

Petersham Council on Aging  
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US POSTAGE PAID  
ATHOL, MA  
PERMIT NO 316

COA



NEWSLETTER

JANUARY 2020

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

ADDRESS SERVICE REQUESTED

### **A New Year's Message from the Council on Aging Board**

Before the calendar turns a new leaf over, before the social networking sites get flooded with messages, before the mobile networks get congested, we want to take a quiet moment out to wish you all a wonderful, happy, healthy and prosperous New Year.

### **Starry Starry Night- Orange Center**

**Date:** Tuesday, December 31, 2019 **Time:** 6:00 to 10:30 p.m. **Where:** Orange Center

Starry Starry Night is a free and fun celebration of New Year's Eve in the heart of Orange. Celebrate the New Year with Performances at seven local venues by musicians, artists, dancers, puppeteers and more. The event ends with a grand parade and fireworks with time to get home before midnight. For a schedule of the events visit: [starrystarrynight.org](http://starrystarrynight.org)

### **The Town of Petersham FY2020 Tax rate is \$17.37 per thousand of value.**

Tax Bills will be due and payable April 1st, 2020.

Filing deadline for abatements & exemptions is Wed., April 1st, 2020, and must be in the hands of the Board of Assessors before 3pm. Interest on late payments is 14% per annum.

### **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.

## PETERSHAM EVENTS AND NOTICES

### Congregational Church Game Supper

**Date:** Saturday, January 11, 2020      **Time:** 6:00 p.m.      **Cost:** \$20.00 pp  
For Reservations call Ruth Robinson: 978-724-3471

### COA Sponsored Card Playing

Card playing has resumed in the Lower Town Hall. All are Welcome.  
**Time:** 1:00 p.m. after the first Monday lunch each month.

### Yoga at the Davis Memorial

Danielle McDonald will resume Thursday Yoga Classes at the Davis Memorial in January.

- ♦ **Vinyasa Flow classes** will be held from 5:30 to 6:15 p.m.  
Involves moderate strength and continuous movement.
- ♦ **Gentle Hatha Yoga** will be held from 6:30 to 7:30 p.m.  
Recommended for beginners and those who want a slower pace.

**Cost is \$10 per class or \$15 for both**

### Pickleball Games

The Open Space/Recreation Committee continues to sponsor pickleball games at the Center School on Friday evenings from 5 to 7 p.m. All are welcome!

### Ping Pong in the Town Hall

The Open Space/Recreation Committee continues to sponsor ping pong in the town hall on Mondays from 11:30 to 1:30. A new time of Thursday evenings from 5 to 7 p.m. has been suggested. People are still being sought to monitor the evening times on a rotating basis before the Thursday evening time is added. Please sign in when you arrive at the Town Hall. If you have your own paddles you are welcome to bring them. Contact Ari Pulguese at the Country Store if you have questions. All are welcome!

## COA BOARD NOTES

- The COA Board met on Monday, December 9, 2019 at 10 a.m.
- November Minutes were accepted.
- Treasurer's Report was approved.
- Board Officers were elected for the upcoming year.
- Reminder: no lunch would be served on January 20th - Martin Luther King Holiday.
- Board again confirmed an upcoming enrichment/cultural program by musician Dan Kirouac at 12:45 p.m. on March 23, 2020; and a program with storyteller Davis Bates is now scheduled for May 11, 2020 at 12:45.
- Discussions were held on: 1. Continuation of fitness, yoga, and Tai Chi programs for the winter season: 2. Talks continued regarding COA luncheons: regular lunch attendees agreed to move luncheon time to 11:30 if the Board hired a potential candidate: 3. The Board can add 2 more members; anyone interested should let a board member know: 4. Correspondence items were read: and; 5. Discussions were held on possible future Health Programs the Board could offer.
- *The next Board meeting will be on Monday, January 13, 2020 at 10 a.m. in the Town Hall on the Lower Level. The meeting is open to the public.*

### PETERSHAM ART CENTER

The Art Center will be closed during January. We thank all of you for your support during 2019.

### Free Technology Help Desk at the Athol Public Library

**When:** Every Tuesday from 1:00 to 2:00 pm! **Where:** Athol Public Library, 568 Main Street  
Feel free to drop by with your device and get some help. No appointment is necessary.  
Free help using your equipment or ours. Ask for Robin at the Circulation Desk.

### Resilience in Aging Support Group (Athol) Sponsored by LifePath with Support from the Massachusetts Council on Aging

**When:** Thursdays: 1/2/20; 2/6/20; 3/5/20; 4/2/20; 5/7/20 1:00 p.m. to 2:30 p.m.

**Where:** Athol Hospital, Hillis Board Room, 2033 Main St

**Facilitator:** Raeann LeBlanc, PhD, DNP

**Description:** Rediscovering Our Strengths: Opportunities for the Body, Mind, and Spirit. A free support group for folks 60 and over who are looking for opportunities to connect with others and share their life experiences.

Topics for discussion include but are not limited to: Appreciating the strengths of our bodies; Learning skillful ways to give and receive support; Understanding advanced care planning; and; Memories: sharing stories of strength and care.

