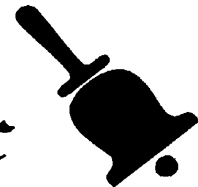




# SEEKONK HUMAN SERVICES

## 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

### June 2016



You are 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, June 15, 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 June 8th  
Transportation is Available

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



Come help us celebrate  
**TRIAD's 18th Birthday Party**  
**Wednesday, June 22 @ 10 am**

Seekonk TRIAD is a three-way commitment  
among the Seekonk Police/Fire Department,  
Bristol County Sheriff's Office & Seekonk Senior  
Community to work together by creating programs  
beneficial to enhancing the quality of life of  
Seekonk's senior residents

A delicious brunch of  
Baked French Toast, Eggs, Bacon and Fruit Salad  
For free

Sign up early by calling  
**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

## June 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	2 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	3 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
6 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	7 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	8 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	9 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm  Mens Breakfast @ 8:30am Toti's Restaurant	10 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
13 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	14 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	15 Silver Tea 12:00 noon Blood Pressure Clinic 9:00am - 10:30am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	16 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm  Womens Brunch @ 10:00am Friendly's	17 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
20 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	21 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	22 TRIAD 18th Birthday Brunch for FREE @ 10am  BROWN BAGS Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	23 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	24 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
27 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	28 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	29 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	30 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	

## 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.

## MEN'S BREAKFAST

Thursday, June 9, 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, June 16, 2016 @ 10:00am

Friendly's Ice Cream, 1151 Fall River Avenue

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.

## WORLD ELDER ABUSE DAY

In recognition of World Elder Abuse Awareness Day, the office of Bristol County District Attorney Thomas M. Quinn III, with sponsorship from AARP, is holding an Elder Abuse Prevention Conference — “A Focus on Avoiding Scams, Fraud, and Identity Theft” — on Wednesday, June 15, 2016 in Fall River. Elder abuse affects thousands of seniors in Massachusetts each year. In fiscal year 2015—24,978 elder abuse reports were reported. That means more than 2,000 seniors each month are being put in harms way in Massachusetts. How can you help put a stop to this growing epidemic? Knowledge is key!

An Elder Abuse Prevention Conference will be held on June 15th from 8:30 AM to 12:30 PM at Bristol Community College (Cafeteria/Building G) 777 Elsbree Street, Fall River, MA. This event will include a free breakfast, resource tables with valuable information and giveaways. Most importantly, it will include great speakers on topics such as: Avoiding Scams, Fraud & Identity Theft.

This event is sponsored by: AARP Massachusetts, Senior Whole Health, DA Tom Quinn, AG Maura Healey, Bristol Elder Services, Coastline Elderly Services, Saint Anne's Hospital, The Arbors at Taunton and Law Offices of Jane E. Sullivan. **To register please contact Eric Poulin at the Bristol County DA's Office 508-961-1973.**

## 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, June 22nd



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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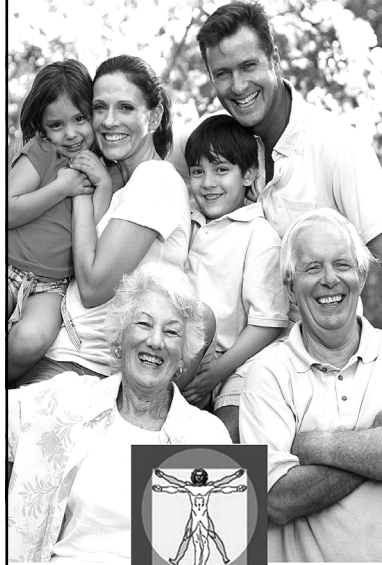


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927B Warren Avenue  
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Fax: (401) 438-0903

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



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Local #215      Lodge #5

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

**To be a sponsor in the next  
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**Please contact  
Tom Reily  
508-336-6633  
x 337**

  
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## 2016 TRIPS

**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!

**Theatre By The Sea**  
**Thursday, August 25, 2016**  
**10am—6pm**

**Cost: \$62 per person (driver gratuity included)**

The gloriously funny five-time Tony®-nominated musical based on the mega-hit 1992 film that starred Whoopi Goldberg. When disco diva Deloris Van Cartier witnesses a murder, she is put in protective custody in one place the cops are sure she won't be a found: a convent. Disguised as a nun, she finds herself at odds with both the rigid lifestyle and the uptight Mother Superior. Using her unique talents to inspire the choir, Deloris breathes new life into the church, but in doing so blows her cover. Soon it is nun-on-the-run time but she finds salvation in the heavenly power of her newly found sisterhood. Lunch will be at *Bistro By The Sea*.....Lunch will be a choice of (1) Lemon-rosemary marinated chicken over basmati rice; (2) North Atlantic Pan-Seared Cod; or (3) Linguine Primavera

**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, June 15, 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.



## 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

320 Pleasant Street

Seekonk, MA

Phone: 508-336-8772

Fax: 508-336-2239

Email: [bhuck@seekonk-ma.gov](mailto:bhuck@seekonk-ma.gov)

**We're committed to Seekonk's Seniors.**

**Help us, help you.**

**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  
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