

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER
17 West Street
Paxton, MA 01612

OFFICE: 508-756-2833

May 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net

Things for Spring !

Flower Tips

Quick tips for handling cut flowers to decorate the table: page 4

Right-Sized Living

Packing and sorting around the house for staying or relocating is the topic at the seminar: May 15

Flag Disposal

Dispose of your worn or faded U.S. flags with dignity at our receptacle in the Senior Center foyer. American Legion handles the final ceremony.

Trail Walkers

The best exercise for spring: walking outdoors. Join our group which sets out every Monday from the parking lot at 8:45 am. It's invigorating!

Game Room

Cornhole, Bocce (every Friday), Pool and Table Tennis are always available in our lower level Game Room. Just check-in at the office.

memorial
DAY



THANK YOU !



COUNCIL ON AGING BOARD**Officers**

Chairperson – Anita Fenton
 Secretary – Joan Bedard
 Treasurer – Bob Callahan

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

Associates

Martha Akstin, Bob Lamotte, Natalie Siemen

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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

Code Red

Just a reminder, we are moving into hurricane season soon and we want everyone to be aware of weather threats. A good way is to sign up for Code Red. This system sends you a phone message about impending or current situations in Paxton. To get on the system, go to townofpaxton.net and find the Code Red bar right on the front page. If you need help in signing up, call Cindy at 508-756-2833.

NEWSLETTER**WANT TO GO PAPERLESS ?**

Everyone experiences the increased cost of things today. It's all noticeably higher. This is true right here with the Newsletter and it's primarily due to mailing/processing costs.

Postal regulations require the Newsletter to be "machineable" or able to survive the "high speed" processing at the USPS. It also means we need to add bar codes. We intend to do this but are asking readers if they would prefer to OPT OUT of a mailed print copy. The full Newsletter is available online at townofpaxton.net (click "Departments" and Senior Services) even before the mailed edition arrives. So, let us know.

If you choose to OPT OUT of the print version please call the office at 508-756-2833 (leave a message with your name and address if we are not available). Issues are still mailed to all others.

Newsletters can also be found at the Senior Center, Library, and Marketplace.

Thank you for your consideration ... and for reading!

SPRING ALLERGIES

Spring allergies are earlier than usual this year because of the mild winter we experienced. In the spring, dormant trees come alive. The release of pollen in the air can trigger an allergic response. The most common causes of spring allergies include tree and grass pollen, mold spores and insects. Pollen counts are typically highest in the morning or on warm, windy days. If you're one of the millions of people who endure seasonal allergies, symptoms you may experience are sneezing; runny, itchy, or stuffy nose; itchy and watery eyes; and a dry cough.

One way of avoiding these symptoms is to reduce your exposure. Stay indoors on dry, windy days. Keep windows closed to prevent pollen from coming in. Consider adding an air purifier to your home.

The best time to go outside is after a good rain, which helps clear pollen. If you need to be outdoors, wear a face mask to do the chores. Try an over-the-counter remedy such as an oral antihistamine. These products can help relieve the sneezing, itchy and watery eyes. As always, consult your doctor with any questions or concerns.

TRIVIA**Red, White & Blue**

Have fun with this "colorful" trivia program sponsored by Vibra Hospital/The Meadows on **Wednesday / May 24 at Noon**. Kim is back as our host and emcee. Be challenged by timely questions ... figure out patriotic facts ... celebrate the USA!

LIGHT LUNCH and PRIZES !
All are invited

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

Dr. Lock: Thyroid and Aging

THURSDAY / MAY 11 AT 10:30 AM

The endocrine system, including the thyroid, undergoes important functional changes during aging. It is known that thyroid disorders affect physical and cognitive function in older people. It can be associated with concentration, memory, perceptual functions and language.

Dr. Paul Lock offers details on research and treatments in this session, the third in his ongoing series. Be informed about your health issues through this timely presentation.

RIGHT SIZED LIVING SEMINAR

Monday / May 15 at 11 am

At some point in life we all think of organizing our lives ... perhaps thinking of downsizing or relocating.



This company offers practical knowledge about costs, quality and available resources on these topics:

- Developing an overall move or "age in place" plan
- Organizing and sorting all household items
- Customizing floor plans
- Arranging for profitable disposal of unwanted items
- Scheduling and overseeing insured movers
- Unpacking and setting up your new home
- Working with your realtor on home staging and sale

If you are thinking ahead about a move, hear from the pros at Right Sized Living who can help with their services.

**JUNE PREVIEW**

JUNE 8: Medicare Fraud

JUNE 26: Bemis Summer Floral Workshop

June 28: "Kick Off Summer" Barbeque

Dan Kirouac
Music and Memories
from the 60s and 70s

Thursday / MAY 18 at 11 am



Pianist/vocalist Dan Kirouac returns to the Senior Center with his unique blend of vocals with piano

POP
EASY LISTENING
LIGHT ROCK

Make it a Schoolhouse Diner lunch day.

