



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

NOV 2023

The NEWSLETTER and GUIDE to HAPPENINGS

Adult Coloring	4
Adult Travel.	7
Advance Directives . . .	4
Beginner Piano.	3
Book Club	3
Bridge	3
Chair Yoga.	4
Clay Bead Class	6
Cribbage	3
Elder Bus Service. . . .	2
Food Pantry	2
Foot Care	7
Hiking with Rick.	4
Mahjong.	3
Medicare	6
Men's Group	3
Needlework.	3
Paper Globe Class	6
Pickleball	6
PMLD Event	8
Spice of Life	6
Stretch & Flow	4
Tech Support	3
Veteran's Info	2
Yoga	4

THE DIRECTOR'S MESSAGE: Now that we've eaten too many cider doughnuts and leftover Halloween candies, it's time to get ready for Old Man Winter and the holidays. But first, a huge, heartfelt THANK YOU to all our veterans every day, especially on Veteran's Day, Nov 11th. This month we've got some great pre-holiday craft classes and an event to help you be as energy efficient as possible during our lengthy heating season. So, get out your calendars and let's get busy! *Judith, Director*

🍷 **Medicare Open Enrollment** is still ongoing until DEC 7th, and we've added another date, NOV 8th, to make sure you get to meet with our SHINE Medicare counselor. We can't emphasize it enough; review your plan carefully every year!

🍷 If you've ever seen one of **Heather March's** gorgeous polymer bead necklaces or earrings, it's probably gone straight to your Wish List. Don't miss her **Polymer Clay Bead Workshop** - NOV 9th and learn about this interesting material and how to make your own beautiful signature piece. Space is limited, so call early to register.

🍷 We're intrigued with **Judy Dino's** magical folded paper globes and pleased she's agreed to do a workshop, **Triskele Paper Globe Ornaments**, NOV 16th. The possibilities for these orbs are endless! Depending on the paper used, these make gorgeous holiday ornaments, home décor, or gifts.

🍷 **Special PMLD Event**, NOV 14th to help us learn about individual winter preparedness, NextZero's audits, rebates, and resources to become more energy efficient, and give us the chance to ask the PMLD Manager and a Board member all our questions. All this over a catered luncheon from Val's in Holden with giveaways and a door prize to boot! Limited to 50, so call early to register.

🍷 A few months ago, we had a talk on estate law and documents. This month we're encouraging you to look at the medical and healthcare part of the equation. **Rev. Joelle Johns** of Trinity Hospice is giving a talk on **Advance Directives**, NOV 15th including health care proxies, DNRs, MOLT, and living wills. Make sure you and your loved ones really know your wishes so they can be followed when it matters most.

🍷 Applications for **Fuel Assistance** are still available. If you need help determining eligibility or completing the application, call us to schedule an appointment.

🍷 **Duplicate Bridge** is now scheduled on the 1st Tuesdays of the month. If you don't know how to play, no worries, they'll teach you!

🍷 We're now accepting **Puzzle and Book Donations** again! We prefer 500-piece puzzles, if possible. As always, best-sellers and popular detective/mystery/thriller titles are in demand.

🍷 **Please Come Visit!** We're re-extending our open door invitation to stop by for coffee or tea and stay for conversation, a little work at the puzzle table, or to check out the books and puzzles to borrow!

Our Hours

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

Fridays
 Scheduled activities ONLY

We will be closed on
November 22, 23, and 24
for Thanksgiving

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

November 2023 Board Meeting

The COA Board Meeting for the month of August will be held on **Wednesday, November 1st 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
Nov 17, Dec 15,
and Jan 19

ALL Residents

Saturdays
9am to 11am
Nov 18, Dec 16,
and Jan 20

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!



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



The Princeton Free Medical Loan Closet

The **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.

Usually available:

- ★ Folding Walkers
- ★ Four-wheel Walkers
- ★ Wheelchairs and Transport Chairs
- ★ Bath Benches, Shower and Commode Chairs
- ★ Canes and Crutches
- ★ Adult Briefs and Bed Pads
- ★ Nutritional Shakes



Free Rides for Seniors

The **SCM ElderBus** is proud to offer **FREE curb-to-curb transportation** for seniors over 60, as well as those with disabilities.

To reserve your spot, call 1-800-321-0243 (48 hours in advance) from 8am and 4pm.

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

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



Bridge

CLASSIC BRIDGE
Tuesdays from 2pm

DUPLICATE BRIDGE
1st Tuesday from 2 to 5pm

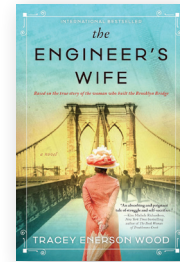
For more details,
call 978-464-5977



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.



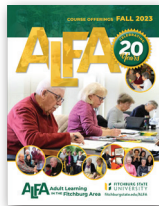
Book Club

No meeting in November.

