

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

Monday—Thursday 8:15am - 4:00pm

Friday 8:15am - 12:00pm

September 2025

Holiday Hours Closed on Monday, September 1, 2025 For Labor Day

Labor Day Party—Dave Valerio

Wednesday, September 10, 2025 at 11:30am

Sign up for our annual Labor Day Party. We observe the holiday on the first Monday in September. Honoring workers and recognizing their contributions to society. So join us in celebrating you and all your labor by coming together, seeing friends, and listening to music preformed by Dave Valerio. He is busy entertaining South Eastern Massachusetts. From private events to restaurants, seniors to preschoolers, festivals to fundraiser. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required.**



Advance Funeral Planning

Monday, September 15, 2025 at 2:00pm

Join the staff of William W. Tripp & Cheetham Funeral Homes for a free educational presentation on the advantages of planning in advance. Advance planning protects your loved ones from stress and financial burden during some of the most emotional moments of their lives. We make it simple to give your family the gift of peace of mind knowing that everything is taken care of. **Preregistration is required.**

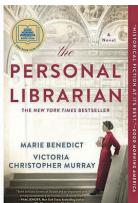


Book Club

Tuesday, September 16, 2025 at 10:00am

Come join the "Book Club" which will meet every 3rd Tuesday of each month. The September's "Book Club" will have a discussion of, "The Personal Librarian", by Marie Benedict. The group will be led with discussion questions but feel free to bring your own. Everyone is welcome.

The title for October 21, 2025 book club will be "The Nightingale" by Kristin Hannah. **Preregistration is required.**



Kevin Richman - Family Feud

Wednesday, September 17, 2025 at 1:00pm

"I bring the excitement of "LIVE" game shows right to your doorstep! Family Feud Gameshow is coming to Seekonk Senior Center. People play as teams and every member of the winning team receives a prize!" Sign up and have a great time with Quizmaster Kevin Richman. **Preregistration is required.**



Fall Prevention

Monday, September 22, 2025 at 2:30pm

Falls are the leading cause of injury and injury death among people in the later stages of adulthood. A fall can greatly affect an individual's well-being and make independent living more difficult. Join us for a presentation on fall prevention with Seekonk's Public Health Nurse, Lisa Valente, RN, CDOE accompanied by a special guest, and learn how you can reduce your chance of falling, or help a loved one prevent falls. **Preregistration is required.**



Kalifornia Karl

Wednesday, September 24, 2025 at 11:30am

1991 Star Search winner "Kalifornia Karl" Detken is a New England transplant from California and in the last 8 years has become one of the busiest entertainers entertaining 1000 shows a year. Karl has appeared in the movies such as DUETS with Gwyneth Paltrow and has shared a stage with Michael Buble, Kansas, Motley Crue, Heart, Huey Lewis and many more. **Preregistration is required.**



Larry Houser - Team Trivia

Monday, September 29, 2025 at 2:00pm

Come join Larry Houser for Team Trivia! Not-so-hard questions about just about everything - movies, music, animals, old expressions, advertising from the 1960s and 70s. Come as a team of 2, 3 or 4 or come alone and we'll find a team for you! Gift card prizes to all players on the winning team. **Preregistration is required.**



Podiatry Clinic

Wednesday, September 3, 2025 - 10:00am - 2:00pm

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.
Call our office to make an appointment.

Women's Lunch

Wednesday, September 3, 2025 at 11:30am at Davenport's Bar and Grille, East Providence, RI

Wednesday, October 1, 2025 at 11:30am at Benjamin's, 213 Taunton Avenue, Seekonk

This group meets the 1st Wednesday of every month. Everything is Dutch treat. If you are interested in joining for good food and good conversation, while supporting our local restaurants, please call the office. To avoid the 3 - 4% surcharge at many restaurants use **cash** not credit.
Preregistration is required.

Blood Pressure & Glucose Clinic

Wednesday, September 17, 2025 - 9:00am - 11:00am

Join us for our free monthly blood pressure and glucose screenings. Walk-ins welcome. **Provided by Seekonk's Public Health Nurse.**

Let's Learn Together!

