



# 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

### May 2017



Seekonk Human Services  
Will be closed on  
Monday, May 29, 2017  
To observe  
Memorial Day

### VIC SOLO FEATURING THE ELVIS EXPERIENCE Wednesday, May 3, 2017



Come join Vic Solo as he does his last show at Seekonk Human Services before he moves!

Vic will be covering Elvis's famous songs plus dress in a replica red and gold jumpsuit from the 1974 U.S. Tour.

Lunch will be lasagna, salad and bread for \$3

**Advance sign up and payment is required before attending this activity/luncheon in person.**

### MEMORY HEALTH

Wednesday, May 10, 2017 @ 10am



Laurie Given from Rhode Island Mood and Memory will be discussing (1) Concerning memory signs and symptoms that may be related to Alzheimer's; (2)

The cause of Alzheimer's disease known at this time: amyloid protein; (3) How Alzheimer's disease is diagnosed; (4) What medications are available at this time; (5) Clinical trials for new medications that are being tested for use in the future. She will also be providing a FREE memory check at the end of the presentation. Lunch will be Chicken Alfredo for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

### STEP ON IT

By Kindred Health  
Wednesday, May 17, 2017 @ 10am

First, group everyone into teams. The buddy system within teams has been very successful in our programs. The programs choose a destination to walk to. For example, your teams could walk to New Orleans and celebrate reaching their destination with a New Orleans-themed party. Poster-sized U.S. maps are used to track team progress. Teams are competing to reach their destinations or for the greatest number of steps. Some teams virtually tour cities when they reach their destination. Kindred Health will provide pedometers and tally sheets to keep track of the steps you do! Lunch will be chicken chili with salad for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

### MEMORIAL DAY CELEBRATION Wednesday, May 24, 2017 @ 10am

Come celebrate Memorial Day with Seekonk Human Services!

Entertainment by our very own Barney Mallon!

Come hear patriotic songs and enjoy a delicious lunch

Lunch will be Meatloaf, Mashed Potatoes, Veggies and dessert for \$3

**Advance sign up and payment is required before attending this activity/luncheon in person.**

### EXPLORATION WEDNESDAYS

- **June 7**— White Cross Pharmacy Med Packs  
**Lunch:** Chicken Pot Pie, Veggies and Potatoes for \$3
- **June 14** — John Quintas Cooking  
**Lunch:** Tuna Casserole for \$3
- **June 21**— Volunteer Appreciation Day  
**Lunch:** Roast Beef Luncheon
- **June 28**— TR Aid: 19th Birthday Party  
**Lunch:** Hamburger/Hotdogs for \$3

### A HEALTHY YOU Tuesday's at 11am

Registered Nurse and Seekonk Resident, Rhonda Menard, will be providing a program called **A Healthy You**. This program will cover diabetes health, weight management, healthy recipes, and other healthy ideas. There is no sign up required for this class. This is great opportunity to speak with a Registered Nurse about being healthier!

### TECH TIME

**Thursday, May 11, 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.



You cordially invited to attend a

### *Silver Tea*

Honoring women in Seekonk  
Age 75 and Older

The Tea will be held at  
**Seekonk Senior Center**  
540 Arcade Avenue

**Wednesday, May 31, 2016 @ 12:00 noon**

Hosted by Seekonk Human Services &  
Funded by Friends of Friends  
Community Services Inc.

R.S.V.P. (508) 336-8772 by May 24  
Transportation is Available

\*For those who need to bring an escort the cost will be \$20 per person



### MONTHLY BREAKFAST

**Tuesday, May 23**

**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

### BASIC BEGINNERS SIGN LANGUAGE

**Starts Monday, June 5, 2017**

**10am—12pm**

This is a signed English class. You will learn words, sentences and choruses. Class will start Monday, June 5, 2017 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

### ZUMBA

**Starts Monday, May 1, 2017 @ 1pm**



Melissa Nelson will be instructing a Zumba class on Monday afternoons at 1pm. Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance. This is fun way to burn calories and stay in shape.

