motors which turn the paddles. This is in contrast to most Mississippi River paddle wheelers in operation today that have a "freewheeling" paddle wheel at the stern of the boat for the visual effect, but have traditional screw type engines hidden for their real means of propulsion. **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

Castle in the Clouds—New Hampshire
Wednesday, October 18, 2017
Depart:
Cost : \$81 per person (driver gratuity included)

We will begin our day with a tour at Castle in the Clouds, located in the heart of the Ossipee Mountains! This former country estate took many years, thousands of workmen, and millions of dollars to build. The Castle is built in one of the most beautiful settings in the world. Situated on the highest hill in the vicinity, the castle itself commands a panoramic view. One can see for a radius of 75 miles! After our visit, we will stop at a regional landmark, Hart's Turkey Farm. Enjoy a scrumptious lunch. Before heading home, we'll make a stop at Kellerhaus, New Hampshire's oldest candy and ice cream makers. **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

***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.**

**TWO SAFETY MEASURE
ONE PRIORITY**



The Bristol County Sheriff, Thomas Hodgson, is offering the **"R.U.O.K?" program.** Calls are placed to seniors, disabled persons, and shut-ins at the same time each day to check on the well being of the individual. After a second call if no one answer, Emergency responders will be dispatched to check in on the person. Applications are available at Seekonk Human Services, or by calling 774-628-0030.

FREE File of Life Folders are available at Seekonk Human Services. These folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during an emergency situation. These files could save your life or the life of a loved one. Pick up yours today!

**MEN'S BREAKFAST
Thursday, July 13, 2017 @ 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. **Speaker will be:**

WOMEN'S BRUNCH

Thursday, July 20, 2017 @ 10am

Our Place, North Broadway, East Providence

All women are invited to attend, there is no sign up necessary. Bring a friend and enjoy good food and good conversation. All meals are dutch treat.

NUTRITIONAL MEALS

Tuesdays & Thursdays at 11:30am

Seekonk Human Services will be offering nutritional meals on Tuesdays and Thursdays at 11:30am for \$2 each. The menu will be available at Seekonk Human Services. Sign up is required for this as the meals are brought in from an outside agency.

The National Parks and Federal Recreational Lands Pass Series

A pass is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges as well as standard amenity fees at national forests and grasslands, and at lands managed by the Bureau of Land Management and Bureau of Reclamation. A pass covers entrance and standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person). Children age 15 or under are admitted free.

Beaches, wooded parks, parkways, and reservoirs—All of these places make up the Massachusetts State Parks. You can find a place to go in all regions of the Commonwealth from Pittsfield to Boston and Gloucester to Providence. Each one offers activities and amenities.

Senior Pass

- ◆ \$10 Lifetime pass
- ◆ For U.S. citizens or permanent residents age 62 or over
- ◆ May be obtained in person at a federal recreation site or through the mail using this application form (**available at Seekonk Human Services**). The cost of obtaining a Senior Pass through the mail is twenty dollars (\$20). Ten (\$10) for the Senior Pass and ten (\$10) for processing the application. Applicants must provide documentation of age and residency or citizenship.
- ◆ May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services.
- ◆ Forms are also available at any National Park Facility (i.e., Horseneck Beach)

*** 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.**



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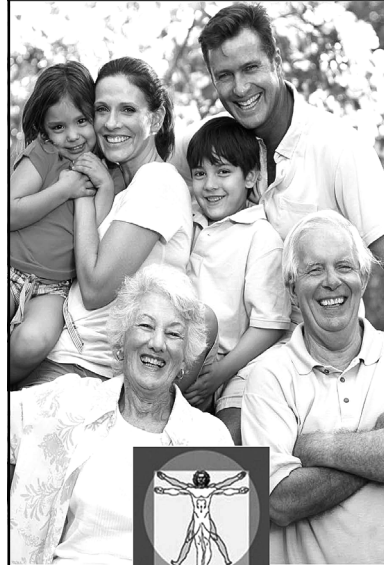


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927B Warren Avenue
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Fax: (401) 438-0903

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
Phone: (401) 305-3858

Fax: (401) 305-3859
Monday - Thursday: 7:30 AM - 7:00 PM
Fridays 7:30 AM - 4 PM

The National Parks and Federal Recreational Lands Pass Series

A pass is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges as well as standard amenity fees at national forests and grasslands, and at lands managed by the Bureau of Land Management and Bureau of Reclamation. A pass covers entrance and standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person). Children age 15 or under are admitted free.

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- May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services.

Law Office of Luke P. Travis
Estate Planning

TEL: (508) 676-3333
FAX: (508) 678-1698
luke@bristollegal.com

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508-336-6633 x 337

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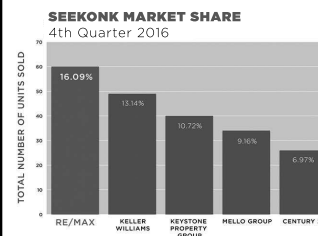
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On behalf of the
Seekonk Town Crier
for your support of our newsletter

SEEKONK COUNCIL ON AGING

JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm	4  Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken Divan Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	5 Mahjong 1pm - 3pm Scrabble 1pm	6 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Mac n' Cheese BINGO 1pm - 3pm Cribbage 1pm - 3pm	7 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
10 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm	11 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken Divan Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	12 Next Monitoring and Ice Cream Social at 10:00 Lunch: Pizza \$3 Payment due when Signing-Up Mahjong 1pm - 3pm Scrabble 1pm	13 LUNCH 11:30am \$2 Chicken Alfredo Mens Breakfast 8:30am Totis Silver Sneakers 10am - 10:45am BINGO 1pm - 3pm Cribbage 1pm - 3pm Tech Time 2pm - 4pm	14 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
17 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm	18 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 American Chop Suey Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	19 Dr. Couto, Understanding You! at 10:00 am Lunch: Chicken Salad Sandwich \$3 Payment due when Signing-Up Mahjong 1pm - 3pm Scrabble 1pm	20 LUNCH 11:30am \$2 Baked Meatloaf Womens Brunch 10am Our Place, North Broadway Silver Sneakers 10am - 10:45am BINGO 1pm - 3pm Cribbage 1pm - 3pm	21 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
24 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm	25 LUNCH 11:30am \$2 Shepherd's Pie BREAKFAST 9:30am - 11am Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	26 Blood Pressure Clinic 9:30am TRIAD: at 10am Lunch: American Chop Suey \$3 Payment due when Signing-Up Brown Bags: Delivery 9-11/Pick up 11am Mahjong 1pm - 3pm /Scrabble 1pm	27 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Chicken Marsala BINGO 1pm - 3pm Cribbage 1pm - 3pm	28 Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
31 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Knitting Club 12:30pm - 2:30pm ZUMBA 1pm - 3pm Cards (Bridge) 1pm	 <p style="text-align: center;">CLOSED ON JULY 4TH</p>			

Seekonk Human Services
540 Arcade Avenue
Seekonk, MA 02771

PRSR STANDARD
US POSTAGE PAID
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Board Meets fourth Monday of the month
@ 3:30pm at the
Seekonk Human Services
Conference Room