



APR 2024

The NEWSLETTER and GUIDE to HAPPENINGS

Adult Coloring	4
Adult Travel	7
Alzheimers Warnings . . .	C
Beginner Piano	3
Book Club	3
Bridge	3
Chair Yoga	4
Elder Bus Service	2
Fall Prevention	6
Food Pantry	2
Foot Care	2
Games	3
Harvey Leonard	C
Health Screening	2
Hiking with Rick	4
Mahjong	3
Medicare	6
Men's Group	3
Needlework	3
PAS/COA Open Studio . .	6
Pickleball	6
Spice of Life	6
Stretch & Flow	4
Tech Support	3
UFOs & Spy Balloons . . .	6
Veteran's Info	3
Yoga	4

THE DIRECTOR'S MESSAGE: There is a lot going on at the COA this month, so you may need resist the urge to spend all your time outdoors and/or in your garden in between the many April showers! Stay healthy, active, and involved. *Judith, Director*

☀️ Of course, April's headliner is **Harvey Leonard's talk on Climate Change: Simple, Serious, Solvable** on April 11th. Many of you have already signed up and if you haven't done so, call us soon to reserve a seat. This is guaranteed to be an especially good presentation.

☀️ The **Falls Prevention Workshop** hosted by a team from Summit Eldercare/ FallonHealth on April 2nd promises to be top-notch and will touch on easy home modifications, what to do if you fall, basic safety habits, and the positive role physical activity plays in preventing falls. Falls are the leading cause of senior injuries, so its a good idea to get this one on your calendar.

☀️ X-filers and sceptics alike will enjoy **UFOs and Spy Balloons** on April 16th presented by **Chris Torres**, a life-long searcher who has all the tea on the science/new intel as well as the crazy stuff. Come learn what Chris has sorted out and what he's learned from the NYT team that broke open the UFO files, scientists, and government officials. Fascinating and fun!

☀️ The **Ten Warning Signs of Alzheimer's** talk on April 29th is the first of 2 presentations by the Alzheimer's Association-MA/NH Chapter. **Julie McMurray** and Princeton's **Jodi Utter**

will walk us through these signs and why early diagnosis and treatment is so important. *Mark your calendars for the May 6th workshop, Understanding Dementia and Alzheimer's too!* Registration for both starts April 1st.

☀️ I also want to remind you about the **Monthly Health Screenings Clinic** run by **Dianna Markley**. Screenings include blood pressure, diabetes, and blood oxygen levels. Call the COA to make an appointment. Let us help you be more aware of and in better charge of your health.

☀️ Make sure to check out the information inside on **Medicare Savings Plans (MSPs)**. If you would like more information go to the website provided or make an appointment with **Wes Barter**, our SHINE counselor. The great new benefit is there is no asset limit – you only need to be below the monthly income requirements.

☀️ We're accepting **book donations** again. Please bring us the recent bestsellers you've finished and drop by to pick one up.

☀️ Watch for **Pickleball** to resume about mid-month if the weather permits. We'll start scheduling sessions on PlayTime Scheduler soon. We're also arranging for 2 more clinics later this spring.

Our Hours

Monday thru Thursday
from 9:00am to 4:00pm
All activities & services.

Fridays
Scheduled activities ONLY

Closed
April 15th for Patriots 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

April 2024 Board Meeting

The COA Board Meeting for the month of December will be held on **Wednesday, April 3rd at 9am.**

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.**

The Wachusett Food Pantry



Located at 50 Worcester Road in Sterling and available to all residents of the Wachusett area.

Advanced sign-up is not needed, just show up at the pantry at the designated date and time.

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, contact the COA at least ONE WEEK prior.

Seniors (65+)

Fridays from 9:00am to 11:00am
April 19, May 17, June 21

ALL Residents

Saturdays from 9:00am to 11:00am
April 20, May 18, and June 22

The Princeton Council on Aging



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 Council on Aging** offers a wide variety of programs and services including:

- ★ Meals & Nutrition
- ★ Health, Fitness, and Wellness Programs
- ★ Information & Assistance
- ★ Public Benefit Counseling, including SNAP and Fuel Assistance
- ★ SHINE Appointments (Medicare Counseling)
- ★ Social & Recreational
- ★ Educational & Arts
- ★ Foot Care Services
- ★ FREE Medical Equipment Loan
- ★ Transportation
- ★ Multi-Age Programs
- ★ Volunteering
- ★ More!



