

The Senior Buzz



Templeton Senior Community Center

16 Senior Dr. Baldwinville, MA

July 2022

978.894.2780

Message from Cindy

'Ask not what your country can do for you but what you can do for your country.' J.F. Kennedy

These words stuck with me when I was just a young child. They have never rung truer than at this time when COVID continues to ravage the world. So many people are in distress and in need of encouragement. Although the gov't provides many ways to help: ARPA, free vaccines and test kits, etc., ...the need continues to exceed what the gov't can do. May we heed Kennedy's words now, and help our gov't, be it federal, state, or local by asking ourselves 'what can I do to help my country, state, town, neighbors?' If we all pitch in a little, great things can be accomplished. Volunteering, speaking positively rather than falling into the oh so easy temptation to criticize, smiling and saying hello to someone who is having a bad day. Lets think about the little things we can do and do them.

Cindy Shea

This issue of the Senior Buzz is being dedicated to volunteers: those who volunteer here at the

senior center and those who volunteer elsewhere.

Thank you for your service.

July Events

Please call 978-894-2784 to register for all events, starting June 30th

Ice Cream "Truck" Visits the TCSC

July 6th @ 1:30 pm

*

Laughter Is the Best Medicine—Gardner Rehab, Tuesday July 12th @11:00 AM

Birthday Cupcakes, Gardner Rehab,

Tuesday, July 12th @ 12:00 PM

*

Tuesday, July 19@12:00 PM BBQ Lunch

Special Grill Master—Tim Toth

Followed by Jumpin' Juba @ 1:00 PM

This is an outdoor concert, so please bring your lawn chairs!

*

Christmas In July— Ice Skate Painting with

Ellie July 20 @ 11:00 AM

*

Downton Abbey: A New Era

Tea and Discussion Wed. July 27th

@ 12:00 PM

*

NEW! - Quilting Group on Wednesdays

July 13 and 27th @ 10:45 AM

Happy 4th of July

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06-5284

JOIN US TUESDAY, JULY 12TH

LAUGHTER IS THE BEST MEDICINE!

STRESS RELIEF FROM LAUGHTER? IT'S NO JOKE!

Whether you're looking to firm up your immune system, slash your blood pressure, reduce anxiety, beat back your depression, or just incinerate calories, know this: Laughter truly is the best medicine. And if you need some help increasing the amount of laughter in your life, you don't want to miss this presentation.

Laughter is the Best Medicine
 Tuesday, July 12th 11am-12pm
Templeton Senior Community Center
 Registration is required. Space is limited
 Please RSVP directly to the center by July 5th
 Handouts and light refreshments will be provided
 Hosted by Michele Morin, Community Relations



JULY 19th @ 12:00 PM - SAVE THE DATE!

An afternoon of food, fun, and music is planned this month! A chicken BBQ awaits us at noon with the secret recipes of Selectman, Tim Toth as our guest grill master. Next JUMPIN' JUBA entertains us with live music! PLEASE NOTE—This is an outdoor concert, so please bring your lawn chairs and join in the fun! \$4 Donation



Jumpin' Juba plays blues-based roots-rock and classic rock. The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with Jim Gildea on bass. More at www.stevhurl.com

This program is supported by a grant from the Templeton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Christmas in July!

Here at the Templeton Senior Community Center we are so fortunate to have many talented contributors!

This July 20th at 11:00 AM, we welcome Ellie Arsenault. Ellie will guide us in making our own beautifully painted ice skates

This craft will be limited to six so please register early! \$5 Donation



Ice Cream "TRUCK" at TSCC
July 6 @ 1:30 PM
See you there!!



Attention Downton Abby Fans!

The Templeton Senior Community Center will host A Downton Abby Themed Tea and discussion surrounding the newest showing in the series,

Downton Abby: The New Era!
July 27th @12:00 PM



Please bring your favorite tea cup!

