

**CHARLTON COUNCIL ON AGING**  
**SENIOR CENTER**  
**37 MAIN STREET**  
**CHARLTON, MA 01507**

***MISSION:** To provide social, supportive and referral services for all seniors in an effort to maintain and improve quality of life, so that they may stay in their homes as long as possible.*



**FEBRUARY 2023**

## Charlton Seniors on the Common

**Like us on** 



**Phone: 508-248-2231**

**Fax: 508-248-2379**

**WEBSITE:**  
**[townofcharlton.net](http://townofcharlton.net)**

### **Valentines/Birthday Party**



We are so excited to be celebrating our Valentine's/ Birthday party with everyone's favorite crush...ELVIS!

Please join us on Thursday, February 9th @ 10:30am to be serenaded by Elvis Impersonator, Robert Black. Call the Senior Center at 508-248-2231 or stop by to sign up. Stay for a delicious pork roast lunch for only \$4.00!!

### **Worcester Registry of Deeds**

Please join us on February 2nd @ 1:00pm for a presentation along with a question and answer session with the Worcester Registry of Deeds. The topic will be The Homestead Act and how it can protect seniors who want to stay in their current home instead of moving to an assisted living. Please call 508-248-2231 or stop by the Senior Center to sign up.

### **Council on Aging** **Board Members**

Cindy Cooper, Chair  
James Russell, Vice Chair  
Vicki Thompson, Secretary  
Sue Crockett  
James Howard  
Barbara Larson  
Mike Zereski



Do you know that stories are lost within two or three generations?

Learn how to preserve memories and find relatives on Family Search.

Join Lisa on Tuesday's @ 12:30pm for a 6 week program beginning February 7th at the Senior Center.

Reserve your spot today! Call the Senior Center @ 508-248-2231

### **SAND FOR SENIORS**

The Charlton Fire Department will deliver a 5 gallon bucket of sand to Charlton Residents aged 60 and over who live in a private residence. Contact the Senior Center at 508-248-2246 to request your bucket (while supplies last)



### **Senior Center Staff:**

Shari Russell, Director  
Mary Carpenter  
Outreach Coordinator  
Jennifer Trudeau  
Kitchen Manager/Cook  
Ken Goudreau  
Kitchen Asst./Cook  
Sherri Nedzweckas  
Kitchen Aide

### **SENIOR TAX WORK-OFF PROGRAM**

#### **Applications available for 2023**

20 participants may qualify to receive a **\$1,500** abatement off property taxes in the Town of Charlton:

Policy, Application and Confidentiality forms are available at the Charlton Senior Center, or on our website at [www.townofcharlton.net](http://www.townofcharlton.net).

