



PRINCETON COUNCIL ON AGING

Princeton Senior Center



DECEMBER 2022

The Director's Message:

This time last year we were slowly reopening the COA for in-person programming, only to do a soft close in January due to the new Omicron variant. What a difference a year makes! This year we have onsite programming Monday-Friday and have so many new classes and groups including Tai Chi, Stretch and Flow Yoga, Mahjong, Needlework, Cribbage, Coloring Kits, Health Lectures, Herbs & Spices, and more. If there's something you'd like to see us try, please give us a call! This month we have some very special events and announcements. 🎉

After 5 months of looking for the right candidate, we're pleased to announce that **Colleen Mullaney** will be the COA's new Outreach & Assistant Program Coordinator. We're inviting you to come meet her and make merry together at the Holiday Chat & Go on December 14th at 10:30 AM. We'll be serving beverages and seasonal treats and snacks. Come party with us and be sure to reserve your take home goody bag! 🎉 This month we're also adding another new exercise class and a new game activity. **Stretch & Flow Yoga**, Fridays at 10:30 AM, is a less strenuous and more meditative yoga, focusing on holding poses longer and building flexibility. It's a great addition to our yoga program. 🎉 And we've reserved Thursday's at 2:00 PM for **Cribbage** – the boards are ready and waiting for new and experienced players! 🎉 We're excited to have **Town Buzz**, led by Karen Cruise, back in person twice monthly and this month there's also a 3rd virtual session. Check out the topics for all sessions and look for the link to the virtual session on the town website. 🎉 A quick reminder that the **Growing Places Mobile Market** is moving from the 4th to the 3rd Tuesday of the month and will be held indoors. 🎉 During this holiday season, take time to enjoy making a holiday arrangement with artificial greens, berries, and a pillar candle in a lovely container designed by **Kathy Packard** at our Dec 6th workshop. A lot of people who saw the prototypes went ga-ga and we selected the most admired one for the workshop. 🎉 Be sure not to miss the Princeton Arts Society's **Small Works & Holiday Marketplace** held the first 2 weekends in December – there are always many lovely things to see and take home! 🎉 While you're in the spirit, the Worcester County **Sherriff's Office and Rotary Club** are collecting warm winter coats and new toys to distribute to those in need. Please drop your donations off at the COA. 🎉 And just before we went to press, I learned that Robert Peura, owner of **Deer Run Tree Farm** here in Princeton, is cutting down an 8-foot Spruce tree on Green Friday, November 25th, and donating it to the COA! We're so thrilled and honored to receive this generous gift and thank Robert for making this season so special. If you'd like, bring an ornament to the **Holiday Chat & Go** and let's light up that tree!

Happy Hannukah, Merry Christmas, and Peace & Light to All! Judith, Director

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Our Hours

We will be closed on December 23 and 26.

Monday thru Thursday from 9:00AM to 4:00PM for all activities & services.

Friday for scheduled activities ONLY.

COA Board Members

Chair **Wendy Pape**
Vice Chair **Mike Warren**
Secretary **Barbara Guthrie**

Members
Jane Giumette
Bill Lindquist
Donna Mackenzie
Susan Stolberg

Advisor **Frances Thomas**

Board Meeting

The monthly COA Board Meeting will be held on **Wednesday, December 7th 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 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. 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



The Wachusett Food Pantry

50 Worcester Road
Sterling, MA

Seniors (65+)

Fridays from 9 to 11AM
Dec 16, Jan 20, Feb 17

ALL Residents

Saturdays from 9 to 11AM
Dec 17, Jan 21, Feb 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.



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

NEED A RIDE?



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



bridge

TUESDAYS AT 2:00PM

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



MAHJONG

MONDAYS AT 2:00PM

Beginners welcome — we'll teach you the basics.



BEGINNER PIANO

LESSONS *with* DENNIS DEYO

MONDAYS AT 12:45PM

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



Book Club

DECEMBER 14TH

Mr. Dickens and His Carol
by Samantha Silva

JAN 18TH AT 1:00PM

The Violin Conspiracy
by Brenden Slocum



Attention: CALLING ALL PRINCETON THESPIANS!

We have a small group interested and hope to add a few more participants. Great winter activity. We pick a play, assign parts, read the play at home, then meet to read it together.

