

Athol Council on Aging

**82 Freedom Street
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**Council on Aging Web Site: atholcouncilonaging.org
Town of Athol Web Site: www.athol-ma.gov**



COUNCIL ON AGING OFFICERS AND DIRECTORS

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Executive Director
Judith Thayer
Program Coordinator
Marcia Berkall
Benefits Counselor
Brian Vitello
Maintenance
Arthur Herk
Chairperson
Walter Lehmann
Vice Chairman
Directors
Lillian Bachelder
Mare Hawthorne
Deb Miller
Jackie Paluilis
Jean Ryder
Ann Shea

August 2021

Dear Friends, we hope this newsletter finds you well and you have managed to capture some sunny summer days in between all the rainy days the months of June and July have presented us with. Most of you are aware that the programming offered here at the Center has begun to resume and we are hoping to have all programs up and running by mid-September. I do want to share that though it was a difficult decision the COA board and staff members opted to hold off from the North Quabbin Picnic one more year for health safety reasons. We are hoping to be able to offer the event next year as the last 12 years have been very well attended and enjoyed by over 200 seniors!! It looks like our dining center will be open by the first part of September and the YMCA has committed to Senior Fitness classes here at the Senior Center also beginning the first of September. We are calling for Pitch Players to join a group on Tuesdays. Please give us a call for more details on our programs and activities. Our doors are open-please join us!! Stay well and enjoy the 2nd half of summer!
Cathy

The Council on Aging welcomes seniors to meet and have conversation at the Senior Center with Lucus G.F. McDiarmid, MPA District Director/ Office of Senator Anne M. Gobi Wednesday - August 4th - 11:30 am- 12:30 pm

Lucus is the legislative staffer with the Office of Senator Anne M. Gobi, representing the Worcester, Hampden, Hampshire, and Middlesex District of Massachusetts in the General Court. As District Director, he works to support the Senator's policy agenda in the 28-town district.

MEETINGS AT THE SENIOR CENTER

<u>ATHOL GOLDEN AGE CLUB</u>	<u>Date to be determined</u>	<u>1:00 pm</u>
<u>COUNCIL ON AGING</u>	<u>No meeting scheduled</u>	<u>1:00 pm</u>
<u>FRIENDS OF COA</u>	<u>Quarterly Meeting</u>	<u>1:00 pm</u>
<u>MT. GRACE AARP</u>	<u>October 14, 2021</u>	<u>1:00 pm</u>
<u>CHAPTER #3673</u>	<u>Date to be determined</u>	<u>1:00 pm</u>
<u>ROYAL RUBIES</u>	<u>August 31, 2021</u>	<u>1:00 pm</u>

Seniors participating in programs at the center are required to sign in by using a "My Senior Center" membership card. Cards are available at the Council on Aging office at no charge.

FRIENDS OF THE COUNCIL ON AGING

President
Leonard Venett
Treasurer
Marguerite Goulet
Secretary
Diane Gurney
Directors
Allen Hodgdon
Bonnie Hodgdon
Linda Lozier
Gerald Lozier
Cathy Muzzy
Toni Phillips
Joyce Phinney
Tom Williams
Brent Winters
Ex-officio Member
Cathy Savoy

SERVICES

MEALS ON WHEELS

Meals on Wheels provided by LifePath Inc. for short-term or long term to homebound elders age 60 and older who are unable to prepare a nutritional balanced noon meal for themselves and are unable to attend congregate hot lunches.

Call Lifepath Inc. 1-800-732-4636.

SENIOR TRANSPORTATION WITH MART.

(Montachusett Regional Transit Authority)
Athol Senior residents to transport between Athol and Orange. To shopping centers, Athol appointments, hospital, work, etc.

Contact MART in Athol 978-575-9966

GRANDPARENTS RAISING GRANDCHILDREN

A group that is aimed at helping grandparents strengthen their families For more information call

North Quabbin Patch at 978-249-5070.

FUEL ASSISTANCE

Need help paying for home heating?

Keeping your heat on in the winter is extremely important, especially for the elderly or disabled. since being too cold can cause serious illness. For more information call The Athol Council on Aging at 978-249-8986.

FOOD RESOURCES

To obtain a list of Food Pantries in the area, call the Council on Aging at 978-249-8986

SMOKE & CARBON MONOXIDE DETECTORS

Free services to be installed in your home. For more information call the COA at 978-249-8986

FREE LEGAL INFORMATION ASSISTANCE

A non-profit civil legal aid program serving low-income and elderly residents of Central and Western Ma.

For more information call the Council on Aging at 978-249-8986

SHINE Program

(Serving the Health Insurance Needs of Everyone) The program provides free health insurance information, counseling and assistance to residents with Medicare. For more information call the Council on Aging at 978-249-8986

MONEY MANAGEMENT

The program provides valuable one-on-one money management services to elders or people with disabilities who need assistance with their financial affairs. These services include helping with organizing bills, writing checks for payment, balancing checkbooks, reviewing bank statements, and developing a budget. For more information call Lifepath Inc. at 413-773-5555.

