

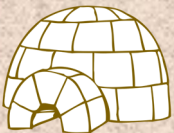
PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER
17 West Street
Paxton, MA 01612
OFFICE: 508-756-2833

January 2024

SENIOR SERVICES INFORMATION:
townofpaxton.net



Staying Warm

Historically, Inuit across the Arctic lived in igloos before the introduction of modern, European-style homes. While igloos are no longer the common type of housing for the Inuit, they remain culturally significant in Arctic communities. Some hunters and those seeking emergency shelter still use them.

It's a Leap Year for 2024!

A leap year is a calendar year that contains an additional day compared to a common year. The 366th day is added to keep the calendar year synchronized with the astronomical year or seasonal year. The extra day is February 29, 2024.

COUNCIL ON AGING BOARD**Officers**

Chairperson – Anita Fenton
 Vice Chair – Joan Bedard
 Secretary – Martha Akstin

Board Members

Bob Callahan, Curtis Hammar, Frank LaFlash,
 Kathryn Mahoney, Jim Putnam, Donmarie Sespaniak

Associates

Carol Coleman, Bob Lamotte, Natalie Siemen

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

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

Van Drivers

Don Berthel, Ken Carlson, Frank LaFlash

Schoolhouse Diner

Dining Site Manager – Moe Lewis-Wolf

FRIENDS OF THE COUNCIL ON AGING

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

Newsletter

Editors - Curtis Hammar, Cindy Love

It is 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

Thanks from the Food Pantry

Our sincere thanks to the many donors who have supported our Food Pantry throughout the year. It has enabled us to provide food assistance to many who need a little extra. The Pantry is available for any senior by calling Cindy at 508-756-2833. Items will be prepared for easy pickup.

VAN TRANSPORTATION remains available Tuesday, Wednesday and Thursday for rides to appointments and shopping. Call the COA office two days in advance for your door-to-door ride.

REMAINING POSITIVE

Life can be a challenge at any time, but for many the winter can be difficult. With the holidays behind us we find the days are darker, colder, and longer

January may not be the most inspiring month, but it may be the perfect time to re-charge ourselves as we look forward to the year ahead. Remaining positive will lift our moods, raise energy levels, enhance motivation and reduce stress. Positivity is a journey and not a destination. It is something that we work at daily thinking about areas in our life that we would like to change. You can start small and focus on one area at a time.

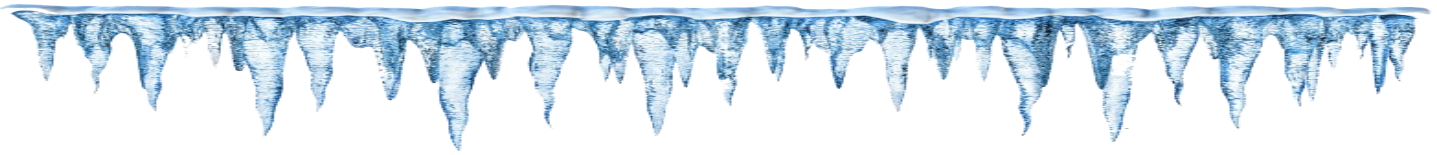
Here's some guidance on staying positive through the winter months:

- ◆ **Take on a new project**—a time limited project will help promote a sense of fulfillment.
- ◆ **Focus on what you can do rather than what you can't**—think about your daily tasks and how you can achieve them.
- ◆ **Take control and embrace positivity**—surround yourself with positive people and thoughts.
- ◆ **Foster a great morning routine**—have a consistent routine such as eating a healthy breakfast and outlining daily priorities.
- ◆ **Have a nightly ritual**—be kind to yourself, light a candle and say “good job today,” read, or listen to soft music.
- ◆ **Meditate**—meditation can help reduce stress and reduce negative emotions.

What we think in our minds will eventually become what we believe.

So, it is important that we stay *positive!*

Happy New Year!



Health Series

IMPORTANCE OF SELF-CARE

Our health series continues on **Thursday, January 25 at 10:30 am** exploring the importance of *Emotional Self Care*. This timely topic will focus on the nurturing, processing, and healing of our feelings and how we manage them. Join Alana as she demonstrates how to improve your emotional care ...and realize the Importance of your Self Care.



FIDELITY DONATES TO FOOD CUPBOARD

Fidelity Bank presented a generous donation to the Council on Aging and sponsored our Schoolhouse Café last month. The funding will help sustain the Food Pantry for seniors. We're grateful to Fidelity and its Paxton office staff for their contribution.



Reminder: There is no Schoolhouse Café this month. It returns on February 7.



Fridays at the Diner

Take advantage of a January special at the Schoolhouse Diner. Join us this month for **FREE, FUN, FRIDAYS ...Fabulous!**

Meals are compliments of the Council on Aging every Friday this month, so come and enjoy eating out with great conversation.

Just call by Wednesday to reserve your lunch (508-756-2833). Meals served at Noon.

