

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 Juneteenth, the Senior Center will close on Monday, June 19th.



Fourth of July Celebration! Musical Show with Denis Cormier!



Hot Dogs, Burgers, Fixings, Side, and Beverage!

Following the show, make your own Ice Cream Sundaes!

When: Tuesday, June 27 at 12 Noon

Where: Athol Senior Center

RSVP: Reserve early, as tickets are limited

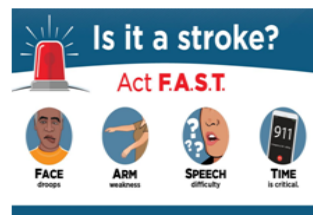
Tickets available at the Senior Center



Heywood Healthcare invites you!

Presentation will include information on:

- Strokes
- Advanced Care Directives
- The Swing Bed Program at Athol Hospital



Wed, June 14th at 1pm

Athol Senior Center

82 Freedom Street, Athol, MA *If you plan to attend, kindly call 978-249-8986*

Presented by Heywood Healthcare Speakers:

Tina M. Griffin, DNP, FNP, COO, VP Patient Care Services, Athol Hospital

Marie King, RN Clinical Coordinator, Athol Skilled Nursing and Rehab Center

Farm Share Program

In partnership with CISA (community involved in sustaining agriculture), Quabbin Harvest, is able to offer 30 Farm Shares to the Athol Senior Center. Applications will be accepted up until June 9, 2023 and will operate through a lottery system. Please call 978-249-8986 for information.



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

ALL NEW! CANASTA! Tuesdays at 1pm



If you love **card playing** and are looking to join a nice group of people, come join us at Canasta. This group plays for fun and if you are a bit "rusty" at first, feel free to observe and get tutored by your fellow players.

Please see the following schedule for the remainder of the year. Dates and times are subject to change.

June 13	July 11	July 25	Aug 8	Aug 22	Sept 12
Sept 26	Oct 10	Oct 24	Nov 14	Nov 28	Dec 12

Dear Friends,

I hope this past month has been as active for all of you as it has been with the staff and volunteers here at the COA and Senior Center! The programs have been booming and there are some really great events planned as we move into our spring and summer seasons. How fast the seasons seem to change and how fortunate we have all been to be nestled here in the beautiful North Quabbin region, relatively safe from the ever-changing climate around us. I want to take a moment to thank the generosity of our members here at the Center and others in the community who supported the recent fundraising efforts provided by the Friends of the Athol Council on Aging. Their annual raffle raised funding that supports your programs. Recent support included a significant contribution to the new North Quabbin Memory Café and the Pizza Luncheon that proceeds the upcoming Musical Performance of Dan Kirouac, funded by a grant from the Athol Cultural Council, a local agency supported by the Massachusetts Cultural Council. Life Path's annual walk-a-thon graciously accepted a \$550.00 donation from the COA walking team again thanks to the support of many of you and the COA board members. I hope you enjoy perusing the June newsletter and we look forward to seeing you around the Center!

Warm Regards, Cathy

DOUBLE CINEMA MONTH!

Thurs, June 22 at 1pm

"Mrs. Harris Goes to Paris" In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook – but the very future of the House of Dior."



Wed, June 28 at 1pm

An oldie, "The Four Seasons", starring Alan Alda & Carol Burnett.



Popcorn & Beverage provided for both movies

FRIENDS OF THE COUNCIL ON AGING MEMBERSHIP DRIVE

Join the Friends Group 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

ATTENTION FRIENDS Of the Athol Council on Aging!

We will be voting on the proposed amendments to the Bylaws at our next quarterly meeting on Thurs, July 13, 2023 at the Senior Center. Please attend so your voice can be heard. A meet and greet will precede the meeting. **See you all then!**

**Council on Aging
Board of Directors**

Chair

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**

President

Diane Gurney

Vice President

Brent Winters

Treasurer

Marguerite Goulet

Secretary

Joyce Phinney

Directors

Bonnie Hodgdon

Gerald Lozier

Toni Phillips

Leonard Venett

Tom Williams

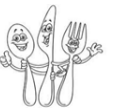
Non-Voting Members

Cathy Savoy

Ann Shea

Senior Dining at Lynn's Luncheonette 12 noon • \$3 donation

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 calling 978-249-9001 before 9:30am.

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 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.

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!



- Every 1st & 3rd Tues of the month
- Doors will open at 12:45pm
- Games played from 1pm-3pm
- Regular, special & coverall played
- Concessions available for sale

Call 978-249-8986, for additional information.

2023 COA Board Schedule

Wed, May 17th	Wed, June 21
Wed, July 19	Wed, Aug 16
Wed, Sept 20	Wed Oct 18
Wed, Nov 15	Wed, Dec 20

Meetings start at 1PM.

Dates are subject to change.

Foot Screening with Mindy



Tues, June 27

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

Card Players

Cribbage:

Mondays 12 pm

Pitch:

Tuesdays 10am



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.

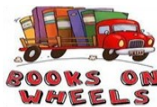


Blood Pressure Clinic & Health Counseling

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.

“The Library at Your Door”

This service is offered by the Athol Public Library to bring library materials to homebound Athol residents. For information, please call 978-249-9515. www.athollibrary.org—info@athollibrary.org



Memory Café

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.

Open every 1st Monday of the Month from 10am-12 Noon

MassHealth Savings Account/Senior Buy-in (QMB). With MassHealth’s recent and ongoing recertification process, many people are finding they will no longer be eligible for MassHealth Standard. The Medicare Savings Account, or Senior Buy-in can help.

Eligibility: *Maximum monthly income:

Single \$2309 Couple \$3123

*There is no asset limit

Benefits:

*Covers Medicare A & B premiums, deductibles, and co-insurance

*Automatically receive Extra Help with prescription costs

Providers cannot, by law, bill patients with Qualified Medical Beneficiary for cost sharing. Call 978-249-8986 for info or to make an Appt.

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.

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. If you have never played, you may request a lesson(s) from one of the seasoned players and/or observe to learn the game.

2023 Athol Golden Age Club Schedule

April 24th
May 15th
June 6 Off-site trip in lieu of June 26
July 17th
No meeting in August
September 18th
October 16th
November 20th-Thanksgiving Potluck
December 18th - Holiday Dinner

2023 Friends COA Group Schedule

Quarterly Meetings

April 13
July 13
October 12
Board of Director’s Meetings
May 8 June 12
August 14 Sept 11
Nov 13 Dec 11

Annual 2024 Meeting

January 11th

2023 Royal Rubies Schedule

April 25 May 30
June 27 July 12 Tentative
Aug 29 Sept 26
Oct 31 Nov 28
Dec no meeting

Please note that all meetings start at 1pm, however, times and dates may be subject to change.