

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

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COA



NEWSLETTER

JANUARY 2019

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

ADDRESS SERVICE REQUESTED

HAPPY NEW YEAR

Once a month for the next three months we will have a Card Jamboree on the 2nd Monday of the month following the lunch from 1 to 3 p.m. We have heard that several people are interested in card games but that there are not many opportunities in the area for them.

It should be fun and entertaining and is free of charge. If you would like to have lunch beforehand please let Kay Berry know by the Thursday before at 978-724-6610. In January it would be the 10th. The price of lunch is \$3.00 and will be Swedish meatballs, noodles, spinach and bread.

Our fitness, tai chi and yoga classes are also starting up again this month. Come and get the kinks out and maybe get rid of extra weight from the Holidays.

LifePath is presenting a Healthy Living Workshop Series beginning in February. These include chronic pain, balance, and healthy eating. For information call 413-773-5555x2297.

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.

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, December 3, 2018 at 10:10 a.m.

November Minutes were accepted. Treasurer's Report was not available.

Sandra Page was welcomed to the Board after she was sworn in by the Town Clerk.

Diana Tandy will be our new meal-site manager and will begin on Monday, January 6, 2019. She is replacing Mary Russell who has resigned her position but has still been helping out.

John Ewing was a visitor to the meeting and has an interest in serving on the Board.

The next Board meeting will be on Monday, January 14, 2019 at 10 a.m. in the Town Office building. The meeting is open to the public.

ESSAY

If a dog was your teacher, you would learn stuff like:

When loved ones come home, always run to greet them.

When it's in your best interest, practice obedience.

Let others know when they've invaded your territory.

Take naps.

Stretch before rising.

Run, romp, and play daily.

Avoid biting when a simple growl will do.

On hot days, drink lots of water, and lie under a shady tree.

When you're happy, dance around, and wag your entire body.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm. Stop when you have had enough.

Be loyal. Never pretend to be something you're not.

When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

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.

Feb. 1, 4, 8, 11, 15, 18, 22 and 25

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

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.

Feb. 4, 11, 18 and 25

Mar. 4, 11, 18 and 25

Pat Roix, instructor and Elizabeth Garrett, substitute instructor.

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

Jan. 22 and 29

Suggested donation is \$5.00.

Feb. 5, 12, 19, and 26

Mar. 5, 12, 19 and 26

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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.

JANUARY LUNCH MENU

Jan. 07 - Beef Bolognese, Cavatappi Pasta, Mixed Vegetables, Dinner Roll, Snack n Loaf

Jan. 14 - Swedish Meatballs, Parslied Noodles, Spinach, Italian Bread, Raisins

Jan. 21 - NO LUNCH, Martin Luther King Day

Jan. 28 - Baked Meatloaf w/Mushroom Gravy, Whipped Potatoes, Peas, Wheat Dinner Roll, Strawberry Yogurt

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

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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