



SEEKONK HUMAN SERVICES

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

January/February 2019

Seekonk Human Services Holiday Hours

Tuesday, January 1, 2019—Closed
Monday, January 21, 2018—Closed
Monday, February 18, 2019—Closed

WOMEN & INFANTS BREAST HEALTH

Wednesday, January 9, 2019 @ 11am

Women & Infants will be coming to Seekonk Human Services to present the importance of Breast Health. The best health care doesn't come from machinery or buildings. It comes from people. At the Breast Health Center, they combine advanced technology and the full spectrum of treatment options with the most crucial elements – specialized expertise and a compassion that guides us in all we do. Every day, it is our privilege to evaluate and, if necessary, treat, women promptly and efficiently. It's our golden rule, and why you should choose us for your breast health care. Lunch will be Venus de Milo Soup and dessert for \$3. **Activity is free of charge. Lunch must be paid for in advance.**

HEALTHY FEET

Wednesday, January 16, 2019 @ 11am



Registered Nurse Katherine Mandolifi will be presenting on Healthy Feet. She works with Senior's and Diabetics to ensure that they can walk without pain or risk of infection from thickened, elongated toenails and painful calluses. Their health and their quality of life can be affected by these common pathologies. Treatment can include trimming and filing of toenails, reducing thick toenails and reducing calluses and corns. This presentation will go over the importance of foot care. Lunch will be meatball subs and dessert for \$3. **Activity is free of charge. Lunch must be paid for in advance.**

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TRIAD: FRAUD

Wednesday, January 23, 2019 @ 11am



Sargent Enos from Seekonk Police Department will be presenting on different types of fraud to be aware of. Fraud happens every day in different situations whether it be through the internet, mailings, or telephone calls. Learn how to be safe against fraud and what to do when it is happening. Remember never to give out your personal information especially your social security number. Lunch will be pizza and dessert for \$3. **Activity is free of charge. Lunch must be paid for in advance.**

ANTIQUE APPRAISAL DAY

Wednesday, January 30, 2019 @ 11am

Have your hidden treasures appraised by *Amanda Lynn's Antique*, 640 Fall River Avenue, Seekonk, MA 02771. Amanda's company has been in business for 35 years with 30 years in Seekonk. She conducts several auctions a year and major antique show. Each person may bring your items in for a verbal appraisal for \$5 each item. Amanda will give a description and understanding of the fair current market value of your item. Lunch will be French meat pie, green beans and cranberry sauce, cake for \$3. **Activity is free of charge. Lunch must be paid for in advance.**

BASIC BEGINNERS SIGN LANGUAGE

Tuesday, January 22, 2019 @ 10am—12pm



This is a signed English class. You will learn words, sentences and choruses. Class will start Tuesday, January 22, 2019 from 10am to 12pm. 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.



VALENTINE'S DAY PARTY **Wednesday, February 13, 2018 @ 11am**

Please join us for our annual Valentine's Day Party.

Bring in photos of your wedding and we will try to guess who is who!

Lunch will be Meatloaf Dinner for \$3

Entertainment By Barney Mallon

Please sign up and pay in advance for the party and lunch



HISTORY UNDER OUR FEET

Wednesday, February 20, 2019 @ 11am

Join Archaeologist J. Kevin "Quack" Quackenbush at Seekonk Human Services for a hands-on discussion of archaeology and the ancient peoples of Massachusetts and the surrounding areas. Quack, as he prefers to be called, is an avocational archaeologist as well as a former Trustee at the Massachusetts Archaeological Society and chairman of their MAS Education Committee. He comes not with just knowledge but actual ancient artifacts primarily from the New England area, and many are marvels to see! **Lunch will be chicken, veggies & mashed potatoes for \$3. Advanced sign up is required for this activity and lunch payable in person**

TRIAD: VIRTUAL REALITY BY WINGATE NORTON

Wednesday, February 27, 2018 @ 11am

Wingate Residences at Norton will be at the Seekonk Senior Center to offer an experience with Virtual Reality. With the technology of Virtual Reality, we are able to bring you to other countries, swimming with dolphins, visiting animals in their natural habitat, guided tours and much more right from the seat of your chair. Having this technology make you feel as you can reach out and touch any object you see or feel as if you are right in a museum, another country or anywhere else. With google maps, we are able to also take you to street addresses. You can visit your old home, visit your children's home and many more. **Lunch will be provided by Wingate Norton. Advanced sign up is required for this activity and lunch by February 21st.**

FUEL ASSISTANCE

If you had fuel assistance last year, be on the look-out for your application. File the application as soon as you get it. If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance began November 1 and ends April 30.**

Income Guidelines: Maximum income for 1 person is \$35,510, for 2 people is \$46,437, for 3 people is \$57,363, and for 4 people is \$68,289.

