



**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

## JUNE/JULY 2018



Seekonk Human Services  
Will be Closed  
Wednesday, July 4, 2018  
For the holiday

### STORY OF SEEKONK'S CIVIL WAR VETERAN

**Wednesday, June 6, 2018 @ 1pm**

Lt. Peter Hunt was born in Seekonk and fought in the battles of Antietam, Fredericksburg, Chancellorsville, Gettysburg, and the Wilderness. His story will be based on the letters he sent home to his mother which were recently published in a book called "All Quiet on the Rappahannock Tonight." The letters were compiled by Sandra Turgeon of the East Providence Historical Society. Peter Hunt's house still stands on Fall River Avenue, Seekonk. The slide show will be presented by David Norton—Member of the Seekonk Historical Commission. **Light refreshments and pastry will be served.** Advanced sign up is required for this activity.

### CROP CIRCLES BY JOHN ROOT

**Wednesday, June 13, 2018 @ 11am**

*Majesty and Mystery of "Crop Circles"* is a power point presentation featuring designs that have been appearing with increasing sophistication during the past three decades in farmers' fields and other locations all over the world. Layered weaving of plants in the fields as well as anatomical changes observed in these plants are presented as evidence of powerful and mysterious energies at work. Effects on electronic equipment, soils, animals, and human visitors are also described. Interpretations of these intricate and exquisite formations, many of which occur near sacred sites and refer to mystical traditions, are discussed as well. **Lunch will be chicken salad sandwiches and dessert for \$3.** Advanced sign up is required for this activity and lunch payable in person.

### ORBS BY LYNN KENT

**Wednesday, June 20, 2018 @ 11am**

Are orbs real or fake? How are they formed and what are they doing? This class will provide some answers to these questions. AND, we will take pictures of each participant to show to you your orb family and guides. This class is very well received in many of the events we present. This class is quite eye opening and will amaze you with what is out there. **Lunch will be American chop suey and dessert for \$3.** Advanced sign up is required for this activity and lunch payable in person.



**HAPPY 20th BIRTHDAY TRIAD!**  
**Wednesday, June 27, 2018 @ 11am**

**TRIAD will be celebrating its 20th Birthday  
along with the 4th of July Celebrations!**

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

Lunch will be Hamburgers & Hotdogs for \$3

**Entertainment by Barney Mallon**

**Advanced sign up is required for this activity and  
lunch payable in person**



## REVERSE MORTGAGE

**Wednesday, July 11, 2018 @ 11am**

Mike Kennedy will be discussing what a reverse mortgage is and the changes in the law for reverse mortgages. A reverse mortgage is a financial agreement in which a homeowner relinquishes equity in their home in exchange for regular payments, typically to supplement retirement income. **Lunch will be shepherds pie for \$3. Advanced sign up is required for this activity and lunch payable in person.**

## HISTORY UNDER OUR FEET

**Wednesday, July 18, 2018 @ 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: UNTIL HELP ARRIVES

**Wednesday, July 25, 2018**

**1pm—3pm, lunch served at 12:15pm**

Thomas M. Hodgson, Sheriff of Bristol County is pleased to announce a new program entitled, "**Until Help Arrives**". This is a two hour course that provides participants with basic skills to keep people with life threatening injuries alive until professional help arrives.

Course topics will include:

1. You can make a difference.
2. Interacting with the 911 operator.
3. How to stay safe.
4. Stop the bleeding.
5. Positioning the injured.
6. Providing comfort for the injured.

Organizations that developed this program included the Center for Disease Control (CDC), Federal Emergency Management Agency (FEMA), Medical Reserve Corps (MRC), American Heart Association (AHA), American Red Cross (ARC), and the American College of Emergency Physicians (ACEP). The Massachusetts Emergency Management Agency and the Bristol county sheriff's Office are partners in this endeavor. **Lunch will be chicken parm for \$3. Advanced sign up is required for this activity and lunch payable in person.**

## BASIC BEGINNERS SIGN LANGUAGE

**Starts Monday, June 4, 2018**

**10am—12pm**



This is a signed English class. You will learn words, sentences and choruses. Class will start Monday, June 4, 2018 to Monday, August 8, 2018 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

## PODIATRY CLINIC

**Dr. Alan Lechan**

**Wednesday, June 13, 2018**

**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.

## Let's Learn Together!

**More Than a Phone Call, Its a Video Call**

**Wednesday, June 27, 2 PM**



Families are spread out more than ever, but technology can help bridge the gap. Come to this session to learn about making video calls with your device with services such as Skype. Bring your laptop, tablet, or phone so we can review how these services work. Librarian Michelle Gario will lead this 90 minute class. Please make sure your laptop is fully charged or bring your cable and charger with your device. Contact the Senior Center to register.