Tuesday, September 23, 2025 at 2:30pm

Do you have questions about using your smartphone or tablet? Bring them to the Tech Help Hour. The goal of this session is to help each other learn how to use technology better. There is no set agenda. This program is provided by Seekonk Public Library staff. Bring your own tablet, phone or laptop. Please make sure your device is fully charged. **Preregistration is required.**

Basic Beginner ASL - Sign Language Class

Wednesdays - September 24, 2025

9:30am - 11:30am

Sign Language class starts September 24, 2025 and runs for 10 weeks. This is a word for word ASL class. You will learn words, sentences and choruses. Class will meet every Wednesday. You will be using the book, "The Joy of Signing". Class size is limited. Contact the office as soon as possible to sign-up. **Preregistration is required.**

Oil Painting

Friday's from 9:30am - 11:30am

Join Seekonk Human Services every Friday for Oil Painting. From beginners to experienced painters, all skill levels are welcome. Contact Seekonk Human Services to register. **Instructor led on the 1st, 3rd and 4th Friday of the month.** The cost is \$3 for residents and \$5 for non-residents due upon registration. **Class members need to bring their own supplies and a supply list is available.**

Fuel Assistance

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 applications accepted November 1, 2025 until April 30, 2026. More information will be available soon.**

Backgammon & Checkers

Tuesdays at 2pm



Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress. This is a game of odds, calculation, patterns, and vision. Whether you are a seasoned Backgammon player or would like to learn how to play, please join us! **Preregistration is required.**

Want Help Paying Your Medicare Costs?

The newly expanded Medicare Savings Program can help! Save more than \$3,000 a year in Healthcare Costs. The Medicare Savings Program (MSP), run by MassHealth, can help to pay for some or all of your Medicare and/or Medicare Advantage costs. These are not insurance plans, these programs work with your coverage.



2025 income limits effective March 1, 2025 (include no asset limit) are \$2,954 for an individual or \$3,985 for a married couple. If your income is less than the listed limit, you may be eligible for: premium assistance, lower prescription cost and copay and deductible assistance.

For more information or to apply please call the office at 508-336-8772 to schedule your appointment. Note: income includes social security as well as any other sources.

Nutritional Meals To Go

Tuesdays, Wednesdays & Thursdays

Bristol Aging and Wellness provides nutritional meals for lunch on Tuesdays, Wednesdays and Thursdays to go. Meals come completely cooked and prepackaged. Meals need to be ordered the day before by 9:30am. The suggested donation is \$2.25 per meal. The September menu is available at our office and on our Facebook page.

Tuesday Luncheon at 12:00pm

Lunches will cost \$7 for residents and \$8 for non residents. The menu will be available at the office and on Facebook. On the last Tuesday of each month we will be celebrating Seekonk Senior's birthday. On your birth month you will only pay \$2.00 for that lunch (Seekonk residents only).

Eye Care Presentation

Monday, October 6, 2025 at 2:00pm

Join us for an informative presentation on protecting and preserving your vision, hosted by our Public Health Nurse, Lisa Valente, RN, CDOE and presented by Shawn J. Khan, MD, MBA. Med. Learn about common eye conditions, early warning signs, and practical steps you can take to keep your eyes healthy for years to come. So, you can look forward to a clear vision for a brighter future. **Preregistration is required and opens September 15, 2025.**

Harvest Party

Wednesday, October 8, 2025 at 11:30am

Musical entertainment by Carine Paul for all to enjoy at our Harvest Party. Lunch will be chicken salad and dessert. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required and opens September 15, 2025.**



Abigail Whitney - And other Heroines Of the American Revolutionary War

Wednesday, October 15, 2025 at 1:00pm

Abigail Whitney's family and neighbors were personally involved with the events of the American Revolutionary War. Join Abigail as you learn about these 'unsung Heroines' as well as the legacies of Abigail Adams, Deborah Sampson, Martha Washington, and Dolley Madison. This program is suitable for men and women, and is perfect for Women's History Month in March or anytime throughout the year! **Preregistration is required and opens September 15, 2025.**

Hearing Clinic

Monday, October 20, 2025 from 1pm - 3pm

Chris Brissette from Hearing Life will be here for the Hearing Clinic. Appointments are scheduled every 15 minutes. **Preregistration is required and opens September 15, 2025.**



Book Club

Tuesday, October 21, 2025 at 10:00am

For October come join the discussion of, "The Nightingale" book by Kristin Hannah. The group will be led with discussion questions but feel free to bring your own. Everyone is welcome. **Preregistration is required and opens September 15, 2025.**



