



PRINCETON SENIOR CENTER

FEBRUARY 2022

WHAT'S HAPPENING?

- Adult Coloring
- Book Club
- Bridge/ Mahjong
- Barre/Pilates Class
- Foot Care
- Game Day
- Valentine's Grab & Go
- Men's Group
- Mindfulness
- Piano
- Pop up Produce Market
- Recipe Share
- Senior Hike
- SHINE Counseling
- Tai Chi
- Tech Support
- Yoga with Kate

More details inside!

Director's Message

February is that dead-of-winter month blessedly filled with many welcome distractions - Lunar New Year, Groundhog Day, Valentine's Day, President's Day, and the Super Bowl. I'm also a big fan of National Dark Chocolate Day. There's at least one thing to celebrate on the calendar every week and the same is true of our program calendar too. While we want you to be extra careful in any snow or ice, we hope to see you online or in person this month! After a soft close due to the Omicron variant last month, our doors are back open for all onsite activities. So, what's new? After postponing a few new activities in January, we're adding a 2nd day of Mah Jongg, making it possible for both new and experienced players to enjoy the game on Monday and Thursday afternoons. We're adding a new exercise class, Tai Chi with Sifu Gary, which will be held onsite on Wednesdays at 10:30 AM. Town Buzz is back too! Two sessions were scheduled online, one in January and the next one on February 1, 10:00-11:30 AM to discuss potential uses of the ARPA (American Rescue Plan Act) funds. The Selectboard will present some thoughts on how they think the funds can be used and will lead an open discussion about those and other ideas. Here's the link, <https://global.gotomeeting.com/join/733712965>. Don't miss this chance to learn something and/or make your wishes known. People are having fun with the Recipe Exchange, so this seems the perfect month to call for and distribute your favorite Comfort Food recipes. Please send us your most soothing or blues-blasting gastronomic delights to share. We're starting to look ahead to mud season and spring – if you have activities, programs, or services you would like to see happen, please give us a call or send us an email. As always, stay safe, healthy, and warm! - Judith



Senior Center Snow Day policy

If the Wachusett school district is closed, there will be no programs at the senior center. When in doubt, be safe, call us.

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



50 Worcester Rd Sterling

Seniors (65+) -FRIDAYS from 9-11am
Feb 18, March 18, April 15
ALL Residents-SATURDAYS from 9-11am
Feb 19, March 19, April 16

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 vehicle 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 Senior Center at least ONE WEEK prior. 978 464 5977

Princeton Senior Center Services

- Please call us at for any of these services, or to request further information.
- ⇒ Meals on Wheels -Food prepared through Montachusett Opportunity Council and delivered to your home weekly. \$3per meal
 - ⇒ Any services we can provide to help our seniors meet their essential needs;
 - ⇒ SHINE appointments -Medicare information & counseling -FREE
 - ⇒ Foot Care by Nurses,LLC -In person at center & scheduled home visits- \$45 per visit
 - ⇒ Assistance applying for SNAP (food stamps) benefits, food pantry pick-up & delivery
 - ⇒ Medical equipment loans -Walkers, wheel chair, shower seats or canes -FREE
 - ⇒ Other assistance as needed-Call us and leave a message if we are not there.

SCM ElderBus



Low cost transportation options for seniors over 60 as well as those with disabilities. ElderBus is currently operating on a limited schedule. Please do NOT leave trip requests and cancellations on the voicemail system. ElderBus is a curb to curb service. Please have the exact change ready when boarding the vehicle.

Medical transportation:

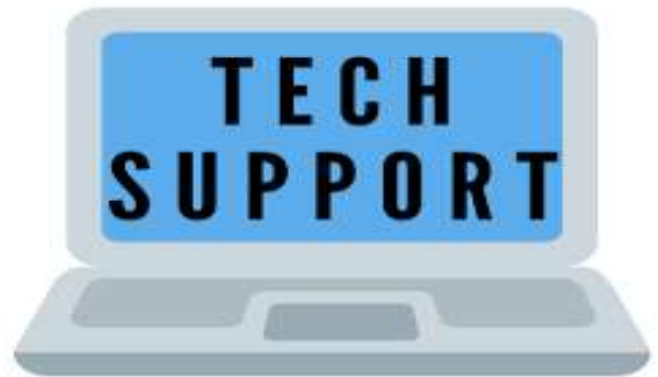
Worcester/Auburn/Barre-Mon-Wed, 10-12 or 12-2pm--\$1.50+\$.25/town

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

From Kate's PowerHouse

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

Class taught in Kate's Powerhouse Studio at 206 Worcester Rd above the Senior Center.

All skill levels welcome with main focus on good form. Bring your own mat. Blocks and straps

\$5 per class



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



Tuesday, Feb 22, 2022
at 1pm

Meet at Krashes Field for a 3 to 4 mile easy to moderate hike through Princeton Land trust.

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

Contact Rick at TrailAroundPrincetonMA@GMail.com



with Sifu Gary

Wednesdays at 10:30am

Meditation with gentle exercise pairing movements with deep breathing

\$5 per class Call to register



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!

BOOK CLUB

THE IMMORTAL
LIFE OF
HENRIETTA LACKS
By Rebecca Skloot
Wed, Feb 23rd
at 1pm

THE MADNESS OF
CROWDS
By Louise Penney
Weds, March 23rd
at 1pm

MINDFULNESS

RETURNS ON ZOOM !

Learn guided meditation techniques to work with pain, **get a better night's sleep, and cultivate more kindness and gratitude** so that you may live your most amazing and well-lived life! \$5 per class

Call the Senior Center to sign up and get Zoom link!



Beginner Piano Lessons
with Dennis Deyo
Mondays at 1pm

Small group classes with an instructor
\$5 per person/per class.
Come learn to play the piano.