Eligibility guidelines apply

**For more information call Mary at 508-248-2246**

# FEBRUARY ACTIVITIES

## Ongoing:

**Mon February 6, 13, 27 (closed Feb 20)**

**9:30 - Chair Fitness Class w/Jenn, 10:00 - Cribbage 1:00 - Diamond Dots**

**Tues February 7, 14, 21, 28 & Thurs February 2, 9, 16, 23**

**Floor Yoga w/ Linda 9:40AM (\$5 suggested donation) held at Charlton Library**

**Tues February 7, 14, 21, 28**

**9:00 - Sew What Group**

**12:30 - Mahjong, 12:30 -Genealogy, 1:15- Line Dancing w/JP Ellery (\$5)**

**Wed Feb 1, 8, 22 (no balance 2/1 & 2/15) (No Line Dancing 2/21)**

**9:30 - Balance Class**

**Thurs February 2, 9, 16, 23 (no Corn Hole 2/9, no Game On 2/2 & 2/22)**

**10:00 - Corn Hole, 1:00 - Game On (Board Games, Ping Pong, Pool, Darts)**

## Specials:

**Wed Feb 1 – COA Board Meeting 10:00**

**BINGO with Janet 12:30**

**Thurs Feb 2 - Worcester Registry of Deeds 1:00**

**Wed Feb 8- Osteoporosis Presentation by Amgen 11:00**

**Thurs Feb 9 - Valentines/Birthday Party w/Robert Black 10:30**

**Tues Feb 14 - Blood Pressure Clinic w/ Overlook VNA 11:00-11:45**

**- Golden Age Club meeting 11:00**

**Wed Feb 15 - Valentine's Tea Party with the SHRHS Vocational Students 10:30**

**- Vision Screening with Fallon Health 1:00**

**Mon Feb 20 - Senior Center Closed**

**Tues Feb 21 - Meet and Greet with Marie from Auburn Life Care Center**

**Wed Feb 22 - Blood Pressure Clinic w/Bay Path School of Nursing 10:30-11:30**

**Burlap to Boards - St Patrick's Day Welcome Door Sign 10:30**

**Terps Cannabis Presentation 1:00**

**Thurs Feb 23 - Charm Bingo 1:00**

*Some of our programs and newsletter are partially funded  
by a grant from the Executive Office of Elder Affairs*

### Osteoporosis Presentation

Join us on February 8th @ 11:00am for a presentation on osteoporosis given by a medical science liaison from Amgen. Learn about what osteoporosis is, how it is diagnosed, and how you can take charge of your bone health. Please note that this presentation does not constitute medical advice.

Call or stop in to sign up!

### Charm Bingo

Charm Medical Supply will host BINGO on Feb 23rd @ 1:00. If someone you love suffers from Incontinence and struggles to pay for supplies, they might be eligible for assistance. Join us for some fun and bring your insurance cards!

### Golden Age Club

Meetings are held the second Tuesday of each month at 11:00am at the Senior Center. Please let us know if you are interested in becoming a board member of the Charlton Golden Age Club.

*Would you like to come to the Senior Center but you have no means of transportation?*

*If you are a Charlton resident 60+ or under 60 with disability, you may be eligible to ride the SCM Elderbus to and from the Charlton Senior Center free of charge.*

**For more information, please contact Mary at 508-248-2246**


### Vision Screening with Fallon Health

February 15th at 1:00pm.

This screening evaluates the ability to see details near and far, and checks for color blindness. Health educators will provide information to keep eyes healthy, and the importance of visiting an eye doctor. Please call the Senior Center at 508-248-2231 or stop by to reserve your seat

### Terps Cannabis Dispensary

Join us on February 22nd @ 1:00pm for an educational presentation including a slide show, open discussion and questions and answer session with Terps Cannabis Dispensary. Please call or stop in to sign up. Please call or stop in to sign up!

We will be making St. Patrick's Day Welcome Door Signs with Burlap to Boards on Feb 22 at 10:30am. Call or stop in to see the project and sign up. The cost is \$10 for Charlton residents and \$15 for nonresidents. To go kits are available. 

Check out Charlton Cable TV channel 191 for local senior programs from 7:00-10:00 AM and 6:00-9:00 PM.

Programs focused on senior issues & interests.



### The SEW-WHAT SEWING GROUP

offers minor alterations at reasonable prices!

Bring your requests to the Senior Center on Tuesdays from 9:00 - 11:00 AM for assessment.

**Check out their table of beautiful items for sale.**

**All proceeds donated to the Golden Age Club.**

- Pants / Skirts Hems
- Jeans Hems
- Mending / Repairs
- Buttons / Other



CHARLTON REAS  
FOUNDATION, INC.  
P.O. BOX 793  
CHARLTON, MA 01507

The Charlton REAS Foundation (*Residential Energy Assistance for Seniors*) helps qualified Charlton senior citizens 60+ with funding towards energy needs. Questions? 508-868-5289

Applications are online at [www.reascharlton.org](http://www.reascharlton.org) or call the Senior Center to get your application. *Heating assistance season: October 1st - April 30*



**Mary Carpenter**  
**Outreach Coordinator**  
**Notary, LSW**

Greetings to everyone and a **Happy Valentine's Day** to all. We have been fortunate thus far and spared from any blizzards, however we still have two months where anything is possible so I would like to remind the seniors of Charlton that there is a program called **Sand for Seniors**. The fire department will deliver sand to your home (and supply a bucket) and also provide refills... call me at 508-248-2246 if you would like to be added .

