



DEC 2023

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THE DIRECTOR'S MESSAGE: *Happy Holidays One and All!*
 My hope is that your celebrations are happy and healthy, and remember, the days start getting longer again on December 22nd. But before we get all the way to the solstice, there are some exciting things you're not going to want to miss. December 7th is a red-letter date for two special events for Princeton seniors! Happy Hannukah, Merry Christmas, and Peace & Light to All! *Judith, Director*

🐾 The lovely **Harrington Farm's Holiday Luncheon** is back! The first 100 Princeton seniors who call us to make a reservation will enjoy their magical atmosphere and will be served a hot chicken lunch and dessert at noon on December 7th.

🐾 At 7:30pm that evening, the **Worcester Chamber Music Society** will be performing *Effervescence*, their Baroque winter concert at 7:30pm at the Congregational Church. There will be a special pre-concert talk at 7pm! **Don't miss your chance to win 2 tickets (approximately \$75 value)!** Thanks to the Princeton Cultural Council and the Mass Cultural Council, we have a pair of tickets to give away to the first 10 lucky callers on November 30 after 9:30am. See full description and details on page 6.

🐾 **The Princeton Arts Society's Small Works and Holiday Marketplace** is back again this year, as strong and diverse as ever, featuring the works of many local artists. It's a

great opportunity to do a little holiday shopping for something special, unique, and hand-crafted. The opening reception is Friday, Dec 1st from 6-8pm. The sale runs for two weekends, Sat and Sun, Dec 2-3 and Dec 9-10 between 10am-4pm and Fri, Dec 8 from 6-8pm.

🐾 The **Holiday Arrangement Workshop** with Bobbeye Samdahl on Dec 5th is going live this year — meaning we will be using mostly live greens and natural materials. Limited to 10, so call to register early.

🐾 Please note the time change for **Stretch & Flow Yoga** on Fridays at Kate's — starting on Dec 1st class begins at 9:30am.

🐾 We're expanding the **Monday afternoon Games Program!** If you like to play board games and/or would like to learn a new one, stop by on Mondays at 1:30 pm for fun and good conversation — only 2 or more people are needed to play any of the games available, including Cribbage, Pitch, Rummikub, and others.

Our Hours

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

Fridays
 Scheduled activities ONLY

We will be closed on December 25th for Christmas

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

December 2023 Board Meeting

The COA Board Meeting for the month of December will be held on **Wednesday, December 6th 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 Food Pantry



The **WACHUSETT FOOD PANTRY** is located at **50 Worcester Road, Sterling, MA** 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, please contact the COA at least ONE WEEK prior.

Seniors (65+)

Fridays
9am to 11am
DEC 15, JAN 19,
and FEB 16

ALL Residents

Saturdays
9am to 11am
DEC 16, JAN 20,
and FEB 17

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
- ★ More!



Free Rides for Seniors

The **SCM ElderBus** is proud to offer **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) from 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-12pm



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



Bridge

CLASSIC BRIDGE
Tuesdays from 2pm

DUPLICATE BRIDGE
1st Tuesday from 2 to 5pm

For more details,
call 978-464-5977



Mahjong

Mondays at 2pm

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

December 6th at Noon
The Engineer's Wife: A Novel of the Brooklyn Bridge
by Tracey Enerson Wood

January 17th at 1pm
The Spanish Daughter
by Lorena Hughes



Games

Mondays at 1:30pm

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



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 12:15pm

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

CHORDS CLASS
Mondays at 11am

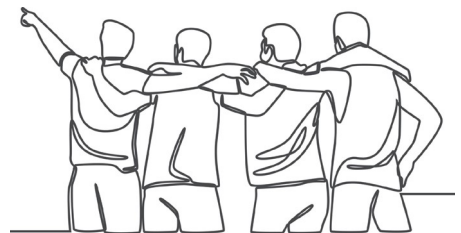
Open to members of the Beginners Class only



Needlework Studio

Thursdays at 2pm

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 10am

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!



