



JUL 2023

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THE DIRECTOR'S MESSAGE: While it's been a cool, slow spring, we're headed into mid-summer and many of you have already shared with us your plans for travel to bucket-list destinations, friends, and family. Others are hosting their friends and relations here in paradise and many are reveling in gardening, hiking, birding, and other outdoor activities. We're keeping our usual exercise and weekly activities on the calendar so you can stay fit and enjoy your groups and games, but don't miss out on short summer's delights. Here's to you and the lazy, hazy days of summer! *Judith, Director*

🍷 Please note there won't be a **Health Lecture** for a couple of months, and **Book Club** won't meet in July or August. Both will be back in September along with other special activities we're putting together.

🍷 The big news is **Pickleball** is starting this month! We have 2 temporary courts marked out on the basketball court at Krashes Field and have scheduled senior play sessions on Monday, Wednesday, and Friday mornings between 8:30-11:30AM! You will need to sign up for court time on an app, bring your own racquet and balls, and have a signed waiver on file at the COA before your first play date. More details are inside. **We're also hosting 2 Pickleball Clinics** on July 18th and 20th held from 8:30-11:30am. Each clinic is limited to 16 people and you will need to sign-up for one clinic only at the COA; call 978 464 5977 to reserve your spot.

🍷 Stop by and join us on **National Blueberry Muffin Day**, July 11th between 11am-Noon to pick-up your free muffin to celebrate one of the best partners coffee has ever had.

🍷 Looking forward, mark your calendars with two other very important dates; the **Senior Summer BBQ** at Krashes Field on Friday, September 8th and **An Afternoon of Magic** with Illusionist **Lyn Dillies** on Wednesday, September 20th! Read more about Lyn at www.magicofflyn.com. You can register for either or both by calling the COA.



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

Board Meeting

There will be no monthly
COA Board Meeting for July.
See you in August.

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



Seniors (65+) **Fridays from 9am to 11am
Jul 14, Aug 18, and Sep 15**

ALL Residents **Saturdays from 9am to 11am
Jul 15, Aug 19, and Sep 16**

Located at 50 Worcester Road in Sterling, MA, The Wachusett Food Pantry is **available to any resident of the Wachusett area towns**. 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.

THE PRINCETON FREE MEDICAL LOAN CLOSET

The Princeton 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. DME donations also accepted.

Usually available:

- > Folding Walkers (with/without wheels)
- > Four-wheel Walkers with Seats
- > Wheelchairs and Transport Chairs
- > Bath Benches, Shower and Commode Chairs
- > Canes and Crutches
- > Adult Briefs & Pads and Bed Pads
- > Nutritional Shakes



How can the PRINCETON COUNCIL ON AGING help you?

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 is delighted to offer 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

The SCM ElderBus is now FREE for seniors!



The SCM ElderBus now offers **FREE curb-to-curb** transportation options for seniors over 60, as well as those with disabilities. Please call **48 hours in advance** at **1-800-321-0243** between 8:00am and 4:00pm

MEDICAL TRANSPORTATION:

Worcester/Auburn/Barre
Mon-Wed, 10-12 or 12-2pm

Rutland/Holden/Leominster
Mon-Fri, 9:30-2:30pm

GROCERY SHOPPING:

Big Y, Holden

Fridays from 10:30-12:00PM



BRIDGE

TUESDAYS at 2:00pm

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



MAHJONG

MONDAYS at 2:00pm

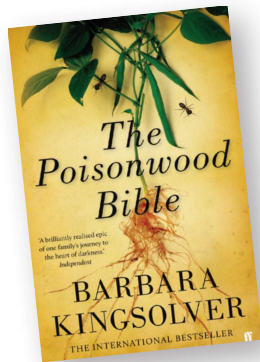
A game, using rectangular pieces called tiles, played by four people. The object is to collect the most winning sets of tiles, as in gin rummy. Beginners welcome.



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

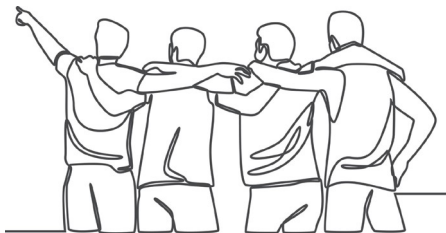
Books will be available for pick-up at the COA by August 17th or sooner!

Note: We will not be meeting in July or 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 KITS

AVAILABLE JULY 6th 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
JULY 11th and 25th

We've all needed a sympathetic ear or knowledgeable suggestions 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

TUESDAY, JULY 18TH at 10:00am

An easy to moderate 3-mile hike following the Central MA Rail Trail with some exploring of the bike trails off to the west of the CMRT.

Please register at
TrailAroundPrincetonMA@gmail.com,
in case of changes.