Health Screenings & Ask a Nurse

FREE CLINIC

Tuesday, APR 16th at 9:30AM

A clinic to screen for high blood pressure, diabetes, and oxygen in your blood. Don the cuff, get one finger pricked, and/or another clipped/pinched to check on three indicators of your health.

Clinic is run by Princeton's **Dianna Markley**, public health and geriatric-certified nurse, and member of the Princeton Board of Health.

Call 978-464-5977 for an appointment.

Free Rides for Seniors



The **SCM ElderBus** offers **FREE curb-to-curb rides** for seniors over 60 and those with disabilities.

RESERVE YOUR SEAT BY CALLING 1-800-321-0243.

Please call 48 hours in advance, from 8:00am to 4:00pm.

Medical: Worcester/Auburn/Barre
Monday to Wednesday
10:00am to 12:00pm or
12:00 to 2:00pm

Rutland/Holden/Leominster
Monday to Friday
9:00am to 2:30pm

Shopping: Big Y, Holden
Every Friday
10:30am to 12:00pm

Footcare by Nurses



A skilled-nursing service, offering kind, safe, evidence-based care for your feet that supports overall health, mobility, and balance. **Services include: nail trimming, callous removal, and foot massage.** Visits are by appointment at the COA or through home visits. **Contact the COA at 978-464-5977 for details on dates, times and prices.**



Bridge

CLASSIC BRIDGE
Tuesdays from 2pm

DUPLICATE BRIDGE
1st Tuesday from
2:00 to 5:00pm

Call 978-464-5977 for info.



Mahjong

Mondays at 2:00pm

A game, using rectangular pieces called tiles, played by four people, The object is to collect the most winning sets of tiles, as in gin rummy. Beginners welcome.



Book Club

April 24th at 1:00pm

Invisible Thread
by Laura Schroff
& Alex Tresniowski

May 15th at 1:00pm

The Reading List
by Sara Nisha Adams



Attention Veterans!

You may be eligible for additional benefits. Call Lynette Gabrila at the Veterans Service

Office to find out more!

Call 978-630-4017 or
LGabrila@gardner-ma.gov



Computer Support

Do YOU need some help with technology? Do YOU want to learn how to join ZOOM? **Karen Cruise** is here and ready to help! Socially distanced and virtual technical support are available through our very capable volunteers. Call **978-852-2709** or email **crukaren99@gmail.com**



Piano

BEGINNERS CLASS
Mondays at 12:30pm

Small group classes with instructor, **Dennis Deyo**.
\$5 per person/class

CHORDS CLASS
Mondays at 11:30am

Open to members of the
Beginners Class only



Games

Mondays at 2:00pm

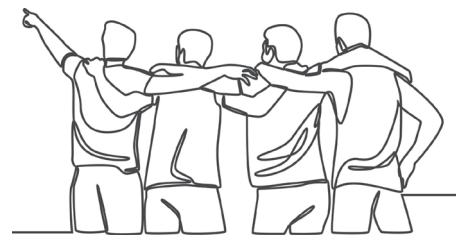
Like to play games? Want to learn a new one? Join us for Cribbage, Pitch, Rummikub, and more. All are welcome!



Needlework Studio

Thursdays at 2:00pm

Do you knit, crochet, embroider or enjoy any of the needle arts? Then, join us to work on your latest project and enjoy each other's company. Such fun!



Men's Group

Fridays at 10:00am

Come join this great group of men for exciting discussions on anything and everything! Call for details: **Mike Warren** at **978-337-0636**. New members are always welcome!



UFOs & Spy Balloons

Tuesday, April 16th at 11:00am

A lot has come to light since Roswell and this talk will take you through the most recent developments on the topic of UFOs, including the NYT article that broke the official UFO reports. Our presenter, **Chris Torres**, will review exactly what government officials and prominent scientists have said, both on and off-the-record about UFOs (now known as UAPs), and what we might see unfolding next. X-filers and sceptics alike will enjoy this fun update! **Call 978-464-5977 to register**



Adult Coloring

Kits available on April 4th 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 you a set of 36 dual tip gel pens.

