



## Newsletter

For the  
Harvard Council on Aging  
978-456-4120  
Monday through Friday, 9 am to 3 pm

MARCH 2024

### Director's Message

This month is a BIG one! We have St. Patrick's Day, Easter, and SPRING to celebrate! Check out what we have going on, and make sure you SIGN UP!!

To our neighboring towns, you are welcome to join us for many of our programs and events, just remember to call and sign up to see if we have enough space.  
*Debbie*



### **St. Patrick's Day Lunch** **Corned Beef & Cabbage** **Tuesday, March 12, 12pm**

Come celebrate St. Patrick's Day with your friends and neighbors. The delicious lunch will be a traditional corned beef dinner cooked by local chef, Bill Ference with the usual sides and dessert.

This is for Harvard residents and volunteers only. We look forward to enjoying this in our Senior Center at 16 Lancaster County Road.

Call 978-456-4120 to sign up. If you need a ride on the van, let us know **when you sign up**.

### **Tatlista Restaurant** **Thursday, March 7, 9am**

Come enjoy breakfast at Shirley's newest restaurant, Tatlista By The Brook.



Formerly The Brookside Grill, Tatlista is more than just a restaurant—it's a celebration of diverse flavors. Come experience breakfast where every dish is a labor of love, and the kitchen is ready to delight your palate with a symphony of flavors.

Van fee is \$2. Call to sign up: 978-456-4120.

### **Daniel Bennett Group** **Mechanics Hall** **Wednesday, March 20, 10:45am**

Worcester's Mechanics Hall Brown Bag Concert Series featuring The Daniel Bennett Group. New York saxophonist Daniel Bennett, will be joined by master percussionist Koko Bermejo on drums and keyboard, and acclaimed six-string bassist Kevin Hailey.



The Daniel Bennett Group was recently voted 'Best New Jazz' in Hot House Magazine. The concert is free, we will provide a bagged lunch, and the van fee is \$5. Call to sign up: 978-456-4120.




### **Pysanky Eggs** **by Judy Loya** **Tuesday, March 26, 1pm**

Harvard's own Judy Loya will join us to talk about a beautiful tradition that many may not know about: painting pysanky eggs! This is an exquisite painting technique that has been passed down through generations of Central & Eastern European families, dating back to pagan times.

Making pysanky eggs is a labor of love that requires patience, attention to detail, and a steady hand. This is an educational presentation discussing history and technique. It is not a crafting class. Call to sign up 978-456-4120

# MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Call the COA to reserve your spot for zoom classes and events 978-456-4120</b>				<b>1</b> 10 Women's Coffee 10 MB Shopping	<b>2</b>
<b>3</b>	<b>4</b> 9 Aerobics 10:15 No Line Dancing	<b>5</b> <b>Voting Day 7am-8pm Bromfield</b> 9:30 Yoga 12 Lunch <b>4:30 Zumba Gold</b>	<b>6</b> 9 Men's Coffee 9 Aerobics <b>12:30 Reiki</b> 12:30 Afternoon Bridge <b>1 Mahjong basics</b> 7:30 Men's Bridge	<b>7</b> 9 Tai Chi <b>9 Tatlista</b> <b>10:30 Singing Group</b> 12 Lunch <b>1 Movie Day</b> 1 Fiber Arts 1 Mahjong	<b>8</b> 10 Women's Coffee 10 MB Shopping 	<b>9</b>
<b>10</b>	<b>11</b> 9 Aerobics 10:15 Line Dancing <b>2 Grief Support Group</b>	<b>12</b> <b>9 Vet Café</b> 9:30 Yoga <b>12 St. Patrick's Day Lunch</b> <b>4:30 Zumba Gold</b>	<b>13</b> 9 Men's Coffee 9 Aerobics <b>10:30 Memory Cafe</b> 12:30 Afternoon Bridge <b>1 Mahjong basics</b> 7:30 Men's Bridge	<b>14</b> 9 Tai Chi <b>10:30 Bingo</b> 12 Lunch 1 Fiber Arts 1 Mahjong	<b>15</b> 10 Women's Coffee 10 MB Shopping	<b>16</b>
<b>17</b> 	<b>18</b> 9 Aerobics 10:15 Line Dancing	<b>19</b> 9:30 Yoga 12 Lunch <b>12:30 BP clinic</b> <b>4:30 Zumba Gold</b> 	<b>20</b> 9 Men's Coffee 9 Aerobics <b>10:45 Brown Bag Concert</b> 12:30 Afternoon Bridge 7:30 Men's Bridge	<b>21</b> 9 Tai Chi <b>10:30 Singing Group</b> 12 Lunch 1 Fiber Arts 1 Mahjong	<b>22</b> <b>9 Podiatry</b> 10 Women's Coffee 10 MB Shopping	<b>23</b>
<b>24</b> 	<b>25</b> 9 Aerobics 10:15 Line Dancing  <b>1 Movie at Library</b>	<b>26</b> 9:30 Yoga 12 Lunch <b>1 Pysanky Eggs</b> <b>4:30 Zumba Gold</b>	<b>27</b> 9 Men's Coffee 9 Aerobics <b>9:30 Craft Museum</b> 12:30 Afternoon Bridge 7:30 Men's Bridge	<b>28</b> 9 Tai Chi <b>10:30 Bingo</b> 12 Lunch 1 Fiber Arts 1 Mahjong	<b>29</b> 10 Women's Coffee 10 MB Shopping	<b>30</b>
<b>31</b>						

