



OCT 2023

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THE DIRECTOR'S MESSAGE: For many people October is the jewel in the crown for weather and being outside — cool crisp weather, gorgeous foliage, and blue skies. After a very rainy September, please enjoy it, while also getting lots of COA activities on your calendar! Stay well & involved! *Judith, Director*

🍂 If you haven't gotten your flu shot yet, please attend our **Flu Shot Clinic** on the Oct. 11th. It's covered by Medicare Part B or your Medicare Advantage Plan (HMO/PPO). An appointment is required and we still have spots available! Call the COA to schedule at 978 464-5977.

🍂 **Medicare Open Enrollment** starts on October 15th. It's wise to review your current plan and other potential options before renewing. If you want help sorting it all out, call us to make an appointment (early) to meet with the SHINE counselor.

🍂 **CPR Classes are back!** Enrollment is limited so check the details inside and call to register.

🍂 **Applications for Fuel Assistance** for the coming heating season are available. If you need help determining eligibility or completing the application, call us to schedule an appointment!

🍂 Similarly, if you are of moderate means and heat with wood, please call us, and we'll put your name on a list in the event we are blessed with another **donation of wood** to distribute.

🍂 Many thanks to **Tom Lyons** of Clearview Tree Service in Princeton who donated 3 cords of wood and **Carl Thomas** (Princeton) who cut, split, loaded, and delivered it to elderly seniors who could use a little help with heating. We salute and thank you, our good neighbors!

🍂 For some very special entertainment, make sure to sign up for **Ted Reinstein's Talk**. As part of the team that brings you the best stories of New England on WCVB's award-winning show *Chronicle*, Ted's especially well-known for his "Who Knew" series. Join us on Oct 26th as he shares some of his best and most unusual "finds" over the years — guaranteed to be great!

🍂 Just in time to display a little of the harvest or maybe some upcoming holiday baubles, we've scheduled a **Basketmaking Class**, led by our own Bobbye Samdahl, whose basketry is currently on exhibit at the Briarwood Gallery. No experience is needed! The class will start in the morning, break for a potluck lunch, and then finish up in the afternoon. Class is limited to 12, so call to register early.

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

October 2023 Board Meeting

The COA Board Meeting for the month of August will be held on **Wednesday, October 4th at 9:00am.**

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
Oct 20, Nov 17,
and Dec 15

ALL Residents

Saturdays
9am to 11am
Oct 21, Nov 18,
and Dec 16

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

Tuesdays at 2:00pm

New players are always welcome! For more details, call 978-464-5977.



Mahjong

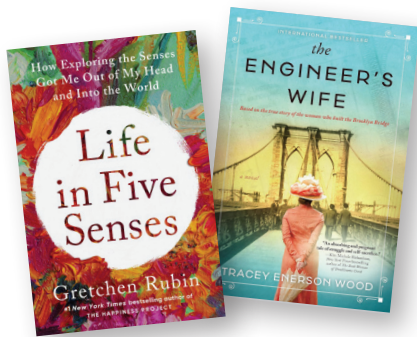
Mondays at 2:00pm

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.



Fuel Assistance

Applications for fuel assistance for the coming heating season are now available. If you need help determining eligibility or completing the application, call us at **978-464-5977** to schedule an appointment.



Book Club

October 18th at 1:00pm

Life in the Five Senses
by Gretchen Rubin

November 15th at 1:00pm

The Engineer's Wife: A Novel of the Brooklyn Bridge
by Tracey Enerson Wood



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 11:00am

Open to members of the Beginners Class only



Cribbage

Mondays at 1:30pm

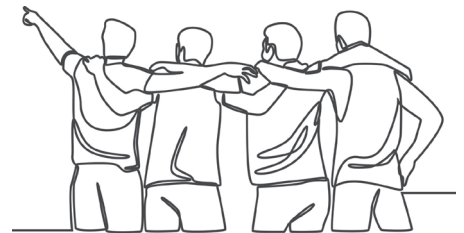
Cribbage, or crib, is a card game, for two players, that involves playing and grouping cards in combinations which gain points. For newbies and old hands alike; all welcome!



Needlework Studio

Thursdays at 2:00pm

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 10:00am

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!



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).



Adult Coloring

October 5th 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.



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, October 18th at 2:00pm

An easy-moderate 2.5-mile hike around Four Corners, off Gates Road. We'll hike the loop down to the East Branch of the Ware River. It's a pretty walk and the foliage should be good! **To be updated of any changes, register at TrailAroundPrincetonMA@gmail.com.**



Support Group

Tuesdays at 10:00 to 11:00am
October 10th and 24th

Everyone need a sympathetic ear or helpful suggestion 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!

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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

OCT 15th 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 Oct 18th, Nov 1st, Nov 15th, or Nov 29th. In-person or phone appointments. Please book early!

Fall Flu Clinic 2023

WEDNESDAY, OCTOBER 11TH - 9:00AM-12:00PM

It's recommended that all seniors get the flu vaccine before the flu begins to spread in our community. It's covered by Medicare Part B or your Medicare Advantage Plan (HMO/PPO). An appointment is required and we still have spots available! **Call the COA to schedule at 978 464-5977.**



Spice of Life Spice Blends

If you missed us at Partner with Princeton Day, take heart! 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.



