

Newsletter from the Council on Aging

# PAXTON SENIOR CONNECTION

John Bauer Senior Center  
17 West Street  
Paxton, MA 01612

Office: 508-756-2833



November 2022

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



**November 11, 2022**  
Honoring All  
Who Served  
Senior Center program-see p. 3

page 3 ⇨ Thanksgiving Lunch ❖ Pancake Breakfast ❖ Music Trivia

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clove@townofpaxton.net

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Dining Site Manager – Tina Bullock

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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*

**COA Office Hours****John Bauer Senior Center**

Monday – Friday 9:00 am to 2:00 pm

**Food Pantry**

There's no better way to celebrate the holidays than by giving back. If you are interested in donating, please drop off pantry items at the Senior Center anytime Monday-Friday, 10am-1pm. We accept all non-perishable items (please check expiration dates) and paper products. Our pantry is open five days a week to anyone needing food support. For assistance, call the COA office. All calls are confidential. If you are unable to drive, we can arrange for delivery.

***COPING WITH TIME***

The change of seasons means another major transition coming. On the first Sunday in November we will turn our clocks back an hour to end Daylight Saving Time. While the “fall back” may give us an extra hour of sleep and darken our evenings earlier, it does give us some extra light in the morning.

The change in time affects our internal clocks referred to as “circadian rhythm.” Your circadian rhythm controls the release of body hormones that affect mood, appetite, and sleep. When these rhythms shift, as they do with time change, your body notices the difference.

Time change misaligns our body between its daily rhythm and the clock, making it harder to fall asleep at night. That disruption can lead to sleep loss and ultimately impact our health and safety—more car accidents, increased depression, irritability, anxiety, and mental exhaustion.

While gaining an hour of sleep is easier on your body and easier to adjust to than losing an hour in the spring, there are a few ideas that may help you better adjust to the time change.

**Adjust** your bedtime by going to bed 15 to 30 minutes earlier (your body will adjust)

**Practice** good habits before bedtime (no TV or electronic devices)

**Try** and keep dinner time consistent (eat more protein, less carbs, and less caffeine)

**Enjoy** the outdoors by taking a brisk walk, taking advantage of the light of day (helps with your mood and sleep cycle)

Next month, we'll focus our discussion on Seasonal Affective Disorder and how it changes our moods and influences our outlook on life.

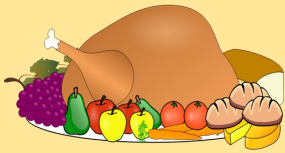
# THANKSGIVING

at the Senior Center

Tuesday

November 22

Noon



We'll gather together on the 22nd to enjoy a traditional Thanksgiving Luncheon. Turkey and all the fixings await our Senior Center family and friends. It's a meaningful time to connect and converse with those you know ... or with new acquaintances. The luncheon is complimentary and provided by the Council on Aging. Please reserve by November 17 so we can plan on seating—508-756-2833.

# Fall Pancake Breakfast



It's pancakes and sausage on the menu **Wednesday, November 16 at 9:30 am**. Chefs from the Friends of the Council on Aging fire up the grill for this hearty breakfast.

Everyone is invited.

So, take a break and have your breakfast on us. This fall treat is compliments of the Friends and sponsored by them.

The Friends membership supports a range of activities and needs of the Council on Aging.

To reserve: call by Nov. 10—508-756-2833

## Music Trivia

Can you name that tune? We'll have lots of fun doing that on **Thursday, November 10 at 11 am**. Be part of the expert audience and sharpen your memory in this exciting game. Test your knowledge with Dennis, our host, as he challenges everyone with melodic "hints."



Who will identify the most tunes?

## VETERANS DAY TRIBUTE

November 9—10 am



Join the Veterans group and special guest Janice Mitchell of Holden for a tribute to all those who served our country. After a memorable and emotional trip to Normandy, Janice created a painting of the poppy flower which has been an icon of remembrance since World War I. The flower also prompted Canadian Lieutenant Colonel John Macrae to write "In Flander's Fields," which symbolizes sacrifice, hope, and consolation.

