

Athol Council on Aging

**82 Freedom Street
Tel: (978) 249-8986
Fax: (978) 575-0277**

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

October 2021

Greetings to all, we hope this newsletter finds that you are doing well and have been healthy. It is always good to touch base with you all and share what is going on at the Senior Center. We are busy maintaining the programs that have been opened up to our members. There are a lot of great opportunities to join in and socialize, exercise etc. Please do keep in mind that masks are required to enter the Center for those that may not be fully vaccinated. For those that are fully vaccinated masks may be required if social distancing is not possible. Since COVID cases are rising locally we will continue with the same schedule and not be adding additional large group activities. As always please feel free to reach out to the Council on Aging office. The staff is here to serve you! Stay well and safe.

Cathy

NOTICE TO ALL WHO ENTER THE SENIOR CENTER.

- ◇ MASK ARE REQUIRED FOR ANYONE NOT FULLY VACCINATED.
- ◇ MASK ARE REQUIRED WHEN SOCIAL DISTANCING IS NOT POSSIBLE.
- ◇ MASK ARE AVAILABLE IN THE COA OFFICE.



FALLON HEALTH MEDICARE PLANS FOR 2022

With William Bjerke, Medicare Sales Executive
At the Athol Senior Center
October 20, 2021 - 11:00 am—12:00 noon

MEETINGS AT THE SENIOR CENTER

<u>ATHOL GOLDEN AGE CLUB</u>	No meeting scheduled	1:00 pm
<u>COUNCIL ON AGING</u>	October 20, 2021	1:00 pm
	Quarterly Meeting	
<u>FRIENDS OF COA</u>	October 14, 2021	1:00 pm
<u>MT. GRACE AARP</u>		
<u>CHAPTER #3673</u>	Date to be determined	
<u>ROYAL RUBIES</u>	October 26, 2021	1:00 pm

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.



COUNCIL ON AGING OFFICERS AND DIRECTORS

Cathy A. Savoy
Executive Director
Judith Thayer
Program Coordinator

Marcia Berkall
Benefits Counselor

Brian Vitello
Maintenance

Arthur Herk
Chairperson

Walter Lehmann
Vice Chairman

Directors

Mare Hawthorne

Deb Miller

Jackie Paluilis

Jean Ryder

Ann Shea

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

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.

MEDICARE OPEN ENROLLMENT

The Medicare Open Enrollment period is an annual period of time (October 15 through December 7) when current Medicare users can choose to re-evaluate part of their Medicare coverage (their Medicare Advantage/Part C and/or Part D plan) and compare it against all the other plans on the market. For more information or to make an appointment for assistance, call the Athol Council on Aging on 978-249-8986.

SNAP FOR SENIORS

SNAP is a Supplemental Nutrition Assistance Plan. 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

October 26th & November 30th

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



October 20, 2021 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

October 20, 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 FOR SENIORS”

With Instructor Debra Bergeron

Thursdays 10:30—11:30 am

Enjoy the benefits of Yoga whether you are able to get
up and off the floor or need to stay seated in a chair.



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.

LUNCH & MOVIE

COMING SOON

MAHJONG

WEDNESDAYS 12:30—3:00 pm

PAINTING CLASSES

MONDAY 12:30—2:30 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.

WOODCARVING CLASSES

AT THE SENIOR CENTER

With Instructor Marcia Berkall

Wednesdays 12:00pm —2:00 pm

CARD PLAYING

AT THE SENIOR CENTER

CRIBBAGE Mondays - 12:00 pm

RED ACES Tuesdays - 10:00 am

PITCH Tuesdays - 10:00 am

BRIDGE Thursdays - 12:00 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 baby boomer Rock Stars are revising their hits with new lyrics. They include:

- ♪ **Bobby Darin's:** "Splish, Splash, I Am Having A Flash!"
 - ♪ **Herman's Hermits:** "Mrs. Brown, You've Got a Lovely Walker!"
 - ♪ **Ringo Starr:** "I Get By With A Little Help From Depends!"
 - ♪ **The Bee Gees:** "How Can You Mend A Broken Hip?"
 - ♪ **Roberta Flack:** "The First Time Ever I Forgot Your Face!"
 - ♪ **Johnny Nash:** "I Can't See Clearly Now!"
 - ♪ **Paul Simon:** "Fifty Ways To Lose Your Liver"
 - ♪ **The Commodores:** "Once, Twice, Three times To The Bathroom!"
 - ♪ **Procol Harem:** "A Whiter Shade Of Hair!"
 - ♪ **Leo Sayer:** "You Make Me Feel Like Napping!"
 - ♪ **The Temptations:** "Papa's Got A Kidney Stone!"
 - ♪ **Abba:** "Denture Queen!"
 - ♪ **Tony Orlando:** "Knock 3 Times On The Ceiling If You Hear Me Fall!"
 - ♪ **Helen Reddy:** "I Am Woman; Hear Me Snore!"
 - ♪ **The Beatles:** "I Get By with a Little Help From Depends"
 - ♪ **The Rolling Stones:** "You Can't Always Pee When You Want"
 - ♪ **The Who:** "Talkin' 'Bout My Medication"
- And, last, but NOT least,**
♪ **Leslie Gore:** "It's My Procedure, and I'll Cry If I Want To!"



LIBRA SEPTEMBER 23—OCTOBER 22

Strength: Social, Fair Minder, Cooperative

Weakness: Indecisive, Avoids Confrontations

Color: Pink, Violet **Numbers:** 2-8-19

Lucky Day: Friday **Birthstone:** Opals

It will be easy for Libra people to get great favors in both professional and personal aspects in 2021. Your true nature will come forth. False promises might come your way but be sure to be cautious of those promised. If you maintain your life balance, then it will be a good year for you. You must be able to comprehend the past so that you can build a better present and future.