



THE PRINCETON
**SENIOR
 CENTER**
 Princeton on Council on Aging



APRIL 2023 NEWSLETTER & GUIDE TO HAPPENINGS

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The Director's Message: The memory of that nor'easter that dropped 29.3 inches of snow last month has receded as the spring weather starts to roll in with its promise of sunnier skies, longer days, and warmer temps. We're so ready for the rebirth and freshness of the season. It's a great time to try something new, so take a gander at our calendar! Happy Spring! *Judith, Director*

🐾 Please note that last month's **CPR Training & Certification Class** was cancelled due to that recent nor'easter and we're working Princeton's finest to reschedule it ASAP. If you were on the waiting list, or have NOT signed up yet and want to take the class, please call to register for the April 26th class. If you were registered for the March 15th class, we will contact you with a new date as soon as possible; please don't register for the April 26th class. We're working hard so that everyone gets to take the class.

🐾 This month's **Health Lecture Series** topic is **Hypertension** on April 11th and will be led by the Dr. Chandra Lingisetty MD, who delivered an excellent lecture on diabetes last November. Nearly 50% of adults with hypertension are undiagnosed and not getting treated; come find out what you need to know so you or a loved one aren't one of them.

🐾 For our line dancing devotees, we have a mini-series of 2-hour **Pop-Up Line Dancing** classes with the super popular Anne Gilmartin. The 1st class will be April 10th, followed by classes on May 8th and June 5th. Please note the classes will be held at Princeton's Congregational Church.

🐾 For those with a creative bent or ready to try something new, we're offering a 2-hour **Pastels Class** for six weeks with Denis Coughlin which is made possible by a grant from the Princeton Cultural Council, a local agency which is supported by the MA Cultural Council, a state agency. All materials and supplies are covered, making it very easy to give your inner artist a little space.

🐾 Please note our **COA hours** have changed (see below) and call or visit accordingly.

Our Hours

Tuesday thru Thursday from 9:00AM to 4:00PM for all activities & services.

Monday and Friday for scheduled activities ONLY.

We will be closed on Monday, April 17, 2023 for President's Day.

COA Board Members

- Wendy Pape** Chair
- Mike Warren** Vice Chair
- Barbara Guthrie** Secretary
- Jane Giumette** Member
- Bill Lindquist** Member
- Donna Mackenzie** Member
- Susan Stolberg** Member
- Frances Thomas** Advisor

Board Meeting

The monthly COA Board Meeting will be held on **Wednesday, April 5th 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*
**PRINCETON
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.

We offer 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 Appointments (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**



Seniors (65+) **Fridays from 9 to 11AM**
Apr 14, May 19, Jun 16

ALL Residents **Saturdays from 9 to 11AM**
Apr 15, May 20, Jun 17

Located at 50 Worcester Road in Sterling, MA, 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.

the Princeton
**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

**THE SCM ELDERBUS
IS AVAILABLE TO
ALL SENIORS!**

Low-cost **curb-to-curb** transportation options for seniors over 60 as well as those with disabilities.

Call **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
Service is currently FREE!

Rutland/Holden,/Leominster
Mon-Fri, 9:30-2:30PM
Service is currently FREE!

Grocery Shopping:

Big Y, Holden
Fridays from 10:30-12:00PM
Service is currently FREE!

NEED A RIDE?





BRIDGE

TUESDAYS at 2:00PM

New players are always welcome! Call 978-464-5977 for more details.



MAHJONG

MONDAYS at 2:00PM

Beginners welcome — we'll teach you the basics.



BEGINNER PIANO

with DENNIS DEYO

MONDAYS at 12:30PM

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



BOOK CLUB

APR 15TH at 1:00PM

A Woman of No Importance: The Untold Story of the American Spy Who Helped Win WW11
by Sonia Purnell

MAY 10 at 1:00PM

The House at the End of Hope Street
by Menna van Praag

CPR Training & Certification

WEDNESDAY, APR 26TH 10:30AM to 3:00PM

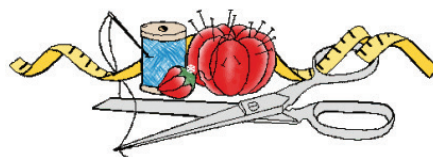
Back by Popular Demand! Did you know there are more than 356,000 out-of-hospital cardiac arrests (OHCA) annually in the U.S., nearly 90% of them fatal? That number can be seriously impacted by the widespread use of CPR. Did you also know that starting CPR within 4 minutes of a cardiac event postpones the onset of brain damage? Even chest-only compressions may keep brain damage at bay up to 8 minutes or more. Join us for a full CPR Training & Certification class taught by Princeton's Fire & EMS Department. We'll have class for 2 hours, then break for a free lunch, and then do a review and certification. The cost of lunch and certification is covered. You may also take the class without getting certified. We just want more of us to be ready and able if CPR is needed. *Be the beat for someone you love when it matters most!* **Class limited to 16. Call to Register at 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** for details at **978-337-0636**



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. Such fun!



