



SEEKONK HUMAN SERVICES

Community Center



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

Monday, Tuesday & Thursday 8:30am - 4:30pm

Wednesday 8:30am - 5:30pm * Friday 8:30am - 12:00pm

May 2023—Older Americans Month



Silver Tea

Honoring women in Seekonk
Age 75 and older

The tea is being held at
Seekonk Human Services

540 Arcade Avenue

Wednesday, May 3, 2023 @ 12 noon

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



Seekonk Residents Only

White Cross Pharmacy

Tuesday, May 16, 2023 at 11:00am

White Cross Pharmacy is home of the med packs. All of your medication arrives on time in easy to open packaging that is clearly labeled with the date and time medications should be taken. This helps take the guess work out of organizing your pills. The best part of this is there is no additional cost to you! Coffee and pastry will be served. **Preregistration is required by calling our office at 508-336-8772.**



SPRING BELLS

Wednesday, May 17, 2023 at 11:30am

The Southcoast Ringers have been together for several years. What started out as a handbell class turned into a community handbell group. They are from all over the Southcoast area in Massachusetts. They rehearse weekly in Berkley and hold concerts in the spring and during the Christmas Season. This spring their concert is "Bells Throughout the Year" with songs for each month. You will also see that handbell ringing is as much visual as it is listening to music. They all enjoy ringing and sharing their love of handbells. Coffee and pastry will be served. **Preregistration is required by calling our office at 508-336-8772.**



JUMPIN' JUBA - Steve Hurl

Wednesday, May 24, 2023 at 12:30pm

Steve Hurl is a storyteller?

A blues man? A noted guitar stylist? A musical pilgrim? Yeah, sure, why not? He has been called all of the above. If Steve was just one of those, he'd be bored. By moving through



a wide variety of influences, he has managed to come up with a number of original songs that respect the hand-made, real-time, roots music that inspires him in the first place. Jumpin' Juba typically plays over 50 concerts each year, in public parks, libraries, senior centers, and in commercial space: fairs, hotels, farms, assisted living facilities. He has been continuously leading and performing with this band since 1999. Some of their shows feature a trio (guitars, bass, drums, vocal) others a very full-sounding duo (guitars, vocal, bass, with custom drum programs). They are a family-friendly, sensitive to cultural issues, and not loud. Coffee and pastry will be available. ***This program is funded by the Seekonk Cultural Council. Preregistration is required by calling our office at 508-336-8772.**

Healthy Aging - Lunch & Learn

Wednesday, May 31, 2023 at 11:30am



Dawn DiMarco, Nutritionist will be here from Bristol Elder Services (BES) to talk about "Shopping on a Budget" for healthy aging! She will discuss components of a shopping on a budget and how to make a balanced plate that benefits the body during aging. For all who attend this program there will be a meal consisting of Chicken Cordon Blue, roasted potatoes, peas, whole wheat roll, pie, and Crystal light. **Preregistration is required for this program by calling 508-336-8772.**

Arts & Crafts
Mondays in May at 12:30pm

Preregistration is required for this class. The cost for this class is \$5 for Seekonk residents and \$7 for Non-Seekonk residents. All classes have limited availability. ****Art Work subject to change.**

Projects for May 1st, May 8th, May 15th and May 22nd, are to be determined. If you would like to know what the Arts & Crafts will be for this month please call 508-336-8772

Podiatry Clinic
Wednesday, May 10, 2023
10:00am - 2:30pm

Dr. Lechan provides monthly Podiatry Clinics. An appointment is required. Items needed are insurance cards with your primary doctor's name, date of last doctor's visit, summary of last visit, and list of medications. *Please check with your insurance regarding co-pays.

Blood Pressure & Glucose Clinic
Wednesday, May 17, 2023
9:00am - 11:00am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide free monthly blood pressure & glucose screenings.

Let's Learn Together!
Tuesday, May 23, 2023 @ 2:00pm
"EBooks, Movies & More"

Use your library card to get FREE eBooks, magazines and movies on your device! Join Librarian Michelle Gario in this 90 minute session for an introduction to using YouTube features. **You must bring your Gmail login I.D. and password for this program.** Bring your own tablet, phone, or laptop; please make sure your device is fully charged. Contact the Seekonk Human Services to preregister for this at: 508-336-8772.



New Activity - Tribal Grooves
Wednesday, May 10, 2023 @ 11:00am
Instructor is Cheryl Sulyma-Masson

Tribal Grooves is an exercise technique created by Paulette Rees Denis. Certified Teachers in the technique use Global Caravan Bellydance moves in a choreography to raise a sweat while having fun. Participants will learn a short choreography with moves that they can take home and use in their daily exercise practice. Rather than focusing on specific move technique Tribal Grooves uses this dance flow to make exercising and fitness fun. No previous experience is required for the class. **Preregistration is required by calling our office at 508-336-8772.**

"Canasta"
Mondays @ 11:30am

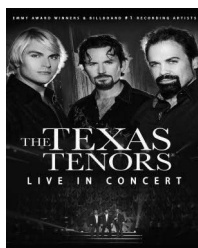
Are you interested in playing or learning to play Canasta? Please call our office at 508-336-8772 if you are interested in participating.

