

# August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>31</b></p>	<p><b>1</b> Meals on Wheels</p>	<p><b>2</b></p> <p>8:30am <b>Pickleball</b>            9:30am <b>Board Meeting</b>            9:30am <b>Yoga</b>            10:00am <b>Zoom Fitness</b>            1:00pm <b>Ice Cream Sundaes</b></p>	<p><b>3</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            1:00pm <b>Spice of Life</b>            2:00pm <b>Needlework</b>            2:00pm <b>Coloring Kits</b></p>	<p><b>4</b></p> <p>8:30am <b>Pickleball</b>            10:00am <b>Men's Group</b>            10:30am <b>Stretch &amp; Flow</b></p>
<p><b>7</b></p> <p>8:30am <b>Pickleball</b>            9:30am <b>Yoga</b>            12:15pm <b>Piano</b>            1:30pm <b>Cribbage</b>            2:00pm <b>Mahjong</b></p>	<p><b>8</b> Meals on Wheels</p> <p>8:30am <b>Footcare</b>            2:00pm <b>Bridge</b>            3:45pm <b>Growing Places</b></p>	<p><b>9</b></p> <p>8:30am <b>Pickleball</b>            9:30am <b>Yoga</b>            10:00am <b>Zoom Fitness</b>            11:00am <b>Cemetery Talk</b></p>	<p><b>10</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            1:00pm <b>Spice of Life</b>            2:00pm <b>Needlework</b></p>	<p><b>11</b></p> <p>8:30am <b>Pickleball</b>            9:00am <b>Senior Food Pantry</b>            10:00am <b>Men's Group</b>            10:30am <b>Stretch &amp; Flow</b></p>
<p><b>14</b></p> <p>8:30am <b>Pickleball</b>            9:30am <b>Yoga</b>            12:15pm <b>Piano</b>            1:30pm <b>Cribbage</b>            2:00pm <b>Mahjong</b></p>	<p><b>15</b> Meals on Wheels</p> <p>10:00am <b>Support Group</b>            2:00pm <b>Bridge</b></p>	<p><b>16</b></p> <p>8:30am <b>Pickleball</b>            9:30am <b>Yoga</b>            10:00am <b>Zoom Fitness</b>            10:00am <b>SHINE</b></p>	<p><b>17</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            1:00pm <b>Spice of Life</b>            2:00pm <b>Needlework</b></p>	<p><b>18</b></p> <p>8:30am <b>Pickleball</b>            9:00am <b>Senior Food Pantry</b>            10:00am <b>Men's Group</b>            10:30am <b>Stretch &amp; Flow</b></p>
<p><b>21</b></p> <p>8:30am <b>Pickleball</b>            9:30am <b>Yoga</b>            12:15pm <b>Piano</b>            1:30pm <b>Cribbage</b>            2:00pm <b>Mahjong</b></p>	<p><b>22</b> Meals on Wheels</p> <p>8:30am <b>Footcare</b>            2:00pm <b>Bridge</b></p>	<p><b>23</b></p> <p>8:30am <b>Pickleball</b>            9:30am <b>Yoga</b>            10:00am <b>Senior Hike</b>            10:00am <b>Zoom Fitness</b></p>	<p><b>24</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            1:00pm <b>Spice of Life</b>            2:00pm <b>Needlework</b></p>	<p><b>25</b></p> <p>8:30am <b>Pickleball</b>            10:00am <b>Men's Group</b>            10:30am <b>Stretch &amp; Flow</b></p>
<p><b>28</b></p> <p>8:30am <b>Pickleball</b>            9:30am <b>Yoga</b>            12:15pm <b>Piano</b>            1:30pm <b>Cribbage</b>            2:00pm <b>Mahjong</b></p>	<p><b>29</b></p> <p>10:00am <b>Support Group</b>            2:00pm <b>Bridge</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>1</b></p>



