



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.

Happy St. Patrick's Day!

Come Join Our
St. Patrick's Day Party!!
Wednesday, March 13, 2019 at 11 am

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 one 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

April 2019 Calendar

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

Gloster 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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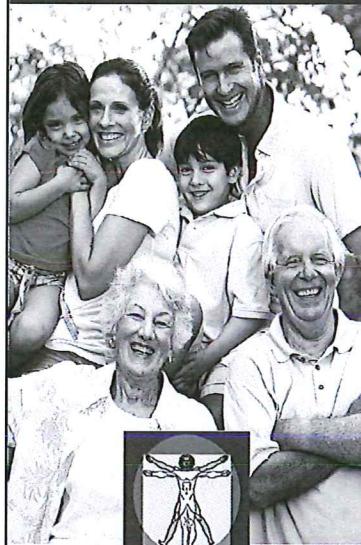


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Friday: 7:00 am - 5:00 pm
Saturday: 7:00 am - 12:00 pm

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

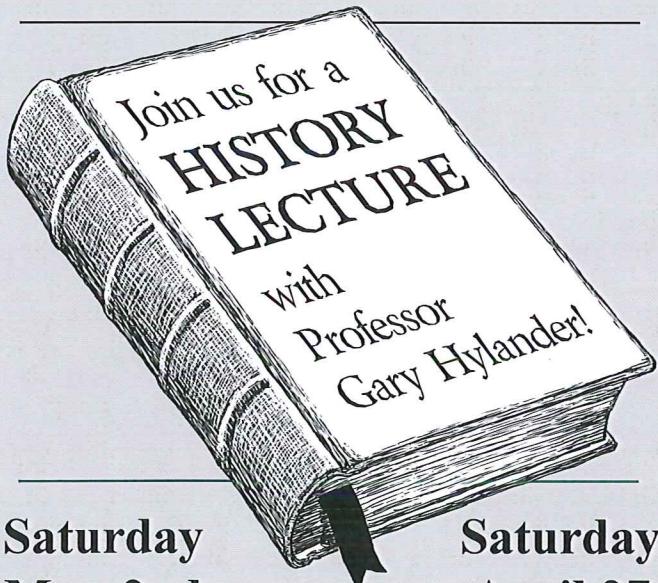
2080 Warwick Avenue
Warwick, Rhode Island 02889
Telephone: (401) 921-0160
Fax: (401) 921-0139
Monday - Thursday: 7:00 am - 7:00 pm
Friday: 7:00 am - 5:00 pm

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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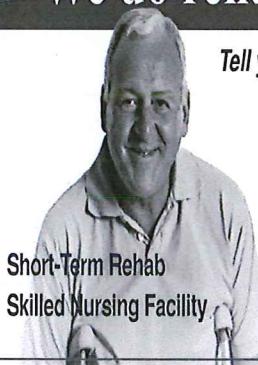
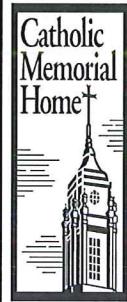


**Saturday
Mar. 2nd
2:00 p.m.**

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

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Please contact Tom Reily

508-336-6633 x 337



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Council Meets fourth Monday of the month
@ 3:30pm at
Seekonk Human Services
Conference Room, 109