

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

Where is Fred?



Fred's miniature version is hidden among the pages of the newsletter, so have fun looking for our beloved friend.

2024 North Quabbin Senior Community Picnic



Date: Thurs, August 29 at Silver Lake Park

Time: Serving will start at 12 Noon

Menu: Burgers, Veggie Burgers, Hotdogs, Salads, Dessert and Beverages



Live Entertainment with Regional Favorites, Brian and Lefty of the Relics!

"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."



Starting Monday, August 5th, tickets will be available for sale at the Senior Center office. In addition, you may purchase raffle tickets for a chance to win a raffle basket(s) made possible by the Friends of the Athol Council on Aging.

Our annual picnic is sponsored by the Town of Athol, Friends of the Athol COA, the Athol Cultural Council, and Quabbin Valley Healthcare.

North Quabbin Memory Café

Monday, Aug 5 • Off-site excursion to Lake Wyola

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 Executive Office of Elder Affairs (EOEA), LifePath, Inc, the Church Street Home Fund, and the Friends of the Council on Aging.

SPECIAL EVENT



CREEQUE ALLEY, an Acoustic duo featuring local musicians **Sean Fullerton** and **Dan Kirouac**, pay tribute to traditional American Folk and "Feel Good" Flower Power Folk Rock hits from 1960 - 1969. With a variety of guitars, harmonicas, and tight two-part vocal harmonies, CREEQUE ALLEY performs the songs with instrumental and vocal accuracy, and adds educational and historical information about each song, along with a bit of humor throughout the performance. Audience participation is encouraged.

Where: Athol Senior Center

When: Thursday, Sept 12th

Time: 1pm-2pm



This program is sponsored in part by a grant from the Athol Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Following Sean and Dan's performance, we invite you to join us for an Apple Cider Donut Social, starting at 2pm.



If you plan to attend the performance and Social, please **RSVP to 978-249-8986 by Monday, Sept 9.**

MART TRANSPORTATION



Athol Residents Age 60+

Door to door transportation is available through **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: 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

MART Transportation Services for Neighboring Towns

Royalston Residents Age 60+

Through the Royalston COA and in partnership with **MART**, residents are eligible for door-to-door rides by reservation.

- Royalston residents only
- Ride must originate in Royalston
- Monday thru Fridays
- Athol trip - One way \$1.00
- Orange trip - One way \$2.00
- Gardner trip - One way \$2.00
- Call 1-800-922-5636 to schedule your ride with minimum of 48 hours in advance.

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 COA



Board Meetings:

Monday, August 12th
Monday, September 9th
Monday, November 11th
Monday, December 9th

Quarterly Meetings:

Thurs, Oct 10th

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

Phillipston Residents Age 60+ or Disabled

- To Schedule your ride, call in Monday - Friday, 8:30AM-4:30PM to **1-800-922-5636 - Option 3**
- Traveling to the following towns: Athol, Templeton, Orange, Gardner, and within Phillipston.
- Rides must be booked at least one day in advance.
- Cost: \$1 per ride, each way, payable to the driver.

Medical Equipment We occasionally have aluminum walkers, rollators, commodes, canes, crutches, etc. to lend out. To inquire, call 978-249-8986.

Athol Golden Age Club Mondays

September 16
October 21
November 18
December 16



The Golden Age Club would love to expand their membership, so if you are looking for socialization, day trip excursions, special holiday luncheons, and hearing monthly speakers, you are welcome to join this very informal and welcoming group.

Come to a meeting and check us out. Dues are \$10 per year.

COA Board of Directors

- The Board of Directors meet on the third Wednesday of the month.
- COA Board meetings are open to the public, unless otherwise noted.

