

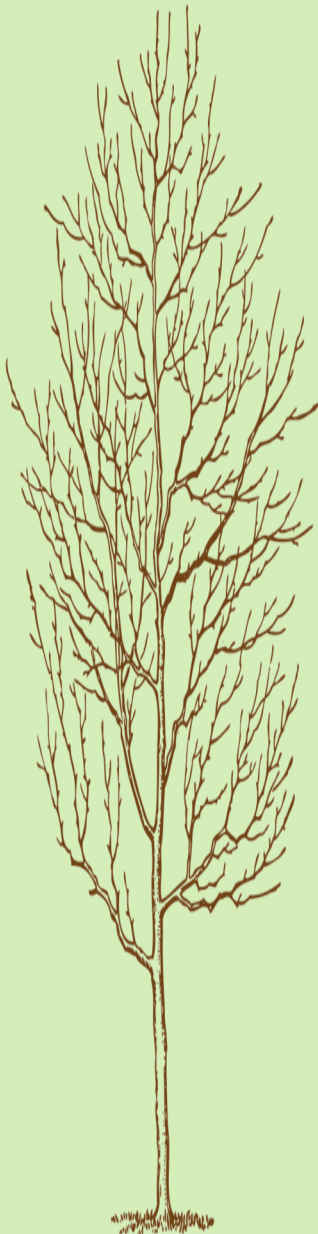
PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

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

March 2024

SENIOR SERVICES INFORMATION:
townofpaxton.net



Spring arrives!

March 19, 2024

There are two equinoxes and two solstices every year that dictate the seasons. This month's vernal equinox is when we see a change from winter to spring.



Clocks: Spring ahead!

Daylight saving time begins on **Sunday, March 10 at 2 a.m. local time**, when our clocks will move ahead one hour, part of the twice-annual time change that affects millions, but not all, Americans.



St. Patrick's Day

March 14 - 11 am

A welcomed tradition!

Music... Luncheon... Party Time

[see p.3]



New Van Service

The latest news about our transportation transition.

Start date ... Information meetings [see p.2]



COUNCIL ON AGING BOARD

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Chairperson – Anita Fenton
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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

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

Dial 2-1-1

Get connected...get answers. 2-1-1 is a statewide informational and referral phone service provided by the Commonwealth. Staffed by United Way, It connects you with information regarding health and human services, housing, support groups, elder abuse, and other government services 24/7. For additional information go to www.mass211.org

WRTA / SCM Elderbus
Transition

The Council on Aging invites you to join representatives from the WRTA and SCM Elderbus at two information sessions to learn more about future changes to transportation in Paxton.

Beginning **Monday, April 1, 2024**, transportation options for seniors aged sixty and over and people with disabilities living within Paxton will transition from the COA van to SCM Elderbus.

SCM Elderbus, in partnership with the Worcester Regional Transit Authority (WRTA), provides transportation services to meet the needs of seniors and people with disabilities 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!

SCM Elderbus will provide transportation service Monday through Friday within Paxton, and out-of-town medical transportation on Mondays, Tuesdays, and Wednesdays. Grocery shopping trips to the Big Y in Holden will be available on Thursdays.

The first Transportation Information Session is on **Tuesday, March 19** from 10:30 am to 11:30 am at The Hills at Paxton Village (260 Grove St.). The second Session is on **Wednesday, March 20** from 10:30 am to 11:30 am at the John Bauer Senior Center. If you cannot attend either session, no problem! A session will be recorded by WPAX-Paxton Public Access TV and be available for viewing soon after.

WRTA and SCM Elderbus representatives will be in attendance to discuss the upcoming changes and answer any of your questions about the shared-ride service. All rides with the WRTA and SCM Elderbus are fare-free through June 2024.



St. Patrick's Day Party

Everyone's invited to our St. Patrick's Day-themed party on **Thursday, March 14** beginning at 11 am. Our favorite Irish duo, Dublin Down, returns with their well-known tunes and colorful stories in the Activity Room and then we gather in the Dining Room for a timely Corned Beef and Cabbage lunch. So, join your friends and add your smiles to this Senior Center tradition. (WE NEED A COUNT FOR LUNCH, SO PLEASE MAKE YOUR RESERVATION AT 508-756-2833 BY MARCH 8).



Dublin Down at the Senior Ctr.

SPONSORED BY THE COUNCIL ON AGING

Health Series

IMPORTANCE OF SELF-CARE

This month's session—**Spiritual Health Care**—explores our inner-self and the world around us. Join Alana as she takes you on this journey of finding your inner connection on **Thursday, March 28 at 10:30 am**. Please call to reserve. Refreshments offered.



Hearts 'n' Hands Sharing



Our skilled Hearts 'n' Hands group has launched its Sharing Project, crafting lap robes for those who could use a little "comfort." The group's knitters and crocheters are donating these robes to those who are recovering, returning from rehab, or just "under the weather." The COA supports this helpful outreach.

Schoolhouse Café



The Café welcomes everyone on **Wednesday, March 6 at 9:30 am** for our monthly social gathering. It's always a great way to start the day! (Coffee, sweets, etc.)

