



The Blandford Hills Council on Aging News

Phone: 413-848-4279 Ext. 400 or COA@TownofBlandford.com

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

**What's Happening at the Center for Active Adults Ages 55 and Up?
April/May 2019**

**Earn Money for Your Council on Aging,
and Possibly Win a \$50 Gift Card!**



WALK ALONE OR WITH A GROUP Count steps or count miles

The challenge runs from April 1 to September 30. In that time, if you and/or your team of friends complete the challenge, you get entered into a drawing for a \$50 Visa Gift card, and for each team that completes the challenge, your Council on Aging gets entered for \$250 to put toward fitness programming.

Here's how it works: Anyone, of any age, is encouraged to do this. You can start out walking just 7 minutes a day (that could be from your house to the mailbox and back), and then add a minute every day, each week until you're up to 30 minutes a day. Anything counts! If you use a tread mill, count that; use stairs instead of elevators, if you are able. When parking your car, park farther away.

The COA will provide a journal and a pedometer. Those of you who have cell phones may be able to download an activity app., to track the information.

As with any exercise program, always check with your doctor first.

Register with the COA by March 28, by leaving your name and number on the answering machine; 848-4279, ext. 400. We will make sure everyone is registered for the drawing. Brochures with information, ideas, and a tracking chart will be available on the table down by the COA room. If you take the Monday exercise class, or Tai-Chi on Saturdays, please ask Heidi or Judy for the brochures.



"In every walk with nature, one receives far more than he seeks." John Muir

**Weekly Events Offered
at your Blandford COA/CAA**

Mondays

*Balance, Strength, & Flexibility
Training Exercise at 9:30 A.M.
in the town hall gym
\$5.00 per class*

Wednesdays

*The 2nd and 4th Wednesdays...
...Taylor's Group
2:00-4:00 P.M.~ FREE*

Saturdays

*Tai Chi at the town hall gym.
8:30 A.M.
\$5.00 per class*

**Monthly Events Offered
at your Blandford COA/CAA**

First Friday

Open House1-3 P.M.
Come in to learn a new game,
socialize, and/or knit.
Bring a snack and we'll provide
the beverages.

2nd Friday

Social Hour12 P.M.
Light lunch will be provided.
\$5 per person

3rd Friday

Brown Bag delivery 11-11:30 A.M.
Movie1:30 P.M.

4th Friday

Breakfast10 A.M.
\$5. per person

**Third Monday: COA/CAA Board meets
at 3:30 P.M. in the COA room**

MOVIE MATINEE
3rd Friday of every month.

Show starts at 1:30 P.M.

Free popcorn and beverages.

Bring a friend!



April: "Irving Berlin's Easter Parade"

Originally produced as a motion picture in 1948, this picture stars Judy Garland, Fred Astaire, Ann Miller, and Peter Lawford.

A 1912 song and dance man quarrels with one partner but then finds another. His new partner falls head over heels in love with the king of hoofers. Not Rated

May: "Mary Poppins Returns"

Now an adult with three children, bank teller Michael Banks learns that his house will be repossessed in five days unless he can pay back a loan. Michael and his sister receive the surprise of a lifetime when Mary Poppins, the beloved nanny from their childhood, arrives to save the day and take the Banks family on a magical, fun-filled adventure.

Starring Emily Blunt, Dick van Dyke, Angela Lansbury, and more. Rated PG



Love your Feet!

Upcoming Foot Clinic

Our next Foot Clinic will be held on Thursday,
MAY 9, 2019 at 11:00 A.M.

The cost of the session is \$30.00, with the COA paying \$5.00 for those 65 and older. The clinic is open to anyone who would like foot care. The nurse will do an assessment and examination of your feet, trim and file toenails, and finish with a foot and leg massage. If she notices anything that should require further attention, she will recommend that you follow up with your podiatrist. For an appointment, please call Barbara Langmore at 848-2816. An appointment is necessary and required!

It seems that someone is always going somewhere and doing something!

The Blandford COA/CAA is always planning menus, events, monthly movies, and educational presentations. Our newsletter is on our Facebook page as well as the Town of Blandford website. They are also delivered via the USPS right to your door or P.O. Box. We post flyers locally, advertise in The Country Journal, and often place reminder phone calls to get the word out. We do realize that in our small town we constantly face the challenge of filling seats for our programs. With that said, we really appreciate when you share the COA/CAA news with your friends and neighbors!

We love to see new faces as well as our dear loyal friends.

Other local COAs are busy planning events as well. The bulletin board across from your COA/CAA room has other town COA newsletters and event flyers for you. Perhaps you will discover an activity that you never thought would interest you. The warmer weather is coming.....get out there and enjoy!

BROWN BAG Program Available for income eligible people ages 55 and up. Applications are available right outside the COA door. Brown Bags can be picked up on the third Friday of each month between 11-11:30 A.M. at our town hall.



