



JAN 2024

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THE DIRECTOR’S MESSAGE: *Happy New Year!* The holidays came and went at their usual overscheduled and hectic pace, and I’m hoping you all had a chance to renew kinship with friends and family and end the year with a full and happy heart. It’s true, we may need a week or two to recuperate from all the merry-making and refrain from sharing any “bugs” that were shared with us in all our celebrations, but a bright and shining new year awaits us when we’re ready! *Judith, Director*

🍷 We are out to foil Old Man Winter with our **Chili Chill-Chasing Party** on January 19th at the Prince of Peace Church. We didn’t get to have our BBQ last summer due to never-ending rains, but this party is scheduled indoors, so we’re very hopeful it will be a go. Join us for traditional and vegetarian chili, cornbread, salad and other fixings, with cookies and ice cream for dessert. There’s plenty of parking and easy access (even if there’s ice), so let’s start our year with a good party.

🍷 Speaking of comfort food, the Wachusett Area Rotary Club will be hosting a special **Valentine’s Day Breakfast** for Princeton and other area seniors on Saturday, February 10th at 8:30 am at The Manor in West Boylston, but you must make a reservation by January 31, 2024. See info on back cover to make your reservation. This

promises to be an event some of you may remember from our pre-Covid life. Thanks to our generous and thoughtful Rotarians!

🍷 Please note the experimental time of 9:30am on Fridays for **Stretch & Flow Yoga** at Kate’s is now official! Everyone seemed to be able to roll with the new time, so we’re keeping it.

🍷 We’re also keeping the expansion of 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. And remember, we always have a good puzzle out, books to lend, and coffee and tea for visitors.

Our Hours

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

Fridays
Scheduled activities ONLY

We will be closed on
January 1st for New Year’s
Day and January 15th for
MLK 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

January 2024 Board Meeting

The COA Board Meeting for the month of December will be held on **Wednesday, January 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 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
JAN 19, FEB 16,
and MAR 15

ALL Residents

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

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!



Chili Chill-Chaser

**Friday, JAN 19th at 12pm
Prince of Peace Church**

Even though we were foiled by rain not once, but twice, last summer and had to cancel the Senior Summer BBQ, we remained undeterred and have rebranded the event as the Chili Chill-Chaser party for any and all Princeton seniors! We'll be making pots and pots of delicious chili (traditional and vegetarian), corn-bread, salad and other fixings, and cookies and ice cream for dessert. Don't let old man winter keep you huddled at home, please come join us for a party sure to chase those chills away! **Call the COA, 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

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

February 21st at 1pm
Anxious People
by Fredrik Backman



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



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

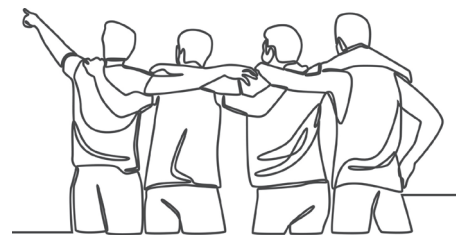
Like to play games? Want to learn a new one? Join us for Cribbage, Pitch, Rummikub, and more. All are welcome!



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!



Adult Coloring

Kits available on JAN 4th 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, JAN 17th at 2pm

An easy-to-moderate 3.5-mile hike on Hog Hill in Sterling. We'll be walking on old farm paths and learning about the interesting history of the former Crystoff Pig Farm! **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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- 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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Senior's Pickleball

Tuesday & 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

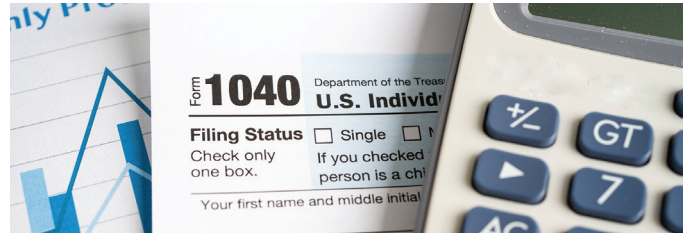
Medicare 2023 Open Enrollment Ends Dec 7th!



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 Dec 6th. 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.

ELIGIBILITY REQUIREMENTS:

- > You are a MA resident or part-year resident. Own or rent residential MA property and occupy it as primary residence
- > You will be 65 or older by December 31, 2023
- > You file a Schedule CB with your MA personal income tax return
- > For tax year 2023, your total MA income doesn't exceed: \$69,000 for a single individual who is not the head of a household OR \$86,000 for a head of household OR \$103,000 for married couples filing a joint return
- > If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- > If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.
- > The assessed valuation of the homeowner's personal residence as of January 1, 2023, before residential exemptions but after abatements, cannot exceed \$1,025,000.

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 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 *January 2024 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>



STORM DAY CLOSINGS

Please Be Safe!

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.



February 10th at 8:30 AM The Manor in W. Boylston

VALENTINE BREAKFAST

Reservations Required!

Join us for a Senior Citizen's Valentine's Day Breakfast at The Manor, 42 West Boylston St., W. Boylston — sponsored by the Wachusett Area Rotary Club. Please make your reservation BEFORE Wednesday, January 31st. Sign up early, space is limited. (Snow date is Sunday, February 11th.) **Sign up at the Sterling Senior Center or call 978-422-3032.**



JAN 19th at 12PM at the Prince of Peace Church

CHILI CHILL-CHASER PARTY

Yum, yum, yum!

Join the party for any and all Princeton seniors! We'll be making pots and pots of delicious chili (traditional and vegetarian), cornbread, salad and other fixings, and cookies and ice cream for dessert. Don't let old man winter keep you huddled at home, please come join us for a party sure to chase those chills away! **Call the COA at 978-464-5977 to register.**



January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED for NEW YEAR'S DAY</p>	<p>2 Meals on Wheels</p> <p>8:30am Pickleball 2:00pm Bridge</p>	<p>3</p> <p>9:00am Board Meeting 9:30am Yoga 10:00am Zoom Fitness</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>8:30am Pickleball 9:30am Stretch & Flow 10:00am Men's Group</p>
<p>8</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Games 2:00pm Mahjong</p>	<p>9 Meals on Wheels</p> <p>8:30am Pickleball 8:30am Footcare 2:00am Bridge</p>	<p>10</p> <p>9:30am Yoga 10:00am Zoom Fitness</p>	<p>11</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>12</p> <p>8:30am Pickleball 9:30am Stretch & Flow 10:00am Men's Group</p>
<p>15</p> <p>CLOSED for MLK DAY</p>	<p>16 Meals on Wheels</p> <p>8:30am Pickleball 2:00pm Bridge</p>	<p>17</p> <p>9:30am Yoga 10:00am Zoom Fitness 10:00am SHINE 10:00am Book Club 2:00pm Senior Hike</p>	<p>18</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>19</p> <p>8:30am Pickleball 9:00am Food Pantry 9:30am Stretch & Flow 12:00pm Chili Chill-Chasing Party</p>
<p>22</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Games 2:00pm Mahjong</p>	<p>23 Meals on Wheels</p> <p>8:30am Pickleball 2:00pm Bridge</p>	<p>24</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</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 Piano Chords 12:15pm Piano 1:30pm Games 2:00pm Mahjong</p>	<p>30 Meals on Wheels</p> <p>8:30am Pickleball 8:30am Footcare 2:00pm Bridge</p>	<p>31</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</p>	<p>1</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>2</p> <p>8:30am Pickleball 9:30am Stretch & Flow 10:00am Men's Group</p>