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# Princeton Council on Aging February 2023 Newsletter

PRINCETON TOWN HALL  
6 TOWN HALL DRIVE  
PRINCETON, MA 01541

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## STORM CLOSINGS:

The COA is closed if the public schools are closed due to inclement weather.

On days the schools have a delayed opening, please call before coming to make sure the COA will be open.

If weather conditions deteriorate over the course of the day, the COA may close early at the discretion of the Director.

CURRENT RESIDENT OR

PLACE LABEL HERE

Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs  
A full list of activities happening at the Princeton Senior Center as well as this newsletter can now be viewed on the town website. <https://www.town.princeton.ma.us/node/7323/events/month/2021-08>



## FEBRUARY 2023 NEWSLETTER & GUIDE TO HAPPENINGS

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**The Director's Message:** I always approach each February wondering if we will be buried under snow and ice after being pummeled by multiple storms. It's a month we need to make sure we keep the ingredients for a good soup on hand and we have plenty of activities to distract us from those drifts outside the window. Well, bundle up, because we've got you covered! As always, stay safe, healthy, and warm! *Judith, Director*

🍷 You can start the month with the **Chocolate Tasting** on February 1st because shouldn't most beginnings be sweet? Plus, it's a great warm-up for Valentine's Day.

🍷 If you miss that, plan on attending our **Valentine's Day Chat & Go** on the day of love itself, February 14th at 10:30 AM. We'll be serving up hot/cold drinks and sweet treats with plenty of good conversation and slip you a little valentine to take home as well.

🍷 While we're hunkered down, it's a good time to think about and plan for our futures and perhaps get/update some of the documentation we may need to have in place. I hope you'll come to our presentation on **Elder Law: How to Prepare for Your Future** given by Stephanie Fattman, Register of Probate, and Kate Toomey, Register of Deeds of Worcester County. There will be slides, hand-outs, and plenty of time to ask questions.

🍷 And if you've been hibernating, you may be one of the lucky ones getting all

the quality sleep you need. For the rest of us, our own Colleen Mullaney will be giving a lecture on **Better Sleep, Better Health**. Insufficient and poor-quality sleep impacts our physical, mental, and emotional health and has both short and long-term consequences. Colleen is experienced in Sleep Hygiene and will discuss common and not-so-common sleep problems and share many habits and tips that can help you improve your sleep and health.

🍷 Don't forget **Town Buzz** on Feb 8th and 22nd and the **Growing Places Produce Market** (remember soup ingredients) on Feb 21st.

🍷 A couple of reminders: it's not too late to apply for **fuel assistance** and/or sign up for **food deliveries** from the Wachusett Food Pantry; give us a call and we can help with both.

🍷 If you're getting ready to file your taxes, check to see if you qualify for the **Senior Circuit Breaker**, you may get a credit for up to \$1,200. See details on the back of the Calendar.



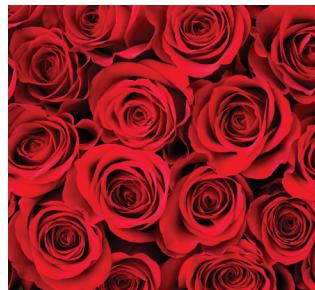
Wednesday, FEB 8th  
1:00PM

## ELDER LAW

**Know Your Options,  
Make Smart Choices!**

Learn how to prepare for your future from Stephanie Fattman, Esq., Register of Probate & Kate Toomey, Register of Deeds, Worcester County.

**Reservations Required  
Call 978-464-5977**



Wednesday, FEB 14th  
10:30AM to NOON

## VALENTINE CHAT&GO!

**Holiday Gathering  
and Valentine Treat!**

Gathering is drop-in and free to all seniors and we hope to see you all, but To-Go Valentine requires sign-up.

**Sign up for your treats  
at 978-464-5977**



Tuesday, FEB 21st  
12:30 to 1:30PM

## GROWING PLACES

**Inside the COA!**

A mobile produce market that sells produce from our local farmers all year round. The cost of food has increased dramatically, you may be eligible to sign up for SNAP benefits. ALL ARE WELCOME!

