



PRINCETON SENIOR CENTER

APRIL 2022

WHAT'S HAPPENING?

Adult Coloring
 Beginner Piano
 Book Club
 Bridge
 Barre/Pilates Class
 Candidates Forum
 Foot Care
 Game Day
 Grab & Go Lunch
 Mahjong
 UCLA Memory Training
Men's Group
 Piano
 Produce Market
 Recipe Share
 Senior Hike
 SHINE Counseling
 Tai Chi
 Tech Support
 Water Color Class
 Yoga with Kate

Look for more details inside!

Director's Message

I love April, it's the month that assures us we're moving full steam ahead into spring. Warmer temps, longer days, and even if it snows (and it probably will), we don't care – it doesn't have any staying power. I always hope for snowdrops and crocuses to be out by Easter and Passover, and sometimes my wish is granted by these symbols of rebirth, innocence, and joy. April is a perfect time for new beginnings – are you ready to start taking that daily walk or join a new exercise class? Check out our Yoga or Tai Chi classes, both are great for body and mind. Want to learn something new? Try Piano for Beginners, the 6-week Watercolor Class, or Mahjong. And for you **foodies**, we're sending you our **Recipe Exchange** and hope you continue to send us your favorites too. As reported Covid numbers continue to drop and the guidelines for masks become less stringent, we are cautiously planning more on-site programming. We're looking into a series of onsite breakfast talks on health, financial, legal, and estate issues as well as some social, political, and arts topics. Please call or email us to let us know what subjects you would most like to see us explore. We hope to have one in place next month. This is *your* COA, help us ensure it meets your needs and expectations.

Stay well and trade those snow boots for sneakers!

Judith



HOURS

Mon 9:00am - 4:00pm
Tues 9:00am - 4:00pm
Wed 9:00am-4:00pm
Thurs 9:00am-4:00pm

Director
 Judith Webster
Program Coordinator
 Nickole Boardman

COA BOARD MEMBERS

Chair Wendy Pape
Vice Chair Mike Warren
Secretary Barbara Guthrie
Members
 Susan Stolberg
 Terry Thompson
 Donna Mackenzie
 Bill Lindquist
Advisors
 Frances Thomas
 Jane Giumette

Monthly board meeting at 9am on the first Thursday of the month. All are welcome.

Post Office Place
 206 Worcester Rd
 Suite 21, 1st Floor
 Princeton, MA 01541

978 464 5977

WHAT CAN THE COUNCIL ON AGING DO FOR YOU?

Council on Aging 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.

The Princeton COA offers 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 appts (Medicare counseling)
- Social and recreational activities
- Educational and arts programs
- Foot Care Services
- Medical equipment loan (free)
- Transportation services
- Intergenerational programs
- Volunteer opportunities



FOOD PANTRY

50 Worcester Rd, Sterling

Seniors (65+) FRIDAYS from 9-11 am
 April 15, May 20, June 17
 ALL Residents SATURDAYS from 9-11 am
 April 16, May 21, June 18

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.

NEED A RIDE? SCM ElderBus is available to all seniors!

Low cost transportation options for seniors over 60 as well as those with disabilities. ElderBus is a curb to curb service.

Medical transportation:

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

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

Grocery Shopping-Big Y, Holden-Every Friday 10:30-12:00pm—\$1.50 each way

Please call 48 hours in advance between 8:00 am and 4:00 pm:

1 800 321 0243



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)



YOGA
with KATE

\$5 per class

Mondays at 9:45am &
Wednesdays at 10:00am

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 Rd above the COA.



\$5 per
class

with Sifu Gary

Wednesdays at 10:30am

*Meditation with gentle exercise pairing
movements with deep breathing.*

Classes at COA.

Call to register



Wednesday, April 20, 2022
at 1:00pm

Calamint Hill Conservation area- Easy to
moderate 3 mile walk. Hoping to see some wildlife
along the way.

