

# PRINCETON COUNCIL ON AGING



## PRINCETON SENIOR CENTER

### July & August 2022

#### WHAT'S HAPPENING?

Adult Coloring  
Beginner Piano  
Book Club  
Bridge  
Barre/Pilates/Yoga  
Foot Care  
Game Day  
Grab & Go  
Mahjong  
**Men's Group**  
Mobile Market  
Open Art Studio  
Piano  
Senior Hike  
SHINE Counseling  
Tai Chi  
Tech Support  
Walking Club  
Yoga with Kate

Look for more details inside!



**WE WILL BE CLOSED**

#### Director's Message

So many changes this summer, starting with a summer newsletter for both July and August! As you know, Nickole accepted a great full-time position as the Outreach Coordinator for the Groton COA. So, until the new Outreach and Program Coordinator is hired and onboarded, we're going to remain on reduced summer hours. However, we're hopeful that we'll get through this process quickly and it's a good idea to keep checking the town website for updates or give us a call. Currently we're open 9am-4pm on Tuesdays and Wednesdays and on other days for scheduled activities only. Although we will not have as many walk-in hours, please be assured that we will be picking up phone messages and returning calls. The good news is that the Walking Club, led by Donna Mackenzie, is a go for Tuesdays at 9:30am, but please call us to RSVP so we know to expect you. Walks will be around the COA neighborhoods, weather permitting, on paved surfaces and at a pace that encourages a good chat. Don't forget to sign-up for the picnic sandwich Grab & Go on July 29<sup>th</sup> – Fran's back to put together a tasty sandwich with chips and fruit. Plus, make your calendars and save the date for the Annual Summer BBQ on September 9<sup>th</sup>. For those of you with a good memory that was the original date for last year's bash that got postponed one day due to torrential downpours. Not this year, so call to sign-up now! We also hope that you will join us in thanking Terry Thompson for her many years of dedicated service on the COA Board and to Princeton seniors. A shout-out too to Rick Gardner, who runs great senior hikes for the COA, for being awarded Outstanding Citizen of the Year 2021. We're grateful for so many supporters!

We know this is a period of transition, but we'll be back in September with a full complement of staff, programming, and activities!

- Judith

#### SUMMER HOURS

**Mon –Scheduled activities only**  
**Tues 9:00am - 4:00pm**  
**Wed 9:00am-4:00pm**  
**Thurs –Closed**  
  
**Director**  
Judith Webster  
**Program Coordinator**

#### 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 July 6th and August 3rd.**

**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 9-11am  
July 15, Aug 19, Sept 16

ALL Residents SATURDAYS from 9-11am  
July 16, Aug 20, Sept 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.



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



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

JULY 20 at 10am      AUG 17 at 10am

Four Corners loop  
2.5 mile loop down river  
and through the woods.  
Easy to moderate hike.

Wachusett Meadow  
3.5 miles through  
sanctuary. Easy to  
moderate hike.

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

Contact Rick at  
[TrailAroundPrincetonMA@GMail.com](mailto:TrailAroundPrincetonMA@GMail.com)



Pilates | Barre | Yoga

with Kate

NEW CLASS

DAY &  
TIME

\$5 per class

Thursday at 9:30am

\*Drop-ins welcome

Stretch, strengthen and balance exercises using a  
Pilates, Barre & Yoga on 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



Tuesdays at 2pm  
Join us!  
New players always welcome!  
978 464 5977

**BOOK CLUB**

July 20th at 1pm  
Last Summer at the  
Golden Hotel  
by Elyssa Friedland  
  
August 17th at 1pm  
Steamed Open  
by Barbara Ross



**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!**



Come play Mahjong or learn to play

Mondays at 2pm  
Drop-in class for beginners to learn basics

Thursday Mahjong class is on hold for the summer. We will resume a second day in the fall.



Beginner Piano Lessons with Dennis Deyo

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

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).



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 Gabriela - Veterans Service Office

978 630 4017 [LGabriela@gardner-ma.gov](mailto:LGabriela@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!

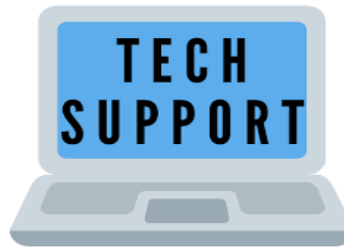
Tues- 9-11am / Thurs 4-6pm  
1st & 3rd Sat 9am -12pm

Document Shredding dates:

July 16, Oct 25

VOLUNTEER RUN  
VOLUNTEERS NEEDED  
Call 978 464 2854

or check out the website at  
[www.wachusettearthday.org](http://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](mailto: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!

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](http://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.