## Events and Information

Sign up for ALL PROGRAMS

Make sure you sign up !



**Men's Coffee**  
**Wednesdays 9am**

**Women's Coffee**  
**Fridays 10am**

**Vet Café 2nd Tuesday**  
**9-10am**



**Mahjong Thursdays 1pm**



**Fiber Arts/Knitting**  
**Thursdays 1pm**



**Bingo 2nd & 4th**  
**Thursday 10:30am**



**Afternoon Bridge**  
**Wednesdays 12:30-**  
**3:30pm**



**Men's Bridge**  
**Wednesdays 7:30pm**



**Reiki with Rama**  
**Wednesday March 6**  
**12:30pm**

Save the Date

**Annual Town meeting**  
**Saturday, April 6, 12 noon**

The Town Meeting is being held Saturday, April 6th in the Bromfield School. The meeting will start at 12pm. Please arrive earlier to check in. You can find the warrant and the Finance Committee recommendations on the town website at [www.harvard-ma.gov](http://www.harvard-ma.gov). The **COA van** will be available as a shuttle service for all citizens. Those who wish may park up at the Senior Center (16 Lancaster County Rd. and the van will shuttle to the meeting. **Call by Thursday, April 4, 2pm to schedule a van ride.**



### Inclement Weather Policy:

If the schools are closed due to inclement weather the COA programs are cancelled and the van may be taken off the road for your safety. If there is a school delay, please call for more information. If you would like to be placed on our **STORM ALERT LIST** to be contacted in the event of a weather emergency, call us. When a storm is predicted, our outreach team can call you to let you know, and see if there is anything you need to be prepared. We are here to help you any way we can, so give us a call. 978-456-4120.



**Movies for Grownups**  
**at Harvard Public Library**  
**Monday, March 25, 1pm**

This month's movie for grownups is Past Lives. Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Decades later, they are reunited for one fateful week as they confront destiny, love and the choices that make a life. Starring Greta Lee, Teo Yoo, and John Magaro.

### **Weekly Grocery Shopping Friday**

**10am pickup time**

Call the COA at **978-456-4120** to reserve a place on the van. There is a \$2 fee per person. We go to Market Basket in Littleton. Van is disinfected daily and between rides.





**For Your Mind, Body, and Soul**  
***Make sure you sign up for classes!***

**Fitness classes are being offered  
online via Zoom and in person**

**Aerobics/ Weight Strengthening**  
**Monday and Wednesday**  
**9-10am Zoom**

Instructor: **Katrina Rotondi**  
 Fee \$36 per 12 class session

**Line Dancing Resumes**  
**Monday March 11, 10:15am Zoom**

Instructor: **Katrina Rotondi**  
 Fee \$4 per class

**Zumba Gold Tuesday, 4:30pm**  
**Senior Center - 16 Lancaster Cty. Rd**

Instructor: **Deb Oliva In-person**  
 Fee \$5 per class

**Yoga for Everybody**  
**Tuesday 9:30am Zoom and In-person**  
**at Congregational Church**

Instructor: **Nancy Webber**  
 Fee \$48/6 class session, \$10 drop-in  
*All in-person members must prove vaccination*

**Tai Chi Thursday 9am**  
**at Congregational Church**

Instructor: **Jeff Cote**  
 Fee \$25/month, \$7/class

**Please contact the COA to find out more  
about our fitness classes.**

**978-456-4120**



***Call 978-456-4120 to sign up 24 hours in  
advance for congregate meals at  
12 noon Tuesdays and Thursdays at  
The Harvard Senior Center***  
**Meals include bread, milk, and dessert**  
*Meals on wheels lunch delivered between  
11:30-12:30*

**Tuesday**

- 5th Baked cod w/crumb topping, rice pilaf, Brussels sprouts, oat bread
- 12th **St. Patrick's Day Luncheon**
- 19th Ravioli marinara, squash blend, whole wheat bread
- 26th Hot dog, hot dog roll, baked beans, coleslaw

