

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 President's Day, the Senior Center will be closed on Monday, February 16th.



Friends of the Athol Council on Aging

26 in 2026

It's a New Year! Let's make it special and increase the membership of the FCOA by getting 26 new members to join. Each membership donation helps to provide many services, entertainment, lunches and loads of group activities.



Become a new member or renew your old membership to help us reach our rather ambitious goal. It will help keep this Senior Center a vital part of our community. The office has membership forms.

Bonnie Hodgdon
Membership Chairman



"Take me out to the Ballgame" Luncheon



Date: Mon. March 9th

Time: 12 Noon

Fee: \$6.00

With our beloved Red Sox soon to have their season opener, let's cheer them on at our very own Fenway Concession Stand with a menu of Burgers, Hot Dogs, Chips, Dessert, and a beverage.

Tickets are limited to 50:
Sign up in person at the office or call 978-249-8986.



Time to Travel

All are welcome to attend an information session with Mare Hawthorne, Travel Coordinator, to discuss upcoming adventures for 2026. She is looking for your suggestions on the trips you would enjoy.



Where: Athol Senior Center

Date: Monday, Feb 9th

Time: 10:15 AM



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.

Participants will determine the frequency of sessions. The group meets on Mondays at 1PM. To confirm the dates and times, call 978-249-8986.

Automated Messages

If you wish to receive notifications for closures and more, please update the office if you have a new phone number. Also, if you have a block on your phone, messages will not go through.



**February is
American Heart Month**



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

Senior Transportation



•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.

•**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 February

Memory Café	Mon, Feb 2	10am
FCOA Board	Mon, Feb 9	1pm
Caregiver's Support	Mon, Feb 23	10am
COA Board	Wed, Feb, 18	1pm

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

North Quabbin District Veterans Corner

I would like to begin by sincerely thanking the seniors, staff, and community members for the warm welcome I have received. It has been a pleasure meeting so many of you, and I look forward to working closely with our veteran community and their families.

One of my primary roles is to assist veterans with benefits available under **Massachusetts General Laws, Chapter 115**. Chapter 115 provides financial assistance to eligible veterans and their dependents who are experiencing financial hardship. These benefits may include help with housing costs, utilities, food, medical expenses, and other basic needs. Eligibility is based on military service, residency, and income guidelines, and each situation is reviewed individually.

If you are a veteran—or know a veteran—who may need assistance or simply has questions about available benefits, please do not hesitate to reach out. My goal is to ensure that veterans receive the support and resources they have earned through their service.

I look forward to continuing to connect with the community and serving those who have served.

Shawn Campbell, Director, NQD Veterans' Services

TSgt, USAF, Retired

Orange, Petersham, Phillipston, Athol and Royalston

ph: 978-721-8534
cell: 774-479-8943
fax: 978-575-0269



Valentine's Day Find a Word



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

ARROW
BOW
COMPANION
ENGAGEMENT
HEARTS
WEDDING
BALLOONS
CHAMPAGNE
COURTSHIP
FLOWERS
JULIET
BETROTHED
CHOCOLATE
CUPID
HALLMARK
ROMEO

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Toni Phillips

Charlie Shatos

Leonard Venett

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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, Feb 24th and Wednesday, Feb 25th

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.

Brown Bag Program

Brown Bags are distributed on the 3rd 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.

Pitch Scores December 30 & January 6



Maggie Tzikas	82
Rosella Laprise	81
Jackie Pfeifle	78
Mariann Herk	79
Jackie Fisher	72
Rene Boisvert	72

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.



February Movie

Wednesday, February 11th at 1PM

Rated TV-G

Length 1 h 24 Minutes

Popcorn & Beverage



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.

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.

The date for the February meeting is Monday, February 23rd at 10AM. We meet at the Athol Senior Center. 82 Freedom Street.