

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**



COUNCIL ON AGING OFFICERS AND DIRECTORS

Cathy A. Savoy
Executive Director
Judith Thayer
Program Coordinator

Marcia Berkall
Benefits Counselor
John Oscar Stephanian
Maintenance

Arthur Herk
Chairperson

Walter Lehmann
Vice Chairman

Deborah Miller
Secretary

Directors
Mare Hawthorne

Jackie Paluilis
Jean Ryder
Ann Shea

December 2021

Season's Greetings to all, we hope this newsletter finds that you are doing well and looking forward to visiting with family and friends over the holidays. The seniors have kept their Center a very busy place over the past month and activities and participation continues to grow. If you haven't already resumed visits to the Center or are new to our programs, please join in! We continue to practice mask and social distancing protocols relative to COVID to best assist in keeping our seniors and Center a safe and healthy environment for all. Some might recognize that the barriers that were placed in the parking area to provide a safer boundary have been removed to successfully remove snow over the winter months. Please be sure to enter and exit the area with extra caution. A reminder that adults are eligible to receive COVID booster shots and they are available in the local pharmacies. You may make an appointment on-line or by calling them directly. If you have any questions or are in need of assistance, give us a call. Enjoy perusing the December newsletter and be on the lookout for some additional programming planned to resume after the first of the year. Happy Holidays and wishing a healthy, Happy New Year to all!!!
Cathy



CHRISTMAS DINNER FOR SENIORS

Sponsored by the Athol Council on Aging. Reservations only—Call the Council on Aging office at 978-249-8986.

Deadline for reservations is December 15th.

Out of concern for the health and safety of our staff and volunteers, should the COVID virus prove to put them at risk, the dinners will be cancelled. All who have signed up will be notified by their given phone numbers.

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

MEETINGS AT THE SENIOR CENTER

<u>ATHOL GOLDEN AGE CLUB</u>	<u>December 20, 2021</u>	<u>1:00 pm</u>
<u>COUNCIL ON AGING</u>	<u>December 15, 2021</u>	<u>1:00 pm</u>
	Quarterly Meeting	
<u>FRIENDS OF COA</u>	<u>January 13, 2022</u>	<u>1:00 pm</u>
<u>MT. GRACE AARP</u>		
<u>CHAPTER #3673</u>	<u>Date to be determined</u>	
<u>ROYAL RUBIES</u>	<u>No Meeting Scheduled</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.

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 and are unable to attend congregate hot lunches. Call LifePath Inc. 1-800-732-4636.

SENIOR DINING RETURNS IN JANUARY

Tuesday & Wednesday
Watch for dining dates and menu in the January newsletter

GRANDPARENTS RAISING GRANDCHILDREN

A group 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?
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.

Reimbursement for COVID-19 related funeral expenses are available to ease some of the financial burden caused by the pandemic. To apply, call 844-684-6333. The TTY number is 800-462-7585. Hours are Monday –Friday 9am-9pm. Expect your call to last 20 minutes. There is no online application process. For more information call the Council on Aging at 978-249-8986.

Funds to Help Seniors Connect to the High Speed Internet

The Emergency Broadband Benefit program (EBB) is a new temporary federal program to increase access to the internet during COVID-19 by providing a \$50 monthly discount on internet services and a one-time \$100 discount for a device to eligible households.

Information is provided on
<https://www.masslegalhelp.org/covid-19/internet>.

FREE LEGAL ASSISTANCE

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

Services include helping with organizing bills, writing checks for payment, balancing checkbooks, reviewing bank statements, and developing a budget. 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 at 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.

“SAND FOR SENIORS” Winter is approaching and the Athol Lions Club, with assistance from the Athol Council on Aging, are offering the “Sands For Seniors” program. This program will provide citizens with sand for their walkways during the winter months. **All requests, new or refills must be made by calling the Athol Council on Aging at 978-249-8986.**

A 5 day notice is required. Must be age 65 plus. Athol residents only.



PROGRAMS



FOOT SCREENING Tuesdays 12/28/21 and 1/25/22

Appointments are required,
Call the Athol Council on Aging at 978-249-8986
for more information and to make an appointment.

BOOKS AND PUZZLES

Enjoy reading books and making puzzles at the
Senior Center or take home and return them.

“YOGA FOR SENIORS”

With Instructor Debra Bergeron
Thursdays 10:30—11:30 am

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



MOVIE & POPCORN At the Senior Center December 16, 2021 1:00 pm

“THE WAR WITH GRANDPA”

Starring—Robert De Niro & Uma Thurman
Reservations are required, Call the
Athol Council on Aging at 978-249-8986.

Widowed grandfather moves in with his family
and takes over his grandson’s bedroom who
refused to accept the new arrangement igniting a
fierce intergenerational prank war.

Movie rating - GP Comedy 1 Hour 35 Minutes

MAHJONG

WEDNESDAYS 12:30—3:00 pm

PAINTING CLASSES

MONDAY 12:30—2:30 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



BLOOD PRESSURE AND HEALTH COUNSELING AT THE SENIOR CENTER

With nurse Ginny Whelpley
December 15, 2021
11:00 am—12:00 Noon

For more information call 978-249-8986.

BROWN BAG

December 15, 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.

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—To Be Determined

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.

FITNESS CLASSES

Every Tuesday and Thursday
9:00 am at the Senior Center

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

For more information call 978-632-9601

FRIENDS OF THE COUNCIL ON AGING MEMBERSHIP DRIVE

Join the Friends and support the Athol Senior Center. Your annual dues of \$10.00 will help provide continuous funding for programs and services, as well as facility upgrades. Local seniors deserve a center to be proud of. Your membership donation will help us continue that pride. Membership forms can be picked up at the Senior Center.

Bonnie Hodgdon

Membership Chairman

Friends of the Council on Aging

SENIOR MOMENTS



Holiday Fruitcake Recipe

1 C Water, 1 C Sugar, 4 Large eggs,
3 C dried fruit, 1 tsp. baking soda
1 tsp. salt, 1 C Brown sugar

Lemon juice, nuts

1 FULL bottle of your favorite whiskey
Sample the whiskey to check for quality. Take out a large bowl.

Check the whiskey again to be sure that it is of the highest quality.

Pour 1 level cup and drink. Repeat. Turn on the electric mixer; beat 1 C of butter in a large fluffy bowl. Add 1 tsp. sugar and beat again. Make sure the whiskey is still OK. Try another cup.

Turn off the mixer. Break two eggs and add to the bowl and chuck in the cup of dried fruit. Mix on the burner. If the fried fruit gets stuck in the beaters, pry it loose with a screwdriver. Sample the whiskey to check for toxicity. Next, sift 2 cups of salt. Or something. Who cares? Check the whiskey. Now sift the lemon juice and strain your nuts. Add one tablespoon of sugar or something...whatever you can find. Grease the oven. Turn on the cake tin to 350

degrees. Don't forget to beat off the turner. Throw the bowl out of the window. Check the whiskey again. Go to bed. Who the heck likes fruit cake anyway???



CAPRICORN—December 22—January 19

Strength: Responsible, Disciplined **Weakness:** Unforgiving, Condescending

Color: Green, Brown **Numbers:** 3—16—25

Lucky Day: Saturday **Birthstone:** Onyx, Rubies

Responsibilities may drain out your resources and fitness levels. You can overcome these situations with proper relaxation techniques. Cultivating new hobbies will help you in the long run. Mars and other planets will help you to execute the projects conceived during the year. This will be a good year for relationships. You have the support of your social circle in the execution of your new projects. Health and vitality will be fabulous with a bit of exercise and relaxation. Finances need to be monitored carefully.