



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

October/November 2018

ESSENTIAL OILS

Wednesday, October 10, 2018 @ 11am



Join Amanda for this presentation to Better Health Naturally. Learn which essential oils boost your immune system. Learn how to make your own vapor rub. Learn how using aroma therapy to help alleviate chest congestion and how to end a stuffy nose in 30 seconds. Lunch will be American chop suey for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

UTI HEALTH

Tuesday, October 16, 2018 @ 11am

Urinary Tract Infections (UTIs) are a common reason for healthcare visits. In the United States, UTIs result in an estimated 7 million office visits, 1 million emergency department visits and over 100,000 hospitalizations annually. During this presentation we will explore the anatomy of the urinary system, the causes and symptoms of UTIs, and what can be done to both prevent and treat this condition. There will be open discussion and questions are encouraged. This is a condition that effects both men and women. Light refreshments will be served. **Activity is free of charge. Advanced sign up is encouraged.**

BENEFITS OF LAUGHTER

Wednesday, October 17, 2018 @ 11am

Human beings can be the funniest creatures on earth. Learn the health benefits of laughter and how to find humor in stressful situations. Presented by John Rogers from Catholic Memorial Home. Lunch will be chicken pot pie with veggies and potatoes for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

MEDICARE ENROLLMENT PRESENTATION

Tuesday, October 23, 2018 @ 11am

OPEN 2018 ENROLLMENT

Join Lisa Sarkis, SHINE Regional Director, for this informative presentation on a seniors guide to open enrollment. Open enrollment is from October 15—December 7 and the perfect time to look at your health care options for the following year. Learn why it is important to look at your health care options. Light refreshments will be available. **Presentation is free of charge.**

READY FOR THE HOLIDAYS!

Wednesday, October 24, 2018 @ 11am

American Credit Counseling Service, Inc. continues its series of free financial education workshop. Topics of discussion will include how to develop and stay within a budget, tips for reducing expenses, as well as how to prepare for the impact of higher fuel cost this winter. Lunch will be chicken salad sandwiches for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**



HALLOWEEN PARTY

Wednesday, October 31, 2018 @ 11am

Come one, come all!
Come join the Halloween Party!
Wear your most creative costume,
Prizes will be awarded for the best costumes!

Entertainment by our very own,
Barney Mallon Karaoke King

A delicious luncheon of Halloween Casserole (Shephard's Pie) and salad with dessert for \$3 will be served. **Advance sign up & pre-payment is required for lunch**

VETERANS CELEBRATION Wednesday, November 7, 2018 @ 11am

What is Veterans Day? A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Let us always be thankful for those who served.

Veterans Agent, Jim LaFlame will be presenting the different benefits veterans are eligible for

Lunch will be a delicious turkey dinner with all the fixings for \$3, **VETERANS EAT FOR FREE**

**Advance sign up and payment required for lunch.
Activity is free of charge.**

AL TESTA JAZZ BAND Wednesday, November 14, 2018 @ 11am

The Al Testa Jazz Trio will perform at Seekonk Human Services.

A musician with over 13 years of experience, Testa has played as lead trumpet with musical groups throughout Rhode Island. This event is free and open to the public, but space is limited.

Lunch will be meatloaf, veggies and potatoes for \$3.
Advance sign up and payment is required before attending this activity/luncheon in person.

TRIAD: K-9 UNIT Wednesday, November 28, 2018 @ 11am


The Bristol County Sheriff's Office K-9 Unit has served the communities of Bristol County since 1986. Each Patrol K-9 attends a sixteen week Patrol Academy. During the sixteen week period, K-9's learn tracking, criminal apprehension, building searches, crowd control, felony car stops jail cell extractions, article searching, legal issues and K-9 first aid. Each K-9 Team is expected to perform all activities at a very high level. The Sheriff's Office will be bringing in their K-9 Unit Dog to demonstrate. Lunch will be pasta and meatballs for \$3. **Advance sign up and payment is required before attending this activity/luncheon in person.**

THANKSGIVING BASKETS AND MEALS



Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving Basket from Doorways. If you are not currently participating in Doorways and in need of a Thanksgiving Basket, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a basket. You will need to fill out an intake form, please call 508-336-8772. **All requests must be in by Tuesday, October 23, 2018**, if you or anyone you know needs a basket. Anyone who is homebound and would like a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Friday, November 9th**. Please call 508-336-8772 to have your name put on the list.