CRIBBAGE

MONDAYS at 1:30PM

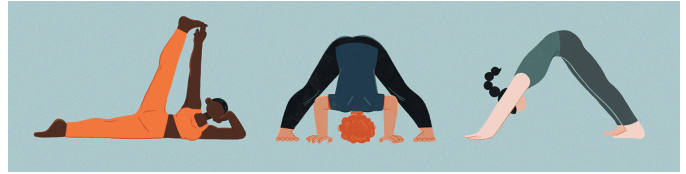
For newbies and experienced players alike, all welcome!



YOGA *with* KATE

MONDAYS & WEDNESDAYS at 9:30AM

\$5 donation/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).



Stretch & Flow Yoga

FRIDAYS at 10:30AM

\$5 donation/class. Slower paced, meditative style class with focus on stretching by holding poses with supportive props such as blocks or straps. Longer holds strengthen/tone muscles while deepening flexibility. Class concludes with *savasana*, the practice of deep mental and physical relaxation. Meets at Kate's Powerhouse Studio at 206 Worcester Road (above COA).



HIKING *with* RICK

WEDNESDAY, APRIL 19TH at 1:00PM

We'll be hiking in the Savage Hill Wildlife Management Area in Princeton. It's a 3 to 4 mile hike out and back on the Midstate Trail, off Old Colony Road in West Princeton.

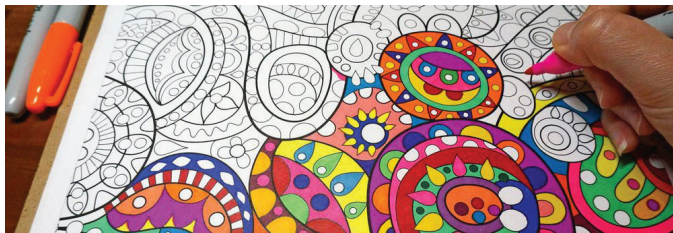
Contact Rick at
TrailAroundPrincetonMA@gmail.com



CHAIR YOGA

THURSDAYS at 10:30AM

\$5 donation/class. Yoga for EVERY body! This new class focuses on developing strength, flexibility and balance of body and mind. We will use chairs, the wall, the floor, mats, and bolsters so that everyone can practice at their own level. Meets at the COA.



Adult Coloring Kits

AVAILABLE APRIL 5TH at 2:00PM

Free monthly coloring kits of 8 images on card stock will be available for pick-up at the COA. 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. \$10 for initial kit with pens; no charge for subsequent monthly kits



TEA for VOLUNTEERS

WEDNESDAY, APRIL 12TH, 2:00PM

We appreciate all who contribute their time, talents, and energy to our programs and services. New and existing volunteers are invited to discuss current and new volunteer opportunities. Options for single event or ongoing support are possible. We hope there's something for everyone and you'll join us on the 12th to find the right match for you!

ATTENTION VETERANS!

VETERANS BENEFITS HAVE INCREASED! You may be eligible for additional benefits. 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 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 that \$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.

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



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Spice of Life is the great new name for Herbs & Spices! We've begun to create and collect recipes using our new herb blends and have ordered some needed storage and packaging materials. Our commercial grade dehydrator should be arriving soon and, after training, we will begin to produce larger quantities of our blends for distribution through Growing Places! **Call 978-464-5977 if you are interested in joining us.**

TAX HELP & VITA CENTERS:

The **Volunteer Income Tax Assistance** program offers FREE tax help to lower income people, including the elderly and persons with disabilities. IRS-certified volunteers help people access tax credits that can add up to hundreds and even thousands of dollars depending upon on individual/family circumstances, especially the Earned Income Tax Credit (EITC). The Center servicing Princeton is Making Opportunity Count (MOC) in Fitchburg. **Call 978 346 7040 or www.mocinc.org/financial-services.**

COMPUTER TECH SUPPORT

Do you need some help with technology? Do you want to learn how to join ZOOM? **Karen Cruise** can help! Socially distanced and virtual technical support are available through our very capable volunteers.

Contact Karen at 978-852-2709 or crukaren99@gmail.com



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 throw it away, RECYCLE IT!

APRIL thru OCTOBER 2023
RECYCLE CENTER HOURS
 Tuesdays: 9:00 to 11:00AM
 Thursdays: 4:00 to 6:00PM
 1st & 3rd Saturday: 9:00AM to Noon



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

SHINE COUNSELING

Trained SHINE volunteers offer free counseling on all aspects of Medicare health insurance to seniors. Wednesday, April 19th, starting at 10am. One-on-one appointments available. **Call 978-464-5977 to schedule your meeting with a SHINE Counselor.**



THE TOWN BUZZ

APR 12TH at 1:00PM: Brian Keevan, the Chair of the Conservation Commission, will talk with residents about what the Commission is seeing and doing. Location TBD

APR 26TH at 1:00PM: TBD

MAY 10TH at 1:00PM: TBD

MAY 24TH at 1:00PM: Lynette Gabrila, Director of Veterans' Services for Wachusett District, and **Melissa Cumming**, Chair of the Memorial Day Committee, will be with us to talk about veterans' services and memorial day observations

The Town Buzz is a friendly and informal discussion on a topic of interest to residents, usually held at the Senior Center.





