

Newsletter from the Council on Aging

# PAXTON SENIOR CONNECTION

John Bauer Senior Center  
17 West Street  
Paxton, MA 01612

Office: 508-756-2833



September 2022

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

## Health and Wellness DAY

featuring ...

SEPTEMBER  
28

*Latest health information from more than  
20 professional services and organizations*

- ⇒ Home care services
- ⇒ Home & personal safety
- ⇒ Elder care/law services
- ⇒ Home delivered meals
- ⇒ Medical alert devices
- ⇒ Physical therapy options
- ⇒ Financial services
- ⇒ Flu shots

**Wednesday—September 28 10am-1pm**

*Open to All. A free event sponsored by the Paxton Council on Aging*

**p. 2 From the Director   p. 3 New Programs   p. 4 Ice Cream Truck**



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 Kathryn Mahoney, Jim Putnam

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**COUNCIL ON AGING STAFF**

**Director/Outreach – Cindy Love**  
 508-756-2833

clove@townofpaxton.net  
 Program Assistant—Dolores Rauschl

**Van Drivers**

Ken Carlson, Frank LaFlash

**Olde Schoolhouse Diner**

Dining Site Manager – Tina Bullock

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 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*

**COA Office Hours**

**John Bauer Senior Center**

Monday – Friday 9:00 am to 2:00 pm

**Need Transportation?**

Did you know our van can take you places in addition to your doctor? It's available for trips to Walmart, CVS, Price Chopper, Big Y, the bank, hair appointments, local farm stands, and similar destinations.

It's convenient. It's easy. It's door-to-door. It saves gas money and parking fees. It has experienced drivers. This is a service provided to all Paxton seniors and we'd be happy to schedule your next trip. Call the COA office to book your appointment.

## A MESSAGE

### From the Director

As we welcome Fall on September 22, I always ask myself where did the summer go? For many of us we will be looking forward to the cooler temperatures, colorful foliage, apple picking, and perhaps a Sunday afternoon watching football.

F. Scott Fitzgerald said, "Life starts all over again when it gets crisp in the fall."

As we kick off this season at the Senior Center, we are excited to bring you new programs and events as well as bringing back some of your favorites.

Our **Health/Wellness Day** makes a return. Over 20 vendors will be on hand with information for all ages and lifestyles. While you are here, consider getting your flu shot! Also, included in our wellness month is the first part of the medical series **Health Insights for Aging**, and a nine-week exercise class which will prove to be beneficial for every age group. We welcome back our ongoing active groups: **Bowling, Book Club, Veteran's, Pitch, and Piano class.** **Cornhole** will continue for the fall indoors, and our popular **Schoolhouse Café** continues the first Wednesday of each month. So, stay tuned and keep an eye out for your monthly Newsletter.

If you never have been to the Senior Center, I encourage you to drop by for a visit. Let us showcase who we are and how we promote a positive image on aging and improve lives of our older adults. For those who are regular visitors, I hope you take part in some of our new programs.

As a reminder, if you (or someone you know) need assistance with food, fuel, or appointments for Covid boosters, please call the COA office.

Congratulations to Donmarie Desrosiers and Kathryn Mahoney, recently appointed to our COA Board, and thanks to our many volunteers for their dedication and hours they give to the Senior Center. We could not do it without them.

Looking forward to seeing you soon! And thank you for your continued support as part of our Senior Center Family.

Cindy

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Cindy

## Health and Wellness Day

Presented by the Paxton Council on Aging

Wednesday, September 28 10am-1pm

Get the latest information on health, safety, lifestyle and senior services at our comprehensive Health Day. Featured are more than 20 display tables hosted by experts in their field. Ask your questions and bring home all the information you need.

Available raffles and prizes ... coffee and pastries!

- ▲ All at the Senior Center ▲ Open to the public (invite someone)
- ▲ FLU SHOT CLINIC ▲ BLOOD PRESSURE CHECKS

A one-stop source to keep you informed and healthy!

(FOR FLU SHOTS, BRING YOUR INSURANCE CARD)



### HEALTH AND WELLNESS PARTICIPANTS

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- HOLDEN HEARING
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- PAXTON FIRE/EMT/POLICE DEPT.
- RESONATE
- RHAPSODY HOME CARE
- SHERIFF'S DEPARTMENT
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- TATNUCK PARK
- VIBRA HOSPITAL
- WALGREENS

### HEALTH INSIGHTS FOR AGING

A new five-part series

Dr. John Paul Lock M.D., of Paxton, brings us a series of informative programs on our health with insights on vibrant living beginning this month. Included are such topics as screenings, immunizations and aging gracefully at home. Join Dr. Lock, an experienced clinician, for this special series beginning **Thursday, September 15 at 11 am.** Please reserve at 508-756-2833.

### A MATTER OF BALANCE

A new nine-week program

This program is designed to reduce the fear of falling and increase activity levels for seniors. Each two-hour session promotes exercise to increase strength, flexibility, and balance. Past participants have realized improvement in falls management, control and exercise level. Debbie Obsipov of Oriol Healthcare is the trained presenter. The weekly program is sponsored by Oriol. Begins **Tuesday, September 20 at 10 am.** Class size limited. Call COA: 508-756-2833

### Book Club

On **Monday, September 12 at 11:00 am** we confront *Billy Summers*, Stephen King's 2021 tense bestseller of a clever hitman struggling to go straight.

