

## 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

**Pam Rogers**  
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](http://atholcouncilonaging.org)

Town of Athol website:  
[www.athol-ma.gov](http://www.athol-ma.gov)

### Address

82 Freedom Street  
Athol, MA 01331

Due to the observance of the Federal Holiday, Juneteenth, the Senior Center is closed on Thursday, June 19th.

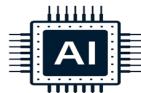


### AI For Seniors, with Henry Quinlan



Athol Senior Center • Wed, June 25 at 1PM

The core of the presentation focuses on tangible benefits for seniors, illustrating how **Artificial Intelligence** can enhance communication, diminish the impacts of loneliness, improve home safety, support health monitoring, assist with daily tasks, and provide cognitive stimulation. Practical guidance will be provided on the best AI tools specifically beneficial for senior citizens, including voice-activated assistants, smart health trackers, home safety devices, and cognitive support applications. Throughout the presentation, the goal is to empower seniors with knowledge, dispel fears, and inspire confidence in exploring AI technologies that can significantly improve the quality of life, independence, and engagement with the modern digital world.



RSVP to **978-249-8986** by June 23

### New Bridge Players Wanted!

**All skill levels are welcome, including beginners.**

**Thursdays from 12PM to 3:45PM**

Please note that available space, dates and/or times are subject to change on occasion.



Reservations to play are not needed.

**Seeking Kitchen Volunteer** We are looking for someone to assist with dishwashing and general kitchen duties for an hour and a half, one day per week. If desired, there is the possibility to work additional hours as a backup person on occasion. If interested, please inquire within the office and/or call 978-249-8986.

We invite you to visit the Athol Senior Center's Grand Opening of the "Breakfast Club", to enjoy a delicious breakfast prepared by our Chef.

**Mondays, June 2nd & June 23rd**

**Serving at 9AM Fee: \$6 per person**

- Scrambled Eggs
- Sausage
- Breakfast Potatoes
- Toast
- Coffee and Juice
- Assorted Jams



RSVP by the Thursday before Café date. 978-249-8986. Note: Menu will vary as we schedule additional dates.

### Athol Golden Age Club

**WELCOME  
new members**

If you are looking for a nice Social Club, all seniors, age 55+, from the North Quabbin area, are welcome to join, come one, come all!

We meet once per once to enjoy a highlighted speaker or participate in an interactive demonstration. In addition, the club hosts holiday luncheons to celebrate Thanksgiving and Christmas.

All regular meetings include a pastry and beverage social for camaraderie and companionship.

If interested, please attend the next meeting on Mon, June 16 at 1PM



As part of **MART's** effort to support the use of public transportation, fares are waived until further notice.

### **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 weekend route is limited, with a start time of 10AM, ending at 3:30PM

**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 June**

Memory Café-Mon, June 2	<b>10am</b>
FCOA Board-Mon, June 9	<b>1pm</b>
Caregiver's Support -Mon, June 16	<b>10am</b>
COA Board-Wed, June 18	<b>1pm</b>
Golden Age Club-Mon, June 16	<b>1pm</b>
Royal Rubies-Tues, June 24	<b>1pm</b>

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**, Royalston residents are eligible for door-to-door rides by reservation.

- Ride must originate in Royalston
- Monday thru Fridays
- Athol trip - Fare Free until further notice
- Orange trip - Fare Free until further notice
- Gardner trip - Fare Free until further notice
- 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**

### **Summer Fun**



Adventure	Slushies
Lagoon	Vacation
Holiday	Surfing
Camping	Smores
Barbeque	Sandals
Coolers	Sunset
Marshmallow	Dunes
Lemonade	Balmy
Hammock	
E O S T Z Z P K X C I T F V D	
B R F L F Y K C L O N E K A T	
L A U U A A X O T O O S U C I	
Z I R T T D B M K L O N A A W	
Y J D B N Z N M C E G U C T U	
I L Q U E E U A U R A S V I M	
B A L M Y Q V H S S L S A O M	
F P E S C M U D C A M P I N G	
N Z D D H S Y E A J Y D T S S	
W O L L A M H S R A M L M U T	
F S K C A N L O D G N K R L S	
S E R O M S O I V V B F N E B	
V I W S E C L M S L I S N O S	
X S K P E O H B E N D U F W U	
S L U S H I E S G L D Q C F T	

