



THE PRINCETON
**SENIOR
 CENTER**
Princeton on Council on Aging



**MAY
 2023
 NEWSLETTER
 & 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
Mental Health Lecture	C
Line Dancing	4
Mahjong	3
Medicare	6
Men's Group	3
Needlework	3
Pastels Class	3
Recycling Center	6
Sheriff's Picnic	7
Spice of Life	6
Stretch & Flow	4
Tech Support	6
Town Buzz	6
Veteran's Info	5
WooSox Night	6
Yoga	4
YouTube Talk	C

The Director's Message: Spring is busting out all over and what a blooming eyeful we're getting every day! We tend to forget the full KABOOM of New England springs; but there's no coming in on little cat's feet for this season! So, while you're shaking off your mud season doldrums, join us for some new offerings and perennial favorites at the COA! Happy Spring! *Judith, Director*

🌱 To get baseball season off to a great start, May 3rd is **Princeton's Town Takeover Day at Polar Park**. Come root for the WooSox and most especially for two of our favorite seniors, Don Oberg and Mike Warren, as they really get the game rolling! Ticket info is on the town website.

🌱 Anne Gilmartin will continue the **Pop-Up Line Dancing** classes on Monday, May 8th and June 5th at 9:30AM at the First Congregational Church. We hope to schedule a regular class with her in the fall, so be sure to either show your love or give it a try on these 2 spring dates — she has a dedicated following and full calendar for a reason.

🌱 We have **Drop-In Pastels** classes with Denis Coughlin, Tuesdays at 10:30AM for another 5 weeks and all materials are provided free of charge thanks to a grant from the Princeton and MA Cultural Councils. Absolutely no experience or expertise is needed to enjoy learning about this forgiving and fun medium.

🌱 When it's time to veg-out, are you finding you're paying more to find less of interest to watch? Then come to the free **YouTube For Adults** session on Tuesday, May 23rd at 11:00AM to get the lowdown on how to find your kind of stuff on YouTube and possibly cut the cable cord. No computer needed.

🌱 One last social reminder — you must sign-up for the **Sheriff's Senior Picnic**, free for any Worcester County senior, by May 19th. The particulars for this drive-thru extravaganza and sign-up info are inside.

🌱 May is Mental Health Awareness Month and about 25% of all seniors experience depression and/or anxiety regularly. This means it's likely either you or someone know/love is grappling with one or both issues. **This month's Health Lecture, a talk on Mental Health** on May 31st at 1:00PM, will be given by Licensed Clinical Social Worker, Emily McDonough. The discussion will focus on learning how to identify depression and anxiety and healthy ways of coping.

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 **Tuesday, May 2nd 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**
MAY 19, JUN 16, and JUL 14

ALL Residents **Saturdays from 9am to 11am**
MAY 20, JUN 17, and JUL 15

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



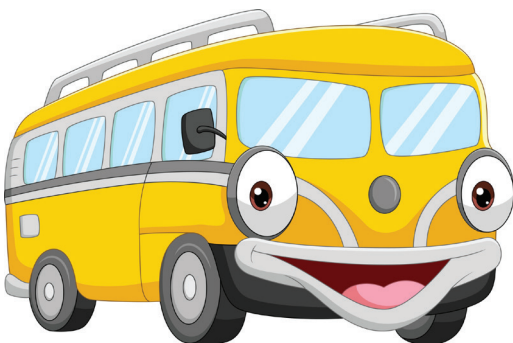
How can the PRINCETON COUNCIL ON AGING help you?

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

MAY 10th at 1:00pm

The House at the End of Hope Street
by Menna van Praag

JUNE 21st at 1:00pm

The Measure
by Nikki Erlick

PASTELS CLASS

NEW CLASS

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

5-session drop-in class. Come learn about pastels in this new 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. 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.

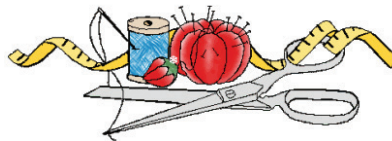


MEN'S GROUP

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, MAY 8th & JUNE, 5th 9:30-11:30am

\$5 donation/class. For all our line dance devotees, mini-series of pop-up line dancing classes with **Anne Gilmartin**. These classes are super popular at several COAs, so bring a friend and make it a party! Classes are held at Fellowship Hall of the First Congregational Church of Princeton. **Call the COA at 978 464 5977 to reserve your spot or just drop-in.**



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 MAY 3rd 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.



HIKING with RICK

WEDNESDAY, MAY 24th at 10:00am

We'll be hiking Esty Rd to Poutwater Pond in Holden. An easy 3-mile walk. **To be aware of changes, please register at TrailAroundPrincetonMA@gmail.com.**

We bring Community To You

**We connect local businesses
with their residents.
Advertise Today**



**Senior News
Publications**

Seller or Buyer...



