

# PAXTON Senior Connection

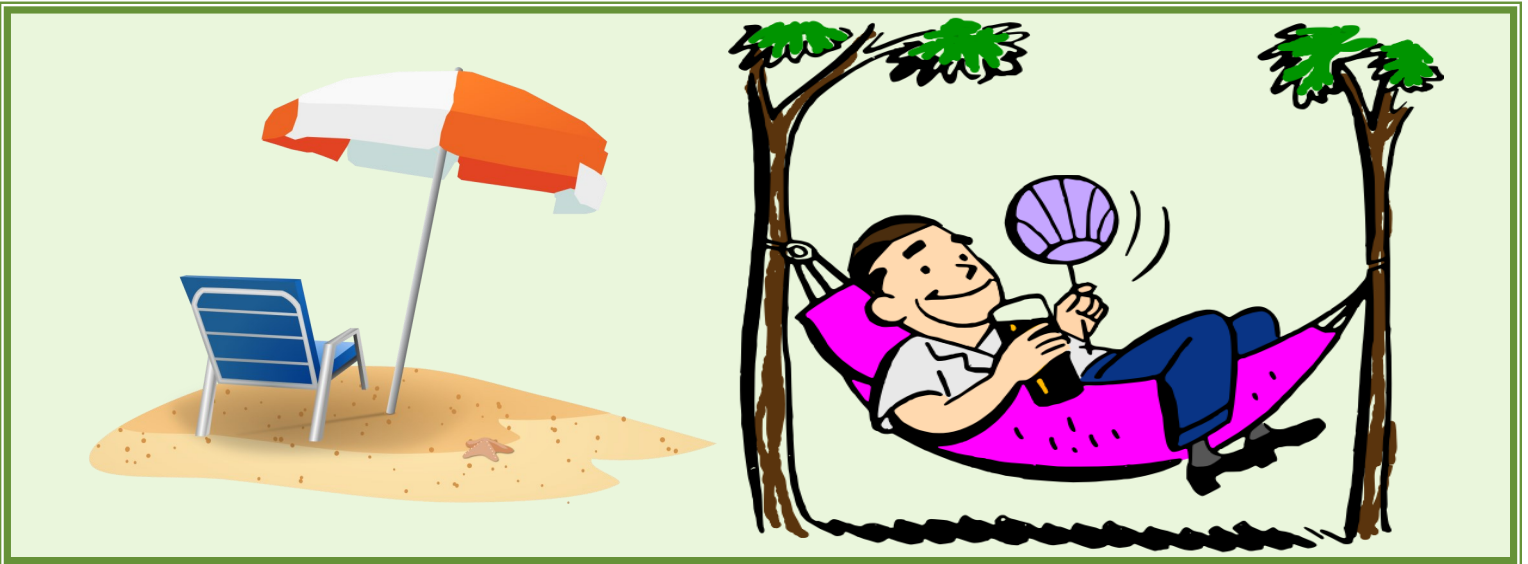
NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER  
17 West Street  
Paxton, MA 01612

OFFICE: 508-756-2833

August 2023

SENIOR SERVICES INFORMATION:  
[townofpaxton.net](http://townofpaxton.net)



## Timely August Trivia

The Roman calendar consisted of 10 months. When Julius Caesar took control of Rome (46 BC), he changed the length of some months and added new ones because January was falling in autumn due to the calendar's inaccuracies.

He added July (named after Julius), and "Sextilis," which would later become *August* (named after Augustus Caesar). Our Gregorian calendar is based on this Julian calendar.

## Whew !

The first modern air conditioner was invented in 1902 by Willis Haviland Carrier, who successfully solved a humidity problem that was causing magazine pages to wrinkle at a Brooklyn printing plant.

It worked. Carrier patented his system that could either humidify or dehumidify air (by cooling water) . The cooling property is what we all like in the summer.

**COUNCIL ON AGING BOARD****Officers**

Chairperson – Anita Fenton  
 Vice Chair – 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

**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

**Food Pantry / Medical Equipment**

The COA Food Pantry continues to serve any Paxton resident throughout the summer. Available weekdays 9 am to 2 pm. Please call Cindy for personal assistance.

