



SEEKONK HUMAN SERVICES

Town Courier



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday—Thursday 8:15am - 4:00pm

Friday 8:15am - 12:00pm

January 2026

Holiday Hours

Closed on Thursday, January 1, 2026

Closed on Monday, January 19, 2026

Seekonk Veterans' Coffee Hour Monday, January 12, 2026 at 2:00pm

Come and join Seekonk's Veterans Services Officer, James LaFlame, for Coffee Hour. The event for our Veterans to have some coffee and dessert. Network with other local veterans, learn about services and programs available to you as a veteran, and enjoy great company. If anyone is interested in coming to this activity please call us to register. The next Seekonk Veterans' Coffee hour will be on February 9, 2026 at 2:00pm. We would like to have more of our Seekonk Veterans' to attend this event, so please spread the word of this get together.



Seekonk Human Services would like thank you all for your help during the holiday season. Your generosity is a beautiful reminder of the true spirit of the season.

Families in need experienced the magic of the holiday. Your donations of food, gifts and items needed are more than presents, it's hope, love, and a reminder that they are not alone. Giving without expecting anything in return. Thank you for touching lives and spreading joy where it's needed most. Thank you for caring.

Larry Houser - Team Trivia

Monday, January 21, 2026 at 1:00pm

Come join Larry Houser for Team Trivia! Not-so-hard questions about just about everything -movies, music, animals, old expressions, advertising from the 1960s and 70s.



Come as a team of 2, 3 or 4 or come alone and we'll find a team for you! Gift card prizes to all players on the winning team. **Preregistration is required.**

Snowflake Social

Wednesday, January 14, 2026 at 11:30am



The winter seems to drag with the cold days and dark nights so why not break up the winter blues with a Snowflake Social. Come on down for good company and entertainment by Dave Valerio. Lunch will be pizza. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required.**

Mind-Body Wellness Presentation

Monday, January 26, 2026 at 2:00pm



Come join us for a presentation hosted by our Public Health Nurse, Lisa Valente, RN, CDOE. Mind-Body Wellness is a holistic approach to health that acknowledges the profound connection between an individual's mental and physical well-being. **Preregistration is required.**

Book Club

Tuesday, January 20, 2026 at 10:00am

For January come join the discussion of, "Canary Girls" by Jennifer Chiaverini. "Canary Girls", were British women who worked in munitions manufacturing trinitrotoluene (TNT) shells during the First World War (1914 - 1918). The nickname arose because exposure to TNT is toxic, and repeated exposure can turn the skin an orange-yellow colour reminiscent of the plumage of a canary. The group will be led with discussion questions, but feel free to bring your own. **Preregistration is required.**



Healthy Aging - Lunch & Learn

Wednesday, January 28, 2026 at 11:30am

"Seed Oils" for healthy aging! Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco will let you know if Seed Oils are good or bad for you. The presentation will be about debunking common nutrition advice seen across television and in the media. Most nutrition advice in the media is not accurate. If you are looking for nutrition advice, always ask a Registered Dietitian. The menu will be: Beef Stroganoff, egg noodles, peas, snowflake roll, drink and dessert **Preregistration is required.**



**Indoor Cornhole
Mondays at 10:30am**

Come play cornhole on Monday mornings. All are welcome. **Preregistration is required.**

Oil Painting

Friday's from 9:00am - 11:30am

Oil Painting Class will be every Friday. From beginners to experienced painters, all skill levels are welcome. **Instructor led every Friday 1st, 2nd, 3rd, and 4th. Except on a 5th Friday of the month.** Contact Seekonk Human Services to register. The cost is \$4 for residents and \$6 for non-residents due upon registration. **Class members need to bring their own supplies and a supply list is available.**

Podiatry Clinic

Wednesday, January 7, 2026—10:00am - 2:00pm

Dr. Lechan provides monthly podiatry clinics. An appointment is required. Items needed are primary doctor's name, date of last doctor's visit, summary of last visit, and list of medications. *The fee for the appointment is **\$35.00**. Paid by cash or check. **Call our office to make an appointment.**

Women's Lunch


**Wednesday, January 7, 2026 at 11:30am at
Olive Garden, 1240 Newport Ave, South Attleboro**

**Wednesday, February 4, 2026 at 11:30am at
Davenports, 1925 Pawtucket Ave, E. Providence, RI**

This group meets the 1st Wednesday of every month. Everything is Dutch treat. If you are interested in joining for good food and good conversation, while supporting our local restaurants, please call the office. Cash payment is preferred. **Preregistration is required.**