Adult Coloring

Kits available on DEC 7th at 2pm

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, DEC 13th at 2pm

An easy 3-mile hike on the Princeton Land Trust Russell Corner trails. Hike through Halls Field and down to the Beaver Pond, circuiting the surrounding woods! **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).

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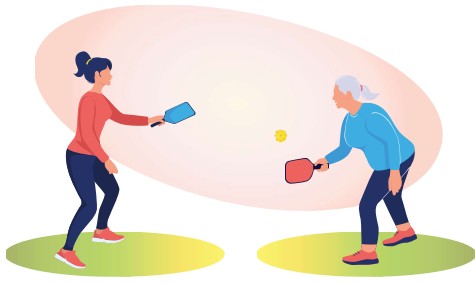
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Senior's Pickleball

Tuesday, Wednesday & Friday, 8:30 to 11:30am

Reserved senior play on the 2 pickleball courts marked on the basketball court at Krashes Field. Bring your own racquet and balls. Must have a signed waiver on file with the COA which can be found on the town website or picked up at the senior center. **Please use the playtimescheduler for pickleball app to sign up for a scheduled session; look in the Central Worcester County MA group; Krashes Field, Princeton for our scheduled times.**

Medicare 2023 Open Enrollment

Medicare 2023 Open Enrollment Ends Dec 7th!

Each fall, Medicare open enrollment allows you to update your plans. The fall enrollment period gives you the most flexibility to make changes to your existing plan. If you have a Medicare Part D Prescription Drug or Medicare Advantage Plan, you should have received your Annual Notice of Change (ANOC). The ANOC is a summary of changes to your plan for 2024.



Your costs, covered medications, and provider networks may change from year-to-year.

If you would like to change your plan for 2024, you may do so during the annual Medicare Open Enrollment Period, October 15th through December 7th,

and the changes will take effect January 1, 2024.

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 appointment with our SHINE counselor on Dec 6th. In-person or phone appointments.



Free WCMS Winter Concert

Thursday, DEC 7th at 7pm

Kick off the holiday season with a musical toast! You could win one of the ten pairs of tickets for the Effervescence Concert to be held on Thursday, December 7th at 7:30 PM at the First Congregational Church. There is a pre-concert talk at 7:00pm you'll want to catch, too. The program is a collection of Baroque gems that captures the wonders of the season including JS Bach's Brandenburg Concerto No. 4 with flutists Tracy Kraus and guest Vanessa Holroyd, and a fun take on his Air in G. Other sparkling selections by Biber, Bon, Dall'Abaco, and Bertali complete the program. So how do you and a deserving spouse or good friend score (pun intended) tickets? **Be one of the 1st 10 callers on November 30th to call 978-464-5977 to win!** Tickets to this performance were made possible by a grant from the Princeton Cultural Council and the Mass Cultural Council.

Spice of Life Spice Blends

Our blends are available at Growing Places Produce Markets and at the COA. Reserve your blends now for all your upcoming holiday cooking! 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+

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.

MAR 16th, 2024

The Cher Show at the Boch Center Theater: A Tony Award winning musical of her story. Including lunch at Maggiano's Restaurant. Trip is full, call for waitlist. **\$179/pp**

JUN 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 - 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 - Cold Hollow Cider Mill and Ben & Jerry's with lunch at Jesse's Steak & Seafood Tavern. Trip is full, call for waitlist; may add a second bus.
\$789/pp (two per room)
\$1,029/pp (private room)

JUL 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

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.





Princeton Council on Aging *December 2023 Newsletter*

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

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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>



December 1st
6 to 8pm

PAS SHOW/SALE

Support the Arts!

It's that time of year again! The Princeton Arts Society's Small Works & Holiday Marketplace features works of many local artists and each year's show seems to be better than the last.



December 5th
10:30am to 12:30pm

HOLIDAY GREENERY

Create Your Own Arrangement!