Warm Up

Drop by the Kitchen Corner any morning for coffee and relax in comfort. It's here for your use. You can read a magazine or a book ... or do a puzzle. The TV is available too. No need to schedule anything ...come right in ! While here, you can also use the Game Room in the lower level for Pool, Ping Pong or Corn Hole.

Book Club

The Book Club's new year kicks off with discussion on *Lillian Boxfish Takes a Walk*, Kathleen Rooney's love letter to New York City. Time evolves from the Jazz Age to the birth of Hip Hop through the eyes of a sharp, savvy 85-year-old.

It's fiction, but is inspired by a very real woman who once walked the streets of New York: Margaret Fishback, copywriter for Macy's department store.

You can participate on **Monday, January 8 at 11 am.**

Gift Cabinet



Still a good choice of gifts available in the foyer Cabinet. Treat yourself or surprise a family member or friend and find that special "thank-you."

There are shelves of handmade gifts from jams to jewelry ... knitted goods to honey. All crafted with care and sure to please.



FEBRUARY PREVIEW

FEBRUARY 13 : Valentine's Lunch

FEBRUARY 22: Mental Health Awareness

FEBRUARY 29: Self-Care Series

New Year Wisdom

"I like the dreams of the future better than the history of the past." **Thomas Jefferson**

"You are never too old to set another goal or to dream a new dream." **C.S. Lewis**

"You'll never get bored when you try something new. There's really no limit to what you can do." **Dr. Seuss**

"Life is like riding a bicycle. To keep your balance, you must keep moving." **Albert Einstein**

"Every moment is a fresh beginning." **T.S. Eliot**

Bingo Returns Feb. 2



Our Bingo hosts and entertainers extraordinaire return on Friday, Feb. 2 at 12:30 pm for another exciting game. Join Jason (pictured) and Denis for all the fun and, maybe, the jackpot! \$1/card.

Ongoing Activites/January

- **Book Club (thought-provoking)**
- **Mah Jong (intriguing tile game)**
- **Pitch (happy card players)**
- **Walking Group (bundle-up)**
- **Hearts 'n' Hands (creative crafts)**

Check calendar at right for dates ↗

VETERAN'S CORNER

Wednesday, January 10
HISTORY OF MILITARY INTELLIGENCE II
SAM SESPANIAK, PRESENTER

MEETING: 10:30 AM



2024

Monthly Calendar January

Monday

- 1** **HAPPY NEW YEAR!**
- 8** 8:45 Walking Group / Mondays
- 10:00 Bowling / Mondays
- 10:00 Hearts 'n' Hands / Mondays
- 11:00 Tech Help / Mondays by app't
- 11:00 Book Club
- 15** MLK DAY—Office Closed

Tuesday

- 2** Noon Pitch / Tuesdays & Thursdays
- 9** 9:30 Friends of COA meeting

Wednesday

- 3** 9:30 COA Board meeting
- 10** 10:30 Veteran's Group

Thursday

- 4** Noon Pitch
- 25** 10:30 Self-Care Series

Friday

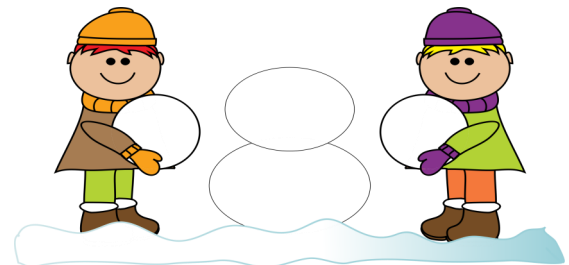
- 5** 9:30 Bocce / Fridays
- 10:00 Piano Lessons / Fridays
- 10:00 Mahjong / Fridays

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

REMINDER: Feeling under the weather? Please hold-off coming to the Senior Center so we can all stay healthy!

Hearts 'n' Hands

Congratulations to the Hearts 'n' Hands group for their successful Afghan raffle and our thanks for their continuing good work in sharing their hand-knitted and crocheted items with our senior community.



PAXTON SENIOR CONNECTION
17 West Street
Paxton, MA 01612

Noon Lunch at the Schoolhouse Diner
JANUARY MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
2 Meatballs with Onion gravy Bowtie pasta, Veg. blend	4 Chicken w/BBQ sauce Mashed potato, Summer corn	5 Macaroni & Cheese Stewed tomatoes, Grn.beans
9 Chicken Fajitas Spanish Rice, Black beans	11 Hot Dog Baked beans, Cole slaw	12 Fish with Crumb topping Delmonico potato, carrots
16 Buttermilk Chicken Potato au gratin, Mixed veg.	18 Beef with Onions & Peppers Potato wedges, Tuscany veg.	19 Shepherd's Pie Carrots, Peas
23 Chicken Mornay Veg. couscous, Veg. blend	25 Meatloaf w/gravy Mashed pot., Veg. blend	26 Chicken Cranberry Salad Pasta salad, 3 bean salad
30 Swedish Meatballs Mashed potato, Herb carrots		



Bread, milk and dessert included. Suggested donation: \$3.00
 TO RESERVE: Please call 2 days in advance (508)756-2833.

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