Blood Pressure & Glucose Clinic

Wednesday, January 21, 2026 - 9:00am - 11:00am

 Join us for our free monthly blood pressure and glucose screenings. Walk-ins welcome. **Provided by Seekonk's Public Health Nurse.**

Basic Beginner ASL - Sign Language Class

Wednesdays 9:30am - 11:30am

This is a word for word ASL class. You will learn words, sentences and choruses. Class meets every Wednesday, starting January 21, 2026 - March 18, 2026.. You will be using the book, "The Joy of Signing". The book will be available for \$6.00 the first day of class. Class size is limited. Please contact the office to sign up. **Preregistration is required.**

Let's Learn Together!

Tuesday, January 27, 2026 at 2:30pm

Do you have questions about using your smartphone or tablet? Bring them to the Tech Help Hour. The goal of this session is to help each other learn how to use technology better. There is no set agenda. This program is provided by Seekonk Public Library staff. Bring your own tablet, phone or laptop. Please make sure your device is fully charged. **Preregistration is required.**

Nutritional Meals To Go

Tuesdays, Wednesdays & Thursdays

Bristol Aging and Wellness provides nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays to go. Meals come completely cooked and prepackaged. Meals need to be ordered the day before by 9:30am. The suggested donation is \$2.25 per meal. The January menu is available at our office and on our Facebook page.

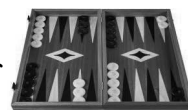
Tuesday Luncheon at 12:00pm

Lunches will cost \$7 for residents and \$8 for non residents. The menu will be available at the office and on Facebook. On the last Tuesday of each month we will be celebrating Seekonk Senior's birthday. On your birth month you will only pay \$2.00 for that lunch (Seekonk residents only).

Backgammon & Checkers

Tuesdays at 2pm

Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress. This is a game of odds, calculation, patterns, and vision. Whether you are a seasoned Backgammon player or would like to learn how to play, please join us! **Preregistration is required.**



Learning Mahjong

Thursdays - 10:00am - 12:00pm

Have you ever been mesmerized by the clinking of Mahjong tiles or the camaraderie of players around a table? Learning Mahjong is more than just mastering a game - it's about embracing a rich tradition and connecting with others. So, why not come to our Senior Center to start this exciting journey and dive into this centuries-old game of skill and strategy. **Preregistration is required.**

Income Tax Appointment

February 3, 2026 - April 14, 2026

Appointments are only on Tuesdays

Tax preparation services returning to Seekonk Human Services. We are pleased to once again welcome the tax preparers from the AARP Foundation Tax Aide program, which provide free tax preparation and filing services for low and moderate income Seniors. This service is provided by appointment only, and requires a little homework for the tax payer. When you come for your tax preparation appointment you will need to have your intake form completed and all your tax documents open and organized. Appointments are available on Tuesdays, beginning February 3, through April 14, 2026. Call to schedule an appointment. Forms will be available for pick up at the office. **Seekonk residents may begin signing up on Monday, January 12 and non-residents starting on Monday, February 2.**



Overview of Legal Services

Monday, February 9, 2026

10:30am - 12:30pm (15 minute appointment only)

Brandon Walecka, Esq., LL.M from Walecka Law will be providing office hours by appointment. The mini-consultations will center around elder law topics such as probate, questions regarding making a will (other power of attorney, health care proxy, etc.), trusts (irrevocable and revocable), Medicaid/MassHealth rules and eligibility, tax planning and special needs planning. These consults are focused on elder law and estate planning. Please call the office at 508-336-8772. **MA residents only.**

Valentine's Party

Wednesday, February 11, 2026 at 11:30am



Come join our Valentine's party we will be having Steve Burke perform for you. Then we will be having lunch. Lunch to be American Chop Suey. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required and opens January 15th.**

Book Club

Tuesday, February 17, 2026 at 10:00am

For February come join the discussion of, "The First Ladies" by Jennifer Chiaverini. The group will be led with discussion questions, but feel free to bring your own. **Preregistration is required.**

Vini Ames

Wednesday, February 18, 2026 at 1pm

Vini Ames has delighted audiences for more than forty years. His zest for performing is as strong today as it was when he first joined a rock band in the 1970's. Vini Ames will entertain with singing for listening or dancing pleasure, comedy, impersonations, and audience participation. **Preregistration begins January 15.**

