

Princeton Senior Center

NOVEMBER 2022

NOVEMBER HAPPENINGS

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The Director's Message:

Now that the days are colder, keep getting shorter, and are frequently grayer, I tend to seek those “hunkering down” activities while appreciating opportunities to get together with friends and family too. The COA offers lots of alternatives to help you get winter-cozy and also stay active, healthy, and connected. 🍷 On the health front, we’re continuing our **Health Lecture Series** with a presentation on **Understanding Diabetes** by Dr. Chandra Lingisetty MD,MBA,MHCM. This disease is growing rapidly and will impact nearly 50% of Massachusetts adults! Come learn about the disease, its causes, prevention, and treatment on November 9th. Space is limited, so call to make reservations. 🍷 **Medicare Open Enrollment** is in full swing and will end in early December. Make sure you review your current plan and other potential options before renewing. If you’d like help sorting it out, call us to make an appointment to meet with the **SHINE** counselor. This is a free service, and our counselor is a gem! 🍷 **Growing Places Produce Market** will be onsite 2 days before Thanksgiving giving you the perfect opportunity to pick-up some farm-fresh fruits and vegetables for your holiday cooking. The COA will also be partnering with Growing Places and Local Food Works for a very exciting new grant-sponsored, multi-month project to create our own specially prepared **Dried Herb & Spice Mixtures**. Read more about this fabulous project on page 7. Please call if you’re interested as we want to put our team together and launch the planning phase of the project this month!! 🍷 A quick reminder that free take-home **Adult Coloring Kits** are available every month and if you’re signing up for the 1st time, we’ll order you a set of 36 dual-tip gel pens for \$9. 🍷 Don’t miss the chance to win 2 tickets (approximately \$75 value) to the **Worcester Chamber Music Society’s Baroque Concert, Season of Light**, on December 8th at 7:30PM at the Princeton Congregational Church. See details of the concert and how to score tickets inside. 🍷 And finally, to bust the myth that’s there’s no such thing as a free lunch, sign-up for the **Hearty Chili Grab & Go** lunch on November 18th! 🍷 In this month of giving thanks, we’d like to thank our veterans, not just on November 11th, but every day. Thank you for your service!

With gratitude for our COA community, Happy Thanksgiving! Judith



Our Hours

The Center is open on **Tuesday and Wednesday from 9:00AM to 4:00PM** for all activities & services.

On **Monday, Thursday, and Friday** the Center is open for scheduled activities ONLY.

COA Board Members

Chair **Wendy Pape**
Vice Chair **Mike Warren**
Secretary **Barbara Guthrie**

Members
Jane Giumette
Bill Lindquist
Donna Mackenzie
Susan Stolberg

Advisor **Frances Thomas**

Board Meeting

The monthly COA Board Meeting will be held on **Wednesday, November 2nd at 9AM**.

All are welcome to attend.

Our Address

We are located at **Post Office Place 206 Worcester Road Suite 21, 1st floor Princeton, MA 01541**

You can reach us by calling **978-464-5977**.

What can the Council on Aging do for you?

Councils on Aging (COAs) 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



The Wachusett Food Pantry

50 Worcester Road
Sterling, MA

Seniors (65+)

Fridays from 9 to 11AM
Nov 18, Dec 16, Jan 20

ALL Residents

Saturdays from 9 to 11AM
Nov 19, Dec 17, Jan 21

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.



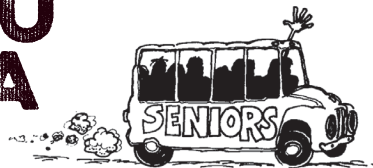
Medical Loan Closet

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 and Commode Chairs
- Canes and Crutches
- Adult Briefs & Pads and Bed Pads
- Nutritional Shakes

DO YOU NEED A RIDE?



SCM ElderBus is available to all seniors!