\$11 for initial kit with pens; no charge for subsequent monthly kits.



Hiking with Rick

Wednesday, April 17th at 10:00am

Meet at the COA and carpool to the new Red Fox Farm Trails. A slower 2.5-mile hike with little elevation, a few rocks, and pretty views! **Please register at TrailAroundPrincetonMA@gmail.com in case of scheduling changes.**



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).



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.



Stretch & Flow Yoga

Fridays at 9:30am

\$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).

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

RESERVE YOUR RV/CAMPING SEASON!

Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344



Every Seller and Buyer has different needs!

Benefit from a full-time REALTOR® who understands the market and knows how to solve the challenges of selling or buying with YOU in mind.

Janet Schoeny | REALTOR®
978-808-2429 | djschoeny@aol.com

RE/MAX Vision | 181 Main Street | Shrewsbury, MA 01545
Top Producer 2020 | Top 3 Producers or 100% Club 2017-2022



Let me know how I can help you!

fullerrv.com

FULLER RV
RENTALS & SALES

usamotorhomerentals.com

150 Shrewsbury St, Boylston, MA 01505, RTE 140



1 (800) 338-2578

Family Owned and Operated Since '84

WACHUSETT HOUSE CORPORATION



13 Boylston Ave ~ Princeton, MA 01541

- Independent living facility for those with low to moderate income.
- 16 quaint, quiet, 1 bedroom units tucked into the woods of Princeton
- Close to the center of town
- Central office and community space.

wachusethousecorp@gmail.com

We are always 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 of no greater than \$54,500 for one, or \$61,500 for two

978-464-2637

www.wachusethouse.com



HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™



MAKING MEALTIMES EASY

Call us or visit our website today to request a free brochure!



ORDER WHAT YOU WANT, WHEN YOU WANT IT

Certain insurances accepted with case manager referral. Consult your case manager to find the best meal solution for you.

508-261-5616

www.HeartToHomeMeals.com



122 A/944 Main Street, Holden, MA

508-829-4333

www.sunnysideford.com

AD Space for SALE

SENIOR NEWS PUBLICATIONS

603-601-8047

we bring community to you

INFO@SNPNEWSLETTERS.COM
WWW.SNPNEWSLETTERS.COM

Serving the Community of Princeton for Over 125 Years

HOLDEN
1158 Main Street
508-829-4434

STERLING
100 Worcester Road
978-422-0100



Greater Worcester Funeral & Cremation Care

Advanced Funeral Planning

Richard Mansfield and Ricky Mansfield
Funeral Directors

www.milesfuneralhome.com

800.983.4434

OPEN DOOR

Real Estate
opendoor-re.com
978-422-5252



Laurie Kraemer
REALTOR®

SENIOR SPECIALIST WITH 25+ YEARS EXPERIENCE

978-400-6932

FRIENDLY & PROFESSIONAL · OPENDOOR-RE.COM



COA/PAS Open Studio

Thursdays at 1:00pm

Free drop-in open studio co-sponsored by the COA and the Princeton Arts Society. Bring your own art, craft, writing, etc., or drop in and see what we are doing. Free and open to all Princeton seniors and friends of PAS. A fun and easy way to fit some weekly creativity into your schedule.

Senior's Pickleball

Our most devoted players are suggesting that they may pick up their racquets again this month, provided the weather cooperates. Starting about mid-month, we'll be posting court schedules on PlayTimeScheduler. We expect to retape the courts in May and hold 2 clinics in late May and early June. Stay tuned for details!

Medicare Counseling

Trained SHINE volunteers offer free counseling on all aspects of Medicare health insurance and **Medicare Savings Plans (MSPs)** to seniors.