August 21
September 18
November 20
October 16
December 18

Royal Rubies



Aug 27
Sept 24
Oct 29
Nov 26
Dec-Hiatus



Meetings are on Tuesdays

<p>Council on Aging Board of Directors</p> <p><u>Chair</u> Arthur Herk</p> <p><u>Vice Chair</u></p> <p>Walter Lehmann</p> <p><u>Secretary</u></p> <p>Deborah Miller</p> <p><u>Board Members</u></p> <p>Mare Hawthorne</p> <p>Sam Kaczmarczyk</p> <p>Jackie Palulis</p> <p>Jean Ryder</p> <p>Ann Shea</p> <p>Paul Mello</p>	<p>Senior Dining at Lynn's Luncheonette</p> <p>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. Wednesday lunches feature, Lynn's popular "Mystery Dessert" surprise!</p> <p>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.</p>	<p>12 noon • \$3.50 donation</p> 
<p><u>Friends of the Council on Aging</u></p> <p><u>President</u></p> <p>Diane Gurney</p> <p><u>Vice President</u></p> <p>Jerry Lozier</p> <p><u>Treasurer</u></p> <p>Marguerite Goulet</p> <p><u>Secretary</u></p> <p>Joyce Phinney</p> <p><u>Directors</u></p> <p>Bonnie Hodgdon</p> <p>Brent Winters</p> <p>Toni Phillips</p> <p>Leonard Venett</p> <p>Tom Williams</p> <p><u>Non-Voting Members</u></p> <p>Cathy Savoy</p> <p>Ann Shea</p>	<p>Meals on Wheels</p> <p>LifePath Inc. of Greenfield provides home delivered meals to homebound seniors, age 60 and older who are not able to prepare nutritious and balanced meals for themselves. To register, please call 1-800-732-4636.</p>	<p>MassHealth Savings Account/Senior Buy-in (QMB).</p> <p>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.</p> <p>Eligibility: *Maximum monthly income: Single \$2309 Couple \$3123</p> <p>*There is no asset limit</p> <p>Benefits:</p> <ul style="list-style-type: none"> *Covers Medicare A & B premiums, deductibles, and co-insurance *Automatically receive Extra Help with prescription costs <p>Providers cannot, by law, bill patients with Qualified Medical Beneficiary for cost sharing.</p> <p>Call 978-249-8986 for info and/or to make an appointment.</p>
<p><u>Technology Assistance with Felicia.</u></p>	<p>Foot Screening with Mindy</p> <p>Tues, August 27 & Wed, August 28th</p> <p>To make an appointment and for more information on this popular service, call the Senior Center at 978-249-8986.</p>	 <p>Blood Pressure Clinic & "Ask a Nurse"</p> <p>Besides having your blood pressure monitored, Nurse Amy is available to speak with you about any questions and/or concerns you may have. Every 3rd Wednesday of the month 11 am-12:30 pm.</p> <p>Appointments are not needed.</p>
<p><u>Technology Assistance with Felicia.</u></p>	<ul style="list-style-type: none"> •Create email address •Use Apps •Text •Surf the Internet •Activate your new devices •Navigate Social Media •Access to Health Portals 	 <p>*One-on-One sessions are available on Monday mornings by appointment only. In addition, you may drop-in on the 4th Monday of the month from 12:30pm-1:30pm with no appointment needed.</p>
		<p>SHINE Program</p> <p>This program provides free health insurance information and counseling to all residents of Massachusetts.</p> <p>If you are age 65+, you may make an appointment with our Benefits Coordinator, Marcia Berkall, by calling 978-249-8986.</p> <p>For your appointment date, please bring your Medicare card and a list of your prescription medications.</p>

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.



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.

Pitch Card Winners

June 11-Nancy Maloof	1st place
June 11-Richard Ploof	2nd place
June 11-Joanne McCrillis	3rd place
Congratulations!	
June 18 Sue Girard	1st place
June 18 Pat Arsenault	2nd place
June 18 Maury Lizotte	3rd Place

Card Players

- Cribbage for Fun: Every Monday at 12 pm
- Pitch for Prizes: Every Tuesday at 10am
- Canasta for Fun: Every 2nd and 4th Tuesday at 1pm



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.

Tool Town Artisans



Quilters: Every Wednesday at 9am

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

Painting Classes with Polly: Mondays on dates/times below

Aug 5 – 1pm-3pm
Aug 12 - 10:30am-12:30pm
Aug 19 - 1pm-3pm
Aug 26 - 1pm-3pm
Sept 9 - 10:30am-12:30pm

As the calendar moves, we will add additional dates for Painting Classes.



Tool Town Bingo!

1st & 3rd Tues of the Month



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

Tool Town Scrabble Club

Calling all "Scrabble Rousers" to come join for an afternoon of fun and friendship! This very informal group meets on **Thursday afternoons, starting at 1pm** until the team(s) are ready to wrap it up.

Besides Scrabble, the group may switch gears and play another fun game, on occasion. Bring a friend and meet new people!



SUMMER Word Scramble

Unscramble the ten summer themed words below.

1. SLCOPEIP _____
2. NCAOE _____
3. NUNYS _____
4. SWRRBAITSREE _____
5. SNSLSSAGUE _____
6. GRNSUIF _____
7. TWMISUSI _____
8. CMNAPGI _____
9. OTORODSU _____
10. ASELBAL _____

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-What happens if you get scared half to death twice?



-My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."

-The early bird may get the worm, but the second mouse gets the cheese. *Unknown source