



Plummer Place

Northbridge Senior Center Newsletter

**MARCH/APRIL
2022**

Plummer Place

20 Highland Street

Whitinsville, MA 01588

508-234-2002

www.northbridgemass.org/council-on-aging/pages/newsletters

Facebook: Northbridge Senior Center

Phone Hours

Mon-Thurs..... 8:30am-4:00pm

Friday 8:30am-1:00pm

Staff

Director.....Kelly Bol

Asst. Director..... Michelle LaChapelle

Outreach..... Jeanne White

Program/Vol. Coord..... Amy Cowen

Bus Drivers.....Jeff Allard, Pat Stewart

Nutrition.....Pam Mason

Council on Aging Board

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Vice Chairman..... Denise Forgit

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Treasurer Charlene Potvin

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Muriel Beaulieu, Sue DeHaan, Joan

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Phil Prairie, Vickie Prairie

Happy Spring to You All!

Yes, Spring is here on March 20th! It has been a long, cold winter and we are so looking forward to the warmer weather. There have been a few changes these past couple of months at Plummer Place, one being the addition of a new staff member. Please help us welcome Amy Cowen, our new Program and Volunteer Coordinator! Amy has already been hard at work, contacting volunteers and setting up new programs, many of which are in this newsletter. From starting our travel program again to partnering with a non-profit to bring handmade blankets to foster children, Amy has only just begun:

“I am very excited to be here and look forward to meeting all of you very soon. I have worked with older adults in previous roles throughout my career and have several years of experience managing programs, activities and special events. I would like to thank our current and past volunteers for your efforts and dedication to Plummer Place. Many of you have come together in groups or as individuals to support us and without you, our medical transportation program, meals support, holiday decorating, gift shop and many special events would not have been possible this past year.”

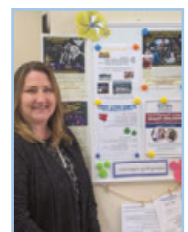
Speaking of volunteers, we are currently looking for a few individuals to:

- ◆ *Be an out of town medical driver*
- ◆ *Assist in our new kitchen and help with serving lunch*
- ◆ *Set up and clean up for future events or outdoor concerts*
- ◆ *Become a Meals on Wheels driver*
- ◆ *Work in our gift shop/store*
- ◆ *Act as our in-house historian organizing old scrapbooks and photo albums*
- ◆ *And many more volunteer opportunities!*

Come on down to the Center and meet Amy!



Spring



Your Family Financial Center



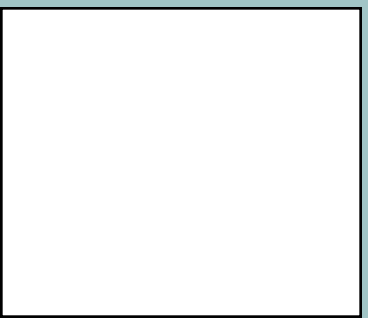
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BUS TRIPS

PLUMMER PLACE DAY TRIPS ARE BACK!

Wednesday, June 15th: “The McCartney Years: Live in Concert”. Over 30 top hits of the Beatles from “Yesterday” to “Live and Let Die”. Featuring Paul McCartney’s Wings guitarist, Denny Lane. This day trip includes the show and a plated lunch before the show. Danversport, Danvers, MA \$101/pp*

Thursday, July 21st: “Icons & Legends Concert”. Includes a Maine Lobster Bake in York, Maine. \$101pp*

Wednesday, August 17th: “Takin’ it to the Streets: Ultimate Doobie Brothers Tribute Show”. Performed in Plymouth, NH At the Flying Monkey Theatre. This day trip includes luxury bus, show and a buffet lunch. \$101pp*

Wednesday, September 7th: “Lake Winnepesaukee Cruise & Castle in the Clouds Estate Tour”. Includes lunch at Harts Turkey Farm. \$151pp* *All prices include gratuity.

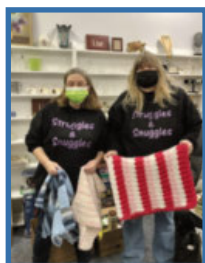
Please Contact Amy at the Center to sign up.

“STRUGGLES AND SNUGGLES”

Plummer Place recently formed an ongoing partnership with “Struggles and Snuggles”. This local group provides blankets and knitted items to infants and children in foster care throughout the Blackstone Valley. Plummer Place volunteers jumped right in and embraced this project. So far, volunteers have already donated many beautiful blankets, baby hats and crib quilts. “Struggles and Snuggles” was formed in 2021 by Bridget Curley and Kim Smith, both of Whitinsville, who wanted to do something for children in our area. If you are a senior who likes to knit or crochet and would like to make a blanket or an item or two to donate to this wonderful cause, please contact Amy Cowen at Plummer Place.