If you need the temporary use of a wheelchair, walker, bath seat or other durable medical equipment, we maintain a supply to loan out. Call or visit the Council on Aging office.

***SUMMER BUCKET LIST***

With summer here we all think of what activities we can engage in with family and friends. Some of these include going to the beach, a family vacation, or possibly a theme park with the grandchildren. Are there other summer activities you would like to engage in? Do you have a “mini” bucket list?

What is a bucket list? Quite simply, it's a list of dreams, goals, and activities you want to accomplish in a certain period of time. You can include anything you want on the list. The possibilities are endless! Jot down a list of things you would do or were thinking of doing. Perhaps there are new skills you would like to learn or places to see. When you are at a loss for what to do next, reach into that bucket of ideas.

Here is a list of ideas to get your imagination going:

**Attend Workshops and Summer Classes**

You can fuel your passion and seek a new skill while keeping yourself engaged and stimulated.

**Plan a Picnic ... with a Twist**

Grab a blanket, shake things up and change that menu. Think exotic!

**Enjoy Live Music Outdoors**

Visit a local music series in Paxton and other towns.

**Enjoy a Leisure Drive to Somewhere New**

Pick a destination on the map you've never visited. The journey can be as nice as the destination.

**Start a New Hobby**

What better time to pick up a new hobby than summertime! Learning something new helps to maintain mental health. Active learning keeps our brains healthy and sharp for years.

*Hope you fulfill your goals this summer!*



**HARTMAN'S HERB FARM LUNCHEON**

Join us for a special outing and luncheon at Hartman's Herb Farm in Barre on **Wednesday, August 16**. The beautiful setting features farm, greenhouses, gardens and gift shop, amid a picture-perfect setting at 1026 Old Dana Road.

Our visit includes a complete luncheon in the Post and Beam Dining Room and exploring the beautiful gardens.

On the menu are Herbed Baked Haddock or Roast Stuffed Pork with apple cider gravy. It's a multi-course dinner with hors d'oeuvres, salad, tea/coffee, and summer dessert. Cash bar for adult beverages and soda.

Plan to arrive at Noon. Cost is \$30 pp including gratuity. RESERVE/PAY by August 7: 508-756-2833.

**ANNUAL HEALTH FAIR RETURNS**



The Council on Aging 2023 HEALTH FAIR returns on September 27 featuring nearly 30 health professionals displaying information on a wide range of topics. It's open to the public and includes a flu shot clinic and hearing tests. Mark your calendar and invite everyone.

**Book Club**

*The Elegance of the Hedgehog* by French novelist Muriel Barbery follows the life of a concierge whose concealed intelligence is uncovered by a precocious girl. It's next up for the Book Club's discussion on **Monday, August 14** at 11 am.

**Trail Walkers**

Walkers are still active! The group steps off at **8:45 am Mondays**. Various nature trails are explored (meet at the Senior Center). Thanks to Diane Graham and Christy Barnes for their expert leadership. *Anyone can join the Walkers! Just show up.*

**SUMMER SURPRISE ...  
MYSTERY LUNCH**

Our creative Paxton Police Department chefs have a **MYSTERY LUNCH** planned for us on **Wednesday, August 23 at 11:30 am**. We know that there will be entertainment by the always popular Denis and Jason and prizes will be awarded. The rest is still under lock and key ... menu to be revealed when we arrive.

Intrigued? Should be fun!

Please reserve your spot by August 16:  
508-756-2833

SPONSORED BY PAXTON POLICE DEPARTMENT



**Schoolhouse Café**

The Café is open on Wednesday, **Wednesday, August 2** for your enjoyment (starts at 9:30 am). Pastries are always in the kitchen, coffee's in the pot, and there is plenty of happy conversation all morning.

**YWCA Classes**

The Active Living YWCA 12-week series continues every **Thursday**. Anyone who would benefit from just the exercise portion of the class is welcome to attend from 10 am to 11 am.



