

Petersham Council on Aging
P.O. Box 486
Petersham, MA 01366

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COA



NEWSLETTER

APRIL 2018

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

ADDRESS SERVICE REQUESTED

MEAL FROM THE COUNTRY STORE

We will be hosting another meal from The Country Store on Monday, April 2nd at 12:00.

The menu will be rollatini, salad, bread, butter, milk, and cookie. The meal will be \$8.00. Coffee and tea are available from the COA for a 25 cent donation.

Reservations need to be called in to Mary Russell, 978-724-3233, by Wednesday, March 28th.

Anyone is also welcomed to bring their own lunch and join the group.

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.

UPCOMING EVENTS

Petersham Art Center: Contact the Center at 978-724-3415 for costs and registrations.

Saturday, April 14 - 9 to 11 a.m.

Create Herbal Window Boxes with Lynn Hartman, Hartman's Herb Farm

Saturday, April 28 - 9 a.m. to noon

Basket Weaving with Sue Morello of Sheldon Farm Baskets

Saturday, April 28 - 10 to 11 a.m.

Learn to Repair Your Own Bike with Christopher Jenkins

MEAL SITE MANAGER

The Council on Aging is looking for a volunteer to help set up for the noon lunch on Mondays and heat the food to temperature. Some paperwork is required when the food is heated and the temperature needs to be recorded. About 3 hours of preparation takes place and the person needs to be ServSafe certified.

The Council on Aging will pay for ServSafe certification for an interested person.

For more detailed information, please call Mary Russell at 978-724-3233.

COA BOARD NOTES

The COA Board met on Monday, March 12, 2018 at 10:00 a.m.

The Board approved the Secretary's minutes and the Treasurer's report.

Pam Chevalier and Mary Russell noted that the Meals-On-Wheels Walkathon will be Saturday, April 28 at the LifePath facility in Greenfield from 9 to 11 a.m.. Pam and Kay Berry will be doing the walk and invite others to join with them. Mary will collect donations at the noon luncheons.

The next Board meeting will be on Monday, April 9, 2018 at 10 a.m. in the Lower Town Hall. Anyone is welcome to come to the meeting.

HUMOR

Three friends from the local congregation were asked “When you’re in your casket, and friends and the congregation members are mourning over you, what would you like them to say?”

Artie said: “I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man.”

Eugene commented: “I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people’s lives.”

Bob said: “I’d like them to say, “Look, he’s moving!”

Women and cats will do as they please, and men and dogs should relax and get used to the idea.

SPRING CLASSES 2018

Fitness Classes - Mon. & Fri.

Time is 10:30 to 11:30 a.m.

Suggested donation is \$3.00

Mar, 26 and 30

Apr. 2, 6, 9, 16, 20, 23, 27 and 30

No class April 13 due to Art Show

Yoga Classes - Tuesday

Time is 10:30 to 11:45 a.m.

Suggested donation is \$5.00

Mar. 27

Apr. 3, 10, 17 and 24

T'ai Chi Classes - Wednesday

Time is 4 to 5 p.m.

Suggested donation is \$5.00 per class

Mar. 28

Apr. 4, 18 and 25

No class April 11 due to Art Show

Classes are held in the Petersham Town Hall. 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, Yoga, and T'ai Chi classes are sponsored by the Petersham Council on Aging and are underwritten by the Executive Office of Elder Affairs.

APRIL LUNCH MENU

- Apr. 02 - Rollatini, Salad, Bread, Milk, Oatmeal Cookie from Country Store \$8.00
Apr. 09 - Macaroni & Cheese, Stewed Tomatoes, Wheat Bread, Strawberry Yogurt
Apr. 16 - NO LUNCH - Patriot's Day Holiday
Apr. 23 - Haddock Newburg, Red Bliss Potatoes, Italian Veg Blend, Wheat Bread, Fresh Fruit
Apr. 30 - Roast Pork, Tarragon Gravy, O'Brien Potatoes, Summer Veg Blend, Wheat Dinner Roll, Blueberry Yogurt

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. 01 - 6: 20 a.m. - Interfaith Sunrise Service at Curling Club field.
Apr. 01 - Easter Service at St. Peter's at 9 a.m., Congregational Church at 10 a.m., Unitarian Church 11 a.m.
Apr. 06 - 7 p.m.- Historical Society Annual Meeting and program on the Building of the Quabbin Reservoir. Guest speaker Jeffrey Egan.
Apr. 07 - 4 to 6 p.m. Art Center opening for Sue Morello, display and sale of 18th & 19th century samplers.
Apr. 08 - 2 to 4 p.m. - Petersham Grange Program; Tick Talk: Pests & Parasites in Our Midst. Nolan Fernandez will be speaker
Apr. 14 - Congregational Church; authentic Italian Meal by cook, Jim Moseley. Reservations at 978-724-3362.
Apr. 15 - 2 to 4 p.m. - Significance & Importance of Indigenous Stone Landscape at Unitarian Church
Apr. 22 - Earthday Celebration, Village Lyceum program at Unitarian Church and Davis Memorial beginning at 10 a.m. Spiritual service at 11 a.m. Invitation to all farmers.
Apr. 28 - 9 to 11 a.m. - Meals-on-Wheels walkathon at LifePath in Greenfield.

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