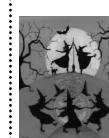
America's National Parks by Matt Davis

Wednesday, October 22, 2025 at 1:00pm

Perhaps one of our country's greatest treasures is our extensive system of National Parks. Join author and Professor Matt Davis as he takes us on a virtual tour of some of the nation's most famous parks. Showcasing dozens of his original photographs, he'll provide interesting details about how the parks were created, the unique landscapes and wildlife they protect, and some of the challenges they face from ever-increasing tourism. **Preregistration is required and opens September 15, 2025.**

Halloween Party

Wednesday, October 29, 2025 at 11:30am



Come join in on the fun at our annual Halloween party. We will have a costume contest with prizes, so wear your best costumes. This year we will be having entertainment by our Tribal Grooves Witches. Lunch will follow at 12:30pm. Lunch will be American Chop Suey and dessert. The fee for residents is \$10.00 and non-residents is \$13.00. **Preregistration is required and opens September 15, 2025.**

Medicare Open Enrollment

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2026. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Open Enrollment runs from **October 15 through December 7!** **Forms due by November 7, 2025 to guarantee they get completed.**

***Please note all clients will be required to fill out a Medicare prescreening form to help us better serve you by looking up your current plan and comparing it to the future plans, if changes are necessary.**

Pumpkin Pie Parfaits

Prep Time: 20 minutes, Total Time: 20 minutes,

Serving Size: 9

Ingredients: 3.4 oz. instant vanilla pudding mix, 2 C. cold milk, 15oz. Can pureed pumpkin, ½ tsp. cinnamon, ¼ tsp. nutmeg, ⅛ tsp. ground cloves, 1 C. of vanilla sandwich cookies (8 oz), 8 oz frozen whipped topping thawed.

Instructions: 1. In a large bowl, whisk together pudding mix and milk. Let set for 5 minutes. 2. Stir in pumpkin, cinnamon and nutmeg. 3. Crush the vanilla sandwich cookies in a blender or food processor to make crumbs. 4. In small ½ pint jar or glasses, layer cookie crumbs, pumpkin pudding and whipped topping. Repeat the layers twice and end with cookie crumbs. 5. Chill until you are ready to serve. Enjoy!



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 *30 Day Rental

Indoor Games and Leisure Activities

Stop by to try our foosball or shuffleboard tables! We also have puzzles and books available to borrow!

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	2 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers	3 8:30am Stability & Balance** 9:30am Drums Alive** 10:00am Podiatry Clinic 11:30am Women's Lunch 1:00pm Mahjong	4 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	5 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**
8 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio****	9 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers	10 8:30am Stability & Balance** 9:30am Drums Alive** 11:30am Labor Day Party 1:00pm Mahjong	11 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	12 9:00am Dance Cardio** 9:30am Oil Painting 10:30am Tai Chi**
15 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Advance Funeral Planning	16 9:00am Drums Alive**** 10:00am Book Club 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers	17 8:30am Stability & Balance** 9:00am Blood Pressure Clinic 9:30am Drums Alive** 1:00pm Family Feud with Kevin 1:00pm Mahjong	18 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	19 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**
22 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:30pm Fall Prevention	23 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers 2:30pm Let's Learn Together	24 8:30am Stability & Balance** 9:30am Drums Alive** 9:30am Sign Language 11:30am Kalifornia Karl 1:00pm Mahjong	25 9:00am Mat Exercise 10:00am Movement & Meditation 11:00am Cribbage 1:00pm BINGO 1:00pm Pitch (Hi-Lo Jack)	26 9:00am Dance Cardio** 9:30am Oil Painting* 10:30am Tai Chi**
29 10:00am Movement & Meditation 10:30am Cornhole 11:00am Canasta (Hand & Foot) 1:00pm Strength & Cardio** 2:00pm Larry Houser Trivia	30 9:00am Drums Alive**** 10:00am Water Colors* 12:00pm Tuesday Luncheon 1:00pm Pitch (Hi-Lo Jack) 2:00pm Backgammon/Checkers		*Water Colors/Oil Painting Residents \$3/Non-Residents \$5 Paid one month at a time **Fitness Class Non-Residents \$2 ****Prerecorded Fitness Class	Preregistration is required for all activities. Activities are subject to change without notice.

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 towards fitness programs to help offset the cost.



VA Home Loans for Surviving Spouses

Surviving spouses can apply for a VA-guaranteed home loan to purchase or refinance a home and, in choosing this route, they remove many of the financial barriers they would encounter with traditional mortgage loans.