Every Client has different needs!

Benefit from a full-time REALTOR® who understands the Princeton market and knows how to solve the challenges of selling or buying with YOU in mind.

Janet Schoeny, REALTOR®
978-808-2429 | djschoeny@aol.com
RE/MAX Vision | 181 Main Street | Shrewsbury, MA 01545
Top Producer 2020 | Top 3 or 100% Club 2017-2021



Let me know how I can help you in 2022!



122 A/944 Main Street, Holden, MA
508-829-4333
www.sunnysideford.com

AD Space for
SALE

SENIOR NEWS PUBLICATIONS

603-601-8047

**we bring
community
to you**

INFO@SNPNEWSLETTERS.COM
WWW.SNPNEWSLETTERS.COM

**CAN YOU AFFORD NOT TO
ADVERTISE?**



Connect with your local community here.

**REQUEST
A QUOTE**



SCAN THE CODE

Serving the Community of Princeton for Over 125 Years

HOLDEN
1158 Main Street
508-829-4434

STERLING
100 Worcester Road
978-422-0100



MILES
FUNERAL HOMES
Greater Worcester Funeral & Cremation Care

Advanced Funeral Planning

Richard Mansfield and Ricky Mansfield
Funeral Directors

www.milesfuneralhome.com

800.983.4434

WACHUSETT HOUSE CORPORATION



13 Boylston Ave ~ Princeton, MA 01541

- Independent living facility for those with low to moderate income.
- 16 quaint, quiet, 1 bedroom units tucked into the woods of Princeton
- Close to the center of town
- Central office and community space.

wachusethousecorp@gmail.com

We are always 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 of no greater than \$54,500 for one, or \$61,500 for two**

978-464-2637

www.wachusethouse.com



Laurie Kraemer
(978) 400-6932

lauriekraemer@hotmail.com
www.wachusethomes.com

Helping Homeowners for 25+ Years

- **Title V Inspections**
- **Home Repair Recommendations**
- **Organization and Staging**
- **Professional Photography & Drone**



206 Worcester Road, Post Office Place, Suite 37
Princeton, MA 01541

Opening a new door for you

978-422-5252 • opendoor-re.com



Our commercial grade dehydrator is installed, and our training has begun. We've selected our first two signature herb blends and will begin producing them for distribution through Growing Places next month. **Call 978-464-5977 if you are interested in joining.**

WOOSOX TOWN TAKEOVER

May 3rd is Princeton Night at the WooSox at Polar Park! Check the Princeton town website to get all the details and scan code for tickets. Then come cheer on our own **Don Oberg** as he delivers the game ball to the mound and **Mike Warren** as he throws the 1st pitch!!! WOOHOO Princeton seniors!! Nothin' could be finer than rooting for the WooSox on a beautiful spring evening.



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

Document Shredding: Saturday, May 20th from 9:00AM to Noon or until truck is filled. First 2 boxes are free, thereafter \$2/box.

Wachusett Watershed Regional Recycling Center
131 Raymond Huntington Hwy, West Boylston.
www.wachusettearthday.org or 978-464-2854

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, May 17th, starting at 10AM. One-on-one appointments available. **To schedule, call 978 464 5977.**



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.



THE TOWN BUZZ

The Town Buzz is a friendly, informal discussion on a topic of interest to residents, usually held at the Senior Center.

MAY 24th at 1:00PM

An informative talk about veterans' services and memorial day observations with **Lynette Gabrila**, Director of Veterans' Services for Wachusett District, and **Melissa Cumming**, Chair of the Memorial Day Committee.

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**

SHERIFF'S ANNUAL SENIOR PICNIC



SATURDAY, JUNE 10th from 11:00am to 1:00pm

The Worcester County Sheriff's Annual Senior Picnic is a **FREE Drive-Thru Extravaganza** with a Grab & Go BBQ meal, organic produce, tons of giveaways, and a raffle bonanza for any resident senior of Worcester County.

You MUST register before May 19th by emailing Nydia at nydia@worcestercountysheriff.org or calling 508-796-2638 and providing your full name, address, and phone number.



GROWING PLACES

TUESDAY, MAY 16th from 12:30 to 1:30pm

This month's **Pop-up Produce Market** will be selling 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. Starting in June, the market will be outside in the parking lot.

Princeton Council on Aging

May 2023 Newsletter

PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 3
Princeton, MA
01541

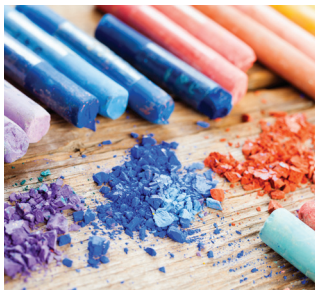
Princeton Town Hall
6 Town Hall Drive
Princeton, MA 01541

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>

Designed by Borges Creative, Princeton, Massachusetts. To learn more about how design can help build your business, call 978-868-0890.