## Let's Learn Together!

**Siri, Google, Cortana & More:**

**Assistants at Your Service**

**Wednesday, July 25, 2 PM**



Now all of us can have a personal assistant ready at our call - on our phones. Come found out how these personal assistants can make using your phone easier. Librarian Michelle Gario will lead this 90 minute class. Bring your phone; Please make sure your phone is fully charged or bring your cable and charger with your device. Contact the Senior Center to register.

## PHONES FOR SENIORS

**Wednesday, June 6, 2018 @ 10am**

A representative from AT&T will be hosting a question and answer session on cell phone usage. Types of cell phone usage varies from GPS, text messages, photos, memory on the phone, videos, among other types of usage. **Activity is free of charge.**

## TECH TIME

**Wednesday, June 13, 2018 @ 2pm—4pm**

**Wednesday, July 11, 2018 @ 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.

## Guided Meditation

**Monday, June 11 & 25**

**Monday, July 9 & 23**

**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.

## SOUTHCOAST WELLNESS VAN

**Wednesday, June 13, 2018**

**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



## BROWN BAGS

**Wednesday, June 27 & Wednesday, July 25**

Brown Bag drop off will be from 9:00am—11:00am and pick up at the center will be 11:15am to 12pm.



## MEN'S BREAKFAST

**Thursday, June 14, 2018 @ 9:30am**

**Thursday, July 12, 2018 @ 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, June 21, 2018 @ 10:00am**

**Panera Bread, Route 6, Seekonk**

**Thursday, July 19, 2018 @ 10:00am**

**Mary Beth DeLeo's, Rt. 114, Seekonk**

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.

## Guided Meditation

**Monday, June 11 & Monday, June 25**

**Monday, July 9 & Monday, July 23**

**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.

## NUTRITIONAL MEALS

**Tuesdays & Thursdays at 11:30am**

Seekonk Human Services will be offering nutritional meals on Tuesdays and Thursdays at 11:30am for \$2 each. The menu will be available at Seekonk Human Services. Sign up is required for this as the meals are brought in from an outside agency.

## BALANCE -- MEMORY -- WEIGHT

Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to loose 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. I would love to show you how this program could help you. 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

## JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Arts & Crafts Residents \$3 / Non-Residents \$5				1 Advanced Yoga 9am - 10am Cost \$5
**Lunch Menu Available at Human Services				Tai Chi 10:15am - 11:00am
4 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	5 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	6 Chair Yoga 10am - 10:50am Story of Seekonk's Civil War @ 1pm Light Refreshments & Pastry Mahjong 1pm - 3pm Tech Time 2pm - 4pm	7 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	8 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
11 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Guided Meditation 11am - 11:30am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	12 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	13 Southcoast Wellness Van 9am -12pm Chair Yoga 10am - 10:50am Crop Circles by John Root @ 11am Lunch: Chicken Salad for \$3 Podiatry Clinic 1pm - 3pm Mahjong 1pm	14 Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm Cabbage 1pm - 3pm	15 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
18 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	19 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	20 Chair Yoga 10am - 10:50am Orbs by Lynn Kent @ 11am Lunch: American Chop Suey for \$3 Mahjong 1pm	21 Womens Brunch 10am Panera Bread, Rt. 6, Seekonk Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	22 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
25 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Guided Meditation 11am - 11:30am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	26 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	27 NO CHAIR YOGA Brown Bags TRIAD 20th Birthday Party @ 11am Lunch: Hamburger/Hotdogs for \$3 Mahjong 1pm Lets Learn Together! @ 2pm	28 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	29 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am