Growing Places

Tuesday, October 10th from 3:45 to 4:45pm

Growing Places **Pop-up Produce Market** sells produce from our local farmers year-round. We are located on the covered walkway outside the COA on the 2nd Tuesday of the month and later in the day! The cost of food has increased dramatically, and you may be eligible to sign up for SNAP benefits. Cash, SNAP and HIPP all accepted.



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 Storowtown 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 October 2023 Newsletter

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

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CURRENT RESIDENT OR



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>



October 11th
9:00am to 12:00pm

STICK IT TO THE FLU

Senior Flu Clinic!

Get the flu vaccine before the flu begins to spread in our community. It's covered by Medicare Part B or your Medicare Advantage Plan (HMO/PPO). We still have spots available. **Call us to register at 978-464-5977.**



October 17th
10:00am to 12:00pm

CPR CLASS

Back By Demand!

Join us for a CPR Training & Certification class taught by American Heart Association's certified trainer, **Shannon Eichorn**. We want all seniors to be ready and able if CPR is needed. Be the beat for someone you love! Limited to 12. **Register at 978-464-5977**



October 25th
10:30am

BASKET MAKING

Be Creative!

Make this gorgeous 5 x 12 inch reed and wooden basket in one day (no experience needed)! Starts at 10:30am with a break to enjoy a shared potluck lunch, then continue working into the afternoon to finish your creation. **Register at 978-464-5977**



October 26th
4:00pm

REINSTEIN'S WHO KNEW?

The Chronicle Host!

Based on his long-running "Who Knew" series on *Chronicle*, **Ted Reinstein** will share with us some of his favorite people and places which manage to fly just below the radar for most folks! Light refreshments will be served. **Call us to sign up at 978-464-5977.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>3 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 2:00pm Bridge</p>	<p>4</p> <p>8:30am Pickleball 9:00am Board Meeting 9:30am Yoga 10:00am Zoom Fitness</p>	<p>5</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework 2:00pm Coloring Kits</p>	<p>6</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>9</p> <p>CLOSED FOR COLUMBUS DAY</p>	<p>10 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 8:30am Footcare 10:00am Support Group 2:00pm Bridge 3:45pm Produce Market</p>	<p>11</p> <p>8:30am Pickleball 9:00am Full Shot Clinic 9:30am Yoga 10:00am Zoom Fitness</p>	<p>12</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>13</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>16</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>17 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 10:00am CPR Class 2:00pm Bridge</p>	<p>18</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 10:00am SHINE 1:00pm Book Club 2:00pm Senior Hike</p>	<p>19</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>20</p> <p>8:30am Pickleball 9:00am Senior Food Pantry 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>23</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>24 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 8:30am Footcare 10:00am Support Group 2:00pm Bridge</p>	<p>25</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 10:30am Basket Making Workshop</p>	<p>26</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework 4:00pm "Who Knew" with Ted Reinstein</p>	<p>27</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>30</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>31 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 8:30am Footcare 10:00am Support Group 2:00pm Bridge</p>	<p>1</p>	<p>2</p>	<p>3</p>

Bobbye Samdahl's Tote Basket Workshop

Wednesday, October 25th, starts at 10:30am

Make this gorgeous 5 x 12 inch (handle is 14 inches) reed and wooden basket in one day (no experience needed)! Class starts at 10:30am with a break to enjoy a shared potluck lunch, then continue working into the afternoon to finish your creation to take home with you. Class is limited to 12, so register early! \$20/pp registration covers all materials, instruction, and lunch beverages. Please bring a dish to share for lunch. **Call 978-464-5977 to register and don't miss Bobbye's current show at the Briarwood Gallery.**



WHO KNEW? with Ted Reinstein

Thursday, October 26th at 4:00pm

Based on his long-running "Who Knew" series on *Chronicle*, **Ted Reinstein** will share with us some of his favorite people and places which manage to fly just below the radar for most folks. Ever hear of Guido Nincheri? How about Annie Smith Peck? No? Exactly. Know where to find the Madison Boulder or who winds the South Station clock? No? Join the club. Now, join the smaller club of New Englanders who know some really cool facts and stories about their region. Meet the man who faithfully keeps the clock high above South Station running on-time. (actually 3 minutes fast.) Meet the woman who was a real-life Indiana Jones — and has a peak named after her in South America to prove it! Learn that Rudyard Kipling spent 4 years in the hills of southern Vermont — and find out what drove him out, never to return. And be awed by the "Sistine Chapel of North America" — right there in downtown Woonsocket, Rhode Island. From Boston to the White Mountains, Providence to Salem, Ted turns a spotlight on things that fascinate, amaze, and inspire. It's all enough to make you say, "Who Knew?!"

Light Refreshments Served.

CPR Training

Tuesday, October 17th, 10:00am to 12:00pm

Back by Popular Demand! 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 CPR Training class taught by American Heart Association's certified trainer, **Shannon Eichorn**. If, after successfully completing the class, you'd like a wallet card, you may order one for \$22, however, you're fully trained with or without the card. Our goal is for all seniors to be ready and able if CPR is needed. *Be the beat for someone you love when it matters most!* Class limited to 12.

Call to register at 978-464-5977.

