



AUG 2023

The NEWSLETTER and GUIDE to HAPPENINGS

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THE DIRECTOR'S MESSAGE: It's been a crazy summer with alternating heat and torrential downpours and flooding. Everyone's wondering what havoc August's weather might play with their veggie gardens, flower beds, and vacation plans. We can't predict the future, but we have some options for both rainy and sunny days and we always have air-conditioning. May your summer days be fun-filled! *Judith, Director*

🐾 Our pickleball clinics were a smash hit and we have reserved senior **Pickleball Sessions** scheduled for the foreseeable future at Krashes Field on Mondays, Wednesdays, and Fridays from 8:30am to 11:30am. Use the **Playtimescheduler for Pickleball app**. Bring your own racquet and balls and have a signed waiver on file at the COA before your first play date.

🐾 August 2nd is **National Ice Cream Sundae Day** and we've got a veritable smorgasboard of toppings with which to adorn your dish of vanilla ice cream to celebrate this All-American delight.

🐾 Join **Bruce Rollins**, Princeton's Cemetery Superintendent, at the COA on August 9th with a special **Cemetery**

Talk: The History and Management of Our 8 Cemeteries Over Centuries. While we were chatting setting this talk up, I was knocked out at how fascinating this is and not at all morbid or gruesome. It's not what you might expect, I promise!

🐾 Don't miss the **Senior Summer BBQ** at Krashes Field on Friday, September 22nd. Our previous BBQ was a great success and this year will be just as yummy! Register by calling the COA at 978-464-5977.

🐾 Prepare to be amazed at **An Afternoon of Magic** with Illusionist **Lyn Dillies** on Wednesday, September 20th! Read more about Lyn at www.magicofflyn.com. Make sure you register by calling the COA at 978-464-5977.



\$50 FARMERS' MARKET COUPONS FOR SENIORS

We have a limited number of \$50 Coupon Books to distribute to eligible Princeton seniors to use at area farmers' markets. One book per household, please. Call the **COA at 978-464-5977** for details and income eligibility requirements.

Our Hours

Tuesday thru Thursday from 9:00am to 4:00pm for all activities & services.
Monday and Friday for scheduled activities ONLY.

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

August 2023 Board Meeting

The COA Board Meeting for the month of August will be held on **Wednesday, August 2nd at 9:00am.**

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



Available to all Wachusett area residents — located at 50 Worcester Road, Sterling, MA 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.

Seniors (65+): Fridays from 9am to 11am
Aug 18, Sep 15, and Oct 20

ALL Residents: Saturdays from 9am to 11am
Aug 19, Sep 16, and Oct 21

THE PRINCETON COUNCIL ON AGING (COA)

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 & Assistance
- ★ Public Benefit Counseling, including SNAP and Fuel Assistance
- ★ SHINE Appointments (Medicare Counseling)
- ★ Social and Recreational Activities
- ★ Educational and Arts Programs
- ★ Foot Care Services
- ★ FREE Medical Equipment Loan
- ★ Transportation Services
- ★ Intergenerational Programs
- ★ Volunteer Opportunities
- ★ And More!



ATTENTION VETERANS: You may be eligible for additional benefits. Call Lynette Gabrila at the Veterans Service Office to find out more!
978-630-4017 or LGabrila@gardner-ma.gov



THE PRINCETON FREE MEDICAL LOAN CLOSET

The **Free Medical Loan Closet** maintains a rotating stock of durable medical equipment (DME) that can be used **FREE OF CHARGE** short-term or long-term after recovering from surgery, illness, or injury.