Grief and Depression

Can feel heavy and overwhelming

Monday, February 23, 2026 at 2:00pm

Depression can affect anyone regardless of age, sex, race, ethnicity, income, culture, or education. On Monday, February 23, 2026 we will be having a presentation presented by Jennifer Lafleur, MSN, APRN, FNP-BC, PMHNP-C. Hosted by our Public Health Nurse, Lisa Valente, RN, CDOE on depression and grief. **Preregistration is required and opens January 15th.**

Healthy Aging - Lunch & Learn

Wednesday, February 25, 2026 at 11:30am

Topic of discussion is heart health trivia for healthy aging! Bristol Aging and Wellness Registered Dietitian, Dawn DiMarco will be here with an interesting topic. If you are looking for nutrition advice, always ask a Registered Dietitian. Lunch will be sweet and sour chicken, egg noodles, vegetables with dessert. **Preregistration is required and opens January 15th.**

Foxwoods Casino

Tuesday, February 10, 2026

Price: \$41.00 Per Person

Departure at 8:45am Return Approx. 5:15pm



No one offers more gaming choices than Foxwoods Resort Casino, the internationally recognized gaming destination. With its six casinos, Foxwoods offers more than 7,400 slot machines, 388 table games, and the world's largest bingo hall.

Bingo starts at 10:30am. Keno lovers can play the ever-popular Keno throughout the property, as well as in a comfortable Keno lounge. Foxwoods offers many dining options. You can also enjoy the 300,000 square foot indoor Tanger Outlet Mall at Foxwoods!! 80 discount stores and casino fun make for a great day!! Lunch on your own. **Trip includes: Deluxe motorcoach transportation, driver gratuity, casino time: 10:00am - 4:00pm. Full Payment due upon at registration.**

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 applications accepted November 1, 2025 until April 30, 2026.**

Income Guidelines: 4 Week Income: for 1 person is \$3,982, for 2 people is \$5,208, for 3 people is \$6,433, and for 4 people is \$7,659.

Income Guidelines: 4 Week Fixed: for 1 person is \$4,314, for 2 people is \$5,642, for 3 people is \$6,970 and for 4 people is \$8,297.

Income includes your social security, pensions and any interest income. Needed Documents:

• Proof of income:

- o Four consecutive pay stubs, Social Security Award Letter or 1099, pension (current 1099), interest dividends (1099), list of everyone in household plus their income

• Homeowner's must include:

- o Mortgage statement, real estate tax bill, insurance bill, recent copy of electric bill and gas/oil bill

• Renters Include:

- o Rent receipt, recent copy of electric bill and gas/oil bills

• Other Documents Needed

- o License, Social Security Cards for all members in household, birth certificates for members under the age of 18