Income includes your social security, pensions and any interest income. *Please contact the office for items needed prior to your appointment.

FREE TAX PREPARATION

AARP Foundation Tax-Aide, will be preparing taxes at Seekonk Human Services on Thursdays from February 2—April 11 from 9:00am - 11:00 am. Appointments can be made by calling Seekonk Human Services at 508-336-8772.

CIRCUIT BREAKER

What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments. You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the difference. That maximum credit for tax year 2018 is \$1,100.

Guided Meditation

Monday, January 7, 2019

Monday, February 4, 2019

11:00am—11:30am

This 30 minute group will offer participants the opportunity to take part in a guided meditation. Each month will have a different theme where the meditation will focus on topics like relaxation, happiness, healing, and more. No experience required just a willingness to give it a try. People who regularly use meditation can find benefits including improving their physical, mental and emotional health.

Let's Learn Together! Adding and Removing Apps

Wednesday, January 30, 2019 @2 PM



For seemingly everything you'd want to do on your smartphone or tablet, "there's an app for that." Come to this class to find out how you can remove unwanted apps from your device and explore the App store or Google Play store to find and install new apps. Please bring your Apple ID and password (iPad or iPhones) or Google ID and password (Android phone or tablet) for this session. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone or tablet; please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register.

TECH TIME

Wednesday, January 9, 2019 @ 2pm—4pm

Wednesday, February 13, 2019 @ 2pm—4pm

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Wednesday 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.



Seekonk Human Services would like to take the opportunity to thank all those who helped out during the holiday season, as well as Outback Steakhouse for cooking Thanksgiving meals to

be delivered to the homebound and those who delivered meals on Thanksgiving Day. Personal Best Karate donated and delivered over 35 baskets to Seekonk residents. The anonymous family who cooks turkey and ham for Christmas meals and delivers them.

We would like to thank those who donated food, gifts, adopting families for Christmas and items needed for the holiday season. Thank you Mt. Carmel St. Vincent de Paul, Martin School, American Legion Seekonk, Wampanoag Rod & Gun Club, and East Commerce Solutions. Without your help we couldn't make this a successful holiday season!

MEN'S BREAKFAST

Thursday, January 10, 2019 @ 9:30am

Thursday, February 14, 2019 @ 9:30am

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, January 17, 2019 @ 10am

KP Diner, Rt. 44, Rehoboth, MA

Thursday, February 21, 2019 @ 10am

Harvest Market, Rt. 6, Swansea, MA

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.

PODIATRY CLINIC

Dr. Alan Lechan

Wednesday, January 9, 2019

Wednesday, February 13, 2019

1pm—3pm



Podiatry

Dr. Lechan is out of Fall River, Mass but will be coming to Seekonk Human Services to perform a Podiatry Clinic. Appointment is required for the Podiatry Clinic. Please call 508-336-8772 to schedule your appointment. Items needed are insurance cards with your doctors names, date of last doctors visit, summary of last visit, and list of medications. *Please check with your insurance regarding co-pays.

BROWN BAGS

Wednesday, January 23, 2019

Wednesday, February 27, 2019

Brown Bag drop off will be from 9:00am—11:00am and pick up at the center will be at 11:15am.

BALANCE -- MEMORY -- WEIGHT

Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to lose 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. Contact Nancy at 508-336-9547

* 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.

SEEKONK COUNCIL ON AGING

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
	1 Chair Yoga 10am - 10:50am	2 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**	3 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**	4 Advanced Yoga 9am - 10am Cost \$2
7	Chair Yoga 10am - 10:50am Guided Meditation 11am - 11:30am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	8 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	9 Chair Yoga 10am - 10:50am Breast Health @ 11am Lunch: Venus de Milo Soup for \$3 Podiatry Clinic 1pm - 3pm Mahjong 1pm - 3pm Tech Time 2pm - 4pm	10 Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm
14	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	15 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	16 Chair Yoga 10am - 10:50am Blood Pressure/Glucose Clinic 9:00 am - 10:30am Healthy Feet @ 11am Lunch: Meatball Subs for \$3 Mahjong 1pm	17 Silver Sneakers 10am - 10:45am Womens Brunch @ 10 am KP Diner, Rt. 44, Rehoboth, MA LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm
21	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	22 Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm NO LUNCH Cards (Hi-Lo Jack) 1pm	23 Chair Yoga 10am - 10:50am TRIAD: Fraud @ 11am Lunch: Pizza for \$3 Mahjong 1pm - 3pm Brown Bags	24 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm
28	Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	29 Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	30 Chair Yoga 10am - 10:50am Antique Appraisal @ 11am Lunch: French Meat Pie for \$3 Let's Learn Together! @ 2pm Mahjong 1pm - 3pm	31 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm
				*Arts & Crafts Residents \$3 / Non-Residents \$5 **Lunch Menu Available at Human Services

