

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

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

April 2024

SENIOR SERVICES INFORMATION:
townofpaxton.net

Need to get some-
where?
Our new Elderbus
service is here!

[See p. 2](#)

Spring Fling!
"A Musical Journey
Through the Years"
starring Tommy Rull

[See p. 3](#)

COA Friends Annual
Meeting
◆ Entertainment
◆ Lunch

[See p. 3](#)

april

COUNCIL ON AGING BOARD

Officers

Chairperson – Anita Fenton
Vice Chair – Joan Bedard
Secretary – Martha Akstin

Board Members

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

Associates

Dick Bedard, Carol Coleman, Bob Lamotte, Natalie Siemen

COUNCIL ON AGING STAFF

Director/Outreach – Cindy Love

508-756-2833
clove@townofpaxton.net
Program Assistant—Dolores Rauschl

Transportation

SCM Elderbus: 1-800-321-0243

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

Books to Enjoy

The COA Library is always available in our main corridor. You can find authors such as Jackie Collins, Rachel Rhys, James Patterson, Tom Clancy, Danielle Steel and many more. Browse through anytime you are at the Senior Center. Just select any book you like ... take home to read ... return.

***Riding the new
SCM Elderbus
Van Service
Starts April 1***



Schedule:

- Days of Operation: *5 days a week within town*
- Out-of-town medical: *Mon., Tues., Wed.*
- Grocery trips to Big Y Holden: *Thurs.*

To Reserve Your Trip:

Call: 1-800-321-0243 (*One-time enrollment requested*)

Information needed:

*When calling SCM Elderbus (48 hour in advance), passengers request the time they need to be at their location and the time for the return trip. SCM Elderbus schedules the trip and calls the passenger with their pick-up times the day before their trip. **NOTE: EARLIEST PICK-UP TIME IS 9 AM; LAST RETURN FROM WORCESTER IS 2 PM. THERE IS NO CHARGE FOR SERVICE THROUGH JUNE 30.***

Spring Gardening

Spring is here, and that means it's time for everyone's favorite activity—gardening! Gardening is an activity that can bring joy while providing many benefits. It offers physical activity that can be tailored to a person's ability and stamina while also providing mental stimulation. It can also prove to be very rewarding as you see the "fruits of your labor."

Gardens can bring you down memory lane. They can remind us of our youth, the taste of fresh-grown vegetables, the smell of flowers, and, possibly, chasing bugs. Bringing back positive memories through touch, smell, or sight can have a calming effect on the nervous system.

Planting, weeding and watering are considered a form of exercise. Gardening is an activity where adjustments can be made for those who have limited movement or pain. Engaging in these forms of exercise and introducing them into your daily routine can have an amazing impact on your bone health.

It can do wonders for your body, give a sense of accomplishments, relieve stress while providing therapy. So, get out and smell the roses!



*A Musical Journey
Through the Years*



Thursday, April 18 at 11 am

Singer/Entertainer Tommy Rull takes a walk down memory lane with the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como ... and many more! He's a multi-skilled performer who has appeared throughout the U.S., Europe, and Canada. COA complimentary lunch for your enjoyment. Reserve by April 16 at 508-756-2833.

PRESENTED BY A GRANT FROM THE PAXTON CULTURAL COUNCIL

Dr. Lock Series

Join Dr. Lock on **Tuesday, April 16 at 11 am** for his discussion on Ways to Get the Most From Your Medical Visits. Find out how medical guidelines impact you; know which medical tests/labs are appropriate to your condition and not your age; and how to communicate with your doctors and nurses between scheduled visits. Useful information for everyone.

Importance Of Self-Care

The series continues this month with an informative session on **Mental Health Care— Thursday, April 25 at 10:30 am**. Alana focuses on the challenges of keeping sharp minds. There will be brain-teasers and open discussion around this timely topic.

Please call to reserve. Refreshments offered.

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

Readers delve into *The Dictionary of Lost Words* by Pip Williams on **Monday, April 8 at 11 am**. Love, loss, and literature weave through this tale of compiling the Oxford English Dictionary ... with an angle on Esme's "other" important words.

**Friends of the COA
Annual Meeting**

Tuesday, April 9 at 10:30 am

All are invited to the Annual Meeting of the Friends featuring a full morning that begins with a brief business overview, then entertainment starting award-winning cartoonist/illustrator Rick Stromski at 11 am. A program of laughs and comic fun, "From Soup to Nutz" is his acclaimed and unique show, followed by complimentary lunch.

Door prizes!

Reserve lunch by April 4 at 508-756-2833

SPONSORED BY FRIENDS OF THE COA

WORKSHOP

Handmade from the Heart

Make your own unique greeting cards. Learn how at this hands-on workshop on **Tuesday, April 23 at 10 am**. Carol shares the techniques for colors, cuts and layers to create your choice of beautiful cards for birthdays, anniversaries, and greetings

Workshop session is \$5

Please call Cindy to reserve a spot. All materials are included in the workshop

Schoolhouse Café



The Café is open on **Wednesday, April 3 at 9:30 am** for your social enjoyment ... coffee, pastries always ready!

