

## Tool Town Senior News

**HAPPY  
NEWYEAR**



### 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 Martin Luther King, Jr. Day, the Senior Center will be closed on Monday, January 19th.



### **Medicare Advantage Open Enrollment Period January 1st-March 31st**

This OEP allows those already enrolled in a Medicare Advantage plan to take another look at their coverage and, if needed, to make a change.

Brian Guagnini, a BCBS Medicare will be hosting an informational table to answer questions about BCBS' 2026 Medicare plan offerings. This relaxed, high-touch setup allows you to speak one-on-one with a BCBS representative in a relaxed environment.

### Blue Cross Blue Shield Informational Table

Where: Athol Senior Center

When: Wed Jan 21st

Time: 10:00 AM -1:00 PM



### **February Breakfast Club**

We invite you to celebrate an early Valentine's Day at our monthly Breakfast Club.



Our Chef will be preparing a hearty and delicious menu, including sides of Juice, Coffee and assorted teas.

**Monday, February 9th at 9AM.**

**Fee:\$6 paid ahead**

**Seating is limited-Call 978-249-8986**

The Senior Center adheres to the weather policy of the Athol-Royalston School District. If school is canceled/and or delayed,



the center will be closed for all programming and events. Please check your local news stations and posts on social media for announcements.

The Senior Center will be closed on Thurs, January 1st. In addition, we will be closing at 1PM on the following December dates: 29th, 30th and 31st.



### **Drop in Ukulele Group**



It's time to dust off your ukulele and join the fun!

Everyone is welcome to strum, hum, and share in the joy of music at the Athol Senior Center.

This friendly, informal group is **open to ALL levels**—from beginners to seasoned players—and we are especially hoping to find someone with experience who would enjoy leading. Bring your favorite songs, a smile, and your enthusiasm, and let's make music together! Bring your own ukulele and a music stand.

**The first session will meet on Mon, January 5th at the Senior Center for 1PM.**

Participants will determine the frequency of sessions. Call 978-249-8986 if you have any questions.

**Please Notice This** The kitchen phone is not operational at this time. For the time being, to reserve a congregate meal at Pam's Luncheonette, call one day ahead of the Tues or Wed you wish to dine by 9:30AM to 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

## NEW YEARS EVE WORD SEARCH

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

HAPPY NEW YEAR  
RESOLUTION  
CHAMPAGNE  
MIDNIGHT  
PARTY

NEW YEARS EVE  
PARTY HATS  
CELEBRATE  
JANUARY  
KISS

NOISE MAKERS  
FIRE WORKS  
WHISTLES  
WISHES  
BALL

### **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, January 26th • 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



### **Monthly Meetings for September**

Memory Café	Mon, Jan 5	10am
FCOA Annual	Thurs, Jan 8	1pm
Caregiver's Support	Jan TBD	10am
COA Board	Wed, Jan 21	1pm

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

**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***

**President**

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, Pam'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**

**Tuesday, Jan 27th and Wednesday, Jan 28th**

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.

**Brown Bag Program**

Brown Bags are distributed on the 3<sup>rd</sup> Wed of each month from 11am-1pm 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.



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.

**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 Counselor, Marcia Berkall, by calling 978-249-8986.

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

**Special BINGO Event!**

Join Athol Credit Union for a fun-filled afternoon at the Senior Center!



**When: Wed, January 28th at 12:00PM**

**Lunch and Prizes provided by ACU!**

Space is limited. Please contact the Athol Senior Center at 978-249-8986 to register by January 19th.

Before the games begin, ACU will share helpful tips about mortgages and Home Equity Lines of Credit (HELOCS).



### 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.



### Come Play the Game of Bridge

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.

### 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 12PM to 3:00PM, however, you may exit the game earlier if you wish.



### 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.**

### Monthly Movie

**Wed Jan 14th at 1PM**

**Rated PG**

**Length 1 h 45 minutes**



### North Quabbin Memory Café

The next Memory Café meets on Monday, January 5th at 10:00AM



*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 the January meeting date and to register. We meet at the Athol Senior Center.