Everyone is welcome! *Please make
reservations for this senior friendly hike!*

Contact Rick at
TrailAroundPrincetonMA@GMail.com

Barre &

PILATES with KATE

Fridays at 10:30am

*Drop-ins welcome

*Stretch, strengthen and balance
exercises using a barre and Pilates
on a mat.*

*Class taught at Kate's Powerhouse
Studio*

\$5 per class



MARTY'S ZOOM SENIOR FITNESS

Monday & Wednesday - 10:30am

<https://us02web.zoom.us/j/7610148460> Zoom ID: 761 014 8460

Cardio, Balance, Strength, Circulation, Yoga & Joy!



Tuesdays at 2pm
Join us!
New players always welcome!

Come play Mahjong or learn to play

Mondays at 2pm
Drop-in class for
beginners to learn basics

Thursdays
at 2pm
All welcome



Beginner Piano Lessons with Dennis Deyo
Mondays at 1pm
Small group classes with an instructor
\$5 per person/per class.



CAREGIVER SUPPORT at STERLING Senior Center 36 Muddy Pond Rd

Thursday, April 28th 3pm-4:30pm
Caretaking is hard work. Come discuss the stresses, challenges, and rewards of providing care for loved ones.

This is a peer-directed meeting, facilitated by Eileen Brooks from Sterling Village. Call Sterling to register. 978 422 3032

BOOK CLUB

THE RIDE OF HER LIFE

By Elizabeth Letts

Weds, April 20th at 1pm

COLORING FOR ADULTS

Drop-in Open Coloring
Wed at 2pm

Coloring kits available for pick-up at the COA on April 6th. If you have your pens, you just need to pick-up the free coloring pages. If you're signing up for the first time, please call us and we'll order a set of 36 dual tip gel pens for you. \$8 for initial kit with pens; no charge for subsequent coloring pages (no pens).

Friday mornings at 10am

Come join this great group of men for exciting discussions on anything and everything!!

New members welcome.

Call Mike Warren for details at 978 337 0636



MEN'S GROUP

If you need veteran services, please reach out to:

Lynette Gabrila - Veterans Service Office

978 630 4017 LGabrila@gardner-ma.gov



A D V E R T I S E M E N T S



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 senior center or through home visits. Please call or email the senior center for more information on dates, times & prices. More dates added!



**Supplemental
Nutrition
Assistance
Program**

Do you need assistance with buying food?
We can help!

WHAT IS SNAP?

Supplemental Nutrition Assistance Program formerly known as the Food Stamps, is a 100% federally funded program regulated by the United States Department of Agriculture (USDA) and administered by the Massachusetts Department of Transitional Assistance (DTA).

WHO IS ELIGIBLE for SNAP?

Low income households including:

- Senior Citizens
- Persons with disabilities
- Unemployed & low-wage individuals
- Families with children
- Pregnant women

The Princeton Senior center can help you apply for SNAP. Reach out to us if you have questions or need help.

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Town Elections are coming up in May. We will be holding a hybrid forum to meet the candidates.

April 11th at 7pm

At the Princeton COA

Check the town calendar for the link to join us by zoom.



Have you heard of File of Life? It is a small packet of information about you that emergency medical personnel can use during an emergency. The folder is magnetic and is

designed to hang on your refrigerator and EMT's are trained to look for them when they come to assist you. The information includes medication, allergies, doctors and emergency contacts. All your information will be in one spot. The File of Life could save your life or the life of a loved one! The Princeton Senior Center has them available for FREE! Call us to reserve your File of Life today!

