



PRINCETON SENIOR CENTER

September 2022

WHAT'S HAPPENING?

- Adult Coloring
- Beginner Piano
- Book Club
- Bridge
- Barre/Pilates/Yoga
- Foot Care
- Game Day
- Grab & Go
- Mahjong
- Mobile Market
- Needlework Group
- Piano
- Senior Hike
- SHINE Counseling
- Tai Chi
- Tech Support
- Walking Club
- Yoga with Kate

Look for more details inside!



Monday September 5th
CLOSED

Director Message

I'm writing this as we're all trying to squeeze in a few more summery activities and keep the idea of autumn a little at bay. But fear not, the fun continues this month starting with the **Senior Summer BBQ** on Sep 9th at noon at Krashes Field! All seniors are welcome, and a crowd is expected, so be sure to call to sign-up. If you belong to AARP, you can visit the **Tower Hill Botanical Garden** in Boylston any Tuesday in Sep and Oct for free (see details inside). If you've never been, I promise it's a treasure and makes a great outing. **Walking Club** may be a good option too, now the weather's beginning to cool – please call to let us know if you'll be walking with us on any Tuesday morning. For current and any new yogis, please note the Monday **Yoga with Kate** class will start at 9:30am (no longer 9:45am), starting Sep 12th. We also have a new activity, **Drop-In Needlework**, on Thursday afternoons, starting Sep 14th, 2-4pm. It's not a class, but rather a drop-in session for any kind of needlework – knitting, crocheting, embroidery, etc. Bring your current project and enjoy the company of fellow needleworkers! Soon we'll all be picking apples and cooking delicious things with them. The **October Recipe Share** is all about apples and *only* apples. Please share your favorite apple recipes with us! The cold and flu season is fast approaching, so call us now to make your appointment for our **Annual Flu Shot Clinic** on October 11th. Appointments are from 9:00am-noon and fill-up quickly! We will have the forms and more information by mid-September. And finally, please remember that every vote counts! Sep 6th is the statewide Primary Election; make sure to return your mail-in ballot *in time* or vote in person at the Thomas Prince School, 7am-8pm.

~ Judith

Mon-Scheduled Activities only

Tues 9:00am - 4:00pm
Wed 9:00am - 4:00pm
Thurs - Closed

Director
Judith Webster

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

Monthly COA Board meeting
At 9am on

Sept. 7

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 (COA) DO FOR YOU?

Councils 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

Sep 16, Oct 21, Nov 18

ALL Residents SATURDAYS from 9-11 am

Sep 17, Oct 22, Nov 19

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.



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.

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



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

Thursday Mahjong may be
resuming this month. Watch Next
Door, our Facebook page, or call



Beginner Piano
Lessons with
Dennis Deyo

Mondays at 1pm

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

BOOK CLUB

Sep 21 at 1pm

**One Thousand White
Women
By Jim Fergus**

Oct 19 at 1pm

**The Barbizon: The
Hotel that Set Woman
Free**

Drop-in Open Coloring
Wednesday at 2pm



Coloring kits available for
pick-up at the COA at the
beginning of the month. 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
WELCOME!**

NEW! Drop-In Needlework!

If you love to knit, crochet, embroider, or enjoy
any of the needle arts, come join us on
Thursdays between 2-4pm, starting Sep 15th.
No instruction, just a chance to get together to
work informally on our own projects and enjoy
each other's company. Coffee and tea a
possibility, especially as the weather gets
cooler.



YOGA with KATE

\$ 5 per class

Mondays at 9:30am

Wednesdays at 10:00 am

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

SEPTEMBER 14th at 10:00 AM

Beaver Pond Loop
3-mile loop from Krashes Field to Beaver
Pond through field and forest.
Easy to moderate on trails.

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

Contact Rick at

TrailAroundPrincetonMA@GMail.com



Pilates | Barre | Yoga with Kate

\$5 per class

Thursday at 9:30am

*Drop-ins welcome

Stretch, strengthen, and balance exercises using
a combo of Pilates, Barre & Yoga. Bring a mat.
Class taught at Kate's Powerhouse Studio



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!



Tuesdays at 9:30am

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

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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Let me know how I can help you in 2022!



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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.

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

wachusettchousecorp@gmail.com ☎ 978-464-2637 📠 978-464-0513 📞 1-800-439-2370

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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!

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

Document Shredding dates:

October 25th

VOLUNTEER RUN
VOLUNTEERS NEEDED
Call 978 464 2854

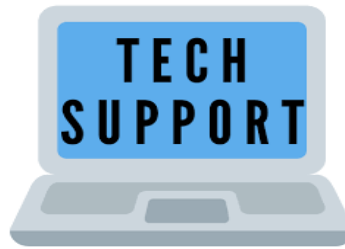
or check out the website at
www.wachusettearthday.org

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



capable volunteers. Contact Karen Cruise at 978 852 2709 (crukaren99@gmail.com)

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)



Need help with insurance?