Usually available:

- > Folding Walkers
- > Four-wheel Walkers
- > Wheelchairs and Transport Chairs
- > Bath Benches, Shower and Commode Chairs
- > Canes and Crutches
- > Adult Briefs and Bed Pads
- > Nutritional Shakes



FREE RIDES FOR SENIORS



The SCM ElderBus offers FREE curb-to-curb transportation for seniors over 60, as well as those with disabilities. **To reserve your spot, call 1-800-321-0243 (48 hours in advance) between 8am and 4pm.**

MEDICAL: Worcester/Auburn/Barre
Monday to Wednesday
10am-12pm or 12-2pm

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

SHOPPING: Big Y, Holden
Every Fridays
10:30am-12:00pm



BRIDGE

TUESDAYS at 2:00pm

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



MAHJONG

MONDAYS at 2:00pm

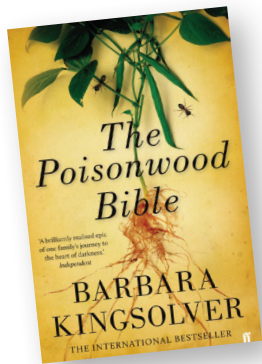
A game, using rectangular pieces called tiles, played by four people. The object is to collect the most winning sets of tiles, as in gin rummy. Beginners welcome.



PIANO FOR BEGINNERS

MONDAYS at 12:15pm

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



BOOK CLUB

SEPT 21st at 1:00pm

The Poisonwood Bible
by Barbara Kingsolver

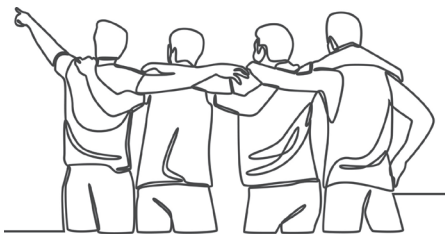
Books will be available for pick-up at the COA by August 17th or sooner!

The Book Club will NOT be meeting in August.

COMPUTER TECHNICAL SUPPORT



In today's connected world, it's important for seniors to have the ability to use technology safely to build and maintain a social network. The benefits of technology for older adults can be numerous and are worth exploring. However, the Pew Research Center found that one-third of Americans 65 or older don't use the internet, and among those who do, roughly one-third are not confident when performing tasks. 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**



MEN'S GROUP

FRIDAYS at 10:00am

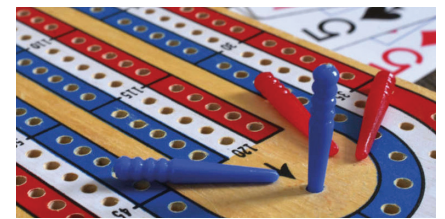
Come join this great group of men for exciting discussions on anything and everything! Call for details: **Mike Warren** at **978-337-0636**. New members are always welcome!



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!



CRIBBAGE

MONDAYS at 1:30pm

Cribbage, or crib, is a card game, for two players, that involves playing and grouping cards in combinations which gain points. For newbies and old hands alike; all welcome!



YOGA with KATE

MONDAYS & WEDNESDAYS AT 9:30AM

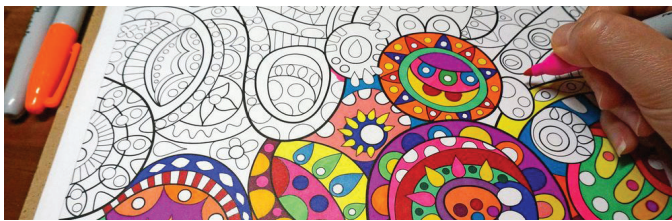
\$5 donation/class All skill levels welcome with main focus on good form. Bring your own mat. Blocks and straps provided. Class taught in Kate's Powerhouse Studio at 206 Worcester Road (above the COA).



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).



ADULT COLORING

AVAILABLE AUGUST 3rd 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.



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.



SUPPORT GROUP

TUESDAYS 10:00 to 11:00am
August 15th and 29th

Everyone needs a sympathetic ear or helpful suggestion as we navigate our own or other's health issues, caregiving, bereavement, and so many age-related issues. **Christy Mylott** will facilitate a general support group and help point you in the direction of helpful area resources. All sessions are drop-in and welcoming!



