



PRINCETON SENIOR CENTER

JANUARY 2022

WHAT'S HAPPENING?

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

More details inside!

Director's Message - Happy New Year! Welcome 2022!

A new year is both a great time to try something new and to recommit to the people and things of greatest importance to us. Here at the COA we're committed to bringing you the best programming and services we can and provide as many opportunities as possible to connect and grow our community of Princeton seniors. For those who overindulged during the holidays and need to recharge, we're introducing a **new Tai Chi** class with Sifu Gary on Wednesday mornings at 10:30am. We have **Barre/Pilates** class on Friday mornings. **Mahjong's** popularity is growing, so we've added a new class for beginners at 2:00pm on Mondays. We have a **puzzle** going at the senior center, come help us finish it! We also have many puzzles to borrow and build during this long cold winter. Come check them out! We will be running a **UCLA Memory Training Class** in 4 sessions on successive Mondays starting a little later in the month. Registration for this is limited, so sign-up soon. Pick up your crockpot/soups recipes and submit comfort food recipes for February's exchange. And for January blues busting fun, come try our **Horse Racing**. We'll keep adjusting and adding programs throughout the year, so check the newsletter and calendar frequently. Here's hoping your new year is the best yet!

The Senior Center will be closed on January 17th for Martin Luther King Jr. day.



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

MASK MANDATE

As of August 16th, The Princeton Board of Selectman mandated masks inside all town buildings which includes the Senior Center.

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

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
Jan 14, Feb 18, March 18
ALL Residents-SATURDAYS from 9-11am
Jan 15, Feb 19, March 19

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:

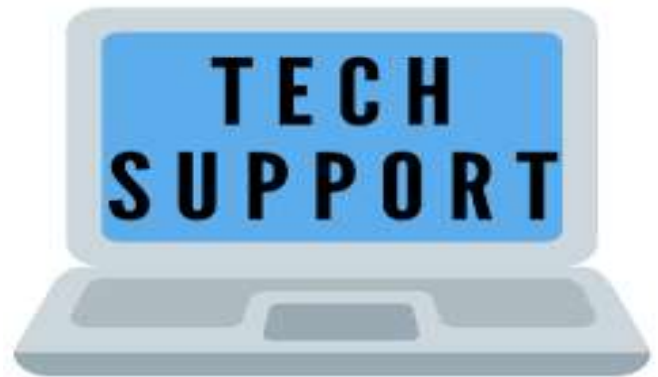
Worcester/Auburn/Barre-Mon-Wed, 10-12 or 12-2pm--\$1.50+\$.25/town

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



Did you get a new electronic device for the holidays? 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** \$5 per class

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 provided.



Barre & Pilates with Kate

\$5 per class

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



Tuesday, Jan 21st
at 1:00pm

Hike in Leominster State Forest. Bartlett Rd to Hells Highway to Hillbilly heaven.

4 miles flat walking.

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

Contact Rick at TrailAroundPrincetonMA@GMail.com



Wednesdays at 10:30am

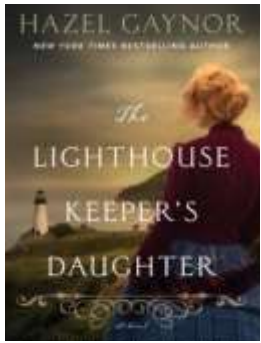
At Senior Center starting Jan 12th
Meditation with gentle exercise pairing movements with deep breathing

\$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

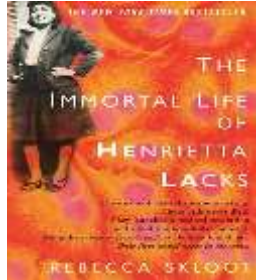
overall health, mobility, and balance. Nail trimming, callous removal, and foot massage included. Visits are by appointment at the senior center or through home visits. Please call or email the senior center for more information on dates, times & prices.



BOOK CLUB
THE LIGHTHOUSE
KEEPER'S DAUGHTER

Wednesday, Jan 19th
 at 1pm

THE IMMORTAL LIFE OF
HENRIETTA LACKS
 Wednesday, Jan 19th
 at 1pm



Tuesdays
 at 2pm

Call the Senior Center
 if you want information
 on joining.

New players always welcome!



Come play
 Mahjong or learn
 to play



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

Thursdays at 1pm
 All welcome

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.

CAREGIVER SUPPORT

At the **Sterling Senior Center**
 36 Muddy Pond Rd Sterling

Thursday, January 27
 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 to register. 978 422 3032



Drop-in Open
Coloring
Wed at 2pm

Join some friends at the
 Senior Center to color!

JANUARY ADULT COLORING KITS

Coloring kits available for pick-up at the
 COA on January 5th. 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



Friday mornings
at 10am

Come join this great
 group of men for
 morning coffee and 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



Pop-Up Produce Market at The Princeton Senior Center

Tuesday, January 11th - 11:30am-1:00pm

Cash/ SNAP/ HIPP 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 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 you door!