December 6th at Noon
The Engineer's Wife: A Novel of the Brooklyn Bridge
by Tracey Enerson Wood

ALFA

ALFA (Adult Learning in the Fitchburg Area) offers classes, trips, special events, and a free speaker series. You can attend classes in person, and some via Zoom. ALFA offers minimal fees, and a limited number of scholarships. There are no tests, no stress, and no educational background required; just a desire to learn and have fun. **A new course catalog is available this month at the COA, at www.fitchburgstate.edu/ALFA, or call 978-665-3706.**



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**



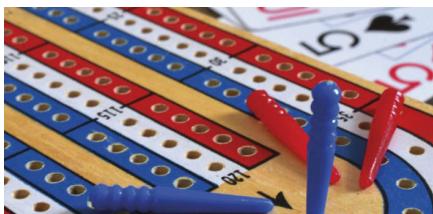
Piano

BEGINNERS CLASS
Mondays at 12:15pm

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

CHORDS CLASS
Mondays at 11am

Open to members of the Beginners Class only



Cribbage

Mondays at 1:30pm

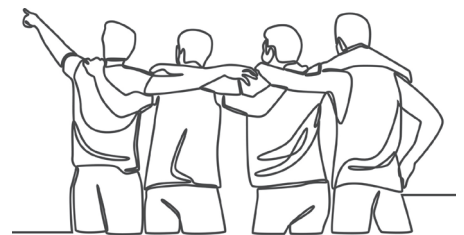
Cribbage, or crib, is a card game, for two players, that involves playing and grouping cards in combinations which gain points. For newbies and old hands alike; all welcome!



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!

Advance Directives

Priorities in End-of-Life Decision Making



Wednesday, NOV 15th at 11am

Do you have a Health Care Proxy, MOLST, DNR, Living Will and other important documents? Do a kindness for yourself and loved ones, get the papers in order now that ensure your loved ones know your wishes and you can be sure they will be followed. **Register at 978 464 5977.**



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).



Adult Coloring

NOV 2nd 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. \$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.



Hiking with Rick

Wednesday, NOV 15th at 2pm

An easy 3-4 mile hike on the Whitmanville River Trail in Westminister, right across from the Wachusett Brewery! **Please register at TrailAroundPrincetonMA@gmail.com in case of scheduling changes.**



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).

Are You A **Local** Business Owner?



Advertise Today

We connect local businesses with their residents



Every Seller and Buyer has different needs!

Benefit from a full-time REALTOR® who understands the 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 Producers or 100% Club 2017-2022



Let me know how I can help you!



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

Extra! Extra!

Give your business an *extra* boost with unique advertising



**REQUEST
A QUOTE**



www.snpnewsletters.com



Senior News
Publications

We Offer Affordable Print
& Online Advertising in
Over 60 Towns Across
New Hampshire and
Massachusetts



Contact us for a Quote www.snpnewsletters.com

Serving the Community of Princeton for Over 125 Years

HOLDEN
1158 Main Street
508-829-4434

STERLING
100 Worcester Road
978-422-0100



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

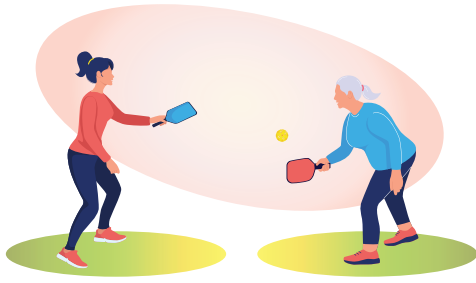
www.wachusethouse.com



SENIOR SPECIALIST WITH 25+ YEARS EXPERIENCE

978-400-6932

FRIENDLY & PROFESSIONAL · OPENDOOR-RE.COM



Senior's Pickleball

Tuesday, Wednesday & Friday, 8:30 to 11:30am

Reserved senior play on the 2 pickleball courts marked on the basketball court at Krashes Field. Bring your own racquet and balls. Must have a signed waiver on file with the COA which can be found on the town website or picked up at the senior center. **Please use the playtimescheduler for pickleball app to sign up for a scheduled session; look in the Central Worcester County MA group; Krashes Field, Princeton for our scheduled times.**

Medicare 2023 Open Enrollment

NOV 1st thru DEC 7th

Each fall, Medicare open enrollment allows you to update your plans. The fall enrollment period gives you the most flexibility to make changes to your existing plan. If you have a Medicare Part D Prescription Drug or Medicare Advantage Plan, you should have received your Annual Notice of Change (ANOC). The ANOC is a summary of changes to your plan for 2024.



Your costs, covered medications, and provider networks may change from year-to-year.

If you would like to change your plan for 2024, you may do so during the annual Medicare Open Enrollment Period, October 15th through December 7th,

and the changes will take effect January 1, 2024.

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 appointment with a SHINE Counselor on Nov 1st, Nov 8, Nov 15th, or Nov 29th. In-person or phone appointments. Please book early!



Triskele Paper Globe Ornaments Workshop

Thursday, NOV 16th from 2 to 4pm

Come learn how to make these magical paper globes with **Judy Dino**. They make gorgeous holiday ornaments, home décor, or gifts. Easier than it looks and lots of fun! All supplies provided and several paper choices! \$5/person.