If the group takes root, we might be reading performances for the public. **If interested, call the COA, 978-464-5977.**

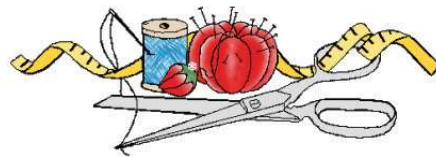


MEN'S GROUP

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



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).

NEW CLASS



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

DECEMBER 21ST AT 1:00PM

An "easy-to-moderate" three-mile hike at Calamont Hill Conservation Area around a large beaver pond. Everyone is welcome! Please make reservations for this senior-friendly hike! **Contact Rick at TrailAroundPrincetonMA@gmail.com**



PILATES BARRE & YOGA WITH KATE

THURSDAYS AT 9:30AM

\$5 donation/class Stretch, strengthen, and balance exercises using a combo of Pilates, Barre & Yoga. Bring a mat. Class taught at Kate's Powerhouse Studio at 206 Worcester Road (above the COA).



Adult Coloring Kits

AVAILABLE DECEMBER 6TH 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. See the back of this month's calendar.

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)
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 WHC abides by the equal housing opportunity standards and does not discriminate; is an equal opportunity provider and employer.

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Medicare 2022 Open Enrollment

If you have a Medicare Part D Prescription Drug or Medicare Advantage Plan, you should have received your Annual Notice of Change (ANOC). *The ANOC is a summary of changes to your plan for 2023. Your costs, covered medications, and provider networks may change from year-to-year.*



If you would like to change your plan for 2023, you may do so during the annual Medicare Open Enrollment Period thru December 7th, and the changes will take effect January 1st.

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 a meeting with a SHINE Counselor on DEC 1st and DEC 7th. In-person or phone. Please book early!



Bring Your Stuff to the Recycle Center!

**NOV 2022 thru MAR 2023
RECYCLE CENTER HOURS**

Tuesdays: 10:00 to 11:00AM

Thursdays: 2:00 to 4:00PM

1st & 3rd Saturday: 9:00AM to Noon

Visit www.wachusettearthday.org or

call **978-464-2854**. We are located at:

Wachusett Watershed Regional Recycling Center
131 Raymond Huntington Hwy, West Boylston



HERBS & SPICES

We're moving forward, getting organized and having fun! Still time to jump on this bandwagon and get to learn how to use our new equipment and create some kitchen concoctions! **Call the COA at 978-464-5977 for details and meeting schedule.**

The COA Lending Library is Open

Due to your many generous donations, our shelves are full, and we must suspend accepting new titles for now. You're still more than welcome to come and pick out your next good read!

YOUR COVID-19 VACCINE CARD IS NOW AVAILABLE ON YOUR PHONE!

The digital card shows all the same info as the paper CDC vaccine card.

Go to MyVaxRecords.Mass.Gov



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



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.



ADVENTURES for TRAVELERS 50+

Friday, DEC 9th and Saturday, DEC 10th, 2022

Freeport & Portland, Maine: A visit to Victoria Mansion, Portland then to Wilbur's Chocolates, and dinner. Overnight stay at Hilton Garden Inn, Freeport, Day 2: Lunch at the Muddy Rudder, then Portland Symphony Orchestra's Magic of Christmas show. **\$409/pp**

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, SEP 29th to Friday, OCT 6th, 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*. \$100.00 saving per person if book by December 4th 2022. Call *And Away We Go Travel*, Fred Clark at (509) 421-6882 for all information on this this. **Price for two in a room \$3,599.00, Private room \$4,628.00**

For more information, contact: Gladys Mellow **508-835-4312** or **508-612-5312** or andawaywego@travel.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 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.

TOWN BUZZ IS BACK!

DEC 14TH at 1:00PM: Managing Traffic in Town
DEC 15TH at 6:30PM: Selectboard Q&A (Virtual)
DEC 28TH at 1:00PM: The Year in Review

Town Buzz will be starting back up in person! The Town Buzz is a friendly and informal discussion on a topic of interest to residents. It's held the 2nd & 4th Wednesdays at 1:00pm at the Senior and Community Center. An occasional additional session will be held in the evening for those who can't attend during the day. Hot coffee and tea served at afternoon sessions. *(The Selectboard Q&A is a virtual event, please see the Town website for link.)*



HOLIDAY CHAT & GO!

