

Newsletter from the Council on Aging

# PAXTON SENIOR CONNECTION

John Bauer Senior Center  
17 West Street  
Paxton, MA 01612

Office: 508-756-2833



October 2022

COA / Senior Services:  
[townofpaxton.net](http://townofpaxton.net)

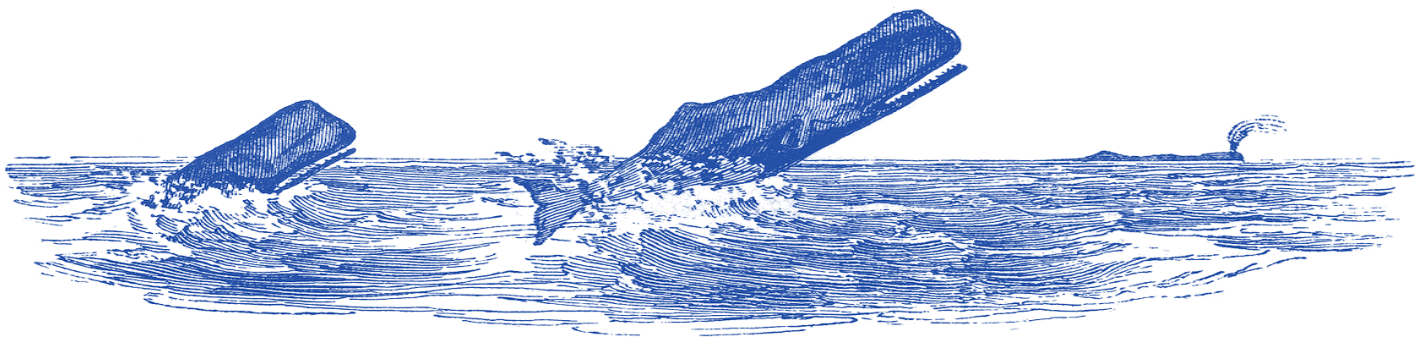
## Featured Program



Anne Barrett  
as

*Mary Chipman Lawrence*  
*Life Aboard a Whaling Ship*

Thursday, October 20, 11 am



*Set sail aboard the whaling ship Addison on a 3 1/2 year voyage. The sights and sounds of foreign ports, sea shanties, society, and the challenging everyday details come to life as Mary takes you on a journey so real! More on page 3.*

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**Olde Schoolhouse Diner**

Dining Site Manager – Tina Bullock

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**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

**Medicare Enrollment/Fuel Assistance**

You can change your Medicare Prescription and Medicare Advantage (HMO, PPO) plan for 2023 during the **Open Enrollment** between October 15 and December 7. A SHINE counselor at the Senior Center can help (see p. 4).

**Fuel Assistance** (first time applicants) is available to help with home heating. New applications accepted after Nov.1. Contact Worcester Community Action Council online or call 508-754-1176.

***FALL DECLUTTER TIPS***

*Fall* ... the time of year we tackle those household chores that we have been putting off. While most of us think about cleaning the interior of our homes to prepare for winter, we never give thought to cleaning our expired products and removing clutter for a happier home.

Here are a few tips:

**Old Plastic Containers-** Go through your collection of storage containers and toss anything made of clear, rigid plastic and stamped with a 7 or *pc* (*polycarbonate*). These types of containers may have *BPA* (*Bisphenol A*). While manufacturers have taken the BPA out of many new products, the old ones still probably have it.

**Refrigerator Leftovers-** Rule of thumb for highly perishable items is: eat, toss, or freeze after three days and check other items in the refrigerator for expiration dates.

**Canned Food / Spices-** Unopened canned foods have a shelf life of a year and should be used before two years. While spices won't make you sick, they do lose their potency and will not add flavor to your food. So, check expiration dates.

**Clogged Air Filters-** A reminder: replace the filter on such devices as air purifiers, vacuum cleaners, air conditioners and humidifiers to prevent mold, bacteria and contaminants blowing in the air.

**Clothing-** Peek in your closet. If you haven't worn items within the year, it is time to donate them and give them a second life.

**Declutter-** Simplify your life and free up your time and space. Start with one room and separate items you want to keep, throw out, or donate. Get rid of old newspapers and magazines. Go through mail, separate, and organize. Shred any important information or documents. Eliminating clutter can improve the air quality in your home.

*Life Aboard a Whaling Ship*

**Thursday, October 20, 11 am**

Massachusetts historian Anne Barrett recreates her acclaimed performance as Mary Chipman Lawrence, bringing to life her meticulously kept journal. Experience the joys and tribulations of life at sea with Mary's husband, Capt. Samuel Lawrence, and their daughter Minnie aboard the whaling ship Addison.

"You'll feel the pitch of the ship and the spray over the rails."

THIS PROGRAM IS PRESENTED THROUGH A GRANT FROM THE PAXTON CULTURAL COUNCIL



**Food Service / Luncheon**



Heart to Home food service keeps senior's lifestyle and nutrition in mind so you can enjoy healthy meals from freezer to table.

Attend a free sampling of one of their prepared meals on **Wednesday, October 12 at Noon**. Choose your luncheon of chicken or cod. Reserve a seat to learn more about this service. Call the COA office by October 6: 508-756-2833.

Get all the details about home delivery of meals and have any questions answered.

**Cannabis: An Educational Presentation**

If you're curious about cannabis as a wellness tool relating to pain, anxiety, sleep and focus, or a possible replacement to drug treatments, this presentation can answer your questions. A friendly workshop by area experts explores this topic is on **Wednesday, October 19 at 11 am**.

