

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

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COA



NEWSLETTER

DECEMBER 2018

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

ADDRESS SERVICE REQUESTED

AGING-IN-PLACE

The Aging-in-Place Committee met recently to discuss what their first item of interest should be and transportation was number one. It was decided that a survey of need would be the biggest help right now.

ARE YOU IN NEED OF TRANSPORTATION?

Short local trips would be tried first.

Do you need a ride to a medical appointment, to get groceries, go to the library, have a lunch with the COA, or get to a place of worship?

Each situation is different so please call Committee members Emily Anderson at 978-724-3296 or Phil Hanno at 978-724-0219 and let them know how they can best serve 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 EVENTS

Winter Classes at Petersham Art Center

Mid January to end of March 2019 - Rug Braiding with Alice Zanga
Late February 2019 - 6 weeks - Fly Tying with Bill Manser

For more information and to register for a class, call 978-724-3415.

SHOP LOCAL - Petersham Art Center open Wednesday to Sunday 12 to 4 p.m.
Wonderful gifts by local artists make great Christmas presents.

PETERSHAM COUNCIL ON AGING CARD JAMBOREE - FREE OF CHARGE

On Monday January 14, February 11 and March 11, 2019 the COA will host card games from 1 to 3 p.m. in the Lower Town Hall.

Gin Rummy, Whist, Pinochle, Cribbage, Hearts....you name it, we'll play it.
You don't have to be a good card player to get together with others and have a good time. All are welcome!

If you would like to come to lunch before the cards come out, please call Kay Berry by Thursday, January 10th, at 978-724-6610.

COA BOARD NOTES

The COA Board met on Monday, November 5, 2018 at 10:15 a.m.

October Minutes were accepted with corrections. Treasurer's Report was not available. Sandra Page's name was approved by the Selectboard to be on the COA Board.

Due to a problem with mice, a request was sent to the Selectboard to renovate our COA closet.

Kay Berry was given approval to purchase a sandwich board for COA activities.

The next Board meeting will be on Monday, November 5, 2018 at 10 a.m. in the Town Office building. The meeting is open to the public.

Meeting adjourned at 11:30 a.m.

HUMOR

My idea of housework is to sweep the room with a glance.

By the time you can make ends meet, they move the ends.

A balanced diet is a cookie in each hand.

Middle age is when broadness of the mind and narrowness of the waist change places.

Never, under any circumstances, take a sleeping pill and a laxative on the same night.

Opportunities always look bigger going than coming.

If you must choose between two evils, pick the one you haven't tried yet.

FITNESS, YOGA, AND T'AI CHI CLASSES

Winter 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 classes with Betsy Scofield will be held from 10:30 to 11:30 a.m. on Monday and Friday.

Jan. 21, 25 and 28

A donation of \$3.00 is suggested.

T'ai Chi classes with Valerie and Nick Wisnewski will be held at 4 to 5 p.m. on Monday.

Jan. 21 and 28

A donation of \$5.00 is suggested.

Pat Roix, instructor and Elizabeth Garrett, substitute instructor.

Yoga from 10:30 to 11:45 a.m. on Tuesday.

Jan. 22 and 28

Suggested donation is \$5.00.

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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.

DECEMBER LUNCH MENU

Dec. 03 - Turkey Corn Stew, Brussels Sprouts, Wheat Bread, Blueberry Yogurt

Dec. 10 - NO LUNCH - Vote for Broadband

Dec. 17 - Baked Meatloaf w/Onion Gravy, Whipped Potatoes, Glazed Carrots, Dinner Roll,
Mixed Fruit

Dec. 24 - NO LUNCH, Christmas Eve day

Dec. 31 - NO LUNCH, New Year's Eve day

To reserve a meal or notify of cancellation call Mary Russell at 978-724-3233 by Thursday afternoon. Suggested donation is \$3.00 per meal.

Please contact Mary if you regularly attend the meal site but will not be able to come to a Monday meal.

PROGRAM REMINDERS

Dec. 08 - 10 a.m. - 2 p.m.- St. Peter's Church Christmas Bazaar in church hall.

Dec. 10 - NO LUNCH - Voting for Broadband, Lower Town Hall - 10 a.m. to 8 p.m.

Dec. 24 - NO LUNCH - Christmas Eve day

Dec. 24 - 6 p.m. - Christmas Eve Mass at St. Peter's Church

Dec. 24 - 7 p.m. - Christmas Eve Candlelight Service at the First Congregational Parish,
Unitarian Church

Dec. 24 - 11:30 p.m. - Christmas Eve Service at the Orthodox Congregational Church

Dec. 31 - NO LUNCH - New Year's Eve day

Jan. 14 - 10 a.m. - COA Board Meeting (election of officers)

Jan. 14 - 1 - 3 p.m. - Card Jamboree, Lower Town Hall

Jan. 21 - 10:30 a.m. - Winter Fitness Classes begin

Jan. 21 - 12 noon - NO LUNCH - Martin Luther King, Jr. Day

Jan. 21 - 4 p.m. - Winter Tai Chi Classes begin

Jan. 22 - 10:30 a.m. - Winter Yoga Classes begin

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

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