

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

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

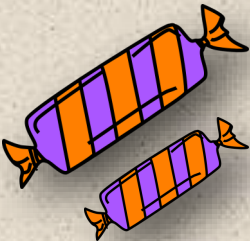
October 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net



Trick or Treat ?

Forrest Edward Mars Sr. (1904–1999) received a patent for producing M&Ms in 1941. The two 'M's represent the names Mars and Bruce Murrie, of the Hershey Chocolate empire, who invested in the familiar treat. The arrangement allowed the candies to be made with Hershey chocolate.



In 1949, the company introduced the tagline "The milk chocolate that melts in your mouth, not in your hand." In 1950, a black "M" was imprinted on the candies giving them a unique trademark. It was changed to white in 1954.

At the Senior Center

✓ **Medicare options at the Café-October 4 (p.3)**

✓ **Vascular Group health program-October 19 (p.3)**

✓ **Broadway Bingo featuring show hits and a fast-paced game-October 6 (p.4)**

✓ **Chair Yoga returns with weekly sessions-October 19 (p.3)**

✓ **Full-course meals at the Schoolhouse Diner every Tuesday, Thursday, Friday (Menu: back page)**

Bocce Trail Walkers, Book Club, Pitch, Piano, Bowling, Hearts 'n' Hands, Tech Help (see Monthly Calendar p.4)

COUNCIL ON AGING BOARD**Officers**

Chairperson – Anita Fenton
 Vice Chair – Joan Bedard
 Secretary – Martha Akstin
 Treasurer – Bob Callahan

Board Members

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

Associates

Carol Coleman, 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

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

Medicare Open Enrollment

The annual Open Enrollment period for Medicare coverage changes takes place October 15 through December 7. It's the time when you can make health insurance and prescription changes to better meet your needs. If you are unsure whether you should make a change or how to do it, you can meet with our S.H.I.N.E. counselor, who is trained in answering health insurance questions. Our counselor is available, by appointment, the third Thursday of each month.

COUNCIL ON AGING ANNUAL REPORT

(EXCERPT FROM FY23 REPORT)

The Council on Aging (COA) is a department of the Town of Paxton. The COA staff consists of a full-time Director/Outreach Coordinator, a part-time Program Assistant, and three Van Drivers. The COA has a nine-member Advisory Board.

The COA continues to see growth in our senior community. There are approximately 1,184 residents 60 years of age and older in Paxton based on the 2022 census.

We will see further expansion of our senior population as we look into the future. That growth means adapting to the needs of our older seniors and meeting the needs of our much younger senior population, working to create diverse services for all ages through advocacy and support.

Outreach helps assist senior residents to remain safely in their homes by advocating for services that will enhance their lives, support their independence, and promote their wellbeing. The Outreach Coordinator also serves as a liaison to the departments of Police and Fire.

Our nutrition program offers home delivered meals five days a week, as well as congregate dining at the Senior Center three days a week. This past year we served over 5,500 total meals.

Our Food Pantry helps supplement those individuals who may need assistance throughout the year.

Van transportation is available to all seniors.

The Senior Center provides a welcoming destination for all. It's a place to meet old friends and make new ones. A variety of programs/events are ongoing throughout the year for all ages and stages of life.

Other programs consist of a breakfast café, exercise, wellness and informational programs, book club, IT assistance, and a veteran's group. Weekly activities include a walking group, knitting group, bowling, cards games, and piano lessons. All focus on our senior's needs, wellbeing, interests and independence.

As we look ahead, the COA will continue to work hard in providing support and advocacy for all our seniors.

SUBMITTED BY
 CINDY LOVE, DIRECTOR

ARTERY DISEASE AND HEALTH

The vascular system is an intricate web of vessels that move blood to and from the heart and lungs. Arterial disease prevents this from happening.

Learn about this condition and options for diagnosis, treatment, and management from experts at The Vascular Care Group on **Thursday, October 19 at 10:30 am**. They are experienced providers with state-of-the-art treatments for a wide range of medical and cosmetic conditions. It's always wise to be health-informed.

Schoolhouse Café

This month the Café features an overview of HMOs and PPOs by Mass Advantage, a Medicare plan provider. Coffee and choice pastries await us on **Wednesday, October 4**, with doors opening at 9:30 am



Book Club

Readers turn to David Grann's 2023 historical non-fiction *The Wager: A Tale of Shipwreck, Mutiny and Murder* on **Monday, October 2 at 11 am**. A true-life, grand tale of human behavior at the extremes.

Chair Yoga

This popular program returns **Thursday October 19 at 1 pm**. Janet Huehls engages us in a moving, breathing and relaxing session each week. It will help you feel more comfortable, strengthen balance and calm your mind. \$3/class.

Trail Walkers

You can join the Trail Walkers when they step out each Monday morning. It's an invigorating and healthy walk through natural trails with expert leaders. Wear your sturdy shoes! More info: 508-756-2833.

Gothic Victorian Tales

Thursday, October 26 at 11 am

Enter the world of 19th c. New England writer Sarah Orne Jewett with this memorable theatrical presentation. Meet a family embroiled in a curious curse, an odd stranger who comes to a small town, and an old woman who may or may not be immortal.

