

Tool Town Senior News



Your COA Team

Cathy A. Savoy

Executive Director

Celeste Wehmeyer

Administrative Assistant

Marcia Berkall

Benefits Counselor

John Oscar Stepanian

Facility Maintenance

Lynn Price

Congregate Meal Site

Hours of Operation

Monday thru Thursday

8:00 am-3:00 pm

Contact Directory

(978) 249-8986

Fax (978) 575-0277

COA website:

atholcouncilonaging.org

Town of Athol website:

www.athol-ma.gov

Address

82 Freedom Street

Athol, MA 01331

Due to the observance of Martin Luther King, Jr. Day, the Senior Center will be closed on Mon, Jan 16.



North Quabbin Memory Cafe

We are excited to announce that the Athol Council on Aging and the Petersham Council on Aging have been awarded funding from LifePath, Inc., and the Church Street Home Fund to create a new initiative called the North Quabbin Memory Café.

The new program will offer a monthly meeting place for individuals living with changes in their thinking or memory, mild cognitive impairment or dementia due to Alzheimer's disease or a related disorder. It will be a place to relax, have fun, and meet others along with their care partners. Each month will feature a theme, activities for participants and care partners based on the interests of the group, a time for socializing and refreshments. The Café will be free of charge and promote inclusion.

Starting February 6, the Café meets at the Athol Senior Center on the 1st Monday of each month from 10am-12pm.

Please call 978-249-8986, or stop by the Senior Center office to register.

Share this information with your family and friends and help spread the word!!

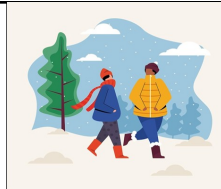
January Jaunts!

Please join us for fresh air, fitness, socialization, and to reset ourselves after the holiday season, as we

walkabout in our local settings. The walks will be of a gentle pace, but speed up/slow down as you wish. Please dress warmly (layers are best) and wear comfortable and/or sturdy shoes.

Weather permitting, we will meet at the Senior Center on the following dates:

Mondays, January 9 & January 23 at 1pm



"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. Five day notice is required. Must be age 65 plus. Athol residents only.

With the winter season upon us, the Senior Center will adhere to the cancellation policies of the Athol School District, with regards to inclement weather.

In the event of school being canceled, all activities & programming will be canceled at the Senior Center. The Senior Center building will be open, unless instructed by Town Management to close.



**Council on Aging
Board of Directors**

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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**

President

Leonard Venett

Treasurer

Marguerite Goulet

Secretary

Diane Gurney

Directors

Bonnie Hodgdon

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 of the Tues or Wed you wish to dine, by 9 am. Lunch is served at noon and a \$3 donation is welcome. Call 978-249-8986.



Medical Needs

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.

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.

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



Books & Puzzles

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



Tool Town Artisans

Painting Classes: Mondays 1 pm-3pm

Quilting Bee: Wednesdays 9 am

Wood Carving: Tuesdays 12pm-2pm

Incontinence Supplies

Our inventory fluctuates, but we generally have varied sizes of discreet undergarments for adults. 978-249-8986

Legal Assistance

To know more about this valuable service and the criteria in which to qualify, call Fitchburg Community Legal Aid at (508)752-3718. Website:<https://communitylegal.org>

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.

BINGO

Projected date to be determined, so, stayed tuned for upcoming information.



Mah Jongg Tile Game

Wednesdays 12:45pm-3:15pm

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.



Fitness Class with Debra

Have a blast moving and grooving at this fun and interactive class! Tuesdays and Thursdays from 9 am-10 am. Donations are welcome.



Yoga with Debra

Enjoy the health & wellness benefits of Chair Yoga at your own pace. Thursdays from 10:30 am-11:30 am. Donations are welcome.



Blood Pressure Clinic & Health Counseling

Besides having your blood pressure monitored, speak with Nurse Ginny about any health concerns you may have. Every 3rd Wednesday of the month from 11 am-12 pm. Appointments are not needed.

Foot Screening with Mindy –Tues, Jan 31

To make an appointment and for more information on this popular service, call the Senior Center at 978-249-8986.



Fuel Assistance

For residents of Athol, this program is overseen by Montachusett Opportunity Council of Fitchburg, MA.

Applications are taken from November 1st through April 30th for households applying for the first time.

For returning applicants, paperwork will be mailed beginning in August and continuing through December. If you need assistance, appointments will be available during the corresponding application period by calling 978-249-8986.

SHINE Program

(Serving the Health Insurance Needs of Everyone)
This program provides free health insurance information and counseling to all residents of Massachusetts.

To make an appointment with Benefits Counselor, Marcia, call 978-249-8986. **For your appointment date, please bring your Medicare card and a list of your prescription medications.**

From Cathy's Desk

Dear Friends, welcome to the New Year 2023! Lots of programs and activities are planned for the year and we are looking forward to seeing you all! Please keep in mind that if there is a program or activity you would like to see happening at the Senior Center, bring it to our attention! Our schedule is busy, but we will consider all requests. If you haven't tried our 12 noon dining program offered on Tues and Wed, please consider doing so. You can check out the monthly menu included in this newsletter. Also, the Cribbage players that gather on Mondays at 12 noon are inviting new players to join the group. Give us a call for details or just stop in. It's not too late to get a flu shot or your COVID boosters by calling one of our local pharmacies. Please consider doing so! A couple of programs you might want to look into are the Fuel Assistance and SNAP programs. Give our office a call for the income details of the program and if you think you may be eligible, you may schedule an appointment at the Senior Center. Enjoy perusing the January newsletter and we look forward to seeing you in the New Year!

