



MARCH 2023 NEWSLETTER & GUIDE TO HAPPENINGS

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The Director's Message: We always hope March will blow in like a lion and go out like a lamb. We know it's still winter, but that doesn't stop us from looking for open pussy willows and snow drops. Here at the COA, we're gearing up for spring, regardless of the weather, so check out these new programs and classes! Stay happy and healthy! *Judith, Director*

🐾 If I were to encourage you to take one class this month, it would be **CPR Training & Certification** on March 15th. About 90% of out-of-hospital cardiac arrests are fatal and there'd be hundreds more survivors if more people were able to quickly administer CPR. I'm urging you to learn how to be the beat for someone you love when it matters most! The class, lunch, and certification are FREE.

🐾 Our lecture on **Scams and Fraud** on March 29th will familiarize you with the most common scams and schemes, especially those targeting seniors, give you things to be watching out for, safety practices, and where to go for help if you need it. It's not your imagination, you are increasingly being targeted by more sophisticated and clever scams.

🐾 Transportation in rural areas is a real and ongoing concern and on March 7th you're invited to a **Coffee with Jorge Morley** of Elderbus.

🐾 For exercisers and exercise wannabes, we have a great new **Chair Yoga** class on Thursdays that will be taught by Diane Featherstone of Frog Pond fame. This class, taught at the COA, has yoga practices for every body and capability.

🐾 For our artists and crafters, we have one returning class and one great workshop this month. **Arts Open Studio**, offered in collaboration with the Princeton Arts Society, will run for 8 weeks on Thursdays.

🐾 We're also bringing back our own Kathy Packard on March 30th for a **Springtime Centerpiece or Decoration Workshop** just in time for Easter and Passover. Class is limited to 12, so register early.

🐾 A quick heads up – **Cribbage** is scheduled on new day and time, Mondays at 1:30PM.

🐾 Please note our **COA hours** have changed (see below) and call or visit accordingly.

Our Hours

Tuesday and Wednesday from 9:00AM to 4:00PM for all activities & services.

Monday, Thursday, 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, March 1st at 9AM**. 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**.

What
can the
**PRINCETON
COUNCIL
ON AGING**
do for
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.

We offer a wide variety of programs and services including:

- > Meals and nutrition programs
- > Health, fitness, and wellness programs
- > Information and assistance
- > Public benefit counseling (SNAP, Fuel Assistance and more)
- > SHINE Appointments (Medicare counseling)
- > Social and recreational activities
- > Educational and arts programs
- > Foot care services
- > Medical equipment loan (free)
- > Transportation services
- > Intergenerational programs
- > Volunteer opportunities



**The Wachusett
Food
Pantry**

50 Worcester Road
Sterling, MA

Seniors (65+)

**Fridays from 9 to 11AM
Mar 17, Apr 14, May 19**

ALL Residents

**Saturdays from 9 to 11AM
Mar 18, Apr 15, May 20**

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
MEDICAL
LOAN
CLOSET**



Our Medical Loan Closet maintains a rotating stock of durable medical equipment (DME) that can be used short-term or long-term after recovering from surgery, illness, or injury. DME donations also accepted.

DME TYPICALLY AVAILABLE FOR LOAN:

- Folding Walkers (with or 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

**THE SCM ELDERBUS
IS AVAILABLE TO
ALL SENIORS!**

Low-cost **curb-to-curb** transportation options for seniors over 60 as well as those with disabilities.

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
Service is currently FREE!

Rutland/Holden,/Leominster

Mon-Fri, 9:30-2:30PM
Service is currently FREE!

Grocery Shopping:

Big Y, Holden

Fridays from 10:30-12:00PM
Service is currently FREE!

NEED A RIDE?





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 12:30PM

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



BOOK CLUB

MAR 22ND at 1:00PM

The Woman In the Library
by Sulari Gentill

APR 15TH at 1:00PM

**A Woman of No Importance:
The Untold Story of the
American Spy Who
Helped Win WW11**
by Sonia Purnell

CPR Training & Certification

WEDNESDAY, MAR 15TH 10:30AM to 3:00PM

Did you know there are more than 356,000 out-of-hospital cardiac arrests (OHCA) annually in the U.S., nearly 90% of them fatal? That number can be seriously impacted by the widespread use of CPR. Did you also know that starting CPR within 4 minutes of a cardiac event postpones the onset of brain damage?