In-Person or phone appointments are available on the 3rd Wednesday of every month.



The Princeton COA is starting a lending library!

We have empty bookshelves looking for your new / recent books.

If you are looking for a good read, come visit and take a book!

Please - no old, musty or outdated books!



It's that time of year! If you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you the Annual Notice of Change (ANOC) by the end of this month. 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 - December 7th, and the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. If you would like to meet with our SHINE counselor during open enrollment, make your appointment early! Call the COA at 978 464-5977.

FALL FLU SHOT CLINIC

Drive Thru clinic at the
Princeton Council on Aging

Tuesday October 11th
9:00am-12:00pm by
appointment only

The center of disease control
and prevention recommends
getting the flu vaccine before
the flu begins to spread in your
community.

Your flu shot is covered by
Medicare Part B or your
Medicare Advantage Plan
(HMO/PPO)

Call the COA to book your appointment

Summer BBQ

WHEN: September 9th at 12pm

WHERE: Krashes Field

WHO: ALL PRINCETON SENIORS WELCOME

Call the COA NOW to reserve your spot.
978 464 5977



Come join us outside under the tent, rain or
shine. We will have music by The Hip Swayers
and GREAT food! Let's get outside and
celebrate the good weather and each other!

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

Sat, Sept 10	Day in the Berkshires Berkshires Botanical gardens, lunch at the Red Lion, Stockbridge, and Daniel Chester French's studio, gallery and gardens	\$145/pp
Sun, Oct 9	Calvin Coolidge Museum in Plymouth Vermont. Tour the museum and historical buildings and then lunch at Quechee Inn at Marshland Farm.	\$119/pp
Dec 9 & 10	Freeport & Portland A visit to Victoria Mansion, Portland then to Wilbur's Chocolates, and dinner. Overnight stay at Hilton Garden Inn, Freeport., Day 2 includes Muddy Rudder for lunch then Portland Symphony Orchestra's Magic of Christmas show..	\$409/pp

Contact: Gladys Mellow 508-835-4312 or 508-612-5312 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

SEPTEMBER 2022 NEWSLETTER

PRINCETON TOWN HALL
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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
Mobile Produce Market outside
in the COA parking lot

Sep 27th
12:00pm -1:30pm

Cash/ SNAP/ HIPP accepted

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

Save Tuesdays in September and October for Tower Hill Botanical Garden in Boylston!

AARP members and up to 5 of their guests can gain free admission to the New England Botanical Garden at Tower Hill in Boylston every Tuesday during Sep and Oct starting Sep 6th. Members and their guests must arrive as a group at the front desk of the Visitor Center and mention the code "FUN50" to staff. For more info with AARP's website or call Tower Hill at 508 869 6111.

EVERY VOTE COUNTS!

Remember Sep 6, 2022 is the State Primary Election!

Location: Thomas Prince School Polls Open: 7:00am - 8:00pm

If you're using a mail-in ballot, it must be received by **your local election office by 8 p.m. on Election Day to be counted.**

Ballots that arrive after that time – even if they are postmarked on or before Election Day – will **not** be counted.

You may **not** drop off your mail-in ballot at the polls on Election Day.

Visit: <https://www.town.princeton.ma.us/home/news/2022-state-primary-election-information>



SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	MOW's DELIVERY 9:30 WALKING CLUB 2pm BRIDGE	10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING	9:30am BARRE/ PILATES & YOGA	10am MENS GROUP
5	6	7	8	9
CLOSED LABOR DAY	MOW's DELIVERY 9:30am WALKING CLUB 2pm BRIDGE	9am BOARD MEETING 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING-Pick up coloring pages	9:30am BARRE/ PILATES & YOGA	12pm SUMMER BBQ
12	13	14	15	16
9:30am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	MOW's DELIVERY FOOT CARE 9:30 WALKING CLUB 12pm Produce Mkt 2pm BRIDGE	10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 10am HIKE 2pm COLORING	9:30am BARRE/ PILATES & YOGA 2pm NEEDLEWORK	9am FOOD PANTRY 10am MENS GROUP
19	20	21	22	23
9:30am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	MOW's DELIVERY FOOT CARE 9:30 WALKING CLUB 2pm BRIDGE	10am YOGA 10:30am TAI CHI 10am ZOOM FITNESS 1pm BOOK CLUB 2pm COLORING SHINE (by appt)	9:30am BARRE/ PILATES & YOGA 2pm NEEDLEWORK	10am MENS GROUP
26	27	28	29	30
9:30am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	MOW's DELIVERY FOOT CARE 9:30 WALK CLUB 12pm Produce Mkt 2pm BRIDGE	10am YOGA 10:30am TAI CHI 10am ZOOM FITNESS 2pm COLORING	9:30am BARRE/ PILATES & YOGA 2pm NEEDLEWORK	10am MENS GROUP