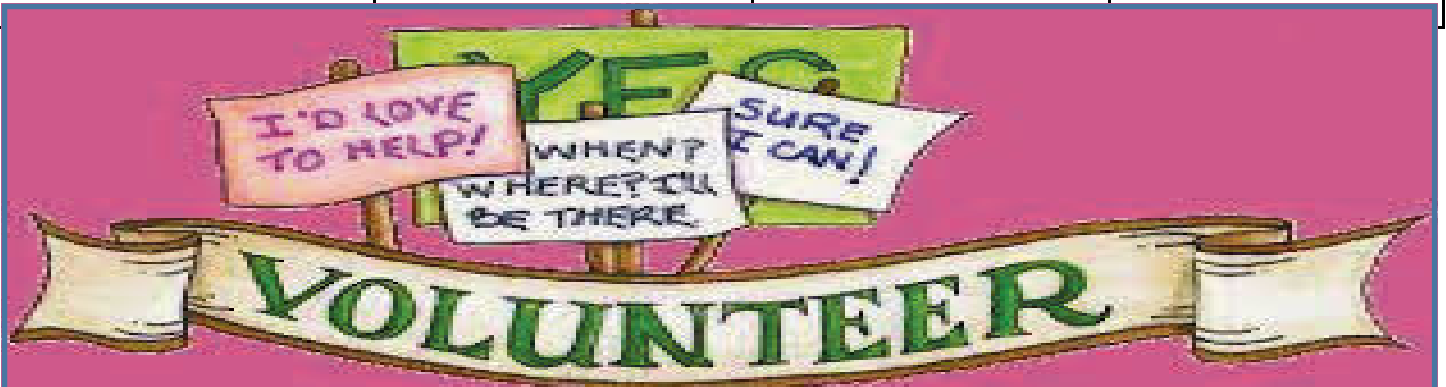
Fancy Dress is optional, but all attending are encouraged to don their 'fascinators' (fancy dress hats of the era)



July 2022



Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>Happy 4th of July - Center Closed</p>	<p>5</p> <p>Great Courses: 10:345AM Card Bingo 1:00 PM</p>	<p>6</p> <p>Ice Cream "TRUCK" At TSCC @ 1:30 PM</p>	<p>7</p> <p>Chair Yoga 10:30 AM Creative Stitchers 10:45 AM Cribbage 1:00 PM</p>
<p>11</p> <p>Walking Group 9:00 AM Exercise With Lucinda from Alliance Health 10:45 Pitch 1:00 PM Mahjong 1:15 PM</p>	<p>12</p> <p>Great Courses: 10:45 AM Ask A Nurse/Blood Pressure Clinic @ 11:00 AM Laughter Is The Best Medicine: 11:00 - 12:00 PM Birthday Celebration @ 12:00PM Card Bingo 1:00 PM</p>	<p>13</p> <p>Quilting Group 10:45 AM</p>	<p>14</p> <p>Chair Yoga 10:30 AM Creative Stitchers 10:45 AM Cribbage 1:00 PM</p>
<p>18</p> <p>Walking Group 9:00 AM Market Basket Plaza Trip 10:00 AM Pitch 1:00 PM Mahjong 1:15 PM</p>	<p>19</p> <p>BBQ Lunch 12:00 PM Jumpin' Juba @ 1:00 PM</p>	<p>20</p> <p>Christmas In July—Ice Skate Painting with Ellie@11:00 AM</p>	<p>21</p> <p>Chair Yoga 10:30 AM Creative Stitchers 10:45 AM Cribbage 1:00 PM Dessert With Bonnie from Alliance Health @ 1:00 PM</p>
<p>25</p> <p>Walking Group 9:00 AM Pitch 1:00 PM Mahjong 1:15 PM</p>	<p>26</p> <p>Great Courses: 10:45 AM Ask a Nurse/Blood Pressure Clinic @ 11:00 AM Card Bingo 1:00 PM</p>	<p>27</p> <p>Quilting Group 10:45 AM Downton Abbey: A New Era Tea Party and Discussion @ 12:00PM</p>	<p>28</p> <p>Chair Yoga 10:30 AM Creative Stitchers 10:45 AM Cribbage 1:00 PM</p>



On-Going Weekly Programs

Call the TSCC at 978.894.2784 to register for any of the programs on this page.