**(Cash/SNAP/HIPP  
accepted)**



Wednesday, FEB 22nd  
11:00AM

## BETTER SLEEP

**Tips and Habits to  
Improve Your ZZZ's!**

Learn about sleep problems and ways to improve your sleep and health. Presented by Colleen Mullaney and based research-based sleep hygiene techniques.

**Sign-up by calling  
978-464-5977**

## Our Hours

**We will be closed on  
February 20th, 2023.  
Monday thru Thursday  
from 9:00AM to 4:00PM**  
for all activities & services.  
**Friday** for scheduled  
activities ONLY.

## COA Board Members

**Wendy Pape** Chair  
**Mike Warren** Vice Chair  
**Barbara Guthrie** Secretary  
**Jane Giumette** Member  
**Bill Lindquist** Member  
**Donna Mackenzie** Member  
**Susan Stolberg** Member  
**Frances Thomas** Advisor

## Board Meeting

The monthly COA Board Meeting will be held on **Wednesday, February 1st at 9AM**. All are welcome to attend.

## Our Address

We are located at **Post Office Place  
206 Worcester Road  
Suite 21, 1st floor  
Princeton, MA 01541**  
You can reach us by calling **978-464-5977**.



What  
can the  
**PRINCETON  
COUNCIL  
ON AGING**  
do for  
you?

Councils on Aging (COAs) serve as a gateway to the nation's aging network — connecting older adults to vital community services that can help them stay healthy and independent.

**We offer a wide variety of programs and services including:**

- > Meals and nutrition programs
- > Health, fitness, and wellness programs
- > Information and assistance
- > Public benefit counseling (SNAP, Fuel Assistance and more)
- > SHINE Appointments (Medicare counseling)
- > Social and recreational activities
- > Educational and arts programs
- > Foot care services
- > Medical equipment loan (free)
- > Transportation services
- > Intergenerational programs
- > Volunteer opportunities



## The Wachusett Food Pantry

50 Worcester Road  
Sterling, MA

Seniors (65+) **Fridays from 9 to 11AM  
Feb 17, Mar 17, Apr 21**

ALL Residents **Saturdays from 9 to 11AM  
Feb 18, Mar 18, Apr 22**

The Wachusett Food Pantry is **available to any resident of the Wachusett area towns**. Advanced sign up is not needed, just show up at the pantry at above dates and times. When you arrive, please remain in your car and a volunteer will come to your car to assist you. If you are a senior and need assistance with CONFIDENTIAL pick-up/delivery to your home, please contact the COA at least ONE WEEK prior.



## Medical Loan Closet

Our Medical Loan Closet maintains a rotating stock of durable medical equipment (DME) that can be used short-term or long-term after recovering from surgery, illness, or injury. DME donations also accepted.

**DME TYPICALLY AVAILABLE FOR LOAN:**

- Folding Walkers (with or without wheels)
- Four-wheel Walkers with Seats
- Wheelchairs and Transport Chairs
- Bath Benches, Shower and Commode Chairs
- Canes and Crutches
- Adult Briefs & Pads and Bed Pads
- Nutritional Shakes

## THE SCM ELDERBUS IS AVAILABLE TO ALL SENIORS!

Low-cost **curb-to-curb** transportation options for seniors over 60 as well as those with disabilities.

