



THE DIRECTOR'S MESSAGE: This Happy New Year!! My first wish for the New Year is that you and yours had a wonderful holiday season and your brightest year ever lies ahead! Many of us welcomed or stayed with family and friends near and far for the first time in a couple of years and possibly exchanged some viruses as well as hugs and gifts. I'm requesting you consider wearing a mask at the COA this month, especially in the first 2 weeks and if participating in 30+ minute activities. That said, there are some fun new things to do to kick off your new year! 🐾 The free **Hearts to Home Luncheon** on the 12th will introduce you to quality pre-made meals that are nutritionally balanced, varied, great tasting, and easy. These are especially good for single person and smaller households or those days when you just don't want to cook. Only space for 25, so sign up early. We have a copy of their catalog in the office you can peruse too. 🐾 We're hosting a **Chocolate Talk & Tasting** (*Yes Virginia, with samples!*) on February 1st, but you need to sign up this month so we're sure to have enough chocolate for everyone. 🐾 Similarly, the annual **Rotary Club Lasagna Dinner** will be in February, but you must sign up by January 27th and this year the pick-up will be at the Sterling Senior Center. 🐾 For inquiring minds, our lecture this month is **Understanding Cannabis** on January 25th. All the intel with no samples, but a great way to get up to speed on all that cannabis is and is not in 2023, including some medicinal uses. 🐾 Many of you have asked how you can help the COA and we appreciate EVERY offer! We're hosting a **Volunteer Tea** on January 25th for new and existing volunteers to learn about a variety of opportunities to get involved for either a single event or an ongoing program or service. We hope to see many of you there and in the weeks and months to come! 🐾 **Herbs & Spices** is up and running and if you're interested there is still time to join and get trained on our new equipment and by ServSafe. We're also going to be experimenting with some prototype herb blends which is guaranteed to be a lot of fun. Call us to be added to the group and/or come to the next meeting on Thursday, January 5th. 🐾 Remember, **Town Buzz** is back live and in person, on Wednesday, January 11th and 25th.

Hope your new year is already off to a great start! Judith, Director

JANUARY 2023 NEWSLETTER & GUIDE TO HAPPENINGS

Adult Coloring	4
Adult Travel	7
Book Club	3
Bridge	3
Beginner Piano	3
Cannabis Lecture	7
Chocolate Tasting	6
Cribbage	3
Food Pantry	2
Foot Care	6
Elder Bus	2
Herbs & Spices	6
Hearts to Home	7
Hiking with Rick	4
Mahjong	3
Medicare	6
Men's Group	3
Needlework	3
Recycling Center	6
Stretch & Flow	4
Tech Support	6
Town Buzz	6
Volunteer Tea	4
Walking Club	4
Veteran's Info	5
Yoga	4

Our Hours

We will be closed on **January 12th and 16th.**
Monday thru Thursday
from 9:00AM to 4:00PM
 for all activities & services.
Friday 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 monthly COA Board Meeting will be held on **Wednesday, January 4th 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 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
Jan 20, Feb 17, Mar 17

ALL Residents

Saturdays from 9 to 11AM
Jan 21, Feb 18, Mar 18

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

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
\$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
Fridays from 10:30-12:00PM
\$1.50 each way

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

JAN 18TH AT 1:00PM

The Violin Conspiracy
by Brenden Slocum

FEB 18TH AT 1:00PM

The Lost Apothecary
by Sarah Penner



ROTARY CLUB LASAGNA DINNER

RESERVE BY: FRIDAY, JAN 27TH
PICK UP: SUN, FEB 12TH, 1 TO 2PM

This is a special **Valentine Grab & Go** for Sterling and Princeton seniors.

Presented by the Wachusett Area Rotary Club — *Serving is the Heart of Rotary.* Dinners are prepared by The Manor Restaurant. **Meals are limited — sign up at the Sterling Senior Center or call 978-422-3032.**

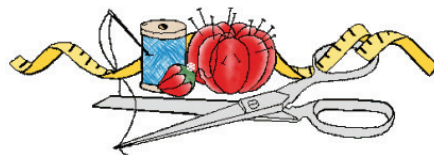


MEN'S GROUP

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. Such fun!



CRIBBAGE

THURSDAYS AT 2:00PM

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).

NEW CLASS



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, JANUARY 18TH AT 1:00PM

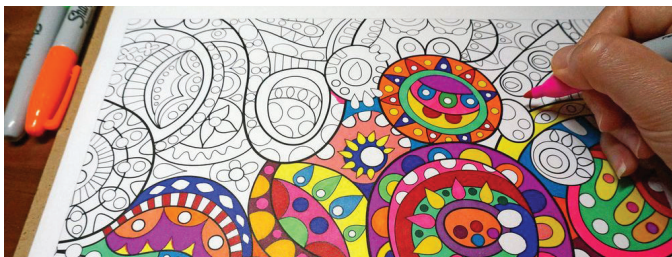
An easy-to-moderate 3.5-mile hike around Wachusett Meadow southside trails. Hike will happen regardless of snow and Rick will let you know what to wear on your feet! **Contact Rick at TrailAroundPrincetonMA@gmail.com**



TEA for VOLUNTEERS

WEDNESDAY, JANUARY 25TH, 2:00PM

The COA truly appreciates those who contribute their time, talents, and energy to so many of our programs and services. We're inviting new and existing volunteers to a tea 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 25th to find the right match for you!



Adult Coloring Kits

AVAILABLE JANUARY 4TH AT 12:00PM

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. \$9 for initial kit with pens; no charge for subsequent monthly kits

THE PRINCETON WALKING CLUB

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.



