



Princeton Senior Center

OCTOBER 2022

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The Director’s Message:

We all love October — cool crisp weather, gorgeous foliage, and some of the bluest skies of the year. We also get a burst of energy and load up on new activities as well as tried-and-true favorites. The COA calendar is full of options for you! Health-related items first. 🍁 If you haven’t gotten your flu shot yet, call to schedule your appointment at the **Flu Shot Clinic** on the 11th. 🍁 **Medicare Open Enrollment** starts on October 15th. It’s wise to review your current plan and other potential options before renewing. If you want help sorting it all out, call us to make an appointment (early) to meet with the SHINE counselor. 🍁 Quick reminder, starting this month, all COA classes held at Kate’s Powerhouse will start at 9:30AM, **Yoga** and **Barre/Pilates/Yoga**. 🍁 Be sure not to miss **Dr. Joseph Sabato’s** lecture on current and historical Vaccines and Pandemics on the 26th; you need to make a reservation as space is limited and attendance may well go viral! 🍁 Applications for **Fuel Assistance** for the coming heating season are available as of October 1st. If you need help determining eligibility or completing the application, call us to schedule an appointment. 🍁 And to fuel our creativity and enjoy each other’s company, the **Needlework Studio** and **Arts Open Studio** are both held on Thursday afternoons on a drop-in basis. 🍁 We are also considering starting a **Play-Reading Group** (more details inside). Any interested thespians, actor wannabes, or even those who simply love plays or to read aloud, please call/email us. If we get a critical mass, we’ll convene and pick the first play! 🍁 Finally, don’t forget to sign-up for the **Grab & Go**, an apple cider doughnut and handful of Halloween treats!

Make the most of this boo-tiful month! *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 next monthly COA Board Meeting will be held on **October 19th at 9:00AM**.

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
Oct 21, Nov 18, Dec 16

ALL Residents

Saturdays from 9 to 11AM
Oct 22, Nov 19, Dec 17

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.



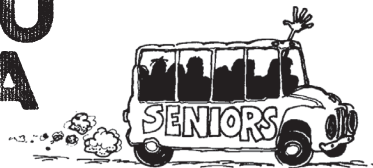
Medical Loan Closet

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 2:00PM. 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 1:00PM
Small group classes with an instructor \$5 per person/class



Book Club

October 19th at 1:00PM
The Barbizon: The Hotel that Set Women Free
by Paulina Bren
November 16th at 1:00PM
The Kitchen Front
by Jennifer Ryan



ART OPEN STUDIO

THURSDAYS AT 1:00PM

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

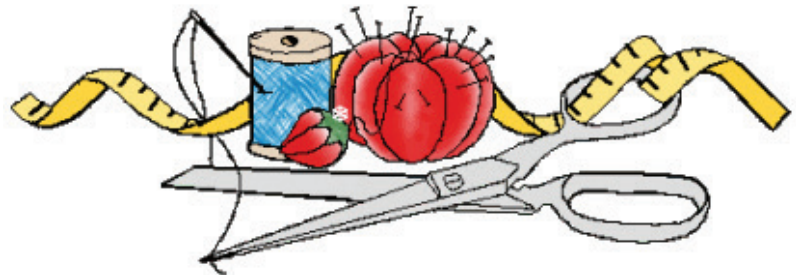


MEN'S GROUP

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

OCTOBER 19TH AT 2:00PM

Mt. Wachusett: Lower Trails Echo Pond and Windmill Farm for scenic views 3-mile easy-to-moderate hike on trails

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).



MARTY'S ZOOM SENIOR FITNESS

MONDAYS & WEDNESDAYS AT 10:00AM

Join in from the comfort of your own home (on your computer!) for a fun-filled mix of Cardio, Balance, Strength, Circulation, Yoga & Joy.

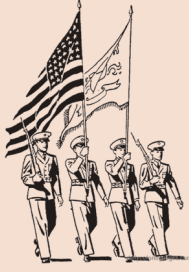
<https://us02web.zoom.us/j/7610148460>
Zoom ID: 761 014 8460

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!

If you need veteran services, please reach out to
Lynette Gabrila at the Veterans Service Office
Call **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)
~ Must have an adjusted income no greater than \$54,500 for one or \$61,500 for two.
WHC abides by the equal housing opportunity standards and does not discriminate; is an equal opportunity provider and employer.

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

DON'T NEED IT ANYMORE? Bring it to the Recycle Center!

**OCTOBER 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
October 15th: Latex Paint Collection
October 15th: Document Shredding

Call **978-464-2854** or visit
www.wachusettearthday.org

Wachusett Watershed Regional Recycling Center
131 Raymond Huntington Hwy, West Boylston



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**



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.

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!

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!



Princeton Fall Flu Shot Clinic

Flu clinic at the COA
**Tuesday October 11th from
9:00AM to 12:00PM.**

All seniors are recommended to get the flu vaccine before the flu begins to spread in your community. Covered by Medicare Part B or your Medicare Advantage Plan (HMO/PPO)

**An appointment is required!
Call the COA to schedule
at 978 464-5977.**

Get Your 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 a list of participating pharmacies: www.medicare.gov/medicare-coronavirus. Free Test Kits are also available at the COA in Princeton.**



FALL 2022 HEALTH LECTURE SERIES

**October 26th at 1:00PM
PANDEMICS & VACCINES**

Joseph Sabato, Jr., MD, FACEP will present a program about what constitutes a pandemic and how vaccines are developed and work. He'll discuss historical pandemics as well as Covid-19 and how we, as a worldwide community, have responded.

No politics, no agenda, this is an opportunity for the layman to learn more about this fascinating and relevant subject. Dr.

Sabato is the former Medical Director of the Clinical Decision Unit at UMass Memorial Medical Center, the Medical Director of the 911 Center, and an Associate Professor in the Department of Emergency Medicine. Call the COA to register, 978 464 5977.

November (time and date tbd)
PREVENTING DIABETES

November is National Diabetes Month. EternalHealth, a cloud-based Medicare Advantage Plan, will be hosting an onsite event on diabetes as a chronic disease and its prevention.

2022 ADVENTURES for TRAVELERS 50+

(Presented by And Away We Go Travel)

Sunday, October 9th

Calvin Coolidge Museum in Plymouth, Vermont. Tour the museum and historical buildings and then lunch at Quechee Inn at Marshland Farm. **\$119/pp**

Friday & Saturday, December 9th & 10th

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**

For more info, 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.

TAPE HERE

TAPE HERE

Princeton Council on Aging *October 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>



GROWING PLACES

Tuesday, October 25th
12:30 to 1:30PM

Growing Places is a mobile produce market (located in the COA parking lot) 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

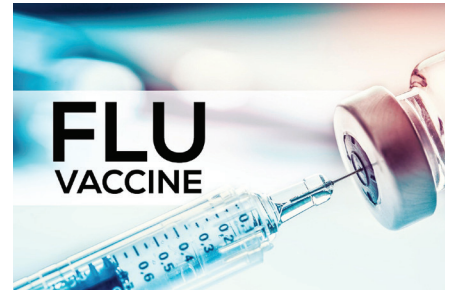


HALLOWEEN GRAB&GO

Friday, October 28th
12:00-12:30PM

Reservations Required
Call 978-464-5977

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



FLU SHOT FREE CLINIC

Tuesday, October 11th
9:00AM-12:00PM

Call 978-464-5977
for appointment