Dear Friends,

I hope that you are enjoying the summer months and have been able to get out and enjoy some of the beautiful clear days Mother Nature has dealt us. Please keep in mind that you have a very nice Senior Center that not only offers lots of different programs and meals but is also air conditioned and is a nice get away on those hot and humid days. We’ve been busy planning our fall programs and are currently putting together the North Quabbin Senior Picnic!! Tickets are on sale for $7.00 per person and includes your meal as well as live entertainment provided by local musicians the "Relics." Enjoy this month’s newsletter and as always should you have any questions or are in need of assistance you can stop by or reach out to us here in the office at 978-249-8986. Stay well and safe!!

Cathy

2022 North Quabbin Community Senior Picnic

Date: Thurs, Sept 1st  Rain Date: Thurs, Sept 8
Location: Athol’s Silver Lake Park
Time: 11am
Fee: $7.00 for Menu of Burgers, Hotdogs, Veggie Burgers, Salads, Beverages and Desserts.

Live Entertainment with "The Relics"

Raffles! Music! Fun!

Admission tickets will be available for sale at the Senior Center office up until deadline of August 25th. In addition, tickets will be available for a chance to win a Raffle Basket made possible by the Friends of the COA. Sponsored by the Town of Athol, Friends of the Athol COA, and the Athol Cultural Council.

“"This program is supported in part by a grant from the Athol Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.”
Council on Aging
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Arthur Herk
Vice Chair
Walter Lehmann
Secretary
Deborah Miller

Board Members
Mare Hawthorne
Sam Kaczmarczyk
Jackie Paluilis
Jean Ryder
Ann Shea
Paul Mello

Friends of the Council on Aging

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Leonard Venett
Treasurer
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Secretary
Diane Gurney

Directors
Bonnie Hodgdon
Linda Lozier
Gerald Lozier
Cathy Muzzy
Toni Phillips
Joyce Phinney
Tom Williams
Brent Winters

Ex-officio Members
Cathy Savoy
Ann Shea

Senior Dining at Lynn’s Luncheonette
If you would like to enjoy a nutritious and tasty lunch in the company of others, LifePath Inc. of Greenfield provides a congregate lunch on Tuesdays and Wednesdays at the Athol Senior Center for those 60 and older/and or disabled. **Wednesday lunches feature, Lynn’s popular “Mystery Dessert” surprise!** To reserve, sign up with Lynn one day ahead, by 9 am. Lunch is served at noon and a $3 donation is welcome. Call 978-249-8986.

Meals on Wheels
LifePath Inc. of Greenfield provides home delivered (noon time range) meals to homebound seniors, age 60 and older and/or disabled, who are not able to prepare nutritious and balanced meals for themselves. To register, please call 1-800-732-4636.

Brown Bag Program
Brown Bags are distributed on the 3rd Wed of each month from 11:00 am-11:45 am at the Athol Senior Center. To see if you qualify for this program, speak with Marcia, Benefits Coordinator at the Athol Senior Center by calling 978-249-8986.

Food Resources
To obtain a list of local Food Pantries, call 978-249-8996 for information.

SNAP FOR SENIORS
SNAP (formerly known as Food Stamps) is a Supplemental Nutrition Assistance Program. To see if you are eligible for benefits, call 978-249-8986 to make an appointment with Marcia, Benefits Coordinator at the Athol Senior Center.

Card Players
Cribbage: Mondays 12 pm
Pitch: Tuesdays 10 am
Red Aces: Tuesdays 10 am

Mah Jongg Tile Game
Wednesdays 12 pm-3pm
Mah Jongg can help improve a person’s memory skills and sharpen the mind. It helps people to make faster decisions and better observations, and also forces players to think on different spectrums.

Books & Puzzles
Enjoy reading books and making puzzles at the Center or take home and return them when ready.

Tool Town Artisans
Painting Classes: Mondays 1 pm-3pm
Quilting Bee: Wednesdays 9 am
Wood Carving: Wednesdays 12 pm

BINGO
Projected date to be determined. We will update everyone as soon as possible.

