

Newsletter from the Council on Aging

PAXTON SENIOR CONNECTION

John Bauer Senior Center
17 West Street
Paxton, MA 01612

Office: 508-756-2833



August 2022

COA / Senior Services:
townofpaxton.net

Summer Picnic and Bandstand Entertainment

Thursday  August 18  11:30 am
at the Bandstand

(see inside for details)



p. 3 Summer Picnic p. 3 Outdoor Breakfast p. 4 Car Show

COUNCIL ON AGING BOARD**Officers**

Chairperson – Anita Fenton
 Vice Chair – Alice Crowley
 Secretary – Joan Bedard
 Treasurer – Bob Callahan

Board Members

Curtis Hammar, Frank LaFlash, Jim Putnam,
 Associates—Martha Akstin, Donmarie Desrosiers,
 Bob Lamotte, Natalie Siemen

COUNCIL ON AGING STAFF**Director/Outreach – Cindy Love**

508-756-2833
 clove@townofpaxton.net
 Program Assistant—Dolores Rauschl

Van Drivers

Ken Carlson, Frank LaFlash

Olde Schoolhouse Diner

Dining Site Manager – Tina Bullock

Friends of the Council on Aging

President – Dave Wheeler
 Vice President - Bill Cutroni
 Treasurer – Bob Wilby
 Secretary – Kay Kingsbury
 Associates - Dick Bedard, Ann Bergin

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

COA Online

Check out our improved Council on Aging/Senior Services page on the Town of Paxton website. Go to **townofpaxton.net** and click on "Departments" and look for Council on Aging/Senior Services. You can also sign up for E-Subscribe to receive timely updates on email. It's an easy way to stay in touch with your COA.

Special thanks to Robin Tasca for updating and maintaining our website information.

FOOD SAFETY TIPS

Summertime is a great time for getting together with family and friends for that perfect barbeque or picnic.

During this time of year, it is especially important to take extra precautions and practice food safe handling when preparing perishable foods such as meat, poultry, seafood, and egg products. The warmer weather conditions provide a perfect environment for bacteria and other pathogens in food to rapidly multiply causing food-borne illnesses.

Keep your food safe while having fun by following these simple safety tips:

- Wash hands properly for 20 seconds with warm water and soap before and after handling food. For those on a picnic, don't forget the hand sanitizer.
- Cook food to proper temperature. Safe internal temp for hamburgers, pork and fish: 160°F. Chicken: 165°F. Steak or roasts: 145-160°F.
- Keep cold foods cold. Thaw frozen food in the refrigerator, never on the counter. Harmful bacteria can begin to grow in raw meats, poultry, fish, and eggs if left at room temperature. Keep cold foods on ice or in refrigeration
- Separate raw and cooked foods, placing raw foods on one plate and cooked foods on another plate. Same rules apply to serving utensils.
- Never re-use marinades. Discard to prevent cross-contamination
- Store leftovers properly. Perishable food should never be left at room temperature for more than two hours. If eating outside on hot days, no more than one hour. Toss any unused food away.

Stay safe ... and see you in the Fall!

Summer Picnic



All are invited to a fun-splashed picnic at the Paxton Pavilion Bandstand on **THURSDAY, AUGUST 18 at 11:30 am** featuring

GOOD TYMES BANJO BAND

Back by popular demand! Your favorite pop music, country music, ballads, jazz, show tunes and upbeat banjo tunes ... a unique sound!

Lunch: Box lunch-wraps w/dessert from 10 West

Parking: Plenty of room for all ... drive through our lower parking lot to the bandstand

Seating: Bring your lawn chairs ... shade tents provided
Bathroom facilities available

PLEASE RESERVE YOUR LUNCH by Monday, August 15

SPONSORED BY THE COUNCIL ON AGING AND FRIENDS OF COA

EVENT TAKES PLACE RAIN (INDOORS AT SR. CENTER) OR SHINE

ONGOING ...

Trail Walkers

The brisk walking group sets off at **8 am Fridays** during the summer. A leisure-level walk follows at **9 am**. Meet at the Senior Center. You can join!

