

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

If you play **BINGO**, we kindly request that you bring smaller denominations of bills when purchasing your BINGO supplies, if possible. Thank you.



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



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

Savvy Senior Trivia Game



This will be a fun, interactive Jeopardy-style game to test your knowledge about topics such as:

- Phone, internet, and Email Scams
- Consumer Rights • Elder Law
- Credit and Money Management

Our Game Show hosts will be Anita Wilson and Rachel Webber from the Consumer Protection Unit of the Northwestern District Attorney's Office.

Wed, March 11th at 1PM at the Athol Senior Center-RSVP to 978-249-8986

Artisan Basket Session

"A-Ticket, A-Tasket", we are making baskets!



Just in time for Easter, owner and designer of **Sheldon Farm Baskets**, Sue Morello will be at the Senior Center to lead participants in weaving their very own 10X10 basket with a variety of color accents.

Sheldon Farm Baskets are made with the highest quality reed and will look very lovely in your home or perfect for gift giving.

Date: Thurs, March 26 from 10AM-2PM
Materials Fee: \$25 - 978-249-8986

The session is limited to eight(8) students.

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 the following dates:

March 2, March 16, March 23, & March 30

This Side of Killarney Find a Word

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

BROGUE
 CRANBORNE
 GOLD
 JIG
 RAINBOW
 SIXPENNY
 CELTIC
 DONNYBROOK
 GUINNESS
 MAGICAL
 PINTS
 SAINT
 CLOVER
 EMERALD
 HARP
 NORTHERN
 PUB
 SHAMROCK
 PARADE



Memory Café	Mon, March 2	10am
FCOA Board	Mon, March 9	1pm
Caregiver's Support	Mon, March 16	10am
COA Board	Wed, March 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.

Monthly Movie



Pacific Heights is a thriller starring Melanie Griffith, Matthew Modine, and Michael Keaton. Its plot follows a San Francisco couple who restore a Victorian home in Pacific Heights and unwittingly rent a studio apartment to a psychopath."

Tuesday, March 31 at 1PM.
 Popcorn and Beverage provided.



Grief Support Group

All are welcome

- .Share Your Feelings
- .Find Understanding
- .Support Each Other



Meeting the Last Wed of Every Month
 5:00PM-6:00PM- Athol Public Library

For more info, contact:

pamelagobeille@gmail.com
 raenettekramer77@gmail.com

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Toni Phillips

Charlie Shatos

Leonard Venett

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Brent Winters

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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, March 24th and Wed, March 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	
January 3 & January 13	
John Russell	82
Vic Dembek	80
Mel Haughton	78
Congratulations!	
Marie Guerin	84
Ron Leger	84
Jerry Hamel	82



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



- 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.

"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.

Please Notice This



Please note that the Game of Bridge is on hiatus for the duration of the winter months. Stay tuned for updates.

North Quabbin Memory Café

The next Memory Café meets on Monday, March 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.

This group meets at the Athol Senior Center on Monday, March 16th at 10:00AM.