Low-cost **curb-to-curb** transportation options for seniors over 60 as well as those with disabilities. Please call them **48 hours in advance** at **1-800-321-0243** between 8:00AM and 4:00PM

Medical Transportation:

Worcester/Auburn/Barre

Mon-Wed, 10-12 or 12-2PM
\$1.50+\$0.25 per town

Rutland/Holden,/Leominster

Mon-Fri, 9:30-2:30PM
\$1.50+\$0.25 per town

Grocery Shopping:

Big Y, Holden

Every Friday from 10:30-12:00PM
\$1.50 each way



bridge

Join us Tuesdays at 2:00 PM. New players are always welcome!

Call 978-464-5977 for more details.



MAHJONG

Come play Mahjong Mondays at 2:00PM. Beginners welcome — we'll teach you the basics.



BEGINNER PIANO

LESSONS with DENNIS DEYO

Mondays at 12:45PM
Small group classes with an instructor \$5 per person/class



Book Club

November 16th at 1:00PM
The Kitchen Front
by Jennifer Ryan

December 14th at 1:00PM
Mr. Dickens and His Carol
by Samantha Silva



Attention: CALLING ALL PRINCETON THESPIANS!

We are forming a “playreading” group. The idea is to pick a play, assign parts, read the play at home, then meet to read it together. If the group takes root, we might be reading performances for the public. Possibly the perfect fall and winter activity! If interested, call the COA, 978-464-5977.

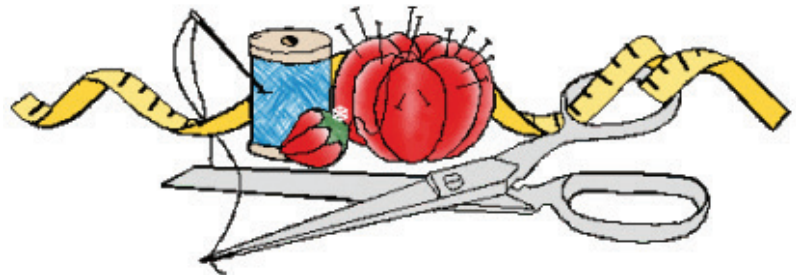


MEN'S GROUP

Fridays at 10:00AM

Come join this great group of men for exciting discussions on anything and everything! New members are always welcome!

Call **Mike Warren** at **978-337-0636** for details



Needlework Studio

THURSDAYS AT 2:00PM

If you knit, crochet, embroider or enjoy any of the needle arts, join us to work on your latest project and enjoy each other's company!



Yoga with Kate

MONDAYS & WEDNESDAYS AT 9:30AM

\$5.00 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 Road (above the COA).



tai chi

WITH SIFU GARY

WEDNESDAYS AT 10:30AM

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



HIKING with RICK

NOVEMBER 16TH AT 1:00PM

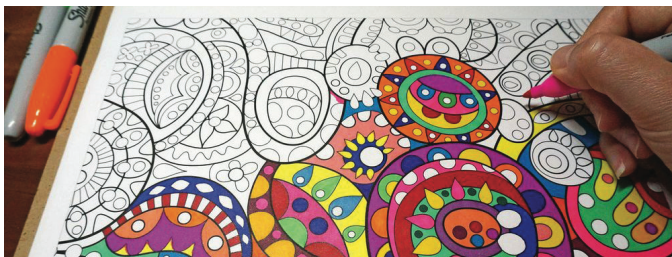
A 3-mile hike in East Princeton, behind the Quick Stop. Hike on formal and informal trails and explore down to the bottom of the Cats Rocks (not the top). Everyone is welcome! Please make reservations for this senior friendly hike! **Contact Rick at TrailAroundPrincetonMA@GMail.com**



PILATES BARRE & YOGA WITH KATE

THURSDAYS AT 9:30AM

\$5.00 per class. Stretch, strengthen, and balance exercises using a combo of Pilates, Barre & Yoga. Bring a mat. Class taught at Kate's Powerhouse Studio at 206 Worcester Road (above the COA).



Adult Coloring Kits

AVAILABLE NOVEMBER 2ND

Free monthly coloring kits of 8 images on card stock will be available for pick-up at the COA on November 2nd. If you're signing up for the first time, call us and we'll order a set of 36 dual-tip gel pens for you. \$9 for initial kit with pens; no charge for subsequent monthly kits

THE PRINCETON WALKING CLUB

TUESDAYS AT 9:30PM

Meet at the senior center in your walking shoes and enjoy easy walks around the local neighborhood with great company. Please call to sign up.



