

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

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COA  NEWSLETTER

FEBRUARY 2019

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

ADDRESS SERVICE REQUESTED

PETERSHAM PARTNERS

Petersham Partners (Aging-in Place) is a newly formed group that is a steering committee to formally plan what services might be offered to seniors in town. The current mission is to start very small and begin with transportation. They are looking to be able to offer rides to seniors to local appointments, to the grocery store and to town events along with daily or weekly checks with those seniors who request them. The goal is to be able to provide these small services by early summer. Currently there is not a volunteer base and the Partners are just putting in place the ability to train and vet the volunteers.

More information will be following in the coming months.

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WALKING CLASS

Members of the COA are planning to start a walking class one day per week beginning on March 6th at 11:30 a.m. Thursday will be an alternative due to severe weather.

Contact Sandy Page at 978-724-3273 for more information.

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

February 16, 12:00 –3:00 p.m.—Karen Healey, Instructor - Hooked Wool Flower Pin
Bring your own hook and 10” hoop, or you can borrow one from Karen.
Learn all the basics of wool hooking, and create a beautiful 3 1/2” pin.

March 27, April 3, 10, 17, 24, May 1 ~ 6:00 - 8:00 p.m. - Fly-Tying with Bill Manser,
Instructor.

For more information and to register for a class, call 978-724-3415 or email Chris at
ceaton@massaudubon.org or Pam at chevalierbarn@aol.com.

PETERSHAM COUNCIL ON AGING CARD JAMBOREE - FREE OF CHARGE

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

The first Card Jamboree was on January 14th. Seven people took part in playing Se-
quence and Oh Darn. A good time was had by all. We welcome even more players on our
next scheduled card date in February.

COA BOARD NOTES

The COA Board met on Monday, January 14, 2019 at 10:10 a.m.

December Minutes were accepted. Treasurer’s Report was approved.

Diana Tandy began as our new meal-site manager on Monday, January 6, 2019.

Mary Russell is assisting.

The town administrator notified the Board that the water is too high in sodium to be used
for drinking or cooking. He brought his water cooler over from his office in the brick building.

The COA closet has been moved to the new one adjacent to the Broadband room.

The next Board meeting will be on Monday, February 11, 2019 at 10 a.m. in the Town
Hall on the Lower Level. The meeting is open to the public.

LAWS

Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.

Law of Random Numbers - If you dial a wrong number, you never get a busy signal; someone always answers.

Variation Law - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.

Law of the Bath - When the body is fully immersed in water, the telephone will ring.

Law of Close Encounters - The probability of meeting someone you know INCREASES dramatically when you are dressed totally inappropriately or you are with someone you don't want to be seen with.

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. 28

Feb. 1, 4, 8, 11, 15, 18, 22 and 25 A donation of \$3.00 is suggested.

Mar. 1, 4, 8, 11, 15, 18, 22, 25 and 29

Apr. 1 and 5

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

Jan. 28

Feb. 4, 11, 18 and 25 A donation of \$5.00 is suggested.

Mar. 4, 11, 18 and 25

Apr. 1

Yoga classes with Pat Roix, instructor and Elizabeth Garrett, substitute instructor.

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

Jan. 29

Feb. 5, 12, 19 and 26 Suggested donation is \$5.00.

Mar. 5, 12, 19 and 26

Apr. 2

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. 04 - Potato Pollock, Tartar Sauce, Brown Rice Pilaf, Peas, Pumpnickel Bread, Clementine

Feb. 11 - Sweet & Sour Meatballs, White Rice, Broccoli, Wheat Bread, Fig Bar

Feb. 18 - NO LUNCH, President's Day Holiday

Feb. 25 - Chicken & Corn Stew, Brussels Sprouts, Wheat Dinner Roll, Fresh Apple

To reserve a meal or notify of cancellation call Diana Tandy at 1-413-992-8478 by Thursday afternoon. Suggested donation is \$3.00 per meal.

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

PROGRAM REMINDERS

Feb. 10 - 2 to 4 p.m. - Library Tea

Feb. 11 - 10 a.m. - COA Board Meeting, all welcome

Feb. 11 - 1 to 3 p.m. - Card Jamboree in Lower Town Hall

Feb. 16 - 12:00 - 3 p.m.—Karen Healey, Instructor, Hooked Wool Flower Pin at Art Center

Feb. 17 - 2 to 4 p.m. - Snow date for Library Tea

Feb. 18 - President's Day Holiday - NO LUNCH SERVED

Feb. 25 - 12:30 p.m. - Senior Safety Seminar from D.A. Atty. Joseph Early, Jr.'s office.

Important information to help Seniors stay safe from fraud and crime. For more information contact Sheila Youd at 978-724-0215.

Mar. 06 - 11:30 a.m. - Walking Class - Free and open to all. Meet at Town Hall to walk around Commons. Contact is Sandy Page at 978-724-3273.

Mar. 27 - 6 - 8 p.m. - Fly-Tying with Bill Manser, Instructor.

Apr. 15 - 12:30 a.m. - Mabel and Jerry 2, Obstacles to the Altar, by Steve Henderson
Free performance and open to all.

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

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