Call **48 hours in advance** at **1-800-321-0243** between 8:00AM and 4:00PM

### Medical Transportation:

**Worcester/Auburn/Barre**  
Mon-Wed, 10-12 or 12-2PM  
\$1.50+\$.25 per town

**Rutland/Holden,/Leominster**  
Mon-Fri, 9:30-2:30PM  
\$1.50+\$.25 per town

### Grocery Shopping:

**Big Y, Holden**  
Fridays from 10:30-12:00PM  
\$1.50 each way

## NEED A RIDE?



## ADVENTURES for TRAVELERS 50+



**Saturday, MAR 11, 2023 St. Patrick's Day at Nellie's:** Wear your green — we're journeying to the Irish Catskill Mountains and the town of East Durham, home of Nellie's Irish Pub for lunch, Irish music and time for shopping at Nellie's in-house bakery. If time permits will we spend time shopping in Durham before heading home. **\$129/pp**

**Saturday, APR 15th, 2023 BEEHIVE at the Stoneham Theater:** Lunch is included at the Chateau Restaurant. **\$159/pp**

**Saturday, MAY 6, 2023 "Downton Abbey" Tea:** Manners, and Treats for Mother's Day travel to the historic Silver Fountain Inn & Carriage House an 1870s Victorian inn located in the heart of Dover, NH. We will make stops at Pig's Fly Bakery in Kittery, Maine, and Stonewall Kitchen in York, Maine. Plenty of seats available. **\$135/pp**

**Saturday, MAY 27, 2023 "Beautiful":** The Carol King Musical at the Ogunquit Playhouse: First stop will be everyone's favorite store, When Pigs Fly bakery, for fresh baked breads. Then lunch at Warren's Lobster House and on to the Playhouse for the performance that starts at 2PM. See website for lunch menu choices. **\$65/pp**

FOR MORE INFORMATION, CONTACT: Gladys Merrow **508-835-4312** or **508-612-5312** or **andawaywegotravel.gem@gmail.com**. Signed COVID waiver and proof of vaccination required. All trips include gratuity for driver and escort. Cancellation waiver included — you will receive a refund, minus \$5 fee. If trip includes theater ticket, refund will also be minus cost of ticket up to 10 days prior to trip. After that, refund only if your seat can be filled.

**Saturday, JUNE 11 to Wednesday, JUNE 14th, 2023 4 Day Finger Lakes Trip:** Includes visits to orchards, a lake cruise, 2 wine tastings, historic house & garden tour, the Women's Rights National Park, *It's a Wonderful Life* Museum, Harriet Tubman's house, the Corning Glass Museum, and more. Price includes roundtrip motorcoach, 3-nights accommodation, 7 meals (3 breakfasts, 1 lunch, 3 dinners), and admissions to all listed attractions. **\$749/pp-double occupancy or \$969/pp-single occupancy**

**Saturday, August 19, 2023 Lake Cruise and Museum:** Lunch cruise on Lake Winnepesaukee and Wright Museum. Details to be released soon.

**Saturday, SEP 29 to Friday, OCT 6, 2023 America's Music Cities, Nashville, Memphis and New Orleans:** Our BIG TRIP for 2023 with Mayflower Tours. Includes round trip airfare from Boston. To and from Boston arranged by *And Away We Go Travel*. Call Fred Clark at (509) 421-6882 for all information on this. **Price for two in a room \$3,599.00, Private room \$4,628.00**

## BETTER SLEEP, BETTER HEALTH

WEDNESDAY, FEB 22ND, 11:00AM



We all know we feel our best after a good night's sleep, but sometimes those precious ZZZ's are all too elusive. Sound familiar??? According to the National Institute of Health, older adults need an average of 7-9 hours of sleep and many of us simply aren't getting it. Whether it's aches and pains, medication side effects, or the near universal need to make a trip to the bathroom, lack of sleep impacts how we function mentally, physically, and emotionally. It increases our risk of health problems including cardiovascular disease, high blood pressure, diabetes, depression, and obesity. Whether you only have occasional "bad" nights or are chronically plagued with sleep issues, there ARE things you can try to improve the quality of your sleep. Our Outreach and Assistant Program Coordinator, **Colleen Mullaney**, specially trained in Sleep Hygiene, will be talking about common, and not-so-common sleep problems and sharing tips and habits for creating a better night-time routine. **Call the COA at 978 464 5977 to sign-up.**