Come learn how to sign up!

The cost of food has increased dramatically, you may be eligible to sign up for SNAP benefits. If you **qualify for SNAP benefits, you automatically get \$40 in monthly HIPP benefits to be used at Farmer's Markets and this produce delivery program.**

4 Weeks to a Better Memory

UCLA Longevity Center

Four Sessions:

Mondays 11:00am-1:00pm

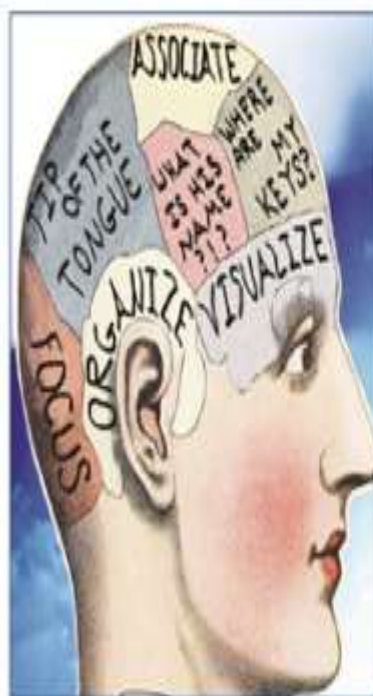
Jan 24, Jan 31, Feb 7, Feb 14

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

Senior Circuit Breaker Credit

YOU MAY BE ELIGIBLE

- 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>

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 2020 the maximum credit amount is \$1,170.



If you need veteran services, please reach out to:

Lynette Gabriella
Veterans Service Office

978 630 4017

LGabriella@gardner-ma.gov

The SHINE Program provides free health insurance information, counseling and assistance to all Massachusetts residents with Medicare.



In-Person appointments are now available at the Princeton Senior Center on the 3rd Tuesday of every month.

Personal and Home Care Aide Training (PHCAST)

Personal and Home Care Aide State Training (PHCAST) is now available online. The training encompasses 11 self-paced modules, is roughly 37 hours of training and can be taken on a laptop, tablet or phone and covers the topics and skills necessary to become a Home Care Aide. This is exciting as it makes the training more accessible to a wide range of potential workers and allows them to take the course when it is convenient for them. This course is a stepping stone to a career path **that includes Personal Care Homemaker, nurse's aide and other health care professions.** Information and training can be found at www.mass.gov/home-care-aide-training-phcast

AND AWAY WE GO TRAVEL

2021 - 2022 Trip List For age 50+ travelers

Sun, Feb 13	Cabin Fever. Springfield. Begin with Sunday Brunch at the Student Prince, then visit The Amazing World of Dr. Seuss, The George Smith Art Museum, Springfield Science Museum, The D'Amour Museum of Fine Arts and the Wood Museum of Springfield History.	\$99.00/pp
Sun, Mar 13	Incident at Our Lady of Perpetual Hope. A comedy about a good Irish Catholic family in the 1970s, delivering shenanigans, sins and sage advice. At the Stoneham Theater. Pre-show lunch at Chateau Restaurant, Burlington.	\$149.00/pp
Sat, Apr 9	Peabody Essex Museum, Salem. Many new exhibits in the recent 40,000sf 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
Sun, June 26	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.	
October 14-20	Charleston, Savannah & Jekyll Island. This is one of our larger trips. Flyers available with pricing, Covid waiver & insurance summary. If you have any questions about this trip call Fred Clark at 508-421-6882	

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

Signed COVID waiver and proof of vaccination required. All trips include gratuity for driver & 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.

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TAPE HERE

PRINCETON COUNCIL ON AGING JANUARY 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 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.

HORSE RACING



Tuesday, January 18th at 1:30pm
At the Princeton Senior Center

Join Eileen from Sterling Village for some fun and exciting Horse Racing Games.

Everyone is welcome.
Here's how to play:

You pick your lucky horse and if the dice rolls your horses number, you move forward. Name your horse and cheer him to the finish line! Each winning game earns you a quarter! Free to play! Come laugh and have fun with friends for an afternoon at the RACES!

Call to register- 978 464 5977

"Serving is the Heart of Rotary"

Wachusett Area Rotary Club's
Complimentary

Senior Valentine "Grab & Go"
Lasagna Dinner

Valentine's Day
Sunday, February 13, 2022
Between 1 and 2 pm

All meal reservations are required through the Holden Senior Center at (508)-210-5570 by Friday, January 28th (call early -- meals are limited)

Meals distributed at the Senior Centers of Holden, Sterling or West Boylston
Dinners prepared by "The Manor Restaurant"



**Grab & Go Lunch
Cranberry Chicken**



Drive by the side door of the Senior Center
**Tuesday, January 25th, 2022
Between 12:00-12:30pm**

**Reservations required
Quantities limited
978 464 5977**

What is better than comfort food on a cold snowy February day? Our recipe exchange will continue with your favorite comfort food recipes. Send us your favorite recipes in January and we will share them in February.



**Share a
Recipe**

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