

## 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 Patriot's Day, the Senior center will be closed on Monday, April 20th.



## **DEMENTIA JOURNEY**

### *Group for Those Living with Dementia and Their Care Givers*

Join us for an 8-session group for people and their care partners to equip themselves with resources and peer connections to help navigate the journey ahead.

The group will center around Ariadne Labs' Living Well with Dementia Toolkit, providing concrete strategies for enhancing quality of life.

Sessions cover essential topics such as relationships, daily living, future planning, health, and dementia supports.

A light meal will be provided!

Limited Space. Registration Required. Call or email to learn more: Contact LifePath's Information & Caregiver Resource Center (ICRC) at 413-773-5555 X1230, or email [info@lifepathma.org](mailto:info@lifepathma.org)



*This group is funded through a grant from the Executive Office of Aging and Independence*



Mondays at the Athol Senior Center

10:30AM-12:30PM

May 4th

May 11th

May 18th

June 1st

June 8th

June 15th

June 22nd

June 29th

## **Deeds & Probate Event -Athol Senior Center**

**Wed, April 29 @ 1pm - RSVP to 978-249-8986**

Join us in a dialogue about land ownership and how probate issue can legally affect what happens to your property.

We will provide introductory information and give an overview about Deeds, Homestead Act, Trusts and Estates.

Learn how to protect your home from Deed Fraud with Consumer Notification Service.



Worcester Registry of Deeds, Kathryn A. Toomey - Register



Register of Probate Courts, Stephanie Fattman-Register



## **Breakfast Club**



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

**Mon, April 27 at 9AM.**  
Seating is limited-Call **978-249-8986**

*\$6 non-refundable fee paid upon registering or within five days of seating.*

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

**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 on Monday afternoons. 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.

We will meet at 1PM on Mondays

**Spring Crossword**



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L Q B Q V B D D B J R H E E J
D C B T K J A X Z X F J Y T G
M M W U W F L Y C S U P A A N
E E I A F C R A U I L T B L W
I U P O T I C H I C K S B O R
Z Y D O S J R I H N F Z A C L
Y I C E H B E R F R C Z S O J
L P N B M O T G L U W W E H G
V L L X V Y V T G A W R B C S
L R H D V Z K A B S M C A M L
O U U W W M E M M I V B L O I
O M R V E R D A N T N A L I L
Y L F R E T T U B Q P X P D I
R E S U R R E C T I O N K F E
N R O Q E K T P X U N K I U S
    
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- Baseball
- Chocolate
- Hope
- Palms
- Tomb
- Butterfly
- Daffodil
- Lamb
- Resurrection
- Verdant
- Chicks
- Eggs
- Lilies
- Risen



Memory Café	Mon, April 6	10am
FCOA Quarterly	Thurs, April 9	1pm
Caregiver's Support	Mon, April 27	10am
COA Board	Wed, April 15	1pm

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

**Monthly Movie**



Tuesday, April 28 at 1PM.  
Popcorn and Beverage provided.



Rated: R  
1h 56m.



The Bridge Card Players have returned to the Center after a winter Hiatus. They welcome new players at any time. Also, please note the Friends Quartely meeting is scheduled for Thursday, April 9 at 1pm. It is not listed on the calendar insert.

**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, April 28 and Wed, April 29**

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.**

<b>Pitch Scores</b>	
<b>February 17 &amp; March 10</b>	
Nancy Collett	83
Sue Girard	77
Jerry Hamel	76
Sally Mitchell	73
Walter Scott	70
Marie Guerrin	69
Maury Lizotte & Steve Laprise	69



### **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.



### **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**



### **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.



### **North Quabbin Memory Café**

The next Memory Café meets on Monday, April 6 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.*

### **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.



### **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.



### **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**



Open Studio Painting  
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.**

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.

This group meets at the Athol Senior Center on Monday, April 27 at 10:00AM.