



FEB 2024

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THE DIRECTOR'S MESSAGE: *Happy February!* Although the snowdrops are out at my house, I'm pretty sure the groundhog is going to see his shadow on the 2nd, and we're definitely betting on another six weeks of winter. No worries! We have some new activities and classes to keep us engaged and having fun! Stay safe and warm! *Judith, Director*

🧡 On Feb 15th, popular felting artist and instructor, **Rachel Benson** will be in Princeton to teach a **Felting Workshop**. She'll be helping us learn felting fundamentals while making one of her irresistible little creatures. Call the COA to register.

🧡 The **AI Awareness Talk** on Feb 27th promises to help us understand and sort out what AI is and (very big picture) how it works and is used. Remember how AI factored into the actors' strike? Just one little part of AI. It's powerful, useful, and for those reasons, a little formidable. Come learn more and bring all your questions. This talk is a good intro to a likely Chat GPT workshop next month, so don't forget to register.

🧡 In this season when we're using our wood-burning stoves and fireplaces, we want to remind you that the Princeton Fire Department conducts **Free In-Home Fire Safety Inspections** for seniors. Anyone 65+ living independently or in an apartment is

eligible. So, get those smoke detectors checked and batteries changed!

🧡 For those who take **Yoga with Kate** and/or her **Stretch & Flow** classes: When the schools have a delayed opening due to weather, those classes WILL meet at their regularly scheduled time. The main roads will probably be ok but use your own good judgement. This is NOT a general policy for all COA services and activities

🧡 Of course, we all think of Valentine's Day in February, and we do hope you will be our valentine! Sign up for the **Valentine Grab & Go** sponsored by the Mountainside Bakery & Café and get your treat of one of their delicious raspberry crumb bars and some chocolate too. Drive by the side door on the 14th between 12-12:30PM and please be our valentine!

🧡 **Pickleball at Krashes Field** is currently suspended. We anticipate resuming play in April. Watch for spring dates in a couple of months.

Our Hours

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

Fridays
Scheduled activities ONLY

We will be closed on
Monday, February 19th
for President's 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

February 2024 Board Meeting

The COA Board Meeting for the month of December will be held on **Wednesday, February 7th 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
FEB 16, MAR 15,
and APR 19

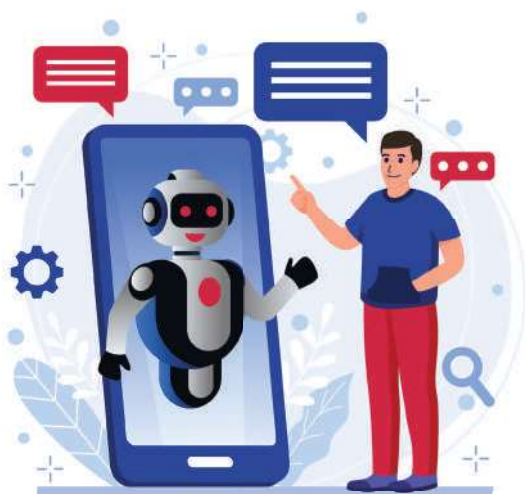
ALL Residents

Saturdays
9am to 11am
FEB 17, MAR 16,
and APR 20

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!



Artificial Intelligence Awareness Talk

TUE, February 27th at 11AM

Virtual Reality. Chatbots. Deep Fakes. Do you feel like the tech world is moving faster? Take a breath and enjoy an in-person presentation on artificial intelligence. You may not want to use these things, but you might want to know what they are/do and make an informed choice for yourself. So come learn in a fun and supportive session! Quick heads up - we will likely run a workshop on Chat.GPT next month and this talk is a great introduction. **Call 978-464-5977 to register.**



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



Bridge

CLASSIC BRIDGE
Tuesdays from 2pm

DUPLICATE BRIDGE
1st Tuesday from 2 to 5pm

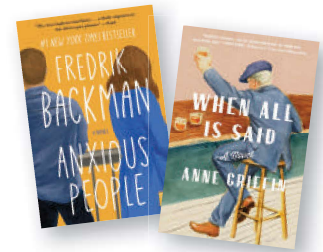
Call 978-464-5977 for info.



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

February 21st at 1pm
Anxious People
by Fredrik Backman

March 20th at 1pm
When All I Said
by Anne Griffin



Attention Veterans!