# HERBS & SPICES

**THURSDAY, JANUARY 5TH, 1:00PM**

We are ServSafe certified, and we can now work in shifts preparing our special blends! Still testing prototypes, but can set up regular drying and blending sessions. Stay tuned for a tasting session especially for Princeton seniors in the next month or two. **If you are interested in joining, please call 978-464-5977 to be added to the group list and meetings schedule.**

# THE TOWN BUZZ

**FEB 8TH at 1:00PM: Fire/EMS Happenings**  
**FEB 22ND at 1:00PM: Meet the New Police Chief**

Find out what we learned from the recent assessment done by MRI. The Town Buzz is a friendly and informal discussion on a topic of interest to residents. Held at the Senior Center. Hot coffee and tea will be served.



# CHOCOLATE 101: TALK & TASTING

**WEDNESDAY, FEBRUARY 1ST, 12:00 NOON**

Did you know that eating chocolate releases endorphins that make you happy? Come try an array of gourmet chocolate delights. Milk, dark, and SUGAR FREE chocolate will be offered for sampling. Learn about the ingredients, processing and where cocoa pods are grown. Can you think of a better way to get ready for Valentine's Day? **Space is Limited, please call 978-464-5977 to make a reservation!**

**FOOTCARE BY NURSES, LLC** is a skilled nursing service that offers kind, safe, evidence-based care for your feet that supports overall health, mobility, and balance. **Nail trimming, callous removal, and foot massage included.** Visits are by appointment at the COA or through home visits. Please call or email the COA for more information on dates, times & prices.



# Don't throw it away, Recycle It!

**NOV 2022 thru MAR 2023**  
**RECYCLE CENTER HOURS**  
Tuesdays: 10:00 to 12:00PM  
Thursdays: 2:00 to 4:00PM  
1st & 3rd Saturday: 9:00AM to Noon



Visit [www.wachusettearthday.org](http://www.wachusettearthday.org) or call **978-464-2854**. We are located at: Wachusett Watershed Regional Recycling Center 131 Raymond Huntington Hwy, West Boylston

# MEDICARE ADVANTAGE PLAN

The Medicare Advantage Plan Open Enrollment Period runs from January 1 to March 31, 2023. If you are currently enrolled in a Medicare Advantage Plan that isn't meeting your needs, you can switch to a different Advantage plan or switch to Original Medicare (and join a separate Medicare drug plan, if needed) during this time. Our SHINE counselor can help you to understand changes to your current plan, as well as discuss other options you may have. **Call 978-464-5977 to schedule your meeting with a SHINE Counselor.**



# COMPUTER TECHNICAL SUPPORT



Do you need some help with technology? Do you want to learn how to join ZOOM? Karen can help! Socially distanced and virtual technical support are available through our very capable volunteers. **Contact Karen Cruise at 978-852-2709 [crukaren99@gmail.com](mailto:crukaren99@gmail.com)**



# bridge

**TUESDAYS AT 2:00PM**

New players are always welcome! Call 978-464-5977 for more details.



# BOOK CLUB

**FEB 18TH AT 1:00PM**  
**The Lost Apothecary**  
by Sarah Penner

**MAR 22ND AT 1:00PM**  
**The Woman in the Library**  
by Sulari Gentill



# MEN'S GROUP

**FRIDAYS AT 10:00AM**

Come join this great group of men for exciting discussions on anything and everything! New members are always welcome!

Call **Mike Warren** at **978-337-0636** for details



# MAHJONG

**MONDAYS AT 2:00PM**

Beginners welcome — we'll teach you the basics.



