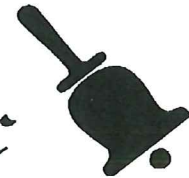




# SEEKONK HUMAN SERVICES

## Town Crier



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

### March & April 2019



Seekonk Human Services  
Closed for Patriot's Day Holiday  
Monday, April 15, 2019



#### BRAD PITMAN - "MA IS BACK"

Tuesday, March 5, 2019 @ 11am

Ma Is Back! is the unique, amazing memoir of a dedicated son's care of his mother, an interesting, intelligent, and prickly lady who is diagnosed with Alzheimer's disease. It is a chronicle of the hardships and humor of their lives together while she is lost to dementia, and his determined attempt to do something, anything, to help her. Unlike many books that tell a story of Alzheimer's disease, Ma Is Back! offers hope, humor, and joy through the sincere voice of her son who not only achieves a surprising and positive outcome, but is rewarded with a life unburdened with recriminations. Ma Is Back! is a must read for anyone who has been touched by Alzheimer's - caregivers, children, spouses and patients alike. Lunch will be available for \$2. **Activity is free of charge. Lunch must be paid for in advance.**



The Luck of the Irish will be on your side if you come and enjoy the fun at our St. Patrick's Day party. With the Entertainment done by Seekonk's very own Karaoke King: Barney O'Mallon!

Lunch will be Corned Beef & Cabbage Dinner for \$5 (for residents) and \$8 (for non-residents)

Remember to wear your Irish Clothes, Hats, Ties.!



#### STEVE HENDERSON - COMEDY PLAY: MABEL AND JERRY

Wednesday, March 20, 2019 @ 11am

The thirty minute play is a hilarious, warm and exciting love story about two hysterically comical people with a lust for life, determined to find excitement, humor and love any way they can. Think Romeo and Juliet meet Burns and Allen. The show has a very positive message about aging. Lunch will be Pasta & Meatballs with dessert for \$3. **Activity is free of charge. Lunch must be paid for in advance.**

#### PREBIOTICS & PROBIOTICS THEIR EFFECTS ON HEALTH

Tuesday, March 26, 2019 @ 11am

Probiotics and prebiotics: What's the difference? And how do they work together? Learn what you need to know to achieve better digestion, improved immune response, and a host of other health benefits. Also, see which foods naturally have probiotics and prebiotics and whether or not you might need a supplement. Lunch will be Tacos for \$2. **Activity is free of charge. Lunch must be paid for in advance.**

#### TRIAD: IRIS SCANNING

Wednesday, March 27, 2019 @ 11am

The Bristol County Sheriff's Office will be here at Seekonk Human Services with a very special program. This Iris scanning program was implemented as a child safety program that uses technology, accessed through a high-resolution digital camera. This valuable tool is now also benefiting older adults. It is used to positively identify children and vulnerable adults in seconds by digitally encoding the unique characteristics of people's irises and making the information available in seconds on a national database. Lunch will be Chicken Pot Pie, veggies & mashed Potatoes with dessert for \$3. **Please sign up and pay in advance for the lunch.**



# Happy Easter!

## EASTER PARTY Wednesday, April 17, 2019 @ 11am

Come celebrate Easter with us.

Don't Forget to wear your favorite Easter Bonnets,  
Hat or Tie!

Lunch will be Ham Dinner  
**\$5 (for residents) and \$7 (for non-residents)**

**Entertainment By Barney Mallon**

**Please sign up and pay for lunch  
in advance.**

## HEARING CLINIC

**Monday, April 22, 2019 1:30pm- 3:00pm**

Chris Brissette from MASS Audiology will be at Seekonk Human Services to perform a hearing clinic along with cleaning and hearing aid checks. Appointments are approximately 10 to 15 minutes and are on a first to sign up gets the appointments. Please call Seekonk Human Services at 508-336-8772 to schedule your exam!

## AARP DRIVING COURSE

**Tuesday, 23, 2019 @ 10am - 2:30pm**

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least on driving habit as a result of what they learned. AARP members cost is \$15 and non AARP members cost is \$20. **Advanced registration is required for this course.** There will be a 1/2 hour Lunch break. Lunch will be available for \$2 per person. **Advanced sign up for lunch and payment must be done in person.**

## BASIC BEGINNERS SIGN LANGUAGE

**Tuesday, April 23, 2019**

**@ 10am -12pm**



This is a signed English class. You will learn words, sentences and choruses. Class will start Tuesday, April 23, 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.