Bring your ideas to share with the group! Group meetings will be held on the first Thursday of each month. To register, or if you have questions, please contact Linda Puzan, at 413-773-5555, x2213 or 978-544-2259, x2213, or send an email to [lpuzan@lifepathma.org](mailto:lpuzan@lifepathma.org). Drop-ins are welcome.

### My Dad's Better Than Your Dad

Three boys on the playground were bragging about their dads. One said. "My dad scribbles a few words, calls it a song and they pay him 50 bucks."

"Oh, yah! My dad scribbles a few words, calls it a poem and they pay him 100 bucks."

"That's nothin'," said the third kid. My dad scribbles a few words, calls it a sermon and it takes six people to collect all the money!"

### COA Sponsored WINTER FITNESS, YOGA, and T'AI CHI CLASSES

Fall 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](mailto:PshamCOA@gmail.com).

**Fitness Classes w/ Patrick James will be held Mondays from 10 to 11 a.m. and Thursdays from 1:30 to 2:30 p.m.**

Jan. 6, 9, 13, 16, 23, 27, 30

**No Class January 20**

Suggested donation: \$3.00.

Feb. 3, 6, 10, 13, 20, 24, 27

**No Class February 17**

Mar. 2, 5, 9, 12

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

Jan. 6, 13, 27

**No Class January 20**

Suggested donation: \$5.00.

Feb. 3, 10, 24

**No Class February 17**

Mar. 2, 9, 16, 23

**Yoga classes with Pat Roix will be from 10:00 to 11:15 a.m. on Tuesdays.** Suggested donation: \$5.00.

Jan. 7, 14, 21, 28

Feb. 4, 11, 18, 25

Mar. 3, 10

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

**NOTE: Luncheons will now start at 11:30 a.m.**

**Jan. 06** - Sloppy Joe, Potato Wedges, Peas & Carrots, Hamburger Bun, Mixed Fruit Cup

**Jan. 13** - Roast Pork with Rosemary Gravy, Whipped Potatoes, Scandinavian Veg,  
Multigrain Bread, Snack n Loaf, Diet: Grahams

**Jan. 20** - No Meal Served: Martin Luther King Day

**Jan. 27** - Jambalaya, Brown Rice, Broccoli, Dinner Roll, Fresh Pear

*To reserve a meal or notify of cancellation call Janice Olson at 978-724-3362 by Thursday afternoon. Suggested donation is \$3.00 per meal. Please contact Janice if you regularly attend the meals but will not be able to come to a Monday meal.*

## REGIONAL EVENTS

### Woods Memorial Library Barre : *Coloring Club with Tea*

**When:** Wednesdays: January 8th, 15th, 22nd, and 29th

**Time:** 6:30 to 7:30 p.m. **Where:** Reading Room **Information:** 978-355-2533

**Description:** This group is open to anyone who enjoys coloring! Stop in to relax with a cup of tea and a coloring book. Materials will be provided by the library or you can bring your own.

### New Year's Hike to Susan Hall Beard Memorial Trail (Petersham)

**When:** Sat, Jan. 4, 2020, 1 p.m. to 4.p.m. **Where:** Rutland Brook Wildlife Sanctuary

**Description:** Hike into the new decade with Mount Grace at Rutland Brook Wildlife Sanctuary! This hike will be led by Ron Wolanin, Central/West Regional Property Director at Mass Audubon. We will explore some of the most extensive parcels of uninterrupted protected land in Central Massachusetts. Ron will lead us to the Susan Hall Beard Memorial Trail, a trail made by Mount Grace in the fall of 2018 on the Chimney Hill Farm property. Mount Grace helped protect Chimney Hill Farm as part of the Quabbin to Wachusett Forest Legacy Initiative and Quabbin Heritage projects which conserved more than 4,000 acres of land. The grade is challenging in parts and not suitable for young children. Please wear appropriate shoes (preferably no snowshoes), and layers. Bring plenty of water and snacks for along the way.

Register at: [www.mountgrace.org/new-year-s-hike-susan-hall-beard-memorial-trail-1420](http://www.mountgrace.org/new-year-s-hike-susan-hall-beard-memorial-trail-1420)

### Athol Public Library

#### Upper To'gallants and Rusty Scuppers book program with Harry Haldt III

**When:** Tuesday, January 21, 2020 **Time:** 6:00 to 7:00 p.m. **Where:** Large Program Rm

Harry P. Haldt III, longtime manager of Pro Musica, compiled and edited Upper To'gallants and Rusty Scuppers after discovering his late father's 1982 memoir concerning his 1930s high school and college summers spent crewing on seagoing freighters, sailing yachts, and luxury liners. During those summers, H. Peale Haldt Jr., visited ports around the world and embarked on a year-long exchange of letters with the movie actress Dina Merrill, daughter of the owner of one of the yachts. Haldt III will be available to autograph copies of his book published by Haley's of Athol, available for \$24.95. Free & open to the public.

The email for Petersham Council on Aging is [PshamCOA@gmail.com](mailto:PshamCOA@gmail.com) and can be used to request electronic newsletters.

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