

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 Center will be closed on Monday, January 20th.

Hello Friends,

With the New Year starting, we wish to share some information about the AARP Tax Aide Program. We have been very fortunate in past years to have several dedicated volunteers providing complimentary tax preparation to many of our elders; however, with a lack of new volunteers, we regret that income tax preparation through AARP will not be provided in Athol this year. We have provided some possible options below that may be of help to you.

FREE TAX PREPARATION HELP IN MASSACHUSETTS

The Volunteer Income Tax Assistance (VITA) program offers free tax help through IRS-certified volunteers to people who generally make \$64,000 or less, including persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns.

- Community Action Pioneer Valley (CAPV) 413-376-1136

<https://www.communityaction.us/program/taxes/>

- Making Opportunity Count (MOC) 978-345-7040

<https://www.mocinc.org/financial-services>



North Quabbin Memory Café

Monday, Jan 6 • 10 AM - 12 PM

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

Caregivers Support Group

This program is designed to provide a local group gathering for individuals who provide support and care for someone with dementia and other memory loss challenges. The group will offer information, education, problem solving and coping strategies, community networking, and provide tools to reduce isolation. The group will come together to share their experiences, exchange information and offer support to one another.

The group meets on the third Mon of each month from 10am - 11:30am

While you gather, there will be respite availability for caregivers, while those you care for will have an opportunity to participate in their own setting to socialize and enjoy meaningful activities. Please call the Center at 978-249-8986 for more information and to register.

Due to the observance of the MLK Jr. Holiday, we will meet on Monday, January 27th.



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.

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**

Senior Transportation Services

Effective Monday-Oct 7, 2024, all

Council on Aging transportation services provided by MART's (Montachusett Regional Transit Authority) operating companies and municipally operated Council on Aging programs are approved to suspend the collection of fares/ donations for the transportation of seniors **through June, 2025**.

2025 Meetings

Meetings start at 1PM, but check with your Club and/or Board Officers, as dates and times are subject to change for various reasons, such as national/local holidays, seasonal weather, and more.

Friends of the COA

2025 dates to be determined



Athol Golden Age Club

2025 dates to be determined

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.

Royal Rubies Social Group

Meets on the last Tuesday of the month.

- March 25
- April 29
- May 27
- June 24
- August 26
- September 30
- October 28
- November 25



Weather Policy

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



In the event of school being delayed and/or canceled, activities and programming will be canceled at the Senior Center for the day.

What's a spider's New Year's resolution?

To spend less time on the web.

<p>Council on Aging Board of Directors</p> <p><u>Chair</u> Arthur Herk</p> <p><u>Vice Chair</u> Walter Lehmann</p> <p><u>Secretary</u> Deborah Miller</p> <p><u>Board Members</u></p> <p>Mare Hawthorne Sam Kaczmarczyk Jackie Palulis Ann Shea 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>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>Friends of the Council on Aging</p> <p><u>President</u> Diane Gurney</p> <p><u>Vice President</u></p> <p><u>Jerry Lozier</u></p> <p><u>Treasurer</u></p> <p><u>Marguerite Goulet</u></p> <p><u>Secretary</u></p> <p>Joyce Phinney</p>	<p>SNAP FOR SENIORS (formerly known as Food Stamps)</p> <p>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.</p>	 <p>Technology Assistance with Emily</p>  <p>If you need help with your cellular phone, laptop computer, or tablet device, Emily can assist and guide you through the challenging aspects of technology, such as the categories below, and more.</p> <ul style="list-style-type: none"> •Create email address •Surf the Internet •Activate your new devices •Use Apps •Navigate Social Media •Text •Access to Health Portals •Create photo albums
<p><u>Directors</u></p> <p>Bonnie Hodgdon Brent Winters Toni Phillips Leonard Venett Tom Williams</p> <p><u>Non-Voting Members</u></p> <p>Cathy Savoy Ann Shea</p>	<p>Foot Screening with Mindy</p> <p>Tues, January 28th & Wed, January 29th</p> <p>To make an appointment and for more information on this popular service, call the Senior Center at 978-249-8986.</p>	 <p>To schedule an appointment at the Senior Center, call 978-249-8996.</p>
<p>If you have changed your phone number and/or email address, kindly let the office know, so we can update our records.</p> <p><i>Just a friendly reminder...</i></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. Appointments are not needed.</p> <p>Tool Town Bingo!</p> <p>1st & 3rd Tues of the month</p> <p>Doors open at 12:30pm • BINGO starts at 1PM Games: Regular, Special, and Coveralls</p> <ul style="list-style-type: none"> •\$1 for packet of 10 cards - 3 sheets per card •50 cents for special games •\$2 for large 80ml assorted color daubers •\$1 for all concession snacks- chips, cookies, soda, water, candy bars, and more. 	 <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> <p>Brown Bag Program</p> <p>Brown Bags are distributed on the 3rd Wed 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.</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.