Weekend Adventures for Travelers 50+

FOR INFO: 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'll get a 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.

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. Plenty of seats available. **\$135/pp**

MAY 27, 2023 "Beautiful": The Carol King Musical at the *Ogunquit Playhouse*: First stop will be everyone's favorite store, *When Pigs Fly* bakery, for fresh baked breads. Then lunch at *Warren's Lobster House* and on to the Playhouse for the performance that starts at 2PM. See website for lunch menu choices. **\$169/pp**

JUNE 11 to JUNE 14th, 2023 4 Day Finger Lakes Trip: Includes visits to orchards, a lake cruise, 2 wine tastings, historic house & garden tour, the *Women's Rights National Park*, *It's a Wonderful Life* Museum, *Harriet Tubman's House*, the *Corning Glass Museum*, and more. Price includes roundtrip motorcoach, 3-nights accommodation, 7 meals (3 breakfasts, 1 lunch, 3 dinners), and admissions to all listed attractions. **\$749/pp-double**

JULY 23, 2023 Thimble Island Cruise off the coast of Branford, CT.: Lunch before the cruise will be at the *Chowder Pot III*. Limited seating on the trip; we will be riding in a school bus, no walkers or wheel chairs. **\$133/pp**

JUNE 24, 2023 Rhode Island Lighthouse Cruise & Lunch at the *Quonset "O" Club*. **\$133/pp**

AUGUST 19, 2023 Lake Winnepesaukee Cruise and the Wright Museum: Set sail for Weirs Beach aboard the *M/S Mount Washington* to the town of Wolfeboro, NH. During this relaxing cruise enjoy a full coarse buffet luncheon. Then, board a motorcoach in Wolfeboro for a short ride to the *Wright Museum*, with exhibits recognizing and honoring the contributions and enduring legacy of WWII-era Americans. **\$129/pp**

SEPTEMBER 29 to OCTOBER 6, 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*. Call Fred Clark at (509) 421-6882 for all information on this. **Price for two in a room \$3,599.00, Private room \$4,628.00**

OCTOBER 15, 2023 A Sunday Drive in the Country: Enjoy a scenic ride to North Conway, NH. Begin the day with three-course brunch at the *White Mountain Hotel* offering breathtaking views and exceptional cuisine. Then we're off to the *Leaf Peepers Craft Fair* in *Schouler Park* in front of the Conway Scenic Railroad (subject to change) and a leisurely drive down the *Kancamagus Scenic Byway* which passes through the heart of the White Mountains following the *Kancamagus River* and having some of the best fall foliage in the country. Time and traffic permitting, we'll make photo stops along the way. **\$109/pp**

FILE OF LIFE EMERGENCY MEDICAL INFO FOLDER

Have you heard of **File of Life**? It is a small packet of information about you that emergency medical personnel can use during an emergency. The folder is magnetic and is designed to hang on your refrigerator and EMT's are trained to look for them when they come to assist you. The information includes medication, allergies, doctors and emergency contacts. All your information will be in one spot. The File of Life could save your life or the life of a loved one! The Princeton Senior Center has them available for FREE! Call 978-464-5977 to reserve your File of Life!



Princeton Council on Aging *April 2023 Newsletter*

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STORM CLOSINGS:

The COA is closed if the public schools are closed due to inclement weather.

On days the schools have a delayed opening, please call before coming to make sure the COA will be open.

If weather conditions deteriorate over the course of the day, the COA may close early at the discretion of the Director.

CURRENT RESIDENT OR



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>




Wednesday, APR 26th
10:30AM to 3:00PM

CPR TRAINING

Free Class

Join us for a full CPR Training & Certification class taught by Princeton's Fire & EMS Department. A 2-hour class, free lunch, and a review and certification!

Call to Register
(978) 464-5977



Tuesday, April 11, 2023
1:00AM

HYPER-TENSION

Free Lecture

Dr. Chandra Lingisetty MD, MBA, MHCM teaches you about hypertension's detection and the best ways to manage this major cause of premature mortality among adults!

Call to Register
(978) 464-5977



Wednesday, APR 12th
2:00PM

VOLUNTEER TEA

Everyone's Invited

New and existing volunteers are invited to discuss current and new volunteer opportunities. There's something for everyone and you'll join us on the 12th to find the right match for you!

Register: (978) 464-5977
or just drop-in!



Monday, APR 10th
9:30 to 11:30AM

LINE DANCING

\$5 Donation

Anne's classes are super popular at several COAs, so bring a friend and make it a party! Sessions are April 10th, May 8th, and June 5th!

Call the COA to reserve your spot for the 1st class, 978 464 5977