ATTENTION VETERANS!

Veterans Benefits Have Increased! You may be eligible for additional benefits. See the back of this month's calendar.

If you need veteran services, please reach out to Lynette Gabrila at the Veterans Service Office at 978-630-4017 or email LGabrila@gardner-ma.gov



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

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Medicare 2022 Open Enrollment

If you have a Medicare Part D Prescription Drug or Medicare Advantage Plan, you should have received your Annual Notice of Change (ANOC). *The ANOC is a summary of changes to your plan for 2023. Your costs, covered medications, and provider networks may change from year-to-year.*

If you would like to change your plan for 2023, you may do so during the annual Medicare Open Enrollment Period, October 15th thru December 7th, and the changes will take effect January 1st.

Our SHINE counselor can help you to understand changes to your current plan, as well as discuss other options you may have.

Call 978 464-5977 to schedule your appointment with a SHINE Counselor on Oct 19th, Oct 26th, Nov 16th, or Nov 30th. In-person or phone appointments. Please book early!



Bring it to the Recycle Center!

NOVEMBER 2022

RECYCLE CENTER HOURS

Tuesday from 9:00 to 11:00AM
Thursday from 4:00 to 6:00PM
1st & 3rd Saturday from 9:00AM to Noon

SPECIAL RECYCLING DAYS

November 12th: Household Hazardous Products ONLY, from 9:00AM to 1:00PM

Visit **www.wachusettearthday.org** or call **978-464-2854**. We are located at: Wachusett Watershed Regional Recycling Center
131 Raymond Huntington Hwy, West Boylston



Open Art Studio

THURSDAYS AT 1:00PM (THRU NOVEMBER 17TH)

If you paint, draw, or craft, bring your supplies and enjoy some friendly company while you work. No critiquing, just relaxed, artistic vibes. Sponsored by the COA and the Princeton Arts Society.



YOUR COVID-19 VACCINE CARD IS NOW AVAILABLE ON YOUR PHONE!

The digital card shows all the same info as the paper CDC vaccine card. Go to **MyVaxRecords.Mass.Gov**



COMPUTER TECHNICAL SUPPORT

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



The Princeton COA is starting a Lending Library!

We have empty bookshelves looking for your new and/or recent books. If you are looking for a good read, come visit and take a book!
Please, no old, musty or outdated books!



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 COA or through home visits. Please call or email the COA for more information on dates, times & prices.



2022 HEALTH LECTURE SERIES: UNDERSTANDING DIABETES

November 9th at 10:30AM

November is National Diabetes Month! Every other MA adult will likely be affected by diabetes whether they are diagnosed or undiagnosed or are pre-diabetic. Diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations, and blindness among adults.

Learn what diabetes is, the various types, and most common causes. The presentation will cover symptoms, testing and diagnosis, and potential complications of the condition. Learn how to prevent and mitigate diabetes through lifestyle choices and medical treatment.

The lecture will be given by **Dr. Chandra Lingisetty MD, MBA, MHCM**, the Chief Medical Officer at EternalHealth.

Refreshments Served, Bagels, Nothing Sweet! **Call the COA to register at 978 464 5977.**

2022 ADVENTURES for TRAVELERS 50+

Friday, December 9th and Saturday, December 10th, 2022

Freeport & Portland, Maine: A visit to Victoria Mansion, Portland then to Wilbur's Chocolates, and dinner. Overnight stay at Hilton Garden Inn, Freeport, Day 2: Lunch at the Muddy Rudder, then Portland Symphony Orchestra's Magic of Christmas show. **\$409/pp**

Saturday, March 11, 2023 St. Patrick's Day at Nellie's: Wear your green as we are journeying to the Irish Catskill Mountains and the town of East Durham, home of Nellie's Irish Pub where we will have lunch enjoy Irish music and time for shopping at Nellie's in-house bakery. If time permits will we spend time shopping in Durham before heading home. **\$129/pp**

Saturday, April 15th, 2023 BEEHIVE at the Stoneham Theater: Lunch is included at the Chateau Restaurant. **\$159/pp**

