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**APRIL
2012**

**MONTHLY COUNCIL ON AGING NEWSLETTER FOR THE
PRINCETON SENIOR COMMUNITY**

Director: Gaile T. Rollins
Telephone: 978-464-5977
coa@town.princeton.ma.us
Office Hours: Mon-Wed-Fri 7:00 – Noon

Chairperson: Beverly Lind
Secretary: Nancy Wheeler
Treasurer: Priscilla Genest
Jane Fife, Beverly Kohlstrom
Beverly Lind, Judy DeNittis



P RINCETON S ENIOR E VENTS



COFFEE KLATCH

Monday, April 2nd at 9:30. Princeton Center kitchen. All welcome for coffee and donuts. Come and bring a friend.

BRIDGE

Tuesdays 2pm at the Senior Center. Non-competitive play. Lots of laughs and coffee. Bring a friend.



OSTEOPOROSIS EXERCISE

Meets Tuesday and Friday at 9am.

GUYS AND GALS SENIOR FITNESS CLASS

Marty French of Oriol Health Care presents Healthy fun for anyone! Strong flexible muscles, improved balance and Yoga Bliss! Exercise can change your life! Join us, just for the health of it. Stretching and movement. Tuesdays from 10:00 to 11:00 weekly.

GENTLE STRETCH

Meets Wednesday at 9am. Better Alignment, deep breathing and pain reduction.

SENIOR YOGA

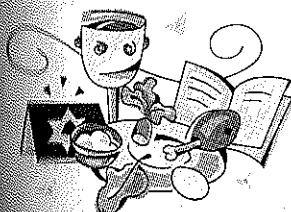
Wednesdays at 10:30 in the gym. With Marty French

FOOD FOR THOUGHT

“Seasoned citizens” and their guests are invited to the “Food For Thought” luncheon on Wednesday, April 18 at the First Congregational Church of Princeton UCC. A hearty home-cooked meal will be served at noon. Call 978-464-5977 for reservations. Drop-ins are always welcome.

COFFEE FOR MEN ONLY

Friday, April 20 at 9am. Men will meet in the kitchen at the Princeton Center for coffee and donuts. All welcome! Bring a friend!



Passover
APRIL 7



Happy
Easter - **APRIL 8**



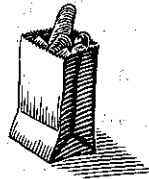
ELDERBUS



1-800-321-0243 For all seniors.
 Now transporting to Leominster, Gardner and Sterling as well as in town events. Call for more information.
 If you are handicapped or
 If you use a wheelchair
 Please call 48 business hours to reserve your ride
 Shopping trips to Big Y and Market Basket
 Medical appointments during the week

WACHUSETT FOOD PANTRY

Friday, April 20th
 Distribution for seniors 10-11:30 am. Located
 56 Boyden Rd. in Holden AT THE REAR of
 Wachusett Extended Care Building.
 There is an emergency box available at the COA
 office from the food pantry.



REMINDER

Generously donated handicap equipment available for you to borrow. Also incontinence supplies. Please call 978-464-5977

S.H.I.N.E. (serving health information need of elders)

Health insurance information for all people with concerns. Please call 978-464-5977 or 978-632-4592 PENNY PERINI or 1-800-243-4636. Age info.

MAY 5 - SATURDAY

10am - 2pm at the Princeton Center in the Senior Room the Historical Society will sponsor an antique appraisal with Paul Royka. Come and discover the value of your antiques. 1 item - \$5.00; 3 for \$10.00

APRIL 11 - WEDNESDAY

12:30 at the Senior Center. A pie and ice cream social with Sharon Nollie from Summit Elder Care. Come and bring your friends!

GOLF ANYONE?

A few Princeton seniors have regularly been playing golf at Westminster Country Club and other local courses. Sometimes it's nine holes, other times eighteen. There is always room for one more!
 If any interest please contact Jon Fudeman at 978-464-5219 or Jfudeman@verizon.net.



