

# **A SURPRISE PARTY**

**WORTHINGTON SENIORS**

**Monday, January 11, 2016**

**RH Conwell School Cafeteria**

**MONTHLY POTLUCK**

**COA will provide cake and ice cream**

**YOU provide the “real” food, good humor, and  
laughter!**

**A party? Yes – a surprise, YES!!**

**11:45 blood pressures**

**12:00 Noon lunch**

# WORTHINGTON COUNCIL ON AGING

**January**

**newsletter**

***Council on Aging is to identify needs of those in our community age 60 and over and endeavor to develop programs, services and activities to meet those needs. The COA also has a commitment to educate the community at large to the needs of an aging population.***

**KNITTING GROUP** - Tuesdays 3-5 - COA Office Questions call Helen Pelletier 238-4418

**COFFEE AND CARING** - 1st Thursday of each month – 10:30 - COA Office - Questions call Sandy Epperly - 238-5584

**MEALS ON WHEELS** - HIGHLAND VALLEY ELDER SERVICES - Donation requested 800-322-0551 OR 413-586-2000

**\*ELDER ABUSE** - 800-922-2275 OR 413-586-2000 (ELDER ABUSE refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult 60 OR OVER)

**RSVP Healthy Bones and Balance**- Maples I Common Room Monday & Friday 10:30-11:30

**TOWN ADMINISTRATIVE ASSISTANT**, Peggy O'Neal Mon, Weds, Thurs 8-4, Tues 8-4 and 5-9

**COA Board – Chair, Camille Smith ~ Co-chair, Laurie McNulty~Secretary, Helen Pelletier~Larry Mason, Pat Kennedy, Barb Pease, Helyn Myrick**

**Worthington COA Coordinator** - Sandy Epperly  
413-238-5584 - Office 238-5532 - [coa@worthington-ma.us](mailto:coa@worthington-ma.us)

**FOOT NURSE** -  
Kip Moeller - Last Wednesday- Goshen Town Hall  
Appt. necessary - \$30 fee Call Liz 413-268-7122

Diane Roeder - Wednesdays - Chesterfield Community Center  
Appt. necessary - \$30 fee -413-374-0457  
[toesandssolesrn@gmail.com](mailto:toesandssolesrn@gmail.com)

**SHINE COUNSELOR** -  
Lorraine York-Edberg [lyork@edberg@fchcc.org](mailto:lyork@edberg@fchcc.org)  
413-773-5555 ext 2275

**HILLTOWN VAN** - CALL 413-268-7582 NIGHT BEFORE  
- Small fee ~ **must have completed "Demand Response Application"** from FRTA.

**CHAIR YOGA** - Chesterfield Community Center –Tuesdays  
10AM \$3.00 Donation requested

**HILLTOWN SOCIAL SERVICES** - 413-667-2203.

**GOSHEN FOOD PANTRY** – Wednesday 1-3 open for  
Worthington (3rd Wednesday 1-6) 413-268-7578.

**VETERAN'S AGENT - TOM GERYK** -  
Town Hall – 2<sup>nd</sup> and 4<sup>th</sup> Monday 9-11am – **NOTE  
CHANGE OF PLACE, DATES/ AND TIME!** 1-877-821-  
0128 [tgeryk@northamptonma.gov](mailto:tgeryk@northamptonma.gov)

IF YOU WOULD LIKE THIS NEWSLETTER VIA E-MAIL, PLEASE  
SEND YOUR REQUEST TO [coa@worthington-ma.us](mailto:coa@worthington-ma.us) WITH  
"NEWSLETTER" IN THE SUBJECT LINE. PLEASE NOTE YOUR  
PHYSICAL ADDRESS FOR RECORD KEEPING.

This newsletter is partially funded by the Executive Office of Elder Affairs through funding under the Federal Older American Acts, the Town of Worthington, the Rolland Fund and private donations.

## Our Holiday Party – December 19 – What fun!!!



A big "thank you" to the Council on Aging knitters for our new mittens.

We love them! *(message received from the RH Conwell school children)*

**AND a BIG thank you from the COA to the Knitting Group who made this possible.**

The knitting group meets on Tuesdays in the COA office 3-5 – all are welcome, no age requirements! We provide the yarn and friendship.....questions call Helen Pelletier at 238-4418.

Thanks Helen for facilitating this group!

MEMBERS OF THE KNITTING GROUP ALSO HOSTED A TABLE AT THE Arts Festival(s) where items were offered for a requested donation with the monies going to the

COA Donation Account. This account was established several years ago to help offset operating expenses for our functions and for the office. This is NOT used for salaries. THANK YOU EVERYONE!!!

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Thanks to Wally Fritz for preparing the meal for our party – Leslie Figelia as waitress extraordinaire – Phyllis Dassatti and Rita Koenig for hosting the hors d'oeuvres table – Betty Barbour and Dick Benoit for our musical enjoyment – Lorraine Kerley for her annual wonderful favors – the Tesla's for yummy chocolate covered dessert spoons -the children of Russell H. Conwell School for singing for us – the knitting group for making mittens for every child in the school – Barb Johnson, Jack and Darlene Millman for assisting with set-up the prior day – Ed Pelletier for the photo's - YOU, our guests who brought items for the knitten tree – and last but not least, the board members who worked diligently wrapping, menu preparation, and setting up – THANKS EVERYONE!

CONGRATULATIONS SENIORS – WE SIGNED AND FORWARDED 442 CARDS FOR THE TROOPS! Good job.....start now for next year!!.