# BEGINNER PIANO

with DENNIS DEYO

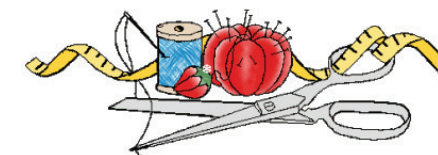
**MONDAYS AT 12:30PM**

Small group classes with an instructor \$5 per person/class

# ELDER LAW: PREPARE FOR YOUR FUTURE

**WEDNESDAY, FEB 8TH AT 1:00PM**

We never know what the future holds, but it's in our best interest (and that of our families) to become familiar with the issues and options most of us will need to address. To get started on sorting it all out, come to this **FREE WORKSHOP** to get some direction and accurate information from the pros. Topics addressed include: > *How protect an estate.* > *Who can make decisions for me if I cannot?* > *Guardianships and receiving long term care.* Resources in Worcester County. This workshop will be presented by **Stephanie Fattman, Esq**, Register of Probate, Worcester County and **Kate Toomey**, Register of Deeds, Worcester County. **Please call the COA at 978 464 5977 to sign-up.**



# Needlework Studio

**THURSDAYS AT 2:00PM**

If you knit, crochet, embroider or enjoy any of the needle arts, join us to work on your latest project and enjoy each other's company. Such fun!



# CRIBBAGE

**THURSDAYS AT 2:00PM**

For newbies and experienced players alike, all welcome!





# Yoga with Kate

**MONDAYS & WEDNESDAYS AT 9:30AM**

**\$5 donation/class** All skill levels welcome with main focus on good form. Bring your own mat. Blocks and straps provided. Class taught in Kate's Powerhouse Studio at 206 Worcester Road (above the COA).



# Stretch & Flow Yoga

**FRIDAYS AT 10:30AM**

**\$5 donation/class.** Slower paced, meditative style class with focus on stretching by holding poses with supportive props such as blocks or straps. Longer holds strengthen/tone muscles while deepening flexibility. Class concludes with *savasana*, the practice of deep mental and physical relaxation. Meets at Kate's Powerhouse Studio at 206 Worcester Road (above COA).



# Hiking with Rick

**WEDNESDAY, FEBRUARY 15TH AT 1:00PM**

This month, we will enjoy a three-mile hike on the newly refurbished Central Mass Rail Trail segment west of Route 31, off Mill St. in Holden. This is an easy out and back hike along a nice rail trail surface! **Contact Rick at TrailAroundPrincetonMA@gmail.com**



# VALENTINE CHAT&GO!

**WEDNESDAY, FEBRUARY 14TH, 10:30AM to NOON**

Come celebrate Valentine's Day and our many friendships and community! We'll be serving hot and cold beverages and some sweet treats while enjoying each other's company. Party is drop-in, but reservations are required for a surprise take-home Valentine. **Call the COA to sign-up for valentine favor at 978 464 5977.**



# Adult Coloring Kits

**AVAILABLE FEBRUARY 2ND at 12:00PM**

Free monthly coloring kits of 8 images on card stock will be available for pick-up at the COA. If you're signing up for the first time, call us and we'll order a set of 36 dual tip gel pens for you. \$9 for initial kit with pens; no charge for subsequent monthly kits

# THE PRINCETON WALKING CLUB

**TUESDAYS AT 9:30AM**

Meet at the senior center in your walking shoes and enjoy easy walks around the local neighborhood with great company. Please call to sign up.



# ATTENTION VETERANS!

**VETERANS BENEFITS HAVE INCREASED!** You may be eligible for additional benefits. If you need veteran services, please reach out to **Lynette Gabrila** at the Veterans Service Office at **978-630-4017** or email **LGabrila@gardner-ma.gov**



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Wachusett House is an independent living facility for those with low to moderate income. These 16 quaint, quiet units, tucked into the woods of Princeton, close to the center of town, all have one bedroom and are located in one of four buildings set around a central office and community space.

We are currently accepting applications for residency. To qualify, applicant:  
~ Must be at least 62 years old or handicapped/disabled (regardless of age)  
~ Must have an adjusted income no greater than \$54,500 for one or \$61,500 for two.  
**WHC** abides by the equal housing opportunity standards and does not discriminate; is an equal opportunity provider and employer.

[wachusethousecorp@gmail.com](mailto:wachusethousecorp@gmail.com) | 978-464-2637 | 978-464-0513 | 1-800-439-2370

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