"I painted this poppy to let families of veterans who have passed and veterans of today and their families to know we care and appreciate their sacrifices," Janice recalled.

All are invited to see her painting which she is donating to our Veterans for display at the Senior Center, and to mark the meaning of Veterans Day.

## Chair Massage

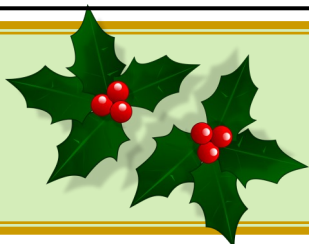
Relaxing chair massage by Joanne continues on **Wednesday, November 30** starting 10 am . Make time for yourself with a rejuvenating private session. \$10/session. Appointments: 508-756-2833.

## Book Club

Much-read historian Doris Kearns Goodwin's *Leadership in Turbulent Times* is our next book for consideration **Monday, November 14 at 11 am**. It explores the lives of Abraham Lincoln, Theodore Roosevelt, Franklin Roosevelt, and Lyndon Johnson.

## Pitch Players

Cards anyone? The weekly Pitch Players are looking to enhance their numbers. It's a fun, fast-paced game that everyone can play. You can even learn "on the run." Join every **Tuesday at Noon**.



## DECEMBER PREVIEW

- 6 DRUMMING CIRCLE EXERCISE
- 14 HOLIDAY TRIVIA
- 22 HOLIDAY MUSIC AND LUNCHEON



**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, November 2, opens 9:30 am

The Café "open" sign is on for your enjoyment of coffee, treats, and conversation. Plus, we'll be joined by Town Administrator Heather Munroe. Meet and greet Heather and have any questions answered. Stop in ... you're never late at the Café!

**HEALTH FAIR DRAWS CROWDS**

Record turnout marked our October Health Fair with many taking advantage of the professional displays and information.

**Dr. Lock****Topic: Diabetes**

Our popular series with Dr. John Paul Lock continues on **Thursday, November 17 at 11 am**. This time, the focus is on diabetes, a disease that has touched many of us and our families. A specialist in endocrinology and the treatment of diabetes, Dr. Lock will offer an in-depth view on clinical research, living with diabetes, and preventative measures. Get the facts and ask your questions.

**VETERAN'S CORNER**

Wednesday, November 9

8:30 am-Veterans at Paxton Center  
School 6th grade

10 am-Public program at Senior Center

**2022****Monthly Calendar**  
**November****Monday**

- 7 9:00 Trail Walkers every Monday  
10:00 Bowling @Bayberry every Monday  
11:00 Tech Help-Mondays by app't.  
14 11:00 Book Club

**Tuesday**

- 1 10:00 Balance Class every Tuesday  
Noon Pitch every Tuesday  
8 9:00 Friends of COA meeting  
22 Noon Thanksgiving Luncheon

**Wednesday**

- 2 9:30 COA Board meeting  
9:30 Schoolhouse Cafe  
9 10:00 Veteran's Group Presentation  
10:30 Sen. Gobi, Rep. Ferguson office hours  
16 9:30 Pancake Breakfast  
30 10:00 Chair Massage by appointment

**Thursday**

- 10 11:00 Music Trivia  
17 11:00 Dr. Lock series: Diabetes  
24 **HAPPY THANKSGIVING (Office closed)**

**Friday**

- 4 9:30 Bocce every Friday  
10:00 Piano Lessons every Friday  
11:00 Piano Chords class every Friday  
11 **VETERANS DAY (Senior Center/office closed)**  
25 **Sr. Ctr. office closed (Meals on Wheels delivers)**

