



PRINCETON SENIOR CENTER

JUNE 2022

WHAT'S HAPPENING?

- Adult Coloring
- Beginner Piano
- Book Club
- Bridge
- Barre/Pilates Class
- Container Herb Gardens
- Foot Care
- Game Day
- Ice Cream Social
- Mahjong
- Men's Group
- Piano
- Produce Market
- Recipe Share
- Senior Hike
- SHINE Counseling
- Tai Chi
- Tech Support
- Yoga with Kate

Look for more details inside!



Director's Message

Moons and Junes and Ferris wheels, the dizzy, dancing way you feel – and poof! Suddenly, seemingly overnight, it's summer! Time to throw open windows, fire up the grill, dig out your flip-flops, and appreciate the profusion of bloom in our gardens. To celebrate the season and all our fathers, grandfathers, and great-grandfathers, our Grab & Go is an outdoor **Ice Cream Social** held here at the COA on June 20th (all seniors invited, not just dads). Speaking of sweets, this month's **Recipe Exchange** is *Just Desserts*, so please send us your favorites. To burn off a few of those calories, the **Walking Club** will begin again this month with easy weekly walks around the COA neighborhood. Call us for the details and to sign up. It's a great way to get a little exercise and have a good chat. If you're looking to go a little greener, be sure not to miss **Overlook Farm's** workshop on **Growing Container Herbs** on the 15th and **Growing Place's Produce Market** on the 8th. We also have two very important newsflashes. The first is a huge congratulations to **Frances Thomas**, Board Alternate & Coordinator of the COA Grab & Go, who was named **Outstanding Citizen of the Year 2020** at Town Meeting on May 14th. Fran has been a treasured volunteer from the beginning of Covid to the present and truly deserving our sincere thanks and her citation. Our second announcement comes with mixed emotions. Our Program and Admin Assistant, **Nickole Boardman**, known and loved by us all, has accepted a full-time position as the Outreach Coordinator for another COA and will be leaving us about mid-month. Please join me in wishing Nickole the very best and all happiness in her new position, even though our hearts are breaking she's leaving. Please feel free to call or stop by to express your appreciation of her good work and to wish her well. I'm hoping for a send-off so appreciative that she reconsiders and decides to stay. I know, in my dreams!

Enjoy the summer – it's brief and beautiful!
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



50 Worcester Rd, Sterling

Seniors (65+) FRIDAYS from 9-11am
 June 17, July 15, Aug 19
 ALL Residents SATURDAYS from 9-11am
 June 18, July 16, Aug 20

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

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 chairs
 - Commode chairs
 - Canes / crutches
 - Adult briefs & pads / bed pads
 - Nutritional shakes.
- Call us if you are in need of something!

HIKING with Rick

Wednesday,
June 22nd at

1:00pm

*Thomas Prince Nature Trails.
Easy, flat, 2.5 mile hike.*



Contact Rick at
TrailAroundPrincetonMA@GMail.com



We would like to start up walking club again now that the nice weather is here!

Who would like to join us?
Call us and let us know if your interested
and get the walking schedule.
978 464 5977

Barre &

PILATES with KATE

Fridays at 10:30am

*Drop-ins welcome

\$ 5 per class

Stretch, strengthen and balance exercises using a barre and Pilates on a mat.
Class taught at Kate's Powerhouse Studio



YOGA with KATE

\$ 5 per class

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

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

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



with Sifu Gary

\$ 5 per class

Wednesdays at 10:30am

Meditation with gentle exercise pairing movements with deep breathing.
Classes at COA. Call to register.



MARTY'S ZOOM SENIOR FITNESS

Monday & Wednesday 10:00am

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

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



MEN'S GROUP

Fridays at 10am

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

Call Mike Warren for details at 978 337 0636

NEW MEMBERS ALWAYS WELCOME!

Tuesdays at 2pm

Join us!

New players always welcome!

Please RSVP 978 464 5977



Come play Mahjong or learn to play

Mondays at 2pm

Drop-in class for beginners to learn basics

Thursdays at 2pm

All welcome

**Drop-in Open Coloring
Wednesday at 2pm**



Coloring kits available for pick-up at the COA on **JUNE 1st** 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).

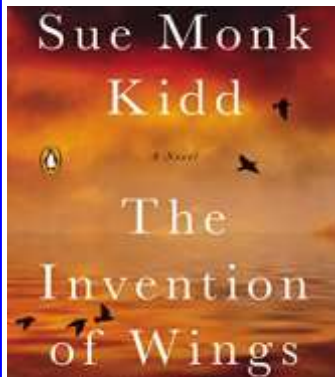
Beginner Piano Lessons with Dennis Deyo

Mondays at 1pm

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



BOOK CLUB



Wednesday,
June 22nd at 1pm



Our Bridge and Mahjong game days are **BOOMING!** We have had many people asking for other games like Cribbage, Backgammon, Rummicub, Scrabble and Dominos. If you are interested in joining us to play or want to teach one of these games, let us know. We can start a sign up for dates and times.

If you need veteran services, please reach out to:

Lynette Gabrila - Veterans Service Office

978 630 4017 LGabrila@gardner-ma.gov



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WACHUSETT HOUSE CORPORATION

13 Boylston Avenue ~ Princeton, MA 01541

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.