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

Office to find out more!
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 12:15pm

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

CHORDS CLASS
Mondays at 11am

Open to members of the Beginners Class only



Games

Mondays at 1:30pm

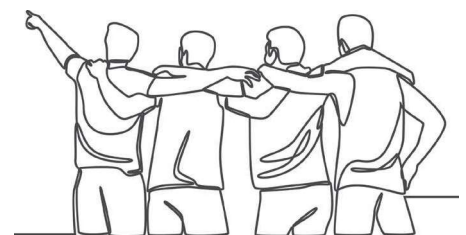
Like to play games? Want to learn a new one? Join us for Cribbage, Pitch, Rummikub, and more. All are welcome!



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!



Fire Safety Inspections

The Princeton Fire Department will conduct a **free in-home fire safety inspection** which will include checking your battery-operated smoke and carbon monoxide detectors and making sure that your home is fire-safe. If there are issues, they will offer recommendations and solutions (and help you change your batteries too). Available to all Princeton seniors 65+ who live independently.

Call the COA at 978-464-5977 to schedule your appointment with the Fire Department.



Adult Coloring

Kits available on FEB 1st 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, FEB 21st at 10am

A moderate 4-mile hike along the Wachusett Mountain southside trails! **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.

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www.camp-nh.com



Or call us at:
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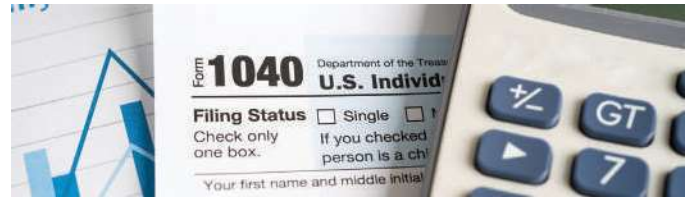
Felting Workshop

THU, February 15th from 1 to 3pm

Back by popular demand, **Rachel Benson**, renown felting teacher and creator of the most wonderful small, felted creatures, is coming to Princeton to teach this special workshop. We will create an irresistible little creature while learning and practicing the fundamentals of felting. No previous experience is required, and all materials are included in your kit. We will select one of 3 kits for the class, so register early to vote for your favorite. This is the perfect winter workshop. Coffee/tea and something to munch on too. **Class size is limited. \$12/pp. Call 978-464-5977 to register.**

Medicare Advantage Plan Open Enrollment

The Medicare Advantage Open Enrollment Period runs from Jan 1 to Mar 31, 2024. 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 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 the 3rd Wednesday each month. In-person or phone appointments.**



Senior Circuit Breaker

If you're a senior citizen (65 or older by December 31, 2023), you may be eligible to claim a refundable credit on your MA personal income tax return. The Circuit Breaker tax credit is based on actual real estate taxes or rent paid on the MA residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2023 is \$2,590. **Learn more about the MA Senior Circuit Breaker Tax Credit at <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>.**



Valentine Grab & Go!

WED, February 14th from 12 to 12:30pm

Be our valentine! Thanks to the **Mountainside Bakery & Café** we have a valentine delight for you if you love their Raspberry Crumb Bars (and who doesn't!). Our Valentine's Day Grab & Go bags include one of their delicious bars and a few chocolates added for good measure. Raspberry and chocolate? Hard to beat that sweet combo! Drive by the side door of the COA to pick up our valentine to you. **Call 978-464-5977 to register.**

Spice of Life Spice Blends

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+

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 17th, 2024

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

APR 20th, 2024

The Play That Goes Wrong: Lunch at Storrowton 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**

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 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)

JUN 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**

JUL 14th, 20234

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**

AUG 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**

OCT 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.



Princeton Council on Aging February 2024 Newsletter

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

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STORM DAY CLOSINGS

The COA is closed if public schools are closed due to inclement weather. **On days the schools have a delayed opening, please call us at 978-464-5977 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>



FEB 14th from 12 to 12:30pm

VALENTINE GRAB & GO!

Won't you be our valentine?

Thanks to the **Mountainside Bakery & Café** we have a valentine delight for you if you love their Raspberry Crumb Bars (and who doesn't!).