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

**TIME TO RE-SET**

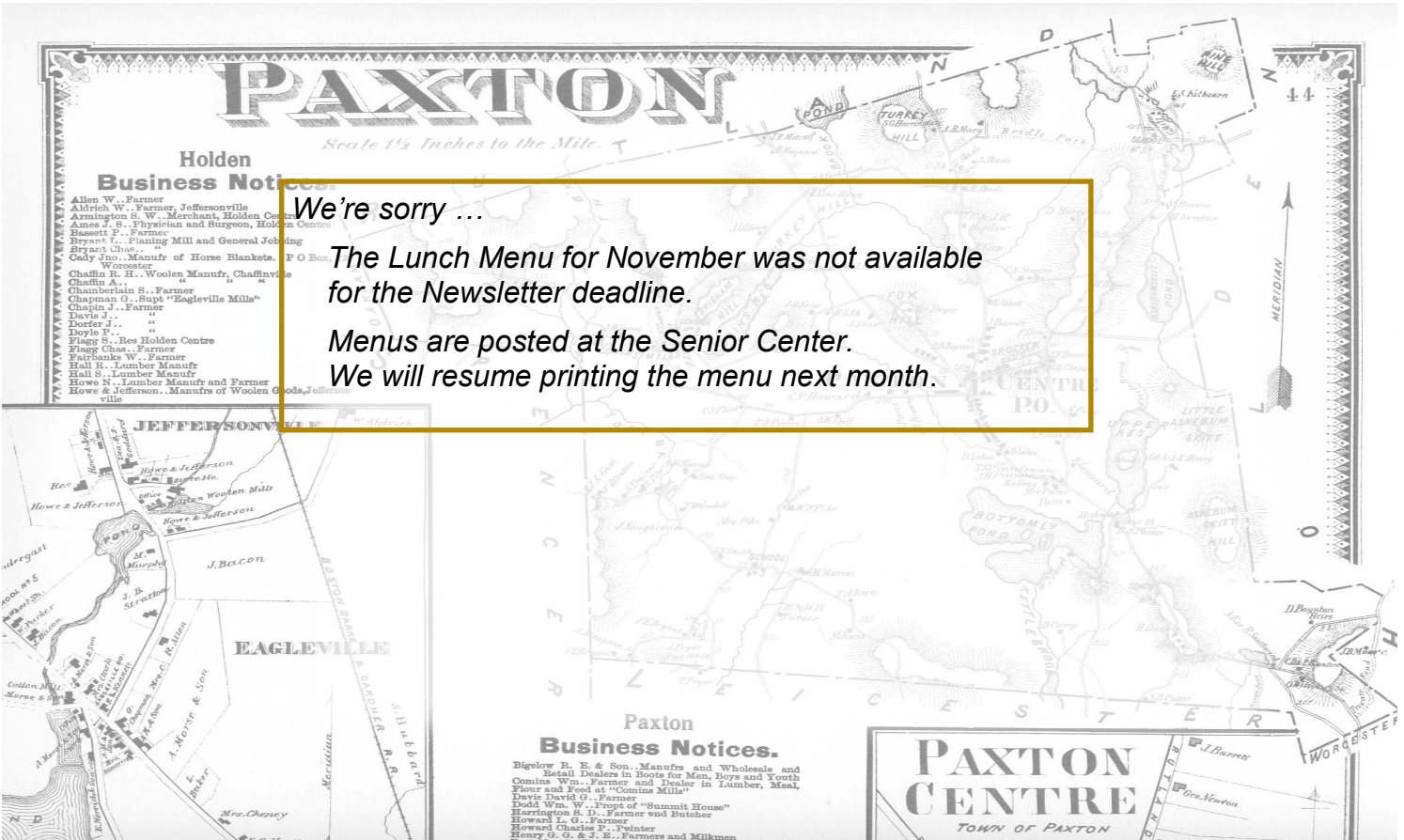
Yes, it's time to move on to Eastern Standard Time. Set your clocks **BACK** one hour in the early morning of **Sunday, Nov. 6**.

Eastern Standard Time covers part or all of 23 states in the eastern part of the United States, parts of eastern Canada, the state of Quintana Roo in Mexico, Panama, Colombia, mainland Ecuador, Peru, a small portion of western-most Brazil, and certain Caribbean and Atlantic Islands.

**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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