# SEEKONK COUNCIL ON AGING

## JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	3 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**    Cards (Hi-Lo Jack) 1pm	4 NO LUNCH  BINGO 1pm - 3pm Cabbage 1pm - 3pm	5 Silver Sneakers 10am - 10:45am  Tai Chi 10:15am - 11:00am	6 NO ADVANCED YOGA
9 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Guided Meditation 11am - 11:30am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	10 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**  Cards (Hi-Lo Jack) 1pm	11 Chair Yoga 10am - 10:50am Reverse Mortgage @ 11am Lunch: Shepherds Pie for \$3  Mahjong 1pm - 3pm Tech Time 2pm - 4pm	12 Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**  BINGO 1pm - 3pm Cabbage 1pm - 3pm	13 Advanced Yoga 9am - 10am Cost \$5  Tai Chi 10:15am - 11:00am
16 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	17 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**  Cards (Hi-Lo Jack) 1pm	18 Chair Yoga 10am - 10:50am History Under Our Feet @ 11am Lunch: Chicken, Veggies & Potatos for \$3  Mahjong 1pm	19 Womens Brunch @ 10am Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**  BINGO 1pm - 3pm/Cabbage 1pm	20 Advanced Yoga 9am - 10am Cost \$5  Tai Chi 10:15am - 11:00am
23 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Guided Meditation 11am - 11:30am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	24 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**  Cards (Hi-Lo Jack) 1pm	25 Chair Yoga 10am - 10:50am Brown Bags TRIAD: Until Help Arrives @ 1pm Lunch: Chicken Parm, \$3, at 12:15 Mahjong 1pm Let's Learn Together! @ 2pm	26 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**  BINGO 1pm - 3pm Cabbage 1pm - 3pm	27 Advanced Yoga 9am - 10am Cost \$5  Tai Chi 10:15am - 11:00am
30 Chair Yoga 10am - 10:50am Beginners Sign Language 10am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	31 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**  Cards (Hi-Lo Jack) 1pm			*Arts & Crafts Residents \$3/Non-Residents \$5 **Lunch Menu Available at Seekonk Human Services



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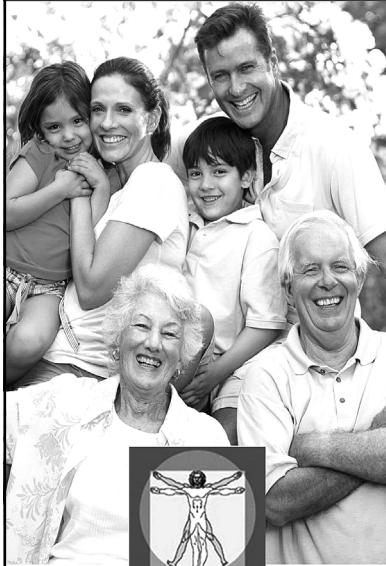
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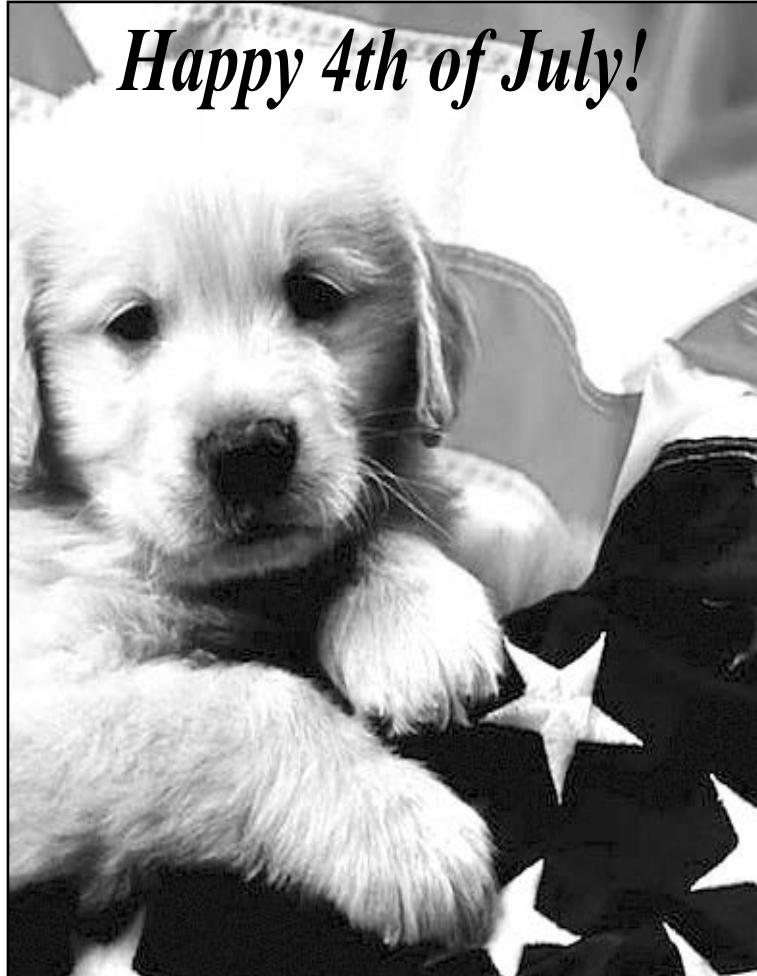
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