Genius Hour—Learn Chess
Wednesday, May 10, 17, & 23 at 3:45pm

Do you want to keep your mind sharp? Come play chess, if you don't know how that's okay we can teach you! Cameron from the Dr. Kevin M. Hurley Middle School will be working with seniors who love chess or want to learn! This is a great opportunity to challenge yourself. Preregistration required by calling our office at 508-336-8772.

The Texas Tenors
Live in Concert
Tuesday, June 20, 2023
Price: \$119.00 Per Person

Location: Danversport Yacht Club-Danvers, MA



Since appearing on America's Got Talent in 2009, The Texas Tenors have performed over 1,300 concerts, released 4 Studio Albums, 2 PBS Specials, 4 DVD's, multiple singles and a children's book that have earned them impressive recognition including 3 Emmy Awards. Their latest albums "Rise" and "A Collection of Broadway & American Classics" both debuted at #1 on the charts making them Billboard Magazine's #10 Classical Crossover Artist in the World.

These classically-trained, versatile tenors have performed around the world including headline shows in Las Vegas, China, and a 24-city tour in the United Kingdom. The Texas Tenors were honored to be included among the top 50 acts in the world and the only vocal group from the United States invited to compete on NBC's 2019 series America's Got Talent: The Champions. Best of Times Travel is proud to bring this national treasure to their stage. Don't Miss Out! Seats are limited! If you are interested please call 508-336-8772.

Plated Luncheon Meal Choice: Stuffed Breast of Chicken or Baked Scrod. Also Included: Salad, Vegetables, Breads, Dessert, Coffee/Tea.

Price includes Transportation, Plated Luncheon, Meal Tax & Gratuity, and Show Ticket. Register by May 20th to secure your spot! Trip must be paid for in full at time of sign up, no refunds for cancellations less than 14 days.

Women's Lunch

**Wednesday, May 17, 2023 @ 11:30am at
The Red Bridge Tavern on Waterman Ave, E.P.**

The Women's lunch group meets every 3rd Wednesday of the month at 11:30am. Everything is dutch treat. If you are interested in joining for good food and good conversation, while supporting our local restaurants, please call Seekonk Human Services at 508-336-8772.

Nutritional Meals To Go

Tuesdays, Wednesdays & Thursdays

Seekonk Human Services will be working with Bristol Elder Services to provide nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays to go. Meals come completely cooked and prepackaged. All you need to do is heat it up! Meals need to be ordered the day before by 9:30am.

Suggested donation of \$2.25 per meal which will be due at the time of pickup. Pick up will be between 11am - 12pm. May's menu is available on our Facebook Page and by calling our office at 508-336-8772.

Community Questions for our Police Liaison

Officer Maria Vincenzo is welcoming community questions to be answered. Questions can be mailed to the center, dropped off in person, or placed in our lock box that is attached to the building at the entrance. We will post answers to the questions in the monthly newsletter and on our Facebook page, if requested. If you prefer to be called, please leave your contact information and we will be in contact.

Outdoor Activities

Bocce, Horseshoes & Cornhole @ 11:00am

All activities will be played at 11:00am. Bocce will be on Mondays, Horseshoes on Tuesdays, and Cornhole on Wednesdays. Preregistration is required by calling our office

at 508-336-8772. Activities are weather dependent.



Sharps Disposal

Did you know that as of July 1, 2012 the Commonwealth banned the practice of disposal of needles, syringes and lancets (sharps) into your household trash? The Seekonk Board of Health has a Sharps Disposal program. This program is for Seekonk residents only. Those who use this program pay for the program. The fee is \$9.00, which includes a one-gallon sharps container and the disposal of that container. Any questions please contact the Board of Health 508-336-2950.

Library Homebound Delivery

Residents of Seekonk who are homebound due to physical limitations or illnesses that are long term or temporary are able to enjoy library materials through our Homebound Delivery Service.

Seekonk Public Library's Homebound Delivery Service is for residents who have no one in their household to go to the library for them. Adult Services staff will coordinate deliveries and can work with participants to choose materials that meet their needs and interests. Volunteers will deliver the materials to the participant's door contact-free and return borrowed materials to the library. For more information, call Adult Services at the library at (508) 336-8230 or email library@seekonkpl.org.

