

## 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

### *The Athol Cultural Council presents*

**"Hip Hop Chair Dance for Seniors!" with Rondae Drafts, Ph.D.abd of MUSIC Dance.edu**

Travel through time and space on the Soul Train and chair dance to clean hip hop music.

**"All aboard the Hip Hop Soul Train Express".**

Where: Athol Senior Center

When: Wednesday, May 29th - 9AM-10AM

Limited registration, due to space availability, so register early to 978-249-8986



*This program is brought to you by a generous grant provided by your local cultural council, a local agency which is supported by the Mass Cultural Council, a state agency.*



We wish to extend a special thank you to the **Friends of the Athol Council on Aging (FCOA)** for their generous donation of two brand new Puzzle Tables. The Friends of the COA are very supportive of the elders in the community through their fundraising efforts, so if you are inclined, you may consider joining the group. The annual dues of \$10.00 go a long way in providing for your local Senior Center.

### **Foot Screening News!**

Until further notice, Mindy will be splitting her current schedule into two separate mornings per month. Please note the following dates for the remainder of 2024.

April 30 • May 1  
May 28 • May 29  
June 25 • June 26  
July 23 • July 24  
Aug 27 • Aug 28  
Sept 24 • Sept 25  
Oct 29 • Oct 30  
Nov 26 • Nov 27  
December TBD



### **Elder Law Event**



Wed, May 8 • 1PM  
Athol Senior Center

- Asset protection planning
- Basic Social Security retirement planning
- Medicare, Medicaid and other public benefits planning
- Long-term care and financial planning
- Long-term care insurance
- Health care decision-making and advanced directives
- Estate planning and the use of durable powers of attorney, living trust, wills and real estate strategies to protect the family home
- Housing options and alternatives to nursing homes

Time for questions & answers will be made available throughout the program. Call the Council on Aging at 978-249-8986 to reserve seating for the program.

**This Elder Law Education Program is hosted by the Athol Council on Aging and sponsored by the Massachusetts Bar Association and Attorney Lynette M. Goodnow.**



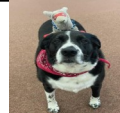
**MASSBAR  
FOUNDATION**



Due to the observance of Memorial Day, the Senior

Center will be closed on Monday, May 27th.

**Where is Fred?** Fred's miniature version is hidden among the newsletter pages, so have fun looking for our furry friend



## **SENIOR** **TRANSPORTATION**



If you are a resident of Athol, aged 60 and older, you may arrange for door to door transportation with Montachusett Regional Transport Authority (MART) 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

## **2024 Meetings**

All meetings listed, start at 1pm. Please check with Club and/or Board Officers, as dates and times are subject to change.

### ***Friends of the Council on Aging***

We are the Friends, the Friends of the Athol Council on Aging. Much like personal friends who support one another, we are honored to support our elder community and local Senior Center. A non-profit organization, we have provided funding to build and renovate the Athol Senior Center and we are honored to continue that tradition of raising money and volunteering our time in support of our elder community and Senior Center activities/services.

We encourage you to join us and become part of keeping the Senior Center a vital part of our community.  
**Bonnie Hodgdon, Membership Chair**

### ***Athol Golden Age Club-Mondays***

March 18-Canceled  
April 22 - 4th Monday  
May 20  
June 17  
July 15  
September 16  
October 21  
November 18  
December 16



### ***Friends of the Athol COA***

#### **Board Meetings:**

Monday, March 11th  
Monday, May 13th  
Monday, June 10th  
Monday, August 12th  
Monday, September 9th  
Monday, November 11th  
Monday, December 9th

#### **Quarterly Meetings:**

Thurs, April 11th  
Thurs, July 11th  
Thurs, Oct 10th



### ***Royal Rubies Schedule***

March 26  
April 30  
May 28  
June 25  
July-Hiatus  
Aug 27  
Sept 24  
Oct 29  
Nov 26  
Dec-Hiatus  
**Meetings are on Tuesdays**



## ***North Quabbin Memory Café Mon, May 6 • 10 AM - 12 PM***



We are excited to announce that the Athol Council on Aging and the Petersham Council on Aging have partnered 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 is free of charge and promotes inclusion for all.

