



JUN 2023

The NEWSLETTER and GUIDE to HAPPENINGS

Adult Coloring	4
Adult Travel.	7
Beginner Piano.	3
Book Club	3
Bridge	3
Chair Yoga.	4
Cribbage	3
Elder Bus Service.	2
Food Pantry	2
Foot Care	6
Growing Places	7
Hiking with Rick.	4
Line Dancing.	4
Mahjong.	3
Medicare	6
Men's Group	3
Needlework.	3
Pastels Class	3
Recycling Center	6
Spice of Life	6
Stretch & Flow	4
Support Group.	4
Talking Library	6
Tech Support	6
Veteran's Info	5
Yoga	4

The Director's Message: I hope this month you'll be transitioning into a more relaxed summer schedule and enjoying your families, new or favorite vacation spots, and these long, luscious sunlit days! We can help you get into and keep that summer vibe going. Happy Summer – hope your summer is off to a great start! *Judith, Director*

🐞 First, we've added three more sessions to the **Pastels Class** which will continue to meet every Tuesday at 10:30am through the end of the month. All materials and instruction are provided free of charge, thanks to a grant from the Princeton and MA Cultural Councils, so consider dipping your toes into those waters.

🐞 We've also extended the **Open Arts Studio** co-sponsored with the Princeton Arts Society (Thursdays, 1-3pm) through the end of the month. Come enjoy the company of fellow creators while working on a project.

🐞 We've also joined forces with the Princeton Public Library to co-host a presentation from the **Worcester Talking Library** on June 14th about their wonderful services for those who may have difficulty reading standard print or holding a book. I'm guessing you may know someone who would benefit from this little-known service.

🐞 The **Adult Coloring Kits** will be available on June 7th at 2:00pm.

🐞 We're also holding a new **Support Group** since, from time to time, we all need a sympathetic ear or knowledgeable suggestions and referrals as we navigate our own or other's health issues, caregiving, bereavement, and so many age-related issues. This month, Christy Mylott will facilitate the group on Tuesdays, June 13th and 27th, at 11:30am. All sessions are drop-in and welcoming. Hope to see you there!

🐞 Sadly, we're cancelling the **Line Dancing Class** on June 5th with Anne Gilmartin, but have provided information on her many classes at other area COAs in inside this newsletter so you'll be able to dance to your heart's delight in exchange for a little travel time to other towns.

🐞 Quick reminder that the **Book Club** won't be meeting in July and August, but there will be a summer selection available by June 21st.

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

The monthly COA Board Meeting will be held on **Wednesday, June 21st at 9:00am**. All are welcome to attend.

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**
JUN 16, JUL 14, and Aug 18

ALL Residents **Saturdays from 9am to 11am**
JUN 17, JUL 15, and AUG 19

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



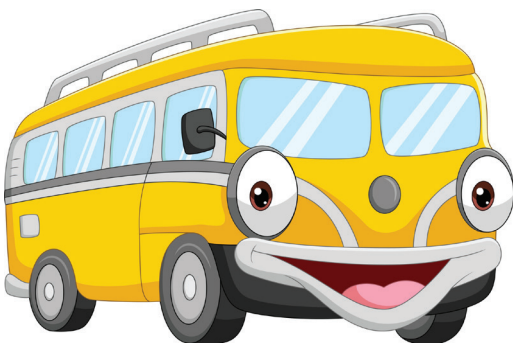
How can the PRINCETON COUNCIL ON AGING help you?

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

Beginners welcome — we'll teach you the basics.



BEGINNER PIANO

WITH DENNIS DEYO

MONDAYS at 12:15pm

Small group classes with an instructor \$5 per person/class



BOOK CLUB

JUNE 21st at 1:00pm

The Measure
by Nikki Erlick

We will reveal our Summer book selection at June meeting. Note: Book Club will not meet in July and August.



PASTELS CLASS

TUESDAYS 10:30am to 12:30pm
May 2, 9, 16, 30 and June 6

We've ADDED 3 MORE sessions:
June 6, 13, 20, and 27th.

Join us for any or all sessions as we learn about pastels' unique qualities and experiment with specific techniques using sand paper and pastel paper. All materials and supplies are provided but bring a cloth to lay under your work. This program is made possible by a grant from the Princeton Cultural Council, a local agency which is supported by the MA Cultural Council, a state agency. All materials and supplies are covered, making it very easy to give your inner artist a little space.

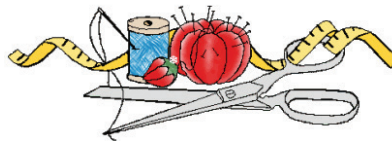


MEN'S GROUP

FRIDAYS at 10:00am

Come join this great group of men for exciting discussions on anything and everything! New members are always welcome!

Call **Mike Warren** for details at **978-337-0636**



NEEDLEWORK STUDIO

THURSDAYS at 2:00pm

If you knit, crochet, embroider or enjoy any of the needle arts, join us to work on your latest project and enjoy each other's company. Such fun!



CRIBBAGE

MONDAYS at 1:30pm

For newbies and experienced players 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).