A special thank you to the creators of these beautiful donations:

Elaine Inman, Beverly Marcheterre, Pauline Hayward,
Linda Crooker, Wanda Conner, Patricia Kaye, Lois Guis,
Krystina Molt, Kathleen Ferguson, Sonia Fox, Joan McManus
and Louise Alexiades .



PROTECT YOURSELF FROM MEDICARE FRAUD!

Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud each year? Come meet Christina O’Neill, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, on Monday, March 7th at 11:30am at Plummer Place. Participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This free informational workshop will provide you with the tools to become a more informed and engaged health care consumer, including the importance of protecting your Medicare number.

A light lunch will be provided, you must call to sign up, limited space available.

If you cannot attend this workshop but have questions about questionable healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the **MA SMP Program Office** at **800-892-0890**

Women’s Discussion Group & Coffee Hour



Join this new group and meet up with friends or make new ones. This is an informal group and will have a “topic of the day” to discuss, but you never know where the discussion will bring you! Every other Wednesday, begins March 9th from 1-2:00pm. Call Amy to sign up.

CORN HOLE OPEN REC

If you’re ever wondering what to do on a Monday afternoon from 1-3:00, come on down to Plummer Place and play a few games of Corn Hole! This is **not** a tournament activity, bring a friend or come alone and pick up a game or two, we’d love to see you!



WE ARE IN THIS TOGETHER!

F.I.N.E. NEWS

- ◆ Join FINE by paying yearly dues.
- ◆ Refer to the Charitable Giving tab at our website: <http://nscfine.com>

Our **120 Club** fundraiser is in full swing! Come on down to the Center and buy your ticket for a chance at the weekly drawing and the final drawings on June 2.

Visit Plummer Place and see the new sign FINE purchased for our building! (see right)

FINE is very excited to work with and financially support our new Program Director, Amy Cowen. She has already started bringing new programs to the Center and has many fantastic ideas for the future!

Join FINE by filling out the form below and mailing it to:
FINE, 20 Highland Street, Whitinsville, MA 01588

Date: _____ New Renew

Name: _____

Address: _____

City: _____ St. _____ Zip _____

Phone: _____

E-Mail: _____

Dues: 1 Yr. \$5.00 _____ 2 Yrs. \$10.00 _____ 3 Yrs. \$12.00 _____

Donation: \$ _____

In memory of: _____

In Honor of: _____

I wish to support with dues only _____ donation only _____

Total enclosed: \$ _____ THANK YOU!

Please make check payable to F.I.N.E. and mail to F.I.N.E.

HIGHLAND ST. HAPPENINGS



APRIL EVENTS

Fraud Squad Players, Thursday, April 7th @ 10:00am
Fantastic way to learn about the newest scams going around. The actors reenact popular ways people are trying to get your money or personal information. Refreshments will be served.

Howie Newman Concert, Monday, April 11th @ 2:00p
A favorite entertainer at our Center, Howie combines music, comedy and audience participation. Come join the fun! Refreshments will be served. Thank you to the Northbridge Cultural Council for the grant that brings Howie to Plummer Place.



SERVICES

Computer Help: Wednesdays, 1:30-3:30


Hair Appts: 3rd Thursday each month, 12:30-3:30

SHINE: Fridays, 9-12:00

Podiatrist: Fridays, 9:00-12:00 Call for dates.

FINE (Friends of Northbridge Elders) is a private, non-profit, fund-raising corporation providing financial support to the Northbridge Senior Center. FINE meetings are on the first Thursday of the month (excluding July and August) at 3:00 PM at the Center and are open to all. Decisions about disbursement of funds are based on requests from the Council on Aging and suggestions from members and others.