### NUTRITIONAL MEALS

**Tuesdays & Thursdays at 11:30am**

Starting in May 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.



### SEEKONK HIGH SCHOOL

**Invites the graduating class of 1967  
to celebrate their 50th Anniversary  
At the 2017 graduation on  
Friday, June 2 @ 6:30pm.**

**Please R.S.V.P to  
Tricia at Seekonk High School  
At 508-336-7272**

### 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



**Essex Steam Train & Riverboat**  
**Wednesday, June 21, 2017**  
**Depart: 9:30am Return: 5:00pm**  
**Cost: \$95 per person (driver gratuity included)**



# FULL

ALL ABOARD! Join Bloom Tours & Seekonk Human Services for a special Rail & Sail in Essex, Connecticut. Upon arrival, we will stop and board at the Essex Station where we will enjoy lunch on board a dining car while you take a scenic train excursion traveling by beautiful countryside as you pass by meadows and farms. The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. Admire the picturesque views that surround the river!! Meal Choice: Beef or Chicken. **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

# FULL



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



# FULL

Baggage: Two difficult, single people, Phyllis and Bradley, both trying to heal from their respective disappointing relationships, get their luggage mixed up at the airport. After a very disagreeable first encounter, the two decide to help each other get over their heartaches by forcing a friendship that eventually leads to the two discovering that while they may be too difficult for everyone else in the world, they are perfect for each other. Enjoy the full buffet as well as lobster if you choose! **Trip sign up and 50% deposit is due at time of sign up in person, no phone call sign ups.**

**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**  
**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.**

**\*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.**

**MEN'S BREAKFAST**  
**Thursday, May 11, 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.

**WOMEN'S BRUNCH**  
**Thursday, May 18, 2017 @ 10am**  
**KP Diner, RT. 44 Rehoboth**

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.

**BLOOD PRESSURE & GLUCOSE CLINIC**  
**Wednesday, May 17, 2017**  
**9:30am—11:00am**

Community VNA will be performing our blood pressure clinic! This is a first come, first serve basis. Come on down and get your blood pressure checked.

**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:

- ⇒ **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)

**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

**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

**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 DENTAL SCREENING CLINIC FOR SENIORS**

**Saturday, May 6, 2017 8:45am—1:00pm**  
**Community VNA, 10 Emory Street,**  
**Attleboro MA**

**Dental Professionals Will:**

- ◆ Diagnose dental problems
- ◆ Check for oral cancer
- ◆ Talk, one-on-one, about taking care of teeth, gums, and dentures
- ◆ Discuss nutrition choices
- ◆ Provide Specialized denture cleanings
- ◆ Offer signups for low-cost dental programs (for low-income seniors)

**This clinic is open to anyone aged 60 years and older, living in Massachusetts. To schedule your free appointment please call: 774.203.1906**

*The free dental screening is organized by Elder Dental Program, a project of Community VNA in partnership with the Attleboro COA. The Elder Dental Program is funded in part by a grant from Bristol Elder Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs, and from the United Way of Greater Attleboro/Taunton.*





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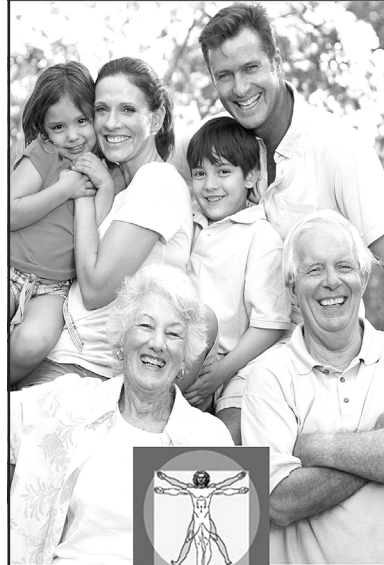