**SEPTEMBER PREVIEW**

**SEPTEMBER 14: "The Blackstone Canal" presentation**

**SEPTEMBER 20: Greendale Retired Friends Chorus**

**SEPTEMBER 27: 2023 COA Health Fair**

### Senior Center Notes



#### SUGGESTIONS? COMMENTS?

We're reaching out for your ideas and comments on Senior Center programs, events, or services. What have you liked? What would you like to see? What sparks your interest?



We have a suggestion box in the foyer. Drop a line in it. Optional signed or anonymous. Your ideas are important to us!

### Fizzy ... Fun ... Fruity

Recipe for a fabulous summer beverage

#### Ingredients

- 1 Orange thinly sliced
- 1/2 Lemon thinly sliced
- 1 cup Blueberries
- 1 cup Raspberries
- 10 large Strawberries sliced
- 1 cup Orange Juice
- 1 bottle sweet white wine
- 1 bottle your favorite champagne



Place fruit and Orange Juice in punch bowl. Add wine. Leave 3 to 24 hours in refrigerator. Add Champagne when ready to serve (optional: alcohol-free wine/champagne) ... and ENJOY !

# 2023

## Monthly Calendar August

### Monday

- 7 8:45 Trail Walkers every Monday
- 10:00 Hearts 'n' Hands
- 11:00 Tech Help-Mondays by app't.
- 14 11:00 Book Club
- 21 10:00 Hearts 'n' Hands

### Tuesday

- 1 Noon Pitch every Tuesday

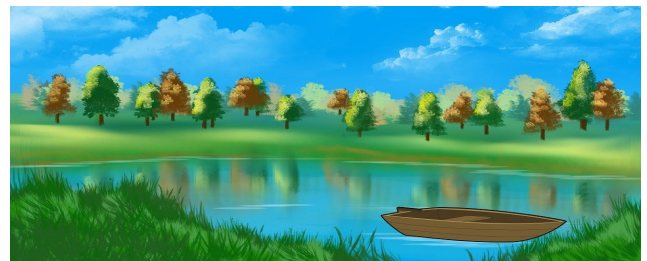
### Wednesday

- 2 9:30 COA Board meeting  
Schoolhouse Cafe
- 9 10:30 Veteran's Group social
- 16 Noon Outing: Hartman's Herb Farm
- 23 11:30 Summer Mystery Lunch

### Thursday

- 3 10:00 YWCA Active Living every Thursday

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



### VETERAN'S CORNER

Wednesday, August 9

#### MONTHLY SOCIAL

10:30 AM

### BUS TRIPS

Thursday, August 17, 8:15 am: "Footloose" at Interlakes Theater, Meredith NH and dinner is the next Friends-sponsored Bus Trip. Please call Bob Wilby at 508-792-4662 or wilby@charter.net for detailed info and payment deadlines.

**PAXTON SENIOR CONNECTION**

**17 West Street  
Paxton, MA 01612**

Presorted  
Standard  
Postage  
PAID  
Permit #3  
Holden, MA.

*Lunch at the Schoolhouse Diner*

**AUGUST MENU** (Subject to change)

TUESDAY	THURSDAY	FRIDAY
<b>1</b> Greek Chicken White rice, Broccoli	<b>3</b> Turkey Supreme Herbed stuffing, Glazed carrots	<b>4</b> Lemon Pepper Fish Potato, Roast Brussels spr.
<b>8</b> Vegetable Cheese Bake Seasoned potato, Grn. beans	<b>10</b> Salisbury Steak w/gravy Garlic mashed pot., Capri veg.	<b>11</b> Potato Crunch Fish Rice Pilaf, Mixed vegetable
<b>15</b> Meatballs w/onion gravy Bowtie pasta, Mixed veg.	<b>17</b> BBQ Chicken Mashed potato, Veg. blend	<b>18</b> Macaroni & Cheese Stewed tomato, Grn. beans
<b>22</b> Roast Pork Cranberry stuffing, Mixed veg	<b>24</b> Beef w/onions & peppers Herbed potato, Glazed carrots	<b>25</b> Chicken Cranberry Salad Pasta salad, 3 Bean salad
<b>29</b> Chicken Milano Rice Pilaf, Spinach	<b>31</b> Shepherd's Pie Carrots, Peas	

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

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