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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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JOIN US FOR NATIONAL BLUEBERRY MUFFIN DAY

JULY 11th, 11:00am to NOON

Did you know that blueberries are native to Massachusetts, loaded with antioxidants, and in season right now? **National Blueberry Muffin Day**, is actually on the 10th, but we're celebrating on the 11th. Stop by to pick up your free blueberry muffin before noon. They won't be the beloved Jordan Marsh muffins, but plenty wonderful all the same. **Call to register, 978-464-5977.**

Jordan Marsh's Blueberry Muffins

Yield: 12 muffins

Ingredients: ½ cup softened butter, 1¼ cups sugar, 2 eggs, 1 teaspoon vanilla extract, 2 cups flour, ½ teaspoon salt, 2 teaspoons baking powder, ½ cup milk, 2 cups blueberries, washed, drained and picked over, 3 teaspoons sugar

Step 1. Preheat the oven to 375. **2.** Cream the butter and 1¼ cups sugar until light, **3.** Add the eggs, one at a time, beating well after each addition. Add vanilla, **4.** Sift together the flour, salt and baking powder, and add to the creamed mixture alternately with the milk, **5.** Crush ½ cup blueberries with a fork, and mix into the batter. Fold in the remaining whole berries, **6.** Line a 12 cup standard muffin tin with cupcake liners, and fill with batter. Sprinkle the 3 teaspoons sugar over the tops of the muffins, and bake at 375 degrees for about 30-35 minutes, **7.** Remove muffins from tin and cool at least 30 minutes. Store, uncovered, or the muffins will be too moist the second day, if they last that long.



DON'T TOSS IT, RECYCLE IT!

April Thru October 2023 Recycle Center Hours:

Tuesdays: 9 to 11am, Thursdays: 4 to 6pm

1st & 3rd Saturday: 9am to Noon

Latex paint collection will be held during normal business hours (9am to noon) on the first Saturday, July 1. Latex, acrylic, or water-based paints in their original containers will be accepted. Do not consolidate paints. All containers must have the original, readable label.

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

www.wachusettearthday.org or 978-464-2854



GROWING PLACES

TUESDAY, JULY 11th from 3:45 to 4:45pm

Growing Places **Pop-up Produce Market** sells produce from our local farmers year-round. Please note, we are located on the covered walkway outside the COA on the 2nd Tuesday of the month and later in the day! Don't worry, no changes to the great produce sourced from our 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**

Footcare by Nurses, LLC 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. During this relaxing cruise enjoy a full course buffet luncheon. Then, board a motorcoach in Wolfeboro for a short ride to the *Wright Museum*, with exhibits 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 all information on this. **Price for two in a room \$3,599.00, Private room \$4,628.00**

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 followed by an afternoon comedy show and evening Christmas show with a visit from Santa. On Day 2, after breakfast, visit the *Nestlenook Farm Resort* for sleigh/hay ride and lunch at the hotel before departing for home. **\$479.00 2pp/room or \$569.00 private room**

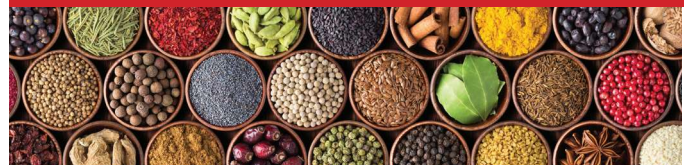
SHINE COUNSELING

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, July 19th, starting at 10AM.** One-on-one appointments available. **To schedule, call 978 464 5977.**



SPICE OF LIFE



We're running processing teams 2 and 3 days/week now and learning how to adjust dehydration times and recipe ingredient ratios as we learn to adapt to the realities of always sourcing from local farms. If yellow onions aren't available, we'll try spring green onions and adjust drying time and make flavor changes to the blends. It's very insightful and creative to get so close to the source of our food. We expect to have our first signature herb blends available next soon for distribution through Growing Places, so be on the look-out at their produce markets. **Call 978-464-5977 if you are interested in joining our wonderful adventure.**



Princeton Council on Aging July 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>

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Tuesday, JULY 11
11:00am to Noon

BLUEBERRY MUFFINS

Very Tasty!

Blueberries are native to Massachusetts, loaded with antioxidants, and in season right now! Stop by to pick up your free blueberry muffin before noon in honor of National Blueberry Muffin Day.

All are welcome!



JULY 11 & 25
10:00am

SUPPORT GROUP

Free Sessions!

We've all needed a sympathetic ear or knowledgeable suggestions sometimes. **Christy Mylott** will facilitate a general support group and help point you in the direction of helpful area resources!

Just Drop-In!



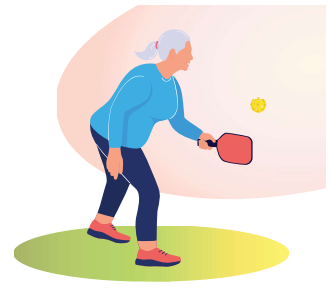
Tuesday, JULY 11
3:45 to 4:45pm

GROWING PLACES

Yummy!