Monday Walking Group

Our Walking Group meets **Mondays at 9:00 a.m.** at different locations in the area. Be sure to dress for the weather. If you are interested in joining, please call 978.894.2784 to be added to our contact list to find out where we'll walk each week. **Free gift** for all new (and returning) walkers in July. Bring water!



**Creative Stitchers
Thursdays at 10:45 AM**

Whether you knit, crochet, cross stitch or whatever, you are invited to join fellow stitchers on Thursdays @ 10:45 AM. Enjoy a cup of coffee, a cookie and good fellowship as you work on individual projects. You can even ask others for advice on your project.

**Join us for
Cribbage
Thursdays
at 1 PM**



**Pitch Mondays @ 1 PM
With Joe Arsenault**



MAHJONG

Join us **Mondays at 1:15 PM** for **Beginners Mahjong** led by Jan Lefebvre



**Card Bingo
Tuesdays
@ 1 PM**



Join us for video series of tours on Tuesday, July 5, 12, and 26th at 10:45.

Current courses being offered include **The Aging Brain, Touring England Scotland, and Wales, and Wonders of National Parks.**

We look forward to new programs including touring more countries, **How To Stay Fit As You Age, and Practicing Mindfulness, etc.**

Attend the whole series and have your name in a drawing to **win \$100!** Missed classes may be made up by appointment. Speak with the staff to schedule.

**Yoga in the Yard
Thursdays at 10:30
AM**

Chair Yoga with instructor **Lori Pucko.**

A donation of \$4.00 is appreciated!





For most of us, to volunteer means that you are working as part of a team, side by side with others, working towards a common goal. You are making connections with other human beings, the community and solving problems together. As a team you are connected to a process that you believe in. Through your involvement, your actions, and your dreams you are contributing to a common goal, that of benefiting others. And in the process, you are benefiting yourself.

“Everybody can be great. Because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and your verb agree to serve.... You don’t have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.”

~Martin Luther King, Jr.



Thank You Pam Landry

It would be almost impossible for the Templeton Senior Center to function as we do without the support of our team of volunteers! This month we would like to send a shout out to Pam Landry! In addition to being our receptionist two days a week, Pam cheerfully spends many hours entering ride information and assisting Elaine with transportation Thank you, Pam, for all that you do!



Thank You To Our
June Contributors



Templeton Senior Community Center

Senior Center Hours of Operation

Monday, Tuesday, Wednesday and Thursday: 10:00 AM- - 4:00 PM

Friday **CLOSED**

The mission of the Templeton COA and Senior Center is to promote the well-being and enhance the quality of life of older adults in Templeton through programs and services.

<p>Council on Aging</p> <p>Board of Directors</p> <p>Chair: Jan Lefebvre</p> <p>Vice-Chair: Mary Ehnstrom</p> <p>Board Members:</p> <p>Thomas Enstrom,</p> <p>Christine Sargent,</p> <p>Joanne Waugh</p>	<p>Senior Center</p> <p>Manager</p> <p>Cindy Shea</p> <p>cshea@templetonma.gov</p> <p>978-894-2781</p> <p>Activities Coordinator</p> <p>Denise Nankivell</p> <p>978-894-2779</p> <p>dnankivell@templetonma.gov</p> <p>Senior Center Assistant</p> <p>Linda Erali</p> <p>978-894-2784</p> <p>lerali@templetonma.gov</p>	<p>Admin. Assistant/ Dispatcher</p> <p>Elaine LeBlanc</p> <p>eleblanc@templetonma.gov</p> <p>978-894-2787</p> <p>Drivers</p> <p>Rene Melanson,</p> <p>Steve Chartier,</p> <p>Ron Lewis, and</p> <p>Russ Clark</p>
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SHINE (Serving the Health Insurance Needs of Everyone) funded through the federal agency, **Administration for Community Living** and administered through the **Massachusetts Executive Office of Elder Affairs**. Certified counselors are available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss **all options** related to Medicare and additional coverage, and we do not sell any plans.