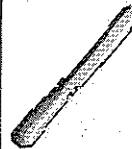
CONGREGATE SENIOR

LUNCH will be held in the kitchen area at the Princeton Center. **ALL TUESDAYS AT NOON.** Blood pressure taken upon request. You must make reservations no later than 10am Monday. 978-464-5977. \$2.25

MENU FOR APRIL

APRIL 3

Gypsy Soup w/crackers
 Chef's Salad
 Salad Greens (1 cup)
 1oz. Turkey, 1 egg, 1 oz
 Cheese with Italian dressing
 White bread
 Pears



APRIL 10

Broccoli cheese bake
 Stewed tomatoes
 Diced potatoes
 Whole whet bread
 Fresh orange



APRIL 17

Chicken breast with supreme
 Sauce
 Brown rice
 Mixed vegetables w/C
 Italian bread
 Apple turnover



APRIL 24

American Chop Suey
 Mixed vegetable c/C
 White bread
 Fresh fruit



APRIL 19TH - THURSDAY

12:00 - Lunch and a movie sponsored by Ace Medical.

MA SENIOR LEGAL HELPLINE - free legal information for people 60 and over call 1-866-778-093

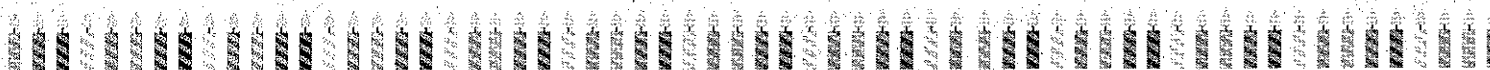
WORCESTER COUNTY Sheriff's Office house numbering program will create a custom wooden sign with reflective numbers that will be delivered to the COA office for your pick up. To take advantage of this free program, stop by the COA office to complete the order form. 011 phones are also available.

MOC SERVE and Rollstone Congregational church partner in this project. Receive \$40.00 worth of groceries for \$19.00 and two (2) volunteer hours per month. No income restrictions. Call Rollstone Church at (978) 342-0432.

FUEL ASSISTANCE

Salvation Army (978) 342-9407; New England Farm Worker's Council (978) 342-4520 or Joe For Oil at (877) 563-4645.

The **Holden Council on Aging** is pleased to announce a new Bereavement Support Program for anyone who has suffered a loss. The group will meet the 2nd Monday of each month beginning Monday March 12 at 4:30 pm at the Holden Senior Center, 1130 Main Street. This will be a drop in group facilitated by Carol Recchion Mdiv. Carol has a great deal of experience in the field of bereavement support and we are extremely grateful that she is sharing that expertise with us. The program is free and open to everyone of all ages support for this program has been generously provided through a grant from the Executive Office of Elder Affairs.



APRIL BIRTHDAYS



Janeen Baker
 Leslie Butler
 Marcia Greene
 Clayton Hubbard
 Joan Lynch
 Jennifer McGrail
 Charlotte Steele
 Ronald Thompson
 Stephen Young



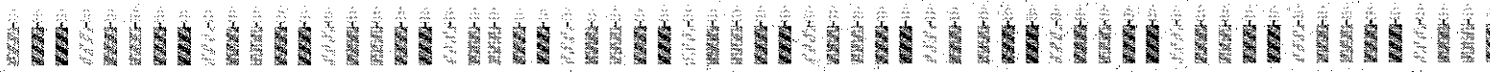
Charles Beach
 Suzanne Cleveland
 John Groves
 Joseph Langone
 Janet MacDonald
 Anna Nelson
 Jean Stroke
 Carl Tomforde



Gail Bellefleur
 Richard Collins
 Leonard Haug
 Raymond Leroux
 Adeline Madden
 Roger Prince
 Sharon Sullivan
 Susan Ulrich



Gloria Brinton
 David Connors
 Neal Hooper
 J. Charles Lord
 Jeannette Marsh
 Donald Salisbury
 Joseph Sylvia
 Eunice Wiggins





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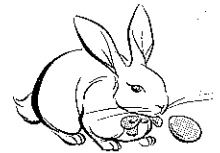
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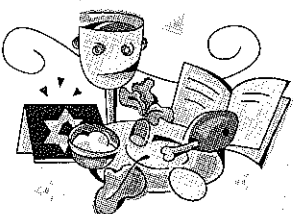
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