

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

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COA



NEWSLETTER

JUNE 2019

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

ADDRESS SERVICE REQUESTED

#### CATERED LUNCH

The Country Store will be catering a lunch for us on June 17th at noon. The meal will be 1/2 a Turkey Club, Italian or Mango-Curry Chicken Salad wrap and a Garden Salad, Milk and a Cookie. Call 978-724-6610 or email PShamCOA@gmail.com by June 13th. Price is \$8.00.

#### THE HILDENE - THE LINCOLN HOME

A Wilson Bus trip has been scheduled by Phil Hanno for a trip to Manchester, VT to The Hildene - The Lincoln Home on Wednesday, July 17, 2019. The house was owned by Abe's son, Robert Todd Lincoln, who was the president of the Pullman Train Car Co. The cost is \$80 per person which includes lunch and the driver's gratuity. The bus will depart the Town Hall at 8:30 a.m.; arrive at Raven's Den Steakhouse at 11:30; arrive at the Hildene at 1:15 p.m.; depart the Hildene at 4 p.m.; back in town at 6 p.m. Lunch choices are: Steak Tips; Shepherds Pie; or Fish & Chips. Call Phil at 978-724-0219 to make a reservation and select a meal. Checks should be made out to the Petersham COA and can be left at the Monday lunch or mailed to Phil Hanno at 18 Birch Drive, Petersham, MA 01366.

#### 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

#### Spring Classes at Petersham Art Center

Poetry Writing with Carol Mays - Sat., May 25, June 1 & 8, at 10 to 11 a.m.

Flower Wreath Class with Heidi Strickland - Sat., June 15, at 10 to noon.

To sign up, call the art center, or email people, listed below.

For more information and to register for a class, call 978-724-3415 or email Chris Eaton at [ceaton@massaudubon.org](mailto:ceaton@massaudubon.org).

#### PETERSHAM COUNCIL ON AGING CARD JAMBOREE - FREE OF CHARGE

The COA will host card games from 1 to 3 p.m. in the Lower Town Hall. The group will be meeting on the first Monday of the month.

If you would like to come to lunch before the cards come out, please call Diana Tandy by Thursday at 1-413-992-8478.

#### WALKING GROUP

The Walking Group is meeting on Wednesdays, at 11:30 a.m. Thursday is an alternative due to severe weather. Gather across from Country Store to start walk. Call Sandy Page at 978-724-3273 for more information.

#### LEDGEVILLE SCHOOLHOUSE

The Petersham Historical Society's one-room schoolhouse will be open the first Saturday of every month from May thru October—12 noon to 4 p.m. at 191 East Street.

#### PICKLEBALL GAMES

The Petersham Open Space and Recreation Comm. is sponsoring pickleball games at the Center School on Monday and Friday at 5 p.m. It contains elements of badminton, tennis and ping pong. You play on an indoor court with a net, using a paddle-like racket and a waffle-ball type of ball. Everyone is welcome. Feel free to come and watch or join in and play. Games are Monday and Friday night when school is in session.

### COA BOARD NOTES

The COA Board met on Monday, May 13, 2019 at 10:10 a.m.

April Minutes were accepted. Treasurer's Report was approved.

A pool table was offered to the COA but it was decided that we did not have the space to keep the generous offer.

The Country Store will cater a meal on June 17th. Kay will take reservations.

The Board will not meet in June or July and the Newsletter will not be printed again until August.

The next Board meeting will be on Monday, August 12, 2019 at 10 a.m. in the Town Hall on the Lower Level. The meeting is open to the public.

## GRANDPARENTING

By Gene Perret

What a bargain grandchildren are! I give them my loose change, and they give me a million dollars worth of pleasure.

An hour with your grandchildren can make you feel young again. Anything longer than that, and you start to age quickly.

My grandkids believe I'm the oldest thing in the world. And after two or three hours with them, I believe it, too.

Nobody can do for little children what grandparents do....grandparents sort of sprinkle stardust over the lives of little children.

Alex Haley

## FITNESS, YOGA, AND T'AI CHI CLASSES

### SUMMER CLASSES

Betsy Scofield is leading line dancing classes at the Athol Senior Center on Wednesdays from 1 to 2 p.m. Class begin and end with a warm-up and cool-down. Bring your water bottle. Suggested donation is \$3.00.

T'ai Chi classes with Valerie and Nick Wisnewski will be held at 6 to 7 p.m. on Tuesdays at the Universalist Church in Orange.

A donation of \$5.00 is suggested.

Yoga classes with Pat Roix will be at 10:30 a.m. on Tuesdays at the Athol Senior Center. Suggested donation is \$5.00.

The Walking Group meets on Wednesdays at 11:30 a.m. across from The Country Store. Thursday is alternative date in case of inclement weather.

Free

### JUNE LUNCH MENU

Jun. 03 - Sloppy Joe, Bun, Potato Wedges, Spinach, Fresh Apple

Jun. 10 - Potato Pollock, Tartar Sauce, Wild Rice Pilaf, Broccoli, Dinner Roll, Fresh Plum

Jun. 17 - Lunch catered by The Country Store - Wraps, Salad, Cookie, Milk \$8.00

Jun. 24 - Low salt Hot Dog, Bun, Baked Beans, Carrots, Pineapple

**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 Diana if you regularly attend the meal site but will not be able to come to a Monday meal.**

### PROGRAM REMINDERS

June 01 - 10 to 11 a.m. - Poetry Writing with Carol Mays at Petersham Art Center.

June 03 - 7:30 p.m. - Annual and Special Town Meeting at Town Hall.

June 03 - 1 to 3 p.m. - Card games in lower Town Hall.

June 08 - 10 to 11 a.m. - Poetry Writing with Carol Mays at Petersham Art Center.

June 08 - 9 a.m. to 2 p.m. - Plant and Bake Sale in front of Unitarian Church.

June 13 - Call or email for reservation to catered lunch on June 17.

June 15 - 10 a.m. to noon - Flower Wreath Class with Heidi Strickland at Art Center.

June 15 - 7 p.m. - Petersham Jams at the Davis Memorial building of the Unitarian Church.

June 17 - 12:00 - Lunch catered by The Country Store. Call or email by June 13 for

Reservations; 978-724-6610 or PshamCOA@gmail.com. Price is \$8.00

Choose 1/2 Turkey Club, Italian or Mango-Curry Chicken Salad wrap. Included is a Garden Salad, Milk, and a Cookie.

June 24 - Last day to register and pay for trip to The Hildene in Manchester, VT.

July 01 - 1 to 3 p.m. - Card games in lower Town Hall.

July 17 - Trip to The Hildene. Leave Town Hall at 8:30 a.m. Return at 6 p.m.

Aug. 05 - Card games in lower Town Hall.

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

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