<p><b>Council on Aging Board of Directors</b></p> <p><b>Chair</b> Arthur Herk</p> <p><b>Vice Chair</b> Walter Lehmann</p> <p><b>Secretary</b> Deborah Miller</p> <p><b>Board Members</b></p> <p>Mare Hawthorne Sam Kaczmarczyk Jackie Paluilis Ann Shea Paul Mello</p>	<p><b>Senior Dining at Pam's Luncheonette</b> <b>12 noon • \$3.50 donation</b></p> <p>If you would like to enjoy a nutritious and tasty lunch in the company of others, LifePath Inc. of Greenfield provides a <b>congregate lunch on Tuesdays and Wednesdays at the Athol Senior Center for those 60 and older</b>. Wednesday lunches feature, Pam's popular "Mystery Dessert" surprise!</p> <p><b>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.</b></p>
<p><b>Meals on Wheels</b></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><b>SCAM ALERT!</b></p> <p>If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit</p> <p><b>SNAP FOR SENIORS</b></p> <p>(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><b>Friends of the Council on Aging</b></p> <p><b>President</b> Diane Gurney</p> <p><b>Vice President</b> Jennifer Adams</p> <p><b>Treasurer</b> Joyce Phinney</p> <p><b>Secretary</b> Joanne Venett</p>	<p><b>Foot Screening with Mindy</b></p> <p><b>Tues, June 24 &amp; Wed, June 25</b></p> <p>To make an appointment and for more information on this popular service, call the Senior Center at 978-249-8986.</p>
<p><b>Directors</b></p> <p>Sydney Adams Marguerite Goulet Bonnie Hodgdon Jerry Lozier Joe (Skip) Pasini Toni Phillips Charlie Shatos Leonard Venett Tom Williams Brent Winters</p> <p><b>Non-Voting Members</b></p> <p>Cathy Savoy Ann Shea</p>	<p><b>Blood Pressure Clinic &amp; "Ask a Nurse"</b></p> <p>Besides having your blood pressure monitored, <u>Nurse Amy</u> is available to speak with you about any questions and/or concerns you may have. <u>Every 3rd Wednesday</u> of the month 11 am-12:30 pm. Appointments are not needed.</p> <p><b>Tool Town Bingo!</b></p> <p><b>1st &amp; 3rd Tues of the month</b></p> <p>Doors open at 12:30pm • BINGO starts at 1PM Games: Regular, Special, and Coveralls</p> <ul style="list-style-type: none"> <li>• \$1 for packet of 10 cards - 3 sheets per card</li> <li>• 50 cents for special games</li> <li>• \$2 for large 80ml assorted color daubers</li> <li>• \$1 for all concession snacks- chips, cookies, soda, water, candy bars, and more.</li> </ul>

**SCAM ALERT!**

If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit

**Did someone ask you to pay with CRYPTOCURRENCY?**

- Government agencies will not call, email, or text and ask you to pay a fine or taxes with cryptocurrency.
- Government & law enforcement agencies will not tell you to "protect" your money by depositing it at a cryptocurrency ATM.
- Don't mix cryptocurrency & online dating. If an online acquaintance asks you to send or invest in cryptocurrency, it's a scam.

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

Working in cooperation with the Office of the MA Attorney General



**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

## ***Pitch Scores***

M. Haughton April 22	<b>83</b>
R. LeBlanc April 22	<b>82</b>
S. Laprise April 22	<b>77</b>
J. Russell April 29	<b>87</b>
J. McCrillis April 29	<b>86</b>
R. LeBlanc April 29	<b>76</b>
<b>Congrats to all!</b>	

## ***Technology Help***



Emily is available on a first come, first serve basis for limited openings in June. Following, she will be on hiatus for the summer, with appointments becoming available, starting in August through September 2025. To schedule, call 978-249-8986

## ***North Quabbin Memory Café***



The next Memory Café meets at the Athol Senior Center on Monday, June 2nd 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 June, the group will meet on Monday, June 16th from 10AM-12PM

## ***The Handyman Project - Limited Minor Home Repair*** in your home by a qualified person.

The homeowner is responsible for any materials needed to be purchased, with no charge for labor.

Applicants must be age 60+ and meet all program qualifications. For more information, call the Senior Center at 978-249-8986. ***The Handyman Project is sponsored by the Athol Council on Aging, LifePath, Inc. and Title III Older Americans Act.***