**Thursday**

- 7th Turkey w/gravy, mashed potatoes, carrots, wheat bread
- 14th BBQ pulled pork on bun, sweet potato tots, corn & bell peppers
- 21st Salisbury steak w/mushroom gravy, garlic mashed potatoes, mixed vegetables, cornbread
- 28th Chicken pot pie, mashed potatoes, oat bread



## Notes from the Outreach Office

***Maria Holland & Jen Schoenberg - Outreach Coordinators***

### **Well Adult Clinic and BP Check Tuesday, March 19, 12:30-1:30pm Nashoba Associated Boards of Health**



Each month our nurse, Alicia, checks blood pressure for our seniors, and is available for health related conversations. Our nurse is here **Tuesday, March 19 at 12:30pm** so if

you have any questions for her, feel free to bring them along with you and ask her about any issues you are having. If you have any questions about medications you are on, you can ask her about those as well. Come for lunch then go see our nurse.

Remember to sign up for lunch: 978-456-4120.

### **Memory Café at Harvard COA Wednesday, March 13, 10:30am-12pm**

Memory cafés are designed to give clients with dementia and their caregivers an opportunity to socialize in a safe environment. They have food, invite guest artists, offer programs, and an opportunity to chat with others who are in similar situations.



Each café is different, but they all have the same goal: to help guests feel comfortable and to know they are not alone. Join us for our Memory Café on Wednesday, March 13, have refreshments and enjoy the program. Call 978-456-4120 to sign up. We meet the **2nd Wednesday** of each month.

***Special thanks to Rollstone Bank for their donation to help us continue to offer our Memory Café!***

### **Fuel Assistance**



The 2023-2024 heating season is here and applications for the state fuel assistance program can be made starting on March 1. The state gross annual income limits for fuel assistance are as follows: for a household of one, \$45,392; for a household of two, \$59,359. You can apply even if you rent! Harvard also offers a HEAT (Harvard Energy Assistance Team) financial help program.

### **Outreach Programs Offered:**

- \*Home delivered meals
- \*Friendly visits
- \*Home visits
- \*Phone & wellness checks
- \*Social services (fuel assistance, SNAP)
- \*Intergenerational chore groups, handyman
- \*Information and referral
- \*Assessment/case management
- \*Special programs such as File of Life, sand buckets, house numbering signs, and more.
- \*Help with Five Wishes and MOLST forms.



***Call 978-456-4120 for services.***

***All information is kept strictly confidential***

### **Grief Support Group Monday, March 11, 2pm**



This group is facilitated by grief counselor Karen Campbell from Nashoba Associated Boards of Health, and offers a safe space to share experiences. All types of grief, including grief due to loss, change and transitions are welcome.

No one is required to commit to consistent attendance and confidentiality is respected and honored. Drop-ins welcome.

### **Podiatry Dr. Alissa Kuizinas Friday, March 22, 9am-2pm**

Come see our podiatrist, Dr. Alissa Kuizinas. She will trim nails and treat corns and callouses. \$40 for 15 minute appointments. She accepts cash, check, and credit cards. Call early to sign up: 978-456-4120. Space is limited.



**Program Coordinator, *Pamela McInnis*.**

**Remember to SIGN UP FOR ALL programs, classes and trips 978-456-4120**



**Singing Group**  
**Thursday March 7 & 21,**  
**10:30am**

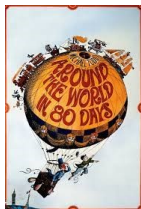
Whether you have a great voice, or just like to sing in the shower, this group is for you! Join this fun sing-a-long with your friends and neighbors, led by our own Peter McArdle.

**Mahjong Basics**  
**Wednesday, March 6 and 13, 1-3pm**

If you have ever wanted to learn the game of Mahjong for free, join Terri Knoettner and Phyllis Clawson here at the Center. They will teach you what you need to know to learn this fun and challenging game.



Do some research ahead of time by googling "How to play American mahjong" before coming as a primer to get you started. More details will be given if you continue with the group. Limit 8 participants. Call 978-456-4120 to sign up.



**Movie Day**  
**Thursday, March 7, 1pm**

Come enjoy a movie on our big screen tv the 1<sup>st</sup> Thursday of every month. Lunch is served at 12pm and the movie will follow at 1pm. March's movie will be **Around The World In 80 Days** starring David Niven & Shirley MacLane.

**Harvard Community Conference**  
**Saturday, March 2, 2-4pm, Volunteers Hall,**  
**Harvard Public Library, (snow date 3/16)**

This conference will focus on stories and observations of climate change as seen through the eyes of local residents, and their personal experience, thoughts, and feelings about climate change. Refreshments will be served.

