

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

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



March 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net

MARCH

brings us ...



⌘ **International Women's Day 8**

⌘ **The Ides of March 15**

⌘ **Johnny Appleseed Day 11**

⌘ **Artichoke Day 16**

⌘ **Pi Day π (3.14) 14**

⌘ **Let's Laugh Day 19**



COUNCIL ON AGING BOARD**Officers**

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

Board Members

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

Associates

Martha Akstin, 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

Olde Schoolhouse Diner

Dining Site Manager – Moe Lewis-Wolf

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

Van Service Pause

Our Van is scheduled for repair service from March 6 through 17. It will be unavailable for rides during that time. The regular weekday schedule will resume on Monday, March 20. Our continuing intent is to provide seniors with a safe, comfortable, and convenient vehicle to serve you for your transportation needs.

KITCHEN SAFETY

Though your kitchen can bring families together, it is important to keep kitchen safety in mind. We all need to be aware of some potential dangers that may occur. Whether cooking everyday meals or preparing for a gathering, the goal is to create happy memories, not hazardous ones.

Here are a few tips:

- Never stick a fork or knife into a toaster to retrieve food while it is plugged in. Unplug first and wait for it to cool.
- Keep dish towels and potholders away from hot surfaces.
- Never leave the stove unattended while cooking.
- Clean cooking surfaces regularly to prevent food and grease build-up.
- Keep a fire extinguisher nearby.
- Check your smoke detectors frequently.
- Be careful of spills, to avoid slips or falls.

By practicing safe cooking, you can reduce the risk of fire or injury. Keep your kitchen a joyful place ... and stay safe.

In Memory

We are saddened at the passing of friend, neighbor, and longtime Council on Aging board member

Alice Crowley

Alice was a tireless supporter of our Senior Center programs and always encouraged everyone to participate and to feel at home here. She was a welcoming presence and over the years contributed greatly to the purpose of the Council on Aging. Alice maintained her engaging personality and generously offered valuable insight on how to better serve seniors in our town. We honor her life and memory, and express our thanks for her lasting contributions to us.



You are cordially invited to our annual St. Patrick's Day celebration featuring food, fun, song and friendship

Friday, March 17

11:00 am - Dublin Down performs

Our audience favorite returns to get us toe-tapping and singing. Monica and Patrick bring their traditional and contemporary Irish and Celtic music back to our "stage" for a genuine St. Patrick's Day music fest.

Noon - St. Patrick's Day Luncheon

It's another favorite ... Corned beef and Cabbage!

RESERVATIONS REQUIRED: CALL CINDY: 508-756-2833 (BY MARCH 10)



INTRO to BALANCE

An information session for a new 8-week Balance Class is scheduled for **Tuesday, March 28 at 10 am**. The series is designed to reduce the fear of falling and increase the activity level of seniors. Trained class leader is Debby Osipov of Oriol Health Care. Each 2-hour session promotes positive thinking and exercise to increase strength, flexibility, and balance. This meeting is a sign-up session and a time to ask questions. Full classes begin on April 4. Class and materials sponsored by The Oriol Foundation.

LET US KNOW IF YOU WILL ATTEND (508-756-2833).

Senior Brunch

It's that time of year again—the popular Senior Brunch hosted by students at Paxton Center School !

**WEDNESDAY
MARCH 15
12:45 PM**

Paxton Center School Cafetorium.

(use entrance closest to West St.)

Our thanks in advance to the students, teachers

and lunch room staff who provide this annual event.

MUST RESERVE: CALL CINDY BY MARCH 7.

THERE ARE NO WALK-INS. DOORS OPEN at 12:30 pm.



Café

Drop in for this month's Café on **Wednesday, March 1**—doors opening at 9:30 am. A representative from The Overlook joins us for an informational "tour" of the Charlton senior care/lifestyle facility.

Book Club

This month, readers focus on journalist/novelist Carl Hiaasen's *Skinny Dip*, a murder plot/revenge caper set in Florida. **Monday, March 13 at 11 am.**

Hearts 'n' Hands

Our Craft group meets weekly (**Mondays at 10 am**) for crochet, knitting or quilting. Work on your own project or a group creation. All are welcome.

