

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER
17 West Street
Paxton, MA 01612

OFFICE: 508-756-2833

September 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net

2023 Paxton Council on Aging

HEALTH FAIR

Wed.: September 27: 10 am—1 pm

- Open to everyone
- 30 professionals / vendors
- Informative displays
- Hearing evaluations
- Flu shots
- Food samplings
- Lifestyle info
- Home living info

Healthy Living



Information gathering at the Health Fair

COUNCIL ON AGING BOARD**Officers**

Chairperson – Anita Fenton
 Vice Chair – Joan Bedard
 Treasurer – Bob Callahan

Board Members

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

Associates

Martha Akstin, Bob Lamotte, Natalie Siemen

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
 Treasurer – Bob Wilby
 Secretary – Kay Kingsbury
 Associates - Dick Bedard, Ann Bergin

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

Van Fall Schedule**COA Office Hours****John Bauer Senior Center**

Monday – Friday 9:00 am to 2:00 pm

The Van schedule has been modified beginning September 1. Service is now available on Tuesday, Wednesday and Thursday each week from 9 am to 2 pm. This adjustment is made to focus on our busiest and most-used days. If you need transportation please call 508-756-2833 two days in advance.

WELCOME BACK EVERYONE

I hope you have enjoyed your summer!

September has arrived and Fall is my favorite time of year. There is something to be said about autumn in New England ... warm days, beautiful foliage, apples, and my pick: the pumpkin spice donut.

Speaking of Fall, I am very excited about our program lineup for the coming months. While many of our popular programs make a return, we also are introducing many new programs/events. I think you will find them educational, creative, health-focused, and most importantly, fun!

Our annual Health Fair makes a return with nearly thirty healthcare professionals. Exhibitors are offering preventative and timely information on keeping us healthy. While visiting, you can receive your flu shot, free hearing tests and blood pressure checks.

Just a reminder that if anyone needs referral assistance, I am available to meet with you, your family, or caregiver to discuss any concerns or questions you may have. Whether it be the various services we provide such as food, medical equipment or transportation, we are here to meet your needs.

Located in the Senior Center foyer is our new gift cabinet. Many items are handcrafted and provided by our Hearts 'n' Hands group, along with other finely-crafted items all made by our seniors.

One last note. We would like to welcome back Alana Conti who joined us last winter fulfilling her internship with us. She's a student at Anna Maria College studying social work and will assist our seniors in the community.

A big thank you to all our volunteers who offer their valuable time in helping make our Senior Center a warm, friendly, welcoming place.

Cindy

Health Fair 2023

Wednesday, September 27, 10am-1pm

The 2023 Health Fair brings an array of professionals and vendors together at the Senior Center. This year features a number of new presenters and the Café will be open for coffee and lunch while you're here. Check out the aisles full of information on many topics. You can talk to the pros and get answers to your questions. As always, we are providing flu shots with Walgreens (bring your insurance card), hearing tests with Holden Hearing, and Blood pressure with Paxton EMTs. It's time well spent to be an informed health care consumer.

Our Health Fair is a significant outreach to the community. Bring your friends! All ages.

HEALTH FAIR PRESENTERS

VASCULAR GROUP, VISITING NURSE ASS'N., OVERLOOK VNA, YWCA, ABLE HOME RAMPS, REGISTRY OF DEEDS, MASS. ADVANTAGE, MED MINDER, APPLE CARE MEDICAL EQUIP., BLUE CROSS/BLUE SHIELD, MASS RELAY, ACCESSIBLE HOME / SHREWSBURY NURSING, DOWNSIZE RIGHT, ORIOL HEALTH,

STARR HOME CARE, VIBRA HOSPITAL/MEADOWS, JEWISH HEALTHCARE, WORCESTER COUNTY SHERIFF'S DEPT., LIFE-FONE, MASS COLLEGE OF PHARMACY, WORC. COUNTY MEMORIAL PARK, WALGREENS, HOLDEN HEARING, HEART TO HOME MEALS, ETERNA HEALTH, PAXTON POLICE DEPT., PAXTON FIRE DEPT., TEN

THE BLACKSTONE CANAL

Artery to the Heart of the Commonwealth

A close-up look at the building and significance of the Blackstone Canal by historian Tom Kelleher is set for **Thursday, September 14 at 11 am**. Learn about the locks that raised and lowered barges and the effort it took to build the Blackstone. It powered 19th c. mills and transported manufactured goods from Worcester to the ocean. A fascinating subject! Tom Kelleher is Curator and Chief Historian at Old Sturbridge Village. PRESENTED THROUGH A GRANT FROM THE PAXTON CULTURAL COUNCIL.



GREENDALE FRIENDS CHORUS



It's always a delight to be entertained by the Greendale Retired Friends Chorus.

The group returns to the Senior Center on **Wednesday, September 20 at 11 am** bringing us a diverse program packed with familiar melodies and rhythms. Travel down memory lane with the singers!

Book Club

Book Club readers direct their attention to Edith Wharton's Pulitzer prize-winning novel "Age of Innocence" on **Monday, September 11 at 11 am**. Society in the 1870s sets the stage for social tragedy and scandal.