Tuesdays
10:30am to 12:30pm

PASTELS CLASS

5-Session Drop-In

Come learn about pastels in this new 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.



MAY 8th and JUN 5th
9:30 to 11:30am

LINE DANCING

\$5 Donation

The super-popular mini-series of pop-up line dancing classes with **Anne Gilmartin**. Bring a friend and make it a party! Held at Fellowship Hall of the First Congregational Church of Princeton!

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



Wednesday, MAY 31st
1:00pm

MENTAL HEALTH

Free Lecture!

Join Licensed Clinical Social Worker **Emily McDonough** at Eternal-Health for a discussion focused on learning how to identify depression and anxiety and healthy ways of coping.

Register: (978) 464-5977



Tuesday, MAY 23rd
11:00am

YOUTUBE BASICS

Free Session!

Learn how to use YouTube to find topics, channels, and creators of interest to seniors. Cooking, travel, music, health and fitness, how-to videos — there's something for everyone!

Register: (978) 464-5977



May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30am Yoga 10:00am Zoom Fitness 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>2 Meals on Wheels</p> <p>9:00am Board Meeting 10:30am Pastels 2:00pm Bridge</p>	<p>3</p> <p>9:30am Yoga 10:00am Zoom Fitness 10:30am CPR 2:00pm Coloring Kits 5:45am WooSox Game</p>	<p>4</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>5</p> <p>10:00am Men's Group 10:30am Stretch & Flow</p>
<p>8</p> <p>9:30am Yoga 9:30am Line Dancing 10:00am Zoom Fitness 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>9 Meals on Wheels</p> <p>9:00am Footcare 10:30am Pastels 2:00pm Bridge</p>	<p>10</p> <p>9:30am Yoga 10:00am Zoom Fitness 1:00pm Book Club</p>	<p>11</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>12</p> <p>10:00am Men's Group 10:30am Stretch & Flow</p>
<p>15</p> <p>9:30am Yoga 10:00am Zoom Fitness 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>16 Meals on Wheels</p> <p>10:30am Pastels 12:30pm Produce Market 2:00pm Bridge</p>	<p>17</p> <p>9:30am Yoga 10:00am Zoom Fitness 10:00am SHINE 10:30am CPR</p>	<p>18</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>19</p> <p>9:00am Senior Food Pantry 10:00am Men's Group 10:30am Stretch & Flow 6:00pm PAS "Fresh" Reception</p>
<p>22</p> <p>9:30am Yoga 10:00am Zoom Fitness 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>23 Meals on Wheels</p> <p>9:00am Footcare 11:00am YouTube 2:00pm Bridge</p>	<p>24</p> <p>9:30am Yoga 10:00am Zoom Fitness 10:00am Senior Hike 1:00pm Town Buzz</p>	<p>25</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>26</p> <p>10:00am Men's Group 10:30am Stretch & Flow</p>
<p>29</p> <p>Closed in observance of Memorial Day</p>	<p>30 Meals on Wheels</p> <p>9:00am Footcare 10:30am Pastels 2:00pm Bridge</p>	<p>31</p> <p>9:30am Yoga 10:00am Zoom Fitness 1:00pm Mental Health Lecture</p>	<p>1</p> <p>10:30am Chair Yoga 1:00pm Open Studio 2:00pm Needlework</p>	<p>2</p> <p>10:00am Men's Group 10:30am Stretch & Flow</p>

MENTAL HEALTH AWARENESS MONTH LECTURE SERIES

WEDNESDAY, MAY 31 at 1:00pm

May is Mental Health Awareness Month!

As many as 1 in 4 older adults report experiencing depression and/or anxiety regularly, according to the Kaiser Family Foundation. If this is something you or a loved one can relate to, you are not alone!

Join Licensed Clinical Social Worker **Emily McDonough** at EternalHealth for a discussion focused on learning how to identify depression and anxiety and healthy ways of coping.

To register, call 978-464 5977.



YOUTUBE: LEARN HOW-TO CUT THE CORD!

Tuesday, MAY 23rd at 11:00am

Tired of cable television and high fees? Come learn about YouTube!

If you're sick of paying for hundreds of channels with nothing of interest to watch, come to this FREE session to learn how to use YouTube to find topics, channels, and creators of interest to seniors. Cooking, travel, music, health and fitness, how-to videos — there's something for everyone!

We'll demonstrate some great channels, offer tips on staying safe online, and tons more.

No computer needed to participate; just bring yourself and your questions.

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