



SEP 2023

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THE DIRECTOR'S MESSAGE: The calendar may say it's summer for another 3 weeks and I certainly hope we enjoy more summer weather, but our schedule is chock-a-block full and our fall frenzy is starting. Get out your calendars and pencil in some favorites and try something new! I hope to see ALL of you at the BBQ! *Judith, Director*

🍷 Our biggest and best news is we've hired a new Administrative & Program Assistant, **Kelly Aveni**. Kelly lives locally and has had years of experience working with seniors, particularly around issues of elder abuse. She will be in the office on Mondays and Tuesdays — welcome Kelly!

🍷 Our first headliner is **An Afternoon of Magic with award-winning Illusionist, Lyn Dillies** on Wednesday, Sep 20th at 1:00pm in the Town Annex (please note location!!) Read more about Lyn at www.magicoflyn.com. Our other headliner is the **Annual Summer BBQ** on Friday, Sep 22nd at noon at Krashes Field. Please call us to sign up for both.

🍷 Get creative at **Heather March's Beading Workshop** on Wednesday, Sep 13th. She'll bring a huge assortment of beads and stringing materials to this "learn the basics and pick up some great tips" class which is limited to 15, so call early to register.

🍷 The Men's Group is hosting **Rick Rys' presentation on Engines and the Fuels that Make Them Work** on Friday, Sep 15th – this is open to all, not just the guys, so come on down!

🍷 The **MONDAY Senior Pickleball Session** is changing to **TUESDAYS** at the same time, effective immediately.

🍷 A **Flu Shot Clinic** run by the VNA is scheduled for Wednesday, October 11th – we're already booking appointments, so call us at 978-464-5977 to reserve your slot.

🍷 September 30th is **Partner with Princeton Day at Krashes Field**. Don't miss this event with food trucks, vendors, games, raffles, and our own Spice of Life table where you can sample and purchase all of our signature herb blends.

🍷 The Gallery at Briarwood will hold a public reception on September 17th (2-4pm) for the opening of the **Nature's Baskets and Prints** exhibit featuring the works of two Princeton seniors, **Bobbye Samdahl** and **Jennifer Hilton!** Their prints and baskets are absolutely fabulous. If you must miss the reception, the gallery is open Monday thru Friday, 9am to 5pm.

🍷 This month **Tower Hill Botanical Garden** and AARP are again sponsoring free admission for 1 AARP member and 5 guests on Tuesdays. Check their website for more details.

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

September 2023 Board Meeting

The COA Board Meeting for the month of August will be held on **Wednesday, September 6th 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
Sep 15, Oct 20,
and Nov 17

ALL Residents

Saturdays
9am to 11am
Sep 16, Oct 21,
and Nov 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
- ★ And 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** offers **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-12:00pm



Bridge

Tuesdays at 2:00pm

New players are always welcome! Call 978-464-5977 for more details.



mahjong

Mondays at 2:00pm

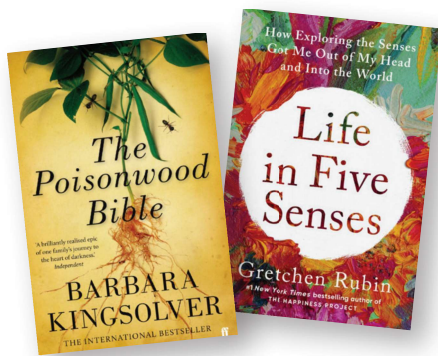
A game, using rectangular pieces called tiles, played by four people, The object is to collect the most winning sets of tiles, as in gin rummy. Beginners welcome.



Piano for Beginners

Mondays at 12:15pm

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



Book Club

September 27th at 1:00pm

The Poisonwood Bible
by Barbara Kingsolver

October 18th at 1:00pm

Life in the Five Senses
by Gretchen Rubin



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**



Engines and the Fuels That Make Them Work

Friday, Sept 15th at 11:00am

The Men's Group has graciously extended an invitation to us all to join them for a special presentation by **Rick Rys**. Rick will share some of his engineering experience making gasoline, diesel, and hydrogen fuel and working with many engines both big and small. Vroom, Vroom, hopefully no Boom! **Call 978 464 5977 to sign-up.**

The Men's Group usually meets on Friday's at 10am for exciting discussions on anything and everything! Call for details: **Mike Warren at 978-337-0636**. New members are always welcome!



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!



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

September 7th 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.



Support Group

Tuesdays at 10:00 to 11:00am
September 12th and 25th

Everyone needs 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!



Hiking with Rick

Wednesday, September 13th at 10:00am

An easy-to-moderate 3-mile hike at Wachusett Meadow Wildlife Sanctuary. We'll walk around the north side of the sanctuary, stopping at the Glacier Boulder, Brown Hill, and the Otter Pond. **To be updated of any changes, register at TrailAroundPrincetonMA@gmail.com.**

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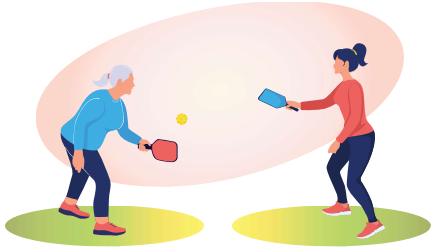
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Senior's Pickleball

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.**



Conversational Spanish

NEW CLASS

**Tuesdays, 10:00 to 11:00am
September 12th thru October 17th**

Join us for 6 consecutive weeks of DROP-IN conversational and instructional Spanish for beginners and those with a little more skill. **Martha Napoli** will lead focused weekly sessions. (We'd love to get a core group that can practice together each week!) Held at the Senior Center.



