



PRINCETON SENIOR CENTER

MARCH 2022

WHAT'S HAPPENING?

- Adult Coloring
- Book Club
- Bridge/ Mahjong
- Barre/Pilates Class
- Foot Care
- Game Day
- Grab & Go Lunch
- 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

More details inside!

Director's Message

March is such a transitional month with the vernal equinox on the 21st and daylight savings on the 13th, **but also more snow and Mud Season. Never mind, take heart we've turned the corner on winter and it's time to stop hibernating and get active again!** The UCLA Memory Training Class is starting now that CoVid numbers have dropped and the new Tai Chi class on Wednesdays is getting rave reviews. We are also running another 6-Week Watercolor Class with the Princeton Arts Society taught by the beloved Charlie Gray beginning the last week of March. Yoga with Kate and the Barre/ Pilates **class have dedicated participants, but there's still room for a few more. With less snow, why not try the Senior Hike and enjoy some comradery and fresh air? If you're looking for fun and games, Mahjong is continuing Mondays (informal instruction) and Thursdays (drop-in play) and Bridge is on Tuesdays. Due to increased demand, we've added a second day of Footcare By Nurses – just call for dates and to make an appointment. Don't forget to call to sign-up for the St. Patrick's Day Corned Beef Grab & Go and come on down to the Growing Places Produce Market at the COA. Watch our pages on Facebook and on the Princeton website for some presentations and lectures in the works on a variety of topics. Finally, for our next Recipe Exchange we're looking for your favorite April Fools, Easter, Passover, and other spring recipes to share. More grateful than ever for our community on this 2nd anniversary of Covid and honoring those we lost.**

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

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 9-11am
March 18, April 15

ALL Residents SATURDAYS from 9-11am
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 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

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

\$5 per
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 Rd above the COA.

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



with Sifu Gary

\$5 per class

Wednesdays at 10:30am

*Meditation with gentle exercise pairing movements
with deep breathing. Classes at COA.*

Tuesday, March 22, 2022

at 1:00pm

*Hike Lovers Lane to Overlook Rd. Easy 3 mile hike on
gravel roads out past Quinapoxet Reservoir.*

HIKING



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

Contact Rick at TrailAroundPrincetonMA@GMail.com



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!

BOOK CLUB

THE MADNESS OF CROWDS

By Louise Penny

Weds, March 23rd at 1pm

THE RIDE OF HER LIFE

By Elizabeth Letts

Weds, April 20th at 1pm

Tuesdays at 2pm

Call the COA if you want information on joining.

New players always welcome!



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!



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
March 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.



Drop-in Open Coloring
Wed at 2pm

Bring your own supplies or use ours

MARCH ADULT COLORING KITS

Coloring kits available for pick-up at the COA on **March 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).



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

If you need veteran services, please reach out to:

Lynette Gabriella - Veterans Service Office

978 630 4017 LGabrilla@gardner-ma.gov



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

4 Weeks to a Better Memory

UCLA Longevity Center

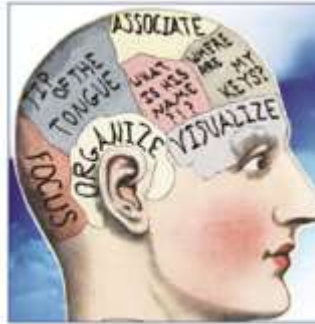
**STARTS THIS MONTH!
LIMITED SPACE AVAILABLE!**

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



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.



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!



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 COA to sign up if you do not have computer access.

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.

Go to MyVaxRecords.Mass.Gov

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>

AND AWAY WE GO TRAVEL

2022 Trip List For age 50+ travelers

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 Château Restaurant, Burlington.	\$149.00/pp
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, 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.	\$115.00/pp
Sat, July 23	Cruise Portland, ME Lunch included at Muddy Rudder, Yarmouth, the 3:30pm sail around iconic lighthouses, Portland Harbor & Diamond Pass, and forts.	\$119/pp
Sun, Oct 9	Calvin Coolidge Museum including lunch at Quechee Inn.	\$119/pp
Oct 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

TAPE HERE

TAPE HERE

PRINCETON COUNCIL ON AGING MARCH 2022 NEWSLETTER

PRINCETON TOWN HALL
6 TOWN HALL DRIVE
PRINCETON, MA 01541

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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
MARCH 23, 2022
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.

THINK SPRING!

Recipes for Lent, St
Paddy's Day and the
Vernal Equinox!



Our 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!



Drive by the side door of the Senior Center
THURSDAY, March 17, 2022
Between 12:00-12:30pm

Reservations required
Quantities limited
978 464 5977



MARCH 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sign up for our St Patrick's Day Grab & Go</p>	<p>1 Meals on Wheels delivery (MOW's) 2pm BRIDGE</p>	<p>2 Color pages P/U 10am YOGA 10:30am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING</p>	<p>3 1pm MAHJONG</p>	<p>4 10am MENS GROUP 10:30am BARRE/ PILATES</p>
<p>7 9:45am YOGA 10:30am ZOOM FITNESS 11am- MEMORY CLASS 1pm PIANO 2pm MAHJONG</p>	<p>8 MOW's DELIVERY FOOT CARE 2pm BRIDGE</p>	<p>9 10am YOGA 10:30am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING</p>	<p>10 1pm MAHJONG</p>	<p>11 10am MENS GROUP 10:30am BARRE/ PILATES</p>
<p>14 9:45am YOGA 10:30am ZOOM FITNESS 11am- MEMORY CLASS 1pm PIANO 2pm MAHJONG</p>	<p>15 MOW's DELIVERY 2pm BRIDGE</p>	<p>16 10am YOGA 10:30am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING</p>	<p>17 12pm GRAB & GO 1pm MAHJONG SHINE (by appt)</p>	<p>18 9am FOOD PANTRY 10am MENS GROUP 10:30am BARRE/ PILATES</p>
<p>21 9:45am YOGA 10:30am ZOOM FITNESS 11am- MEMORY CLASS 1pm PIANO 2pm MAHJONG</p>	<p>22 MOW's DELIVERY FOOT CARE 1pm SENIOR HIKE 2pm BRIDGE</p>	<p>23 10am YOGA 10:30am TAI CHI 10:30am ZOOM FITNESS 11am PRODUCE MARKET 1pm BOOK CLUB 2pm COLORING</p>	<p>24 1pm MAHJONG 3pm CAREGIVER SUPPORT GROUP</p>	<p>25 10am MENS GROUP 10:30am BARRE/ PILATES</p>
<p>28 9:45am YOGA 10:30am ZOOM FITNESS 11am- MEMORY CLASS 1pm PIANO 2pm MAHJONG</p>	<p>29 MOW's DELIVERY 2pm BRIDGE</p>	<p>30 10am YOGA 10:30am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING</p>	<p>31 1pm MAHJONG</p>	