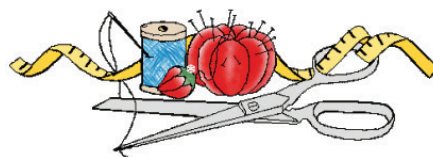
Even chest-only compressions may keep brain damage at bay up to 8 minutes or more. Join us for a full CPR Training & Certification class taught by **Bobby M'Sadoques** of Princeton's Fire & EMS Department. We'll have class for 2 hours, then break for a free lunch, and then do a review and certification. The cost of lunch and the certification is covered. You may also take the class without getting certified. We just want more of us to be ready and able if CPR is needed. Be the beat for someone you love when it matters most! Class held at the COA. **Call to Register at 978 464 5977.**



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).



HIKING *with* RICK

WEDNESDAY, MARCH 15TH at 1:00PM

We'll be hiking the Paradise Pond Loop in Leominster State Park. It's a moderate 4-mile hike on gravel roads and trails. Please register in case the location must be changed due to snow!

Contact Rick at
TrailAroundPrincetonMA@gmail.com



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.



Adult Coloring Kits

AVAILABLE MARCH 1ST 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

THE PRINCETON WALKING CLUB

TUESDAYS at 9:30AM

Meet at the senior center in your walking shoes and enjoy easy walks around the local neighborhood with great company. Please call to sign up.



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**



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Wachusett House is an independent living facility for those with low to moderate income. These 16 quaint, quiet units, tucked into the woods of Princeton, close to the center of town, all have one bedroom and are located in one of four buildings set around a central office and community space.

We are currently accepting applications for residency. To qualify, applicant:
~ Must be at least 62 years old or handicapped/disabled (regardless of age)
~ Must have an adjusted income no greater than \$54,500 for one or \$61,500 for two.
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Congratulations to **Bobbye Samdahl, Claudia Rys,** and **Donna Reynolds** for passing their exams and becoming certified ServSafe Food Protections Managers until 2028! We've played with a few more mixtures and are trying a new Mediterranean blend — we're narrowing down the field! **Call the COA at 978-464-5977, in interested in joining**

TAX HELP & VITA CENTERS:

The **Volunteer Income Tax Assistance** program offers FREE tax help to lower income people, including the elderly and persons with disabilities. IRS-certified volunteers help people access tax credits that can add up to hundreds and even thousands of dollars depending upon on individual/family circumstances, especially the Earned Income Tax Credit (EITC). The Center servicing Princeton is Making Opportunity Count (MOC) in Fitchburg. **Call 978 346 7040 or www.mocinc.org/financial-services.**

SCAMS and FRAUD

WEDNESDAY, MARCH 29TH at 11:00 AM

FREE LECTURE. In 2021, there were almost 100,000 older victims of fraud resulting in \$1.7 billion in losses. The most common financial scams include government impersonation, sweepstakes, and robocall scams. . We don't have to ditch our devices to be safe, but we do need to be smarter and take what precautions we can. Join us for a FREE presentation by **Detective Holly Doyle** of the Princeton Police Department for an information-jammed (not scammed) session. **Call 978-464-5977 to reserve your spot.**



Don't throw it away, RECYCLE IT!

NOV 2022 thru MAR 2023
RECYCLE CENTER HOURS
 Tuesdays: 10:00 to 12:00PM
 Thursdays: 2:00 to 4:00PM
 1st & 3rd Saturday: 9:00AM to Noon



Visit **www.wachusettearthday.org** or **call 978-464-2854.** We are located at: Wachusett Watershed Regional Recycling Center 131 Raymond Huntington Hwy, West Boylston.