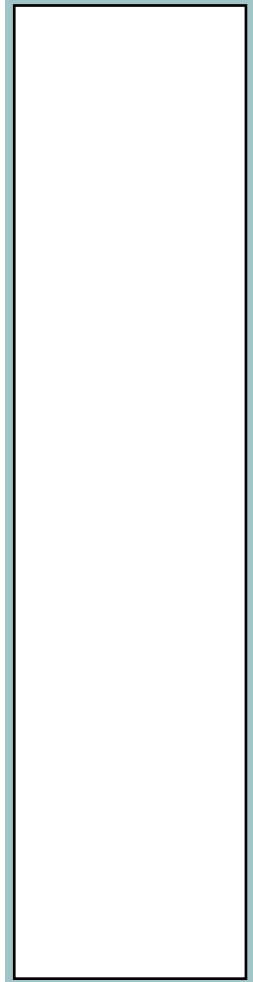
To make an appointment; call the senior center. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org, our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](#).



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Free COVID Test Kits

As a follow-up to our popular Vaccine Clinic in June, the Templeton Senior Community Center would like you to know The following. If you are on Medicare, you can receive up to 8 free At-Home COVID test kits every month at no cost during this public health emergency. For more information contact your local pharmacy or go to www.medicare.gov/medicare-coronavirus.

COVID Booster Shots

The CDC recommends adults over age 50 get a 2nd booster shot at least 5 months after your primary COVID vaccination series. You can get a booster shot when we hold our Flu/COVID Vaccine Clinic in October or at your local pharmacy, or by visiting www.vaxfinder.mass.gov.

Ride With Us

Our drivers provided 140 rides in May! The hours our vehicles can operate is no longer being reduced!

Call Elaine at 978-894-2787 to schedule a ride. Rides are provided Monday through Thursday for all your needs.

We are closed on Friday.

On Tuesdays and Thursdays we arrive in Gardner by 10:30 am , Fitchburg by 11:00 am and Leominster by 11:30 am.

To avoid long wait times please plan your appointments around this schedule. Mondays and Wednesdays are more flexible.

Your driver will have the latest mask information.

Donations are always appreciated!



Congratulations to All of April Pitch Winners!

4/4: 1st. Shirl LaVigne. 2nd. Roger St. Laurent & Dick Pluff

4/11: 1st. Donna Sans 2nd. Roger St. Laurent, 3rd. Gene Giraurd

4/18: 1st. Pat Arsenault & Mary Oliva, 2nd. Jackie P.

4/25: 1st. Steve Laprise, 2nd. Roland Leger, 3rd. Jim Patria

Congratulations to All of May's Pitch Winners!

5/2: 1st Joyce Hosandor, 2nd. Maggie , 3rd. Gene Girduard & Emerise Bourgue

5/9: 1st. Claudette Strout, 2nd. Ray Voutica, 3rd. Donna Sans

5/16: 1st. Jackie P., Roland Leger, Velma Leger (all tied for 1st.)

5/16: 1st. Shirl Lavigne, 2nd. Maury Lizott, 3rd. Donald Dame

Happy Gardening



The raised beds at the Community Gardens at the Senior Community Center are in need of some help from planters, waterers, and weeders. Many thanks to the people who have been planting. Produce and flowers grown will be available to all who work in the gardens as well as the food pantry. If you can help, please call Cindy at 978-894-2781.