Computer Stations

Computer access is now available at Seekonk Human Services. If you're without a computer at home but you need to access one, we may be able to help. Residents are welcome to use our laptops to surf the internet and check emails etc. For more information, please call 508-336-8772.


Medical Loan Closet

Our FREE Medical Loan Closet is available for Seekonk residents. Our inventory is dependent on donated items received, but may be limited based on need and space. For more information, please call 508-336-8772.

The center is open Monday, Tuesday, Thursday 8:30am - 4:30pm, Wednesday 8:30am - 5:30pm and Friday 8:30am - 12:00pm. Come and enjoy the activities and companionship at your center. **Join our email list!** Things are changing quickly these days & we want to be able to get the word out to you quickly. Please give us a call & 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.

May 2023 Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	10:00am - Chair Yoga 11:30am - Canasta 12:30pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	2	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	3	9:30am - Drums Alive** 10:00am - Sign Language 12:00pm - 2:00pm - Silver Tea 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	4	10am - Oil Painting 10:00am - Chair Yoga 1:00pm - BINGO!	5	9:15am - Dance Cardio** 10:30am - Tai Chi**
8	10:00am - Chair Yoga 11:30am - Canasta 12:30pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	9	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	10	9:30am - Drums Alive** 10:00am-2pm - Podiatry Clinic 11:00am - NEW-Tribal Grooves** 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat 3:45pm - Genius Hour - Chess	11	10am - Oil Painting 10:00am - Chair Yoga 1:00pm - BINGO!	12	9:15am - NO - Dance Cardio 10:30am - Tai Chi**
15	10:00am - Chair Yoga 11:30am - Canasta 12:30pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	16	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 11:00am - White Cross Pharmacy 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	17	9:00am-11:00am Blood Pressure Clinic 9:30am - Drums Alive** 10:00am - Sign Language 11:30am - Women's Lunch 11:30am - Spring Bells 1:00pm - Mahjong 3:45pm - Genius Hour - Chess	18	10am - Oil Painting 10:00am - Chair Yoga 1:00pm - BINGO!	19	9:15am - Dance Cardio** 10:30am - Tai Chi**
22	10:00am - Chair Yoga 11:30am - Canasta 12:30pm - Arts & Crafts* 1:00pm - Strength & Cardio** 1:30pm - Zoom BINGO!	23	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia 2:00pm - Let's Learn Together!	24	9:30am - Drums Alive** 10:00am - Sign Language 12:30pm - Jumpin' Juba 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat 3:45pm - Genius Hour - Chess	25	10:00am - Oil Painting 10:00am - Chair Yoga 1:00pm - BINGO!	26	9:15am - Dance Cardio** 10:30am - Tai Chi**
29		30	9:00am - Zoom Drums Alive** 10:00am - Water Colors* 1:00pm - Pitch (Hi-Lo Jack) 1:30pm - Zoom Trivia	31	9:30am - Drums Alive** 10:00am - Sign Language 11:30am - B.E.S. Lunch & Learn 1:00pm - Mahjong 1:30pm - Zoom Coffee Chat	*Water Colors Residents \$5/Non-residents \$7 **Fitness Class Non-residents \$2 Activities subject to change without notice			Office Hours: Mon, Tues, Thurs 8:30am - 4:30pm Wednesday 8:30am - 5:30pm Friday 8:30am - 12:00pm *All activities are subject to preregistration

NOTE: Fitness programs are paid through grant funds from the Executive Office of Elder Affairs (EOEA). Seekonk residents are strongly urged to make a donation toward fitness programs to help offset the costs.

Veterans Corner

Memorial Day Weekend

The Seekonk Department of Veterans Services and Seekonk Veterans Council will run the Seekonk Memorial Day Parade and Ceremony on Saturday, May 27th. The parade will form at Seekonk High School (261 Arcade Avenue) at 9:00am and stepping off at 10:00. The parade route is the same as in past years, Arcade Avenue turning right onto Newman Avenue and ending at Hurley Middle School (650 Newman Avenue).

Directly following the parade is the ceremony, held at the Seekonk Veterans Memorial Park (410 Newman Avenue). After the ceremony, the Veterans Council will sponsor lunch at American Legion Post 311 (351 Fall River Avenue) which will be hamburgers and hot dogs. Lunch will start around noontime.

MA Executive Office of Veterans Services (EOVS)

The Secretary of Veterans is now a cabinet level position reporting directly to the Governor of the Commonwealth. The secretary formerly reported to the Secretary of Health and Human Services. The fact that our secretary was not at cabinet level had been a battle for Veterans Services Officers throughout the commonwealth.

The initialism DVS (Department of Veterans Services) has been replaced by EOVS (Executive Office of Veterans Services). The mission of the Executive Office of Veterans' Services (EOVS) is to act as the primary advocate on behalf of all the commonwealth's veterans.