HIKING with RICK

WEDNESDAY, AUGUST 23rd at 10:00am

Join us for an easy 3-4 mile walk around Crow Hill Pond and Paradise Pond area. **To be updated of any changes, register at TrailAroundPrincetonMA@gmail.com.**

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- 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

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NATIONAL ICE CREAM SUNDAE CELEBRATION

AUGUST 2nd, 1:00am to 2:00pm

Although there's a national day of celebration for ice cream sundaes, its birthplace has been a hot rivalry since the late 1880's between Ithaca, NY and Two Rivers, WI. The Ithaca sundae was made with cherry syrup and a maraschino cherry while the one from Two Rivers had chocolate syrup. It took about another 10 years to add whipped cream and nuts. At our celebration you can use many more toppings for your own unique creation including fresh fruit, sprinkles, jimmies, shredded coconut, crushed candies, M&Ms, and more.

Call 978-464-5977 to register to make your own free, self-styled yummy summer delight!

SENIOR SUMMER BBQ

FRIDAY, SEPTEMBER 22nd at NOON

Join us for our 3rd Annual Senior Summer BBQ at Krashes Field! We've got a big tent, live entertainment by the **Hip Swayers**, and lots of great food including burgers and dogs, potato salad, tossed green salad, chips, and ice cream for dessert. We've got a serious party attitude going and hope to see you there.

Call us to sign up at 978-464-5977.



RECYCLE IT!

Recycling Center Hours:

- > Tuesdays from 9:00 to 11:00am
- > Thursdays from 4:00 to 6:00pm
- > The 1st & 3rd Saturday from 9:00am to noon

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

www.wachusettearthday.org or 978-464-2854



GROWING PLACES

TUESDAY, August 8th from 3:45 to 4:45pm

Growing Places **Pop-up Produce Market** sells produce from our local farmers year-round. We are located on the covered walkway outside the COA on the 2nd Tuesday of the month and later in the day! Our great produce is sourced from local farms. The cost of food has increased dramatically, and you may be eligible to sign up for SNAP benefits. Cash, SNAP and HIPP all accepted.



FOOTCARE BY NURSES

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.

Weekend Adventures for Travelers 50+



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.

AUGUST 19th, 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. Enjoy a full coarse buffet luncheon during this relaxing cruise. Then, board a motorcoach in Wolfeboro for a short ride to the *Wright Museum*, recognizing and honoring the contributions and enduring legacy of WWII-era Americans. > **\$129/pp**

SEPTEMBER 29th to OCTOBER 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*. Call Fred Clark at 509-421-6882 for information.
> **\$3,599.00 2pp/room**
> **\$4,628.00 private room**

OCTOBER 15th, 2023

A Sunday Drive in the Country: Enjoy a scenic ride to North Conway, NH. Begin the day with 3-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* — through the heart of the White Mountains, following

the Kancamagus River and enjoying the best fall foliage in the country. We'll make photo stops along the way, if time allows.
> **\$109/pp**

December 10-11th, 2023

A New Hampshire Christmas: One night in North Conway at the *White Mountain Hotel & Resort*. Enjoy a 3-course Sunday brunch, an afternoon comedy show and an evening Christmas show, plus a visit from Santa! The next morning, after breakfast, visit the *Nestlenook Farm Resort* for sleigh/hay ride and charming lunch, at the hotel, before departing for home.
> **\$479.00 2pp/room**
> **\$569.00 private room**

SHINE COUNSELING

Are You Turning 65 Soon?

Do you need assistance understanding Medicare? Our SHINE (Serving Health Information Needs of Elders) counselor can help! Offering FREE, unbiased, confidential counseling on health insurance to elders on or eligible for Medicare. **Wednesday, August 16th, starting at 10AM.** One-on-one appointments available. **To schedule, call 978 464 5977.**



Serving the Health Insurance Needs of Everyone



Spice of Life

We hope you like our new logo! Watch for our herb blends in September — to be distributed through Growing Places. **Call 978-464-5977 if you are interested in joining our wonderful adventure.**



Princeton Council on Aging August 2023 Newsletter

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

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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>

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MON, WED, and FRI
8:30 to 11:30am

LET'S PLAY PICKLEBALL

So Much Fun!