***Funded by LifePath, Inc, the Church Street Home Fund, and the Friends of the Council on Aging***

### ***COA Board of Directors***

March 20  
April 17  
May 15  
June 19  
Sept 18  
Oct 16  
Nov 20  
Dec 18

***The Board of Directors meet on the third Wednesday of the month.***

***COA Board meetings are open to the public, unless otherwise noted.***

**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

**Jerry Lozier**

Treasurer

**Marguerite Goulet**

Secretary

**Joyce Phinney**

Directors

**Bonnie Hodgdon**

**Brent Winters**

**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** (formerly known as Food Stamps)

SNAP 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.

**Foot Screening with Mindy**

**May 1st, May 28th and May 29th.**

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



**Game Day! 2nd & 4th Tuesdays at 1pm**

Besides having the option to play the game of Canasta with our dedicated card players, you are welcome to play any board game, such as Scrabble and other games you may enjoy. Meet new people and have fun!



**Blood Pressure Clinic  
& "Ask a Nurse"**

Besides having your blood pressure monitored, Nurse Amy is available to speak with you about any questions and/or concerns you may have.

Every 3<sup>rd</sup> Wednesday of the month from 11 am-12:30 pm.

**Appointments are not needed.**



**Number Block Puzzle**

										17
										19
										26
										18
										25
										18
										20
18	2	3	2	2	2	1	2	4	18	19

Fill in the missing numbers

The missing numbers are integers between 1 and 6.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

1	5	2	5	3	3					17
5	5	5	3	6	2					19
3	3	2	2	5	3					26
6	4	1	5	5	4					18
2	4	6	2	2	2					25
1	2	6	4	3	4					18
18	2	3	2	2	1	2	4	18	19	

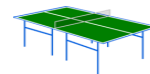
**Tool Town Bingo! 1st and 3rd Tuesdays of the Month**

- Doors open 12:30PM
- BINGO starts at 1PM
- Regular, Special and Coveralls played
- Concession snacks & Daubers for sale



**Ping Pong**

The Senior Center's Ping Pong table is available on most Thursday afternoons from 12:30pm to 3:00pm. If you would like to play solo, or with a partner, let us know and we will reserve the table for you.





### **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.



### **One-on-One Technology Assistance**



Felicia will be available to assist those needing help with their cell phone and/or tablet devices. You may schedule an available Monday appointment by calling 978-249-8986.

### **CANASTA!**

**2nd and 4th Tuesdays of the month - 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.

### **Tool Town Artisans**

Painting Classes with Polly: Mondays 10:30am-12:30pm

Quilters: Wednesdays 9am

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

### **Brown Bag Program**

Brown Bags are distributed on the 3<sup>rd</sup> Wednesday of each month from 12:00 pm-1:00 pm 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.



### **Card Players**



•Cribbage for Fun:

Every Monday 12 pm

•Pitch for Prizes:

Every Tuesday 10am

•Canasta for Fun:

Every 2nd & 4th Tues  
1pm

**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**

This program provides free health insurance information and counseling to all residents of Massachusetts.



If you are age 65+, you may make an appointment with our Benefits Counselor, Marcia Berkall, by calling 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

“Playing Mahjong requires a certain level of memory skills, such as tile setting, game rule and calculation. It is no wonder playing the game gives you a sharp memory.” <https://www.customymahjong.com>

If you would like to learn this game, we can arrange for you to get a private tutorial from one of the seasoned players and/or you are welcome to observe as they play.

### **Monthly Movie - Thurs, May 30th at 1pm**

2023 2h 9m

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives.



**Popcorn and Beverage provided**

Through generous funding provided by a grant from the MA Executive Office of Elder Affairs, the Athol Council On Aging and Athol Public Library are pleased to announce **Embrace Technology**, a collaborative project designed to help members of our community enhance their digital literacy by providing free or affordable access to the internet, state-of-the-art equipment, small group sizes, one-on-one sessions, and more.



For more information, you may call the APL at 978-249-9515 or the COA at 978-249-8986