

Petersham Council on Aging
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COA



NEWSLETTER

APRIL 2017

This newsletter is underwritten by the Executive
Office of Elder Affairs.

ADDRESS SERVICE REQUESTED

ANDRUS AWARD FOR COMMUNITY SERVICE

AARP state offices are seeking nominations for the Andrus Award for Community Service. AARP's most-prestigious volunteer tribute recognizes outstanding individuals who are sharing their experience, talents and skills to enrich the lives of others.

- Nominees must be at least 50 years old
- The achievements, accomplishments or service on which the nomination is based must have been performed on a volunteer basis, without pay
- The achievements, accomplishments or service on which the nomination is based must reflect AARP's vision and mission
- Couples or partners who perform service together are also eligible; however, teams are not eligible
- The recipient must live in the awarding state
- This is not a posthumous award

Forms may be picked up at the Selectman's office and need to be submitted by June 2, 2017.

Petersham's Council on Aging Mission Statement

Petersham's Council on Aging dedicates itself to addressing concerns of the sixty year and older population of the Town of Petersham.

HELPFUL INFORMATION

Verizon will no longer be an internet carrier as of April 12th. You will be automatically transferred to .aol or you can chose a provider before that time. For more information you can email Verizon.com/support.

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The Fitness classes will be extended through April on Monday's at 10:30 to 11:30. Members of the class have asked Betsy Scofield if she would consider extending her classes and she said she would as long as participation remains up. Attendance has been averaging 13-15 people.

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April Dolan of Barre has offered free yoga classes in Petersham as part of her graduation requirements at Frog Pong Yoga in Princeton. She will do a 1 1/2 hour Restorative Yoga class for 7 sessions on Tuesdays and Thursdays at 10:30 to 12:00 and begin on April 11th.

COA BOARD NOTES

The COA Board met on Monday, March 13, 2017 at 10:00 a.m.

It was voted to change the board meeting time to 10:00 a.m.

We noted that the T'ai Chi classes began on Monday, March 6 at 4-5 p.m. for 10 weeks in the upper Town Hall. This is a free class but we will also accept donations.

Quabbin Valley Healthcare free luncheon has been rescheduled for March 27, 2017.

The next Board meeting will be on Monday, April 10, 2017 at 10:00 a.m. in the lower Town Hall.

TONGUE TWISTERS

Which witch wishes to switch a witch wristwatch for a Swiss wristwatch?

Silly Sally swiftly shooed seven silly sheep
The seven silly sheep Silly Sally shooed
Swiftly sallied south

Mr. See owned a saw
Mr. Soar owned a seesaw
Now See's saw sawed Soar's seesaw
Before Soar saw See's saw
Which made Soar sore
Had Soar seen See's saw
Before See sawed Soar's seesaw
See's saw would not have sawed Soar's seesaw
And made Soar sore

SPRING FUN FITNESS AND YOGA CLASSES 2017

Fun Fitness Classes are: Time is 10:30 to 11:30 a.m.
Mar. 31 (Suggested donation is \$3.00)
April 3, 7, 10, 14, 17, 21, 24, 28

Restorative Yoga Classes are: Time is 10:30 to 12:00 Free (Donation welcome)
April 11, 13, 18, 20, 25, 27 Bring blanket and 2-3 pillows
May 2

Anyone is welcome to attend these classes, regardless of age. Kay Berry is coordinator. If you have questions call 978-724-6610 or email PshamCOA@gmail.com.

Fitness and Yoga classes are sponsored by the Petersham Council on Aging and are underwritten by the Executive Office of Elder Affairs.

T'ai Chi classes are: Time is 4 to 5 p.m.
April 3, 10 and 24 (no classes on 17th - Patriots's Day) Free (Donation welcome)
May 1, 8 and 15 Funded by the Petersham Cultural Council and sponsored by the
Petersham Council on Aging.

APRIL LUNCH MENU

Apr. 03 - Salisbury Steak w/Gravy, Chantilly Potatoes, Spinach, Wheat Bread, Fresh Fruit

Apr. 10 - Beef Stew, Green Beans, Whole Wheat Bread, Fresh Orange

Apr. 17 - NO LUNCH - Patriot's Day

Apr. 24 - Diced Chicken Chow Mein, Chow Mein Noodles, White Rice, Carrots, Whole Wheat Bread, Fortune Cookie, Mandarin Orange

To reserve a meal or notify of cancellation call Mary Russell at 978-724-3233 by Thursday afternoon.

Suggested donation is \$2.50 for seniors or disabled; \$3.00 for younger than 60 years old.

Please contact Mary if you regularly attend the meal site but will not be able to come to a Monday meal.

PROGRAM REMINDERS

Apr. 1 & 2 - 9 a.m. to 4 p.m. Carve a Bunny at the Petersham Art Center with Marcia Berkall. Call 978-724-3415 for information and registration.

Apr. 03 - 10:30 to 11:30 - Fitness classes extended through April on Mondays and Fridays.

Apr. 08 - 9:00 to 12:00 - Spring Baskets with Sue Morello. Call Petersham Art Center for information and registration at 978-724-3415.

Apr. 11 - 10:30 to 12:00 - Restorative Yoga classes begin for 7 sessions on Tuesdays and Thursdays.

Apr. 17 - Patriot's Day - NO LUNCH

Apr. 23 to May 25 - Monika Agnello: Recent Work, 4 to 6 p.m. at PAC.

The email for Petersham Council on Aging is PshamCOA@gmail.com and can be used to request electronically sent newsletters.