

# NORTH ATTLEBORO SENIOR CENTER

## What's the scoop? August 2023



### Events / Programs for the Month of August

**August 2nd** - Café Lunch- Spinach Feta Turkey Burgers with Tater Tots, Ambrosia Salad Dessert served at 12:00PM cost is \$7.00 followed by Dollar Tree Bingo at 1:00PM. Sign up & pay in advance.

**August 8th** - Lunch & Learn with Bristol Elder Services Inc. - The menu is Cheeseburgers with Ketchup, Potato Wedges, Corn, Brownies & Crystal Light - Topic will be “*Nutrition Myths & Facts*” please sign up in advance, suggested \$2.25 donation. Lunch is served at Noon.

**August 11th** - Dr. Siegel, the Foot Dr. will be at the Senior Center at 8AM. Call to be signed up!

**August 14th** - Brain Builders Class presented by Buzzards Bay Speech Therapy from 1:00PM-2:00PM Learn tips & techniques to improve memory, word-finding, thinking skills & socialization.

**August 16th** - TRIAD Ice Cream Social - Meet & Greet with Officer Toni Zagami from NAPD - the new TRIAD Liaison Police. Presentation with Matt Conley of NAFD on “*Heat / Falls Safety*” held at the Senior Center. Ice-cream will be served at 12 :00PM & the presentation is at 1:00PM

**August 16th** - Friends of the North Attleboro Council on Aging Meeting at 9:30AM

**August 17th** - Lunch & Entertainment with Fran Hart. Lunch will be provided by Bristol Elder Services Inc., The Menu will be Pot Roast, Mixed Vegetables, Mashed Potatoes, Dinner Rolls , Pound Cake, Crystal Light. Lunch will be served at Noon, suggested \$2.25 donation. Entertainment starts at 1:00PM. This will be held at the Senior Center. Please call to sign up in advance.

**August 18th** - Council on Aging Board Meeting at 10:30AM - in the front room.

**August 21st** - Lunch and a Movie the movie will be “*Book Club The Next Chapter*” the Lunch will be your choice of Ham & Cheese or Turkey & Cheese Sandwich with Chips, Pickles, Cookies, & Drink. The cost is \$5.00 please sign up & pay in advance. Lunch served at Noon, Movie starts at 12:30PM.

**August 22nd** - Farm Fresh R.I. local food demo / sampling limited to 20 people at 1:00PM

**August 24th** - Men's Breakfast Club at 10:30AM cost is \$3.00 sign up in advance.

**August 28th** - Brain Builders Class presented by Buzzards Bay Speech Therapy from 1:00PM-2:00PM Learn tips & techniques to improve memory, word-finding, thinking skills & socialization.

**August 29th** - Lunch & Learn with Bristol Elder Services Inc. - The menu is Lasagna with Meat Sauce, Broccoli, Breadsticks, Cake, & Crystal Light. The Topic will be “*Water and Hydration*” please sign up in advance, suggested \$2.25 donation. Lunch served at Noon.

**August 30th** - Mickey G's Food Truck will be here at 12:00PM your choice of Clam Cakes & either white or red Chowdah! If you aren't a Chowdah fan he will also have Chicken Fingers & Fries available. The cost is going to be \$13 per person this includes Strawberry Shortcake for dessert & a drink. Come in to pay & sign up in advance!

## **Newest Classes / Group Activities!**

Tai Chi with Leslie **Mondays at 11:00** – Front room at the Senior Center

Crocheting / Knitting Group **Wednesdays from 9:30-11:30** - at the Senior Center

Smart Phone Help **Thursdays at 10:30** – at the Senior Center

Mah Jong with Henri **Mondays 9:00-11:00** at the Senior Center



## **Continuing Classes / Group Activities**

Strength & Conditioning with Linda **Mon, Weds, Fri at 9:30** – North Attleboro VFW Hall

Chair Yoga with Leslie **Tues & Thurs at 9:45** – Front room at Senior Center

Falls Prevention with Elliott P.T. **Thursdays at 1:00** – Front room at Senior Center

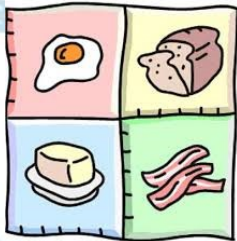
JabberWalkers **Mon & Weds now at 5:45PM Tues & Thurs at 10AM** – Location varies ask staff or e-mail **Jabberwalkersna@gmail.com** for schedule and information & join their mailing list

Ukelele **Tuesdays at 1:30PM**—Front room at Senior Center

Chair Volleyball **Wednesdays at 10:45AM**—Upstairs at Senior Center

Scattergories **Tuesdays at 12:15PM**—Dining room or Front room at Senior Center

Bingo **Thursdays at 12:30PM** with extra Bingo on Monday August 7th —Dining room at Senior Center



## **Nutrition at the Senior Center**

Congregate Brunch served Mondays at 10:30AM

Congregate Lunch served Thursdays at 11:30AM

You must sign up in advance ! Suggested \$2.25 donation

*Call or ask a staff member for a menu*

## **From the Desk of the Director:**

Save the date of September 20th for our 50<sup>th</sup> Anniversary Barbecue to be held at the VFW on Jefferson Street from 12:30 – 2:30 pm. On September 9, 1973 the North Attleboro Council on Aging had a Grand Opening of the Senior Citizen Drop-In Center located at 18 North Washington Street. Catered Lunch, more details to follow. Join us for entertainment by the Dixie Diehards Jazz Band, providing upbeat traditional New Orleans Jazz Music for your listening enjoyment.

Back by Popular Demand.....Mickey G's Food Truck is returning on Wednesday August 30<sup>th</sup> at noon. Clam Cakes & Chowdah, dessert and a drink for \$13.00.

Enjoy the rest of the summer,

*Pam*

## **A word from Outreach:**

**Need to cross state lines between MA and RI?  
The GATRA Route 11 and Route 16 bus lines both  
connect with the Rhode Island Public Transit Authority  
RIPTA bus at Market Basket in South Attleboro.** 