

# **PAXTON** Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

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

December 2023

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

## Happy Holidays



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

Chairperson – Anita Fenton  
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 Secretary – Martha Akstin

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**Associates**

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**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

**Winter Weather**

Please note that Van service during inclement winter weather is cancelled if Paxton Center School has a “snow” day. This is the same for all events at the Senior Center. If there is a question about whether programs are on as scheduled, always call us at the COA office before you come. Safety is a priority and sometimes it is best to stay off the roads.

***LIFTING SPIRITS***

The holidays can be a time of joy and happiness. For many, it can be a difficult time of year. The demands of decorating, buying gifts, and anticipating family gatherings can lead some to feeling overwhelmed.

Others find themselves alone with their feelings around the holidays. Many times their children and even grandchildren no longer live nearby while friends and neighbors have moved away. For those reasons, it can be difficult to stay positive and happy.

The loss of a loved one can bring sadness and even depression because the holidays remind us of those we lost. One important thing to remember: it’s OK to let yourself feel those emotions. Memories can be a source of comfort, so share them by looking at photos and exchanging stories with others who love and support you. Make time for solitude, but don’t isolate yourself. We all know someone who struggles during the season.

Here are a few ideas that may lift spirits during the holiday season:

- Reconnect with family, friends and neighbors
- Maintain social contacts through community activities
- Be kind to yourself and others
- Cherish all the good memories

One last thought: it’s less about what you do and more about *being* here. That’s the best gift of all !

***Warmest Greetings***

***Wishing everyone a wonderful holiday season that is filled with peace, joy and laughter, with a New Year that brings good health, new adventures and good fortune.***

*Cindy, staff, and volunteers  
 of the Council on Aging*



## Annual Holiday Party

Join your friends, old and new, at our Holiday Party on Thursday / December 21

A special treat is the **Carlos Davis Band** entertaining "on-stage" at 11 am.

This is followed by our traditional luncheon at Noon. Dress up in the holiday spirit if you want and there could be unexpected prizes!



PLEASE MAKE RESERVATIONS BY THURS., DECEMBER 14 SO WE CAN PLAN THE LUNCH.  
(508-756-2833)

### Tax Info

#### SENIOR TAX BREAKS

Do you know about the various tax exemptions available to seniors? Kateri Clute, Principal Assessor for Paxton, is here for consultation on **Wednesday, December 13 from 10 am to Noon**. Learn about the requirements, asset limits, and application dates. This could apply to you and it's worth getting the information and asking your questions.

### Health Info Program

#### LONG-TERM COVID

Get the latest information on the after-effects of COVID from Dr. Chandra S. Lingisetty, Chief Medical Officer at eternalHealth.

The program, on **Thursday, December 14 at 10:30 am**, will explore the most common symptoms of the coronavirus and the path of unexpected side effects.

## Schoolhouse Café

It's another party at the Café on **Wednesday, December 6** when Denis Cormier kicks off the holidays. Come hear the songs you know ... and some you can sing along to. Let's fill the house! Coffee/pastries/friendship all morning. AND ... we'll have the drawing for the Afghan! (You can still participate: \$1/ticket).

Doors open at 9:30 am.

THE CAFÉ IS SPONSORED BY FIDELITY BANK



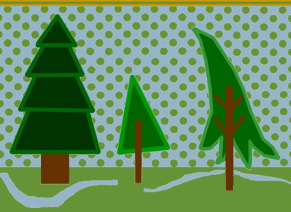
## Holiday Gift Cabinet

Just in time, the Holiday Gift Cabinet is full of choice handmade items for the season. Stop by the foyer and shop for that special gift. You can choose from a wide selection of handmade gifts from jams to jewelry ... knitted goods to honey. All crafted with care and sure to please.

## JANUARY PREVIEW

JANUARY 25 : Series: Importance of Self Care

ALL MONTH: Pitch, Mahjong, Bingo, Hearts 'n' Hands, Bocce, Walking Group, Bowling





## Senior Center Notes

### THANK YOU

We are grateful to our friends at **Country Bank** for their generous donation to the Senior Center. Their gift will support additional programs, events, and services for the senior community.

### CAFÉ SCHEDULE

The monthly Schoolhouse Café is on "vacation" for January and will resume February 7.

### HEALTH CONCERNS

During this winter season, we ask everyone to be mindful of others by not attending Senior Center events if you are feeling ill or have symptoms of a cold. We are still COVID-aware and want to prevent the spread. Wearing of masks is optional.



## Book Club

Agatha Christie's third novel (1926) featuring famed detective Hercule Poirot is *The Murder of Roger Ackroyd*. It's next for the Book Club and has long been considered a controversial mystery in style and content. There's a surprising twist along with blackmail, a secret lover, and murder.

**Monday, December 11 at 11 am.**

## By the Numbers

- 80.8 million Americans will be 65+ years old in 2040
- 79% of older adults have at least two chronic health conditions
- 15 million Americans 65+ are economically insecure.

SOURCE: NATIONAL COUNCIL ON AGING (NCOA.ORG)

## VETERAN'S CORNER

**Wednesday, December 13**

**HOLIDAY LUNCHEON**

(RESERVE FOR LUNCH: 508-756-2833;  
BRING A \$5 SCRATCH TICKET)

**MEETING: 10:30 AM**



# 2023

## Monthly Calendar December

### Monday

- 4** 8:45 Walking Group / Mondays  
10:00 Bowling / Mondays  
10:00 Hearts 'n' Hands / Mondays  
11:00 Tech Help / Mondays by app't
- 11** 11:00 Book Club
- 25** Christmas Day—Senior Center closed

### Tuesday

- 5** Noon Pitch / Tuesdays AND Thursdays
- 12** 9:30 Friends of COA meeting

### Wednesday

- 6** 9:30 COA Board meeting  
Schoolhouse Cafe
- 13** 10:00 Tax Info: Board of Assessors  
10:30 Veteran's Group

### Thursday

- 7** Noon Pitch  
1:00 pm Chair Yoga / Thursdays
- 14** 10:30 Long-term Covid Effects
- 21** 11:00 ANNUAL HOLIDAY PARTY

### Friday

- 1** 9:30 Bocce / Fridays  
10:00 Piano Lessons / Fridays  
10:00 Mahjong / Fridays

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



**PAXTON SENIOR CONNECTION**  
**17 West Street**  
**Paxton, MA 01612**

*Lunch at the Schoolhouse Diner*  
**DECEMBER MENU** *(Subject to change)*

TUESDAY	THURSDAY	FRIDAY
		1 Ranch Chicken Wild rice, Roasted broccoli
5 Hot Dog Baked beans, Coleslaw	7 Garlic Herbed Chicken Stuffing, Roast Brussels spr.	8 American Chop Suey Roasted broccoli & carrots
12 Burger w/ Chili & Cheese Red Bliss potato, Grn beans	14 Teriyaki Beef Brown rice, Broccoli	15 Jambalaya Rice Pilaf, Green peas
19 Greek Chicken White rice, Roasted broccoli	21 <b>HOLIDAY PARTY</b> Chicken Cordon Bleu Stuffing, Roasted broccoli	22 Shepherd's Pie Carrots, Peas
26 Vegetable Cheese Bake Seasoned potato, Mixed veg	28 Salisbury Steak w/ gravy Garlic mashed pot, Grn. beans	29 Potato Crunch Fish Lemon rice, Roasted veg.

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



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