ATTENTION VETERANS!

Veterans Benefits Have Increased! You may be eligible for additional benefits. See the back of this month's calendar.

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

LEFT BLANK FOR ADVERTISING



HERBS & SPICES

THURSDAY, JANUARY 5TH, 1:00PM

The kickoff meeting was great — we are launched! We'll be getting ServSafe and equipment training in January and creating our 1st batch of herb blend prototypes! There's still room for anyone intrigued. If interested, please call, so we add you to the list.

TOWN BUZZ IS BACK!

JAN 11TH at 1:00PM: Fire/EMS Happenings
JAN 25TH at 1:00PM: Meet the New Police Chief

Find out what we learned from the recent assessment done by MRI. The Town Buzz is a friendly and informal discussion on a topic of interest to residents. Held at the Senior Center. Hot coffee and tea will be served.



CHOCOLATE 101: TALK & TASTING

WEDNESDAY, FEBRUARY 1ST, 12:00 NOON

Did you know that eating chocolate releases endorphins that make you happy? Come try an array of gourmet chocolate delights. Milk, dark, and SUGAR FREE chocolate will be offered for sampling. Learn about the ingredients, processing and where cocoa pods are grown. Can you think of a better way to get ready for Valentine's Day? **Space is Limited, please call 978-464-5977 to make a reservation!**



Don't throw it away, Recycle It!

NOV 2022 thru MAR 2023
RECYCLE CENTER HOURS
Tuesdays: 10:00 to 11:00AM
Thursdays: 2:00 to 4:00PM
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

MEDICARE ADVANTAGE PLAN

The Medicare *Advantage Plan* Open Enrollment Period runs from January 1 to March 31, 2023. If you are currently enrolled in a Medicare *Advantage Plan* that isn't meeting your needs, you can switch to a different Advantage plan or switch to Original Medicare (and join a separate Medicare drug plan, if needed) during this time. 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 meeting with a SHINE Counselor.**



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



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.



ADVENTURES for TRAVELERS 50+

Saturday, MAR 11, 2023 St. Patrick's Day at Nellie's: Wear your green — we're journeying to the Irish Catskill Mountains and the town of East Durham, home of Nellie's Irish Pub for lunch, Irish music and time for shopping at Nellie's in-house bakery. If time permits will we spend time shopping in Durham before heading home. **\$129/pp**

Saturday, APR 15th, 2023 BEEHIVE at the Stoneham Theater: Lunch is included at the Chateau Restaurant. **\$159/pp**

Saturday, 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**

Saturday, SEP 29th to Friday, OCT 6th, 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*. \$100.00 saving per person if book by December 4th 2022. Call *And Away We Go Travel*, Fred Clark at (509) 421-6882 for all information on this this. **Price for two in a room \$3,599.00, Private room \$4,628.00**

For more information, contact: Gladys Merrow **508-835-4312** or **508-612-5312** or **andawaywego@travel.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.



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](https://myvaxrecords.mass.gov)



UNDERSTANDING CANNABIS

WEDNESDAY, JANUARY 25TH, 11:00AM

Everything you've ever wanted to know about cannabis but were afraid to ask — all in one workshop! Don't get your intel from your kids, grand-kids, Aunt Mildred, late night infomercials, or other dubious sources. Get the straight scoop on cannabis from CBD to THC at this lecture/workshop. Cannabis is legal in Massachusetts and has properties that may help certain medical conditions. Come learn about the types of cannabis, their uses, and what is legal and what's not. Sorry, no samples! **Call 978 464 5977 to sign-up.** **Presented by Garden Therapy.**



HEARTS TO HOME FREE LUNCHEON

THURSDAY, JANUARY 12TH, 11:30AM

Hearts to Home prepares, freezes, and delivers individual meals to seniors from a menu of over 160 entrées, soups, and desserts that accommodate many dietary requirements. There's no minimum order or required subscription for the service. It may be a good balanced, "heat and eat" option for you or someone in your care. They are hosting a free luncheon at the COA for 25 people to sample their meals. Come join us for a free lunch, quiz, and prize give away! **Space is limited, if interested, call 978-464-5977 to make your reservation.**



TAPE HERE

TAPE HERE

Princeton Council on Aging January 2023 Newsletter

PRSRST STD
U.S. POSTAGE
PAID
PERMIT NO. 3
Princeton, MA
01541

PRINCETON TOWN HALL
6 TOWN HALL DRIVE
PRINCETON, MA 01541

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

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>



Thursday, January 12th
11:30AM

FREE LUNCHEON

*Join us for a free lunch,
quiz, and prize give away!*

Reservations Required
Call 978-464-5977

Hearts to Home prepares, freezes, and delivers individual meals to seniors. Come enjoy a free luncheon at the COA for 25 people to sample their meals.



Wednesday, January 25th
11:00AM

LEARN ABOUT CANNABIS

*Everything you've wanted
to know about cannabis
but were afraid to ask!*

Sign up by calling
978-464-5977

Come learn about the types of cannabis, their uses, and what is legal and what's not! Presented by **Garden Therapy**.



Wednesday, February 1st
12:00 NOON

CHOCOLATE TASTING 101

*Try an array of gourmet
chocolate delights!*

Reservations Required
Call 978-464-5977

Did you know that eating chocolate releases endorphins that make you happy? Can you think of a better way to get ready for Valentine's Day?

This newsletter was designed by Thomjon Borges 978-868-0890 or thomjon@borgescreative.com