Please spread the word about the town's REAS program which offers fuel assistance according to income and assets ...the awards are \$400-\$600 (according to income scale) ..If you would like to apply, you can go on the Towns website or give me a call and I can assist you . Also a reminder that the State awards fuel assistance too through the Worcester WCAC program. I have applications and this one does NOT ask for assets , only proof of income, along with a few other forms. I have seen awards range from \$900 to \$1,800 thus far. Their guidelines are online when you Google "WCAC fuel assistance program", and naturally feel free to call me or stop by with any questions or if you would like to apply. Both programs run through April and once you are approved, with WCAC, you automatically receive the discount rates with National Grid. Another way to save (and of course this is a personal choice) is through the towns aggregate price. Right now the town has contracted with Direct Energy, the rate is .15540/kWh compared to National Grid at .33891. If you would like to switch over you can change back anytime and the bill still comes through National Grid. And as always If you have any questions or need assistance reach out to me ! Thanks

**Mary**



**Local Resources:**

- Charlton Town Hall Offices 508-248-2200
- Charlton Senior Center 508-248-2231
- Senior Center Outreach 508-248-2246
- Charlton Library 508-248-0452
- Charlton Housing Authority 508-248-5067
- Charlton CHIP-IN Food Pantry 508-248-3292
- Charlton REAS Foundation (*Residential Energy Assistance for Seniors*) 508-868-5289
- Tri-Valley Elder Services 1-800-286-6640
- Elder Bus 1-800-321-0243
- WCAC (*Worcester Community Council*) 508-754-1176
- Legal Aid 508-752-3718



**State Resources:** MASSACHUSETTS 2-1-1

- Alzheimer's Helpline 1-800-272-3900
- SHINE (Serving the Health Insurance Needs of Everyone) 1-800-243-4636
- Suicide Prevention Hotline 1-800-273-8255
- Substance Abuse/Mental Health Helpline 1-800-662-4357



**TRIPS 2023**



For more information, please email Mary Lou (trip coordinator) at [charltontrips@yahoo.com](mailto:charltontrips@yahoo.com) or call the Senior Center at 508-248-2231. Check out the trips on our webpage at: [www.townofcharlton.net](http://www.townofcharlton.net)  
Council on Aging/Senior Center.

**2022 TAXES WITH AARP**

We are now scheduling appointments with AARP Tax Aide Volunteers. Please call the Senior Center at 508-248-2231 to reserve your time. Appointment slots are booking up fast, so call today!

**Foot Care Clinic**

**Professional foot care by a licensed nurse.**  
**Call Diane for an appointment at 508-353-4972**  
**Clinic visits \$27 Non-Insulin dependent diabetics \$27 Home visits \$45**

**Please scan your card!**



*Thank You*

Join us for our monthly Birthday Party on Thursday, February 9th @ 10:30am

Enjoy live music with Elvis Impersonator Robert Black

Feb 3 - Everett Bumpus  
 Doris Dufault  
 5 - Jean Mateychuk  
 Nancy Ayotte  
 Lori Andre  
 7 - James Howard  
 8 - Loretta Bourdeau  
 9 - Lowell Bond  
 10 - Mary Santos  
 Gail Audette  
 11 - Jim Russell

Feb 12 - Rose Fournier  
 14 - Shirley Polenski  
 15 - Douglas McGrath  
 20 - Barbara Guy  
 Bob Thompson  
 22 - Gloria Grenier  
 23 - Barbara Roy  
 25 - Beverly Beaumier  
 28 - Marcia Marcoux

Happy  
 Birthday




**In-person lunch (\$4 suggested donation) serving time at 11:45. Please sign up at the center or call by noon at least a day ahead. Thank you. 508-248-2231**



## Lunch Menu February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>To-Go Lunches Monday - Thursday \$5 per lunch, must sign up a day ahead by 12:00. Pick-up inside center from 12:15-12:45 PM</u>					
			1 Chinese Chop Suey	2 Chicken Primavera	3	4
5	6 Beef Minestrone Soup	7 Tacos	8 Pizza & Salad	9 Pork Roast Valentines/ Birthday Party	10	11
12	13 Egg or Seafood Salad Sandwich	14 American Chop Suey	15 Chef Salad	16 Teriyaki Chicken Stir fry with Rice	17	18
19	20 Senior Center Closed	21 Cheese Raviolis	22 Baked Stuffed Fish	23 Chili	24	25
26	27 Mac & Cheese and w/Ham Roll	28 Kielbasa				* Menu Subject to Change *