

Petersham Council on Aging
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COA



NEWSLETTER

MAY 2018

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

ADDRESS SERVICE REQUESTED

MEAL FROM THE INN AT CLAMBER HILL

In May we will be hosting a meal catered by The Inn at Clamber Hill on Monday, May 7 at 12:00.

The menu will be vegetable or meat lasagna, tossed salad, breadstick, butter, milk, and no-nut brownie. 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 Thursday, May 3rd.

Anyone is also welcomed to bring their own lunch and join the group and get to know new people.

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 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

Sunday, May 6 - 4 to 6 p.m.

Opening Reception - Watercolor Paintings by Sara Deponte

Antique & Vintage Holiday Marketplace at Petersham Town Hall - 10 a.m to 3 p.m.

Two floors of vendors selling antique and vintage Christmas, Halloween, Easter and other holiday ornaments, décor, and collectibles. Suggested donation: \$5 to benefit Northeast Houndsmen.

Saturday, May 5

St. Peter's Church yard sale. Call Jim Regan to reserve a table(\$15) at 978-724-0304.

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.

LifePath 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, April 9, 2018 at 10:10 a.m.

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

Our last catered meal by the Country Store had 25 people in attendance. The next meal will be by The Inn at Clamber Hill on May 7.

We are thinking of ways to best use the Elder Affairs grant money this coming fiscal year.

The next Board meeting will be on Monday, May 14, 2018 at 10 a.m. in the Lower Town Hall. Anyone is welcome to come to the meeting.

SPECIAL POEM

A row of bottles on my shelf caused me to analyze myself.

One yellow pill I have to pop
Goes to my heart so it won't stop.
A little white one that I take
Goes to my hands so they won't shake.
The blue ones that I use a lot
Tell me I'm happy when I'm not.
The purple pill goes to my brain
And tells me that I have no pain.
The capsules tell me not to wheeze
Or cough or choke or even sneeze.
The red ones, smallest of them all
Go to my blood so I won't fall.
The orange ones, very big and bright
Prevent my leg cramps in the night.
Such an array of brilliant pills
Helping to cure all kinds of ills.

But what I'd really like to know..... is what tells each one where to go!

SPRING EXERCISE CLASSES 2018

Fitness Classes - Mon. & Fri.

Apr. 23, 27 and 30

May 4, 7 and 11

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

Suggested donation is \$3.00

Yoga Classes - Tuesday

Apr. 24

May 1 and 8

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

Suggested donation is \$5.00

T'ai Chi Classes - Wednesday

Apr. 25

May 2 and 9

Time is 4 to 5 p.m.

Suggested donation is \$5.00 per class

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.

MAY LUNCH MENU

- May 07 - Vegetable or Meat Lasagna, Tossed Salad, Breadsticks, Milk, No Nut Brownie;
Catered by The Inn at Clamber Hill. Call for reservation and choice of lasagna. \$8.
May 14 - Meat Pie, Spinach, Multigrain Bread, Fruit Crunch Bar
May 21 - Broccoli Bake, Home Fries, Stewed Tomatoes, Wheat Bread, Strawberry Yogurt
May 28 - NO LUNCH - Memorial Day Holiday

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. 21 - 10 a.m. Fruit Tree & Orchard Tour with Michael Phillips. Meet on Common.
Apr. 21 - 2 p.m. Speaker Michael Phillips, Orchardist at Petersham Center School. Sponsored by Petersham Grange #95.
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 noon - Weave a Spring Basket with Sue Morello. Call Petersham Art Center for more information and to register at 978-724-3415.
Apr. 28 - 9 to 11 a.m. - Meals-on-Wheels Walkathon at LifePath in Greenfield.
May thru October - 12 Noon to 4 p.m., Saturdays, Historical Society Open to the Public.
May 05 - Yard Sale - St. Peter's Church. Call Jim Regan 978-724-0304 to rent table space.
May 06 - 10 a.m. to 4 p.m. - Quilting a Spring Runner with Diana Cooley. Call Art Center to register at 978-724-3415.
May 12 - 6 p.m. - Meatloaf Supper at Congregational Church put on by the Sunday School. Call Janice Olson for reservations at 978-724-3362.
May 13 - 10 a.m. to 4 p.m., Swift River Valley Drive & Hike: From the Headwaters to the Quabbin Reservoir. Meet at Petersham Common. Bring bagged lunch and water.

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