WEDNESDAY, DEC 14TH, 10:30AM TO NOON

Come share some seasonal cheer and welcome our new Outreach & Assistant Program Coordinator, **Colleen Mullaney**! Two great reasons for a party! We'll be serving hot and cold beverages and some sweet & savory seasonal nibbles while enjoying each other's company and getting to know our new staff member. Party is drop-in, but reservations are required for to-go goody bag.



HOLIDAY DECORATION GREENERY WORKSHOP

TUESDAY, DEC 6TH AT 1:00PM

\$10 material fee. Deck your halls with a lovely arrangement made of artificial greens and berries in a decorative container with pillar candle — something wonderful that will last this holiday season and for years to come! Led by Kathy Packard and limited to 10 people.

TAPE HERE

TAPE HERE

Princeton Council on Aging *December 2022 Newsletter*

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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>



Tuesday, December 6th
1:00PM

HOLIDAY ARRANGEMENT

A Hands-On Workshop!

Reservations Required
Call 978-464-5977

Create a special holiday decoration!
All materials provided. \$10 paid to instructor. Workshop led by Kathy Packard. Look for a photo of the project soon on our FB page!



Wednesday, December 14th
10:30AM to 12:00PM

CHAT&GO: HOLIDAY FUN!

*Holiday Get-Together
with Goody Bag-to-Go!*

Reservations Required
Call 978-464-5977

Gathering is drop-in and we hope to see you all. Events are open to ALL seniors and are FREE, but goodie bags require an RSVP.



Tuesday, December 20th
12:30 to 1:30PM

GROWING PLACES

Inside the COA this month!

Growing Places is 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)

This newsletter was designed by Thomjon Borges 978-868-0890 or thomjon@borgescreative.com

Events for December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 12:45PM Piano 2:00PM Mahjong</p>	<p>29 <i>Meals on Wheels</i></p> <p>9:30AM Walking 2:00PM Bridge</p>	<p>30</p> <p>10:00AM Yoga 10:00AM Zoom Fitness 10:30AM Tai Chi</p>	<p>1</p> <p>9:30AM Barre, Pilates, and Yoga 2:00PM Needlework 1:00PM Cribbage 1:00PM Medicare Counseling</p>	<p>2</p> <p>10:00AM Men's Group 10:30PM Stretch & Flow 6:00PM Princeton Arts Society Reception & Marketplace</p>
<p>5</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Piano 2:00PM Mahjong</p>	<p>6 <i>Meals on Wheels</i></p> <p>9:00AM Footcare 9:30AM Walking 12:00PM Coloring 1:00PM Holiday Workshop 2:00PM Bridge</p>	<p>7</p> <p>9:00AM Board Meeting 9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Medicare Counseling</p>	<p>8</p> <p>9:30AM Barre, Pilates, and Yoga 2:00PM Needlework 2:00PM Cribbage</p>	<p>9</p> <p>10:00AM Men's Group 10:30PM Stretch & Flow 6:00PM Princeton Arts Society Reception & Marketplace</p>
<p>12</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Piano 2:00PM Mahjong</p>	<p>13 <i>Meals on Wheels</i></p> <p>9:30AM Walking 2:00PM Bridge</p>	<p>14</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Holiday Chat & Go 1:00PM Book Club 1:00PM Town Buzz</p>	<p>15</p> <p>9:30AM Barre, Pilates, and Yoga 2:00PM Cribbage 2:00PM Needlework 6:30PM Town Buzz</p>	<p>16</p> <p>9:00AM Senior Food Pantry 10:00AM Men's Group 10:30PM Stretch & Flow</p>
<p>19</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Piano 2:00PM Mahjong</p>	<p>20 <i>Meals on Wheels</i></p> <p>8:30AM Footcare 9:30AM Walking 12:30PM Growing Places 2:00PM Bridge</p>	<p>21</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Senior Hike</p>	<p>22</p> <p>9:30AM Barre, Pilates, and Yoga 2:00PM Cribbage 2:00PM Needlework</p>	<p>23</p> <p>CLOSED</p>
<p>26/31</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Piano 2:00PM Mahjong</p>	<p>27 <i>Meals on Wheels</i></p> <p>9:30AM Walking 2:00PM Bridge</p>	<p>28</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Town Buzz</p>	<p>29</p> <p>9:30AM Barre, Pilates, and Yoga 2:00PM Cribbage 2:00PM Needlework</p>	<p>30</p> <p>10:30PM Stretch & Flow</p>