



# MAR 2024

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**THE DIRECTOR'S MESSAGE:** In early March, my father always used to say we'd turned the corner with respect to winter weather and never acknowledged he was probably goading the powers-that-be into slamming us with at least one more storm. And we can hardly forget the 29 inches we got in one day just last March! With that said, I've got a great big bunch of daffodils on my desk and I'm looking forward to spring. We've got a lot lined up for the next two months and I'm sure something will pique your interest! Stay happy and healthy. *Judith, Director*

🌱 This month we'll be kicking off a **Monthly Health Screenings Clinic** run by our own public health and gerontology-certified nurse, **Dianna Markley**. Call the COA to make an appointment.

🌱 Thanks to the Princeton Cultural Council and Mass Cultural Council we're offering **Watercolors with Charles Gray**, a 6-session class to learn the basics of watercolors. Each session will focus on a new technique or approach to using the medium. Class limited to 10 participants, so call early to register.

🌱 As a follow-up to AI Awareness last month, we're rolling up our sleeves and delving into using AI with **Chat GPT**. You don't have to have attended last month's AI presentation to do this! Call the COA to register.

🌱 Please note new start times for Monday activities: **Games** at 2:00PM, **Piano Chords Class** at 11:30AM and **Piano Beginners Class** at 12:30 PM.

🌱 If you're in the market for a fun evening out, the Wachusett Area Rotary Club's **Left-Right-Center Tournament** might be just the ticket.

🌱 Looking ahead, next month we will be offering a **Falls Prevention Workshop** hosted by a team from Summit Eldercare/Fallonhealth. The stats on the number and impact of senior falls is staggering; you shouldn't miss this program.

🌱 Thanks to **Jodi Utter**, Princeton Alzheimer's Association Volunteer Extraordinaire, we'll also be hosting a presentation from the Alzheimer's Association-MA/NH Chapter on the **Ten Warning Signs of Alzheimer's** and a second workshop in May on **Understanding Alzheimer's and Dementia**. We'll start registration for the first session on April 1st. Thank you Jodi!

🌱 Next month we will also host **Harvey Leonard**, meteorologist, and beloved TV personality! This promises to be both a memorable educational and entertaining experience!

### Our Hours

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

**Fridays**  
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

### March 2024 Board Meeting

The COA Board Meeting for the month of December will be held on **Wednesday, March 6th 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  
MAR 15, APR 19,  
and MAY 17

## ALL Residents

Saturdays  
9am to 11am  
MAR 16, APR 20,  
and MAY 18

# 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!



## Health Screenings & Ask A Nurse

**Tuesday, MAR 19th at 9:30AM**

A new monthly clinic to screen for high blood pressure, diabetes, and oxygen in your blood. Don the cuff, get one finger pricked, and/or another clipped/pinched to check on three very important indicators of your health. Clinic is run by Princeton's own **Dianna Markley**, public health and gerontology-certified nurse, as well as a member of the Princeton Board of Health. Dianna is dedicated to senior health as she witnessed so many unaddressed needs of seniors while running Covid vax clinics during the pandemic. We're very fortunate to have someone who can provide these three important screenings. By appointment only, space is limited. **Call 978-464-5977 to register.**

## FREE RIDES for SENIORS



The **SCM ElderBus** offers **FREE curb-to-curb rides** for seniors over 60, as well as those with disabilities. **Reserve a seat by calling 1-800-321-0243 (48 hours in advance) from 8am and 4pm.**

**MEDICAL:** **Worcester/Auburn/Barre**  
MON to WED, 10am-12pm or 12-2pm  
**Rutland/Holden/Leominster**  
Monday to Friday, 9am-2:30pm

**SHOPPING:** **Big Y, Holden**  
Every Friday, 10:30am-12pm

## 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.**



# 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

**March 20th at 1pm**  
**Elephant Company**  
by Vicki Croke

**April 17th at 1pm**  
**Invisible Thread**  
by Laura Schroff & Alex Tresniowski



# 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

**NEW TIMES**

**BEGINNERS CLASS**  
**Mondays at 12:30pm**

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

**CHORDS CLASS**  
**Mondays at 11:30am**

Open to members of the Beginners Class only



**NEW TIME**

# Games

**Mondays at 2:00pm**

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!



# How to Use Chat GPT

Tuesday, March 12th at 11am

Revolutionize your free time, from news-related interests to hobbies and activities. Plan unique experiences, spark fresh hobby ideas, and receive tailored book and movie recommendations. It's all about enhancing your life with AI's assistance. Great for anyone interested in current events, learning new skills, or for those who are just wondering what all the fuss is about. Bring your curiosity and your questions! **Call the COA at 978-464-5977 to register.**



# Adult Coloring

Kits available on March 7th 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, March 13th at 10am

Hike a 3-4 mile loop at Trout Brook in Holden. Walk will be mostly level and follow the brook for a portion of the hike! **Please register at TrailAroundPrincetonMA@gmail.com**



# 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!



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# Left-Right-Center Game Tournament

Friday, March 8th at 6pm

Join the fun at the Wachusett Area Rotary Club's Left-Right-Center Tournament at The Manor in West Boylston. Cash Prizes, Hors d'Oeuvres, Cash Bar, 50/50 Raffle, and more. Doors open at 6:00pm, games start at 7:00pm. \$30/pp.

