

Newsletter from the Council on Aging

PAXTON SENIOR CONNECTION

John Bauer Senior Center
17 West Street
Paxton, MA 01612

Office: 508-756-2833



December 2022

COA / Senior Services:
townofpaxton.net



*A Happy Holiday Season
and Best Wishes for
the New Year*

*From all of us at the
Council on Aging*

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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

Inclement Weather

As we enter the winter months, please note that programs at the Senior Center are subject to weather-related cancellation. Also, although we make every effort to run scheduled trips with the Van, there are times a trip may be cancelled. Note that the Van does not run if the Wachusett region schools are cancelled. If you have any question, call Cindy at the COA office.

**SEASONAL AFFECTIVE
DISORDER**

Seasonal Affective Disorder (SAD) is a type of depression. SAD begins and ends at about the same time every year. If you're like most people, your symptoms start in the Fall, continue into the Winter months, and goes away during the sunnier days of Spring and Summer.

SAD usually starts during adulthood and the risk increases with age. Women are affected more often than men. The specific cause remains unknown. A factor that may play into this disorder is the reduced level of sunlight. This decrease may disrupt your body's internal clock and lead to feelings of depression. Serotonin, a brain chemical that affects mood, may also play a role as reduced sunlight can trigger a drop in serotonin leading to depression. Further, the change of seasons can disrupt body levels of melatonin, which plays a role in sleep patterns and moods. Don't brush off that feeling as simply a case of the "winter blues."

Take steps to keep your mood and motivation steady every day with these few tips:

- * Spend more time outdoors to get sunlight
- * Consider light therapy—exposure to a special light for a specific time each day
- * Do things to make you feel better—visit the Senior Center or go to a movie, dinner or any other social gathering

It's normal to have some days when you feel down. If you are feeling down for days at a time and you can't get motivated to do activities you normally enjoy, and if your sleep patterns or appetite have changed, consult your healthcare provider.





CAFÉ SING-ALONG

Join in the holiday fun at this month's Café where everyone can participate. Denis Cormier leads us in the familiar seasonal tunes for a great time on **December 7** (opens 9:30 am). The coffee and holiday treats await everyone. It's also a time for sharing. If you are able, please bring a non-perishable item for our Food Pantry ... we have plenty of space to fill !

MISTLETOE TRIVIA

How much can you recall about holiday traditions? Join in the fun as Kim provides the hints and keeps everyone on their toes on **December 14 at 10:30 am**. Just like a TV show, we'll see who has the fastest answers!

Coffee/pastries are provided.
SPONSORED BY VIBRA HOSPITAL



HOLIDAY LUNCHEON

You're invited to our annual Holiday Luncheon on **December 22**. The festivities begin at 11 am with music by our favorite duo, **DUBLIN DOWN**. Lunch follows at Noon. **DRESS UP in your holiday ensemble and enter the contest for "best dressed."**

(PRIZE for winners!)
RESERVE BY DEC 15: 508-756-2833
SPONSORED BY THE COA

PEN PALS

Nearly 45 fourth graders at Paxton Center School are awaiting the start of our Pen Pal program this month. Seniors connect with students each month through letters and receive responses from their "pal." We need a few more seniors to participate so that all the young people have someone as a Pen Pal.

If interested, please call Cindy. The program runs through June.



DRUMMING CIRCLE CARDIO

December 6—10:30 am

Drumming Circles are popular today. Besides making music there are many health benefits including stress reduction, boosting the immune system, and cardio exercise. The Circle combines this exercise and drumming to the rhythm of music. You do not need any drumming experience. All fitness levels can participate at their own pace. It's all done with large yoga balls placed on top of a basket and drumsticks. Try it!

SPONSORED BY TATNUCK PARK AT WORCESTER

Chair Massage

The private chair massage sessions are available on **Wednesday, December 28** starting 10 am . Reserve your time with Joanne and feel that tension disappear. \$10/session. Appointments: 508-756-2833.



ART GUILD SHOW

A new show of diverse art works is open at the Senior Center's dining room. It's sponsored by the Massasoit Art Guild and represents a variety of styles and media. Thanks to Nancy McBride for organizing this special display. **Mon-Fri 9am to 2pm.**

Book Club

Jodi Picoult's 2021 novel *Wish You Were Here* is next for readers on **Monday, December 12 at 11 am**. A supposed island vacation, a Covid lockdown, stirred up relationships and a return to reality carve out the fascinating story.