The program is hosted by Resinate Inc., operating medical and adult use dispensaries in Worcester and Northampton. Informed representatives will share their knowledge with seniors and offer a Q & A.

**FALL**  
**HARVEST CORNUCOPIA**

Bemis Nurseries returns with its popular Fall Floral workshop on **Monday, October 17 at 10 am**. You'll create a wonderful seasonal centerpiece under the guidance of Tina Bemis. Sign up by Oct. 12. Call Cindy.

Cost: \$15 - includes the cornucopia with live flowers and multiple fruit decorations. It's a fun workshop and you get to bring home your masterpiece!

**Chair Massage Resumes**

Skilled therapist Joanne returns to the Senior Center with her relaxing massage sessions every month. You can reserve a time beginning **Wednesday, October 26 at 10 am**. Call: 508-756-2833. Cost is \$10 for a session. Enjoy a 20 minute rejuvenation!

**Trail Walkers**

Walkers are still active in the Fall! The group sets off at **8 am Fridays**. A leisure-level walk follows at **9 am**. Meet at the Senior Center. *Great cardio workout!*

**Book Club**

Society, culture, and people seeking connection weaves through our next book for discussion: *If Today Be Sweet* by novelist Thrity Umrigar. **Monday, October 3 at 11 am**.

**Bowling**

Bowling is underway at Bayberry Bowling/Spencer. Still looking for more participants to join the fun! **10 am every Monday**. Sign up: 508-756-2833.



**NOVEMBER PREVIEW**

- 10 MUSIC TRIVIA
- 17 DR. LOCK MEDICAL SERIES
- 22 THANKSGIVING SHOW AND LUNCH

**COVID-AWARE**

We continue to observe safety and cleaning guidelines at the Senior Center. Free Covid test kits and vaccination appointment assistance are available.

**Schoolhouse Café**

Wednesday, October 5, opens 9:30 am

Friendly conversation continues over coffee and pastries this month at the Café. Everyone is always welcome. Stop in ... and invite your neighbor!

**ICE CREAM TRUCK DELIGHTS**



Seniors lined up for ice cream last month compliments of Joe Murchison, manager at Fidelity Bank, on a warm end-of-summer day

**VOLUNTEERS NEEDED**

The Senior Center is looking for volunteers for occasional help at programs and events. Are you willing to be on call? We need assistance for room setup, newsletter folding, post office deliveries, cleanups. If interested call the office.



**SHINE Info ...**

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors to help you with questions about Medicare. Services are free and unbiased. Experts are available to discuss all options related to Medicare and additional coverage, and do not sell any plans. To make a confidential appointment call the COA at 508-756-2833.



**VETERAN'S CORNER**

Speaker: Carol Callaghan  
Veterans Benefits  
Wednesday, October 12 at 10:30 am

**2022**

**Monthly Calendar**  
*October*

**Monday**

- 3 10:00 Bowling @Bayberry every Mon.
- 11:00 Book Club
- 11:00 Tech Help-Mondays by app't.
- 10 Columbus Day—Office/COA closed
- 17 10:00 Floral Workshop

**Tuesday**

- 4 10:00 Balance Class every Tuesday
- Noon Pitch every Tuesday
- 11 10:30 Friends of COA meeting

**Wednesday**

- 5 9:30 COA Board meeting
- 9:30 Schoolhouse Cafe
- 12 10:30 Veteran's Group
- 10:30 Sen. Gobi, Rep. Ferguson office hours
- Noon Heart to Home Luncheon
- 19 11:00 Cannabis Presentation
- 26 10:00 Chair Massage by appointment

**Thursday**

- 6 10:30 Corn Hole games every Thursday
- 20 11:00 Whaling Ship Presentation

**Friday**

- 7 8:00 Trail Walkers (leisure at 9) Fridays
- 9:30 Bocce
- 10:00 Piano Lessons every Friday
- 11:00 Piano Chords class every Friday

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

**KEEPING ACTIVE**

Our ongoing opportunities for healthy "workouts" are open to all:



**BOCCE:** The Bocce court is ready in our lower-level game room every Friday at 9:30 am. We can form new teams. **CORN HOLE:** The ever-popular Corn Hole is up and running every Thursday at 10:30 am. Don't forget **Bowling** on Mondays and **Walking** on Fridays.

**BUS TRIP** itineraries available from tour leader Bob Wilby at 508-792-4662 or rwilby@charter.net

**Paxton Council on Aging**  
**17 West St**  
**Paxton, MA 01612**

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 Standard  
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*Lunch at the Schoolhouse Diner*

**OCTOBER MENU** (Subject to change)

TUESDAY	THURSDAY	FRIDAY
4 Spaghetti & Meatballs Marinara sauce, Green beans	6 Baked Ham w/maple glaze Chive potato, Carrots	7 Garlic Herbed Chicken Stuffing, Roast Brussels spr.
11 Hot Dog Baked beans, Coleslaw	13 Ranch Chicken Wild rice, Mixed vegetable	14 Braised Beef Gemelli pasta, Broccoli
18 Burger w/chili & cheese Yukon Gold pot., Grn. beans	20 Egg Frittata Red Bliss pot., Stewed tomato	21 Ham Salad Tomato/cuke salad, Pot. salad
25 Greek Chicken Casserole White rice, Roast cauliflower	27 Meatloaf w/gravy Garlic mashed pot., Corn	28 Lemon Pepper Fish O'Brien potato, Mixed 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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