

Petersham Council on Aging
P.O. Box 486
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COA



NEWSLETTER

JUNE 2018

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

ADDRESS SERVICE REQUESTED

MEAL THE COUNTRY STORE

In June we will be hosting a meal catered by The Country Store on Monday, June 4 at 12:00.

The menu will be a choice of turkey club, ham Italian or tempeh-avocado wrap; pesto tortellini salad, garden salad w/balsamic dressing, oatmeal raisin cookie, and milk. 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 Friday, June 1st.

This will be the last special catered meal until September but we will still have our regular meals for \$2.50 and urge you to try them.

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

Highland Street Foundation—Free Fun Friday

Our Free Fun Fridays offer visitors no-cost admission to many of the most treasured cultural venues in Massachusetts. This program was created to increase access and enrichment opportunities for children and families throughout Massachusetts during the summer months. Every Friday, from the end of June through the end of August, multiple sites are open for free. We reach out to schools, veterans groups, libraries, seniors centers, and many other community organizations to ensure that everyone knows that they are also welcome.

Check the website (<http://www.highlandstreet.org/programs/free-fun-fridays>) for a complete listing of places to visit.

Included are:

MIT Museum	Worcester Art Museum	Battleship Cove
Gore Place	Hancock Shaker Village	New England Quilt Museum
Chatham Shark Center	The Discovery Museum	Boston Athenaeum
Franklin Park Zoo	Historic Deerfield	Wenham Museum
Plimoth Plantation	Old State House	Emily Dickinson Museum

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In September we will again be planning for a trip to the Big E in Springfield. To reserve a seat on the bus you may call Janice Olson at 978-724-3362 for more information.

Also in September we are planning to have a lawyer come and speak to us about many issues that concern the elderly such as estate planning, trusts, guardianship, and legal decisions.

COA BOARD NOTES

The COA Board met on Monday, May 14, 2018 at 10:10 a.m.

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

We will be on summer break and not have another newsletter or Board meeting until August. The special catered meals will resume in September but the regular meals will continue during the summer.

The next Board meeting will be on Monday, August 13, 2018 at 10 a.m. in the Lower Town Hall. Anyone is welcome to come to the meeting.

NEW VIRUS

It seems there is a virus called the “Senile Virus” that even the most advanced programs of Norton and McAfee cannot take care of it....so be warned. The virus appears to affect those of us who were born before 1950!

Symptoms of the Senile Virus:

1. Causes you to send the same e-mail twice.
2. Causes you to send blank e-mail.
3. Causes you to send e-mail to the wrong person.
4. Causes you to send e-mail back to the person who sent it to you.
5. Causes you to forget to attach attachments.
6. Causes you to hit “SEND” before you’ve finished the e-mail.

FITNESS, YOGA, AND T’AI CHI CLASSES

All fitness, yoga, and t’ai chi classes have ended for the summer and will resume in the fall.

If people have an interest in continuing t’ai chi for the summer, classes are held at the First Universalist Church at 31 North Main Street in Orange. Classes are from 6 to 7 p.m. and are led by Valerie and Nick Wisniewski. For more information call 978-544-6083 or email: wal-nuthilltracking@verizon.net.

Elizabeth Garrett is conducting yoga classes at her Honeybee Studio in Barre on Tuesday, May 15 to June 12 from 10:30 a.m. to 11:45 a.m. and on Friday, May 18 to June 15 from 9:30 a.m. to 10:45 a.m. Please call Elizabeth at 978-257-8018/508-736-7577 or email elizabethla9@gmail.com.

Fall classes will be 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.

JUNE LUNCH MENU

June 04 - Turkey Club, Ham Italian, or Tempeh-Avocado Wrap; Pesto Tortellini Salad, Garden Salad w/Balsamic Dressing, Milk, Oatmeal Raisin Cookie.

Catered by The Country Store. Call for reservation and choice of wrap. \$8.

June 11 - Roast Pork w/Rosemary Gravy, Mashed Potatoes, Glazed Carrots, Bread, Fresh Fruit

June 18 - Meatloaf w/Onion Gravy, Sour Cream & Chive Mashed Potatoes, Peas & Carrots, Dinner Roll, Cherry Snack n Loaf

June 25 - Chicken & Rice Bake, Broccoli, Multigrain Bread, Diced Pears

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

PROGRAM REMINDERS

May thru October - 12 Noon to 4 p.m., Saturdays, Historical Society Open to the Public. Whist Games & Open House at Ledgeville Schoolhouse in June. Watch for date & time.

May thru October - 12 Noon to 4 p.m., weekends, Harvard Forest Fisher Museum.

Petersham Art Center open Wed. - Sundays, 12 noon to 4 p.m.

May 27 - 10 a.m. - Memorial Day Interfaith Service. Potluck following service.

May 28 - 9:30 a.m. - Memorial Day Parade and program.

Jun. 03 - 2 p.m. Village Lyceum at Unitarian Church. "Celebration of the Life, Writings and Yankee Heritage of Mary Harty Kelley" - Genevieve Fraser

Jun. 03 - Noon to 4 p.m. (rain date Sunday, June 10) "Games on the Common" hosted by the Petersham Open Space and Recreation Committee. Badminton, Bocce, Cornhole, and Ping Pong

Jun. 04 - Noon - Meal catered by The Country Store

Jun. 23 - 6 p.m. Braised beef supper, Congregational Church. Reservations 978-724-3362.

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