COVID-19 Digital Vaccine Card

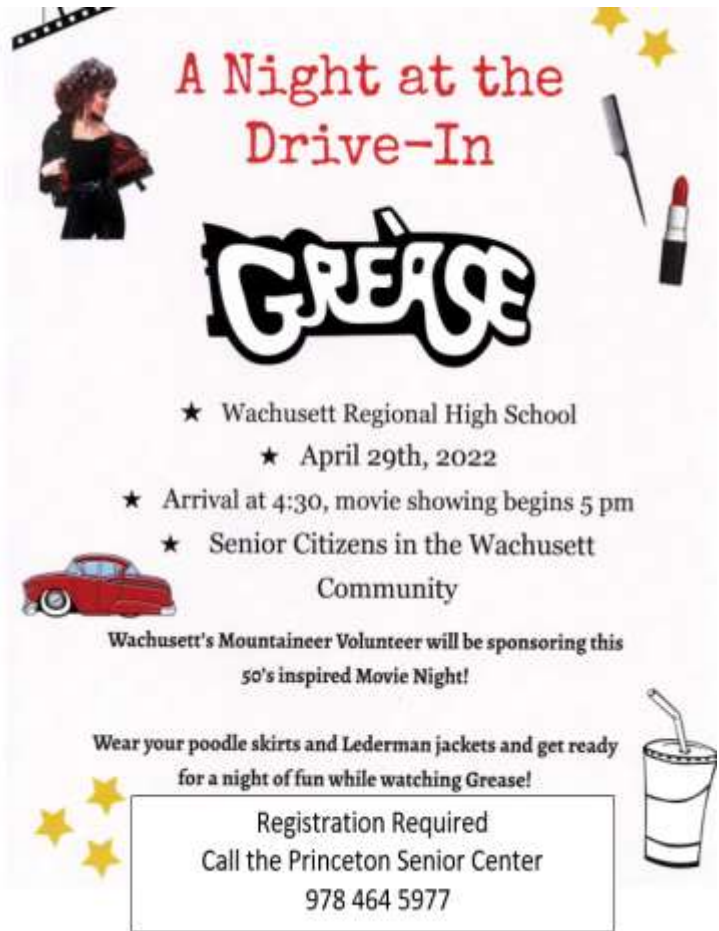


Proof of your vaccination status is being required in many places. You can now obtain a digital copy of your vaccine card. This record shows the same information as the paper CDC vaccine card.

DO YOU KNOW WHERE YOUR HOME ENERGY DOLLARS ARE GOING?

The Environmental Action Committee is pleased to announce a pilot program with the Princeton Municipal Light Department to help residents save money and use energy more efficiently. There are two components:

1. PMLD purchased several Kill-A-Watt meters which measure the amount of electricity used by specific appliances. You can borrow a meter, plug it in between your wall socket and an appliance, and see how much electricity the appliance requires. You can compare **your appliance's energy us to your neighbor's, or to other appliances on the market.**
2. Light Commissioner Richard Chase is allowing his infrared camera to be used by EAC member Charlie Cary to take thermal pictures of Princeton homes. These pictures are remarkable at identifying where buildings are losing the most heat. Charlie will send Princeton residents thermal pictures of their home, with a brief report, upon request.
Call (978-697-8223) or email (crcary@verizon.net) Charlie Cary if you are interested in participating in either of these energy awareness opportunities.



A Night at the Drive-In

GREASE

- ★ Wachusett Regional High School
- ★ April 29th, 2022
- ★ Arrival at 4:30, movie showing begins 5 pm
- ★ Senior Citizens in the Wachusett Community

Wachusett's Mountaineer Volunteer will be sponsoring this 50's inspired Movie Night!

Wear your poodle skirts and Lederman jackets and get ready for a night of fun while watching Grease!

Registration Required
Call the Princeton Senior Center
978 464 5977

AND AWAY WE GO TRAVEL

2022 Trip List For age 50+ travelers

Sat, Apr 9	Peabody Essex Museum, Salem. Many new exhibits in the recent extension! Includes lunch at Finz Restaurant.	\$119.00/pp
May 12-15	Ottawa Tulip Festival 3 nights at Sheraton Hotel, breakfasts, dinners, all admissions, Ottawa River cruise, guide and driver gratuities. Itinerary is subject to change or cancellation based on border crossings.	\$939 single \$799 double \$759 triple
May 28	Bronx Zoo or NY Botanical Gardens including narrated tram tour.	\$109/pp
Sun, July 31	On Gold Pond, Moulton Farm Market & lunch at Hart's Turkey Farm in Meredith, NH. 90 minute boat ride at Squam Lake Science Center to learn about the natural forces that created the lake and wildlife.	\$115.00/pp
Sat, Sept 10	Day in the Berkshires Botanical gardens, lunch & Artist retreat	\$145/pp
Sun, Oct 9	Calvin Coolidge Museum including lunch at Quechee Inn.	\$119/pp
Dec 9 & 10	Freeport & Portland Victoria Mansion Tour, Wilbur's Chocolates, dinner. Overnight stay, Portland Symphony Orchestra's Magic of Christmas show..	\$409/pp