Advantages of a VA-guaranteed home loan

In addition to overcoming barriers that make opening the door to a new home more likely, there are other advantages to the VA home loan, including:

Typically, there is no down payment requirement.

No private mortgage insurance (PMI) premiums or mortgage insurance premiums (MIP).

Competitively low interest rates compared to other loan programs.

No VA funding fee for eligible surviving spouses, which means very competitive to other loan products in terms of costs and fees.

No loan limit if the eligible surviving spouse has full entitlement and can meet the lender's financial guidelines.

Potential to own more than one property at a time if the eligible surviving spouse has adequate entitlement, financially qualifies, occupies the property and follows all VA loan guidelines.

May be used to purchase an existing home or residential condominium, build a new home, refinance the current home, or purchase up to a four-unit residence.

Loss mitigation options help keep VA mortgage foreclosure rates at industry lows.

Determining eligibility for the VA home loan benefit

Before surviving spouses apply for a VA-guaranteed home loan, they must first for a Certificate of Eligibility (COE). Those who are eligible for a COE must meet at least one of the following guidelines.

They are the:

Unmarried surviving spouse of a Veteran who died as a result of service or service-connected causes, or

Surviving spouse of a Veteran who died while on active duty or from service-connected causes, who remarries on or after age 57 and on or after Dec. 16, 2003, or

Spouse of an active-duty service member who is listed as MIA or a POW for at least 90 days. Eligibility under this MIA/POW provision is limited to one-time use only.

Surviving spouse of a Veteran who had been rated totally disabled but who died from non-service-connected causes that meet certain conditions, or

Surviving spouse who is eligible for or in receipt of certain types of Dependency Indemnity Compensation (DIC).

Choose a VA-approved mortgage lender

The first step after determining eligibility is to choose a mortgage lender. It's possible to compare lenders based on years of experience, number of VA loans closed, timeliness of funding, interest rates and even customer ratings available online. Once the right lender has been selected, it can be beneficial to obtain an optional loan pre-approval before shopping for homes with a real estate professional.

Please contact me with any questions regarding VA home loans - for the veteran or the surviving spouse.

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



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

Law Office of Luke P. Travis
Estate Planning
239 Winthrop Street, Rehoboth
by appointment

TEL: (508) 676-3333
FAX: (508) 678-1698

luke@bristollegal.com



Local #215

SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5
Taunton Avenue P.O. Box 353
Seekonk, Massachusetts 02771



Lodge #5

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for your support of
our newsletter*

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for your support of our newsletter*

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Parks & Recreation

Welcome to September! School is back in session and Parks and Recreation has opened sign ups for their Fall season of Adult Co-Ed Softball! So, warm up your vocals, and you can all join in on singing, "Take Me Out To The Ball Game", while doing the "wave"! The season will be played on Sundays 9/7-10/26. First game will be at 3:00 PM and second game will be at 4:30 PM. The games are being held on field 2 Behind Dr. Kevin M. Hurley Middle School at 650 Newman Ave. The cost for residents is \$30.00 and the cost for non-residents is \$40.00. Games are run with an umpire, all playing levels welcome. Register at seekonkma.myrec.com If you have any questions please call Erica at 508-336-8772.



Telephone Reassurance Program

Our office will make a telephone call to an individual's home at approximately the same time each day Monday through Friday (during our operating business hours only). This program is designed to connect people in need with ongoing, caring human contact and conversation. If we do not receive an answer, we will call back shortly after. If we do not receive an answer the second time, Public Safety will be called to check on the individual's status. The Telephone Reassurance Program provides peace of mind for the individual and their loved ones. This program is designed for senior citizens, disabled persons and shut-ins living in Seekonk who may be at risk of loneliness, social isolation, illness or injury. If you, or anyone you know is interested in this program, please call Nicole at Human Services at 508-336-8772.

The center is open Monday - Thursday 8:15am - 4:00pm and Friday 8:15am - 12:00pm. Come and enjoy the activities and companionship at your center. **Join our email list!** Things are changing quickly these days and we want to be able to get the word out to you quickly. Please give us a call and 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.

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

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Brittney Faria, LSWA

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James LaFlame

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Cheryl Camara

Rick Forest

Maria Giacoletto

Terry McGregor

Josephine Veder

**Council meets fourth Monday of the month
@ 3:00pm at
Seekonk Human Services
Conference Room**