SNAP FOR SENIORS

SNAP is a Supplemental Nutrition Assistance Plan offering assistance to eligible, low-income individuals, seniors, and families in the USA. SNAP recipients receive a card, very much like a credit or debit card, which is automatically re-loaded monthly with eligible funds, to pay for food at supermarkets, convenience stores, and most other places where food is sold. To see if you are eligible for SNAP benefits, make an appointment to complete the application contacting the Council on Aging at 978-249-8986.

PROGRAMS



FOOT SCREENING
August 24th & September 21st
 Appointments are required,
 Call the Athol Council on Aging at
 978-249-8986 for more information and to
 make an appointment.

**BLOOD PRESSURE CLINIC
 AT THE SENIOR CENTER**



Wednesdays 10:30—11:30 am
 Appointments accepted, call the
 Athol Council on Aging at
 978-249-8986

**SENIOR DINING AT THE SENIOR
 CENTER**

Tuesday and Wednesday

Projected Date—A Fall Return

BROWN BAG

August 18, 2021 - 11:00—11:45 pm
 The distribution of the Brown Bag is the 3rd
 Wednesday of each month. The Bag
 contains a variety of staples.

YOGA

COMING SOON

LUNCH & MOVIE

COMING SOON

MAH JONGG

WEDNESDAYS 12:30—3:00 pm

PAINTING CLASSES

MONDAY 1:00—3:00 PM

FITNESS CLASSES

Every Tuesday and Thursday
 9:00 am at the Senior Center
 Get into shape by joining the fitness class.
 It's beneficial to your health.

COMING SOON

CARD PLAYING

AT THE SENIOR CENTER

CRIBBAGE	Mondays	12:30—3:00 pm
RED ACES	Tuesdays	10:00 am—3:00 pm
PITCH	Tuesdays	10:00 am—3:00 pm
BRIDGE	Thursdays	12:30—3:30 pm



HANDYMAN

MINOR HOME REPAIR

Limited services in your home
 by a qualified person. The
 homeowner is responsible for
 any materials needed to be purchased for
 the project. There is no charge for the labor
 provided. Applicants must be 60 years of
 age or more and meet all program
 qualifications. For more information call the
 Athol Council on Aging at 978-249-8986

The Handyman program is sponsored by the
 Athol Council on Aging, LifePath, Inc. and Title III Older
 Americans Act. Title III applicants and recipients may file a
 grievance with the
 Corporation (LifePath Inc.,
 101 Munson Street, Suite 201, Greenfield Ma. 01301) within
 twenty-one (21) days.

WOODCARVING CLASSES

AT THE SENIOR CENTER

With Instructor Marcia Berkall
 Wednesdays 12:00pm —2:00 pm

BINGO

Projected Date—A Fall Return

SENIOR CENTER'S QUILTING BEE

Wednesdays—9:00 am - 12:00 pm
 A get-together for all who enjoy the art of
 sewing and quilting..

SENIOR TRANSPORTATION

Council on Aging transportation is for Athol Senior Residents to transport between Athol and Orange. Shopping Centers. Physicians Offices, Athol Hospital, Work, etc.

Fee: .50 each way

Reservations: At least 2 days ahead to schedule your ride. Rides are scheduled on a first come first serve basis.

Contact MART in Athol at 978-575-9966

TRANSPORTATION WITH MART

(Montachusett Regional Transit Authority)

MRTA is closed on Saturday and Sunday.

- **Fixed Route Transportation**, operates every Monday through Friday between Athol and Orange from Market Basket to Orange Innovation Center (covering Route 2A.)
- **Connecting Fixed Route Options** from Athol Hannaford to Wachusett Station and North Station are available.
- **Contact Mart** at 800-922-5636 for more information, fees, and schedule. Or go to <http://www.martus/mart>

MONTACHUSETT VETERANS

Van Transportation for Veterans

Phone: 978-632-9601

Call for more information

SENIOR MOMENTS

THE SENILITY PRAYER

- ◇ Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.
- ◇ I planted some bird seed. A bird came up. Now I don't know what to feed it.
- ◇ I had amnesia once -- or maybe twice.
- ◇ All I ask is a chance to prove that money can't make me happy.
- ◇ What is a "free" gift? Aren't all gifts free?
- ◇ They told me I was gullible... and I believed them.
- ◇ Teach a child to be polite and courteous in the home and when he grows up, he'll never be able to merge his car onto a freeway.
- ◇ My theory on aging is two can live as cheaply as one, for half as long.
- ◇ Experience is the thing you have left when everything else is gone.
- ◇ A flashlight is a case for holding dead batteries.
- ◇ My weight is perfect for my height -- which varies.
- ◇ I used to be indecisive. Now I'm not sure.
- ◇ The cost of living hasn't affected its popularity.
- ◇ How can there be self-help "groups"?
- ◇ If swimming is so good for your figure, how do you explain whales?
- ◇ Is it my imagination, or do buffalo wings taste like chicken?



LEO JULY 23—AUGUST 22

Strength: Warmth, Humor, Pride,

Weakness: Stubbornness, Inflexibility.

Color: Orange **Numbers:** 1—9—10

Lucky Day: Sunday **Birthstone:** Ruby

From the first days of August you will feel strongly the atmosphere of joy, which will put you in a very good, optimistic mood. A recently latent practicality will come to the fore, which will make you think and plan before you start any project. With this behavior you will introduce quite astonishment to the person in the immediate environment. Keep it that way