Schoolhouse Café

A special reception for Massachusetts Art Guild participants is part of the Schoolhouse Café on **Wednesday, September 6**. Join us for coffee, conversation and to meet the artists whose works have been displayed at the Senior Center Art Gallery. Doors open 9:30 am

ONGOING ...

MONDAYS: **TRAIL WALKERS** EXERCISE
TECHNOLOGY HELP **BOWLING**
HEARTS 'N' HANDS CROCHET, KNITTING
 TUESDAYS: **PITCH CARDS**
 FRIDAYS: **PIANO LESSONS** **BOCCE GAME ROOM**
 CHECK THE CALENDAR ON PAGE 4 FOR TIMES
 Join these programs! (Make app't. for Tech Help)

Drumming Circle

Back by popular demand is this unique approach to stress reduction and cardio exercise on **Wednesday, September 13 at 11 am**. The Circle combines exercise and drumming the rhythms with drumsticks and large yoga balls placed on top of baskets. You do not need drumming experience. All fitness levels can participate! People loved it when it first came to the Senior Center last fall. LUNCH (RESERVATION NEEDED) COMPLIMENTS OF TATNUCK PARK, PROGRAM SPONSOR.

ADD A LUNCH! Make it a full day if you attend the Blackstone Canal or Drumming Circle. Reserve lunch by 9/11 for Blackstone; by 9/8 for Drumming at 508-756-2833.

OCTOBER PREVIEW

OCTOBER 16: Bemis Nursery Workshop

OCTOBER 19: Vascular Health Program

OCTOBER 26: Gothic Victorian Tales



Senior Center Notes

BOWLERS WELCOME

Bowling teams are ready to start this month and welcome new players. It's every Monday at Bayberry Bowling in Spencer at 10 am. Join this great group of bowlers and get in on the fun. Call the COA office to sign up.

GIFT CABINET

Home made jams, honey, beeswax products, jewelry, our own Hearts n hands knitted products, and other interesting items are available in our new Gift Cabinet. Stop by the Senior Center's foyer and choose a quality gift or a little something to brighten the day.

ACTIVITY ROOM RENOVATION

We're starting a renovation of the Activity Room! Painting plans are underway to transform the space into an updated, comfortable, multi-purpose setting for our programs.

INTERESTED IN MAHJONG?

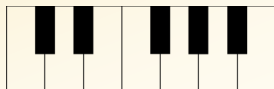
Want to start a group? Whether you know how to play this game or not we'd love to get groups going on a weekly schedule. It can be played by anyone and all ages for fun. There is widespread world popularity for the tile-based game and it's great for the brain. Let Cindy know if you're interested.

Don't forget, we have a suggestion box in the foyer. Drop a line in it. Optional signed or anonymous. Your ideas are important to us!

Want to Learn Piano?

Dennis Deyo teaches weekly at the Senior Center. Beginners or current players are welcome. The first class starts on Friday, September 8 at 10 am. One-time materials cost is \$42.

Lessons are \$5. Call the COA office to enroll.



VETERAN'S CORNER
Wednesday, September 13
SOCIAL & PLANNING MEETING
10:30 AM

2023

Monthly Calendar September

Monday

- 4** LABOR DAY—Office closed
- 11** 8:45 Walking Group every Monday
 10:00 Hearts 'n' Hands every Monday
 10:00 Bowling every Monday
 11:00 Book Club
 11:00 Tech Help every Monday by app't.

Tuesday

- 5** Noon Pitch every Tuesday
- 12** 9:30 Friends of COA meeting

Wednesday

- 6** 9:30 COA Board meeting
 Schoolhouse Cafe
- 13** 10:30 Veteran's Group
 11:00 Drumming Circle
- 20** 11:00 Greendale Chorus
- 27** 10:00 HEALTH FAIR

Thursday

- 7** 10:00 YWCA Active Living
- 14** 11:00 Blackstone Canal

Friday

- 8** 9:30 Bocce
 10:00 Piano Lessons

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

BUS TRIPS

Tuesday, September 12, 8:30 am: Friesians Equestrian Tour and Lunch is the next Friends-sponsored Bus Trip. Please call Bob Wilby at 508-792-4662 or rwilby@charter.net for detailed info and payment deadlines.

PAXTON SENIOR CONNECTION

**17 West Street
Paxton, MA 01612**

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

TUESDAY	THURSDAY	FRIDAY
		1 Hot Dog Baked Beans, Coleslaw
5 Meatloaf w/ gravy Mashed potato, Veg. blend	7 Macaroni & Cheese Stewed tomato, Green beans	8 Chicken Mornay Couscous, Scandinavian veg.
12 Swedish Meatballs Mashed potato, Mixed veg.	14 Chicken Cacciatore Gemelli pasta, Roast broccoli	15 Fish w/ crumb topping Rice Pilaf, Brussels sprouts
19 Spaghetti & Meatballs Roman blend vegetables	21 Potato Crunch Fish Chive potato, Peas and onions	22 Garlic Herbed Chicken Stuffing, Roast broccoli
26 Shepherd's Pie Carrots, Peas	28 Stuffed Pepper Casserole Mashed potato, Glazed carrots	29 Ranch Chicken Red Bliss potato, Spinach



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

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