

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
Brian Vitello
Maintenance
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Chairperson
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Vice Chairman
Deborah Miller
Secretary
Directors
Mare Hawthorne
Jackie Paluilis
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Ann Shea

November 2021

Dear Friends, The staff and I want to extend well wishes to all as we embrace the month of November and the changes it brings to our landscape across the North Quabbin. The month offers lots of activities and programs and we are hoping you get a chance participate here at the center. Please keep in mind we are here to assist you with many things including fuel assistance, SNAP and medical insurance options. It's a great month to be thinking about exploring your options. Give us a call at 978-249-8986 to schedule an appointment. Take good care and looking forward to seeing you around the center! Cathy

“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.



ANNUAL WILLIAM J. O'BRIEN THANKSGIVING DAY DINNER

co-sponsored by the Athol Council on Aging

Enjoy a Great meal—Reservations Only

Call the Athol Council on Aging at 978-249-8986

Drive thru to pick up at the Senior Center on Thanksgiving Day

November 25th 11:00 am—12:00 pm

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

ATHOL GOLDEN AGE CLUB	November 15, 2021	1:00 pm
COUNCIL ON AGING	November 17, 2021	1:00 pm
	Quarterly Meeting	
FRIENDS OF COA	January 13, 2022	1:00 pm
MT. GRACE AARP CHAPTER #3673	Date to be determined	
ROYAL RUBIES	November 30, 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.

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.

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 - November 3, 2021
11:30 am– 12:30 pm

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.

Guidelines for Living Happy, Fulfilled Lives Excerpts from Katharine Esty, PhD's MCOA presentation on 9/20/21
~**Take Time to Grieve** As we age we experience losses, from changes in our own self-images and changes in our relationships to loss of loved ones. The pandemic hit us all hard with losses of freedom of movement, contact with friends and family and a sense of normalcy. It is important to allow ourselves to take the time to grieve our losses. It's a normal part of healing!

PROGRAMS



FOOT SCREENING November 30th and December 28th

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



BLOOD PRESSURE AND HEALTH COUNSELING AT THE SENIOR CENTER

With nurse Ginny Whelpley
November 3rd and 17th
11:00 am—12:00 Noon
For more information call 978-249-8986.

SENIOR DINING AT THE SENIOR CENTER

Tuesday and Wednesday
Projected Date—To Be Determined

BROWN BAG

November 17, 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
on 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—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.

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

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.



SCORPO—October 23—November 21

Strength: Passionate, Resourceful

Weakness: Distrusting, Secretive

Color: Crimson Red **Numbers:** 4-13-21

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

You will be able to execute your projects with the help of limited social contacts. You will get many opportunities in the middle of the year. Be careful about your expenses. You may find it difficult to relax due to the hectic activities. It is essential to relax and follow a strict exercise and diet program to maintain your wellbeing.

SENIOR MOMENTS

AND THEY ASK WHY WE LIKE RETIREMENT

- Question - How many days in a week?
Answer - Six Saturdays and one Sunday.
- Question - When is a retiree's bedtime?
Answer - Three hours after he falls asleep on the couch.
- Question - How many retirees does it take to change a light bulb?
Answer - Only one but it may take all day.
- Question - What is the biggest gripe of retirees?
Answer - There is not enough time to get everything done.
- Question - Why don't retirees mind being called seniors?
Answer - The term comes with a 10% discount.
- Question - Among retirees, what is considered formal attire?
Answer - Tied shoes.
- Question - Why do retirees count pennies?
Answer - They are the only ones who have time.
- Question - What is the best way to describe retirement?
Answer - The never ending coffee break.
- Question - What is the common item for someone who enjoys work and refuses to retire?
Answer - NUTS.