### Bowling

Bowling resumes **September 12.** We're looking for more participants to join the fun! 10 am every Monday at Bayberry Bowling/Spencer. Sign up: 508-756-2833



### OCTOBER PREVIEW

- 12 HEART TO HOME LUNCHEON
- 19 CBD/MEDICAL CANNABIS
- 20 LIFE ABOARD A WHALING SHIP



**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, September 7, opens 9:30 am

Our drop-in Café is the top social spot of the month. In addition to the coffee/pastries we'll hear about the LifeFone, a new medical alert device. Invite a friend!

**LUNCH AND SHOW**

**Merriment and Myrth**

It's a comedy show with talented Dennis Deyo that's sure to please. He has presented his standup event at various senior centers and facilities and brings us his unique sense of humor on **Thursday, Sept. 22 at 12:30 pm.** Tie it in with lunch at the Schoolhouse Diner if you'd like. Please call us to reserve lunch by Sept. 20.



**ICE CREAM TREAT**

The ice cream truck is coming! Don't miss the chance to indulge in an ice cream delight on **Friday, September 9 at 12:30 pm** right in our parking lot. Your choice of treats! Fidelity Bank is bringing us the ice cream truck for everyone to enjoy this summer time "tradition." Complimentary to all!



**Piano Classes** continue this fall. If you ever thought of learning the basics, there's a spot for you. Lessons on Fridays, with a group class at 10 am plus a "chords" style class at 11 am. Dennis Deyo is the instructor.

**Trail Walkers** continue every Friday with a step off at 8 am. The leisure group starts at 9 am. Meet at the Senior Center for a healthy adventure.



**VETERAN'S CORNER**  
Planning Meeting / refreshments  
Wednesday, September 14 at 10:30 am

**2022**

**Monthly Calendar**  
*September*

**Monday**

- 5 LABOR DAY—Senior Center closed
- 12 10:00 Bowling @ Bayberry every Mon.
- 11:00 Tech Help-Monday's by app't.
- 11:00 Book Club

**Tuesday**

- 6 12:00 Pitch every Tuesday
- 13 10:30 Friends of COA meeting
- 20 10:00 Balance Class (weekly through 11/15)

**Wednesday**

- 7 9:30 COA Board meeting
- 9:30 Schoolhouse Cafe
- 14 10:30 Veteran's Group
- 10:30 Sen. Gobi, Rep. Ferguson office hours
- 28 10:00 HEALTH AND WELLNESS DAY

**Thursday**

- 1 10:30 Corn Hole games every Thursday
- 15 11:00 Health Series begins
- 22 12:30pm Comedy Show

**Friday**

- 2 8:00 Trail Walkers (leisure group at 9 am) every Friday
- 10:00 Piano Lessons every Friday
- 11:00 Piano Chords class every Friday
- 9 12:30pm Ice Cream Truck

**BUS TRIP** itineraries available from tour leader Bob Wilby at 508-792-4662 or [rwilby@charter.net](mailto:rwilby@charter.net)

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



Classic car enthusiasts check out the gems at the Veteran's car show last month at the Senior Center.



## A MESSAGE

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the old said, "Life starts all over again in the fall."

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As we have been to the Senior Center, I hope you drop by for a visit. Let us know how you are and how we promote a healthy aging and improve lives of our residents who are regular visitors, I hope you see some of our new programs.

If you (or someone you know) need food, fuel, or appointments please call the COA office.

Donmarie Desrosiers is recently appointed to our COA and we have our many volunteers for the services they give to the Senior Center. We do it without them.

Thank you so much for being you soon! And thank you for your support as part of our community.

Cindy



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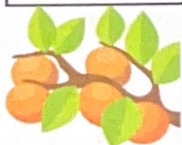
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*Lunch at the Schoolhouse Diner*

**SEPTEMBER MENU** (Subject to change)

TUESDAY	THURSDAY	FRIDAY
	1 BBQ Chicken Mashed potato, Succotash	2 Chicken Cranberry Salad Pasta, tomato, cukes salad
6 Beef w/onions & peppers Potato wedges, Carrots	8 Roast Pork w/gravy Cranberry stuffing, Vegetables	9 Macaroni & cheese Stewed tomato, Green beans
13 Buttermilk Chicken Potato au Gratin, Mixed veg.	15 Hot Dog Baked Beans, Coleslaw	16 Shepherd's Pie Carrots, Peas
20 Western Omelet Red Bliss potato, Grn. beans	22 Meatloaf w/gravy Garlic Mashed pot., Carrots	23 Breaded (Cat)Fish Patty Coleslaw, Mixed vegetables
27 Swedish Meatballs Mashed potato, Beets	29 Chicken Cacciatore Casserole Gemelli pasta, Roast broccoli	30 Fish w/crumb topping Rice Pilaf, Roasted vegetables



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

*Newsletter published in part through a grant from  
 the Mass. Executive Office of Elder Affairs*