

PAXTON SeniorConnection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER
17 West Street
Paxton, MA 01612

OFFICE: 508-756-2833



February 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net

February is Heart Month ... and a reminder to think about staying healthy



- Manage blood sugar
- Manage blood pressure

- Manage weight
- Control cholesterol

- Eat better
- Be more active

- Get healthy sleep
- Quit tobacco



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Newsletter

Editors - Curtis Hammar, Cindy Love

It shall be the mission of the Council on Aging to evaluate, promote, and encourage new and existing services and activities which enhance the quality of life for seniors in the town of Paxton

COA Office Hours**John Bauer Senior Center**

Monday – Friday 9:00 am to 2:00 pm

Van Service Update

A reminder ... take advantage of our Van service for your next medical appointment during the winter. Please reserve the Van when you make your appointment with your medical professional. Also, we have a new Van phone number, so please ask your driver for it in order to call the Van for pick up at the end of your visit. (Note that Van reservations are always made with the COA office: 508-756-2833).

***STAYING ACTIVE, HEALTHY,
AND STRONG***

No matter your age, it's never too late to improve your health, strength, balance, and mobility by maintaining an active lifestyle.

Regular exercise and an active lifestyle provide a variety of health benefits that extend beyond the obvious, such as blood pressure, diabetes, osteoarthritis, and neurocognitive function.

There are many reasons for seniors to have an active lifestyle ranging from preventing physical injuries to improving mental health.

Here are some key health benefits for seniors who participate in regular fitness activities and maintain an active lifestyle.

Fitness—Overall health quality is higher for those who participate in exercise programs. Exercise helps reduce the risk of chronic illnesses and diseases and has improved immune and digestive systems. Exercise can also improve cognitive function and better motor skills.

Strength—Bone health is another component of staying healthy and strong. Exercise is important for building and maintaining bone strength as we age. Exercising regularly reduces the rate of bone loss, lowering the risk of fractures and the risk of falling. Calcium and Vitamin D play an important role as does a healthy diet that includes lean proteins, eggs and dairy.

Staying Active—An active lifestyle builds positive mental health. Socialization plays a role in improving our mood, keeping us mentally sharp and intellectually engaged. Staying active also promotes better sleep. Getting a good night's sleep helps you stay healthy and alert. The quality of sleep you get matters for memory and mood. Seven to nine hours is recommended.

Getting older doesn't have to mean abandoning an active lifestyle, but it does mean adjusting your life to remain healthy, active and strong. Care should be taken to ease into any new routine and always consult your doctor about a new fitness program or diet plan.

Valentine CRAFT CLASS

It's "hands on" for a special Valentine craft class led by Michele Thorne on **Tuesday, February 7 at 10:30 am.** (snow date Feb. 9).



Participants will learn the techniques of working with metal and decoupage to create a unique, colorful flower vase. All materials are provided, including fresh flowers. This program is made possible through a grant from the Paxton Cultural Council. Class size is limited, so please call early to reserve a spot (by February 1).

HEARTS 'n' HANDS

Our talented weekly group marks its return to the schedule next month. If you knit, if you crochet, or if you like quilting, consider joining our group. It's a great way to meet new friends, share ideas, and socialize. If you're a novice or an expert, we welcome you. You can work on your own project or a group project. If you would like to learn or brush up on your skills, we have people who can guide you. Hearts 'n' Hands starts **Monday, March 6 at 10 am** and meets weekly.



Annual Valentine's Celebration



You're invited to our festive entertainment and luncheon for Valentine's Day!

When: Tuesday, February 14 **Time:** 10:30—music Noon—lunch

Denis Cormier, multi-talented entertainer, returns to sing some favorites and stir memories. We'll have an attendance prize drawing, heart-felt socialization, and a delicious complimentary lunch.

Please RESERVE by February 9: 508-756-2833

Is It Age or Is It Medicine?

Medication safety encompasses many factors. Join us to learn more about this timely topic with

Dr. Donna Bartlett on **Thursday, February 23 at 10:30 am.** Medications that have helped for years may not work the same over time and cause safety issues and side effects that folks love to blame on age. Stay healthy by looking at the safety of the medications you take. We'll have a medication review and learn about resources to become an informed healthcare consumer. Dr. Bartlett is a board-certified geriatric pharmacist and associate professor at Massachusetts College of Pharmacy and Health Sciences University. She is author of *MedStrong-Shed Your Meds for a Better, Healthier You-Aging Well through Deprescribing* and is a longtime Paxton resident.

Café

Coffee is ready as the monthly Café returns on **WEDNESDAY, FEBRUARY 1**, beginning at 9:30 am. Come in from the cold, enjoy the company, and sample delicious home-made pastries. Always great conversation.