Let's Learn Together! Photo Fixes Wednesday, October 31, 2018 @ 2pm

Over the past months we've covered many topics, i.e. BrainHQ and ebooks, online forms, texting, and video calls; but how did it go when class was over? This is your opportunity to ask your follow-up or general computer/device question! Sign up as you enter class and questions will be reviewed on a first come, first served basis for the entire session. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone, tablet, or laptop; Please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register.

Let's Learn Together! Library From Home Wednesday, November 29, 2018 @ 2pm

Bad weather or a busy holiday schedule doesn't have to keep you from getting what you want from the library! The library is as near as your computer, laptop or mobile device. Bring your laptop or tablet so we can review the library services available to you from home. 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.

SOUTHCOAST WELLNESS VAN Wednesday, October 10, 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





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 2019. 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. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

DAYLIGHT SAVINGS TIME ENDS



It's almost that time of the year! Daylight savings time will be ending on **Sunday, November 4, 2018**. This is a perfect time to change your smoke detector and carbon monoxide batteries.

Remember **fall back** — gain an hour of sleep! If you need assistance changing your batteries, please call Seekonk Human Services at 508-336-8772.

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.

MEN'S BREAKFAST

Thursday, October 11, 2018 @ 9:30am

Thursday, November 8, 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, October 18, 2018 @ 10:00am

Michael's Restaurant, Market St., Swansea, MA

Thursday, November 15, 2018 @ 10:00am

Lauren's Restaurant, Metacom Ave, Warren, RI

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, October 10th

Wednesday, November 14th

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.

HEARING CLINIC

Monday, November 5, 2018 @ 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 10-15 minutes and are on a first come first serve basis. Please call Seekonk Human Services at 508-336-8772 to schedule your exam!

BROWN BAGS

Wednesday, October 24 &

Wednesday, November 28

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



SEEKONK COUNCIL ON AGING

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	1 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	2 Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm	3 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	4 Silver Sneakers 10am - 10:45am Cost \$5 Tai Chi 10:15am - 11:00am
	8 Silver Sneakers 10am - 10:45am NO LUNCH Cards (Hi-Lo Jack) 1pm	9 Essential Oils @ 11am Lunch: American Chop Suey, \$3 Chair Yoga 10am - 10:50am Southcoast Wellness Van @ 9am Mahjong 1pm / Podiatry Clinic 1pm Tech Time 2pm - 4pm	10 Mens Breakfast @ 9:30am, Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	11 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	15 Chair Yoga 10am - 10:50am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	16 UTI Health at 11am Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	17 Benefits of Laughter @ 11am Lunch: Chicken Pot Pie for \$3 Blood Pressure/Glucose Clinic 9am - 10:30am Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm	18 Women's Brunch @ 10am Michaels Restaurant, Swansea, MA Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	22 Open Enrollment Presentation by Lisa Sarkis @ 11am Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	23 Ready for the Holidays @ 11am Lunch: Chicken Salad for \$3 Brown Bags Chair Yoga 10am - 10:50am Mahjong 1pm - 3pm	24 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cabbage 1pm - 3pm	25 Advanced Yoga 9am - 10am Cost \$5 Tai Chi 10:15am - 11:00am
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	29 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	30 *NO CHAIR YOGA* Halloween Party @ 11am Lunch: Halloween Casserole for \$3 Mahjong 1pm - 3pm Let's Learn Together @ 2pm	31 * Arts & Crafts Residents \$3/Non-Residents \$5 **Lunch Menu Available at Seekonk Human Services	