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927B Warren Avenue  
East Providence, RI 02914  
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Fax: (401) 438-0903

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  
Phone: (401) 305-3858

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

# Chicken Fajita Melts

*"These cheesy chicken sandwich melts have all of the  
flavor of fajitas without the drippy mess!"*

## INGREDIENTS

- 3 tablespoons vegetable oil
- 6 (6 ounce) skinless, boneless chicken breast halves, thinly sliced
- 1/2 cup sliced onions
- 1/2 cup sliced red bell pepper
- 1/2 cup tomato juice
- 2 tablespoons taco seasoning mix
- 1 cup salsa
- 8 (1/2 inch thick) slices French bread
- 2 cups shredded Cheddar cheese



## DIRECTIONS

Heat the oil in a large skillet over medium-high heat. Add the chicken, and cook and stir until lightly browned, about 5 minutes.

Stir in the sliced onions and red peppers, and cook and stir for 5 minutes or until the vegetables are tender. Stir in the tomato juice and taco seasoning, and mix well. Cook mixture until the juice has thickened and the chicken is well coated with sauce, about an additional 7 minutes.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Spread 2 tablespoons of salsa over each slice of French bread. Evenly spoon the chicken mixture on top of the salsa topped bread. Sprinkle each sandwich with 1/4 cup Cheddar cheese.

Place sandwiches under the preheated broiler and cook for 5 minutes or until the cheese is melted and beginning to brown.

Source: [www.allrecipes.com](http://www.allrecipes.com)

Law Office of Luke P. Travis  
Estate Planning

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

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Local #215



Lodge #5

### SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5  
Taunton Avenue P.O. Box 353  
Seekonk, Massachusetts 02771



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800-220-0110

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Please contact Tom Reily  
508-336-6633 x 337

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

# SEEKONK COUNCIL ON AGING

## May 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm	2	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	3	Vic Solo the Elvis Experience @ 10am Lunch: Lasagna, Salad & Bread for \$3 Mahjong 1pm - 3pm Scrabble 1pm	4	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 BINGO 1pm - 3pm Cribbage 1pm - 3pm	5	Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
8	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm	9	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	10	Memory Testing @ 10am Lunch: Chicken Alfredo for \$3 Mahjong 1pm - 3pm Scrabble 1pm	11	Mens Breakfast 8:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 BINGO 1pm - 3pm Cribbage 1pm - 3pm Tech Time 2pm - 4pm	12	Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
15	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm	16	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	17	Step on it by Kindred Health @ 10am Lunch: Chicken Chili & Salad for \$3 Mahjong 1pm - 3pm Scrabble 1pm	18	Womens Brunch @ 10am KP Diner, RT. 44 Rehoboth Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 BINGO 1pm - 3pm Cribbage 1pm - 3pm	19	Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
22	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm Cards (Bridge) 1pm	23	BREAKFAST 9:30am - 11am Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	24	Memorial Day Celebration 10am Lunch: Meatloaf, Veggies & Potatoes for \$3 Brown Bags: Delivery 9-11/Pickup 11am Mahjong 1pm - 3pm Scrabble 1pm	25	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 BINGO 1pm - 3pm Cribbage 1pm - 3pm	26	Advanced Yoga 9am - 9:50am Tai Chi 10:15am - 11:00am
29		30	BREAKFAST 9:30 - 11am Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm GATRA Shopping Day 10:15am - 11:30am (800-483-2500)	31	Silver Tea 12noon Seekonk Senior Center 540 Arcade Avenue Registration Required Mahjong 1pm - 3pm Scrabble 1pm				

Seekonk Human Services  
540 Arcade Avenue  
Seekonk, MA 02771

PRSR STANDARD  
US POSTAGE PAID  
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**SEEKONK HUMAN SERVICES STAFF**  
**508-336-8772**  
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Christine Allen  
Guy Boulay  
**Board Meets fourth Monday of the month**  
**@ 3:30pm at the**  
**Seekonk Human Services**  
**Conference Room**