Saturday, May 6, 2023 "Downton Abbey" Tea: Manners, and Treats for Mother's Day travel to the historic Silver Fountain Inn & Carriage House an 1870s Victorian inn located in the heart of Dover, NH. We will make stops at Pig's Fly Bakery in Kittery, Maine, and Stonewall Kitchen in York, Maine. This a new trip with plenty of seats available. **\$135/pp**

Saturday, September 29th to Friday, October 6th, 2023

America's Music Cities, Nashville, Memphis and New Orleans:

Our BIG TRIP for 2023 with Mayflower Tours. Includes round trip airfare from Boston. To and from Boston arranged by *And Away We Go Travel*. \$100.00 saving per person if book by December 4th 2022. Call *And Away We Go Travel*, Fred Clark at (509) 421-6882 for all information on this this. **Price for two in a room \$3,599.00, Private room \$4,628.00**

For more information, contact: Gladys Merrow **508-835-4312** or **508-612-5312** or andawaywegotravel.gem@gmail.com. Signed COVID waiver and proof of vaccination required. All trips include gratuity for driver and 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.

FREE CONCERT TICKETS!

The first 10 callers to the COA at 978-464-5977 on November 9th, after 9:30 AM will WIN!

The Worcester Chamber Music Society's *Season Of Light Concert* will be held on Thursday, December 8th at 7:30 PM at the First Congregational Church. Music by Bach, Corelli, and Telemann brings the WCMS's annual holiday Baroque concert, and festive selections by lesser-known

period composers add a few sparks of their own. Tickets to this performance were made possible by a grant from the Princeton Cultural Council and the Mass Cultural Council. To view health and safety protocols for attending and program details, go to: www.worcesterchambermusic.org.



Events for November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 12:45PM Piano 2:00PM Mahjong</p>	<p>1</p> <p>9:30AM Walking 2:00PM Bridge</p> <p>> Meals on Wheels</p>	<p>2</p> <p>9:00AM Board Meeting 9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Tai Chi 12:00PM Coloring Pick-Up</p>	<p>3</p> <p>9:30AM Barre, Pilates, and Yoga 1:00PM Art Studio 2:00PM Needlework</p>	<p>4</p> <p>10:00AM Men's Group</p>
<p>7</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 12:45PM Piano 2:00PM Mahjong</p>	<p>8</p> <p>8:30AM Footcare 9:30AM Walking 2:00PM Bridge</p> <p>> Meals on Wheels</p>	<p>9</p> <p>9:30AM Yoga 9:30AM Concert Tickets 10:00AM Zoom Fitness 10:30AM Tai Chi 10:30AM Diabetes Talk</p>	<p>10</p> <p>9:30AM Barre, Pilates, and Yoga 1:00PM Art Studio 2:00PM Needlework</p>	<p>11</p> <p>10:00AM Men's Group</p>
<p>14</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 12:45PM Piano 2:00PM Mahjong</p>	<p>15</p> <p>9:30AM Walking 2:00PM Bridge</p> <p>> Meals on Wheels</p>	<p>16</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Tai Chi 1:00PM Book Club 1:00PM Senior Hike</p> <p>> SHINE Medicare</p>	<p>17</p> <p>9:30AM Barre, Pilates, and Yoga 1:00PM Art Studio 2:00PM Needlework</p>	<p>18</p> <p>9:00AM Senior Food Pantry 10:00AM Men's Group 12:30PM Grab & Go</p>
<p>21/28</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 12:45PM Piano 2:00PM Mahjong</p>	<p>22/29</p> <p>8:30AM Footcare 9:30AM Walking 12:30PM Growing Places 2:00PM Bridge</p> <p>> Meals on Wheels</p>	<p>23/30</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 10:30AM Tai Chi</p> <p>> SHINE Medicare</p>	<p>24</p> <p>Closed for Thanksgiving</p>	<p>25</p> <p>Closed for Thanksgiving</p>