Mah Jongg Tile Game

Wednesdays 12:45pm-3:15pm



Benefits of playing Mah Jongg: "Overall, the benefits of playing mahjong include cognitive stimulation, social engagement, stress relief, cultural preservation, and the enjoyment and satisfaction of skill development." *Unknown*

While some Mah Jongg groups may place more emphasis on the competitive nature of the game, our group chooses to play in a manner suited to reap the benefits of social

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.

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 play 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-12:30 pm

Quilters:

Every Wednesday at 9am

Wood Carving with Marcia:

Tuesdays 12:30pm-2:30pm

Card Players

•Cribbage for Fun:

Every Monday 12 pm



•Pitch for Prizes:

Every Tuesday 10am

•Canasta for Fun:

Every 2nd & 4th Tues 1pm

On occasion, the Senior Center has medical equipment to lend out, such as canes, walkers, shower chairs, and toilet seat risers. Call ahead to inquire. 978-249-8986

Pitch Card Winners

R. Ploof Nov 26	72 score	Y. LaCroix Dec10	75 score
J. Fisher Nov 26	71 score	Robbin L Dec10	74 score
M. Haughton Nov 26	67 score	M. Herk Dec10	74 score
Congratulations!!			
R. Ploof Dec 3	81 score	D. Piragis Nov 12	83 score
G. Euvrard Dec 3	76 score	S. Girard Nov 12	80 score
R. Laprise Dec 3	75 score	N. Collett Nov 12	78 score

Congratulations!



Happy New Year!

K	S	S	E	S	S	I	K	S	M	L	C	Q	E	I
Y	B	Z	U	J	Y	N	L	N	R	H	T	V	O	S
P	E	X	S	T	E	M	U	O	A	E	X	G	N	K
E	R	A	U	Q	S	S	E	M	I	T	E	W	R	R
N	H	X	E	F	X	G	P	M	H	L	O	H	T	O
S	O	L	S	L	H	A	P	C	O	D	Z	G	C	W
T	L	I	I	D	G	X	F	B	T	R	Q	E	J	E
E	I	N	T	N	J	G	V	N	K	B	I	W	K	R
I	D	Z	E	U	O	T	U	C	M	C	G	E	J	I
D	A	F	D	N	L	O	M	L	U	F	I	V	S	F
F	Y	K	G	D	C	O	M	F	H	B	Q	U	C	N
R	S	G	Z	H	Q	Y	S	S	F	G	V	P	M	G
A	E	V	D	F	C	V	H	E	X	F	X	I	I	B
P	U	N	C	H	B	O	W	L	R	E	K	M	W	G
W	V	T	P	M	I	D	N	I	G	H	T	B	W	Z

CHAMPAGNE

CHEERS

COUNTDOWN

DIETS

EGGNOG

FIREWORKS

HOLIDAY

KISSES

MEMORIES

MIDNIGHT

PUNCHBOWL

RESOLUTION

TIMESSQUARE



January Movie

Wed, Jan 29th at 1pm

Starring Judy Dench, Johnny Depp and Juliet Binoche.

Romance/Comedy

2h 1m PG-13

Popcorn and beverage provided.

