



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 & June 2019



BEGINNER LINE DANCING Starting Monday, May 6, 2019 @ 11am



If you would like to learn how to Line Dance this is the class for you! You will be starting off with some easy line dances. Join the fun and have a great time!!

A few Line Dances you will be learning: Cupid Shuffle, Cab Driver, Ah Si!, Cowboy Shuffle, etc. Instructed by: Carol Activity is free of charge.

AARP Fraud Watch Dennis Hoengassea Wednesday, May 8, 2019 @ 11:30am



Every year, thousands of Americans are impacted by fraud and scams - but you can beat con artists at their own game by joining the AARP Fraud Watch Network.

When you sign up, you'll get:

- ⇒ The latest, breaking scam alerts, delivered right to your inbox
- ⇒ Prevention tips based on thousands of hours of interviews with con artists and law enforcement.
- ⇒ Access to resources from our network of experts
- ⇒ Access to a special network of people like you who are sharing their experiences with scams, so you know what to watch out for.

The Fraud Watch Network is Free of charge for everyone. Learn how to protect yourself from identity theft and scams.

**Menu for Wednesday & Thursday lunches will be available at the front desk and cost will be \$2.25, unless otherwise noted.



"PREVENTING MALNUTRITION"

Wednesday, May 14, 2019 @ 11:30am

Sarah from Bristol Elder Services will be doing a presentation with power point regarding preventing malnutrition education. Sarah will go over identifying risks and facilitating solutions of malnutrition in the elderly. Lunch will be included for those who attend the activity free of charge. Advanced sign up is required for this activity.

MEMORIAL DAY CELEBRATION Bombshell Betty—Country Classics

Wednesday, May 22, 2019 @ 11:30am

Betty is back again to sing for all who sign up for the Memorial Day Celebration. She will be singing Country Classics. Lunch to be determined. Lunch menu will be available at Human Services for \$2.25. Please sign up and pay in advance for the lunch.



TRIAD: Veterans Services

Wednesday, May 29, 2019 @ 11:30am



James LaFlame, Seekonk Veterans Service Officer. This is a great opportunity to learn about services that Veterans can receive and programs available as well. Lunch menu will be available at Human Services for \$2.25. Please sign up and pay in advance for the lunch.

SOUTHCOAST URGENT CARE Wednesday, June 12, 2019 @ 11:30am



Southcoast Urgent Care in Seekonk will be presenting on Weight Loss programs to help you achieve a healthy lifestyle. They will also be going over smoking cessation programs to help you or loved ones with smoking. This is a free program available to all. Lunch menu will be available at Human Services for \$2.25. Please sign up and pay in advance for the lunch.



UNTIL HELP ARRIVES! Wednesday, June 19, 2019 @ 11:30am



Presentation for the Until Help Arrives course, designed to teach students basic skills to keep people with life-threatening injuries alive until professional help arrives. This could benefit all who attend this program, should there come a time in your life if a loved one would need your help until the professional arrives. **This program is free, so please take advantage of it.** Lunch menu will be available at Human Services for \$2.25. Please sign up and pay in advance for the lunch.

BASIC BEGINNERS SIGN LANGUAGE Monday, June 24, 2019

@ 10am -12pm



This is a signed English class. You will learn words, sentences and choruses. Class will start Monday, June 24, 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.

Coffee Chat

Tuesday, June 25, 2019 @ 11:30am

HELLO!



Join us Tuesday, June 25 at 11:30am with our Director, Brittney Faria; Assistant Director, Ashley Cartwright; and Veterans' Service Officer, Jim LaFlame for a meet and greet with questions and concerns you may have! This is a perfect opportunity to get to know what goes on in the office and programs that are available to you and loved ones. Coffee and pastries will be available.

TRIAD: ANNUAL CELEBRATION AND 4TH OF JULY PARTY Wednesday, June 26, 2019 @ 11:30am



Come join in on celebrating our Annual TRIAD Celebration and 4th of July Party.



There will be music, fun and food. Don't miss it!!

Entertainment By Barney Mallon

Advanced sign up and payment are required for lunch. Activity is free of charge. Lunch will be Hot Dogs/Hamburgers for \$5.00.

SEEKONK MEMORIAL DAY PARADE Saturday, May 25, 2019

Join us as we honor members of our military that are either missing or who have lost their lives while serving in the armed forces of the United States.

The Participants will muster at 9:00 AM, at the Seekonk High School – 261 Arcade Avenue, Seekonk, MA. The Parade will step off at 10:00 AM sharp, and will follow the same route as in previous years, ending at the Middle School on Newman Avenue.