## 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 began November 1 and ends April 30.**

**Income Guidelines:** Maximum income for 1 person is \$35,510, for 2 people is \$46,437, for 3 people is \$57,363, and for 4 people is \$68,289.

**Income includes your social security, pensions and any interest income.**

**\*Please contact the office for items needed prior to your appointment.**

## TRIAD: PROJECT LIFESAVER

**Wednesday, April 24, 2019 @ 11am**



Project Lifesaver is an innovative rapid response program designed specifically for families living with Alzheimer's Disease, Dementia Down Syndrome, Autism and related disorders. By using the most reliable technology available and specially trained personnel, Project Lifesaver teams can quickly locate and return wandering adults and children to their families or care givers. Participants of the Project Lifesaver program wear a personalized one-ounce battery operated wristband that emits a tracking signal every second, 24 hours a day. Each wristband has a unique radio frequency. Lunch will be Chicken Salad for \$3. **Advanced sign up and payment are required for lunch. Activity is free of charge.**

## SOUTHCOAST WELLNESS VAN

**Wednesday, April 3, 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!**

**Google Maps**

**Wednesday, March 27, 2019 @ 2:00 PM**



Using Google Maps on your smartphone is like having a paper map and a co-pilot all in one! In this session we will explore the features of Google Maps. 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 at 508-336-8772

**Let's Learn Together!**

**Better Memory with BrainHQ**

**Wednesday, April 24, 2019 @ 2:00 pm**



Studies have shown that with training you can gain up to 10 years of improvement in brain function. BrainHQ is an online service that provides fun and interactive brain training exercises and its FREE with your Seekonk Library card. Train your brain for better performance in Attention, Brain Speed, Memory, People Skills, Intelligence and Navigation.. Librarian Michelle Gario will lead this demo to show you can get started. Contact the Senior Center to register at 508-336-8772. For more information, contact Michelle Gario at the Seekonk Public Library, 508-336-8230.

**TECH TIME**

**Wednesday, March 13, 2019 @ 2pm—4pm**

**Wednesday, April 10, 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.



**Daylight Saving Time begins!  
Don't Forget To Turn Your  
Clock**

**Spring Forward**

**Sunday, March 10, 2019**

**MEN'S BREAKFAST**

**Thursday, March 14, 2019 @ 9:30am**

**Thursday, April 11, 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, March 21, 2019 @ 10am**

**Our Place, EP**

**Thursday, April 18, 2019 @ 10am**

**Broadway Diner, EP**

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, March 13, 2019 at 1pm - 3pm**

**Wednesday, April 10, 2019 at 1pm - 3pm**



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, March 27, 2019**

**Wednesday, April 24, 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 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. 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.