POP-UP LINE DANCING

MONDAY, JUNE, 5th from 9:30 to 11:30am

The June 5th at 9:30am Line Dancing class with Anne Gilmartin is cancelled. Line dancing devotees can dance in **Gardner** on Mondays from 10am-11am, Tuesdays from 10am-12pm and Thursdays from 10am-11am. Classes are also held at the **West Boylston** COA on Wednesdays from 9:30am-11:30am and Thursdays from 9:30am-11:30am.



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 11:30AM to 1:00PM
JUNE 13th, 27th & JULY 11th, 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

WEDNESDAY, JUNE 21st at 10:00am

An easy/moderate 3-mile hike through the brand new (and very pretty) Red Fox Farm trails. We'll walk over the new trails out to the large DCR Mason fields on the Holden town line, and then back around some older trails to the start. The trails are quite flat, but they do have some rocks to navigate. We'll meet behind the senior center and carpool down to the end of Ball Hill Rd.

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)
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TALKING LIBRARY

WEDNESDAY, JUNE 14th at 2:00PM

Do you struggle to read standard print or hold a book comfortably? The **Worcester Talking Book Library** (WTBL) may have a solution for you! A staff member will be presenting information on the program and answering questions. Learn more about this free service that loans accessible reading materials, including audio and large print books, via postage-free mail.

Learn about:

- > **How to use a talking book machine**
- > **The BARD app (Braille and Audio Reading Download)**
- > **Large print services, including the Book Club in a Bag**
- > **Dial A Story**

The COA is pleased to co-sponsor this program with the Princeton Public Library.

COMPUTER TECH SUPPORT

Do you need some help with technology? Do you want to learn how to join ZOOM? **Karen Cruise** can help! Socially distanced and virtual technical support are available through our very capable volunteers.



Call 978-852-2709 or email crukaren99@gmail.com.



DON'T throw it away, 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 collections will be held during normal business hours (9am to noon) the first Saturdays of June and July (June 3rd and July 1) respectively. 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, JUNE 13th from 3:30 to 4:30pm

Growing Places **Pop-up Produce Market** sells produce from our local farmers year-round. The cost of food has increased dramatically, and you may be eligible to sign-up for SNAP benefits. Cash, SNAP and HIPP accepted. **Please note that Growing Places is now 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.

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.

JUNE 24th, 2023 Rhode Island Lighthouse Cruise & Lunch at the *Quonset "O" Club*. **\$133/pp**

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 coarse 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, June 21st, starting at 10AM.** One-on-one appointments available. **To schedule, call 978 464 5977.**



SPICE OF LIFE

We have been doing a lot of fun experiments dehydrating onions, garlic, and herbs. We've learned volumes about our equipment and key ingredients, created mini-processing teams and have moved to a weekly production schedule. We expect to have our first signature herb blends available next month 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 June 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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Tuesdays
10:30am to 12:30pm

PASTELS CLASS

5-Session Drop-In

Come learn about pastels in this hands-on class with Princeton's **Denis Coughlin**. Join us for any or all sessions as we learn about pastels' unique qualities and experiment with specific techniques using sandpaper and pastel paper.



Tuesday, JUNE 13
3:30pm

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

Register: (978) 464-5977 or just drop-in!



JUNE 13 & 27 and
JULY 11 & 25 at 11:30am

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!



Wednesday, JUNE 14
2:00pm

TALKING LIBRARY

Free Session!

Do you struggle to read standard print or hold a book comfortably? Learn more about this free service that loans accessible reading materials, including audio and large print books, via postage-free mail.

All are welcome!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29 CLOSED Memorial Day</p>	<p>30 Meals on Wheels 10:30am Pastels 2:00pm Bridge</p>	<p>31 9:30am Yoga 10:00am Zoom Fitness 1:00pm Mental Health Lecture</p>	<p>1 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>2 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>5 9:30am Yoga 10:00am Zoom Fitness 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>6 Meals on Wheels 10:30am Pastels 2:00pm Bridge</p>	<p>7 9:30am Yoga 10:00am Zoom Fitness 2:00pm Coloring Kits</p>	<p>8 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>9 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>12 9:30am Yoga 10:00am Zoom Fitness 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>13 Meals on Wheels 9:00am Footcare 10:30am Pastels 11:30am Support Group 2:00pm Bridge</p>	<p>14 9:30am Yoga 10:00am Zoom Fitness 2:00pm Talking Book</p>	<p>15 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>16 9:00am Senior Food Pantry 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>19 CLOSED Juneteenth</p>	<p>20 Meals on Wheels 10:30am Pastels 2:00pm Bridge</p>	<p>21 9:00am Board Meeting 9:30am Yoga 10:00am Zoom Fitness 10:00am SHINE 10:00am Senior Hike 1:00pm Book Club</p>	<p>22 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>23 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>26 9:30am Yoga 10:00am Zoom Fitness 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>27 Meals on Wheels 9:00am Footcare 10:30am Pastels 11:30am Support Group 2:00pm Bridge</p>	<p>28 9:30am Yoga 10:00am Zoom Fitness</p>	<p>29 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>30 10:00am Men's Group 10:30am Stretch & Flow</p>

**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**