

Petersham Council on Aging  
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COA



NEWSLETTER

FEBRUARY 2018

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

ADDRESS SERVICE REQUESTED

#### A CHANGE OF MENU

Our first meal from the Country Store will be on Monday, February 5th at noon.

Ari Pugliese has put together a menu that would include 1/2 a turkey club wrap or 1/2 a tempeh (blt) wrap; Mediteranean Lentil soup and crackers; 1/2 a large muffin or scone; milk and cookie.

The price will be \$8.00 and a head count will be needed by January 31st. Please let Mary Russell 978-724-3233 know your preference for a wrap and also for muffin or scone.

As this is the first time a different caterer has been used we would welcome comments and suggestions following the meal.

Please come and support our efforts to make this change successful. Thank you.

#### 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 PROGRAMS

Bob Laford will lead a free CPR and ChokeSaver class on February 19th at 10:00 a.m. in the lower Town Hall. This will be a refresher class and not a certificate training.

Anyone is welcome to attend.

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On March 5, 2018 at 12:30 p.m. we will have a short presentation on a variety of topics that are relevant to seniors. This free program will be led by a member of the Worcester Probate and Family Court.

Included in the presentation will be:

- How to probate an estate
- Wills
- Guardianships of minors
- Guardianship of an incapacitated person
- Information about the Worcester Probate and Family Court and resources

There will be handouts, a question and answer session, light snacks and a raffle.

This will be held in the lower Town Hall following the noon lunch.

### COA BOARD NOTES

The COA Board met on Monday, January 8, 2018 at 10:00 a.m.

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

Mary will call to see if a CPR and ChokeSaver class can be held in February. Phil suggested that a computer class might have some interest. Sheila will call the Probate Court to set up a program on topics relevant to seniors.

New officers elected were: Kay Berry, chair; Sheila Youd and Lynn Shaw, vice co-chairs; Sheila Youd, corresponding secretary; Pam Chevalier, recording secretary; Phil Hanno and Kay Berry, co-treasurers.

The next Board meeting will be on Monday, February 12, 2018 at 10 a.m. in the Lower Town Hall. Anyone is welcome to come to the meeting.

### HUMOR

I was in the express lane at the store quietly fuming. Completely ignoring the sign, the woman ahead of me had slipped into the check-out line pushing a cart piled high with groceries. Imagine my delight when the cashier beckoned the woman to come forward, looked into the cart and asked sweetly, "So which six items would you like to buy?" Wouldn't it be great if that happened more often?!!!

Because they had no reservations at a busy restaurant, my elderly neighbor and his wife were told there would be a 45 minute wait for a table. "Young man, we're both 90 years old," the husband said. "We may not have 45 minutes." They were seated immediately.

The reason congressmen try so hard to get re-elected is that they would hate to have to make a living under the laws they've passed.

### WINTER CLASSES 2018

Fitness Classes - Mon. & Fri. Time is 10:30 to 11:30 a.m.

Suggested donation is \$3.00

Jan. 22, 26 and 29

Feb. 2, 5, 9, 12, 16, 19, 23 and 26

Mar. 2, 5, 9, 12, 16, 19, 23, 26 and 30

Yoga Classes - Tuesday Time is 10:30 to 11:45 a.m.

Suggested donation is \$5.00

Jan. 23 and 30

Feb. 6, 13, 20 and 27

Mar. 6, 13, 20 and 27

T'ai Chi Classes - Monday Time is 4 to 5 p.m.

Suggested donation is \$5.00 per class

Jan. 22 and 29; Feb. 5, 12, 19 and 26; Wednesday - Mar. 5, 12, 19 and 26; Apr. 4

Classes are held in the Petersham Town Hall and will resume in mid January.

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](mailto: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.

## FEBRUARY LUNCH MENU

- Feb. 05 - 1/2 Turkey Club Wrap or Tempeh (BLT)Wrap, Mediterranean Lentil Soup, Crackers, Muffin or Scone, Milk, Cookie - Reservation needed by Jan. 31, \$8.00  
Feb. 13 - Beef Burgundy, Egg Noodles, Broccoli, Multigrain Bread, Fresh Fruit  
Feb. 19 - President's Day Holiday - NO LUNCH  
Feb. 26 - Roast Turkey, Herb Gravy, Bread Stuffing, Butternut Squash, Bread, Diced Peaches

**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

- Feb. 03 - 6:00 p.m. - Lasagna Supper at Congregational Church, Meat or Vegetarian, \$10.00.  
1/2 Pan Take-outs \$20.00. Call Janice Olson for reservations at 978-724-3362.
- Feb. 05 - 12:00 - Lunch from the Country Store. Price \$8.00. Call 978-724-3233 by Jan. 31st for reservation and choice of wrap and muffin or scone.
- Feb. 11 - 12:00 to 2:00 p.m. - Chocolate Auction, Davis Memorial Building of Unitarian Church
- Feb. 11 - 2:00 to 4:00 p.m. - Tea at the Petersham Memorial Library.
- Feb. 12 - 10:00 a.m. - COA Board Meeting
- Feb. 18 - 2:00 to 4:00 p.m. - Snow date for Library Tea.
- Feb. 19 - 10:00 a.m. - CPR Training and ChokeSaver Class with Bob Laford, Lower Town Hall

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