# March 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Arts &amp; Crafts Residents \$3/Non-Residents \$5</p> <p>**Lunch Menu Available at Seekonk Human Services</p>				<p>1</p> <p>Advanced Yoga 9 - 10am, \$2</p> <p>Tai Chi 10:15 - 11:00am</p>
<p>4</p> <p>Indoor Walking Club 9 - 9:45am</p> <p>Chair Yoga 10 - 10:50am</p> <p>Guided Meditation 11 - 11:30am</p> <p>Knitting Club 12:30 - 2:30pm</p> <p>ZUMBA 1 - 2pm</p> <p>*Arts &amp; Crafts 2 - 4pm</p>	<p>5</p> <p>Silver Sneakers 10 - 10:45am</p> <p>Sign Language 10 - 12pm</p> <p>Brad Pitman: "Ma is Back" 11am</p> <p>LUNCH 11:30am, \$2**</p> <p>Cards (Hi-Lo Jack) 1 - 3pm</p>	<p>6</p> <p>Indoor Walking Club 9 - 9:45am</p> <p>*No Chair Yoga*</p> <p>Mahjong 1 - 3pm</p>	<p>7</p> <p>Silver Sneakers 10 - 10:45am</p> <p>LUNCH 11:30am, \$2**</p> <p>BINGO 1 - 3pm</p> <p>Cribbage 1 - 3pm</p>	<p>8</p> <p>Advanced Yoga 9 - 10am, \$2</p> <p>Tai Chi 10:15 - 11:00am</p>
<p>11</p> <p>Indoor Walking Club 9 - 9:45am</p> <p>Chair Yoga 10 - 10:50am</p> <p>Knitting Club 12:30 - 2:30pm</p> <p>ZUMBA 1 - 2pm</p> <p>*Arts &amp; Crafts 2 - 4pm</p>	<p>12</p> <p>Silver Sneakers 10 - 10:45am</p> <p>Sign Language 10 - 12pm</p> <p>LUNCH 11:30am, \$2**</p> <p>Cards (Hi-Lo Jack) 1 - 3pm</p>	<p>13</p> <p>Indoor Walking Club 9 - 9:45am</p> <p>Chair Yoga 10 - 10:30am</p> <p>St. Patrick's Day Party 11am</p> <p>Podiatry Clinic 1 - 3pm</p> <p>Mahjong 1 - 3pm</p> <p>Tech Time 2 - 4pm</p>	<p>14</p> <p>Mens Breakfast 9:30am</p> <p>Toti's in Seekonk</p> <p>Silver Sneakers 10 - 10:45am</p> <p>LUNCH 11:30am, \$2**</p> <p>BINGO 1 - 3pm</p> <p>Cribbage 1 - 3pm</p>	<p>15</p> <p>Advanced Yoga 9 - 10am, \$2</p> <p>Tai Chi 10:15 - 11:00am</p>
<p>18</p> <p>Indoor Walking Club 9 - 9:45am</p> <p>Chair Yoga 10 - 10:50am</p> <p>Guided Meditation 11 - 11:30am</p> <p>Knitting Club 12:30 - 2:30pm</p> <p>ZUMBA 1 - 2pm</p> <p>*Arts &amp; Crafts 2 - 4pm</p>	<p>19</p> <p>Silver Sneakers 10 - 10:45am</p> <p>LUNCH 11:30am, \$2**</p> <p>Cards (Hi-Lo Jack) 1 - 3pm</p>	<p>20</p> <p>Indoor Walking Club 9 - 9:45am</p> <p>Blood Pressure Clinic 9 - 10:30am</p> <p>Chair Yoga 10 - 10:50am</p> <p>Steve Henderson: Comedy Play</p> <p>Mable and Jerry 11am</p> <p>Mahjong 1 - 3pm</p>	<p>21</p> <p>Silver Sneakers 10 - 10:45am</p> <p>Women's Brunch 10am</p> <p>Our Place, EP</p> <p>LUNCH 11:30am, \$2**</p> <p>BINGO 1 - 3pm</p> <p>Cribbage 1 - 3pm</p>	<p>22</p> <p>Advanced Yoga 9 - 10am, \$2</p> <p>Tai Chi 10:15 - 11:00am</p>
<p>25</p> <p>Indoor Walking Club 9 - 9:45am</p> <p>Chair Yoga 10 - 10:50am</p> <p>Knitting Club 12:30 - 2:30pm</p> <p>ZUMBA 1 - 2pm</p> <p>*Arts &amp; Crafts 2 - 4pm</p>	<p>26</p> <p>Silver Sneakers 10 - 10:45am</p> <p>Prebiotics &amp; Probiotics 11am</p> <p>LUNCH 11:30am, \$2**</p> <p>Cards (Hi-Lo Jack) 1 - 3pm</p>	<p>27</p> <p>Indoor Walking Club 9 - 9:45am</p> <p>Chair Yoga 10 - 10:50am</p> <p>TRIAD: Iris Scanning 11am</p> <p>Mahjong 1 - 3pm</p> <p>Brown Bags</p>	<p>28</p> <p>Silver Sneakers 10 - 10:45am</p> <p>LUNCH 11:30am, \$2**</p> <p>BINGO 1 - 3pm</p> <p>Cribbage 1 - 3pm</p>	<p>29</p> <p>Advanced Yoga 9 - 10am, \$2</p> <p>Tai Chi 10:15 - 11:00am</p>