Rita Parisi of Waterfall Productions presents **Gothic Victorian Tales by Candlelight** in all its supernatural splendor. She has been entertaining audiences for over 25 years and creates shows that highlight her passion for theater, literature, and costuming. Rita was also notably involved in the independent film scene.



PRESENTED THROUGH A GRANT FROM THE
PAXTON CULTURAL COUNCIL

BOOKS TO READ



A reminder: you can always find a book to read anytime in our Corridor Library. Feel free to browse the shelves and take what you want. Return when you are finished.

Fall Display Workshop

Ready for some autumn fun? Come create your own fall pumpkin arrangement on **October 16 at 10 am** with Tina from Bemis Farms Nursery. All materials included for you to complete your project. Cost: \$30 with payment by October 10 at the COA office. (Checks made out to "Bemis Farms Nursery"). We need 10 participants to offer the class.



Historic View

Many turned out last month to learn about the Blackstone Canal with expert presenter Tom Kelleher of Old Sturbridge Village.

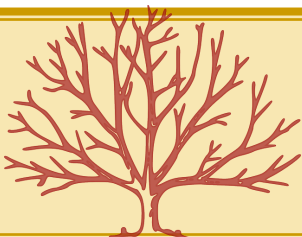


NOVEMBER PREVIEW

NOVEMBER 16 : Supplementing Your Medicare

NOVEMBER 21: Thanksgiving Lunch / Trinity Big Band

NOVEMBER 30: Holiday Craft Class



Senior Center Notes



PEN PALS

Would you be a Pen Pal? We're starting the program again and a large class of 4th graders at Paxton Center School is waiting to write to their "Pals." Each month through June you'll receive a letter from your student. Then they look forward to a letter from you. It's fun, welcoming, surprising and intergenerational. Let Cindy know if you can participate. We need 51 Pen Pals!

MAHJONG

Looks like we have interest in playing this fascinating game. Several interested people have said "it's a go!" You can participate in this tile-based table game. Day and time still to be determined. Check in with Cindy for further information.

DRIVER WANTED

Meals on Wheels is in need of a driver to distribute lunches to seniors one day a week on Wednesdays. It requires pick-up in Holden and home deliveries in Paxton. Mileage reimbursement is offered. Please call the COA office at 508-756-2833 if interested.

Relax / Rejuvenate

Take a break with a comforting chair massage by licensed therapist Joanne. It's a twenty minute seated session to help ease tension and daily stress. Available October 25 by appointment: call Cindy (508-756-2833). \$10 per private session.

Broadway BINGO

Try your luck and be entertained this month at **Broadway BINGO**, combining show tunes and a fast-paced game. It's brought to us by master number callers and vocalists/comics Denis Cormier and Jay Silvestri. Starts at 12:30 pm on **FRIDAY, October 6** in the Dining Room.

Cards: \$1/game



2023

Monthly Calendar October

Monday

- 2 8:45 Walking Group / Mondays
- 10:00 Bowling / Mondays
- 10:00 Hearts 'n' Hands / Mondays
- 11:00 Tech Help / Mondays by app't
- 11:00 Book Club
- 9 Columbus Day — Office closed
- 16 10:00 Fall Display Workshop

Tuesday

- 3 Noon Pitch / Tuesdays

Wednesday

- 4 9:30 COA Board meeting
Schoolhouse Cafe
- 11 10:30 Veteran's Group
- 25 10:00 Chair Massage by app't

Thursday

- 19 9:30 S.H.I.N.E. counselor by app't
- 10:30 Vascular Group seminar
- 1:00 pm Chair Yoga
- 26 11:00 Gothic Victorian Tales

Friday

- 6 9:30 Bocce / Fridays
- 10:00 Piano Lessons / Fridays
- 12:30 pm Broadway Bingo

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

Our sincere condolences to the family of Bob Wilby, COA Friends officer, longtime bus trips tour host, and generous civic leader.



VETERAN'S CORNER

Wednesday, October 11
N.E.A.D.S PRESENTATION
10:30 AM

BUS TRIPS

Tuesday, October 24, 10:30 am: Mystery Ride to ?? is the next Friends-sponsored Bus Trip. Please call Nancy Wilby at 508-792-4662 or email at rwilby@charter.net for detailed info and payment deadlines.

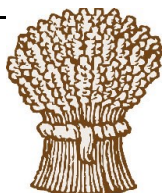
PAXTON SENIOR CONNECTION

**17 West Street
Paxton, MA 01612**

Lunch at the Schoolhouse Diner

OCTOBER MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
3 Burger w/ chili & cheese Herb potato, Green Beans	5 American Chop Suey Broccoli/red peppers, Corn	6 Jambalaya Rice Pilaf, Green peas
10 Greek Chicken Steamed rice, Spinach	12 Turkey Supreme Cornbread stuffing, Veg. blend	13 Lemon Pepper Fish Delmonico potato, Broccoli
17 Chicken Fajitas Spanish rice, Black beans	19 Potato Crunch Fish Potato au gratin, Green beans	20 Vegetable Cheese Bake Seasoned potato, Mixed veg.
24 BBQ Chicken Herbed potato, Veg. blend	26 Chicken Cranberry Salad Pasta salad, Cucumber salad	27 Meatballs w/onion gravy Bowtie pasta, Roast Brussels
31 White Bean Chicken Chili Brown rice, Green beans		



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

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