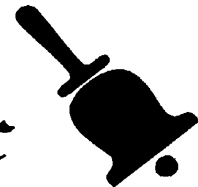




SEEKONK HUMAN SERVICES

Town Courier



320 Pleasant Street ~ Seekonk, MA ~ 508-336-8772

*Monday through Thursday 8:30am—4:30pm

*Fridays 8:30am—12:30pm

*Evening appointments available upon request

May 2016



Seekonk Human Services
Will be closed on
Monday, May 30th

MEN'S BREAKFAST

Thursday, May 12, 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, May 19, 2016 @ 10:00am

Toti's Restaurant

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.

NEW SENIOR CENTER UPDATE!



The staff at the Seekonk Human Services have been preparing for the move to the new center. The response we received from last month newsletter requesting volunteers to lead activities at our new home has been very encouraging. We would like to thank the two residents that have volunteered to lead the Arts & Crafts and Chair Yoga & Strength Training.

We continue to look for leaders for:

- ⇒ Water Colors
- ⇒ Adult Coloring

If you or anyone you know would like to offer your services, please contact Seekonk Human Services at 508-336-8772.

Clean out your closet and help raise funds!

Items collected benefit

Friends of Seekonk Senior Center Inc.

Items can be dropped off at:

Savers
1925 Pawtucket Avenue
East Providence, RI 02914

*All items must be dropped off in rear of store, be sure to mention "Friends of Seekonk Senior Center Inc. and sign off on the receipt!

We are collecting:

- ⇒ Clothing
- ⇒ Shoes
- ⇒ Accessories
- ⇒ Books
- ⇒ Linens
- ⇒ Household Items*

**Small items only. No furniture.*



SEEKONK COUNCIL ON AGING

May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	3 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	4 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	5 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	6 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
9 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	10 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	11 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	12 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Mens Breakfast @ 8:30am Toti's Restaurant	13 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
16 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	17 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	18 Blood Pressure Clinic 9:00am - 10:30am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	19 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Womens Brunch @ 10:00am Toti's Restaurant	20 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
23 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	24 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	25 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	26 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	27 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
30 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	31 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500			



AGING MASTERY PROGRAM: NAVIGATING LONGER LIVES

With the opening of a new senior center, we will be bringing innovating programs to the residents of Seekonk. One of the programs is called Aging Mastery Program (AMP). AMP was developed by the National Council on Aging and it aims to empower participants age 55 and older to make and maintain small but impactful changes to their behavior that will enhance the later stage of their life. This stage of life has become significantly longer in the past 50 years and this course will provide new pathways that encourage ongoing and positive engagement in their life.

In this program, you will take core and elective courses and combine evidence informed materials, expert speakers, group discussions, level of mastery and achievement, and small rewards. All of these courses are designed to give the participants the skills and tools they need to achieve measureable improvements in managing their health, remaining economically secure, and contributing actively to society. Participating in the program is free of charge, and complementary healthy snacks will be served at each training session. The sessions will be taught by experts on the topic of the day. Participants will receive basic education materials, a checklist of potential next steps and a system of tracking behaviors. Below we have listed the courses in the AMP Core Curriculum, as well as AMP Elective Courses.

- ◇ 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

Stay tuned for additional information in our next newsletter.



Elder Dental Program

FREE DENTAL SCREENING CLINIC FOR SENIORS!

Saturday, May 7, 2016

8:45 am—1:00 pm

Attleboro Council on Aging

Rev. Larsen Senior Center

25 South Main Street

Dental professionals at the clinic will:

- Diagnose dental problems
- Check for oral cancer
- Talk one-on-one about taking care of teeth, gums, and dentures
- Discuss nutrition choices
- Clean dentures using a specialized machine
- Label dentures to prevent loss
- Sign up eligible low-income seniors for a low-cost dental programs

The clinic is open to anyone aged 60 years and over. To schedule your free appointment at the screening, call the Attleboro Council on Aging at **(774) 203-1906**.

The Free Dental Screening clinic has been underwritten by a grant from the Attleboro Rotary Club and is funded in part by a grant from Bristol Elder Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs and by a grant from United Way of Greater Attleboro/Taunton.

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. These files could save your life!

OH NO! Why was the program cancelled?



Sometimes wonderful programs are cancelled because we all tend to wait until the last minute to register. Please register early to avoid disappointment that the program you wanted was cancelled, perhaps unnecessarily.

