



Plummer Place

Northbridge Senior Center Newsletter

**MAY/JUNE
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

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Greetings from BUSY Plummer Place!

The activity and energy at your Center is amazing.

I am so happy to see both familiar and new faces!

As you begin to make your summer plans, please be sure to check out all the wonderful events and trips we have scheduled. Most of our regular programs will resume throughout the summer months with the exception of some of our leagues. Also, if you are interested in volunteering, we have plenty of opportunities available. Feel free to call or stop by for more information.

Lastly, through our Outreach Services we offer assistance with various benefits as well as referrals to appropriate agencies. As I have often said, if we do not know the answer, you can be reassured we will try our hardest to get you the information you are seeking.

Hope to see you soon!

All the best,

Kelly,

Director



Your Family Financial Center



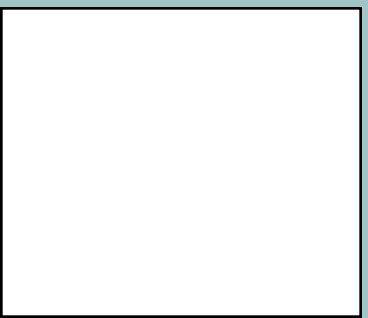
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BUS TRIPS

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 the 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.*

Sign up at the main office or with Amy.



Thursday, May 5th, 11-12:15pm

Let's Fiesta! Come and celebrate Cinco de Mayo with us! Cinco de Mayo is an annual celebration held on May 5th which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. A Taco Luncheon will be served. Sign up with Amy or the main office soon as space is limited!

Please Note: Doors to the dining room will open at 10:45 to allow our volunteers to fully set up for this event.

Women's Discussion Group

Join this new group and meet up with friends or make new ones. This is an informal group and may or may not have a "topic of the day" to discuss, but you never know where the discussion will bring you! **Wednesday, May 11th & 25th, June 8th & 22nd from 1:00-200pm.**



Call Amy to sign up.

**This is a year-round group, dates reflect May and June meetings.*

"A Celebration of Rodgers and Hammerstein"

With Singer Ruth Harcovitz

Thursday, May 26th @ 12:30pm

Come celebrate "Older Americans" month with us and enjoy the most popular American Music by Rodgers and Hammerstein.

Ruth Harcovitz, former Ms. Massachusetts USA, will entertain the crowd with many popular songs including favorites from Oklahoma, South Pacific, The King and I, and The Sound of Music. Sure to bring back happy memories for all! Refreshments will be served after the show. Sign up with Amy or at the main office to attend.

LUNCH & LEARN

Falls Prevention Program

Wednesday, May 11th @ 11:30am
Blackstone Valley Physical Therapy

Participants will learn to view falls and fear of falling as controllable. They will learn to set realistic goals to increase activity and change their environment to reduce fall risk factors. Also learn proper exercises to increase strength and balance. Please sign up with Amy or at the main office.



BVT BREAKFAST AND LUNCH

May 18th @ 8:45am, Breakfast, \$7 includes tip
June 9th 11-12:30pm, Lunch \$12 plus tip



***Note:** The lunches differ from the breakfasts as there is an entrée choice that must be made by filling out a form at Plummer Place no later than **May 26th**. Space is limited, you **MUST** sign up for both of these events with Amy.

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>

*The final drawing for 120 Club will be on June 6th. You may still buy tickets for this cycle at the Center. The new cycle for 120 Club will begin July 14th.

*Plummer Place is in full swing with many events in this newsletter supported by FINE.

*FINE is planning their annual banquet sometime in October, date and venue to be announced.

*Visit our updated website for more information on what we are up to!

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.



Mark Mandeville & Raianne Richards Outdoor Concert!

Wednesday, June 1st, 1-2:00pm

Come and experience fresh and refined folk music for modern times with these two singer-songwriters from Massachusetts. Anybody who craves authentic, mindful acoustic music will not want to miss out on experiencing this duo!

Refreshments will be served.

Bringing Memphis to Northbridge! The Memphis Sun Mafia Band

Featuring Dan Fontaine & Brian Martin

Thursday, June 16th 12-1:30pm



Go on an acoustic journey through the music of Elvis!

Doors open at 11:45am.

You WILL need a ticket to attend this event!

BBQ-themed Luncheon will be served.

Tim VanEgmond Outdoor Concert

Thursday, June 30th 1-2:00pm



Tim will be performing "Forest, Field, and Town" which will be a collection of traditional and contemporary songs as well as tales about what draws a community together.

This folksinger/storyteller entertains with a wide range of instruments including the guitar and dulcimer. Refreshments will be served.