*Best to all and with very sincere regards,
Cathy*

Athol Golden Age Club

If you have an interest in interesting speakers, day trips, occasional entertainment, special luncheons meeting new friends and more, the Athol Golden Age Club encourages and welcomes new members to join.



The Club meets at the Athol Senior Center on the 3rd Monday of the month at 1pm, with exceptions of a summer hiatus. The schedule may be adjusted due to any Monday holidays.

There will be no January 2023 meeting. Dues are \$10.00 per year. Please call Mare at 978-660-6102 or 978-249-8986 for more information.

**MEDICARE
ADVANTAGE**

Medicare Open Enrollment Period is over, but did you know that if you are enrolled in a Medicare Advantage Plan as of January 1, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once from January 1 through March 31.



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

FRIENDS OF THE COUNCIL ON AGING MEMBERSHIP DRIVE

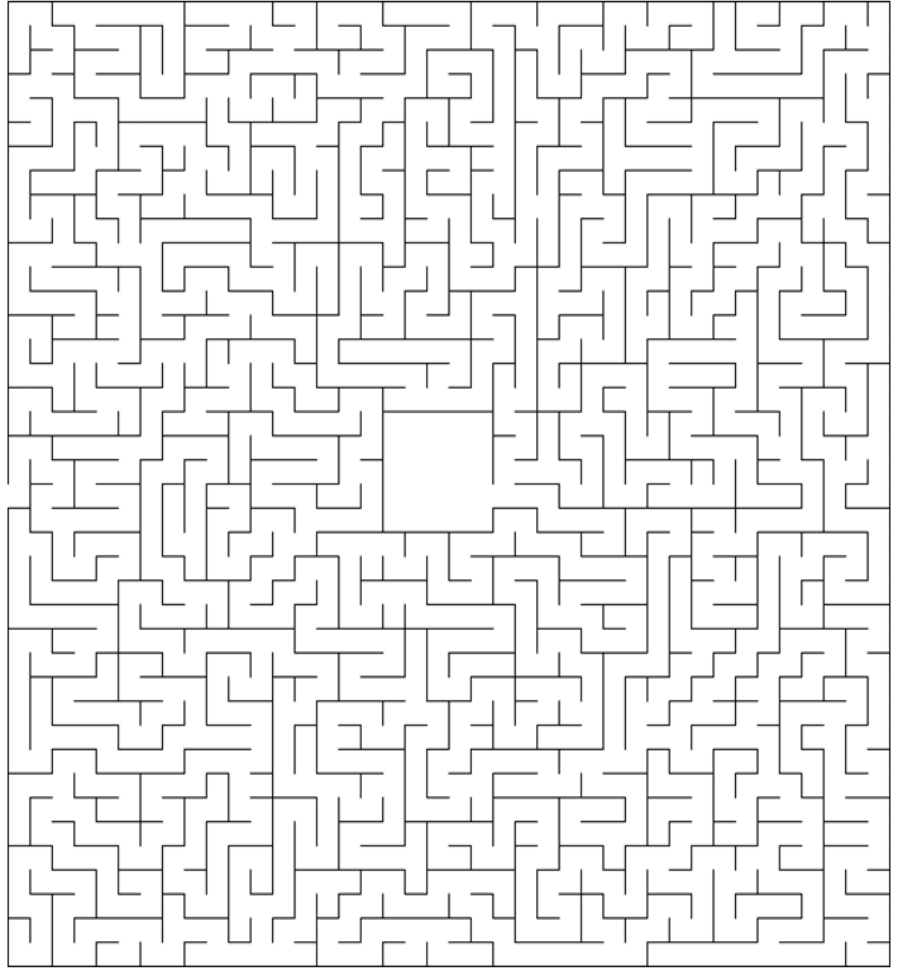
Join the Friends and support the Athol Senior Center. Your annual dues of \$10.00 will help provide continuous funding for programs and services, as well as facility upgrades.

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 Chairperson
Friends of the Council on Aging

THIS IS YOUR MAZE

<https://puzzlemaker.discoveryeducation.com>



Monthly Movie - Parental Guidance

Starring Billy Crystal, Bette Midler, Marisa Tomei, and Everett Scott. "Artie and Diane agree to look after their three grandkids when their type-A helicopter parents need to leave town for work. Problems arise when the kids' 21st-century behavior collides with Artie and Diane's old-school methods."

Rated PG · Length 105 minutes • Thurs, Jan 26 at 1pm

Popcorn & Beverage provided



Monthly Meetings

- Friends of the COA Thurs, Jan 12 at 1pm (Annual Meeting)
- Athol Golden Age Club No meeting for January
- COA Board Meeting Wednesday, January 18 at 1pm
- Royal Rubies No meetings until March 28, 2023