

Tool Town Senior News



Your COA Team

- Cathy A. Savoy**
Executive Director
- Celeste Wehmeyer**
Administrative Assistant
- Marcia Berkall**
Benefits Counselor
- 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

Meals on Wheels Volunteer Drivers Needed!



Make a difference in someone's day by delivering a hot noontime meal and a wellness check in your own community. Stipend/mileage reimbursement.
Call 413-773-5555



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.

This 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.

The Café meets from 10am-12pm on Mondays.

- March 6**
- April 3**
- May 1**
- June 5**

"We begin to know the other people that are in it. So it begins to be a small support community."

"It's a good social outlet for me ... it's just been a real highlight of my week."

Quotes from attendees at similar Memory Cafes-Unknown

March Motion!



Please join the "Tool Town Trekkers" for fresh air, fitness and socialization as we walk and talk in our local community.

These walks are of a gentle pace, but speed up/slow down for your own comfort level. Please dress for weather conditions and wear comfortable and/or sturdy shoes. Also, please bring a water bottle with you.

**Weather permitting, we will meet at the Senior Center on the following dates:
Mondays, March 6 & March 27 at 1pm**

As always, before starting any new physical activity, please consult with your Physician

VACCINE CLINIC

Wednesday, March 1st • 9AM-12PM
Athol Senior Center-82 Freedom St.

SHINGLES

Ages: 50 years +
Register by
February 22

PNEUMONIA

AGES: 65 years +
Register by
February 22

COVID VACCINES

Ages: 5 years + for Pfizer & Moderna
Registration: encouraged; walk-ins welcome

* Anyone 5+ who had their last COVID vaccine/booster before 9/22/22 is eligible for the new booster*

To register: Call the Montachusett Public Health Network at 978-602-2356

Council on Aging Board of Directors

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Toni Phillips

Leonard Venett

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 1pm-3pm

Quilting Bee: Wednesdays 9am

Wood Carving: Tuesdays 12:30pm-2:30pm

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.

BINGO is BACK!

Starting Tues, March 21st, our schedule will be as follows:

- Every 1st & 3rd Tues of the month
- Doors will open at 12:45pm
- Games played from 1pm-3pm
- Concessions available for sale
- Due to lingering concerns over COVID, attendance is limited

Call 978-249-8986, for additional information.



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.

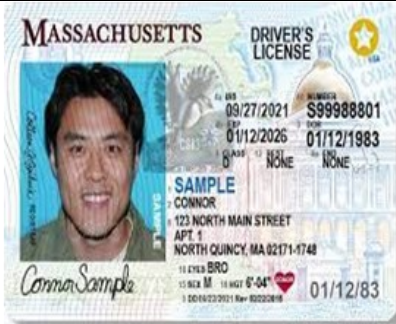
Foot Screening with Mindy – Tues, March 28

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



Registry of Motor Vehicles REAL ID Program

Michele Ellicks, Community Outreach Coordinator from MA Registry of Motor Vehicles will be presenting this very important session on the following information:



A REAL ID or valid passport will be required to fly within the US starting May 7, 2025

The Registry of Motor Vehicles (RMV) will help you:

- Identify the difference between a “Standard ID” and a “REAL ID” driver’s license/ID card
- Learn the steps to renewing a MA Driver’s License or MA Identification (ID); and
- Understand the new federal and state requirements for renewing a Driver’s License or ID card.

Join us to learn more and decide if REAL ID is right for you!

Where: Athol Senior Center-82 Freedom St.

When: Wednesday, March 29 at 1pm

Registration: Encouraged; walk-ins welcome

Phone number: 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.**

Needed: Updated e-mail addresses

For those who are not able to pick up your newsletter in hard copy format or view on our website, we are in the process of creating an updated electronic mailing list to send newsletters and/or other notices out to our members.

If you would like to be added to the list, please notify the office of your current e-mail address. Also, if you have a new phone number, please let the office know.



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.

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.

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. Fee: 50 cents one way

Additional MART Transportation

- **Fixed Route Transportation** operates every Monday through Saturday between Athol and Orange from Market Basket to Orange Innovation Center (covering Route 2A.) The Saturday route has later start times and ends earlier, so check a recent hard copy schedule to ensure accurate times.
- **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



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. Do you have questions? Call Marcia at Athol Council on Aging at 978-249-8986



Monthly Movie, " Ticket to Paradise"

Starring George Clooney and Julia Roberts.



"A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together."

Rated PG-13 •Length 1hr 44 min

Thurs, March 23 at 1pm

Popcorn & Beverage provided



Monthly Meetings

- Friends of the COA Monday, March 13 at 1pm
- Athol Golden Age Club Monday, March 20 at 1pm
- COA Board Meeting Wednesday, March 15 at 1pm
- Royal Rubies Tuesday, March 28 at 1pm