Book Club

On **Monday, August 8 at 11 am** we focus on Kristin Harmel's *The Book of Lost Names*. This is her powerful World War II story of forgery, false documents, and selfless help. New participants welcome.

Art Gallery

The Gallery features Paxton artists Joan Bedard, Chuck Belisle, and others in diverse styles, now through September.

Monday-Friday, 9 am—2 pm. Senior Center.

BREAKFAST OUTDOORS

A delicious breakfast sandwich and coffee awaits you on **Wednesday, August 24:**

10:00 am at our outdoor Picnic Tables

Area. Take a break and enjoy!

It's a special treat compliments of Vibra Hospital. Please call to reserve your breakfast: 508-756-2833.



RAIN (INDOORS) OR SHINE

Schoolhouse Café

Wednesday, August 3, starting 9:30 am

We're back up and running at the Café and the coffee is on! Drop in for choice pastries and treats. We'll hear about the new community Paxton Garden Club and get some tips for our own gardens. Invite a friend!



SEPTEMBER PREVIEW

- 20 FITNESS / BALANCE Nine-week series
- 22 MERRIMENT and MYRTH Comedy Show
- 28 COA HEALTH / WELLNESS FAIR

COVID - AWARE

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

**VETS AND FRIENDS
CAR SHOW
Wednesday, August 10
10:30 am**

A treat is in store for all seniors as our Veteran's Group presents a mini-Vintage Car Show right here in our parking lot.

Everyone is invited to the event which features choice gems from the 60's and more. Talk with the owners ... find out about power, design and restoration of these classics.

Thanks to our Vets for inviting everyone!



CHOCOLATE CHIP COOKIE DAY!

Whether you like them crispy or chewy, National Chocolate Chip Day is on August 4.

TOLL HOUSE COOKIES DEBUT

The first chocolate chip cookie was made by accident in Whitman, MA at the Toll House Inn. In 1938, Ruth Graves Wakefield planned on making regular chocolate cookies but got the idea of throwing in chunks of a chocolate bar into it. To her surprise, the chocolate did not mix well with the cookie and instead, it filled them up with tasty chunks of chocolate.

The cookie started to get massively famous and, finally, Nestle agreed to add her recipe to their wrapper in exchange for a lifetime of free cookies.

One survey said that a person eats around 35,000 cookies in a lifetime!



VETERAN'S CORNER
Meeting and Car Show
Wednesday, August 10 at 10:30 am

2022

**Monthly Calendar
August**

Monday

- 1 11:00 Tech Help-Mondays by app't.
- 8 11:00 Book Club

Tuesday

- 2 11:00 Pitch every Tuesday

Wednesday

- 3 9:30 COA Board meeting
- 9:30 Schoolhouse Cafe
- 10 10:30 Veteran's Group
- 10:30 Sen. Gobi, Rep. Ferguson office hours
- 24 10:00 Breakfast Outdoors

Thursday

- 4 10:00 Corn Hole games every Thursday
- 18 11:30 Summer Picnic / Banjo Band

Friday

- 5 8:00 Trail Walkers (leisure group starts at 9) every Friday
- 10:00 Piano Lessons every Friday
- 11:00 Piano Chords class every Friday

Relax and cool off this summer in our Cozy Kitchen **M-F 9:30 to Noon**. Coffee, puzzles, reading, TV.

BUS TRIP itineraries available from tour leader Bob Wilby at 508-792-4662 or rwilby@charter.net



Memories flowed as musician Fran Hart took a crowd down "the lane" for a Beatles' tribute last month.



