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

PRSRT STANDARD US POSTAGE PAID ATHOL, MA PERMIT NO 316



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

ADDRESS SERVICE REQUESTED

SAVE PAPER & POSTAGE AND RECEIVE THE <u>IN-COLOR VERSION</u> OF NEWSLETTER VIA EMAIL! Email RKoenigMA@msn.com and request to be switched to email delivery.

NEWSLETTER

REMINDERS:

- Fitness, yoga & Tai Chi classes through Petersham Council on Aging will continue through the end of May. No classes in June, July or August. Classes to resume in September.
- The Council on Aging Newsletter— There will be no newsletter for June, July or August. Newsletter will resume in September.
- Petersham Annual Town Meeting- Monday, June 5.
- Community Garden Plots are available. Sign up by emailing: roynilson@verizon.net



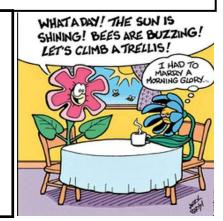


Could you use a hand with spring garden clean-up?
Could you use a hand with organizing and sending out bill payments?
Please remember that Petersham Partners are available to lend a hand!

And if you have a hand YOU can lend, give them a call. Volunteers are always gratefully welcomed! 978-724-0078

Neighbors helping Neighbors

Petersham Partners is an all volunteer run 501(c)(3) non-profit organization dedicated to helping senior residents in Petersham remain living in their own homes by providing rides and a helping hand as needed.



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.

COA BOARD NOTES

- The COA Board met on April 10, 2023.
- The Board Meeting Minutes from the March meeting were read and approved as amended.
- Treasurer's Report was presented and approved.
- Health and Wellness- Classes will continue through May. Break for summer. Resume in September.
- Enrichment Programs- Quabbin Valley Health Care Outreach scheduled for May: 1960's Sex, Drugs, Rock & Roll. Money is still available from Petersham Cultural Council to reschedule Dan Kerouac. COA will try to schedule music by the Alley Strings in the Fall.

Squam Lake Cruise & Hart's Turkey Farm With Athol Golden Age Club June 6 at 8:30 am to 6:15 pm

Tour includes:

Luncheon at Hart's Turkey Farm Restaurant-Turkey, ham or haddock dinner. 90 minute Lake Cruise on canopied pontoon boat

Luxury Wilson Bus Lines Coach leaves & returns to Athol Senior Center.

\$118 per person Contact: Dorrie Stewart- St. Onge at 413-262-6591

In Early May

O my dear, the world to-day Is more lovely than a dream! Magic hints from far away Haunt the woodland, and the stream Murmurs in his rocky bed Things that never can be said. Starry dogwood is in flower, Gleaming through the mystic woods. It is beauty's perfect hour In the wild spring solitudes. Now the orchards in full blow Shed their petals white as snow. All the air is honey-sweet With the lilacs white and red, Where the blossoming branches meet In an arbor overhead. And the laden cherry trees Murmur with the hum of bees. All the earth is fairy green, And the sunlight filmy gold, Full of ecstasies unseen, Full of mysteries untold. Who would not be out-of-door,

Now the spring is here once more!

-Bliss Carman (1861-1929)





Is someone on the phone telling you to BUY A GIFT CARD to:

- Pay bail or ransom
- Keep your Social Security benefits
- Pay an IRS debt
- Pay for computer tech support
- Pay for a family member in trouble
- Keep your utilities on
- Pay for a lottery prize

If you answered yes, HANG UP! It's scam. Gift cards are for gifts, not for payments.

If you have a consumer problem or question, contact the

Northwestern District Attorney's Consumer Protection Unit

> Greenfield (413) 774-3186

> Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General.

My teacher told me not to worry about spelling because in the future there will be autocorrect And for that I am eternally grapefruit.



Sorry.

But your password

must contain

an upper and lower case letter,

a number, a symbol,

a haiku, a hieroglyph,

a feather off a hawk

& the blood of a unicorn.

March 1876, Alexander Graham Bell makes first phone call ever.

Moments later, he is notified that his car's warranty expired.



RECURRING COMMUNITY EVENTS

	_		_		
Ν.	\sim	NI	П	Λ.	YS
11//	()	IVI	1)	Δ	Y .