With autumn soon to arrive, we are hopeful to add some additional programming, so stay tuned for any updates in the next newsletter. As always, we welcome your feedback and encourage new members to join, so, spread the word and tell your friends to come check the Senior Center out!
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<tr>
<th><strong>Fitness Class</strong></th>
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<td>Have a blast moving and grooving at this fun and interactive class! Tuesdays and Thursdays from 9 am-10 am. Donations are welcome.</td>
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<th><strong>Yoga</strong></th>
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<td>Enjoy the health &amp; wellness benefits of Chair Yoga at your own pace. Thursdays from 10:30 am-11:30 am.</td>
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<th><strong>Blood Pressure Clinic &amp; Health Counseling</strong></th>
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<td>Besides having your blood pressure monitored, speak with the Nurse about any health concerns you may have. Every 3rd Wednesday of the month from 11 am-12 pm. Appointments are not needed.</td>
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<th><strong>Foot Screening with Mindy –Tues, Aug 23</strong></th>
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<td>To make an appointment and for more information on this popular service, call the Senior Center at 978-249-8986.</td>
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<th><strong>Incontinence Supplies</strong></th>
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<td>Our inventory fluctuates, but we generally have varied sizes of discreet undergarments for adults. Call us at 978-249-8986</td>
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<th><strong>Medical Needs</strong></th>
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<td>We occasionally have aluminum walkers, rollators, commodes, canes, crutches, etc. to lend out. If we do not have an item, we may be able to provide referrals to help you find what you need. To inquire, call 978-249-8986.</td>
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<th><strong>North Quabbin Grandparent Support Group</strong></th>
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<td>This group provides education and support for grandparents who are parenting their grandchildren. Contact Bette Jenks at the Patch office. 978-249-5070.</td>
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<th><strong>Money Management</strong></th>
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<td>Services include helping with organizing bills, writing checks for payment, balancing checkbooks, reviewing bank statements, and developing a budget. Call 978-249-8996</td>
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<th><strong>Smoke &amp; Carbon Monoxide Detectors</strong></th>
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<td>For more information on free devices to be installed in your home, call the COA at 978-249-8986.</td>
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<th><strong>Fuel Assistance</strong></th>
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<td><strong>For residents of Athol</strong>, this program is overseen by the New England Farm Worker’s Council of Fitchburg, MA. <strong>Applications are taken from November 1st through April 30th for households applying for the first time.</strong> For returning applicants, paperwork will be mailed beginning in August and continuing through December. If you need assistance, appointments will be available with Marcia, Benefits Coordinator, during the corresponding application periods by calling 978-249-8986.</td>
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<th><strong>SHINE Program</strong> (Serving the Health Insurance Needs of Everyone)</th>
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<td>SHINE provides free health insurance information and counseling to all MASS residents with Medicare. To make an appointment with Benefits Counselor, Marcia, call 978-249-8986.</td>
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<th><strong>Technology Help with Julia</strong></th>
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<td>Do you need assistance with your Smartphone, Tablet, or Laptop? Call us at 978-249-8986 to make a Monday afternoon appointment with our tech savvy volunteer,</td>
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<th><strong>Legal Assistance</strong></th>
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<td>To know more about this valuable service and the criteria in which to qualify, call Fitchburg Community Legal Aid at (508) 752-3718. Website: <a href="https://communitylegal.org">https://communitylegal.org</a></td>
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<td>The Athol Golden Age Club encourages and welcomes new members to join at any time. If you have an interest in interesting speakers, day trips, occasional entertainment, meeting new friends and more, consider joining our great group. We meet once per month, with a hiatus during summer. Dues are $7.00 per year. Please call 978-660-6102 or call 978-249-8986 for more information.</td>
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SENIOR TRANSPORTATION

If you are a resident of Athol, aged 60 and older, you may arrange for door to door transportation with MART (Montachusett Regional Transport Authority) by calling 978-575-9966. Transport is available between Athol and Orange to local shopping centers, Physician’s offices, Athol Hospital, work, etc.

**Fee**: 50 cents each way

**Reservations**: In order to schedule your ride, call at least two days ahead to reserve. Rides are scheduled on a first come first serve basis.

Additional MART Transportation
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.

http://www.martus/mart

Montachusett Veterans
Van Transportation for Veterans. For more information call 978-632-9601

SUMMER WORD SEARCH

Barbeque
Lemonade
Picnic
Sunset
Swimming
Trip
Fireworks
Ocean
Saltwater
Beach
Mosquitoes
Popsicles
Suntan
Taffy
Vacation
Surfing
Towel

Y P L D T R F N P K D Z S S T
I B I A G J O E I R V K K W S
R A F R Z I D Y C C S V R I J
Q F O I T A D I N R H G O M R
Y N K A N T K W I F D H W M E
L S C O E H J E C W A J E I T
A A M S E L C I S P O R N A
V E N T K M B A W U X D I G W
L U Y V T J K E E O R M F F T
S Y J H E X F L S B C F T N L
E U Q E B R A B B U Y E I E A
M O S Q U I T O E S X T A N S
W A T E R M E L O N I I T N G
M L E W O T A V F S H R G R L
S U N T A N M O Z O X G K F D

Q: How do you keep a bagel from getting away?
A: Put lox on it

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

Monthly Meetings

- Athol Golden Age Club  No meeting scheduled
- Royal Rubies          Tues, August 30th at 1 pm
- COA Board Meeting     No meeting scheduled