



PRINCETON SENIOR CENTER

MAY 2022

WHAT'S HAPPENING?

- Adult Coloring
- Beginner Piano
- Book Club
- Bridge
- Barre/Pilates Class
- Foot Care
- Game Day
- Grab & Go Picnic
- Grab & Go Mother's Day**
- 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

Spring, glorious Spring, has sprung and we're busier than ever! This is usually an event-filled month for families, but we have a lot planned too. First, mark your calendars and make plans for the Princeton Art Society's Spring Show, Radiance, May 13th-15th, hosted here at the Senior/Community Center. It's a wonderful spring event and it's mask-optional this year; don't miss it! We're all itching to get back outdoors as the weather improves, and this month's Grab & Go is a picnic basket you can enjoy anywhere, including your porch or patio. You're also likely gearing up for that first cook-out Memorial Day weekend, so this month's recipe exchange is all about your favorite, time-tested cook-out recipes. *Everybody* has one - a side dish, salad, dessert, marinade, or beverage recipe they love, and we hope you will share it with us. And, of course, we're celebrating all our mothers, grandmothers, and even great-grandmothers with a special Mother's Day Grab & Go on May 5th, a delicious goody bag with Lindt chocolates truffles, croissants, preserves, and tea. The Yoga, Barre/Pilates, and Tai Chi classes continue to grow, but there are still spaces if you want to give one or more of them a try. We will be resuming the Walking Club in June with a weekly, easy, and safe walk here in Princeton - these will be walks, not hikes, but sturdy foot gear will be essential. We're gently reminding you that anyone over 50 is eligible for the 2nd Covid booster provided you're 4 months out from your first one. Unless you're contra-indicated, you can't be over-vaccinated, it's not a thing! Appointments are readily available at several pharmacies. And, as of April 4th, Medicare Part B beneficiaries, including those enrolled in Advantage plans, can get up to 8 (yes 8) FDA-approved OTC tests/month at no cost from participating pharmacies. You may be attending graduations, weddings, reunions, and a host of other events this month where you and other attendees would benefit from the extra precautions, so load up!

Happy Spring! 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 9-11 am
 May 20, June 17, July 15
 ALL Residents SATURDAYS from 9-11 am
 May 21, June 18, July 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

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 excepted.



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!



YOGA
with KATE

\$5 per class
Mondays at 9:45am &
Wednesdays at 10:00am

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.



\$5 per class

with Sifu Gary

Wednesdays at 10:30am

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

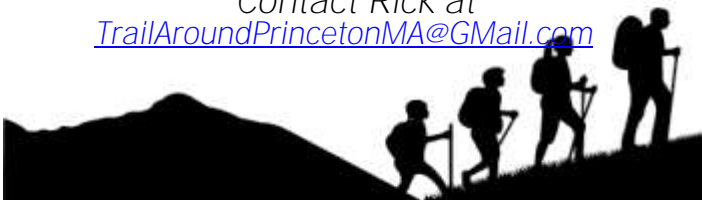
Call to register

HIKING with Rick
Wednesday, May 25 at
1:00pm

At Trout Brook in Holden

An easy to moderate 3-4 mile loop hike
Everyone is welcome! Please make reservations for this
senior friendly hike!
Contact Rick at

TrailAroundPrincetonMA@GMail.com



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



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!



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



Tuesdays at 2pm

Join us!

New players always welcome!

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



Beginner Piano
Lessons with
Dennis Deyo

Mondays at 1pm
Small group classes
with an instructor
\$5 per person/per
class.

BOOK CLUB

THE RIDE OF
HER LIFE

By Elizabeth Letts

Wednesday,
May 18th at 1pm

Drop-in Open
Coloring
Wednesday at 2pm



Coloring kits available for pick-up at the COA on
MAY 4th 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).



MEN'S GROUP

Fridays
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

NEW MEMBERS ALWAYS



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



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



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!

Wachusett Earthday Inc.



WACHUSETT WATERSHED REGIONAL RECYCLING CENTER
131 Raymond Huntington Hwy
West Boylston

Don't need it anymore?