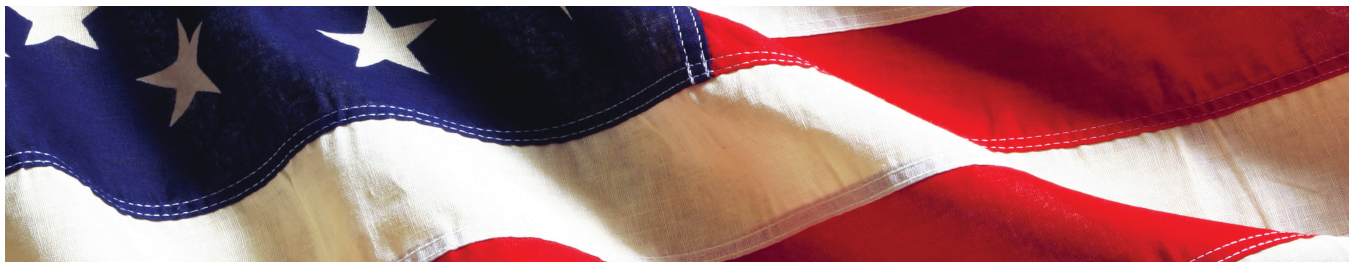


CONCOCTING HERB MIXTURES & SPICE BLENDS

The COA has a **NEW** grant-funded program!

Our plan is to use freshly sourced herbs and seeds and have Princeton seniors create shelf-stable, dried herb and spice mixes, package them, and distribute them under our very own COA label through our grant partners including *Growing Places*, *Local Food Works*, and others. How will we do it? Using a dehydrator, vacuum sealer, and our own packaging, of course! We'll buy the equipment and train/work with a special coordinator to create our products. **We're looking for Princeton seniors interested in being part of a team** to select the herbs and seeds

we'll use, get trained on the new equipment, and concoct our special mixtures and blends! We'll meet in November and December with our partners to choose ingredients, install the equipment by the end of the year, produce our first batch of mixtures in January, and a second in March. It sounds like a great winter activity, doesn't it? **If you're interested in participating, call the COA at 978 464 5977** and let's get crazy in the kitchen together! This grant was awarded by the Community Foundation of North Central Massachusetts (CFNCM) as part of a Community Development Block Grant (CDBG).



Increased Benefits for Veterans!

The Asset and Income for Veterans Benefits (Chapter 115) have increased! Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines.

If you are a veteran, widow or widower of a veteran with an income of \$2,147 per month or

less and cash assets of less than \$8,400, or if you are a married veteran or married to a veteran, and your combined income is less than \$2,904 per month and combined cash assets are less than \$16,600, then you may be eligible for these benefits.

This program is an entitlement recognizing your service. You may be reimbursed for your Medicare Premium and all other health insurance expenses.

If you meet these guidelines, contact your local city or town Veterans Service Officer and tell

them you would like to submit a Chapter 115 application for benefits. **If you have any questions regarding these benefits call our Regional Office at 508-422-9931.**

The Town of Princeton has entered an Inter-Municipal Agreement with the City of Gardner for Veterans Services. The shared Veterans Services Officer has an office at Gardner City Hall. Per the agreement, if a Princeton Veteran needs services and cannot make it to Gardner, a Princeton Town Hall appointment can be scheduled by contacting the Veterans Services Officer.

TAPE HERE

TAPE HERE

Princeton Council on Aging *November 2022 Newsletter*

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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>



GROWING PLACES

Tuesday, November 22th
12:30 to 1:30PM

*Perfect for completing
your Thanksgiving meal*

Growing Places is a mobile produce market that sells produce from our local farmers all year round. The cost of food has increased dramatically, you may be eligible to sign up for SNAP benefits. ALL ARE WELCOME!
(Cash/SNAP/HIPP accepted)



GRAB&GO: HEARTY CHILI

Friday, November 18th
12:00 to 12:30PM

Reservations Required
Call 978-464-5977

Grab & Go Events are open to ALL seniors and are FREE but require an RSVP.



DIABETES LECTURE

Wednesday, November 9th
10:30AM

Reservations Required
Call 978-464-5977

Health Lecture Events are open to ALL seniors and are FREE but require an RSVP.

*This newsletter was designed by Thomjon Borges
978-868-0890 or thomjon@borgescreative.com*