Templeton Food Pantry

At the Templeton Senior Community Center



Mustard, Ketchup,
Mayonnaise, Relish

HOURS

Tuesday 9 AM-Noon
Thursday 12-3 PM & 5-7 PM
Saturday 12-3 PM



July Birthdays

Wishing all older adults with a birthday in May, a *Happy Birthday* & especially these 75+ year olds whose names are listed below.




Richard Ackerson	Carol Dennis	Philip Moulton	Marlene Manca
Bradley Lehtonen	Regina Oldfield	Lois Sargent	Joseph Thompson
Phillip Cameron Sr.	Judith Sirois	Edward Hammond	Gerald Henrie
Stephen Edberg	Irene Laliberte	Jacqueline LeBlanc	Spencer Lucius
Alice LeBlanc	Barbara Colvis	June Cormier	Paul Vermette Sr.
Victor Maillet	John Smith	Jeanne Morton	Craig Hume
David Gough	Karen Tucker	William Reed	Charles Bickford
Robert Lafond	Mary Fran Mathieu	Cynthia Guy-Allen	Alan Keddy Sr.
Irene Rodier	Sharon Dubois	Claudia Creamer	Nancy Schwartz
Bertrand Duplessis	Ernest Brouillet	Francis Kazanowicz	Kathleen Marcenowski
George Boyce Jr.	Carolyn Zalwowski	Ronnie Lajoie	John Kuehl Sr.
Laura Baker	Annette Ducharme	Jerry Harris	Linda Wilber
Beverly Ferran	Robert Bigwood	David Corey	Lois Duguay
Patricia Rayner	John Brooks	Ruby Dembek	Donna Johnson
Harold Plaisted	William Harris	Mary Alger	Estela Morey-Plaza
Carol Damarest	Robert Levangies	Janice Lovell	Beatrice Mochorro
Wayne Elliott	Emelda Haughton	Janice Turski	Charles Montalbano
Cheryl Harrington	Shirley Larocque	Elizabeth Swenson	Vivian Forsberg
Robert Olsen	Jane Bussiere	Frank Aprea	Mildred Peterson
Michael Nardone	Joseph Bastarache	Barbara Goodwin	Judith Farnsworth
Humphrey Chadbourne III	Robert Radtke	Richard Williams	Francis Edmands Jr.
David Wade	Maureen Lapan	Laurel H. Killian	
Barbara Goguen	Laila Lawrence	Laura Smith	
James Bourn	Roberta Wilder	Doris Geyster	





*Ask-A-Nurse and
Blood Pressure Clinic*
2nd and 4th Tuesdays!
July 12th and July 26th



SERVICES PROVIDED AT THE TSCC

- | | | |
|---|-------------------------------|---|
| Application assistance for fuel assistance, SNAP, free cell phone, etc. | Friendly Visitors | Monthly Newsletter |
| Blood pressure clinic | Health and Wellness programs | Public Benefit Counseling |
| Copier | Housing information | Public Computer Use |
| Crafts | Human Services | Senior Tax Work-Off |
| Durable Medical Equipment | Information and Referrals | SHINE |
| Farmers Market Coupons | Intergenerational Programming | Social, recreational, and educational programming |
| Fitness programs | Meals | Talk with the Town |
| Flu/Vaccine Clinic | Meals on Wheels | Transportation |
| Food Pantry | Medical and legal advocacy | Volunteer opportunities |



Monthly Market Basket Plaza Trip!

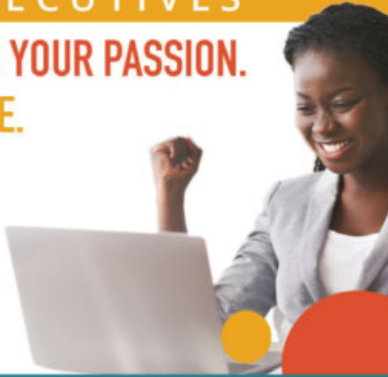
The monthly trip to Market Basket Plaza in Athol will be on Monday, July 18th. Pick up starts at 10 AM. Call Elaine at 978-894-2787 to reserve your spot!

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