We realize how busy everyone is and that participation in the parade presents difficulties for many. However, as you have showed in years past, we ask that you take into consideration the difficulties experienced by the families of our soldiers, sailors, and marines, and join us again as we honor their sacrifices. Your past participations have made the parade possible, and are so appreciated by all concerned.

SOUTHCOAST WELLNESS VAN Wednesday, June 5, 2019 9am to 12pm

Free Health Screenings

1. Cholesterol
2. Blood Pressure
3. Blood Sugar Testing
4. Tetanus Vaccines
5. Pneumonia Vaccines
6. Quit Smoking Education



Let's Learn Together! TAKE NOTES! Wednesday, May 29, 2019 @ 2:00 PM



Among all the fancy things your smartphone can do, it can also act as a notepad! In this session we will look at simple, free apps for taking notes on your phone or tablet. 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. 508-336-8772 register 508-336-8772

Let's Learn Together! MANAGING CONTACTS Wednesday, June 26, 2019 @ 2:00 pm



The Contacts app on your smart phone or tablet is like a supercharged little black address book. In this session we will explore the commonly used features of Contacts. 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. 508-336-8772

TECH TIME

Wednesday, May 8, 2019 @ 2pm - 4pm
Wednesday, June 12, 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.

Have A Safe and Wonderful Summer



* 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.

MEN'S BREAKFAST

Thursday, May 19, 2019 @ 9:30am

Thursday, June 13, 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, May 16, 2019 @ 10am

Harvest Market, Rt. 6, Swansea

Thursday, June 20, 2019 @ 10am

Percy's Place, East Providence

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, May 8, 2019 at 1pm - 3pm

Wednesday, June 12, 2019 at 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, May 22, 2019

Wednesday, June 26, 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

May 2019

1	"NO Indoor Walking Class" "NO Chair Yoga" Mahjong 1 - 3pm	1	Silver Sneakers 10 - 10:45am LUNCH 11:30am BINGO 1 - 3pm Cabbage 1 - 3pm	2	Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am				
2	"**Lunch Menu Available at Seekonk Human Services for \$2.25								
6	Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Guided Meditation 11 - 11:30am Beginner Line Dancing 11:00am Knitting Club 12:30 - 2:30pm ZUMBA 1 - 2pm *Arts & Crafts 2 - 4pm	7	Silver Sneakers 10 - 10:45am Sign Language 10 - 12pm Chair Yoga 10 - 10:30am AARP Fraud Watch 11:30am Podiatry Clinic 1 - 3pm Mahjong 1 - 3pm Tech Time 2 - 4pm	8	Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:30am AARP Fraud Watch 11:30am Podiatry Clinic 1 - 3pm Mahjong 1 - 3pm Tech Time 2 - 4pm	9	Mens Breakfast 9:30am Silver Sneakers 10 - 10:45am LUNCH 11:30am BINGO 1 - 3pm Cabbage 1 - 3pm	10	Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am
13	Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Beginner Line Dancing 11:00am Knitting Club 12:30 - 2:30pm ZUMBA 1 - 2pm *Arts & Crafts 2 - 4pm	14	Silver Sneakers 10 - 10:45am Sign Language 10 - 12pm Mahnutrition Awareness 11:30 LUNCH 12:30am, FREE Cards (Hi-Lo Jack) 1 - 3pm	15	"No Indoor Walking Club" Blood Pressure Clinic 9 - 10:30am *No Chair Yoga SILVER TEA 12:00 NOON	16	Silver Sneakers 10 - 10:45am Women's Brunch 10am LUNCH 11:30am BINGO 1 - 3pm Cabbage 1 - 3pm	17	Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am
20	Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Guided Meditation 11 - 11:30am Beginner Line Dancing 11:00am Knitting Club 12:30 - 2:30pm ZUMBA 1 - 2pm *Arts & Crafts 2 - 4pm	21	Silver Sneakers 10 - 10:45am Cards (Hi-Lo Jack) 1 - 3pm	22	Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Memorial Day Celebration 11:30 Brown Bags Mahjong 1 - 3pm	23	Silver Sneakers 10 - 10:45am LUNCH 11:30am BINGO 1 - 3pm Cabbage 1 - 3pm	24	Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am
27	In Honor Of Memorial Day We Will Be Closed Monday	28	Silver Sneakers 10 - 10:45am Cards (Hi-Lo Jack) 1 - 3pm	29	Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am TRIAD: Veteran Service Officer Mahjong 1 - 3pm	30	Silver Sneakers 10 - 10:45am LUNCH 11:30am BINGO 1 - 3pm Cabbage 1 - 3pm	31	Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am