## ABOUT OUR CEMETERIES

**WEDNESDAY, AUG 9th at 11am**

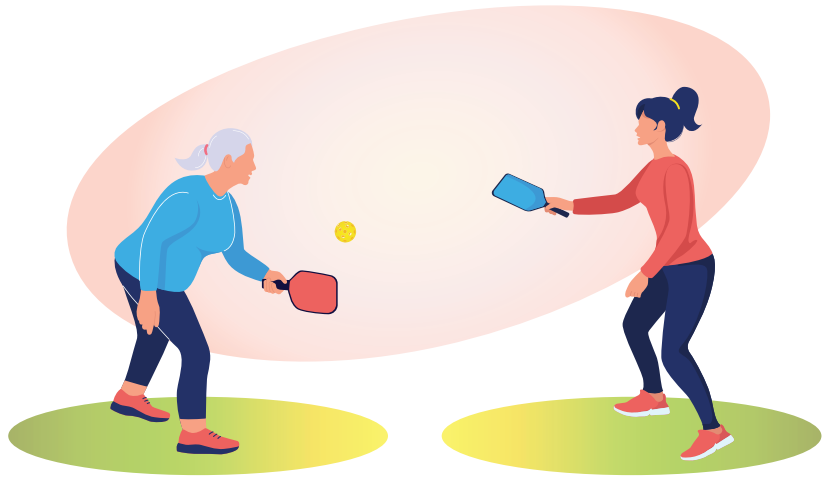
There are 8 cemeteries in town, each with its own history and special needs. Join us at the COA for Cemetery Superintendent **Bruce Rollins**, telling the tales of how our cemeteries have been managed and maintained over the centuries and how that impacts their use today — it is truly fascinating! He will also cover the current regs and what to consider in your own planning. **Register at 978-464-5977.**



## MAGIC WITH LYN DILLIES

**WEDNESDAY, SEP 20th at 1pm**

From the Lincoln Center in NYC to the Magic Castle in Hollywood, **Lyn Dillies** wows her audiences with her amazing powers of prestidigitation. The highest awarded female illusionist in the country. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, her enchanting personality! Her show is guaranteed to fill your heart with magic!. **Call us to sign up at 978-464-5977.**



# GET READY TO PLAY PICKLEBALL!

**MONDAY, WEDNESDAY and FRIDAY from 8:30pm to 11:30pm**

**WHERE:** 2 outdoor courts are set up on the basketball court at Krashes Field

**WHEN:** The courts are reserved for senior play every Monday, Wednesday, and Friday between 8:30 to 11:30am

**EQUIPEMENT:** Players must bring their own racquet and balls. The COA will provide portable nets, court markers, and red carpenter's chalk to mark out the courts during our reserved play times. Equipment will be stored in a locked bin adjacent to the court.

**WAIVERS:** All players must have a signed waiver on file with the COA prior to signing up and playing the first time. Please download the form, fill it out, and send it to the COA by email, snail mail, or drop it off in person. The waiver can be picked up at the senior center or downloaded:

[https://www.town.princeton.ma.us/sites/g/files/vyh1if4891/f/pages/princeton\\_senior\\_pickleball\\_waiver.pdf](https://www.town.princeton.ma.us/sites/g/files/vyh1if4891/f/pages/princeton_senior_pickleball_waiver.pdf)

**SCHEDULES COURT TIME:** We'll be using the Playtimescheduler app to set-up court times and administer the schedule. Individual players need to download the app and set up a personal profile to be able to reserve court time. We're in the Central Worcester County MA group; look for Krashes Field, Princeton to find our scheduled times. You should be able to sign up for any scheduled sessions.

**GUIDELINES:** We're limiting the number of players to 16 for any given session - that allows 2 courts of 4 people/court to play for about 1.5 hours and then allowing the 2nd set of 8 to play. You should expect that you may have to wait to get on the court. We're asking that players relinquish their court after 1.5 hours if there are others waiting to play.

**MORE:** Parking and bathrooms are both onsite. Please watch NextDoor, our Facebook page, and flyers for more details. Or call us at (978) 464-5977 for more information.