

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**

March 2022

Dear Friends, we are finding our way through another wintery month and moving towards spring! So far we have been fairly fortunate with the limited amount of snow fall to date. I hope I didn't just jinx us!! I mentioned I would be sharing more information on the active Age-Friendly Communities Initiative led by LifePath in collaboration with the Franklin Regional Councils of Government and participating Councils on Aging and Senior Centers. The survey, that is currently available on line (<https://www.surveymonkey.com/r/age-friendly-survey>) or in hard copy form, is intended to better understand what needs to improve in our community to provide a better place to live as we grow older. We have had a good response to the survey but we want more input! Paper surveys are available at the Council on Aging, the Athol Public Library or at the link above. If you need assistance let us know. We will also be looking towards re-opening the Senior Cafe that will provide lunches here at the center. Please let us know if you might be interested in dining at the Center so that we can get an idea of the staffing (volunteers) we will require to best serve you. The food is provided through a catering company contracted by LifePath's nutrition program along with some homemade meals as well. You can't beat the price at a suggested \$3.00 donation. We look forward to your input on our dining program. For now stay warm and healthy and I look forward to seeing you throughout the month here at the Center. A friendly reminder that COVID booster shots, along with 1st and 2nd shots are available at our local pharmacies!!!

All the best,
Cathy

MEETINGS AT THE SENIOR CENTER

ATHOL GOLDEN AGE CLUB	No Meeting Scheduled	1:00 pm
COUNCIL ON AGING	March 16, 2022	1:00 pm
	Quarterly Meeting	
FRIENDS OF COA	April 14, 2022	1:00 pm
MT. GRACE AARP		
CHAPTER #3673	No Meeting Scheduled	
ROYAL RUBIES	No Meeting Scheduled	

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
John Oscar Stepanian
Maintenance

Arthur Herk
Chairperson

Walter Lehmann
Vice Chairman

Deborah Miller
Secretary

Directors

Mare Hawthorne
Saverio Kaczmarczyk
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

PROGRAMS



FOOT SCREENING

March 29, 2022

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 AND POPCORN

At the Senior Center

February 24, 2022

1:00 pm

“Here Today”



Starring: Billy Crystal and Tiffany Haddish

Veteran comedy writer Charlie Burnz forms an unlikely
yet hilarious and touching friendship with New York
lounge singer Emma Payge. Emma unexpectedly wins a
lunch with the comedy legend, but their relationship gets
off to an extremely rocky start. Before long, each finds in
the other a sort of soul mate, forging a deep bond that
kicks the generation gap aside and redefines the meaning
of friendship, love and trust.

Movie Rating PG-13 1 hour 57 Minutes

Rating: PG-13

1 Hour 57 Minutes

MAHJONG WEDNESDAYS 12:30—3:00 pm

PAINTING CLASSES MONDAY 12:30—2:30

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

March 16, 2022 11:00 am—12:00 Noon

For more information call 978-249-8986.

BROWN BAG

March 16, 2022 11:00—11:45 PM

Distribution of the Brown Bag is the
3rd Wednesday of each month.

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

Wednesdays 12:00—2:00 pm

BINGO Projected Date—To Be Determined

SENIOR CENTER’S QUILTING BEE

Wednesdays—9:00 am - 12:00 pm

NEED HELP UNDERSTANDING YOUR CELL PHONE OR TABLET ???

Help is available at the Senior Center with Julia on
Mondays, 1:00 - 2:00 pm

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

SENIOR MOMENTS

YOU KNOW YOU'RE READY TO RETIRE WHEN

1. You remember where your office is, but not exactly what you do there.
2. It's less embarrassing to carry your dog's pooper scooper than your briefcase.
3. You've been drinking the office coffee so long you think it actually tastes good.
4. Spreading sheets sounds more appealing than a spreadsheet.
5. A "nice little fling at the office" means you hit the wastebasket with a wad of paper.
6. The office stockboy is younger than your grandkids.
7. You can't remember when it was that they offered you an early retirement package, but you're pretty sure Reagan was president then.
8. The candles on your birthday cake set off the office smoke alarm.
9. Your computer screensaver is a scene from Green Acres - so you can daydream about that farm you always wanted.
10. The "girls at the office" really do seem like girls.
- 11 You're not sure how to work the fax machine, and have no idea what a scanner is.
12. In the middle of your retirement party you want to lie down and take a nap.
13. You keep referring to the TV remote as the "turner-upper."

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



ARIES March 21—April 19

Strengths: Courageous, Determined, Honest **Weakness:** Impatient, Possessive

Color: Bright Red **Numbers:** 7-17-21

Lucky Day: Tuesday **Birthstone:** Ruby

First things first, don't get surprised to see a slow start of 2022., especially the first quarter. You may have to carry some baggage from the past. You may achieve your goals with a lot of hard work and patience. But you've got to protect your finances. We suggest that you avoid changes in your budget during the first quarter as it is not a favorable time for a spending.

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

Due to the increasing COVID infections in our area, the Senior Dining opening will be postponed until further notice.

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.

TECHNOLOGY DAY MONDAY—MARCH 21st

LifePath in collaboration with students from Wesley College will be offering a Technology Day here at the Senior Center on Monday, March 21st. Offered will be 1:1 training to older adults in the areas of smartphones, tablets, photos, instacart (on line grocery shopping), facebook, skype, zoon or facetime, adjusting/customizing device settings and more. For more information and to schedule an appointment contact the COA 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” 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.