# April 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Guided Meditation 11 - 11:30am Knitting Club 12:30 - 2:30pm ZUMBA 1 - 2pm *Arts & Crafts 2 - 4pm	<b>2</b> Silver Sneakers 10 - 10:45am LUNCH 11:30am, \$2** Cards (Hi-Lo Jack) 1 - 3pm	<b>3</b> Indoor Walking Club 9 - 9:45am Southcoast Van 9 - 12pm Chair Yoga 10 - 10:50am Mahjong 1 - 3pm	<b>4</b> Silver Sneakers 10 - 10:45am LUNCH 11:30am, \$2** BINGO 1 - 3pm Cribbage 1 - 3pm	<b>5</b> Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am
<b>8</b> Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Knitting Club 12:30p - 2:30pm ZUMBA 1 - 2pm *Arts & Crafts 2 - 4pm	<b>9</b> Silver Sneakers 10 - 10:45am LUNCH 11:30am, \$2** Cards (Hi-Lo Jack) 1 - 3pm	<b>10</b> Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Mahjong 1 - 3pm Podiatry Clinic 1 - 3pm Tech Time 2 - 4pm	<b>11</b> Mens Breakfast 9:30am Toti's in Seekonk Silver Sneakers 10 - 10:45am LUNCH 11:30am, \$2** BINGO 1 - 3pm Cribbage 1 - 3pm	<b>12</b> Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am
<b>15</b> 	<b>16</b> Silver Sneakers 10 - 10:45am NO LUNCH Cards (Hi-Lo Jack) 1 - 3pm	<b>17</b> Indoor Walking Club 9 - 9:45am Blood Pressure Clinic 9 - 10:30am Chair Yoga 10 - 10:50am Easter Celebration 11am Mahjong 1 - 3pm	<b>18</b> Silver Sneakers 10 - 10:45am Women's Brunch 10am Broadway Diner, EP LUNCH 11:30am, \$2** BINGO 1 - 3pm Cribbage 1 - 3pm	<b>19</b> Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am
<b>22</b> Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Knitting Club 12:30 - 2:30pm ZUMBA 1 - 2pm *Arts & Crafts 2 - 4pm	<b>23</b> Silver Sneakers 10 - 10:45am Sign Language 10 - 12pm LUNCH 11:30am, \$2** Cards (Hi-Lo Jack) 1 - 3pm	<b>24</b> Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am TRIAD: Project Lifesaver @ 11am Mahjong 1 - 3pm Brown Bags	<b>25</b> Silver Sneakers 10 - 10:45am LUNCH 11:30am, \$2** BINGO 1 - 3pm Cribbage 1 - 3pm	<b>26</b> Advanced Yoga 9 - 10am, \$2 Tai Chi 10:15 - 11:00am
<b>29</b> Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Knitting Club 12:30 - 2:30pm Zumba 1 - 2pm *Arts & Crafts 2 - 4pm	<b>30</b> Silver Sneakers 10 - 10:45am Sign Language 10 - 12pm LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1 - 3pm			*Arts & Crafts Residents \$3/Non-Residents \$5 **Lunch Menu Available at Seekonk Human Services

## **2019 TRIPS**

### **Newport Playhouse Presents: Lone Star Love Potion Wednesday, March 6, 2019**

**Departure: 10am Return: Approximately 5pm  
\$66 per person (driver gratuity included)**

The owner of a vast fortune and a two hundred thousand acre Texas ranch has died. His will refers to the butler, the maid, and his niece and the neighbor, Tammy Jo, as well as a formula and a sample of what appears to be a love potion. Can it really work? It has the potential to be worth billions to whomever can obtain it! Before long everyone is testing it with hilarious results. **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups.**

### **Pickity Place Tuesday, May 14, 2019**

**Departure: 10:15am Return: 6:30pm  
\$77 per person (driver gratuity included)**

Join us as we visit Pickity Place located in Mason, NH. You will be brought back to a time when life was simple as you explore the diverse gardens of Pickity Place from their butterfly garden to their kitchen garden. Be sure to visit the 200 year old cottage that was the inspiration from grandmother's house in Elizabeth Orton Jones' "Little Red Riding Hood." While at Pickity Place, you will feast on a five course lunch. You will also have time to browse their gift shop. We will make a stop at Bolton Orchards on the way home. They are known for their fresh produce and baked goods!

