

# 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.



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	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

**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**

Joe (Skip) Pasini

**Vice President**

Jennifer Adams

**Treasurer**

Joyce Phinney

**Secretary**

Pam Rogers

**Directors**

Sydney Adams

Marguerite Goulet

Bonnie Hodgdon

Jerry Lozier

Toni Phillips

Charlie Shatos

Leonard Venett

Tom Williams

Brent Winters

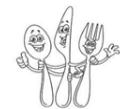
**Non-Voting Members**

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, 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 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.

**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.



## **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.**

## **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.

♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥

♥ February Movie

♥ Wednesday, February 11th

♥ at 1PM

♥

♥ Rated TV-G

♥ Length 1 h 24 Minutes

♥ Popcorn & Beverage

♥



## **North Quabbin Memory Café**

The next Memory Café meets on Monday, February, 2nd 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.

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