

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-3:30 pm

Contact Directory

(978) 249-8986

Fax (978) 575-0277

COA website:

atholcouncilonaging.org

Town of Athol website:

www.athol-ma.gov

82 Freedom Street

Athol, MA 01331

We are closed on the following dates:

•Thurs, Sept 3 for our Annual NQ Senior Picnic

•Mon, Sept 7 for observance of Labor Day



All Aboard...

Join us as we travel with **Wilson Bus Lines** for an adventure aboard the **Winnepesaukee Scenic Railroad** to enjoy the splendor of Autumn. We will enjoy a **Hot Turkey Dinner** catered by **Hart's Turkey Farm** in the dining car, and for dessert, we will be served a fresh apple crisp topped with whipped cream.



Tour Date: Wednesday, October 14, 2026

Tour Cost: \$140.00

•Gratuity included for both the train staff & Wilson Bus driver

Due by Oct 1 (Non-refundable)

To reserve and/or for additional info, call the Senior Center @ 978-249-8986 or stop by the office in person.

Senior Portrait Day

We are thrilled to bring you a new and exciting event.

On Wednesday, Sept 23, 2026, at the Athol Senior Center, **Christopher J. Bowen, Creative Director of BLAMM! Media** will conduct professional photographic portrait sessions of members who sign up for a free sitting.



Be yourself, bring a friend, be traditional or have some silly fun while posing for these pictures. Whether you are camera shy or camera ready, this is a wonderful way to connect with the community and celebrate who you are in life today.

We are able accommodate 20 people, so call the office to register for your private portrait session. 978-249-8986.

Open Enrollment Period **Oct 15-Dec 7**



The Senior Center is fortunate to have **Marcia Berkall**, a certified SHINE Counselor, to assist people with the complexities of choosing health insurance coverage. As you may imagine, her appointment schedule fills up very quickly and her working hours are limited. Should you need an alternative site, see the additional sources listed below.

- LifePath-413-773-555
- SHINE Regional Office- 800-243-4636
- Orange Senior Center-978-544-3481
- Erving Senior Center 413-423-3649
- New Salem COA 802-302-2094

For those needing **medical transport** to Boston Medical



providers, complimentary shuttles run from Mass General's main campus to North Station every 15 minutes. For area residents, you would be able to drive to the Commuter Rail Station in Westminister and travel directly to North Station in Boston for a shuttle ride. For the complete schedule and information on this service, use the link below.

<https://www.massgeneral.org/visit/parking-and-shuttles/shuttle-service>

Sept Breakfast Club-Mon, Sept 28

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

Doors open 9am - Serving at 9:15am

\$6 non-refundable fee paid upon registering at the office.



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

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 next Support Group meets on Monday, September 28 at 11AM

September Find a Word



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

PATRIOT DAY
TRAGEDY
REMEMBER
OBSERVANCE
HONOR
HEROES
MEMORIAL
PENTAGON
FOLIAGE
HARVEST
EQUINOX
DECIDUOUS
SCHOOL
LABOR DAY
ORCHARDS



Memory Café	Mon, Sept 14	11AM
FCOA Board	Mon, Sept 14	1PM
Caregiver's Support	Mon, Sept 28	11AM
COA Board	Wed, Sept 16	1PM

Volunteer Opportunity



The Friends of the Athol Council on Aging are currently seeking a volunteer to join our FCOA Board as Vice President. Meetings are typically held 12 times per year or less. If interested, contact the Senior Center at 978-249-8986.

North Quabbin Memory Café

The next Memory Café meets on Monday, Sept 14 at 11AM

Activity: Trip to Red Apple Farm



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

Funded by Executive Office of Elder Affairs (EOEA), LifePath, Inc, the Church Street Home Fund, and the Friends of the Council on Aging.

**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

Pending

Treasurer

Joyce Phinney

Secretary

Joanne Venett

Directors

Marguerite Goulet

Bonnie Hodgdon

Jerry Lozier

Cindy Mallet

Toni Phillips

Pam Rogers

Charlie Shatos

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 Monday, 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 by 9:30am the day before the scheduled lunch. If you reserve for Mon, please call by 3pm on the Thurs before. 978-249-9001 or 978-249-8986

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 Care with Mindy

Tuesday, Sept 29 and Wednesday, Sept 30

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.

**September Movie-I Care a Lot
Wednesday, Sept 30th at 1PM**

"A crooked legal guardian who drains the savings of her elderly wards meets her match when a woman she tries to swindle turns out to be more than she first appears."

Popcorn and Beverage provided



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-3:30pm

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 3:30PM, 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 12pm-3:30pm

●Pitch for Prizes:
Every Tuesday 10am-12pm

●Canasta for Fun:
Every 2nd & 4th Tues
12:30pm-3:30pm



Tool Town Artisans

Open Studio Painting
On hiatus

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.



Membership Drive, 26 in 2026!

Dear Friends,



At the Senior Center community members create friendships, healthier lives, and connections that make positive impacts on our seniors. Coming together through programs provided, health services, and resources offered, help make positive impacts on us socially and offset loneliness. The Friends of the Athol Council on Aging serve an active and supporting role. We raise money, volunteer, and stay informed and engaged so that all programs and services continue. Please help us by becoming a new member or continuing your membership. Your donation of membership will be appreciated.

Bonnie Hodgdon, Membership Chairman

Pitch Scores

Congrats to all!

Vic Dembek, June 21	83	Dan Tebbetts, Aug 4	79
Chris Cormier, June 21	82	Chris Cormier, Aug 4	73
Dick Ploof, June 21	78	Jackie Fisher, Aug 4	72
			
Ronald Leger, July 7	84	Dan Tebbetts, Aug 11	86
Marianne Herk, July 7	79	Sue Girard, Aug 11	76
Yvette LaCroix, July 7	76	Maury Lizotte, Aug 11	76

Flu Clinic at the Athol Senior Center

Date: Wed, October 7 from 9AM-12PM



Available Vaccines: Regular dose flu vaccine (for people 65 and under) and high-dose flu vaccine (for people age 65+). There are currently no recommendations released for 2026-2027 COVID vaccine administration. Dependent on COVID vaccine recommendations and the timeline of when they are released, COVID vaccines may be available at the clinic.

MPHN will handle all appointment scheduling. Walk-ins will be welcome also.

To register, please call 978-956-6440.