Wednesday, April 17th, starting at 10am. **Call 978-464-5977 to schedule your one-on-one meeting with our SHINE Counselor on the 3rd Wednesday of each month. In-person or phone appointments.**



Books & Puzzles

We are once again looking for new and/or recent books for our lending library. Bring us your best-sellers that you've finished. If you're looking for a good read, come browse our shelves and take a book! Please no old, musty, or outdated books.



Falls Prevention

Tuesday, April 2nd at 10:00am

Falls are the leading cause of injuries for people over 60. In the US, 1 in 4 seniors falls each year, resulting in an ER visit every 11 seconds and a fall-related death every 19 minutes. Age-related changes including reduced muscle strength, balance, and vision, and chronic conditions such as arthritis and osteoporosis increase the risk of falling. Come learn easy home modifications you can do today, basic safety habits, what to do if you fall, and the bennies of staying active! Presentation by **Sharon Nolli** and **Phillip Buchieri**, PT from Summit ElderCare/Fallon Health.

Call 978-464-5977 to register.

Medicare Savings Plans

Medicare Savings Plans (MSPs) will pay for some or all of Medicare premiums, deductibles, co-payments, and co-insurance. Depending on your income, MSP will pay your Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. For a single person if your monthly income is below \$2,824, or as a married couple it's below \$3,833, you may be eligible for assistance. Starting March 2024 income from all sources is counted, but there is **NO ASSET LIMIT**. **Learn more at [Mass.gov/MedicareSavings](https://www.mass.gov/MedicareSavings) or book an appointment with our SHINE counselor by calling 978-464-05977.**

Spice of Life

Our blends are available at Growing Places Produce Markets and at the COA. Choose from Thyme on Our Hands, Mint Magic, and Wisdom of the Sages. **Call us at 978-464-5977, if you are interested in joining this fun project.**





WEEKEND ADVENTURES for TRAVELERS 50+

APRIL 20th, 2024

The Play That Goes Wrong:

Lunch at Storowton Tavern located on the grounds of the BIG E followed by a matinee performance of The Play That Goes Wrong at the Majestic Theater in Springfield. It is the opening night of the Cornley University Drama Society's newest production, The Murder at Haversham Manor, and things are about to go from bad to utterly disastrous. The play is part Marx Brothers, part Sherlock Holmes, and all mayhem! **\$129/pp**

MAY 18th, 2024

Downeaster Train to Portland,

Maine: Calling all train buffs! Bus ride to Haverhill, MA to board Amtrak's Downeaster to Portland. Near 2-r train ride passes through historic, quaint, colonial towns and along beautiful beaches. Bus from Portland station to lunch at Muddy Rudder in Yarmouth and browsing shops in Old Port of Portland before bus trip home. **\$129/pp**

JUNE 2nd, 3rd, & 4th, 2024

The Von Trapp Lodge: A 3-day, 2-night get away. Tea & cookies at the Trapp Lodge in Stowe, Vermont. Day 2 starts with breakfast and a Trapp Lodge history tour. Then time to explore downtown Stowe, which includes

Cabot Cheese, Lake Champlain Chocolates, Brewery tour/tasting, & dinner at the Bierhall Observation Deck. Day 3 begins at Cold Hollow Cider Mill and Ben & Jerry's with lunch at Jesse's Steak & Seafood Tavern.

\$789/pp (two per room)

\$1,029/pp (private room)

JUNE 22nd, 2024

Newport Flower Show and

Harbor Cruise: New England's premier flower show returns to the grounds and interior of Rosecliff Mansion with the theme of "At Home." Lunch is at Johnny's in the Wyndham Newport Hotel followed by a relaxing 75-minute cruise of Newport Harbor.

\$159/pp

JULY 14th, 2023

Lobstah & Bier: First stop is at Pigs Fly bakery, then a visit to York Beach Beer Company for a tasting of 5 beers on tap. Included lunch is at Foster's Restaurant followed by a stop at Stonewall Kitchen before heading home.