Bobbeye's Back! Join us to make a tabletop or mantle-worthy arrangement with live greens. Create our own unique arrangements. Class is limited to 10. \$20/person.

**Register at
978-464-5977**



December 7th
7pm

WCMS CONCERT

Win Tickets!

Kick off the holiday season with a musical toast! Be one of the 1st 10 callers to the COA, on November 30th, after 9:30 AM to get free tix for two!

**Call 978-464-5977
on NOV 30th to win!**



December 7th
12pm

HOLIDAY LUNCHEON

Holiday Magic!

A hot chicken entree with dessert and coffee/tea will be served, and a cash bar will be available. The menu is gluten and nut free, but not lactose free. Holiday music and carols will round out the warm and merry atmosphere.

**Register at
978-464-5977**



December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>9:30am Yoga</p> <p>11:00am Piano Chords</p> <p>12:15pm Piano</p> <p>1:30pm Games</p> <p>2:00pm Mahjong</p>	<p>28 Meals on Wheels</p> <p>8:30am Pickleball</p> <p>2:00pm Bridge</p>	<p>29</p> <p>8:30am Pickleball</p> <p>9:30am Yoga</p> <p>10:00am Zoom Fitness</p>	<p>30</p> <p>10:30am Chair Yoga</p> <p>1:00pm Spice of Life</p> <p>2:00pm Needlework</p>	<p>1</p> <p>8:30am Pickleball</p> <p>9:30am Stretch & Flow</p> <p>10:00am Men's Group</p> <p>6:00pm PAS Reception</p>
<p>4</p> <p>9:30am Yoga</p> <p>11:00am Piano Chords</p> <p>12:15pm Piano</p> <p>1:30pm Games</p> <p>2:00pm Mahjong</p>	<p>5 Meals on Wheels</p> <p>8:30am Pickleball</p> <p>10:30am Holiday Arrangement</p> <p>2:00am Bridge</p>	<p>6</p> <p>8:30am Pickleball</p> <p>9:00am Board Meeting</p> <p>9:30am Yoga</p> <p>10:00am SHINE</p> <p>10:00am Zoom Fitness</p> <p>12:00pm Book Club</p>	<p>7</p> <p>10:30am Chair Yoga</p> <p>12:00pm Harrington Farms</p> <p>1:00pm Spice of Life</p> <p>2:00pm Needlework</p> <p>2:00pm Coloring Kits</p> <p>7:00pm WCMS Concert</p>	<p>8</p> <p>8:30am Pickleball</p> <p>9:30am Stretch & Flow</p> <p>10:00am Men's Group</p> <p>6:00pm PAS Sale</p>
<p>11</p> <p>9:30am Yoga</p> <p>11:00am Piano Chords</p> <p>12:15pm Piano</p> <p>1:30pm Games</p> <p>2:00pm Mahjong</p>	<p>12 Meals on Wheels</p> <p>8:30am Pickleball</p> <p>8:30am Footcare</p> <p>2:00pm Bridge</p>	<p>13</p> <p>8:30am Pickleball</p> <p>9:30am Yoga</p> <p>10:00am Zoom Fitness</p> <p>2:00pm Senior Hike</p>	<p>14</p> <p>10:30am Chair Yoga</p> <p>1:00pm Spice of Life</p> <p>2:00pm Needlework</p>	<p>15</p> <p>8:30am Pickleball</p> <p>9:00am Food Pantry</p> <p>9:30am Stretch & Flow</p> <p>10:00am Men's Group</p>
<p>18</p> <p>9:30am Yoga</p> <p>11:00am Piano Chords</p> <p>12:15pm Piano</p> <p>1:30pm Games</p> <p>2:00pm Mahjong</p>	<p>19 Meals on Wheels</p> <p>8:30am Pickleball</p> <p>2:00pm Bridge</p>	<p>20</p> <p>8:30am Pickleball</p> <p>9:30am Yoga</p> <p>10:00am Zoom Fitness</p>	<p>21</p> <p>10:30am Chair Yoga</p> <p>1:00pm Spice of Life</p> <p>2:00pm Needlework</p>	<p>22</p> <p>8:30am Pickleball</p> <p>9:30am Stretch & Flow</p> <p>10:00am Men's Group</p>
<p>25</p> <p>CLOSED for CHRISTMAS HOLIDAY</p>	<p>26 Meals on Wheels</p> <p>8:30am Pickleball</p> <p>8:30am Footcare</p> <p>2:00pm Bridge</p>	<p>27</p> <p>8:30am Pickleball</p> <p>9:30am Yoga</p> <p>10:00am Zoom Fitness</p>	<p>28</p> <p>10:30am Chair Yoga</p> <p>1:00pm Spice of Life</p> <p>2:00pm Needlework</p>	<p>29</p> <p>8:30am Pickleball</p> <p>9:30am Stretch & Flow</p> <p>10:00am Men's Group</p>