SEEKONK COUNCIL ON AGING

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
4 Chair Yoga 10am - 10:50am Guided Meditation 11am - 11:30am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	5 Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	6 Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm	7 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	8 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
11 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	12 Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	13 *No Chair Yoga* Valentine's Day Celebration @ 11am Lunch: Meatloaf for \$3 Podiatry Clinic 1pm - 3pm Mahjong 1pm - 3pm Tech Time 2pm - 4pm	14 Mens Breakfast @ 9:30am Toti's in Seekonk Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	15 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
18  *No Lunch*	19 Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm *No Lunch*	20 Chair Yoga 10am - 10:50am History Under our Feet @ 11am Lunch: Chicken Dinner for \$3 Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm	21 Silver Sneakers 10am - 10:45am Women's Brunch @ 10am Harvest Market, Rt. 6, Swansea LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	22 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
25 Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	26 Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	27 Chair Yoga 10am - 10:50am TRIAD: Virtual Reality @ 11am Lunch Provided by Winegate Brown Bags Mahjong 1pm - 3pm	28 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	*Arts & Crafts Residents \$3/Non-Residents \$5 **Lunch Menu Available at Seekonk Human Services



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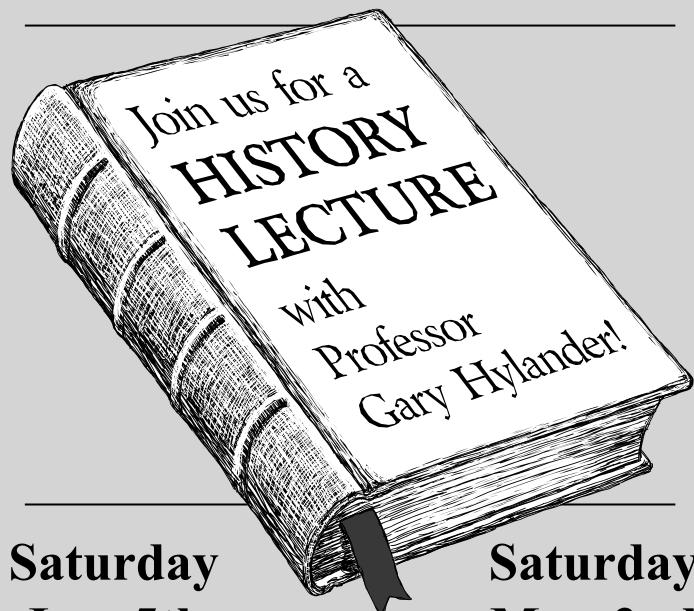
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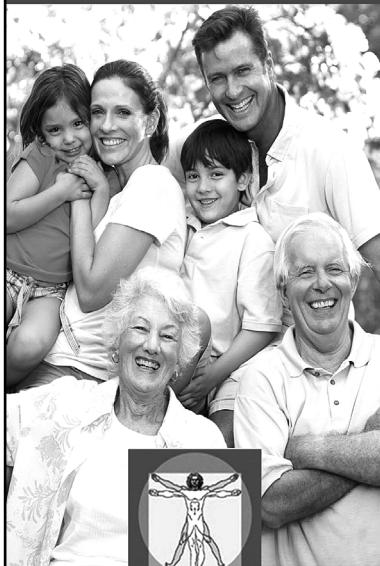


**Saturday
Jan. 5th
3:00 p.m.**

**Saturday
Mar. 2nd
2:00 p.m.**

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Cumberland, Rhode Island 02864
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Fax: (401) 305-3859
Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm

WARWICK

2080 Warwick Avenue
Warwick, Rhode Island 02889
Telephone: (401) 921-0160
Fax: (401) 921-0139
Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm

BLOCK ISLAND

Block Island Health Services
6 Payne Road
Block Island, Rhode Island 02807
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Thursday & Friday: 8:30 am – 7:00 pm

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to set up your individual appointment.
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COUNCIL MEETS FOURTH MONDAY OF THE MONTH
④ 3:30pm at
Conference Room, 109
Seekonk Human Services