EOVS provides our veterans and their families with quality support services and directs an emergency financial assistance program for those veterans and their dependents who are in need.

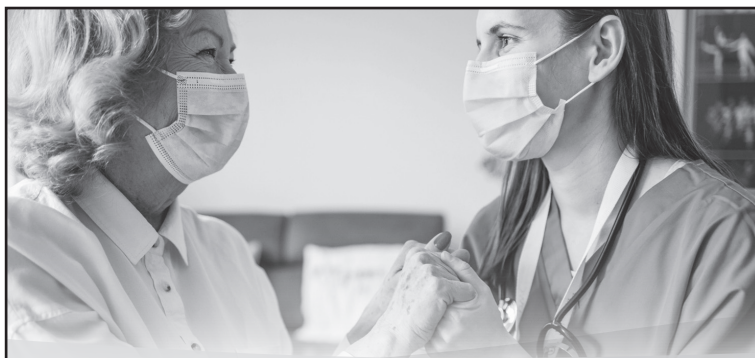
Eligible veterans and family members may get financial assistance, peer support from the Statewide Advocacy for Veteran Empowerment (SAVE) team, connection to the Women Veterans' Network (WVN), or opportunity for burial at the Massachusetts Veteran Memorial Cemeteries in Agawam and Winchendon. The Executive Office of Veterans' Services also oversees the commonwealth's Veterans Homes (formerly called Soldiers Homes) in Chelsea and Holyoke, which eligible veterans can apply to for long term care.

EOVS is located on the 7th floor of the federal building at 600 Washington Street in Boston. They may be reached directly by phone at 617-210-5480 or via fax 617-210-5755. You can also message them online at the following: <https://www.mass.gov/forms/contact-the-eovs>

They have subject matter experts to assist veterans and their families on the following topics: Education Benefits, Employment & Career Readiness, Housing Resources, Legal Resources, MASSVETS Financial Benefits, Military Records, Mental Health & Counseling, Transportation Resources, VA Disability Benefits, VA Medical/Dental & Women Veterans Network/Benefits.

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





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HopeHealthCo.org

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Happy Mother's Day

**To be a sponsor
in the next
Seekonk Town Crier
Newsletter!
Please contact Tom Reily
508-336-6633 x 337**

Thank you!
*On behalf of the
Seekonk Town Crier
for your support
of our newsletter*



Law Office of Luke P. Travis
Estate Planning

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Thank you!

*On behalf of the
Seekonk Town Crier
for your support of
our newsletter*



**Seekonk High School
Class of 1973**

**50th class reunion
Saturday
August 26, 2023**



**Look us up on Facebook:
Michelle Hines, Deb Stebenne,
and
Jacqueline "Lyn" Greeley Robinson**



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Please contact Tom Reily
508-336-6633 x 337**

Future Activities—More information to come

Retirement Advisors at Financial Square Wednesday, June 7, 2023 at 11:30am

Cassandra with Retirement Advisors at Financial Square is interested in hosting and Educational Discovery Seminar regarding “Taxes in Retirement. This will be a complimentary event for all who attend. The CEO, Greg Lavelle, has been helping educate Schools, Senior Centers, City/Town Halls, MA Council on Aging and Libraries on Retirement Planning, Taxes in Retirement as well as Long Term Care.



Healthy Aging - Lunch & Learn Wednesday, June 21, 2023 at 11:30am

Dawn DiMarco, Nutritionist will be here from Bristol Elder Services to talk about “Benefits of Buying/Eating Local Food” for healthy aging! She will discuss components of a the benefits of buying and eating local food. For all who attend this program there will be a meal served.



The Highwaymen - Songs & Stories with Matt York Wednesday, June 14, 2023 at 1:00pm

Longtime New England musician/author Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers. The four song-writing legends joined forces in the 1980’s to form the country supergroup The Highwaymen. However, prior to that, they’d each established themselves as stars and their careers intersected many times since the 1960’s. Matt York was recently nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was just named one of the Patriot Ledger’s best albums of 2022. ***This program is supported by a grant from the Seekonk Local Cultural Council.**



4th of July Celebration Music by Steve Burke

Wednesday, June 28, 2023 @ 11:30am

Join us for an afternoon of entertainment, fun and a lunch. Steve Burke, RI musician is a one man band that plays the keyboard, sax, smooth jazz vocals and dances. Lunch and dessert will be served, fee to be determined.

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

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Brittney Faria, LSWA

Assistant Director

Ashley Cartwright, MBA

Clerical Assistant

Kimberly Mallon

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Veterans Service Officer

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Vice Chairperson

Maria Duarte

Irene Andrews

Cheryl Camara

Beverly Della Grotta

Keith Perry

Josephine Veadar

**Council meets fourth Monday of the month
@ 3:15pm at
Seekonk Human Services
Conference Room**