Polymer Bead Workshop

Thursday, NOV 9th from 1 to 4pm

This is going to be such fun! Come learn from **Heather Marsh** how to make unique polymer clay beads using color blending and clay conditioning and create your own signature piece. All supplies provided. **\$25/person. Class is limited to 8, so register early at 978 464 5977.**



Spice of Life Spice Blends

Our blends are available at Growing Places Produce Markets and at the COA. Reserve your blends now for all your upcoming holiday cooking! 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+



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.

OCT 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 anywhere. We'll make photo stops along the way, if time allows. **\$109/pp**

NOV 18th, 2023

A Crafts Show, Lunch, and a

Play: First stop is the Old Deerfield Craft Show at the Big E,

West Springfield. Then, a delicious lunch at the Storrowtown Tavern on the grounds of the Big E. After lunch head for the Majestic Theater for the play "Moon-glow" a romantic comedy set in Lowell, Mass during the 1960s. **\$135/pp**

MAR 16th, 2024

The Cher Show at the Boch Center Theater: A Tony Award winning musical of her story. Including lunch at Maggiano's Restaurant. Trip is full, call for waitlist. **\$179/pp**

JUN 2nd, 3rd, and 4th, 2024

The Von Trapp Lodge: A 3 day, 2 night get away. Tea & cookies at the Trapp Lodge in Stowe, Vermont. Day 2 - 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 - Cold Hollow Cider Mill and Ben & Jerry's with lunch at Jesse's Steak & Seafood Tavern. Trip is full, call for waitlist; may add a second bus.

\$789/pp (two per room)
\$1,029/pp (private room)

JUL 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**

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.





Princeton Council on Aging November 2023 Newsletter

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

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

PMLD PROGRAM & LUNCHEON Tuesday, NOV 14th at 11:30am

As the heating season kicks in, learn about individual winter preparedness, NextZero's audits, rebates, and resources to help you become more energy efficient, and get the chance to ask the PMLD Manager and a Board member all your questions.

All this over a catered luncheon from Val's in Holden with giveaways and a door prize to boot! Limited to 50. Held at the PMLD.

Register at 978-464-5977.

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>



November 9th
1 to 4pm

CLAY BEAD WORKSHOP

Be Creative!

Come learn from **Heather Marsh** how to make unique polymer clay beads using color blending and clay conditioning and create your own signature piece. All supplies provided. \$25/person.

Class limited to 8, so register early. **Register at 978-464-5977**



November 14th
11:30am at PMLD

PMLD LUNCHEON

Heating Season's Here!

Learn about individual winter preparedness, NextZero's audits, rebates, and resources to help you become more energy efficient. Includes a catered luncheon from Val's in Holden, with giveaways and prizes. Limited to 50. **Call us to register at 978-464-5977**



November 15th
11pm

ADVANCE DIRECTIVES

Time To Plan Ahead!

Do you have a Health Care Proxy, MOLST, DNR, Living Will and other important documents? Get your papers in order now that ensure your loved ones know your wishes and you can be sure they will be followed. **Call us to sign up at 978-464-5977**



November 16th
2 to 4pm

PAPER GLOBE WORKSHOP

Only \$5 per person!

Come learn how to make these magical paper globes with **Judy Dino**. They make gorgeous holiday ornaments, home décor, or gifts. Easier than it looks and lots of fun. All supplies provided and several paper choices! **Please register at 978-464-5977**



PRINCETON SENIOR CENTER
November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong	31 <i>Meals on Wheels</i> 8:30am Pickleball 2:00pm Bridge	1 8:30am Pickleball 9:00am Board Meeting 9:30am Yoga 10:00am Zoom Fitness 11:00am SHINE	2 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework 2:00pm Coloring Kits	3 8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow
6 9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong	7 <i>Meals on Wheels</i> 8:30am Pickleball 2:00am Duplicate Bridge	8 8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 11:00am SHINE	9 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Bead Workshop 1:00pm Open Studio 2:00pm Spice of Life 2:00pm Needlework	10 8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow
13 9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong	14 <i>Meals on Wheels</i> 8:30am Pickleball 8:30am Footcare 10:00am PMLD Luncheon 2:00pm Bridge	15 8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 10:00am SHINE 11:00am Advance Directives 2:00pm Senior Hike	16 10:30am Chair Yoga 12:00pm Paper Globes 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework	17 8:30am Pickleball 9:00am Senior Food Pantry 10:00am Men's Group 10:30am Stretch & Flow
20 9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong	21 <i>Meals on Wheels</i> 8:30am Pickleball 2:00pm Bridge	22 CLOSED	23 CLOSED	24 CLOSED
27 9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong	28 <i>Meals on Wheels</i> 8:30am Pickleball 8:30am Footcare 2:00pm Bridge	29 8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 11:00am SHINE	30 10:30am Chair Yoga 1:00pm Spice of Life 2:00pm Needlework	1 8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow