

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 Patriot's Day, the Senior Center will be closed on Monday, April 21st.



Luncheon with the Athol Highlanders



Please join us at the Athol Senior Center as we welcome the Highlanders back to the North Quabbin Community, as they return for all the festivities leading up to the 2025 River Rat Parade and the River Rat Race.

Prior to a lunch of Swedish Meatballs, Baked Macaroni and Cheese, Spring Mix Salad, Dinner Rolls, Sparkling Punch, along with Ice Cream Sundaes for dessert, you may attend a pre-reception gathering to relax, socialize, enjoy appetizers and beverages, while you meet and greet with our special guests from Scotland.

Friday, April 11th

11AM pre-reception • 12PM Luncheon

***Reservations are required no later than
April 3rd to 978-249-8986***

ComForCare Presentation



Vaina Almoza & Susan Fisher will be at the Senior Center to provide valuable information on the services of ComForCare. All are welcome to attend. Free Giveaways!

Wednesday, April 16th at 11:15 AM

With our home care services, our office can provide personal care plans through an in-home evaluation and interviews between the client, family and the ComForCare team to help determine the best plan of action for the individual based on their specific needs. ComForCare Home Care can help individuals with daily activities. Our dedicated caregivers can be available for as little as a few times per week or 24 hours a day to provide care.

IT'S THE MUSIC
ENTERTAINMENT
PRESENTS...



**FREE "LIVE" GAME
SHOWS FOR SENIORS**

You are invited to participate in our lively program playing game show favorites, such as "Jeopardy", "Wheel of Fortune", "Family Feud" and more, with your host, Kevin Richman.

A great way for seniors to have **FUN**,
MAKE FRIENDS and **WORK THEIR BRAINS!**

Wednesday, May 7th at 1PM
To register, call 978-249-8986

Easter Egg Hunt



Who says that adults cannot search for Easter Eggs, so if you happen to be at the Center on April 15th and 16th, have fun looking for colorful eggs, filled with chocolate, hidden throughout the building.

To reserve a congregational lunch, sign up one day ahead of the Tues or Wed you wish to dine, by calling 978-249-9001 before 9:30am.



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.

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



Monthly Meetings for April

Memory Café-Mon, April 7	10am
FCOA Quarterly-Thurs, April 10	1pm
Caregiver's Support -Mon, April 28	10am
COA Board-Wed, April 16	1pm
Golden Age Club-Mon, April 28	1pm
Royal Rubies-Tues, April 29	1pm

Please note that all meeting dates and/or times are subject to change. If in doubt, please check with your group's leader.

Phillipston Residents Age 60+ or Disabled through MART Transport

•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.

Royalston Residents Age 60+

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

•Ride must originate in Royalston

•Monday thru Fridays

•Athol trip - Fare Free period until June 30, 2025.

•Orange trip - Fare Free period until June 30, 2025.

•Gardner trip - Fare Free period until June 30, 2025.

•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

SPRING FLING



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

BASKETS	EQUINOX	SUGARING
CANDY	GOLFING	PRIMROSE
EASTER	PEEPERS	MUD
GARDENING	ROBINS	CHOCOLATE
PASSOVER	BONNETS	BLOOMING
PUDDLES	DANDELION	
VERNAL	FOXGLOVE	

**Council on Aging
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Deborah Miller

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Toni Phillips

Charlie Shatos

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Cathy Savoy

Ann Shea

Senior Dining at Lynn's Luncheonette 12 noon • \$3.50 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**. 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.

Meals on Wheels

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.



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

Tues, April 29 & Wed, April 30

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

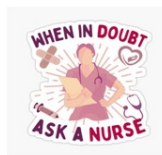


Blood Pressure Clinic & "Ask a Nurse"

Besides having your blood pressure monitored, Nurse Amy is available to speak with you about any questions and/or concerns you may have. Every 3rd

Wednesday of the month 11 am-12:30 pm.

Appointments are not needed.



Tool Town Bingo!

1st & 3rd Tues of the month



Doors open at 12:30pm • BINGO starts at 1PM
Games: Regular, Special, and Coveralls

- \$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.

**Technology Assistance
with Emily**



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.

- Create email address • Surf the Internet
- Activate your new devices •Use Apps
- Navigate Social Media •Text
- Access to Health Portals
- Create photo albums

To schedule an appointment at the Senior Center, call 978-249-8986.

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 Coordinator, Marcia Berkall, by calling 978-249-8986.

For your appointment date, please bring your Medicare card and a list of your prescription medications.

Brown Bag Program

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.



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 interaction, and skill building in a relaxing setting.



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

Pitch Card Winners

M. Guerin February 4	73 score
J. Hamel February 4	72 tie score
M. Tzikas February 4	72 tie score
J. McCrillis February 4	72 tie score
J. Ziguloski February 11	75 score
J. Wingert February 11	73 score
N. Collett & J. McCrillis February 11	71 tie score

North Quabbin Memory Café



The next Memory Café meets at the Athol Senior Center on Monday, March 3rd from 10am-12pm.

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.

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.

For April, the group will meet on Monday, April 28th from 10AM-12PM

Lending Library

If you love to read and/or work on puzzles, we have a very nice selection for you to choose from. At this time, we cannot take any large donations of books, due to space limitations.



April Movie - "Little Miss Sunshine"

Wednesday, April 23rd -1pm

Language, mild sexual and drug content

"Winning, Hilarious and Heartwarming!" -USA TODAY