Growing Places sells produce from our local farmers year-round. now located on the covered walkway outside the COA on the 2nd Tuesday of the month and later in the day

Just drop-in!



JULY 18 & 20
8:30 to 11:30am

PICKLEBALL CLINICS

Registration Required

Come learn the basics of the game if you're a new player or pick up a few pointers if you're a more experienced one. **Mark Anttila**, USTA Pickleball Ambassador, and **Julie Graham**, pickleball instructor and fab player.

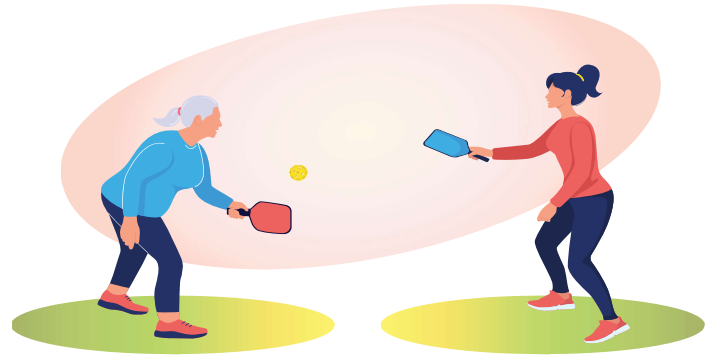
Register: (978) 464-5977



July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CLOSED July 4th</p>	<p>4 <i>Meals on Wheels</i></p> <p>CLOSED July 4th</p>	<p>5</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</p>	<p>6</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework 2:00pm Coloring Kits</p>	<p>7</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>10</p> <p>8:30am Pickleball 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>11 <i>Meals on Wheels</i></p> <p>8:30am Footcare 10:00am Support Group 11:00am Blueberry Muffin Day 2:00pm Bridge 3:45pm Growing Places</p>	<p>12</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</p>	<p>13</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>14</p> <p>8:30am Pickleball 9:00am Senior Food Pantry 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>17</p> <p>8:30am Pickleball 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>18 <i>Meals on Wheels</i></p> <p>8:30am Pickleball Clinic 10:00am Senior Hike 2:00pm Bridge</p>	<p>19</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 10:00am SHINE</p>	<p>20</p> <p>8:30am Pickleball Clinic 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>21</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>24</p> <p>8:30am Pickleball 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>25 <i>Meals on Wheels</i></p> <p>8:30am Footcare 10:00am Support Group 2:00pm Bridge</p>	<p>26</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</p>	<p>27</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>28</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>31</p> <p>8:30am Pickleball 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

HOORAY! PICKLEBALL IS HERE!



We've been working on getting Pickleball set up and available for well over a year, and it is now a REALITY!

WHERE: 2 outdoor courts are set up on the basketball court at Krashes Field

WHEN: The courts are reserved for senior play on Monday, Wednesday, and Friday mornings between 8:30-11:30AM, starting July 4th

EQUIPMENT: 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. That 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. The waiver can be found shortly on the COA page of the town website or can be picked up at the senior center. Please download the form, fill it out, and send it to the COA by email, snail mail, or drop it off in person.

COURT SCHEDULES/SIGNING UP FOR 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.

If a player won't be able to make a session they have signed up for, we're requesting they take their name off that session in the app so someone else can get a chance to play.

We're not reserving any sessions by skill level.

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.

UNSCHEDULED PLAY: The courts may be used at other times than the reserved senior sessions provided no other activities are scheduled and the court is not wanted for basketball. Be advised that 1.) the

COA and town are in no way responsible for any injuries or problems during unscheduled play, 2.) you will have to bring your own equipment, including a portable net, and 3.) the area must left in as good condition as you found it.

Pickleball Clinics: Come learn the basics of the game if you're a new player or pick up a few pointers if you're a more experienced one. **Mark Anttila**, USTA Pickleball Ambassador and Playtimescheduler Administrator for Central Worcester County Pickleball, and **Julie Graham**, pickleball instructor and fab player, will be leading our TWO CLINICS this July!

When: Tuesday, July 18th 8:30AM-11:30AM

Thursday, July 20th 8:30-11:30AM

Where: Krashes Field, Princeton (pickleball courts marked on the basketball court)

Bring: Your waiver, a racquet, and balls (we will have some balls)

Register: Registration is required and will be limited to 16 people per clinic, but we will have a waiting list for each session. Please register for one clinic ONLY. To register, call 978 464 5977.

ATTENTION VETERANS!

VETERANS BENEFITS HAVE INCREASED! You may be eligible for additional benefits. If you need veteran services, please reach out to **Lynette Gabrila** at the Veterans Service Office at **978-630-4017** or email **LGabrila@gardner-ma.gov**