Info at [www.WachusettAreaRotaryClub.org](http://www.WachusettAreaRotaryClub.org) or call/email Richard Traina at 978-549-7700 or [traina@comcast.net](mailto:traina@comcast.net)

# COA/PAS Open Studio

Thursdays at 1pm

Free drop-in open studio co-sponsored by the COA and the Princeton Arts Society. Bring your own art, craft, writing, etc., or drop in and see what we are doing. Free and open to all Princeton seniors and friends of PAS. A fun and easy way to fit some weekly creativity into your schedule.

# 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>.**



# Senior Nutrition Month

March is Senior Nutrition Month. We're exploring several statistics and topics, approximately 1-2 each week, of both general and particular interest to seniors. Of course, we are more than we eat, but our diet is one of the biggest factors within our control which we can use to maximize our health. No fad diets, magic foods, potions, or ingredients here and our sources will include the Mayo Clinic, USDA Dietary Guidelines, NCOA, and others. **Watch Facebook and Next Door for new posts or stop by the COA to pick-up materials as we add them over the course of the month.**

# Spice of Life

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+

**APRIL 20th, 2024**

**The Play That Goes Wrong:**

Lunch at Storowton 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**

**JUNE 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)**

**JUNE 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**

**JULY 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**

**AUGUST 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**

**OCTOBER 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.**

**CONTACT: Gladys Merrow at 508-835-4312 or 508-612-5312 or [andawaywegotravel.gem@gmail.com](mailto: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.



# Princeton Council on Aging March 2024 Newsletter

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

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## STORM DAY CLOSINGS

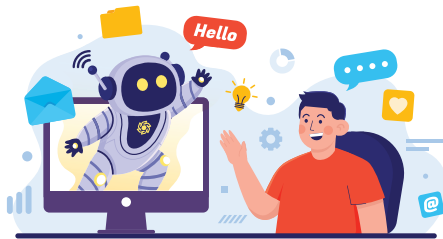
The COA is closed if public schools are closed due to inclement weather. **On days the schools have a delayed opening, please call us at 978-464-5977 before coming to make sure the COA will be open.** If weather conditions deteriorate over the course of the day, the COA may close early at the discretion 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>



Tuesday  
March 12th at 11am

## HOW TO: CHAT GPT

Enhance your life with AI

Learn how Chat GPT can revolutionize your free time, from news-related interests to hobbies and activities. Use AI for everyday tasks, personalized learning, and meaningful conversations. Bring your curiosity and your questions! Chat GPT is the follow up to the Artificial Intelligence Awareness workshop last month, but it's AOK to register if you didn't attend that one. **Call 978-464-5977 to register.**



Classes begin on Wednesday  
March 6th at 12:30PM

## WATERCOLORS CLASS

Discover your inner artist!

Renowned and beloved watercolor artist, **Charles Gray**, will lead this 6-session class to learn the basics of watercolors and provide the opportunity to enjoy a new visual arts form. Each session will highlight a new technique or approach to using watercolors. All materials are provided including watercolor paper, brushes, and paints. **Class size is limited to 10, so call 978-464-5977 to register**



Tuesday  
March 19th at 9:30AM

## HEALTH SCREENINGS

Get checked for your health!

A new monthly clinic to screen for high blood pressure, diabetes, and oxygen in your blood. Don the cuff, get one finger pricked, and/or another clipped/pinched to check on three very important indicators of your health. Clinic is run by Princeton's own **Dianna Markley**, public health and gerontology-certified nurse, as well as a member of the Princeton Board of Health. **Call 978-464-5977 to register.**





