

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

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

February 2024

SENIOR SERVICES INFORMATION:
townofpaxton.net



hello,
FEBRUARY!



CELEBRATED IN FEBRUARY

- 2nd: Groundhog Day
- 12th: Lincoln's Birthday
- 13th: Mardi Gras
- 14th: Valentine's Day
- 17th: Random Acts of Kindness Day
- 19th: Presidents' Day



February marks Heart Month, an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. It serves as a reminder to prioritize heart-healthy lifestyles, learn about heart disease prevention, and support those affected by cardiovascular conditions.

COUNCIL ON AGING BOARD

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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

Drop Offs

If you are bringing any donated items to the Senior Center, please do not leave things outside the door if we are not open. We have seen boxes of food, bags of clothing and medical equipment left outside overnight or, sometimes, over the weekend. We are grateful for all donations ... but please bring them to us during open hours.

COA Introduces New Transportation Service

Beginning Monday, April 1, 2024, transportation options for seniors aged sixty and over and people with disabilities living in Paxton will be transitioning from the Council on Aging to SCM Elderbus.

SCM Elderbus, in partnership with the Worcester Regional Transit Authority (WRTA), provides transportation services to meet the needs of seniors aged sixty and over, and people with disabilities living throughout the WRTA service area. SCM Elderbus provides safe, reliable next day transportation to medical appointments, grocery shopping, trips to the Senior Center, and more.

Stay tuned for additional details in our March Newsletter, including a *save-the-date* for two information sessions with the WRTA about the upcoming changes.

A NOTE FROM CINDY:

I feel this is an exciting time for seniors as the Council on Aging partners with SCM Elderbus. We are always looking for ways to improve and assist seniors while providing the best transportation service. This new service will provide many more options while keeping the same curb-to-curb you are accustomed to. This transition will take a few months and we will offer several informational sessions as we move forward. Please be assured that your well-being and safety is always a priority. I am available for any questions or concerns you may have as we make this transition.

Valentine's Day Celebration

Tuesday, February 13



You're invited to our annual celebration of Valentine's Day featuring entertainment and luncheon on Tuesday, February 13 at the Senior Center. It all begins at 11 am with a warm-hearted program led by vocalist Denis Cormier ... sure to get toes tapping. Then, our Valentine lunch is served in the Dining Room. PLEASE RESERVE BY FEB. 7. EVENT IS SPONSORED BY FRIENDS OF THE COUNCIL ON AGING

Health Series

IMPORTANCE OF SELF-CARE

Self-Care is all about caring for yourself. This month we are going to explore how to take care of your body and mind by discovering physical self-care. When caring for your body you will think and feel better too! Join Alana on **Tuesday, February 27 at 10:30 am** for this informative presentation. Light refreshments served and we'll draw a name for a door prize! Please let us know if you will be attending. Snow date: Feb. 29



REMINDER: Feeling under the weather? Please hold-off coming to the Senior Center so we can all stay healthy! Masks and test kits are available in the foyer and office.

Book Club

Lawrence Hill's 2007 novel *Someone Knows My Name* is next for readers on **Monday, February 12 at 11 am**. An enslaved child becomes a scribe for the British during the Revolutionary War and records the names of blacks who served the King and earned their freedom in Nova Scotia.

Mental Health Awareness

Join Licensed Clinical Social Worker Emily McDonough for a presentation and discussion focusing on how to identify depression and anxiety. This learning session, **Thursday, February 22 at 10:30 am** will also share healthy ways of coping. As many as one in four older adults report experiencing depression and/or anxiety regularly. If you or a loved one can relate to this, you are not alone! Become mental health-aware and take advantage of this program.

Weekly Exercise Series

Mindful Movement

Exercise is one of our best ways to slow the aging process. Together with mindfulness it helps to reduce stress, anxiety, depression, emotional eating, and chronic pain. Clinical exercise physiologist Janet Huehls offers this new series starting **Friday, February 2 at 11 am** to allow you to feel and function the best that you can. It combines traditional chair yoga and adds mindful strength balance and mobility movements to restore calm and build confidence. Each class ends with a mindfulness meditation.



