

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

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COA



NEWSLETTER

MARCH 2018

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

ADDRESS SERVICE REQUESTED

A FUN LUNCHEON

Our first meal from the Country Store was Monday, February 5th at noon. We had plenty to eat and the food was very good. 35 people came when the usual attendance is 12 to 14 people.

Following the meal our lively and energetic Fitness instructor, Betsy, explained the fitness program and got people to engage in simple exercises. Some have since come to some classes.

Thank you for your support to make this change successful.

We will not have a special meal in March as town elections are being held on the first Monday of the month but are planning another in April. There will be information on that in our next newsletter.

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 PROGRAM

On March 12, 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.

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Prescription Advantage Rate Schedule for benefits are effective April 1, 2018. Changes include an increase to the income ranges and updated asset limits for Extra Help.

The rate sheets will be available on the Prescription Advantage web-site on or after April 1st. www.prescriptionadvantagema.org

COA BOARD NOTES

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

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

A CPR and ChokeSaver class was held on February 19th at St. Peter's Church meeting hall. Wanda, Janice, Mary and Kay attended the class led by Bob LaFord.

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

MARRIAGE HUMOR

Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing. She goes Tuesdays, I go Fridays.

You know what I did before I married? Anything I wanted to.

A man inserted an 'ad' in the classifieds: 'Wife wanted'.

Next day received a hundred letters. They all said the same thing: 'You can have mine.'

All eyes were on the radiant bride as her father escorted her down the aisle, They reached the altar and the waiting groom; the bride kissed her father and placed something in his hand. The guests in the front pews responded with ripples of laughter. Even the priest smiled broadly. As her father gave her away in marriage, the bride gave him back his credit card.

WINTER CLASSES 2018

Fitness Classes - Mon. & Fri.

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

Suggested donation is \$3.00

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

Apr. 2

Yoga Classes - Tuesday

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

Suggested donation is \$5.00

Mar. 6, 13, 20 and 27

T'ai Chi Classes - Wednesday

Time is 4 to 5 p.m.

Suggested donation is \$5.00 per class

Mar. 7, 14, 21 and 28

Apr. 4

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.

MARCH LUNCH MENU

Mar. 05 - NO LUNCH, Town Elections

Mar. 12 - Meatloaf w/Jardiniere Gravy, Chantilly Potatoes, Green Beans, Dinner Roll, Mandarin Orange

Mar. 19 - Butternut Bisque, Roast Pork, Rosemary Gravy, Red Bliss Potatoes, Whole Wheat Bread, Sliced Apple

Mar. 26 - Beef Stew, Green Beans, Biscuit, Tropical Fruit Cup

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

Mar. 05 - 10 a.m. to 8 p.m.; Town Elections in lower Town Hall. NO MEAL SITE.

Mar. 11 - Daylight Savings Time begins

Mar. 12 - 10:00 a.m.; COA Board Meeting lower Town Hall

Mar. 12 - 12:30 p.m.; Short presentation on topics that are relevant to seniors led by a member of the Worcester Probate and Family Court.

Mar. 17 - 6 p.m.- Corned Beef dinner, Congregational Church. Call Janice Olson for reservations at 978-724-3362.

Mar. 25 - 2 p.m.; Grange program on "Today's Pests and Parasites". Experts will be talking about ticks and gypsy moths and the like and what we can expect and do about them.

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