# March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>26</b></p> <p>9:30am <b>Yoga</b>            11:30am <b>Piano Chords</b>            12:30pm <b>Piano</b>            2:00pm <b>Games</b>            2:00pm <b>Mahjong</b></p>	<p><b>27</b> <small>Meals on Wheels</small></p> <p>11:00am <b>Artificial Intelligence Awareness</b>            2:00pm <b>Bridge</b></p>	<p><b>28</b></p> <p>9:30am <b>Yoga</b>            10:00am <b>Zoom Fitness</b></p>	<p><b>29</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            2:00pm <b>Needlework</b></p>	<p><b>1</b></p> <p>9:30am <b>Stretch &amp; Flow</b>            10:00am <b>Men's Group</b></p>
<p><b>4</b></p> <p>9:30am <b>Yoga</b>            11:30am <b>Piano Chords</b>            12:30pm <b>Piano</b>            2:00pm <b>Games</b>            2:00pm <b>Mahjong</b></p>	<p><b>5</b> <small>Meals on Wheels</small></p> <p>2:00pm <b>Bridge</b></p>	<p><b>6</b></p> <p>9:00am <b>Board Meeting</b>            9:30am <b>Yoga</b>            10:00am <b>Zoom Fitness</b>            12:30pm <b>Watercolors</b></p>	<p><b>7</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            2:00pm <b>Needlework</b>            2:00pm <b>Coloring Kits</b></p>	<p><b>8</b></p> <p>9:30am <b>Stretch &amp; Flow</b>            10:00am <b>Men's Group</b></p>
<p><b>11</b></p> <p>9:30am <b>Yoga</b>            11:30am <b>Piano Chords</b>            12:30pm <b>Piano</b>            2:00pm <b>Games</b>            2:00pm <b>Mahjong</b></p>	<p><b>12</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Footcare</b>            11:00am <b>Chat GPT</b>            2:00pm <b>Bridge</b></p>	<p><b>13</b></p> <p>9:30am <b>Yoga</b>            10:00am <b>Zoom Fitness</b>            10:00am <b>Senior Hike</b>            12:30pm <b>Watercolors</b></p>	<p><b>14</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            2:00pm <b>Needlework</b></p>	<p><b>15</b></p> <p>9:00am <b>Food Pantry</b>            9:30am <b>Stretch &amp; Flow</b>            10:00am <b>Men's Group</b></p>
<p><b>18</b></p> <p>9:30am <b>Yoga</b>            11:30am <b>Piano Chords</b>            12:30pm <b>Piano</b>            2:00pm <b>Games</b>            2:00pm <b>Mahjong</b></p>	<p><b>19</b> <small>Meals on Wheels</small></p> <p>9:30am <b>Health Screenings</b>            2:00pm <b>Bridge</b></p>	<p><b>20</b></p> <p>9:30am <b>Yoga</b>            10:00am <b>Zoom Fitness</b>            1:00pm <b>Book Club</b></p>	<p><b>21</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            2:00pm <b>Needlework</b></p>	<p><b>22</b></p> <p>9:30am <b>Stretch &amp; Flow</b>            10:00am <b>Men's Group</b></p>
<p><b>25</b></p> <p>9:30am <b>Yoga</b>            11:30am <b>Piano Chords</b>            12:30pm <b>Piano</b>            2:00pm <b>Games</b>            2:00pm <b>Mahjong</b></p>	<p><b>26</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Footcare</b>            2:00pm <b>Bridge</b></p>	<p><b>27</b></p> <p>9:30am <b>Yoga</b>            10:00am <b>Zoom Fitness</b>            12:30pm <b>Watercolors</b></p>	<p><b>28</b></p> <p>10:30am <b>Chair Yoga</b>            1:00pm <b>Open Studio</b>            2:00pm <b>Needlework</b></p>	<p><b>29</b></p> <p>9:30am <b>Stretch &amp; Flow</b>            10:00am <b>Men's Group</b></p>



## WATERCOLORS with CHARLES GRAY

Wednesdays from 12:20 to 2:30pm  
March 6, 13, 27, April 3, 10, and 17

Renowned and beloved watercolor artist, **Charles Gray**, will lead this 6-session class to learn the basics of watercolors and provide the opportunity to enjoy a new visual arts form. Each session will highlight a new technique or approach to using watercolors. To paraphrase Charlie, it's not about making pretty pictures, but exploring watercolors and understanding their properties to create our own expressive pieces. Classes are not cumulative, but new material will be presented each week. At the end of the sessions, we will host a small exhibit/reception at the COA of students' work. It is recommended to take all 6 sessions, but if space is available, drop-ins are welcome. All materials are provided including watercolor paper, brushes, and paints. **Class size is limited to 10, so register early by calling the COA at 978 464 5977. This class is possible in part from grants from the Princeton Cultural Council and Mass Cultural Council**



## HARVEY LEONARD Climate Change: Simple, Serious, and Solvable



Thursday, April 11th at 12pm

Climate is what you expect, weather is what you get! In other words, weather is a specific event — like a rainstorm or hot day — that happens over a few hours, days, or weeks. Climate is the average weather conditions in a place over 30 years or more. No one has been more enmeshed in the weather daily than meteorologist and local TV personality **Harvey Leonard**! Many of us remember his on-air coverage as early as the Blizzard of '78 and for decades thereafter — in other words, Harvey has seen enough weather over time to have the data and perspective about climate. Come learn about weather vs. climate, why climate change is simple, but serious, and how we can mitigate or solve some of the problems it causes. Q and A period afterward for questions about presentation, meteorology, or his career (this is where the funny stories live). **Call the COA at 978 464 5977 to register. Location TBD.**

## JOB OPPORTUNITY: WACHUSETT HOUSE PROPERTY MANAGER

Wachusett House Corp, located in Princeton, MA is a non-profit apartment complex for seniors and people with disabilities. The facility currently has an opening for the part-time, onsite position of Property Manager. Primary responsibilities include Rural Development compliance, management of facility projects, general office management, and working with tenants. Applicants must be professional, and have strong organizational and management skills. A financial background is preferred. **Interested candidates should send a resume via email or mail it to Wachusett House, 13 Boylston Ave., Princeton, MA, 01451.**