MEDICARE ADVANTAGE PLAN

The Medicare *Advantage Plan* Open Enrollment Period runs from January 1 to March 31, 2023. 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 to understand changes to your current plan, as well as discuss other options you may have. **Call 978-464-5977 to schedule your meeting with a SHINE Counselor.**



COMPUTER TECHNICAL SUPPORT



Do you need some help with technology? Do you want to learn how to join ZOOM? Karen can help! Socially distanced and virtual technical support are available through our very capable volunteers. **Contact Karen Cruise at 978-852-2709 crukaren99@gmail.com**

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.





Saturday Adventures for Travelers 50+

MAY 6, 2023 “Downton Abbey” Tea: Manners, and Treats for Mother’s Day travel to the historic *Silver Fountain Inn & Carriage House* an 1870s Victorian inn located in the heart of Dover, NH. We will make stops at *Pig’s Fly Bakery* in Kittery, Maine, and *Stonewall Kitchen* in York, Maine. Plenty of seats available. **\$135/pp**

MAY 27, 2023 “Beautiful”: The Carol King Musical at the *Ogunquit Playhouse*: First stop will be everyone’s favorite store, *When Pigs Fly* bakery, for fresh baked breads. Then lunch at *Warren’s Lobster House* and on to the Playhouse for the performance that starts at 2PM. See website for lunch menu choices. **\$65/pp**

**JUNE 11 to Wednesday, JUNE 14th, 2023
4 Day Finger Lakes Trip:** Includes visits to orchards, a lake cruise, 2 wine tastings, historic house & garden tour, the *Women’s Rights National Park*, *It’s a Wonderful Life* Museum, *Harriet Tubman’s House*, the *Corning Glass Museum*, and more. Price includes roundtrip motorcoach, 3-nights accommodation, 7 meals (3 breakfasts, 1 lunch, 3 dinners), and admissions to all listed attractions. **\$749/pp-double**

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

JULY 23, 2023 Thimble Island Cruise off the coast of Branford, CT.: Lunch before the cruise will be at the *Chowder Pot III*. Limited seating on the trip; we will be riding in a school bus, no walkers or wheel chairs. **\$133/pp**

AUGUST 19, 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 29 to Friday, OCTOBER 6, 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**

FOR MORE INFORMATION, CONTACT:

Gladys Merrow 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 will receive 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.

Spring Centerpiece & Decoration Workshop

THURSDAY, MARCH 30TH at 1:00 PM

She’s back! **Kathy Packard** is back just in time for you to create an Easter/Passover centerpiece or spring decoration. We New Englanders sometimes have to “fake it, ’til we make it” to get to spring, and one of Kathy’s creations is just the ticket. You know you loved the December holiday workshop, so sign up for this one that will be all-things-spring! **\$10/pp.**
Call to Register at 978 464 5977.



Princeton Council on Aging March 2023 Newsletter

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STORM CLOSINGS:

The COA is closed if the public schools are closed due to inclement weather.

On days the schools have a delayed opening, please call 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>



CPR

Wednesday, MAR 15th
10:30AM to 3:00PM

CPR TRAINING

Free Class

Join us for a full CPR Training & Certification class taught by **Bobby M'Sadoques** of Princeton's Fire & EMS Department. A 2 hours class, free lunch, and a review and certification!

**Call to Register
(978) 464-5977**



Thursday, MAR 30th
1:00PM

SPRING WORKSHOP

\$10 per person

Kathy Packard is back just in time to help you create a stunning Easter/Passover centerpiece or spring decoration! sign up for this one that will be all-things-spring!

**Call to Register
(978) 464-5977**



Tuesday, MAR 21st
12:30 to 1:30PM

SCAMS & FRAUD

Free Lecture

In 2021, older victims lost \$1.7 billion due to fraud. Join us for a FREE presentation by Detective **Holly Doyle** of the Princeton Police Department for an information-jammed (not scammed) session!

**Call to Register
(978) 464-5977**



Tuesday, MAR 21st
12:30 to 1:30PM

GROWING PLACES

Inside the COA!

A mobile produce market that sells produce from our local farmers all year round. The cost of food has increased dramatically, you may be eligible to sign up for SNAP benefits. ALL ARE WELCOME!

(Cash/SNAP/HIPP accepted)