SMALL WORKS & HOLIDAY MARKET

Friday, DEC 1st from 6 to 8pm

It's that time of year again! The Princeton Arts Society's Small Works & Holiday Marketplace features works of many local artists and each year's show seems to be better than the last. This year the Opening Reception and Sale is on Friday, December 1st from 6-8pm. The sale runs two weekends, Sat-Sun, December 2-3 and 9-10 from 10am-4pm. Get there early to get your holiday shopping done and maybe find a little something special for yourself.

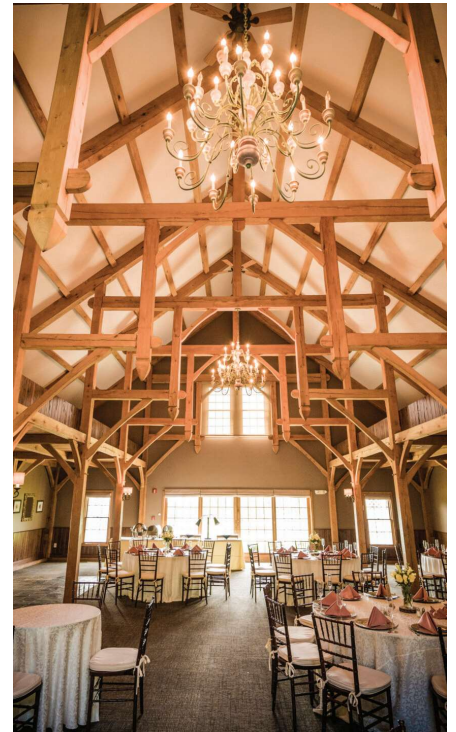


HOLIDAY GREENERY WORKSHOP

**Tuesday, DEC 5th
from 10:30am to 12:30pm**

Bobbeye's Back! Join us to make a tabletop or mantle-worthy arrangement with live greens (makes a "roughly" 6-8" x 6-8" container). We'll be using a nice mix of fresh greens and other natural materials plus a few faux berries, etc. to create our own unique arrangements. All materials will be supplied including a container, greens, berries, ribbon, and basic mechanics, but we're encouraging you to bring your own container if you have a favorite, and some greens from your woods/yard to share if you have them - white pine, arborvitae, etc. We'd like to spend more of our materials budget on special greens and berries. **\$20/person.**

Class is limited to 10.



HARRINGTON FARMS LUNCHEON

Thursday, DEC 7th at 12pm

Quite possibly there is no lovelier spot for a holiday gathering than Harrington Farms, and we're so fortunate they're hosting a luncheon for 100 Princeton seniors on December 7th. A hot chicken entree with dessert and coffee/tea will be served, and a cash bar will be available. The menu is gluten and nut free, but not lactose free. Holiday music and carols will round out the warm and merry atmosphere.

This event is for Princeton seniors only, please do not invite friends and family from other towns. We'll keep a short wait list in the event there are some cancellations.

**Call the COA at 978 464 5977
to register by December 1st!**