SEEKONK COUNCIL ON AGING

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Arts & Crafts Residents \$3 / Non-Residents \$5			Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2**	1 Advanced Yoga 9am - 10am Cost \$5
**Lunch Menu Available at Human Services			BINGO 1pm - 3pm Cribbage 1pm - 3pm	Tai Chi 10:15am - 11:00am
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	6 Chair Yoga 10am - 10:50am Veterans Celebration @ 11am Lunch: Turkey Dinner for \$3 Veterans eat free! Mahjong 1pm - 3pm Tech Time 2pm - 4pm	7 Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cribbage 1pm - 3pm	8 Advanced Yoga 9am - 10am Cost \$5
HONORING ALL WHO SERVED	12 Silver Sneakers 10am - 10:45am *NO LUNCH*	13 *NO CHAIR YOGA* AI Testa Jazz Band @ 11am Lunch: Meatloaf dinner for \$3 Podiatry Clinic 1pm - 3pm Mahjong 1pm	14 *NO CHAIR YOGA* AI Testa Jazz Band @ 11am Lunch: Meatloaf dinner for \$3 Podiatry Clinic 1pm - 3pm Mahjong 1pm	15 Silver Sneakers 10am - 10:45am Womens Brunch 10am Lauren's Restaurant, Warren, RI LUNCH 11:30am \$2** BINGO 1pm Cribbage 1pm - 3pm
VETERANS	Cards (Hi-Lo Jack) 1pm	20 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** Cards (Hi-Lo Jack) 1pm	21 Blood Pressure/Glucose Clinic 9:00am - 10:30am Chair Yoga 10am - 10:50am Closed at 12:30pm for the Holiday	22 Happy Thanksgiving! Chair Yoga 10am - 10:50am Closed at 12:30pm for the Holiday
Chair Yoga 10am - 10:50am 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 Brown Bags TRIAD: K9 Unit @ 11am Lunch: Pasta & Meatballs for \$3 Mahjong 1pm Lets Learn Together! @ 2pm	28 Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2** BINGO 1pm - 3pm Cribbage 1pm - 3pm	29 Advanced Yoga 9am - 10am Cost \$5
Chair Yoga 10am - 10:50am Knitting Club 12:30pm - 2:30pm ZUMBA 1pm *Arts & Crafts 2pm - 4pm				30 Tai Chi 10:15am - 11:00am



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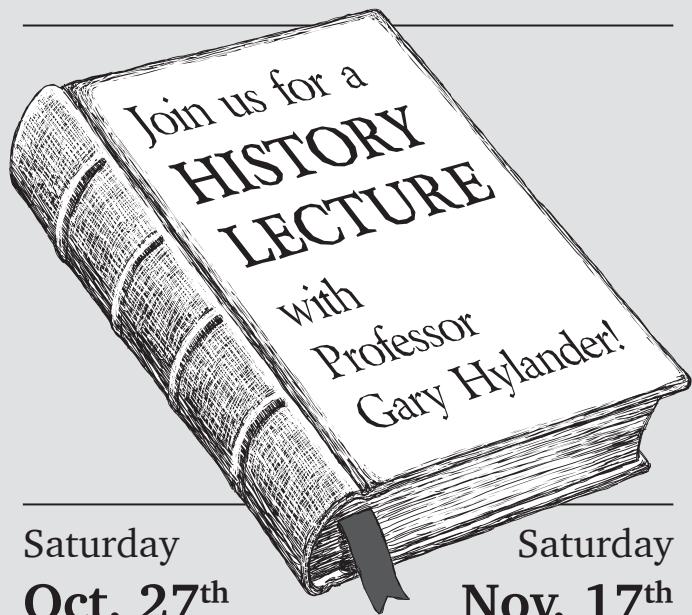
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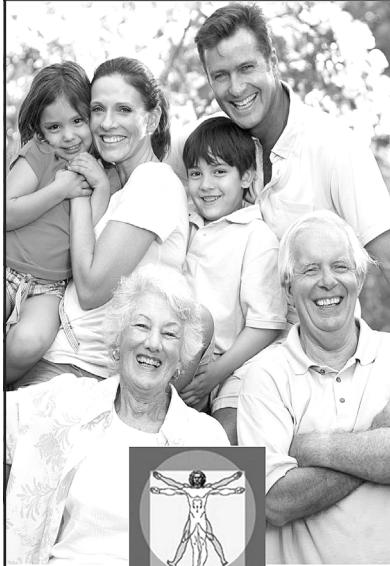


Saturday
Oct. 27th
3:00 p.m.

Saturday
Nov. 17th
2:00 p.m.

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@ 3:30pm at
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Conference Room, 109