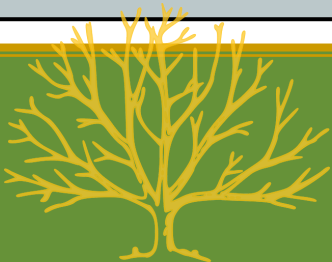
DONATION: \$3

MARCH PREVIEW

MARCH 14: St. Patrick's Day Party

MARCH 21: Dr. Lock Series

MARCH 27: Preparing for the Future



Senior Center Notes



TALK TO THE ASTRONAUTS

We'll have an awesome opportunity on **Friday, February 9** to join students of Central Tree Middle School in Rutland who are linked up to the International Space Station. Their special event will be shown on our own large screen, beginning at **9:15 am**. Students will submit questions to the astronauts aboard and receive their answers "live" from the Space Station. We've been specially invited to listen in!

Schoolhouse Café Returns

The Café opens this month on **Wednesday, February 7 at 9:30 am**. Great coffee, conversation, and, as usual, delicious breakfast snacks. We need a count this time: Please call Cindy at 508-756-2833 if you are dropping in.

CAFÉ IS SPONSORED BY ETERNAL HEALTH
BLOOD PRESSURE CHECKS ARE NOW AVAILABLE EACH MONTH WITH DIANE GRAHAM

Heart-Aware

February is heart month, an annual observance dedicated to raising awareness about heart and cardiovascular diseases. Heart-healthy living involves making healthy choices and taking steps to reduce your chances of getting heart disease.

Preventing heart disease starts out knowing what your risk factors are. Some risk factors are high blood pressure, high cholesterol, diabetes, and being overweight. Each risk factor increases your chance of developing heart disease. Women generally get heart disease about ten years later than men, but it still is women's #1 cause of death.

With the new year just beginning, now is the time to make healthier choices, such as eating more fruits and vegetables, less processed foods, and either cutting down or eliminating sodium. Remember, sit less and move more. Regular physical exercise can help prevent heart disease.



VETERAN'S CORNER

Wednesday, February 14

RUSSIAN SUBMARINES
KEN JOHNSON, PRESENTER

MEETING: 10:30 AM

2024

Monthly Calendar February

Monday

- 5 8:45 Walking Group / Mondays
- 10:00 Bowling / Mondays
- 10:00 Hearts 'n' Hands / Mondays
- 11:00 Tech Help / Mondays by app't
- 12 11:00 Book Club
- 19 **Presidents' Day / Office Closed**

Tuesday

- 6 Noon Pitch / Tuesdays & Thursdays
- 13 9:30 Friends of COA meeting
- 11:00 Valentine's Celebration
- 27 10:30 Self-Care Series

Wednesday

- 7 9:30 COA Board meeting
Schoolhouse Cafe
- 14 10:30 Veteran's Group

Thursday

- 1 Noon Pitch
- 22 10:30 Mental Health Awareness

Friday

- 2 10:00 Piano Lessons / Fridays
- 10:00 Mahjong / Fridays
- 11:00 Mindful Movement

Note: BINGO is postponed to March 1

NOTE: Our programs may be impacted by weather events. Please call the COA if you have any questions about cancellations.



Remember February 2021? Our old sign is snowbound. How are we doing this year?

♥ **HAPPY**
Valentine's
DAY ♥

PAXTON SENIOR CONNECTION
17 West Street
Paxton, MA 01612

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

TUESDAY	THURSDAY	FRIDAY
	1 Lasagna & Meatballs Marinara sauce, Green beans	2 BBQ Pork Rib-i-que Mac 'n Cheese, Mixed veg.
6 Braised Beef Gemelli pasta, Broccoli	8 Jambalaya Rice Pilaf, Green peas	9 Garlic Herbed Chicken Stuffing, Brussels sprouts
13 Hot Dog Baked Beans, Coleslaw	15 Chicken Cacciatore Gemelli Pasta, Spinach	16 Egg Frittata Stewed tomato, Green beans
20 Chicken Pesto Delmonico potato, Mixed veg	22 American Chop Suey Broccoli, Red peppers, Corn	23 Potato Crunch Fish Potato au gratin, Peas
27 Greek Chicken White Rice, Brussels sprouts	29 Ham Salad Potato salad, Tom./Cuke salad	



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

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