Santa's Table

Need a gift? Stop by the Senior Center and visit our NEW holiday gift table from **10 am to 1 pm** weekdays. Unique and handmade items are available for your shopping pleasure. Find your perfect gift or stocking stuffer!

JANUARY/FEBRUARY PREVIEW

JANUARY 26: ANCIENT ART OF REFLEXOLOGY
FEBRUARY 14: VALENTINE'S PARTY / MUSIC
FEBRUARY 23: MEDICATION SAFETY



COVID-AWARE

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

VETERANS PRESENTATION



Janice Mitchell presents her painting of the poppy flower to Orville Sheldon last month at a meeting of the Veterans Group. A tribute to all veterans, the artwork is on permanent display at the Sr. Center.

2022

Monthly Calendar

December

Monday

- 5 9:00 Trail Walkers every Monday
- 10:00 Bowling @Bayberry every Monday
- 11:00 Tech Help-Mondays by app't.
- 12 11:00 Book Club
- 26 Senior Center/office closed

Tuesday

- 6 10:30 Drumming Circle
- Noon Pitch every Tuesday
- 13 10:00 Friends of COA meeting
- 27 10:00 Outreach at The Hills

Wednesday

- 7 9:30 COA Board meeting
- 9:30 Schoolhouse Cafe
- 14 10:30 Veteran's Group Holiday Party
- 10:30 Mistletoe Trivia
- 10:30 Sen. Gobi, Rep. Ferguson office hours
- 28 10:00 Chair Massage by appointment

Thursday

- 22 11:00 Holiday Show and Luncheon

Friday

- 2 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

Senior Center Notes

Food Pantry

We know there is a need. The winter will be difficult for some. Let's keep our Food Pantry stocked for anyone who could use a little extra. Anyone can call the COA to request non-perishables and household items. On Saturday, December 10, the Pantry will be open 10am-1pm for any Paxton resident. If you can help stock the cupboard, please bring items to the Senior Center foyer.

Thank You

Our sincere thanks to our friends at Country Bank who, once again, provided a gift of \$2000 in support of the Senior Center. It is much appreciated. Additional thanks to the Paxton Garden Club and volunteer Roger McGaughey for designing and installing plantings around our building and new sign.

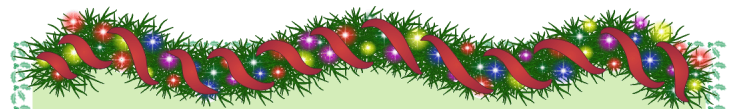
Health Insurance Enrollment

The annual open enrollment period for enrolling or changing your health insurance ends on December 7.



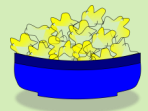
VETERAN'S CORNER
Wednesday, December 14

10:30 am- Meeting
Holiday Lunch



HOLIDAY TREAT

Pop your favorite popcorn. Spread popcorn on-to a lined baking sheet; melt your favorite milk chocolate. Drizzle/mix over popcorn. Then refrigerate until set. ENJOY!



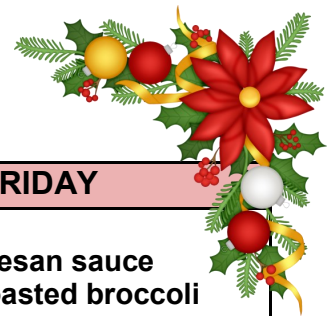
Note: If you are feeling "under the weather," please respect others by not attending Senior Center activities.

Paxton Council on Aging
17 West St
Paxton, MA 01612

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Lunch at the Schoolhouse Diner

DECEMBER MENU (Subject to change)



TUESDAY	THURSDAY	FRIDAY
	1 Macaroni & Cheese Stewed tomato, Green beans	2 Fish w/Parmesan sauce Wild rice, Roasted broccoli
6 Swedish Meatballs Mashed potato, Vegetable	8 Chicken Cacciatore Gemelli pasta, Broccoli	9 Fish w/crumb topping Rice pilaf, Tuscany veg.
13 Spaghetti & Meatballs Green beans	15 Jambalaya Rice pilaf, Green peas	16 Chicken Cranberry Salad Pasta salad, 3 Bean salad
20 Chicken Pesto Stuffing, Brussels sprouts	22 Barber Stuffed Chicken Mashed pot., Herbed carrots	23 Braised Beef Gemelli pasta, Roast veg.
27 Burger w/chili & cheese Red Bliss potato	29 American Chop Suey Roasted carrots	30 Maple Glazed Ham Baked Beans, Carrots



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***