## 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](http://www.vaxfinder.mass.gov)



# 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](http://www.medicare.gov/medicare-coronavirus).

## AND AWAY WE GO TRAVEL

2022 Trip List For age 50+ travelers

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, Aug 27	A Day in Maine - A fun day with a stop at Where Pigs Fly Bakery, then on to Warren's Lobster House for lunch, a visit to Nubble Light House as well as York Beach with time to stroll. Our final stop is the Kittery Trading Post before heading home.	\$89.00/pp
Sat, Sept 10	Day in the Berkshires Botanical gardens, lunch & Artist retreat	\$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 Victoria Mansion Tour, Wilbur's Chocolates, dinner. Overnight stay, Portland Symphony Orchestra's Magic of Christmas show..	\$409/pp

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 [andawaywegotravel.gem@gmail.com](mailto:andawaywegotravel.gem@gmail.com)

TAPE HERE

TAPE HERE

# PRINCETON COUNCIL ON AGING JULY/AUGUST 2022 NEWSLETTER

PRINCETON TOWN HALL  
6 TOWN HALL DRIVE  
PRINCETON, MA 01541

PRSRT STD  
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  
Mobile Produce Market outside in  
the Senior Center parking lot  
July 26th  
August 23rd  
12-1:30pm

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



Grab & Go  
Picnic  
Lunch

Drive by the side door of the Senior Center  
Friday, July 29th, 2022  
Between 12:00-12:30pm

Reservations required  
Quantities limited  
978 464 5977



These FREE sessions will be totally informal and open to Princeton Seniors & PAS members. We will encourage one another and enjoy some friendly company while we work. Participants will bring all their own supplies from paints to drawing or craft materials. Just about anything could be suitable. Come to some or all of these summer Thursdays. No stress, no critiquing, just relaxed artistic vibes.

Open Studio  
Thursdays 1-3pm  
July 14th to August 25th

Please let us know if you are interested even if you think you might come just a few times.

Contact the Princeton Senior Center at  
978 464 5977  
or The PAS at [contact@princetonarts.org](mailto:contact@princetonarts.org)  
508 736 4175



Monday	Tuesday	Wednesday	Thursday	Friday
				1 10am MENS GROUP
4  <b>WE WILL BE CLOSED</b>	5 <b>MOW's DELIVERY</b> 9:30 WALKING CLUB 2pm BRIDGE	6 9am BOARDMEETING 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING Pick up coloring pages	7 9:30am BARRE/ PILATES & YOGA 1pm OPEN STUDIO	8 10am MENS GROUP
11 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	12 <b>MOW's DELIVERY</b> 9:30 WALKING CLUB 2pm BRIDGE FOOT CARE	13 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING	14 9:30am BARRE/ PILATES & YOGA 1pm OPEN STUDIO	15 9am FOOD PANTRY 10am MENS GROUP
18 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	19 <b>MOW's DELIVERY</b> 9:30 WALKING CLUB 2pm BRIDGE	20 10am YOGA 10:30am TAI CHI 10am ZOOM FITNESS 10am HIKE 1pm-BOOK CLUB 2pm COLORING SHINE (by appt)	21 9:30am BARRE/ PILATES & YOGA 1pm OPEN STUDIO	22 10am MENS GROUP
25 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	26 <b>MOW's DELIVERY</b> 9:30 WALKING CLUB 12pm-MOBILE MARKET 2pm BRIDGE FOOT CARE	27 10am YOGA 10:30am TAI CHI 10am ZOOM FITNESS 2pm COLORING	28 9:30am BARRE/ PILATES & YOGA 1pm OPEN STUDIO	29 10am MENS GROUP 12pm GRAB & GO



# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	2 <b>MOW's DELIVERY</b> 9:30 WALKING CLUB 2pm BRIDGE	3 9am BOARDMEETING 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING Pick up coloring pages	4 9:30am BARRE/ PILATES & YOGA 1pm OPEN STUDIO	5 10am MENS GROUP
8 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	9 <b>MOW's DELIVERY</b> FOOT CARE 9:30 WALKING CLUB 2pm BRIDGE	10 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 2pm COLORING	11 9:30am BARRE/ PILATES & YOGA 1pm OPEN STUDIO	12 10am MENS GROUP
15 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	16 <b>MOW's DELIVERY</b> 9:30 WALKING CLUB 2pm BRIDGE	17 10am YOGA 10am ZOOM FITNESS 10:30am TAI CHI 1pm BOOK CLUB 10am HIKE 2pm COLORING SHINE (by appt)	18 9:30am BARRE/ PILATES & YOGA 1pm OPEN STUDIO	19 9am FOOD PANTRY 10am MENS GROUP
22 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	23 <b>MOW's DELIVERY</b> FOOT CARE 9:30 WALKING CLUB 12pm MOBILE MARKET 2pm BRIDGE	24 10am YOGA 10:30am TAI CHI 10am ZOOM FITNESS 2pm COLORING	25 9:30am BARRE/ PILATES & YOGA 1pm OPEN STUDIO	26 10am MENS GROUP
29 9:45am YOGA 10am ZOOM FITNESS 1pm PIANO 2pm MAHJONG	30 <b>MOW's DELIVERY</b> 9:30 WALKING CLUB 2pm BRIDGE	31 10am YOGA 10:30am TAI CHI 10am ZOOM FITNESS 2pm COLORING		