10 to noon/ *1st Mon of month	Memory Café	Athol Senior Center	978-249-8986
Noon	Cribbage	Athol Senior Center	978-249-8986
1 to 3 pm	Painting Class	Athol Senior Center	

TUESDAYS

10 to 11 am	Aerobic Fitness	Upper Town Hall, Petersham	\$7 suggested donation
10 am	Pitch	Athol Senior Center	N. S.
12:30 to 2:30 pm	Wood Carving	Athol Senior Center	
1 to 3 / *1st & 3rd Tuesday	BINGO	Athol Senior Center	Y.
6 to 8 pm	Chess Club	Athol Public Library	Multiple age-groupings

WEDNESDAYS

9 to noon	Quilting	Athol Senior Center	
10 to 11 am	Gentle Yoga	Upper Town Hall, Petersham	\$7 suggested donation
11:45 am	Pick Up/Grab & Go Lunch	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
11 to noon/* 3rd Wed of month	Blood Pressure Clinic with Nurse Ginny	Athol Senior Center	
Noon	In-Person Dining	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
12:30 to 3 pm	Mah Jongg	Athol Senior Center	
4:00	Craft Circle	Petersham Memorial Library	
4:30 to 5:30 pm	Tai Chi	Upper Town Hall, Petersham	\$5 suggested donation

THURSDAYS

9 am/ *First Thursday of month	Foot Clinic	Lower Town Hall, Petersham	\$5 Call for appt: 798-724-3223
Noon	Bridge	Athol Senior Center	
	Rainbow Elders Virtual Gathering		Email: Rainbowelders @LifePathMA.org

FRIDAYS

10:15 am (also Mon & Wed)	Silver Sneakers	Athol YMCA	978-249-3305
11:15 am (also Mon & Wed)	Swimnastics	Athol YMCA	978-249-3305
7 pm/ *1st Friday of month	Family Movie Night	Petersham Congregational Church	
7 pm/ *3rd Friday of month Open Game Night		Petersham Congregational Church	

A SAMPLING OF UP-COMING COMMUNITY EVENTS IN MAY

May 1 to May 31	Garden Bundles	Athol Public Library	Free seed Packet from G	reenfield Farmers' Coop
May 3, 9:30 to noon Every Wed thru 6/13	Healthy Eating for Successful Aging	Life Path	Live video conference	Register: Andi Waisman 413-773-5555 x2297
May 5 to May 7	2023 Art Show	Petersham Cultural Council	Town Hall	
May 6, 10 am to 1 pm	31st Annual Walkathon	Life Path	Fundraiser for Life Path	101 Munson Street Greenfield
May 7, 10:30 to 2	Honoring Waitstill Sharp	First Parish, Unitarian	Dedication Ceremony for former Minister Sharp. Documentary: Defying the Nazis: Sharps' War	
May 7, 1 pm	Blessing of the Bikes & Ice Cream Social	Petersham Congregational Church	Petersham Common	\$10 suggested donation
May 8, 1 to 3 pm Every Mon thru July 3	A Matter of Balance- Managing Concerns about Falls	Life Path	Orange Senior Center 62 Cheney Street	Register: Andi Waisman 413-773-5555 x2297
May 9, 3:30 to 6 pm Every Tues thru June 20	Living Well with Long- Term Health Conditions	Life Path	Free. In-person, computer or phone	Register: Andi Waisman 413-773-5555 x2297
May 9, 6 to 8 pm	A Pleasant Pairing: Tea and Fine Chocolate	Woods Memorial Library, Barre	Register: 978-355-2533	
May 10, 2:30 to 5 pm Every Wed thru June 14	Living Well with Diabetes	Life Path	Free. In-person at Greenfield Community Health Center	Register: Andi Waisman 413-773-5555 x2297
May 10, 6 pm	Rabbit Run Railroad Diorama	Athol Public Library	Lecture and slides with artist, Ken Levine	Register: 978-249-9515
May 10, 2 to 3 pm	Planning for Medicare	Woods Memorial Library, Barre	Register: 978-355-2533	
May 10, 1:00 pm	The 1960's: Sex and Drugs and Rock & Roll	Petersham Council on Aging and Quabbin Valley Health Care	Lower Town Hall Reg: Kathy McCrohon 508-404-7552	
May 13, 7:00 pm	Petersham Jams		Davis Memorial, First Parish, Unitarian	
May 13, 10 to noon	Bus Trip to Swift River Historical Society	Athol Public Library	Rabbit Run Railroad Diorama on display	Register at 249-9515
May 16, 6:00 pm	Author Visit	Athol Public Library Register 249-9515	Lynda Mapes- Witness Tree: Seasons of Change with a Century-Old Oak	
May 18, 6:15 am to 6 pm	Senior Casino Trip to Mohegan Sun	Quabbin Valley Health Care, Athol	\$38 per person includes bus fare only	Register: Michele Morin 978-855-3367 by 5/3
May 19 to May 21	GALA: Gardner Area League of Artists	Red Apple Farm, Phillipston	Free. Family-fun, live mu	sic, vendors and food.
May 20, 9 to noon	Making Color, Mixing Magic with Elaine Griffith	Petersham Art Center	\$15 members/\$35 non-m Register:chrisoutdoors71	embers. \$10 for materials @gmail.com