June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chair Yoga 10am - 10:50am Guided Meditation 11am-11:30am Beginner Line Dancing 11:00am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	4 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm	5 "NO Indoor Walking Class" Southcoast Van 9am - 12pm "NO Chair Yoga" Mahjong 1pm - 3pm	6 Silver Sneakers 10am - 10:45am LUNCH 11:30am** BINGO 1pm - 3pm Cribbage 1pm - 3pm	7 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
10 Chair Yoga 10am - 10:50am Beginner Line Dancing 11:00am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	11 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm	12 Indoor Walking Class 9 - 9:45am Chair Yoga 10am - 10:50am Southcoast Urgent Care 11:30am Mahjong 1pm - 3pm Tech Time 2pm - 4pm	13 Mens Breakfast @ 9:30am Silver Sneakers 10am - 10:45am LUNCH 11:30am** BINGO 1pm - 3pm Cribbage 1pm - 3pm	14 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
17 Chair Yoga 10am - 10:50am Guided Meditation 11am-11:30am Beginner Line Dancing 11:00am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	18 Silver Sneakers 10am - 10:45am Cards (Hi-Lo Jack) 1pm	19 Indoor Walking Club 9 - 9:45am Blood Pressure/Glucose Clinic 9:00am - 10:30am Chair Yoga 10am - 10:50am Until Help Arrives @ 11:30am Podiatry Clinic 1pm - 3pm Mahjong 1pm - 3pm	20 Silver Sneakers 10am - 10:45am Women's Brunch @ 10am LUNCH 11:30am** BINGO 1pm - 3pm Cribbage 1pm - 3pm	21 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am
24 Chair Yoga 10am - 10:50am Sign Language 10am - 12pm Beginner Line Dancing 11:00am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	25 Silver Sneakers 10am - 10:45am Coffee Chat 11:30am Cards (Hi-Lo Jack) 1pm	26 Indoor Walking Class 9 - 9:45am Chair Yoga 10am - 10:50am TRIAD Celebration and 4th of July @ 11:30am Brown Bags Mahjong 1pm - 3pm	27 Silver Sneakers 10am - 10:45am LUNCH 11:30am** BINGO 1pm - 3pm Cribbage 1pm - 3pm	28 Advanced Yoga 9am - 10am Cost \$2 Tai Chi 10:15am - 11:00am *Arts & Crafts Residents \$3/Non-Residents \$5 **Lunch Menu Available at Seekonk Human Services for \$2.25

2019 TRIPS

Newport Playhouse Lobsterfest Presents: Always a Bridesmaid

Tuesday, June 18, 2019

Departure 10am and Return Approximately 5pm

\$75 per person (driver gratuity included)

In this hilarious comedic romp, 4 friends have sworn to keep the promise they made at their Senior Prom: to be in each other's weddings... no matter what. 30 years later, these Southern friends-for-life are still determined to honor that vow. If you've ever elbowed a stranger out of the way to catch a bride's bouquet, questioned the mental stability of the duo saying "I do" or been forced to ear the world's ugliest bridesmaid dress, this deliriously funny comedy is for you! ***Seekonk residents sign up begins May 6, non-resident sign up begin May 20.**

Glouster Schooner Tour

Wednesday, July 17, 2019

Departure 7am and Return approximately 7pm

\$107 per person (driver gratuity included)

This trip will include a 2 hour sail in the oldest seaport in America, Gloucester! Enjoy the quiet as you sail about Gloucester's beautiful protected harbor on this special vessel, *The Lannon*. The Lannon was built from scratch in 1997. It's a 65ft wooden vessel that seats 49. You will sail peacefully past lighthouses, castles, working fishing boats, and magnificent waterfront homes. Listen to Capt. Tom tell tales of Gloucester fisherman and of building The Lannon. Following our amazing cruise we head to lunch at the one & only Gloucester House. Enjoy your choice of **Baked House Scrod or Baked Stuffed Breast of Chicken** and then some free time in Rockport before department home. ***Sign up begins May 6.**

Block Island Tour

Tuesday, August 13, 2019

Departure 8:30am and Return approximately 7:30pm

\$112 per person (driver gratuity included)

