

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
Town of Athol website:
www.athol-ma.gov

Address

82 Freedom Street
Athol, MA 01331

Due to the observance of Veterans Day & Thanksgiving, the Senior Center will be closed on Mon, November 11th and Thurs, November 28th.



William J. O'Brien Memorial Dinner



Homemade Traditional Turkey Dinner
Athol American Legion ~ 325 Pequoig Ave.
Come One, Come All!



In-person dining only

Serving: 12 Noon

Come early and enjoy a cup of coffee

RSVP by Monday, November 24th

978-249-8986

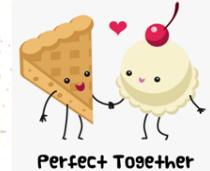
Live Musical Performance!
CLASSIC Rock and Soul with
Mark Lanen

Let's Rock, Let's Groove, Dance, Sing-along and Enjoy the Music of our Youth! Admission:\$2.00



Wednesday, Nov 12th at 1PM

Following Mark's performance, we invite you to stay for refreshments of Pie a la Mode with coffee.



RSVP to 978-249-8986
by November 10th

MAKING SPIRITS BRIGHTER

Join us for a holiday luncheon-\$10 per person

Wednesday, December 10th at 12 Noon

Doors open at 11:30 A.M.

Live Music with Dennis D'Ambroise - Buffet by Black Crow Catering

Seating is limited-RSVP to 978-249-8986



Medicare Open Enrollment Period ends on December 7th, 2025
Call Marcia, Certified SHINE & Benefits Counselor at 978-249-8986



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 seven days per week between Athol and Orange from Market Basket to Orange Innovation Center (covering Route 2A.) The weekend route is limited, with 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 September

Memory Café	Mon, Nov 3	10am
FCOA Quarterly	Mon, Nov 10	1pm
Caregiver's Support	Mon, Nov 17	10am
COA Board	Wed, Nov 19	1pm
Golden Age Club	Mon, Nov 17	1pm

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

On the Road Again with the Athol Seniors & Wilson Bus Lines



**Please join us for a trip to
Log Cabin Banquet & Meeting House
HOLYOKE, MA on December 9th, 2025**



CHRISTMAS SHOW "ROCK 'N' ROLL IN HEAVEN"

We will pay tribute to Bobby Darin, Buddy Holly, Elvis, Roy Orbison, Karen Carpenter, Sam Cook, John Lennon, Jim Croce, Patsy Cline and more....

"Come to the beautiful Log Cabin all dressed up with Christmas lights, stunning Christmas trees, wreaths and true Christmas spirit!" "We will be spreading Christmas Cheer with Carols throughout the day, a spectacular holiday menu and one of our best shows we've ever had!"

Pricing: \$163.00 per person. Price includes driver's gratuity. To reserve a seat and for more information, call the Athol Senior Center at 978-249-8986

Menu

- Welcome Hors D'eouvre Tray
- Rolls & Butter
- Chop Chop Salad
- Cape Codder Chicken (family style)
- Roast Pork Loin w/ Rosemary Sauce (family style)
- Mashed Potatoes
- Seasonal Vegetable
- Tuxedo Mousse Cake & Coffee & Tea

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**

Dental Clinic

Mon, November 24 • 9 AM - 3 PM

We are pleased to announce that **Community Health Center of Franklin County** has partnered with the Athol Senior Center to provide a **Portable Dental Program to seniors age 60 and older at the Athol Senior Center**. This service brings essential dental care directly to older adults, providing compassionate, high-quality oral health services in the comfort and safety of familiar surroundings. We understand that travel, mobility, and health challenges can make it difficult to see a dentist, so we bring preventative care to you.

Please call 978-249-8986 for more information and to schedule an appointment.



- Cleanings • X-rays
- Screenings & Exams
- Preventative treatments
- Referrals if needed

<p>Council on Aging Board of Directors</p> <p>Chair Arthur Herk</p> <p>Vice Chair Walter Lehmann</p> <p>Secretary Deborah Miller</p> <p>Board Members</p> <p>Mare Hawthorne</p> <p>Sam Kaczmarczyk</p> <p>Jackie Paluilis</p> <p>Ann Shea</p> <p>Paul Mello</p>	<p>Senior Dining at Pam's Luncheonette 12 noon • \$3.50 donation</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, Pam's popular "Mystery Dessert" surprise!</p> <p>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.</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>The Breakfast Club</p> <p>We invite you to enjoy a bountiful breakfast prepared by our Chef on Monday, November 17th at 9AM</p> <p>Fee: \$6.00</p> <p></p> <p>Seating is limited. To reserve, call 978-249-8986</p>
<p>Friends of the Council on Aging</p> <p>President Diane Gurney</p> <p>Vice President Jennifer Adams</p> <p>Treasurer Joyce Phinney</p> <p>Secretary Joanne Venett</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>Directors</p> <p>Sydney Adams</p> <p>Marguerite Goulet</p> <p>Bonnie Hodgdon</p> <p>Jerry Lozier</p> <p>Joe (Skip) Pasini</p> <p>Toni Phillips</p> <p>Charlie Shatos</p> <p>Leonard Venett</p> <p>Tom Williams</p> <p>Brent Winters</p>	<p>Foot Screening with Mindy</p> <p>Tuesday, November 25th</p> <p>To make an appointment and for more information on this popular service, call the Senior Center at 978-249-8986.</p> <p></p> <p>Blood Pressure Clinic & "Ask a Nurse"</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</u> Wednesday of the month 11 am-12:30 pm. Appointments are not needed.</p> <p></p>
<p>Non-Voting Members</p> <p>Cathy Savoy</p> <p>Ann Shea</p>	<p>Tool Town Bingo!</p> <p>1st & 3rd Tues of the month</p> <p>Doors open at 12:30pm • BINGO starts at 1PM</p> <p>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></p> <p>Brown Bag Program</p> <p>Brown Bags are distributed on the 3rd Wed of each month from 12pm-1:pm at the Athol Senior Center. To see if you qualify for this program, speak with Marcia, Benefits Counselor at the Athol Senior Center by calling 978-249-8986.</p> <p>As a reminder, if you do not pick up your bag for 4 consecutive months, the food bank of Western Mass will discontinue your membership.</p> <p></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 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 group plays informally on Thursday afternoons from 1PM to 3:30PM.



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.

Card Players



•Cribbage for Fun:
Every Monday 12 pm

•Pitch for Prizes:
Every Tuesday 10am

•Canasta for Fun:
Every 2nd & 4th Tues 1pm

•Bridge Players:
Every Thurs 12PM to 3:45PM

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

For all programming, please note that available space, dates and/or times are subject to change.

Consumer

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

Working in cooperation with the Office of the MA Attorney General

Concerned about identity theft?
Consider **FREEZING YOUR CREDIT**.

A credit freeze limits outside access to your credit reports. It can help prevent someone from opening new accounts and loans in your name.

Call the credit agencies for a FREE credit freeze.
Equifax 1-800-685-1111
Experian 1-888-397-3742
TransUnion 1-888-909-8872

North Quabbin Memory Café



The next Memory Café meets on Monday, November 3rd at 10AM. Activity to be determined.

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 978-249-8986 for more information and to register.

We will meet at the Athol Senior Center on **Monday, November 17th from 10AM-12PM**