At 10 am: an important Information Session. Please see p. 4

BLOOD PRESSURE CHECKS AVAILABLE

Art at the COA

***Paxton Spring Art Show
Now through May***



Six Paxton artists display their mixed media art works Monday-Friday 9 am-2 pm in the Senior Center Art Gallery. It's a beautiful show of acrylics, oils, watercolors, ink and textile. While viewing, you can vote for your favorite in the "ballot box."

MAY PREVIEW

MAY 9: Mass. College of Pharmacy: COPD

MAY 15: Paxton Center School Senior Brunch

MAY 16: Abby Kelley Foster performer



Senior Center Notes



PEN PALS

Hold the date for the Pen Pals program “wrap up” party on **Friday, June 7**. This is the chance to meet and talk with your Pal from Paxton Center School. Meantime, keep those letter going!

ELDERBUS ON CABLE

You can revisit the presentation by SCM Elderbus management on Paxton Cable channel 192 (or Video on Demand if no cable, at townofpaxton.net). It is from the “live” presentation at the Senior Center in March. Details discussed are how to use the new van service and the available schedule.

TOWN BUDGET INFORMATION

A FY25 Town Budget update from Town Administrator Heather Munroe is part of the morning Café on **Wednesday, April 3 at 10 am**. This is offered specifically to inform seniors of important details in advance of the annual Town meeting. It’s an opportunity to get the facts and how the budget impacts you. Have your questions answered and be an informed citizen.



Lunch & Bingo!

THURSDAY, APRIL 4, NOON

It’s LUNCH & BINGO this month, so don’t miss the fun as the numbers fly and you enjoy a pre-game complimentary lunch. Lunch is at Noon ... game starts at 12:30 pm Our own talented intern from Anna Maria, Alana, welcomes everyone as she hosts the game. Prizes for winners! (Cards: \$1 each). RESERVE LUNCH: 508-756-2833 BY 4/2. LUNCH SPONSORED BY THE COUNCIL ON AGING



VETERAN’S CORNER

Wednesday, April 10

**AMERICAN LEGION HISTORY
PRESENTED BY: PAXTON POST 306**

MEETING: 10:30 AM

2024

Monthly Calendar April

Monday

- 1 8:45 Walking Group / Mondays
- 10:00 Bowling / Mondays
- 11:00 Hearts ‘n’ Hands / Mondays
- 11:00 Tech Help / Mondays by app’t
- 8 11:00 Book Club
- 29 10:00 Chair Massage by app’t

Tuesday

- 2 12:15pm Pitch / Tuesdays & Thursdays
- 9 10:30 Friends of COA ANNUAL MEETING
- 16 11:00 Dr. Lock Series
- 23 10:00 Card Making Workshop
- 9:30 SHINE c ounseling by app’t
- 30 10:00 Chair Massage by app’t.

Wednesday


- 3 9:30 COA Board Meeting
Schoolhouse Cafe
- 10 10:30 Veteran’s Group

Thursday

- 4 Noon Lunch and Bingo (game @ 12:30 pm)
- 18 11:00 Spring Fling with vocalist Tommy Rull
- 25 10:30 Mental Self-Care Series

Friday

- 5 9:45 Piano Lessons / Fridays
- 11:00 Exercise: Mindful Movement



April Fools’ Day—on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools’ Day traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” at the end to clue in the subject of the April Fools’ Day prank. While its exact history is shrouded in mystery, the embrace of April Fools’ Day jokes by the media and popular culture has ensured the unofficial holiday’s long life.

PAXTON SENIOR CONNECTION
17 West Street
Paxton, MA 01612

Noon Lunch at the Schoolhouse Diner

APRIL MENU *(Subject to change)*

TUESDAY	THURSDAY	FRIDAY
2 Meatloaf with gravy Garlic mashed pot., Carrots	4 Macaroni & Cheese Stewed tomatoes, Green beans	5 Fish w/ cream sauce Wild rice, Roast broccoli
9 Hot Dog Baked Beans, Coleslaw	11 Chicken Cacciatore Gemelli pasta, Roasted broccoli	12 Fish w/crumb topping Rice Pilaf, Tuscany vegetables
16 Chicken Pot Pie Mashed potato, Corn	18 Spaghetti & Meatballs Marinara sauce, Green beans	19 Garlic Herbed Chicken Stuffing, Roast Brussels spr.
23 Sloppy Joe Red Bliss potato, Mixed veg.	25 Ranch Chicken Red Bliss potato, Mixed veg.	26 Braised Beef Gemelli pasta, Broccoli
30 Burger w/chili & cheese Herbed potato, Green beans		

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



*Newsletter published in part through a grant from
 the Mass. Executive Office of Elder Affairs*