Our Valentine's Day Grab & Go bags include one of their delicious bars and a few chocolates added for good measure. Raspberry and chocolate? Drive by the side door of the COA to pick up our valentine to you.

Call 978-464-5977 to register.



FEB 15th from 1 to 3pm

FELTING WORKSHOP

The Perfect Winter Workshop!

Rachel Benson, renown felting teacher and creator of the most wonderful small, felted creatures, is coming to Princeton! Create an irresistible little creature while learning the fundamentals of felting. No previous experience is required, and all materials are included. We will select one of 3 kits for the class, so register early to vote for your favorite. **Class size is limited, so call 978-464-5977 to register. \$12/pp.**

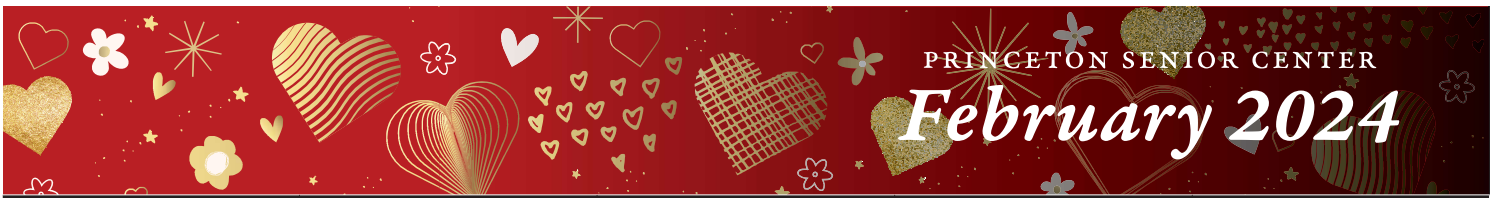


FEB 27th at 11am

AI AWARENESS TALK

Please Be Safe!

Virtual Reality. Chatbots. Deep Fakes. Do you really know what any of these terms mean to you, never mind all of humanity? And who can you safely ask? Take a breath and enjoy an in-person presentation on artificial intelligence. So come learn in a fun and supportive session! Bring all your opinions and questions, and remember, there's no such thing as a stupid question. **Call 978-464-5977 to register.**



PRINCETON SENIOR CENTER

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Games 2:00pm Mahjong</p>	<p>30 <i>Meals on Wheels</i></p> <p>2:00pm Bridge</p>	<p>31</p> <p>9:30am Yoga 10:00am Zoom Fitness</p>	<p>1</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework 2:00pm Coloring Kits</p>	<p>2</p> <p>9:30am Stretch & Flow 10:00am Men's Group</p>
<p>5</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Games 2:00pm Mahjong</p>	<p>6 <i>Meals on Wheels</i></p> <p>2:00pm Bridge</p>	<p>7</p> <p>9:00am Board Meeting 9:30am Yoga 10:00am Zoom Fitness</p>	<p>8</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>9</p> <p>9:30am Stretch & Flow 10:00am Men's Group</p>
<p>12</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Games 2:00pm Mahjong</p>	<p>13 <i>Meals on Wheels</i></p> <p>8:30am Footcare 2:00pm Bridge</p>	<p>14</p> <p>9:30am Yoga 10:00am Zoom Fitness 12:00pm Valentine Grab & Go!</p>	<p>15</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Felting Workshop 2:00pm Needlework</p>	<p>16</p> <p>9:00am Food Pantry 9:30am Stretch & Flow 10:00am Men's Group</p>
<p>19</p> <p>CLOSED for PRESIDENT'S DAY</p>	<p>20 <i>Meals on Wheels</i></p> <p>2:00pm Bridge</p>	<p>21</p> <p>9:30am Yoga 10:00am Zoom Fitness 10:00am Senior Hike 10:00am SHINE 1:00pm Book Club</p>	<p>22</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>23</p> <p>9:30am Stretch & Flow 10:00am Men's Group</p>
<p>26</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Games 2:00pm Mahjong</p>	<p>27 <i>Meals on Wheels</i></p> <p>8:30am Footcare 11:00am Artificial Intelligence Awareness 2:00pm Bridge</p>	<p>28</p> <p>9:30am Yoga 10:00am Zoom Fitness</p>	<p>29</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>1</p> <p>9:30am Stretch & Flow 10:00am Men's Group</p>