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 andawaywegotravel.gem@gmail.com

TAPE HERE

TAPE HERE

PRINCETON COUNCIL ON AGING APRIL 2022 NEWSLETTER

PRINCETON TOWN HALL
6 TOWN HALL DRIVE
PRINCETON, MA 01541

PRSRST STD
U.S. POSTAGE
PAID
PERMIT NO. 3
Princeton, MA
01541

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>

GRAB & GO EVENTS are open to ALL seniors and are FREE but require an RSVP.



COME TO OUR
Pop-Up Produce Market at the
Senior Center
APRIL 20th
11:00am-1:00pm

Cash/ SNAP/ HIPP accepted

Growing places is a mobile produce market that sells produce from our local farmers all year round.

During the winter, they will be running a produce delivery program right to your door! The cost of food has increased dramatically, you may be eligible to sign up for SNAP benefits.



Watercolor
Workshop
with Charlie
Gray

Thursdays 1pm-3pm
March 31st - May 5th
6 week session- Beginners Welcome

Call for more information &
Registration. Class size limited

Easter, Passover & Spring



Our Recipe Exchange is popular!
Contact us if you want copies
coa@town.Princeton.ma.us
All are welcome to request
recipes!

Make Your Own Meal
Grab & Go
Holiday Dinner kit
Ham & Vegetables



Provided by Quabbin Valley Healthcare
Sponsored by Aetna & Growing Places

Drive by the side door of the Senior Center
April 14th, 2022
Between 12:00-12:30pm

Reservations required
1 per household
Quantities limited
978 464 5977



APRIL 2022



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>10am MENS GROUP 10:30am BARRE/ PILATES</p>
<p>4</p> <p>9:45am YOGA 10:30am ZOOM FITNESS 1pm PIANO 2pm MAHJONG</p>	<p>5</p> <p>MOW's DELIVERY 2pm BRIDGE</p>	<p>6</p> <p>10am YOGA 10:30am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING Pick up coloring pages</p>	<p>7</p> <p>1pm MAHJONG 1pm WATERCOLOR WITH CHARLIE</p>	<p>8</p> <p>10am MENS GROUP 10:30am BARRE/ PILATES</p>
<p>11</p> <p>9:45am YOGA 10:30am ZOOM FITNESS 1pm PIANO 2pm MAHJONG 7pm CANDIDATES FORUM</p>	<p>12</p> <p>MOW's DELIVERY FOOT CARE 2pm BRIDGE</p>	<p>13</p> <p>10am YOGA 10:30am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING</p>	<p>14</p> <p>12pm GRAB & GO 1pm MAHJONG 1pm WATERCOLOR WITH CHARLIE</p>	<p>15</p> <p>9am FOOD PANTRY 10am MENS GROUP 10:30am BARRE/ PILATES</p>
<p>18</p> <p>9:45am YOGA 10:30am ZOOM FITNESS 1pm PIANO 2pm MAHJONG</p>	<p>19</p> <p>MOW's DELIVERY 1pm SENIOR HIKE 2pm BRIDGE</p>	<p>20</p> <p>10am YOGA 10:30am TAI CHI 10:30am ZOOM FITNESS 1pm BOOK CLUB 2pm COLORING</p>	<p>21</p> <p>1pm MAHJONG 1pm WATERCOLOR WITH CHARLIE SHINE (by appt)</p>	<p>22</p> <p>10am MENS GROUP 10:30am BARRE/ PILATES</p>
<p>25</p> <p>9:45am YOGA 10:30am ZOOM FITNESS 1pm PIANO 2pm MAHJONG</p>	<p>26</p> <p>MOW's DELIVERY FOOT CARE 2pm BRIDGE</p>	<p>27</p> <p>10am YOGA 10:30am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING</p>	<p>28</p> <p>1pm MAHJONG 1pm WATERCOLOR WITH CHARLIE 3pm CAREGIVER SUPPORT GROUP</p>	<p>29</p> <p>10am MENS GROUP 10:30am BARRE/ PILATES</p>