\$129/pp

AUGUST 10th, 2024

Craft Fair & Lake Sunapee

Cruise: Visit the Mount Sunapee Resort for the Craftsman's Fair, the League of New Hampshire Craftsmen's signature event with 160 booths plus demonstrations

and workshops. Fair followed by a 2-hour private cruise on Lake Sunapee and buffet lunch aboard the MV Lake Queen. **\$149/pp**

OCTOBER 6th, 7th, & 8th, 2024

3-Day Cape May New Jersey:

Deluxe motorcoach, 2 nights in the charming Marquis De Lafayette Hotel across from the beach and near historic district. Trip includes welcome reception at hotel followed by dinner at a local restaurant on Day 1. Day 2 includes a guided tour of the 1879 Emlen Physick Estate, a narrated trolley tour of the historic district and its architecture, lunch on own, shopping at the Washington Street Mall, Cape May's town square lined with quaint shops and restaurants, and an afternoon 90-minute guided tour of Cape May and a stop at Sunset Beach and dinner. Day 3 includes a cruise on the Cape May Spirit around Cape May and up the coastline while the captain narrates the lore, legend, and ecology of these waters.

\$769/pp (2-person room)

\$999/pp (single room)

NOTE: Trips often fill quickly. If trip is full, call for waitlist; spots open frequently or a 2nd bus may be added.

CONTACT: Gladys Merrow at 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.



Princeton Council on Aging April 2024 Newsletter

Princeton Town Hall, 6 Town Hall Drive, Princeton, MA 01541

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

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>



April 2nd at 10:00am

FALLS PREVENTION

Are You at Risk?

Come learn easy home modifications you can do today, basic safety habits, what to do if you fall, and the bennies of staying active! Presentation by **Sharon Nolli** and **Phillip Buchieri**, PT from Summit ElderCare/Fallon Health.

Register at 978-464-5977



April 11th at 12:00pm

HARVEY LEONARD

The Forecast for Fun!

Learn about weather vs. climate, why climate change is simple, but serious, and how we can mitigate or solve some of the problems it causes. Q & A period afterward for questions about presentation, meteorology, or his amazing career.

Register at 978-464-5977



April 16th at 11:00am

UFOS & SPY BALLOONS

The Truth is Out There!

Our presenter, **Chris Torres**, will review exactly what government officials and prominent scientists have said, both on and off-the-record about UFOs, and what we might see unfolding next. X-filers and sceptics alike will enjoy this fun update!

Register at 978-464-5977



April 29th at 11:00am

ALZHEIMER'S TALK

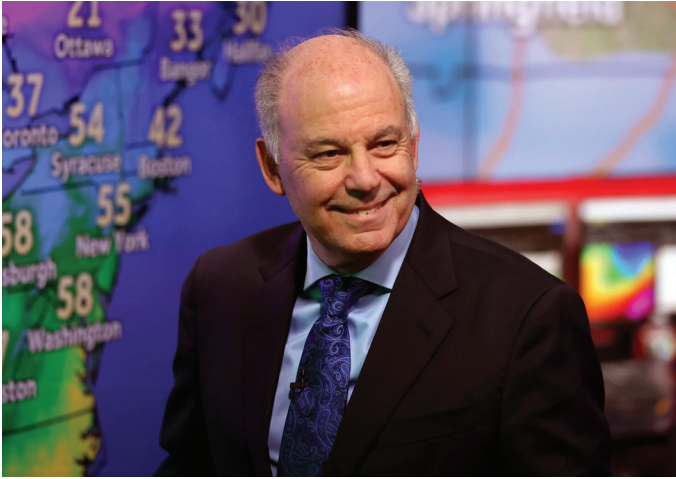
Learn the 10 Warning Signs!

Come learn about the importance of early detection and the benefits of diagnosis for you or your loved ones from **Julie McMurray** and Princeton's own **Jodi Utter** of the Alzheimer's Association MA/NH Chapter.