BLOOD PRESSURE CHECKS ARE NOW AVAILABLE AT THE CAFE EACH MONTH WITH DIANE GRAHAM

Planning for the Future

Wednesday, March 27 at 10 am

Should I move? Should I downsize? Specialists will help you decide in this comprehensive seminar covering the process with legal and practical insight. Paxton resident Madison Benoit is part of the presentation team. Sweets and coffee provided. Call 508-756-2833 to attend.



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

The Club discusses Jan-Phillip Sendker's debut novel *The Art of Hearing Heartbeats* on **Monday, March 11 at 11 am**. A New York lawyer suddenly disappears without a trace ... neither his wife nor his daughter has any idea where he might be... until they find a love letter he wrote many years ago.

Ongoing

Mindful Movement

Janet Huehls continues this helpful yoga/strength balance class to restore calm and build confidence on **Friday, March 1 at 11 am**. (Donation: \$3)

Chair Massage

Joanne again offers relaxing private chair massage by appointment on **March 25 and 26** starting at 10 am. Call 508-756-2833 to reserve. (\$10/session)

APRIL PREVIEW

APRIL 16: Dr. Lock Series

APRIL 18: Singer/Entertainer Tommy Rull

APRIL 23: Card Making for Beginners



Senior Center Notes



TRY THE DINER!

Thursday's during March, lunch at the Schoolhouse Diner is complimentary! If you haven't been in a while (or ever), give it a try (served at Noon). There's always good conversation at the tables along with a nourishing menu. RESERVATION REQUIRED 2 DAYS IN ADVANCE: 508-756-2833.

GREETING CARDS

A choice array of unique greeting cards is now available in our Gift Cabinet. These hand-made specialty items are all one-of-a-kind and range from thank-you notes to birthday cards (\$2 each). Look for an upcoming April class in card making and design your own.

SHINE COUNSELOR

Our SHINE (Serving Health Insurance Needs of Elders) counselor is available, by appointment, on Tuesday, March 19 for private consultation. If you need guidance on health insurance, prescription drugs, or other health coverage issues, this is available to you at no charge. Call the COA office

The Ides of March

Historically, March 15 was marked by several religious observances and was a deadline for settling debts in Rome. March 15 - the middle or "ides" of the month - is considered an unlucky date for people who believe in superstitions. Unfortunate incidents over the years have helped cement that date as unlucky, forever placing it as a day of misfortune. Julius Caesar's assassination on March 15, 44 B.C. forever marked March 15, the "ides," as a day of infamy.

Kitchen Corner

Don't forget ... our Kitchen Corner is here for you every day for relaxing, conversing, reading or watching TV. Just come in any morning and enjoy it ... no need to call before hand. Coffee machine is ready!



VETERAN'S CORNER

Wednesday, March 13

US NAVY RECRUITING

CHIEF PETTY OFFICER RAYMOND GONZALEZ

MEETING: 10:30 AM

2024

Monthly Calendar March

Monday

- 4 8:45 Walking Group / Mondays
- 10:00 Bowling / Mondays
- 11:00 Hearts 'n' Hands / Mondays
- 11:00 Tech Help / Mondays by app't
- 11 11:00 Book Club
- 25 10:00 Chair Massage by app't

Tuesday

- 5 Noon Pitch / Tuesdays & Thursdays
- 12 9:30 Friends of COA meeting
- 19 10:00 SHINE Counselor by app't
- 10:30 Elderbus Presentation @ The Hills
- 26 10:00 Chair Massage by app't

Wednesday

- 6 9:30 COA Board meeting
Schoolhouse Cafe
- 13 10:30 Veteran's Group
- 20 10:30 Elderbus Presentation @ Sr. Center
- 27 10:00 Downsizing / Moving seminar

Thursday

- 7 Noon Pitch
- 14 11:00 St. Patrick's Day Party
- 28 10:30 Spiritual Self Care

Friday

- 1 10:00 Piano Lessons / Fridays
- 11:00 Exercise: Mindful Movement

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

Outreach

Just a reminder that referrals, personal services, assistance, and home visits are available to you, your family and caregivers. Call Cindy (Mon-Fri) at 508-756-2833. Assistance is supportive and confidential. Please feel free to call with any questions.

PAXTON SENIOR CONNECTION
17 West Street
Paxton, MA 01612

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

TUESDAY	THURSDAY	FRIDAY
		1 Lemon Pepper Fish Rice Pilaf, Brussels sprouts
5 Marinated Pork Loin Herbed stuffing, Peas	7 Salisbury Steak w/gravy Garlic mashed pot., Carrots	8 Vegetable Cheese Bake Seasoned pot., Green beans
12 Meatballs w/onion gravy Bowtie pasta, Mixed veg.	14 Corned Beef Boiled pot., Cabbage/carrots	15 Macaroni & Cheese Stewed tomato, Green beans
19 Beef w/onions & peppers Potato wedges, Glazed carrot	21 Hot Dog Baked Beans, Coleslaw	22 Salmon Primavera Wild rice, Peas/onions
26 Buttermilk Chicken Stuffing, Brussels sprouts	28 Maple Glazed Ham Mashed pot., Glazed carrots	29 Potato Crunch Fish Potato Au Gratin, Mixed veg.



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

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