

## 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 Memorial Day, the Senior Center will be closed on Monday, May 26th.



### ***Athol Seniors Presents...Titanic***

#### ***The Artifact Exhibition - Boston***

**Cost: \$149.00    Date: Wed, May 28**

10:30 AM Depart Athol Senior Center

6:30 PM Return to Senior Center

**Tour Includes:** • Admission into Titanic Exhibition • Plated lunch at The Chateau Restaurant • Gratuity for the driver  
• Transportation by Wilson Bus Lines

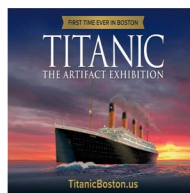
#### **To reserve:**

**Call Athol Senior Center at 978-249-8986**

\*Once payment is made, your seat will be reserved.

\*Non-refundable payment to Athol COA, due by April 23.

\*Choose one from following:  
Haddock • Lasagna • Chicken



### ***Elder Law Event***



Local seniors can learn about Elder Law issues at this free event hosted by the Athol Council on Aging, with Attorney Lynette Goodnow as our presenter.

When: Wed, May 14th at 1PM

Where: Athol Senior Center

- Asset protection
- Long term care
- Estate planning
- Housing options and alternatives to Nursing Homes
- Much more.....

All attendees will receive a copy of the 2025 Elder Law Education Guide.

RSVP to 978-249-8986

The Athol Council on Aging wishes to extend our heartfelt thanks and appreciation to everyone who assisted in our recent Luncheon, welcoming the Athol Highlanders to our Senior Center. It was a lovely event, from start to finish, and by all accounts, everyone enjoyed themselves.

In no particular order, we wish to acknowledge the Highlanders who attended and showcased their exceptional revelry of performing the bagpipes, along with graciously conversing with so many who attended. Also, we wish to acknowledge Girardi Distributors of Athol and their extremely generous sponsorship with funding such a lovely event for our senior citizens that is truly appreciated.

Compliments to Dan Carr of Black Crow Catering and his entire team for all their hard work in preparing an array of food that was delicious and beautifully presented. In addition, we say thank you to Sandy King for her incredible talents with creating table mats from the plaid fabric of the Scottish Highlanders, to adorn the dining tables. The gorgeous floral arrangements made by Macmannis Florist were shared for our event and greatly added to the ambience of our Grand Room.

Last, but certainly, not least, we appreciate all who helped with set-up, Dianne Miller, Terry Webster, Deb Miller, David Brothers, Maggie Tzikas, Oscar Stepanian, Pam Rogers, and Malcolm Russell. We also acknowledge, Michael Adams for lending high-top tables that graced the reception area prior to the lunch itself.



### 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, May 5	10am
FCOA Quarterly-Mon, May 12	1pm
Caregiver's Support -Mon, May 19	10am
COA Board-Wed, May 21	1pm
Golden Age Club-Mon, May 19	1pm
Royal Rubies-Tues, May 27	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**

### MEMORIAL DAY

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

COMMEMORATE	SACRIFICE	
REMEMBER	SERVICE	
LEGACY	COURAGE	
LIBERTY	VALOR	HONOR
RESPECT	PATRIOT	FLAGS
TRIBUTE	VETERANS	VALIANT
STEADFAST	HEROISM	FALLEN

**Council on Aging  
Board of Directors**

**Chair**

Arthur Herk

**Vice Chair**

Walter Lehmann

**Secretary**

Deborah Miller

**Board Members**

Mare Hawthorne

Sam Kaczmarczyk

Jackie Paluilis

Ann Shea

Paul Mello

**Friends of the  
Council on Aging**

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Diane Gurney

**Vice President**

Jennifer Adams

**Treasurer**

Joyce Phinney

**Secretary**

Joanne Venett

**Directors**

Sydney Adams

Marguerite Goulet

Bonnie Hodgdon

Jerry Lozier

Joe (Skip) Pasini

Toni Phillips

Charlie Shatos

Leonard Venett

Tom Williams

Brent Winters

**Non-Voting Members**

Cathy Savoy

Ann Shea

**Senior Dining at Pam'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 Pam one day ahead of the Tues or Wed you wish to dine, by calling 978-249-9001 or 978-249-8986 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, May 27 & Wed, May 28**

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 3<sup>rd</sup>

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 3<sup>rd</sup> 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 12:30pm-2:30pm

### 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

"Painting with Polly" has an updated schedule. Classes are now starting at 12:30pm-2:30pm. Please note that all meeting dates and/or times are subject to change. If in doubt, please check with your group's leader.



# SCAM ALERT!



If you have a consumer problem or question, contact the

**Northwestern District Attorney's Consumer Protection Unit**

Greenfield  
(413) 774-3186  
Northampton  
(413) 586-9225

NorthwesternDA.org

Working in cooperation with the Office of the MA Attorney General.

**If someone knocks on your door offering to pave your driveway, fix your chimney, or do other home improvement projects, it could be a scam!**

- Resist the pressure to act quickly even if it sounds like a good deal.
- Get at least 3 written estimates for the work.
- Check their license with the state at 888-283-3757.
- Never pay for the entire project up front.
- Ask for a detailed written contract even for small projects.

## North Quabbin Memory Café



The next Memory Café meets at the Athol Senior Center on Monday, May 5th 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 May, the group will meet on Monday, May 19th from 10AM-12PM**

## All New! Come play Bridge! All are Welcome!

Thursdays from 12pm to 3:45pm in the Grand Hall

Please note that available space, dates and/or times are subject to change on occasion. Reservations to play are not needed.