BROWN BAGS—Wednesday, May 25th



Delivery will be from 9am—11am and pick up is 11:30am—12:30pm. If you have any questions please contact Seekonk Human Services at 508-336-8772



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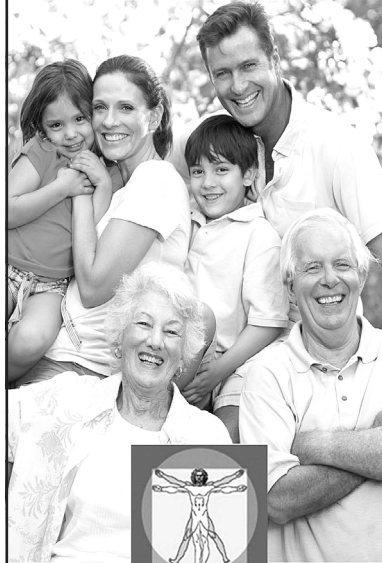


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EAST PROVIDENCE OFFICE

927B Warren Avenue
East Providence, RI 02914
Phone: (401) 438-0905
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



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Seekonk, Massachusetts 02771

**To be a sponsor in the next
Seekonk Town Crier
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**Please contact
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508-336-6633
x 337**


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2016 TRIPS

Newport Playhouse Lobsterfest Featuring Play It Again Sam Monday, June 20, 2016 10am—5pm

\$60 per person (driver gratuity included)

Join Seekonk Human Services for an exclusive trip to Newport Playhouse's Lobsterfest where you will enjoy a lunch buffet featuring a 1 1/4lb lobster with all the sides and desserts. From lunch you will enjoy **Play It Again Sam**. Allan Felix has this thing about Humphrey Bogart. If only he had some of Bogart's techniques.... Bookish and insecure with women, Allan's hero, Bogey comes with rescue, with a fantastic bevy of beauties played out in hilarious fantasy sequences. Fixed up by friends with gorgeous women, he's so awkward that even Bogey's patience is tried. Allan mostly resembles a disheveled, friendly dog and this is what ultimately charms his best friend's wife, Linda into bed. It's a tough life, making it in the world of beautiful people but if you can't be a hero it helps to have one.

Best of Maine Tour Thursday, July 14, 2016 8am to 7:30pm

\$60 per person (driver gratuity included)

Start the morning with a visit to *When Pigs Fly Company Store* in Kittery, ME. Explore this amazing place which includes over 25 varieties of our all natural breads and other products like jams & jellies and yes there is a sampling table! But save your appetite for lunch at the *Clambake Restaurant* in Scarborough, ME! Here you have your choice of Fish & Chips, Baked Haddock, Chicken Tenders, Clam Strips or Clam Cakes all served with fries & yummy dessert! After lunch we will make a stop at *Len Libby's Chocolates* and then on to scenic York, ME for an afternoon visit to *Stonewall Kitchen Store*. You will be amazed at the abundance of locally produced products here. Smell the incredible aromas, savor delicious samples, or watch the jam making process. The perfect ending to a delectable day in Maine! Reserve early!

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.

***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.**

Wii Fun

Fridays @ 10am

Come join us for some Wii Fun! The Wii is an excellent way to have fun and be active. Call Seekonk Human Services @ 508-336-8772 for more information. No sign up is necessary just come in!



BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, May 18, 2016

Seekonk Human Services

9:00am—10:30am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide blood pressure & glucose screening on the 3rd Wednesday of the month from 9:00am to 10:30am. This is a perfect opportunity to get your blood pressure & glucose tested. This is a first come first serve clinic.



I just burned 1200 calories.
I forgot the
pizza in the oven.

Seekonk Human Services
320 Pleasant Street
Seekonk, MA

Phone: 508-336-8772

Fax: 508-336-2239

Email: bhuck@seekonk-ma.gov

**We're committed to Seekonk's Seniors.
Help us, help you.**

SEEKONK TOTAL FITNESS

1301 Fall River Avenue

Seekonk, MA 02771

508.336.4545

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Monday, Wednesday, and Friday from 11am—12pm. The one hour fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your inactive lifestyle by increasing muscular strength, range of movement & balance. The cost per class is \$1.

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
- ◆ **Silver Sneaker Classic**
Monday, Wednesday and Friday @ 11am

***Must be a Seekonk Resident**

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.

Seekonk Human Services is primarily an informational and referral agency. We try to help you directly or by introducing you to a network of federal, state, or local support services. Human Services is opened for appointments and drop-ins Monday through Thursday 9:00 am to 3:00 pm and Fridays 9:00 am to 11:00 am. We have evening appointments available upon request. All Seekonk residents are invited to enjoy the activities at the center.

*** 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.**

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