Bring it to the Recycle Center!

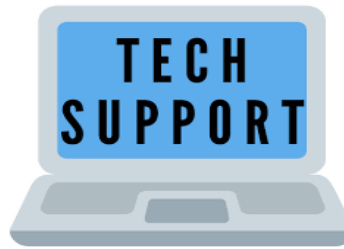
Tues- 9-11am / Thurs 4-6pm
1st & 3rd Sat 9am -12pm

Document Shredding dates:

April 2, July 16, Oct 25

VOLUNTEER RUN
VOLUNTEERS NEEDED
Call 978 464 2854

or check out the website at
www.wachusettearthday.org



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)



Worcester County
Sheriff's Annual
Senior Picnic drive
thru & Car wash

FREE

Saturday June 4th, 11am-1pm
SAC Park 438 Lake St, Shrewsbury

BBQ MEAL & ICE CREAM SUNDAES
Tons of Give Always / Raffle Bonanza

MUST REGISTER BY MAY 11th—Call or Email
dostiguy@worcestercountysheriff.org 508 796 0344
Sorry, No extra bags to go. Must be present to participate.

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 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.


ANNUAL TOWN MEETING



Saturday, May 14, 2022
At 10am
Thomas Prince School

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



Thank You!

Many THANKS to Quabbin Valley Healthcare, Aetna and Growing Places for sponsoring our April Grab & Go holiday meal kits! They were wonderful!

CAREGIVER SUPPORT at STERLING Senior Center
36 Muddy Pond Rd
Thursday, May 26th
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 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.

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

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, 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, 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 Mellow 508-835-4312 or 508-612-5312 andawaywegotravel.gem@gmail.com

TAPE HERE

TAPE HERE

PRINCETON COUNCIL ON AGING MAY 2022 NEWSLETTER

PRINCETON TOWN HALL
6 TOWN HALL DRIVE
PRINCETON, MA 01541

PRSRST STD
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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
MAY 25th
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.

Mother's Day Croissant, Jam & chocolate



Pick up in the
Senior Center
May 5th, 2022
From 11-1pm
RSVP
978 464 5977

CELEBRATING MOTHERHOOD

RECIPE EXCHANGE COOKOUT EDITION

Everyone has a favorite recipe for cookout season! We want YOURS because cookout season is HERE!!!

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

Grab & Go Picnic Lunch



Provided by Oriol Healthcare

MAY 26, 2022

Drive by the side door of the Senior Center

Between 12:00-12:30pm

Reservations required

Quantities limited

978 464 5977


MAY 2022


Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 10am YOGA 10:00am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING Pick up coloring pages	5 9am– COA BOARD-MEETING 11-1 MOTHERS DAY GRAB & GO P/U 1pm MAHJONG	6 10am MENS GROUP 10:30am BARRE/PILATES
9 9:45am YOGA 10:00am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	10 MOW's DELIVERY FOOT CARE 2pm BRIDGE	11 10am YOGA 10:00am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING	12 1pm MAHJONG	13 10am MENS GROUP 10:30am BARRE/PILATES
16 9:45am YOGA 10:00am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	17 MOW's DELIVERY 2pm BRIDGE	18 10am YOGA 10:00am ZOOM FITNESS 10:30am TAI CHI 1pm BOOK CLUB 2pm COLORING	19 9am FOOD PANTRY 1pm MAHJONG SHINE (by appt)	20 9am FOOD PANTRY 10am MENS GROUP 10:30am BARRE/PILATES
23 9:45am YOGA 10:00am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	24 MOW's DELIVERY FOOT CARE 2pm BRIDGE	25 10am YOGA 10:30am TAI CHI 10:00am ZOOM FITNESS 11:00am PRODUCE MARKET 1pm HIKE	26 12– GRAB & GO 1pm MAHJONG	27 10am MENS GROUP 10:30am BARRE/PILATES
30  MEMORIAL DAY REMEMBER AND HONOR	31 MOW's DELIVERY 2pm BRIDGE			