Register at 978-464-5977

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30am Yoga 11:30am Piano Chords 12:30pm Piano 2:00pm Games 2:00pm Mahjong</p>	<p>2 Meals on Wheels</p> <p>10:00am Falls Prevention 2:00pm Bridge</p>	<p>3</p> <p>9:00am Board Meeting 9:30am Yoga 10:00am Zoom Fitness 12:30pm Watercolors</p>	<p>4</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework 2:00pm Coloring Kits</p>	<p>5</p> <p>9:30am Stretch & Flow 10:00am Men's Group</p>
<p>8</p> <p>9:30am Yoga 11:30am Piano Chords 12:30pm Piano 2:00pm Games 2:00pm Mahjong</p>	<p>9 Meals on Wheels</p> <p>8:30am Footcare 2:00pm Bridge</p>	<p>10</p> <p>9:30am Yoga 10:00am Zoom Fitness 12:30pm Watercolors</p>	<p>11</p> <p>10:30am Chair Yoga 12:00pm Harvey Leonard 1:00pm Open Studio 2:00pm Needlework</p>	<p>12</p> <p>9:30am Stretch & Flow 10:00am Men's Group</p>
<p>15</p> <p>CLOSED FOR PATRIOTS DAY</p>	<p>16 Meals on Wheels</p> <p>8:30am Health Screenings 11:00am UFOS & Spy Balloons 2:00pm Bridge</p>	<p>17</p> <p>9:30am Yoga 10:00am Zoom Fitness 10:00am Senior Hike 10:00am SHINE 12:30pm Watercolors</p>	<p>18</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>19</p> <p>9:00am Food Pantry 9:30am Stretch & Flow 10:00am Men's Group</p>
<p>22</p> <p>9:30am Yoga 11:30am Piano Chords 12:30pm Piano 2:00pm Games 2:00pm Mahjong</p>	<p>23 Meals on Wheels</p> <p>8:30am Pickleball 2:00pm Bridge</p>	<p>24</p> <p>9:30am Yoga 10:00am Zoom Fitness 1:00pm Book Club</p>	<p>25</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>26</p> <p>8:30am Pickleball 9:30am Stretch & Flow 10:00am Men's Group</p>
<p>29</p> <p>9:30am Yoga 11:00am Alzheimer's Talk 11:30am Piano Chords 12:30pm Piano 2:00pm Games 2:00pm Mahjong</p>	<p>30 Meals on Wheels</p> <p>8:30am Pickleball 2:00pm Bridge</p>	<p>1</p> <p>9:30am Yoga 10:00am Zoom Fitness 12:30pm Watercolors</p>	<p>2</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>3</p> <p>8:30am Pickleball 9:30am Stretch & Flow 10:00am Men's Group</p>



HARVEY LEONARD

Climate Change: Simple, Serious, and Solvable

Thursday, April 11th at 12:00pm

Climate is what you expect, weather is what you get! In other words, weather is a specific event — like a rainstorm or hot day — that happens over a few hours, days, or weeks. Climate is the average weather conditions in a place over 30 years or more. No one has been more enmeshed in the weather daily than meteorologist and local TV personality **Harvey Leonard!** Many of us remember his on-air coverage as early as the Blizzard of '78 and for decades thereafter — in other words, Harvey has seen enough weather over time to have the data and perspective about climate. Come learn about weather vs. climate, why climate change is simple, but serious, and how we can mitigate or solve some of the problems it causes. Q & A period afterward for questions about presentation, meteorology, or his career (this is where the funny stories live). **Call the COA at 978-464-5977 to register. Location TBD.**



10 WARNING SIGNS of ALZHEIMER'S

Monday, April 29th at 11:00am

Nearly 6 million seniors 65+ are diagnosed with Alzheimer's with over 130,000 patients here in Massachusetts. Over 213,000 MA family caregivers provide in-home assistance, and all MA caregivers annually provide 308 million hours of care valued at \$7 billion. Come learn about the importance of early detection and the benefits of diagnosis for you or your loved ones from **Julie McMurray** and Princeton's own **Jodi Utter** of the Alzheimer's Association MA/NH Chapter. *Watch for the follow-up talk on dementia and Alzheimer's early next month but try not to miss this important intro.* **Call 978-464-5977 to register.**



RECYCLE CENTER

Wachusett Watershed Regional Recycling Center
131 Raymond Huntington Hwy,
West Boylston, MA

www.wachusettearthday.org
or 978-464-2854

Recycling Center Hours:

- > Tuesdays from 9:00 to 11:00am
- > Thursdays from 4:00 to 6:00pm

Household Hazardous Products (HHP):

- > April 27th from 9:00 am to 1:00 pm