Beading Workshop

Wednesday, September 13th, 1:00 to 3:00pm

Princeton's **Heather March** will bring a huge collection of beads of all sizes, shapes, and materials, different stringing materials, and her own expertise and inimitable eye for color and design to this workshop. Learn a variety of beading techniques and about using different bead materials and sizes in your creations. Bring your small sewing scissors if you have them. Class limited to 15. **Call us to register at 978-464-5977.**



Growing Places

Tuesday, September 12th 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.



Footcare by Nurses

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.

Contact the COA for information on dates, times & prices.



Now Available! Spice of Life Herb Blends

Our Herb Blends Are Making Their Debut! Come sample and purchase our signature herb blends on **Partner with Princeton Day**, 9/30, at Krashes Field. See our commercial dehydrator, meet our herbalists, and sample a few of our blends. Our partner, **Growing Places**, will be there to sell 1 oz packets of our mixtures. **Call the COA at 978-464-5977, if interested in joining the project.**

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, September 20th, starting at 10AM.** One-on-one appointments available. **To schedule, call 978 464 5977.**



Weekend Adventures for Travelers 50+



FOR COMPLETE INFO, 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.

SEP 29th to OCT 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 information.
**\$3,599.00 2pp/room
\$4,628.00 private room**

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

DEC 10-11th, 2023

A New Hampshire Christmas: One night in North Conway at the *White Mountain Hotel & Resort*. Enjoy a 3-course Sunday brunch, an afternoon comedy show and an evening Christmas show, plus a visit from Santa! The next morning, after breakfast, visit the *Nestlenook Farm Resort* for sleigh/hay ride and charming lunch, at the hotel, before departing for home.
**\$479.00 2pp/room
\$569.00 private room**



Princeton Council on Aging September 2023 Newsletter

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

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CURRENT RESIDENT OR

PLACE LABEL HERE

Election Workers Needed:

Princeton needs a few good-hearted, civic-minded residents to help with elections. If you are interested, contact Alissa Horsung, Town Clerk, at 978 464 2103 or townclerk@town.princeton.ma.us

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>



September 13
1:00 to 3:00pm

BEADING WORKSHOP

You Can Make It!

Princeton's **Heather March** will show you a variety of beading techniques and about using different bead materials and sizes in your creations. Bring your small sewing scissors if you have them. Class limited to 15. **Call us to register at 978-464-5977.**



September 20th
1:00pm

MAGIC WITH LYN DILLIES

Eye-defying Illusions!

You'll be WOWed by her powers of prestidigitation! Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, her enchanting personality! Her show is guaranteed to fill your heart with magic! **Call us to sign up at 978-464-5977.**



September 22
NOON at Krashes Field

3RD ANNUAL SUMMER BBQ

The Summer Party!

A big tent, entertainment by the **Hip Swayers**, and lots of great food including burgers and dogs, potato salad, tossed green salad, chips, and ice cream for dessert. We've got a serious party attitude going and hope to see you there. **Register at 978-464-5977**



September 30
Krashes Field

SPICE OF LIFE HERB BLENDS

Our Blends Are Ready!

Sample and buy our signature herb blends on **Partner with Princeton Day, 9/30**, at Krashes Field. See our commercial dehydrator, meet our herbalists, and sample our blends. Our partner, **Growing Places**, will be there too to sell 1 oz packs of our mixtures



September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>29 <small>Meals on Wheels</small> 8:30am Pickleball 2:00pm Bridge</p>	<p>30 8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness</p>	<p>31 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>1 8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>4 Closed for Labor Day</p>	<p>5 <small>Meals on Wheels</small> 8:30am Pickleball 2:00pm Bridge</p>	<p>6 8:30am Pickleball 9:00am Board Meeting 9:30am Yoga 10:00am Zoom Fitness</p>	<p>7 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework 2:00pm Coloring Kits</p>	<p>8 8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>11 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>12 <small>Meals on Wheels</small> 8:30am Pickleball 8:30am Footcare 10:00am Support Group 10:00am Spanish Class 2:00pm Bridge 3:45pm Produce Market</p>	<p>13 8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 10:00am Senior Hike 10:00am SHINE 1:00pm Beading Workshop</p>	<p>14 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>15 8:30am Pickleball 9:00am Senior Food Pantry 11:00am Engines & Fuels 10:30am Stretch & Flow</p>
<p>18 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>19 <small>Meals on Wheels</small> 8:30am Pickleball 10:00am Spanish Class 2:00pm Bridge</p>	<p>20 8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 1:00pm The Magic of Lyn Dillies</p>	<p>21 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>22 8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow 12:00pm 3rd Annual Summer BBQ</p>
<p>25 9:30am Yoga 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>26 <small>Meals on Wheels</small> 8:30am Pickleball 8:30am Footcare 10:00am Support Group 10:00am Spanish Class 2:00pm Bridge</p>	<p>27 8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 1:00pm Book Club</p>	<p>28 10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>29 8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>



The 3rd Annual Princeton Senior Summer BBQ

Friday, September 22nd at NOON

Join us at Krashes Field! We've got a big tent, live entertainment by the **Hip Swayers**, and lots of great food including burgers and dogs, potato salad, tossed green salad, chips, and ice cream for dessert. We've got a serious party attitude going and hope to see you there.

Sign up at 978-464-5977.



The Magic of Lyn Dillies

Wednesday, September 20th at 1:00pm
Performing in the Town Annex

From the Lincoln Center in NYC to the Magic Castle in Hollywood, **Lyn Dillies** wows her audiences with her amazing powers of prestidigitation. Lyn is the highest-awarded female illusionist in the country.

Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, her enchanting personality! Her show is guaranteed to fill your heart with magic!

Reserve your seat by calling 978-464-5977.