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Water Colors/Oil Painting Residents \$4/Non-Residents \$6 Paid one month at a time</p> <p>**Fitness Class Non-Residents \$2</p> <p>****Prerecorded Fitness Class</p>	<p>Preregistration is required for all activities.</p> <p>Activities are subject to change without notice.</p>		<p>CLOSED FOR THE HOLIDAY</p>	<p>1</p> <p>9:00am Dance Cardio****</p> <p>9:30am Oil Painting*</p> <p>10:30am Tai Chi**</p>
<p>5</p> <p>10:00am Movement & Meditation</p> <p>10:30am Cornhole</p> <p>11:00am Canasta (Hand & Foot)</p> <p>1:00pm Strength & Cardio**</p>	<p>6</p> <p>9:00am Drums Alive****</p> <p>10:00am Water Colors*</p> <p>12:00pm Tuesday Luncheon</p> <p>1:00pm Pitch (Hi-Lo Jack)</p> <p>2:00pm Backgammon/Checkers</p>	<p>7</p> <p>8:30am Stability & Balance**</p> <p>9:30am Drums Alive**</p> <p>10:00am - 2:00pm Podiatry Clinic</p> <p>11:30am Women's Lunch</p> <p>1:00pm Mahjong</p>	<p>8</p> <p>9:00am Mat Exercise</p> <p>10:00am Movement & Meditation</p> <p>10:00am Learning Mahjong</p> <p>11:00am Cribbage</p> <p>1:00pm BINGO</p> <p>1:00pm Pitch (Hi-Lo Jack)</p>	<p>9</p> <p>9:00am Dance Cardio**</p> <p>9:30am Oil Painting*</p> <p>10:30am Tai Chi**</p>
<p>12</p> <p>10:00am Movement & Meditation</p> <p>10:30am Cornhole</p> <p>11:00am Canasta (Hand & Foot)</p> <p>1:00pm Strength & Cardio**</p> <p>2:00pm Veterans' Coffee Hour</p>	<p>13</p> <p>9:00am Drums Alive****</p> <p>10:00am Water Colors*</p> <p>12:00pm Tuesday Luncheon</p> <p>1:00pm Pitch (Hi-Lo Jack)</p> <p>2:00pm Backgammon/Checkers</p>	<p>14</p> <p>8:30am Stability & Balance**</p> <p>9:30am Drums Alive**</p> <p>11:30am Snowflake Social</p> <p>1:00pm Mahjong</p>	<p>15</p> <p>9:00am Mat Exercise</p> <p>10:00am Movement & Meditation</p> <p>10:00am Learning Mahjong</p> <p>11:00am Cribbage</p> <p>1:00pm BINGO</p> <p>1:00pm Pitch (Hi-Lo Jack)</p>	<p>16</p> <p>9:00am Dance Cardio**</p> <p>9:30am Oil Painting*</p> <p>10:30am Tai Chi**</p>
<p>19</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>20</p> <p>9:00am Drums Alive****</p> <p>10:00am Book Club</p> <p>10:00am Water Colors*</p> <p>12:00pm Tuesday Luncheon</p> <p>1:00pm Pitch (Hi-Lo Jack)</p> <p>2:00pm Backgammon/Checkers</p>	<p>21</p> <p>8:30am Stability & Balance**</p> <p>9:00am - 11:00am Blood Pressure and Glucose Clinic</p> <p>9:30am Drums Alive**</p> <p>9:30am Sign Language</p> <p>1:00pm Larry Houser Trivia</p> <p>1:00pm Mahjong</p>	<p>22</p> <p>9:00am Mat Exercise</p> <p>10:00am Movement & Meditation</p> <p>10:00am Learning Mahjong</p> <p>11:00am Cribbage</p> <p>1:00pm BINGO</p> <p>1:00pm Pitch (Hi-Lo Jack)</p>	<p>23</p> <p>9:00am Dance Cardio**</p> <p>9:30am Oil Painting*</p> <p>10:30am Tai Chi**</p>
<p>26</p> <p>10:00am Movement & Meditation</p> <p>10:30am Cornhole</p> <p>11:00am Canasta (Hand & Foot)</p> <p>1:00pm Strength & Cardio**</p> <p>2:00pm Mind-Body Wellness Presentation</p>	<p>27</p> <p>9:00am Drums Alive****</p> <p>10:00am Water Colors*</p> <p>12:00pm Tuesday Luncheon</p> <p>1:00pm Pitch (Hi-Lo Jack)</p> <p>2:00pm Backgammon/Checkers</p> <p>2:30pm Let's Learn Together</p>	<p>28</p> <p>8:30am Stability & Balance**</p> <p>9:30am Drums Alive**</p> <p>11:30am Lunch & Learn</p> <p>1:00pm Mahjong</p>	<p>29</p> <p>9:00am Mat Exercise</p> <p>10:00am Movement & Meditation</p> <p>10:00am Learning Mahjong</p> <p>11:00am Cribbage</p> <p>1:00pm BINGO</p> <p>1:00pm Pitch (Hi-Lo Jack)</p>	<p>30</p> <p>9:00am Dance Cardio**</p> <p>9:30am Oil Painting</p> <p>10:30am Tai Chi**</p>

Note: Fitness programs are paid through grant funds from the Executive Office of Aging & Independence (AGE).

Seekonk residents are strongly urged to make a donation towards fitness programs to help offset the cost.



Veterans Corner

VA Vet Centers

Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible veterans, service members, including National Guard and Reserve components, and their families. Counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military to include military sexual trauma (MST). Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services.

Vet Center Eligibility

Any veterans and current service members, including members of the National Guard and Reserve components, are eligible if any of the following applies:

- Have served on active duty in any combat theater or area of hostility*
- Experienced a military sexual trauma (regardless of service era).
- Provided mortuary services or direct emergent medical care to treat the casualties of war while serving on active military duty.
- Performed as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat theater or area of hostility.
- Accessed care at a Vet Center prior to January 2, 2013, as a Vietnam-Era Veteran.
- Served on active military duty in response to a national emergency or major disaster declared by the president, or under orders of the governor or chief executive of a state in response to a disaster or civil disorder in that state.
- Are a current or former member of the Coast Guard who participated in a drug interdiction operation, regardless of the location.
- Are a current member of the Reserve Components assigned to a military command in a drilling status, including active Reserves, who has a behavioral health condition or psychological trauma related to military service that adversely effects quality of life or adjustment to civilian life.
- Any Veteran or service member pursuing a course of education using covered educational assistance benefits is eligible if they have a readjustment counseling need that is related to the individual's military service and hinders the individual's adjustment to either their civilian life, ongoing military service, or educational settings.

