

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

September 2021

Dear Friends,

It's hard to believe that the month of September is rolling in and we are headed into the fall season- already!! The Center is growing busier each day as programs are reinstated. We have adjusted on how we do some things at the center to ensure certain health protocols are followed. We want to do our best to assist in keeping our community healthy. The changes are posted and we often touch base with the different groups utilizing the center to address any questions and get your very important feedback. It has been really good to see those of you that have returned to the Center! This monthly letter will outline the programs that are up and running and as always should you need assistance with any of the social service benefit programs or information and referral please give us a call to arrange an appointment to meet. We still have several programs that have not been reinstated due to the recent rise in COVID positive cases but I can assure you that once things improve we will be scheduling the Senior Dining Cafe, Bingo and larger gatherings. Enjoy the autumn months and stay safe and healthy!!

Cathy

PUBLIC SEASONAL FLU/PNEUMONIA CLINIC

WEDNESDAY —SEPTEMBER 22, 2021—10:00 am -12:00 noon
Registration required, call the Athol Council on Aging at 978-249-8986
Limited appointments available

MEETINGS AT THE SENIOR CENTER

<u>ATHOL GOLDEN AGE CLUB</u>	<u>September 20, 2021</u>	<u>1:00 pm</u>
<u>COUNCIL ON AGING</u>	<u>September 15, 2021</u>	<u>1:00 pm</u>
	Quarterly Meeting	
<u>FRIENDS OF COA</u>	<u>October 14, 2021</u>	<u>1:00 pm</u>
<u>MT. GRACE AARP</u>		
<u>CHAPTER #3673</u>	Date to be determined	<u>1:00 pm</u>
<u>ROYAL RUBIES</u>	<u>September 28, 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.



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
Lillian Bachelder
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

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

September 21st & October 26th

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



September 15, 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

September 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.

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.

Beginning—September 7, 2021



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

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

CAN YOU REMEMBER?

- ◇ Candy cigarettes?
- ◇ Wax coke-shaped bottles with colored sugar water inside?
- ◇ Soda pop machines that dispensed glass bottles?
- ◇ Coffee shops with tableside jukeboxes?
- ◇ Blackjack chewing gum?
- ◇ Home milk delivery in glass bottles, with cardboard stoppers?
- ◇ Party lines?
- ◇ Newsreels before the movie?
- ◇ P. F. Flyers?
- ◇ Butch wax?
- ◇ Telephone numbers with a word prefix? (Drexel-5505)
- ◇ Peashooters?
- ◇ Howdy Doody?
- ◇ RPM Records?
- ◇ S&H Green Stamps?
- ◇ Hi-fi's?
- ◇ Metal ice cube trays, with levers?
- ◇ Mimeograph paper?
- ◇ Blue flashbulbs?
- ◇ Beanie and Cecil?
- ◇ Roller skate keys?
- ◇ Cork popguns?
- ◇ Drive-ins?
- ◇ Studebakers?
- ◇ Washtub wringers?

Now add up your score If you remembered 0 to 5, you're still young If you remembered 6 to 15, you are getting older. If you remembered 16 to 25, you are older than dirt.



VIRGO AUGUST 23—SEPTEMBER 22

Strength: Courage, Determination, Enthusiasm.

Weakness: Impatience, Silly Arguments

Color: Moss Green, Brown **Numbers:** 10—15—27

Lucky Day: Wednesday **Birthstone:** Esmeralda

This is a year that will shift the path before your feet. You'll experience a great deal of growth as you assess where you are now and where you still wish to go. The year ahead will be filled with opportunities for personal growth, health, happiness, love, friendships, and success, so expect to be quite busy! While there may be some challenges, there will still be blessings.