**ECO-PRINTING WITH ELLEN RUSSELL
SATURDAY, JUNE 1, 2019 AT 1 P.M.
TOWN HALL AUDITORIUM**

**EACH PARTICIPANT WILL CREATE A
ONE-OF-A-KIND BEAUTIFUL AND FUNCTIONAL
WORK OF ART. THE ENTIRE PROCESS TAKES
ABOUT 3 HOURS TO COMPLETE.**

**RESERVATIONS ARE REQUIRED
SPACE IS LIMITED
CALL 413-848-4279, EXT. 400
TO RESERVE YOUR SPOT**

**THIS EVENT IS SPONSORED BY THE
MASSACHUSETTS AND BLANDFORD
CULTURAL COUNCILS**

**THE HUNTINGTON LIONS CLUB
ANNUAL SENIOR APPRECIATION LUNCHEON**

**MENU: TURKEY, STUFFING, MASHED POTATOES,
CARROTS, GRAVY, CRANBERRY SAUCE, BREAD,
DESSERT, and CHOICE OF DRINK**

PLACE – VFW IN RUSSELL

DATE – APRIL 27, 2019 – TIME 11:30 – 1:30

To reserve your spot, call 413-848-4279, ext. 400

**!! PLEASE ONLY SENIORS 60 YEARS or OLDER.
R.S.V.P. DEADLINE IS APRIL 20th**



**Upcoming local events sponsored by The
Massachusetts and Blandford
Cultural Councils**

**Chester Theater Company
Open June 20th-August 18th**

“The Night Alive”: June 20th-30th

“Now Circa Then”: July 4th-14th

“On the Exhale”: July 25th-August 4th

“Curve of Departure”: August 8th-18th

Tickets: 413-354-7771

Annual Bel Canto Opera

White Church of Blandford

Saturday, July 13, 2019, 7:30 P.M.

Tickets \$35. Call the BHS at 413-848-1410



Blandford COA/CAA

April 2019

413-848-4279, ext. 400 or COA@TownofBlandford.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Balance, Strength, and Flexibility 9:30 A.M.	2	3	4	5 First Friday 1–3 P.M.	6 Tai Chi 8:30 A.M.
7	8 Balance, Strength, and Flexibility 9:30 A.M.	9	10 Taylor's Group 2–4 P.M.	11	12 Social Hour 12 Noon	13 Tai Chi 8:30 A.M.
14 Palm Sunday	15 Balance, Strength, and Flexibility 9:30 A.M. COA Board meets at 3:30 P.M.	16	17	18 Passover begins	19 Good Friday Brown Bag delivery 11-11:30A.M. Movie at 1:30 P.M.	20 Tai Chi 8:30 A.M.
21 Easter	22 Balance, Strength, and Flexibility 9:30 A.M. Earth Day	23	24 Taylor's Group 2–4 P.M.	25	26 Breakfast 10 A.M.	27 Tai Chi 8:30 A.M.
28	29 Balance, Strength, and Flexibility 9:30 A.M.	30			What did one raindrop say to the other raindrop?? Let's "dew" lunch!	



Blandford COA/CAA

May 2019

413-848-4279, ext. 400 or COA@TownofBlandford.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 First Friday 1–3 P.M.	4 Tai Chi 8:30 A.M.
5	6 Balance, Strength, and Flexibility 9:30 A.M.	7	8 Taylor's Group 2–4 P.M.	9 Foot Clinic 11 A..M.	10 Social Hour 12 Noon Cooking demo with Amber	11 Tai Chi 8:30 A.M.
12 Mother's Day	13 Balance, Strength, and Flexibility 9:30 A.M.	14	15	16	17 Brown bag delivery 11-11:30 A.M. Movie at 1:30 P.M.	18 Armed Forces Day Tai Chi 8:30 A.M.
19	20 Balance, Strength, and Flexibility 9:30 A.M. COA Board meets at 3:30 P.M.	21	22 Taylor's Group 2–4 P.M.	23	24 Breakfast 10 A.M.	25 Tai Chi 8:30 A.M.
26	27 Memorial Day	28	29	30	31	

BLANDFORD COUNCIL ON AGING
1 RUSSELL STAGE ROAD
SUITE 3
BLANDFORD, MA 01008
413-848-4279 Ext. 400
COA@TownofBlandford.com

PRSR STD
US POSTAGE PAID
HUNTINGTON, MA
PERMIT NO. 12
ZIP CODE 01050

Did you know that there are at least four locations within your COA/CAA newsletter in which to find our contact information? See if you can locate the phone number and email address!

SPECIAL ONGOING PROGRAMS FOR SENIORS WITH CONTACT INFORMATION

The Southern Hilltown COA Consortium monthly meeting is held the first Friday of each month – 10:30 AM at 3 Maple Street in Chester.

SHINE: The SHCOAC meeting is held on the third Friday of the month at 2:00 P.M. The outreach person covering the hilltowns is Sue Kucharski, a trained and certified SHINE (Serving the Health Insurance Needs of Everyone) counselor. She can be contacted at the Consortium office, located at 3 Maple Street in Chester, at 413-354-6540. Please contact her to schedule an appointment to discuss your eligibility for benefit programs that can help with insurance, as well as other things.

Brown Bag Program – is available for income eligible Seniors. Blandford's COA at 848-4279, ext. 400 for more information. Applications are available at the Senior Center. Brown Bags can be picked up on the third Friday of each month between 11-11:30 A.M.

Fuel Assistance - For information about fuel assistance contact Hilltown Social Services at 413-667-2203, or pick up an application at the Senior Center.

Need a Ride? - The FRTA Van provides transportation to medical appointments, to shopping and picking up groceries to those 60 and over. Contact George Webb, FRTA driver, at 413-667-3428, or pick up an application at the Senior Center.

HCAA Hilltown Plus Program, HCAA's community outreach program.

Baseline Health Folders= Regular Blood Pressure Checks at home—Baseline EKG's.

Call Angela Mulkerin at 413-875-5781 or email her at hilltownplus@gmail.com for more information or to schedule an appointment.

Veteran's Affairs Agent Contact Joe Henning at 413-427-3054 to ask about your Veteran's benefits, medical, and financial questions. You can also go to MassVetsAdvisor.org for One-Stop-Shop for all your benefits.