We will meet the ferry at Point Judith, Rhode Island. A representative will give a brief overview of the day's itinerary. Upon arrival in Block Island, you will be given the Island Tour. The tour lasts approximately 1 hour and fifteen minutes and includes a stop at the historical Southeast Light. After the tour you enjoy lunch at the National Hotel. Today, you will have your choice of **Pan Seared Chicken Breast, Pasta Pomodori, & Flame Grilled Salmon**. After lunch, you will have some free time to walk and shop in the Old Harbor's downtown. We will depart for home in the afternoon. ***Sign up begins May 6.**

Atlantic City Boys at Danversport Yacht Club – Danvers, MA

Wednesday, September 18, 2019

Departure approximately 9:00am – 10:00am

\$92 per person (driver gratuity included)

The Atlantic City Boys are four dynamic lead singers who have wowed audiences in Las Vegas, Walt Disney World, Atlantic City, as well as cruise ships around the world. Their show is an exciting mix of world class vocals and interactive comedy – featuring the rock-n-roll harmonies of the Beach Boys, Drifters, the BeeGees, and or course, Frankie Vallie and the Four Seasons. The boys have performed with many greats, from Jay Leno to Huey Lewis, Pattie Labelle and the Temptations! Plated lunch choice or stuffed breast of chicken or baked scrod, meals include salad, potato, vegetables, bread, dessert and coffee/tea. ***Sign up begins June 3.**

The Ultimate Tribute Show at Lake Pearl – Wrentham, MA

Thursday, October 17, 2019

Departure approximately 10:30am – 11:00am

\$94 per person (driver gratuity included)

Elton John and Billy Joel tribute artists Greg Ransom and Mike O'Brien have joined forces to create The Ultimate Tribute Show "Face to Face." Just like the original tour each artist performs a solo set with a five to six piece Rock N Roll band, and then culminates the show with a Face to Face set which features both of them playing together on two pianos trading off lyrics on each song they perform. Our show is a day of hit songs, energetic performance, outrageous costumes, and true Rock N Roll at its finest! Plated lunch choice or stuffed breast of chicken or baked scrod, meals include salad, potato, vegetables, bread, dessert and coffee/tea. ***Pick up location will be at the Park & Ride on Route 44 in East Providence.**

***Sign up begins June 3**

Atlantic City, NJ

November 3 – 5, 2019

Departure 11/3/19 at 730am and Return 11/5/19 at approximately 7pm

\$209 per person for double or triple occupancy OR \$295 per person for single occupancy

Day 1: Depart for Atlantic City with a stop on the way for coffee and lunch before arriving at the hotel. Receive your bonus package on arrival and enjoy the rest of the day! **Day 2:** Make sure to visit the other casinos all along the Boardwalk in Atlantic City. **Day 3:** Try your luck one more time before heading home. We will make stops as needed on the way home. **Trip Includes:** 2 nights' accommodation, \$25 slot dollars, 2 \$20 meal credits, a show (on availability), motor coach transportation, and luggage handling. ***Sign up begins June 3.**

Ricky Nelson Remembered at the Venus de Milo – Swansea, MA

Thursday, November 14, 2019

Arrival time of 11:30am

\$75 per person – Drive on your own

Ricky Nelson Remembered is a unique multimedia entertainment event featuring the live music of Ricky Nelson's hit songs performed by Ricky's own identical twin sons Matthew & Gunnar Nelson and includes never before seen big screen video footage of the NELSON family with interviews from celebrities influenced by Ricky Nelson. When Matthew & Gunnar hit #1 on the Billboard with their rock band NELSON with their self-penned #1 mega hit "Can't Live Without Your Love & Affection" it put the Nelson family in the Guinness Book of Worlds as the ONLY family in entertainment with THREE generations of #1 HITMAKERS! With their rock band NELSON, Matthew & Gunnar have five Top 40 Billboard hits, four #1 MTV videos and have sold over 6.5 million albums worldwide! Plated meal choice of chicken parmesan or baked scrod which includes potato, vegetables, bread, dessert and coffee/tea. ***Sign up begins June 3.**

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. Please utilized the Knights of Columbus parking lot first*