****You must sign up with Amy or at the front office for any of the events listed above.**

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.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua: 1:30	3 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	4 Low Imp Aer: 10:00 Cribbage: 12:30 Computer: 1:30 Ukulele: 2:00 Tap Class: 2:30	5 Joy of Mvm:10:00 Party: 11:00 Chair Yoga:11:15 Mahjong: 12:30 FINE Mtg: 3:00	6 Stretch & Strength: 9:00 SHINE: 9-12:00	7
8 	9 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua: 1:30	10 COA Mtg: 9:00 Shufflebd: 9:00 Painting: 10:00 Hike: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	11 Low Imp: 10:00 Falls Prg: 11:30 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap Class: 2:30	12 Joy of Mvm:10:00 Chair Yoga:11:15 Mahjong: 12:30 Cribbage: 12:30	13 Stretch & Strength: 9:00 SHINE: 9-12:00	14
15	16 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua: 1:30	17 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	18 BVT Bkf: 8:45 Book Club: 10:30 Low Imp: 10:00 Computer: 1:30 Ukulele: 2:00 Tap Class: 2:30	19 Joy of Mvm:10:00 Chair Yoga:11:15 Cribbage: 12:30 Mahjong: 12:30 Hair Appts: 12:30	20 Stretch & Strength: 9:00 SHINE: 9-12:00	21
22	23 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua: 1:30	24 Shufflebd: 9:00 Painting: 10:00 Hike: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	25 Low Imp: 10:00 Cribbage: 12:30 Women Grp: 1:00 Ukulele: 2:00 Tap Class: 2:30 Computer: 1:30	26 Joy of Mvm:10:00 Chair Yoga:11:15 Concert: 12:30 Mahjong: 12:30	27 Stretch & Strength: 9:00 SHINE: 9-12:00	28
29	30 CLOSED 	31 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	PREVENT HIGH BLOOD PRESSURE: Practice healthy living habits to help keep your blood pressure in a healthy range. Eat plenty of fresh fruits and vegetables and choose healthy snack options. Be physically active by taking walks or join exercise classes. Preventing high blood pressure helps lower your risk of heart disease and stroke. Come to Plummer Place to get your blood pressure checked the second Tuesday of every month from 11-12:00.			

SUPPORT OUR ADVERTISERS!



JUNE

©LPi

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>JUNE IS MEN'S HEALTH MONTH</p>			1 Low Imp: 10:00 Concert: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	2 Joy of Mvm: 10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 FINE Mtg: 3:00	3 Stretch & Strength: 9:00 SHINE: 9-12:00	4
5	6 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua @ Wcc: 1:30	7 Shufflebd: 9:00 Hike: 10:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	8 Sen. Moore: 9:30 Low Imp: 10:00 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	9 Joy of Mvm: 10:00 BVT Lch: 11:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 Play Day: 1-2:00	10 Stretch & Strength: 9:00 SHINE: 9-12:00	11
12	13 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua @ Wcc: 1:30	14 COA Mtg: 9:00 Shufflebd: 9:00 Painting: 10:00 BP Clinic: 11-12 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	15 Low Imp: 10:00 Book Clb: 10:30 Cribbage: 12:30 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	16 Joy of Mvm: 10:00 Chair Yoga: 11:15 Mahjong: 12:30 Elvis Concert: 12-1:30pm	17 Stretch & Strength: 9:00 SHINE: 9-12:00	18
19 	20 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua @ Wcc: 1:30	21 Shufflebd: 9:00 Painting: 10:00 Hike: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	22 Low Imp: 10:00 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	23 Joy of Mvm: 10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30	24 Stretch & Strength: 9:00 SHINE: 9-12:00	25
26	27 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Corn Hole: 1:00 Aqua @ Wcc: 1:30	28 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	29 Low Imp: 10:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	30 Joy of Mvm: 10:00 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 Concert: 1:00	Senator Moore Office Hour: June 8th @ 9:30am Rep. Dave Muradian Office Hour: June 13th @ 10:30am	

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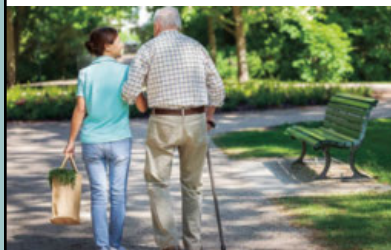
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WE ARE LOOKING FOR YOU!

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.

Yoga for Grandparents & Grandkids

Learn fun, mindful ways to move and breathe that will promote a sense of well-being, lessen anxiety and enjoy more time with one another!
Best for ages 6 and up. \$5/family
Please call Amy for interest in this program, dates will be announced.

LEARN TO PLAY DAY!

**Thursday, June 9th, 1-2:00pm
On Our Outdoor Patio**

Have you ever wanted to learn to play Mahjong, Scrabble or Cribbage? This is your day to come on down to Plummer Place and learn to play these fun games in a relaxed setting!



"TAKE A HIKE"

***PLUMMER PLACE WALKING CLUB
MAY/JUNE DATES***



May 10th: Canal Walk, meet behind Stanley Woolen Mill, Uxbridge.

May 24th: Upton State Forest, meet at the parking lot at 205 Westboro Road, Upton

June 7th: Lookout Rock, meet at Rice City Pond lot, East Hartford Ave, Uxbridge

June 21st: Greenway Walk, meet at 93 Canal St., Blackstone

Meet at 10:00am for each hike

Three of the programs listed in this newsletter, Ruth Harcovitz, Mark Mandeville & Raianne Richards, and Tim VanEgmond are supported by grants from the Northbridge Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. We would like to thank them for helping us bring these exciting programs to Plummer Place.