Their services are also available to family members when their participation would support the growth and goals of the Veteran or service member.

They also offer bereavement services to family members of:

- Armed Forces personnel who died in the service of our country;
- Reservists and members of the National Guard who die while on duty;
- Veterans' who were receiving Vet Center services at the time of the veteran's death if the death was unexpected or occurred while the eligible individual was receiving hospice or similar care; or
- Veterans' and service members who die by suicide, to assist families in coping with the effects of suicide.

Vet Centers look for reasons and means to qualify individuals rather than turn them away. If someone is found to not meet their eligibility, they will work with them to find available community resources that may be more suitable for that individual.

Seekonk's three closest Vet Centers are located in:

2038 Warwick Avenue
Warwick, RI
401-739-0167

73 Huttleston Avenue Unit 2
Fairhaven, MA
508-999-6920

1 Pearl Street Suite 2300
Brockton, MA
508-580-2730

James LaFlame
Seekonk Veterans Services Officer
Office 508-336-2940
Email: jlaflame@seekonk-ma.gov



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For nearly 50 years, HopeHealth has offered comfort and hope through even the toughest health challenges.

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Please contact Tom Reily
508-336-6633 x 337

Law Office of Luke P. Travis

Estate Planning

239 Winthrop Street, Rehoboth
by appointment

TEL: (508) 676-3333
FAX: (508) 678-1698

luke@bristollegal.com



Local #215

SEEKONK POLICE

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



Lodge #5

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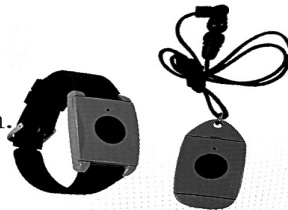
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508-336-6633 x 337**

Parks & Recreation



What a great year last year was for Parks and Recreation. We had so many great experiences, and we enjoyed hosting them for the community. I am looking forward to the new adventures and opportunities the new year will bring. In January, we will be starting the year off with an adult craft session. We will be making diamond art bookmarks. This session will take place on Monday, January 12th at 2:30pm at Human Services. The cost is \$3.00 for residents and \$5.00 for non-residents. Pre-registration is required. Please pre-register at Human Services. If there are any questions please call Erica at 508-336-8772.



Telephone Reassurance Program

Our office will make a telephone call to an individual's home at approximately the same time each day Monday through Friday (during our operating business hours only). This program is designed to connect people in need with ongoing, caring human contact and conversation. If we do not receive an answer, we will call back shortly after. If we do not receive an answer the second time, Public Safety will be called to check on the individual's status. The Telephone Reassurance Program provides peace of mind for the individual and their loved ones. This program is designed for senior citizens, disabled persons and shut-ins living in Seekonk who may be at risk of loneliness, social isolation, illness or injury. If you, or anyone you know is interested in this program, please call Nicole at Human Services at 508-336-8772.

Telephone Reassurance Program

The center is open Monday - Thursday 8:15am - 4:00pm and Friday 8:15am - 12:00pm. Come and enjoy the activities and companionship at your center. **Join our email list!** Things are changing quickly these days and we want to be able to get the word out to you quickly. Please give us a call and give us your email address. We want to share fun activities, links to Zoom and virtual programs. * NOTE: *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. Seekonk Human Services offers legal, financial, recreational, medical screenings, and other activities/services by volunteers or nominally paid practitioners. Participation in these services/activities is with the understanding that Seekonk Human Services, Town of Seekonk, or its employees do not assume any legal or other responsibility for advice of services rendered by such volunteers or nominal cost practitioners.

Seekonk Human Services Staff P. 508-336-8772 F. 508-336-2239

Director

Brittney Faria, LSWA

Assistant Director

Ashley Cartwright, MBA

Outreach Caseworker

Nicole Buffington

Clerical Assistant

Kimberly Mallon

Community Liaison

Maggie Perkins

Program Assistant/Receptionist

Holly Fiola

Veterans Service Officer

James LaFlame

Parks & Recreation Coordinator

Erica Harris-Grimes

Human Services Council

Chairperson

Michelle Hines

Vice Chairperson

Maria Duarte

Cheryl Camara

Rick Forest

Maria Giacoletto

Terry McGregor

Josephine Veader

**Council meets fourth Monday of the month
@ 3:00pm at
Seekonk Human Services
Conference Room**