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

For further information or to obtain an application for residency, contact:

Wachusett House Manager (978) 464-2637 ~ TDD 1-800-439-2370

Email: wachusett.house@aol.com



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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!

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)



Social Security Benefits Update

As of January 2022, Social Security benefits opened to survivors of same-sex couples who could not marry. The Social Security Administration now allows gay men and lesbians to receive survivor benefits if they can show that they were in a committed relationship and would have married had that been possible. A survivor can either apply for a deceased spouse's Social Security benefits (if these are higher than the survivors, or if the survivor does not have the work history to qualify) or apply for them temporarily and delay claiming their own (allowing their benefit to increase until they reach full retirement age or beyond).



NOTARY

Do you need something notarized?
We have a wonderful notary who can help and even come to your home (Princeton residents only). Call the COA to request service. 978 464 5977



Do you like to do Puzzles?

The COA has a puzzle table! Stop in and start a puzzle or add to one already in progress! Or bring a friend and work on one together!

We also have puzzles available to take home or you can donate complete puzzles to the COA for others to borrow.



Central MA Senior Dental Program

Are you looking for preventative dental care?

The Central MA Agency on Aging and Quinsigamond Community College Dental Hygiene Program have teamed up to bring you the "Central Ma Senior Dental Clinic". This clinic offers comprehensive dental assessments, cleanings, x-rays, fluoride treatments and other services for older adults ages 55+ in Central MA, *FREE OF CHARGE!*

Call 508 854 4306 to schedule an appointment with the Senior Dental Clinic

Quinsigamond Community College– Main Campus
670 West Boylston St Worcester, MA 01606



CAREGIVER SUPPORT at STERLING Senior Center 36 Muddy Pond Rd STERLING Thursday, June 30th 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 Senior Center to register. 978 422 3032**

**FREE
AT-HOME
COVID-19
TESTING
KITS**

Older Americans with Medicare Part B (medical insurance), including those enrolled in a Medicare Advantage plan, can receive up to *eight* over-the-counter COVID-19 tests *per month* - at no cost from participating pharmacies and health care providers for the duration of the COVID-19 public health emergency. For more information including the list of participating pharmacies:
www.medicare.gov/medicare-coronavirus.



SHINE COUNSELING

Wednesday, June 15, 2022
starting at 10am. One-on-one
appointments available. Call
the center to schedule.
978 464 5977
Trained SHINE volunteers offer
free counseling on all aspects
of health insurance to seniors.



COVID BOOSTER SHOTS

The CDC recommends that adults age 50 and older get a second booster shot at least 5 months after your primary COVID-19 vaccination series. Booster shots can be obtained through your local pharmacy or by going on line at www.vaxfinder.mass.gov

AND AWAY WE GO TRAVEL 2022 Trip List For age 50+ travelers

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, Aug 27	A Day in Maine - A fun day with a stop at Where Pigs Fly Bakery, then on to Warren's Lobster House for lunch, a visit to Nubble Light House as well as York Beach with time to stroll. Our final stop is the Kittery Trading Post before heading home.	\$89.00/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



JUNE 2022



Monday	Tuesday	Wednesday	Thursday	Friday
		1 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING Pick up coloring pages	2 9am- COA BOARD-MEETING 1pm MAHJONG	3 10am MENS GROUP 10:30am BARRE/ PILATES
6 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	7 MOW's DELIVERY 2pm BRIDGE	8 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 11am PRODUCE MARKET 2pm COLORING	9 1pm MAHJONG	10 10am MENS GROUP 10:30am BARRE/ PILATES
13 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	14 MOW's DELIVERY FOOT CARE 2pm BRIDGE	15 SHINE (by appt) 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 1pm CONTAINER GARDENS 2pm COLORING	16 9am FOOD PANTRY 1pm MAHJONG	17 9am FOOD PANTRY 10am MENS GROUP 10:30am BARRE/ PILATES
20 9:45am YOGA 10am ZOOM FITNESS 12pm-ICE CREAM SOCIAL 1pm PIANO 2pm MAHJONG	21 MOW's DELIVERY 2pm BRIDGE	22 10am YOGA 10:30am TAI CHI 10am ZOOM FITNESS 1pm BOOK CLUB 2pm COLORING	23 1pm MAHJONG	24 10am MENS GROUP 10:30am BARRE/ PILATES
27 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	28 MOW's DELIVERY FOOT CARE 2pm BRIDGE	29 10am YOGA 10:30am TAI CHI 10am ZOOM FITNESS 2pm COLORING	30 1pm MAHJONG	

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TAPE HERE

PRINCETON COUNCIL ON AGING JUNE 2022 NEWSLETTER

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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
June 8th
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.

Father's Day
ice cream social



Monday, June 20th
At 12pm
Outside behind the Senior Center
RSVP- All Welcome

**RECIPE
EXCHANGE**

DESSERT EDITION

We want your dessert recipes!
Send them in!

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

**Growing Container Herbs with
OVERLOOK FARM**



June 15th at 1pm
\$10 per person

We will learn about which herbs are happy growing in containers while creating planters of our own. Participants will each leave with a container of potted herbs to grow at home as well as recipes for how to enjoy throughout the growing season.

Reservations required
Quantities limited
978 464 5977