Reserved, senior-only play, at Krashes Field. Bring your own racquet and balls. **Register at playtimescheduler.com (look in the Central Worcester County MA group; Krashes Field, Princeton)**



AUGUST 2
1:00 to 2:00pm

ICE CREAM SUNDAES

Sweet Treat!

Come celebration and use ALL the toppings for your own unique creation including fresh fruit, sprinkles, jimmies, shredded coconut, crushed candies, M&Ms, and more. **Register: (978) 464-5977**



August 9
11:00am

CEMETERY TALKS

Local History!

Hear our Cemetery Superintendent, **Bruce Rollins**, tell 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! **Register: (978) 464-5977**

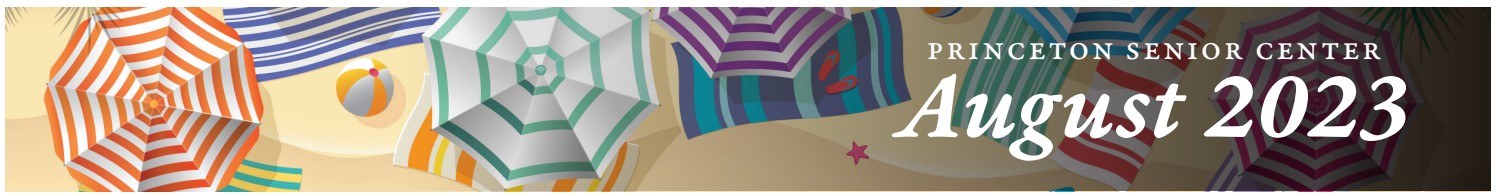


September 22
Noon at Krashes Field

SENIOR BBQ

The Summer Party!

A big tent, entertainment by the **Hip Swayers**, and lots of great food including burgers and dogs, potato salad, tossed green salad, chips, and ice cream for dessert. We've got a serious party attitude going and hope to see you there. **Register: (978) 464-5977**



August 2023

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



ABOUT OUR CEMETERIES

WEDNESDAY, AUG 9th at 11am

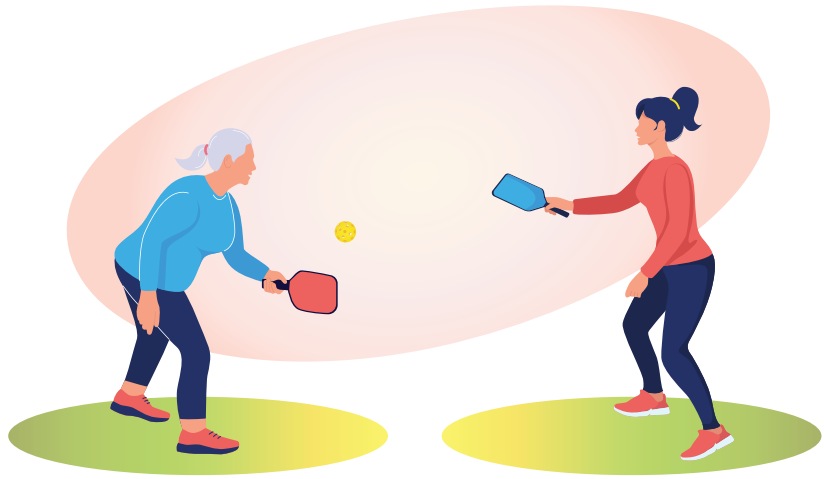
There are 8 cemeteries in town, each with its own history and special needs. Join us at the COA for Cemetery Superintendent **Bruce Rollins**, telling the tales of how our cemeteries have been managed and maintained over the centuries and how that impacts their use today — it is truly fascinating! He 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/vyhli4891/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.