### **Newport Playhouse Lobsterfest Presents: Always a Bridesmaid June 2019**

**\$75 per person (driver gratuity included)**

### **Glouster Schooner Tour July 2019**

**\$107 per person (driver gratuity included)**

### **Block Island Tour August 2019**

**\$112 per person (driver gratuity included)**

### **Atlantic City Tropicana – 3 days, 2 nights November 2019**

**Price to be determined**

### **Newport Playhouse Presents: A Christmas Cactus December 2019**

**\$66 per person (driver gratuity included)**

**\*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\*\***



## *Silver Tea*



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, May 15, 2019**  
**@ 12:00 noon**

Hosted by Seekonk Human Services  
&  
Funded by Friends of Friends  
Community Services Inc.

Limited Seating Available  
R.S.V.P. (508) 336-8772 by May 1

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





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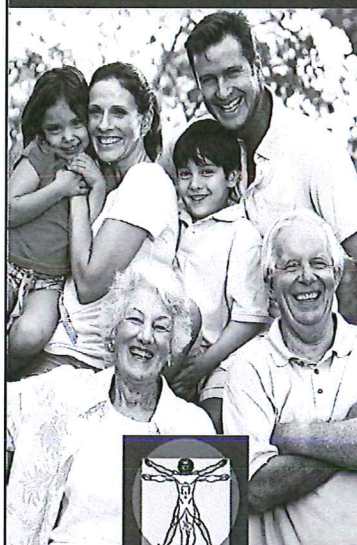
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Fax: (401) 438-0903

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Friday: 7:00 am - 5:00 pm  
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**

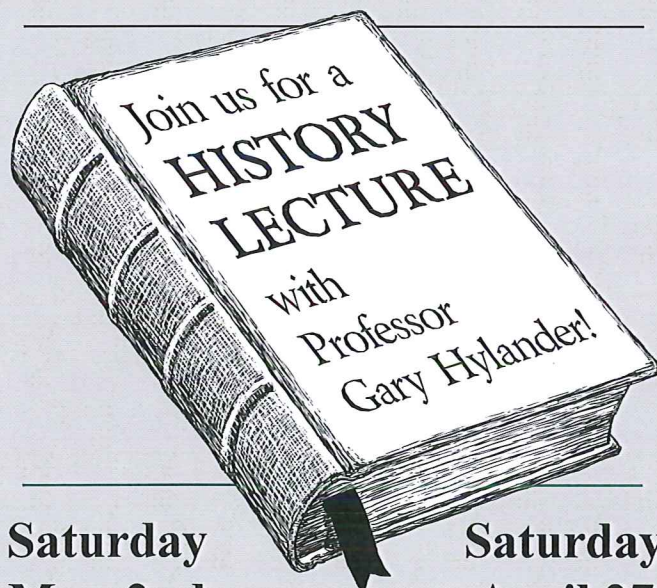
Block Island Health Services  
6 Payne Road  
Block Island, Rhode Island 02807  
Telephone/Fax: (401) 466-3241

Tuesday: 8:30 am - 4:00 pm  
Thursday & Friday: 8:30 am - 7:00 pm

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MEMORY CARE ASSISTED LIVING RESPITE CARE

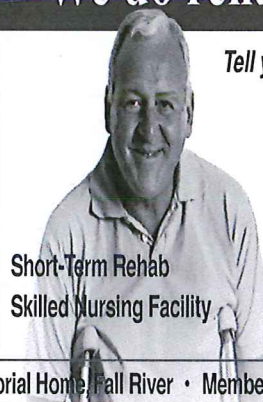


**Saturday  
Mar. 2nd  
2:00 p.m.**

**Saturday  
April 27  
3:30 p.m.**

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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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Local #215



Lodge #5

### SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5

Taunton Avenue P.O. Box 353  
Seekonk, Massachusetts 02771

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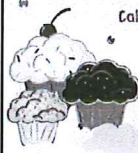
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