Writing Memoirs

Thursday, March 23 10:30 am

Bring out your creative voice in this workshop that will help you shape memories into a story to share. John Porcino, professional storyteller/musician, will guide participants through engaging spoken and written exercises exploring the "treasure box of our minds." It all leads to a personal, well-crafted story you can take home. Learn the steps. It's open for everyone.

PRESENTED BY A GRANT FROM THE PAXTON CULTURAL COUNCIL



APRIL PREVIEW

April 4: MATTER OF BALANCE—Classes begin

April 13: THE HIGHWAYMEN—Song and stories



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**COMPLIMENTARY LUNCH**

Our Schoolhouse Diner lunch program invites you to participate. Tuesday lunches during March are provided compliments of the Council on Aging. Check out the menu on the back page. Remember to call by the previous Friday morning to reserve your meal (508-756-2833). Hope to see you!

THE HILLS

Part of the Council on Aging's outreach includes regular informational sessions at The Hills at Paxton Village. It's a time for residents to stay informed of services and activities, and to ask any questions for Cindy (COA Director) to answer. This month's session is at **10 am on March 28**.

Welcome, Alana

We're happy to have a new intern at the Senior Center. **Alana Conti**, a junior at Anna Maria College, came to us last month as part of her BSW (social work) degree program.

She is helping with special projects at the COA while learning first-hand about serving seniors.

Alana is from Winthrop (Winthrop High grad) and hopes to work with elders in her career choice. She told us she enjoys learning to interact with seniors here and has already made a significant contribution to the Council on Aging. She's also a great lover of the gym and healthy workouts.

Say 'hi' if you see her ... if she doesn't greet you first.

**VETERAN'S CORNER**

Wednesday, March 8

Meeting-10:30 am: Presentation from Princeton-based NEADS (service dogs). The organization trains a wide range of service and assistance dogs to meet the needs of people with disabilities.

2023

Monthly Calendar

(Weather may impact our schedule. Please call ahead if unsure)

March**Monday**

- 6** 9:00 Trail Walkers every Monday
10:00 Bowling @Bayberry every Monday
10:00 Hearts 'n' Hands every Monday
11:00 Tech Help-Mondays by app't.
13 11:00 Book Club

Tuesday

- 7** Noon Pitch every Tuesday
14 10:00 Friends of COA meeting
28 10:00 Intro to Balance Class

Wednesday

- 1** 9:30 COA Board meeting
Schoolhouse Cafe
8 10:30 Veteran's Group
10:30 Sen. Gobi, Rep. Ferguson office hours
15 12:45_{pm} Paxton Center School Brunch
29 10:00 Chair Massage by appointment

Thursday

- 23** 10:30 Writing Memoirs workshop
30 10:00 Chair Massage by appointment

Friday

- 3** 9:30 Bocce every Friday
10:00 Piano Lessons every Friday
17 11:00 Dublin Down performs
St. Patrick's Day Lunch

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.

CLOCKS CHANGE

Daylight Savings Time begins at 2:00 am on **March 12**. Set your clocks ahead on Saturday night.



Time to Spring Ahead

Paxton Council on Aging
17 West St
Paxton, MA 01612

Presorted
 Standard
 Postage
 PAID
 Permit #3
 Holden, MA.

Lunch at the Schoolhouse Diner

MARCH MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
	2 Braised Beef Gemelli pasta, Broccoli	3 Egg Frittata O'Brien potato, Stewed tomato
7 Burger with Chili / Cheese Herbed potato, Green beans	9 American Chop Suey Roasted broccoli, Carrots	10 Vegetable Cheese Bake Seasoned pot., Green beans
14 Greek Chicken White rice, Broccoli	16 Meatloaf w/gravy Garlic mashed pot., Corn	17 ST PATRICK'S DAY LUNCH Corned Beef Cabbage, Boiled pot., Carrots
21 Teriyaki Beef Steamed rice, Broccoli	23 Salisbury Steak w/gravy Garlic mashed pot., Peas/carrot	24 Potato Crunch Fish Delmonico pot., Mixed veg.
28 Jambalaya Rice Pilaf, Green peas	30 Chicken Picatta Wild rice, Roasted broccoli	31 Macaroni & Cheese Stewed tomato, Green beans

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



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