Your Local Caring Funeral Home

Your Advance Planning Information Center

1158 Main Street, Holden
508-829-4434
100 Worcester Road, Sterling
978-422-0100

Richard Mansfield
Ricky Mansfield
Funeral Directors

"Serving the Community of Paxton
Since 1896"

JUST TAKE A RIDE TO
SUNNYSIDE

122A/944 Main Street • Holden, MA
508-829-4333 • www.sunnysideford.com



THE HILLS
PAXTON VILLAGE

Beautiful Senior Housing
1 & 2 Bedroom Apartments

Rent includes:

- Professionally Managed-Elevator Building
- Spacious Floor Plans
- Maintenance Free Living
- Heat & Hot Water Included
- Community Room
- Additional Storage Space
- Patio & Garden
- Pet Friendly
- Smoke free building
- Fitness Room



Call for a
Personal
Tour

Call Today:
508-799-3990, TDD 711

260 Grove Street
Paxton, MA 01612

thehillspaxtonvillage@wingatecompanies.com
www.thehillspaxtonvillage.com

Head of Household must be 62 years of age or older. Other household member must be at least 55 years of age. Our Office hours are 9 am to 3 pm Monday through Thursday.



STARR HOME CARE



ABOUT OUR COMPANY

We are a locally based home-care agency providing services to individuals in need, enabling them to live at home comfortable and safely.

CONTACT US FOR A FREE HOME CARE ASSESSMENT

Email: Homecarestarr@gmail.com
Phone: 774 - 559 - 9952
www.starrhomecare.net

SERVICES WE PROVIDE



NOTRE DAME HEALTH CARE



Giving you the peace of mind you need and deserve, in your own home or on our beautiful campus.

- Assisted Living Residence
- Skilled Nursing Facility
- Long Term Care Center
- Residential Memory Care
- Short Term Rehabilitation
- Adult & Pediatric Hospice
- Adult & Pediatric Palliative Care
- Educational Resource Center



www.notredamehealthcare.org
508-852-5505 • 508-852-5505
555-559 Plantation Street, Worcester, MA

GROW YOUR BUSINESS
BY PLACING AN AD HERE!

CONTACT US!

Contact Susanne Carpenter
to place an ad today!
scarpenter@picommunities.com
or (800) 477-4574 x6348



Do you have a plan for market volatility?
Call for a complimentary review.



Katy Donahue
Financial Advisor
386 West Main Street
Northboro, MA 01532
508-393-5195

Edward Jones
MAKING SENSE OF INVESTING

MKT-58941-A

Atchue Insurance
Protecting tomorrow today

190 PARK AVE, WORCESTER, MA 01609 | 508-755-5200

HOME ♦ AUTO ♦ BUSINESS ♦ LIFE | LONG-TERM CARE PLANS

EARL V. ATCHUE, JR., PRESIDENT • AJ ATCHUE, VICE PRESIDENT
♦ Paxton Residents ♦

**HOLDEN HEARING
AID CENTER, INC.**

695 Main Street
Holden, MA
508-829-5566

DrMoreno@HoldenHearingAid.com
www.HoldenHearingAid.com



Matthew Moreno, Au.D.
DOCTOR OF AUDIOLOGY



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.picommunities.com Paxton Council on Aging, Paxton, MA 06-5150

Paxton Council on Aging
17 West St
Paxton, MA 01612

Presorted
 Standard
 Postage
PAID
 Permit #3
 Holden, MA.

Lunch at the Schoolhouse Diner

AUGUST MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
2 Burger—chili & cheese Sweet potato fries	4 Ranch Chicken Wild rice, Spinach	5 Braised Beef Gemelli pasta, Roast broccoli
9 Roast Pork Loin w/gravy Cornbread stuffing, Vegetable	11 American Chop Suey Green Beans	12 Jambalaya Rice pilaf, Green peas
16 Greek Chicken Steamed rice, Broccoli	18 Turkey Supreme Mashed potato, Veg. blend	19 Lemon Pepper Haddock Seasoned pot., Brussels spr.
23 Western Omelet O'Brien potato, Green beans	25 Salisbury Steak Garlic mashed pot., Carrots	26 Potato Crunch Fish Potato au gratin, Mixed veg.
30 Meatballs w/onion gravy Bowtie pasta, Mixed veg.		



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

*Newsletter published in part through a grant from
 the Mass. Executive Office of Elder Affairs*