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Blood Pressure Clinic The second Tuesday of every month from 11-12:00 Begins March 8th.		1 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	2 Low Imp Aer: 10:00 Ukulele: 2:00 Tap Class: 2:30 Computer: 1:30	3 Joy of Mvm:10:00 Chair Yoga: 11:15 Mahjong: 12:30 Cribbage: 12:30 FINE Mtg: 3:00	4 Stretch & Strength: 9:00 SHINE: 9-12:00	5
6	7 Chair Ex: 9:00 Tai Chi: 11:00 Medicare: 11:30 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua: 1:30	8 COA Mtg: 9:00 Shufflebd: 9:00 Painting: 10:00 BP Clinic: 11-12 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	9 Low Imp: 10:00 Women Grp: 1:00 Ukulele: 2:00 Tap Class: 2:30 Computer: 1:30	10 Joy of Mvm:10:00 Chair Yoga: 11:15 Mahjong: 12:30 Cribbage: 12:30	11 Stretch & Strength: 9:00 SHINE: 9-12:00 Rep Muradian Office Hour: 10:30	12
13	14 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua: 1:30	15 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	16 Book Club: 10:30 Low Imp: 10:00 Cribbage: 12:30 Ukulele: 2:00 Tap Class: 2:30 Computer: 1:30	17 Joy of Mvm:10:00 Chair Yoga: 11:15 Mahjong: 12:30 Hair Appts: 12:30 	18 Stretch & Strength: 9:00 SHINE: 9-12:00	19
20	21 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua: 1:30	22 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	23 Low Imp: 10:00 Women Grp: 1:00 Ukulele: 2:00 Tap Class: 2:30 Computer: 1:30	24 Joy of Mvm:10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30	25 Stretch & Strength: 9:00 SHINE: 9-12:00	26
27	28 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua: 1:30	29 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	30 Low Imp: 10:00 Ukulele: 2:00 Tap Class: 2:30 Computer: 1:30	31 Joy of Mv: 10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30	OFFICE HOURS Rep. Dave Muradian: Friday, March 11th, 10:30-11:30 Sen. Moore: Wednesday, April 13th, 9:30-10:30	



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APRIL



LPi

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>**We want to hear from you! Let us know what programs, events and activities would be of most interest to you at Plummer Place. The next time you are at the Center, please take a minute to complete a brief survey at our sign-in desk or feel free to email Amy at acowen@northbridgemass.org with any ideas. Thanks in advance!</p>					<p>1 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>2</p>
<p>3</p>	<p>4 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua @ Wcc: 1:30</p>	<p>5 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00</p>	<p>6 Low Imp: 10:00 Fraud Sqd: 10:00 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30</p>	<p>7 Joy of Mvm: 10:00 Fraud Sqd: 10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 FINE Mtg: 3:00</p>	<p>8 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>9</p>
<p>10</p>	<p>11 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua @ Wcc: 1:30</p>	<p>12 COA Mtg: 9:00 Shufflebd: 9:00 Painting: 10:00 BP Clinic: 11-12 POKENO: 12:30 Bridge: 12:30</p>	<p>13 Low Imp: 10:00 Sen Moore: 9:30 Book Clb: 10:30 Computer: 1:30 Ukulele: 2:00 Tap: 2:30</p>	<p>14 Joy of Mvm: 10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30</p>	<p>15 Stretch & Strength: 9:00 SHINE: 9-12:00 GOOD FRIDAY Close @ 12:00</p>	<p>16</p>
<p>17 </p>	<p>18 Closed Patriot's Day </p>	<p>19 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00</p>	<p>20 Low Imp: 10:00 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30</p>	<p>21 Joy of Mvm: 10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 Hair Appts: 12:30</p>	<p>22 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>23</p>
<p>24</p>	<p>25 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00</p>	<p>26 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00</p>	<p>27 Low Imp: 10:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30</p>	<p>28 Joy of Mvm: 10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30</p>	<p>29 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>30</p>

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WE ARE LOOKING FOR YOU!

Are you a grandparent with a grandchild between the ages of three and five? Are you available Thursday mornings? This might be something fun! We are hoping to start a new intergenerational storytime/craft program here at Plummer Place. There have been many who are interested in this type of program. For more information please call Amy at the Center at ext. 1305.

COMING IN MAY:

Mother's Day Tea & Show

"Secrets from America's Forgotten War"

Come see Janet Parnes in her portrayal of First Lady Dolly Madison as she shares highs and lows from America's Forgotten War. Enjoy a cup of tea and delicious treats while you watch the show.

Wednesday, May 4th @ 1:30pm

This program is supported by a grant from the Northbridge Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

JOY OF MOVEMENT CLASS

THURSDAYS AT 10:00AM

Ladies and Gents, it's time to shake off the winter doldrums and start moving and grooving! This is an eclectic exercise class that will have you learning a variety of dance moves from ballroom to hula to belly dancing.

It's time to live, love, dance and be happy!

**CALL US, WE WOULD LOVE TO HEAR FROM
YOU!**



To better serve you, our phone system has been updated to streamline calls more efficiently. You now have the option to enter the extension of the person you wish to reach.

Here is our Staff Phone Directory:

Kelly Bol, Director:	1301
Michelle LaChapelle, Asst. Director:	1304
Amy Cowen, Program/Vol Coord:	1305
Jeanne White, Outreach:	1306
Pam Mason, Nutrition:	1307