Drop-in Open
Coloring
Wed at 2pm
Bring your own supplies
or use ours

FEBRUARY ADULT COLORING KITS

Coloring kits available for pick-up at the COA on **Feb 2nd**. 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 the COA at 978 464 5977 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).

BRIDGE IS BACK ON-LINE!

Join us on-line using the "Trickster Bridge" app. It allows 4 people to play and talk with a video link. The app also allows you to practice by yourself. Call the senior center for more information if interested in joining.



Come play
Mahjong or
learn to play

Mondays at 2pm
Drop-in class for beginners to
learn basics
Thursdays at 1pm
All welcome

CAREGIVER SUPPORT



At the **Sterling Senior Center**
36 Muddy Pond Rd Sterling
Thursday, Feb 24th
3pm-4:30pm

Caretaking is hard work. Come discuss the stresses, challenges, and rewards of providing care for loved ones.
This will be a peer-directed meeting, facilitated by Eileen Brooks from Sterling Village.
Call Sterling to register. 978 422 3032



Friday mornings
at 10am

Come join this great group of men for an exciting discussions on anything and everything!!
New members welcome.
Call Mike Warren for details at 978 337 0636



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!

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

4 Weeks to a Better Memory

UCLA Longevity Center

Class schedule was postponed until March due to Omnicron. There are still a few spaces left!

Four Sessions: Mondays 11:00am-1:00pm
March 7th, 14th, 21st, 28th

Research studies have shown that the UCLA class is effective in improving memory in older adults with normal, age-related memory challenges and the benefits last well beyond the actual course.

Expect focused lectures and in-class exercises as well as assignments to do at home. This is a fun, yet beneficial class. Limited to 15 participants. Registration is required.

\$20/per person for materials



Program Benefits:

- Remember names and faces
- Recall appointments, messages and plans
- Practice everyday memory techniques
- Avoid misplacing objects
- Overcome "tip of the tongue" memory slips



Pop-Up Produce Market at the Senior Center
Wed, Feb 16th - 11:00am-1:00pm
Cash/ SNAP/ HIP accepted
Seasonal samples with recipe cards to help you enjoy winter produce!
COME TRY SOMETHING NEW!!

Growing places is a mobile produce market that sells produce from our local farmers all year round. They can also help seniors sign up for SNAP (Formerly Food stamps)/HIPP benefits on site. During the winter, they will be running a produce delivery program right to your door! Come sign up! The cost of food has increased dramatically, you may be eligible to sign up for SNAP benefits. If you qualify for SNAP, you automatically get \$40 in monthly HIPP benefits to be used at Farmer's Markets and this produce delivery program.



Medicare Advantage Open Enrollment Period

Do you want to change your Medicare Advantage plan? The Medicare Advantage Open Enrollment Period runs from Jan 1st to March 31st. Our SHINE program provides free health insurance information, counseling and assistance to all Massachusetts residents with Medicare. In-Person or phone appointments are available on the 3rd Thursday of every month.



If you need veteran services, please reach out to:

Lynette Gabrilla
Veterans Service Office
978 630 4017
LGabrilla@gardner-ma.gov



On January 4, 2022, the Princeton Selectboard voted to require ALL individuals over the age of 5, regardless of vaccination status, to wear a mask or face covering in indoor public spaces.

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

Senior Circuit Breaker Credit

YOU MAY BE ELIGIBLE

If you are a homeowner, your MA property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.

If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

For tax year 2021, the maximum credit amount is \$1,170.

- You must be a Massachusetts resident or part-year resident
- You must be 65 or older by January 1, 2021
- You must own or rent residential property in MA and occupy it as your primary residence
- Income no more than \$62,000 for single person, \$78,000 for head of household, \$93,000 for married couple

You must file a Mass personal income tax return with Schedule CB. More information is available at

<https://www.mass.gov/how-to/apply-for-the-circuit-breaker-credit>



Get your FREE at home COVID tests delivered to your door!

Go to WWW.COVIDtests.gov and sign up. Every household is eligible for 4 tests per address. Call the senior center to sign up if you do not have computer access.

Housing Needs Survey: Phase II
Princeton Housing Production Plan

This Phase II Survey builds upon the results of last year's housing needs survey and will help the town complete a State-approved Housing Production Plan. A community workshop on housing needs will also be held in the spring. More information on the planning process can be found on the Princeton Town website. This is your opportunity to participate in a plan for the future of housing in town.

Please complete survey at:

<https://surveymonkey.com/r/PrincetonHousing>



COVID-19 Digital Vaccine Card



MIIS
Massachusetts Information System

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.

Go to MyVaxRecords.Mass.Gov



COVID vaccine and Booster shots available at Rutland Public Library. Call Senior Center for dates or go to RRECC.US for updates

TAPE HERE

TAPE HERE

PRINCETON COUNCIL ON AGING FEBRUARY 2022 NEWSLETTER

PRINCETON TOWN HALL
6 TOWN HALL DRIVE
PRINCETON, MA 01541

PRSRT 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
Wednesday, Feb 16th
11:00am-1:00pm

Cash/ SNAP/ HIPP accepted
Seasonal samples with recipe cards to
help you enjoy winter produce!
COME TRY SOMETHING NEW!!

Comfort foods
&
Casserole recipes
are needed for next
month!!



Our Crock pot recipe exchange continues to be huge hit! If you would like copies of the recipes we have collected, call or email us and we can send them to you!
coa@town.Princeton.ma.us
All are welcome to request recipes!

Grab & Go
Valentine's Bread



Drive by the side door of the Senior Center
Friday, February 11th, 2022
Between 12:00-12:30pm

Reservations required
Quantities limited
978 464 5977