Reserve by Tuesday, May 16

508-756-2833

PROGRAM MADE POSSIBLE THROUGH A GRANT FROM THE PAXTON CULTURAL COUNCIL

Corn Hole

How about a few friendly games of Corn Hole? We're looking to get teams together and kick off weekly summer fun. The game sets are ready and the weather should be good for outdoor play. Coffee/pastries are in the plan. Call the COA if you have an interest in participating.

Café

Facts about Deeds, Homestead Act, Trusts and Estates blend with the Café's coffee and pastries on **Wednesday, May 3**. Worcester Register of Deeds Kathryn Toomey gives an overview and answers your questions. Doors open 9:30 am. Café Talk around 10:15.

Book Club

The Beantown Girls by Massachusetts novelist Jane Healey is in the spotlight for our discussion on **Monday, May 8 at 11 am**. It's WWII; best friends and heroines take on the front lines ... backed by hope.

Senior Center Notes




MEET YOUR PEN PAL
 Pen Pal participants are invited to a “year end” reception on June 13. Pals will meet each other in person after spending much of the year in correspondence. The Pen Pal program connected 45 seniors with fourth graders at Paxton Center School.

FREE LUNCH FRIDAYS
 Get your weekend started with lunch compliments of the Council on Aging. Fridays during May are a special treat at the Schoolhouse Diner. Call to reserve.

HEARTS ‘N’ HANDS
 Our knitters, crocheters and quilters have a new schedule. Starting in May the crafters now meet regularly on the first and third Monday each month. New participants are always welcomed.

Keeping Flowers Fresh




When to Cut
 Cut flowers from the garden in the morning or early evening when stalks have plenty of water
 Generally, avoid picking most flowers when in full bloom or they won't last as long; pick when starting to show color

How to Cut
 Use a sharp knife. Using scissors can pinch the water channels in the stalks
 Place stems in a bucket of clean water right after cutting
 Leave flowers in the water in a cool, dark spot for a few hours to stabilize them before arranging

Selecting
 Chrysanthemums last for a week or more
 Daylilies are gone after one day
 Tulips continue to grow after you arrange them

Flowers prefer warm water (80-110F). The water in the vase does not need to be maintained at that temp., but always start cut flowers in warm, not cold water.



VETERAN'S CORNER
Wednesday, May 10
Meeting-10:30 am
 Worcester Memorial Markers
 Presenter: Richard Bedard, Jr.

2023

Monthly Calendar May

- Monday**
- 1 8:45 Trail Walkers every Monday
 - 10:00 Bowling @Bayberry every Monday
 - 10:00 Hearts ‘n’ Hands
 - 11:00 Tech Help-Mondays by app’t.
 - 8 11:00 Book Club
 - 15 10:00 Hearts ‘n’ Hands
 - 11:00 Right Sized Living
 - 29 MEMORIAL DAY—OFFICE CLOSED
- Tuesday**
- 2 10:00 Matter of Balance every Tuesday
 - Noon Pitch every Tuesday
- Wednesday**
- 3 9:30 COA Board meeting
Schoolhouse Café
 - 10 10:30 Veteran’s Group
 - 24 Noon Trivia and Lunch
- Thursday**
- 11 10:30 Dr. Lock Series
 - 18 11:00 Dan Kirouac Show
- Friday**
- 5 9:30 Bocce every Friday
 - 9:30 Piano Lessons every Friday
 - 10:30 Chair Yoga every Friday
 - 12:30pm Bingo

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

RAT PACK BINGO!



We’re rolling the numbers again so “come on down” to this month’s Bingo party on **Friday, May 5 at 12:30 pm**. The theme is the Rat Pack. There’ll be music and one-liners by hosts Denis Cormier and Jay Silvestri. Give-aways! \$1/card.

BUS TRIPS
Tuesday, May 23: Friends-sponsored Bus Trip to Lake Winnetoesaukee for a **cruise on the m/s Mount Washington**.
 For detailed info and deadlines, call Bob Wilby at 508-792-4662 or wilby@charter.net.

PAXTON SENIOR CONNECTION
17 West Street
Paxton, MA 01612

Presorted
 Standard
 Postage
PAID
 Permit #3
 Holden, MA.

Lunch at the Schoolhouse Diner

MAY MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meatballs Marinara sauce, Green beans	4 Potato Crunch Fish Potato au gratin, Veg. blend	5 Chicken Fajitas Spanish Rice, Beans/Corn
9 Chicken Pesto Seasoned potato, Veg. blend	11 Chicken Cordon Bleu w/gravy Stuffing, Roast cauliflower	12 Breaded Fish Patty Tater Tots, Spinach
16 Burger w/chili & cheese Herb potato, Green beans	18 American Chop Suey Corn, Honey glazed carrots	19 Meatloaf w/gravy Garlic mashed pot., Mixed veg.
23 White Bean Chicken Chili Brown rice, Roasted veg.	25 Baked Ham w/maple glaze Mashed potato, Italian veg.	26 Chicken Cranberry Salad Pasta salad, Three bean salad
30 Chicken w/BBQ sauce Mashed potato, Summer corn		



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

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