A SAMPLING OF UP-COMING COMMUNITY EVENTS IN MAY

May 20, 5 & 6 pm seatings	Braised Beef Family-Style Supper	South Athol United Methodist Church	\$14 per person.	Reservations: 978-249-9212
May 22, noon to 1	Booked for Lunch: The Reading List by Sara Nisha Adams	Athol Public Library	In person or on-line. Register: 978-249-9515	6
May 23, 6:30 to 7:30 pm	Monthly Book Club: In a Sunburned Country by Bill Bryson	Woods Memorial Library, Barre		
May 24, 6 to 7 pm	Clearing the Valley	Athol Public Library	Lecture with slides by Manager at the Quabbin	
May 30, 10 to 11:30 am	Wellness Unplugged: Mind/Body Medicine with Cheryl Pascucci	Life Path	Monthly Zoom. Register: Andi Waisman 413-773-5555 x2297	
May 31, 6:30 to 8	Welcome to the Graveyard	Athol Public Library	Presentation of cemetery ism by Brenda Sullivan.	y art, history and symbol-

Mark Your Calendars for June 28th at 1:00 pm!

The Council on Aging is pleased to announce that Dan Kirouac will return to Petersham Town Hall!



Part of the regional music scene for over forty years, **Dan Kirouac** has been an entertainer, drummer, keyboardist, guitarist, vocalist, and an ASCAP-affiliated songwriter and publisher who has performed hundreds of shows throughout New England, New York, Mexico, and with studio recording credits from New Hampshire to Arizona.

Some of the nation's best-loved songs of the 1960s, and early 1970s will be revisited and re-interpreted by the simplicity of one piano and one vocal. This will be a jukebox of memories from the stars of pop, light rock, and easy-listening.

MAY IN-PERSON DINING & GRAB n GO LUNCH MENU

NOTE: Pick Up Time is on Wednesday at 11:45 a.m. at Lower Town Hall.

In Person Dining is on Wednesday at Noon in Lower Town Hall.



5/3– Roasted turkey with gravy, mashed potatoes, mixed vegetables, oat-top multi-grain bread, pineapple Total calories: 745. Total sodium: 1025 mg

5/10–Mediterranean fish, buttered and seasoned orzo, zucchini and cauliflower, oat-top multigrain bread, fig bar. Total calories: 714. Total sodium: 681 mg

5/17– Wild salmon filet with teriyaki sauce, Lo Mein noodles, Asian blend vegetables, dinner roll, tapioca pudding. Total calories: 727. Total sodium: 971 mg

5/24 - Chicken Aloha, browned orzo pilaf, carrots, multigrain bread, fresh fruit.

Total calories: 766. Total sodium: 761 mg

5/31– Chicken stir-fry, jasmine coconut rice, multigrain bread, pears.

Total calories: 745. Total sodium: 761 mg

CORRECTION: Lifepath continues to use the same caterer, but with a new kitchen. They will be offering salads and home-made desserts, but soup will not be available at this time.

To reserve a meal or notify of cancellation call Paul Williams at 978-821-5549 by Monday afternoon. Suggested donation is \$3.00 per meal.



Make Your Bun Smoothies

Smoothies can be a delicious and nutritious addition to a meal or snack. They are an easy way to add more fruits and vegetables to your diet, or more fiber, protein, healthy fats, and fluids. Making your own smoothie allows you to customize it to your health needs and flavor preferences.

Smoothies are easy to make. All you need is a blender and a few simple ingredients. If you've never made one before, use the basic formula below as a guide and start with a simple recipe with 2-4 ingredients. As you gain more experience, explore new ingredients and flavor combinations. Frozen fruit and vegetables make delicious and creamy smoothies without adding ice; or skip the frozen ingredients altogether.

Basic Formula



Fruits and Vegetables 1-2 cups

Berries, Banana,
Mango, Pear,
Pineapple, Apple,
Orange, Kiwi, Spinach,
Kale, Parsley,
Avocado, Squash,
Pumpkin, Carrot,
Cucumber



Liquid of Choice 1 cup

Water, Milk,
Soy Milk,
Almond Milk,
Oat Milk,
Coconut Water/Milk,
Coffee, Herbal Tea,
Juice



Protein/Fat (optional)

Yogurt, Tofu,
Nut Butter,
Flax Seed,
Nuts,
Cottage Cheese,
Protein Powder



Flavorings (optional)

Vanilla Extract, Cinnamon, Tumeric, Ginger, Cocoa Powder, Maple Syrup

How to Make a Smoothie:

Place ingredients in a blender. Blend until smooth and creamy!

Simply Green: 1 banana, 1-2 cups spinach, 1 cup almond milk

Pumpkin Spice: 1 cup pumpkin, 1 banana, 2 Tbsp nut butter, 1 cup milk,

1/2 tsp cinnamon or pumpkin pie spice

Avocado Magic: 1/2 avocado, 11/2 cups milk, 2 Tbsp pure maple syrup,

1 tsp vanilla extract

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

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

COA Newsletter Editor: Robin Koenig 978-724-0213 COA Board Chair: Kay Berry: 978-724-6610