Book Club

Don Winslow's powerful saga of New England criminal empires is featured on Monday, **February 13 at 11 am.** The international best-selling author introduces us to rival families, ruthlessness, and treachery in this acclaimed book.

Art Gallery

New works debut this month and run through April at the Senior Center: Mon-Fri 9 am to 2 pm.



MARCH PREVIEW

March 15: SENIOR BRUNCH—Paxton Center School

March 17: ST. PATRICK'S DAY ENTERTAINMENT/LUNCH

March 22: WRITING CLASS: MEMOIR

COVID-AWARE

We continue to observe safety and cleaning guidelines at the Senior Center. Free Covid test kits and vaccination appointment assistance are available.

Senior Center Notes**DON'T FORGET LUNCH**

We're seeing some new faces at the Schoolhouse Diner lunches lately. There's always room for you. Meals are served every Tuesday, Thursday, and Friday. Join us by reserving a spot at 508-756-2833 (Call two days before).

VACCINATION REMINDER

As we have heard, new strains of the COVID virus are always emerging. It's not too late to get your vaccination protection along with a flu shot.

WEEKLY PITCH

Every Tuesday at Noon, a friendly group gets together in the Dining Room for an enjoyable game of Pitch. It's not a complicated card game, but lots of fun. If you're interested in playing, just show up ... we can have several tables active at once.

Who Is Cupid ?

Cupid is often portrayed on Valentine's Day cards as a cherub launching arrows of love at unsuspecting lovers. But the Roman god Cupid has his roots in Greek mythology as the Greek god of love, Eros. Accounts of his birth vary; some say he is the son of Aphrodite and Zeus (who would have been both his father and grandfather).

According to the Greek ancient poets, Eros was a handsome immortal who played with the emotions of gods and men, using golden arrows to incite love and leaden ones to sow aversion. It wasn't until the Hellenistic period that he began to be portrayed as the mischievous, chubby child he'd become on Valentine's Day cards.

**VETERAN'S CORNER**

Wednesday, February 8

Meeting-10:30 am: West Point grad

Dale Kurtz is our guest speaker. He serves as president of The West Point Society of New England, a group of former graduates who promote and recruit for the Academy. He is also visiting Wachusett Regional High School and Bay Path Regional Vocational Technical High School.

2023

Monthly Calendar

(Winter weather may impact our schedule. Please call ahead)

February**Monday**

- 6 9:00 Trail Walkers every Monday
10:00 Bowling @Bayberry every Monday
11:00 Tech Help-Mondays by app't.
13 11:00 Book Club
20 **President's Day** / Senior Center closed

Tuesday

- 7 10:30 Valentine Craft Class (If snow, 2/9)
Noon Pitch every Tuesday
14 9:30 Friends of COA meeting
Noon Valentine's Lunch (10:30 am Music)

Wednesday

- 1 9:30 COA Board meeting
Schoolhouse Cafe
8 10:30 Veteran's Group
10:30 Sen. Gobi, Rep. Ferguson office hours
22 10:00 Chair Massage by appointment

Thursday

- 23 10:30 Medication Safety program
10:00 Chair Massage by appointment

Friday

- 3 9:30 Bocce every Friday
10:00 Piano Lessons every Friday
11:00 Piano Chords class every Friday

SENIOR CENTER ART GALLERY open M-F 9am-2pm

Note: If you are feeling "under the weather," please respect others by not attending Senior Center activities.

CAREFUL HANDS

Craft work is an art that many seniors find rewarding. These hands created a display at the Senior Center



Paxton Council on Aging
17 West St
Paxton, MA 01612

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Lunch at the Schoolhouse Diner

FEBRUARY MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
	2 Hot Dog Baked Beans, Coleslaw	3 Chicken Cranberry Salad Pasta salad, Three Bean salad
7 Meatloaf with gravy Mashed pot., Peas/carrots	9 Salmon Primavera Wild rice, Broccoli/Red pepper	10 Macaroni & Cheese Stewed tomato, Green beans
14 Valentine's Day Lunch Barbers Chicken Mashed pot., Veg.	16 Baked Ham w/maple glaze Mashed potato, Glazed carrots	17 Sloppy Joe Scalloped pot., Mixed veg.
21 Spaghetti w/Meatballs Green beans	23 Garlic Herbed Chicken Mashed sweet pot., Onions	24 Fish w/crumb topping Rice Pilaf, Tuscany vegetable
28 Crumb top Mac & Cheese Stewed tomato, Green beans		



FEBRUARY

Bread, milk and dessert included. Suggested donation: \$2.50
TO RESERVE: Please call 2 days in advance (508)756-2833.

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