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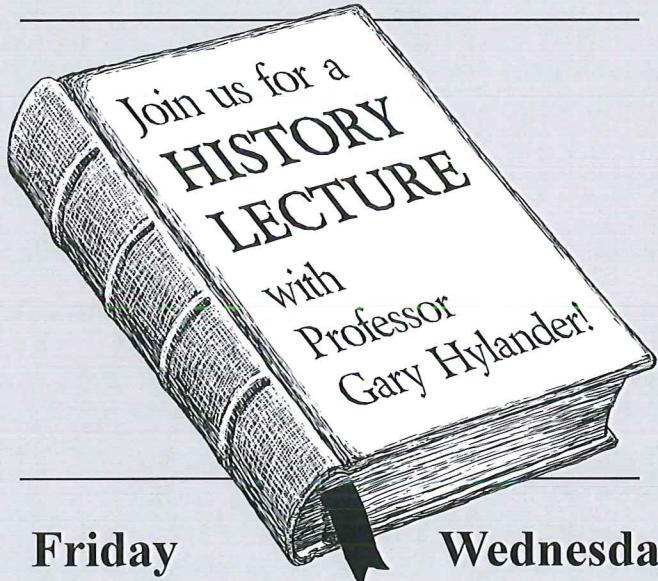
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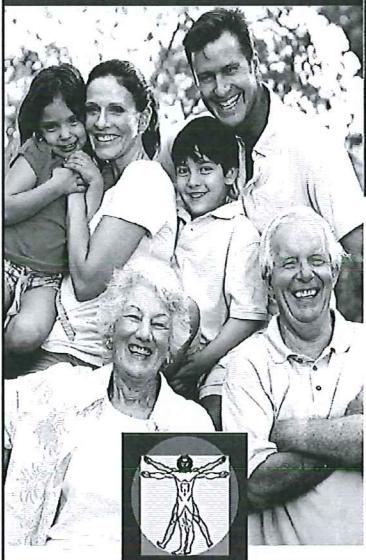


**Friday
May 31st
2:00 p.m.**

**Wednesday
Jun. 26th
2:00 p.m.**

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Fax: (401) 438-0905

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Saturday: 7:00 am – 12:00 pm

CUMBERLAND

2295 Diamond Hill Road
Cumberland, Rhode Island 02864
Telephone: (401) 305-3858
Fax: (401) 305-3859

Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm

WARWICK

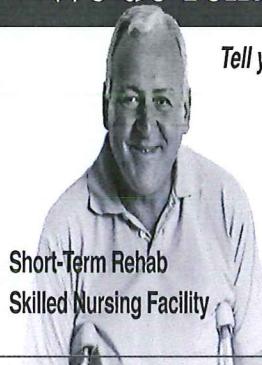
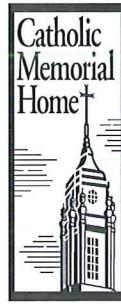
2080 Warwick Avenue
Warwick, Rhode Island 02889
Telephone: (401) 921-0160
Fax: (401) 921-0139

Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm

BLOCK ISLAND

Block Island Health Services
6 Payne Road
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Tuesday: 8:30 am – 4:00 pm
Thursday & Friday: 8:30 am – 7:00 pm

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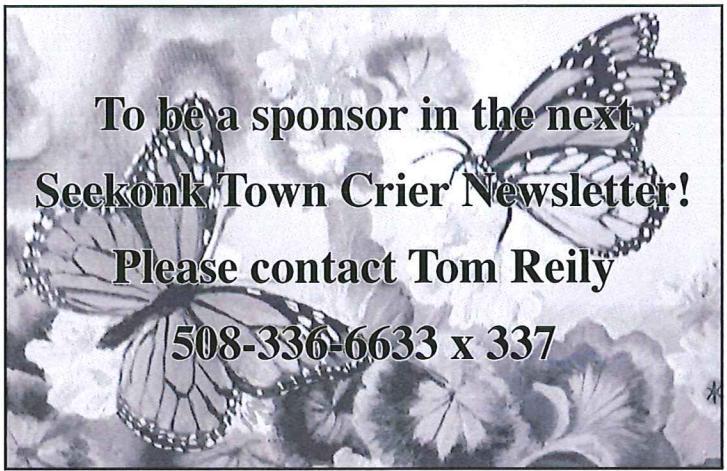
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Please contact Tom Reily**

508-336-6633 x 337



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Estate Planning

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

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540 Arcade Avenue
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ASSISTANT DIRECTOR
Ashley Cartwright, MBA
CLERICAL ASSISTANT
Kimberry Mallon
EDUCATIONAL & SOCIAL PRO-
Carol Poncini
OUTREACH CASE WORKER
Veronica Brickley, LPN BA SOC LSWA
OFFICE CLERK
Sharon Bettencourt
Maggie Perkins

SEEKONK HUMAN SERVICES COUNCIL
Human Services Council
Chairperson
Beverly Della Grotta
Vice Chairperson
Linee Andrews
Secretary
Anne Libby
Christine Allen
Guy Boulay
Theresa McGregor
Josephine Veader
Council Meets fourth Monday of the month
@ 3:00pm at
Seekonk Human Services
Conference Room, 109