

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

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COA



NEWSLETTER

MAY 2019

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

ADDRESS SERVICE REQUESTED

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 PARTNERS, our local aging in place group, is looking for volunteers who might like to help seniors in town who need a ride to doctor appointments or shopping a few times a month, or perhaps help with small household jobs. If you would be interested in joining us as a volunteer, please let us know at Petersham.ma.partners@gmail.com. We don't have our phone system set up yet, but that will be in place shortly.

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/Spring Classes at Petersham Art Center

Window Boxes of Flowers and Herbs with Lynn Hartman - Sat., May 4, at 10 to noon.

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.

PETERSHAM COUNCIL ON AGING CARD JAMBOREE - FREE OF CHARGE

On Monday, May 6, 2019 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, March 28th, 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, April 8, 2019 at 10:10 a.m.

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

Phil Hanno has chosen a trip to Manchester, VT to Hildene, The Lincoln Home for July 17th. The price is \$101.00 but it has been decided to offset the cost by \$21.00 with the Petersham Grant.

Marc and Sandy Page put up the new cork board on the wall before you enter the restrooms.. News articles and the COA Newsletter were soon hung for all to see.

Sheila Youd suggested that we apply for a cultural grant to purchase ping pong tables.

The next Board meeting will be on Monday, May 13, 2019 at 10 a.m. in the Town Hall on the Lower Level. The meeting is open to the public.

WHAT IS A GRANDPARENT?

(taken from papers written by a class of 8-year olds)

Grandparents are a lady and a man who have no little children of her own. They like other people's.

When they take us for walks, they slow down past things like pretty leaves and caterpillars. They show us and talk to us about the color of the flowers and also why we shouldn't step on "cracks".

They don't say, "Hurry up".

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grown ups who like to spend time with us.

Grandpa is the smartest man on earth! He teaches me good things but I don't get to see him enough to get as smart as him!

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. A donation of \$3.00 is suggested.

Apr. 26 and 29

May 3, 6, 10, 13 and 17

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

A donation of \$5.00 is suggested.

Apr. 29

May 6 and 13

Yoga classes with Pat Roix, instructor and Elizabeth Garrett, substitute instructor. Classes from 10:30 to 11:45 a.m. on Tuesday.

Suggested donation is \$5.00.

Apr. 30

May 7 and 14

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.

MAY LUNCH MENU

- May 06 - Roast Pork, Apple Gravy, Sweet Potato, Green Beans, Rye Bread, Applesauce
May 13 - Beef and Lentil Chili, Brown Rice, Genoa Blend Vegetables, Multigrain Bread, Raisins
May 20 - Spaghetti w/Meatballs and Tomato Basil Sauce, Broccoli, Italian Bread, Snack'n Loaf
May 27 - MEMORIAL DAY HOLIDAY - NO MEAL SERVED

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

- May 04 - 10 a.m. to noon. Window Boxes of Flowers & Herbs w/Lynn Hartman at Art Center.
May 04 - 6 p.m. - Meatloaf supper to benefit the Sunday School of the Congregational Church. Call Janice Olson for reservations at 978-724-3362. Price \$12.00.
May 06 - 1 to 3 p.m. - Card Games in Lower Town Hall.
May 20 - 12:30 p.m. - Dan Kirouac, musician and entertainer, will perform pop, easy listening, and light rock hits from the 50s, 60s, and 70s. Free and open to all.
May 25 - 10 to 11 a.m. - Poetry Writing with Carol Mays at Petersham Art Center.
May 26 - 10:00 a.m. - Interfaith Memorial Day Sunday Service at Orthodox Congregational Church
May 27 - 9:30 a.m. - Memorial Day Service, Line up by Flag Pole on Common.
May 27 - 12 noon - NO LUNCH, Memorial Day.

June 01 - 10 to 11 a.m. - Poetry Writing with Carol Mays at Petersham Art Center.
June 08 - 10 to 11 a.m. - Poetry Writing with Carol Mays at Petersham Art Center.
June 15 - 10 a.m. to noon - Flower Wreath Class with Heidi Strickland at Art Center.

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

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