**Fuller Craft Museum**  
**Wednesday, March 27, 9:30am**

Take a trip to an arts and crafts museum located in Brockton containing contemporary craft-based art of many different genres and origins including glass, metal, wood & fabric.

One of just a handful of craft museums in the country and the only one in New England, Fuller Craft strives to preserve craft as a fundamental part of our cultural landscapes. After, we will stop at Yamato Japanese Steakhouse for lunch. Museum admission is free, van fee is \$5, and don't forget money for lunch.



Call to sign up: 978-456-4120.

**Save the Date**

**Jamie Eldridge**  
 ★State Senator • Middlesex & Worcester District★

**43rd Annual Senior Conference**  
**Thursday, April 18, 7:30am—2pm**

Don't miss out on the fun at this annual conference put on by Senator Jamie Eldridge. They will have free workshops, health screenings, entertainment, exhibits, prizes, speakers, and lunch. Conference runs from 7:30am-2pm. If enough sign up, we can send a van. This is a **full day** and is always educational and enjoyed by all who attend. For more information: <https://www.senatoreldridge.com/seniors>.

**Harvard Public Library:**  
**Books at Home**

If you are homebound and need books delivered to your home call the library at 978-456-4114 and ask for someone to bring the library to YOU! You can also email them:

**[reference@harvardpubliclibrary.org](mailto:reference@harvardpubliclibrary.org)**



**Computers at the Senior Center**

Adam and Doug are here to help, so if you need one-on-one computer training , just want to chat about anything computer/tech related, or use our computer for personal use, please do not hesitate to call the senior center. You can make an appointment with either of them for a Tuesday or Friday session in their brand new computer lab. In the meantime, please feel free to browse through their online computer resource center located at: [sites.google.com/view/hcoa-lab](https://sites.google.com/view/hcoa-lab)


**Coffee With A Cop**  
**Monday, April 1, 9:30-11:30am**


Join us as we enjoy a cup of coffee (or two) and some conversation with our own Harvard police officers here at the Senior Center.

This is your chance to ask those burning questions you have had on your mind. Ask about being a police officer, what it is like to work in this bustling town of Harvard, and what are the biggest issues our First Responders face. Our newest police officer, Franny, may even come! Refreshments will be served.

**Coming in April**
**Health Fair**  
**Monday, April 8, 11am-2pm**

Do you need a hearing screening? How about a balance assessment or blood pressure check? Are you hard of hearing and need phone modifications? Or maybe you are considering assisted living and have questions. Come to our health fair. We will have a dozen vendors here to answer your questions and to give you some quick health assessments. Refreshments will be served. This is free and first come first served. **If you would like your hearing checked, you MUST SIGN UP!**



Please call ahead to sign up: 978-456-4120.

**COA VAN TRANSPORTATION GUIDELINES**

There is a nominal fee for the use of the van. Fee is expected at time of ride and please use exact change. To schedule COA van rides call: 978-456-4120. Please give the COA at least 48 hours notice for any ride.



The van is disinfected daily and between riders.  
**When four or more riders are on the van, masks are REQUIRED.**

Unscheduled stops are not allowed. Please schedule any stops you need when you call. If you are having a procedure that requires sedation or dilation of eyes, etc. please make sure you have a friend or family member escort you home. The driver is not allowed to leave the van and enter a doctor's office, or a client's home.

**With the winter weather here, it is important to remember that if the van cannot safely drive up your driveway or get access to the entrance, we may not be able to transport you. It is the responsibility of the homeowner to make sure the driveway is plowed and sanded, and there is a clear path to the door. We want you and our drivers to be safe.**

**REMEMBER** Pick up your newsletter at: **General Store, Town Library, Town Hall, Carlson's, and the COA.** If the newsletter is gone, call us at 978-456-4120.

### Friends of the Harvard Council on Aging

Friends of the Harvard Council on Aging (FHCOA) is the fundraising arm of the COA. We are a 501(c)(3) organization. Any donations made to the Friends are tax-deductible. As you look into your charitable giving plans, please consider making a cash, stock, or mutual funds donation to the FHCOA.

**Friends Board of Directors: Co-Chairs:** Sue Barber and Heidi Siegrist **Treasurer:** Hank Fitek  
**Members:** Mina Femino, Barbara Cerva, Bruce Dolimount, Carol Lee Tonge, Sheila Simollardes, and Sharon Briggs

***Make a difference! Join the Friends of the Harvard Council on Aging***

**Watch future newsletters for some fun Spring plans to celebrate the warm weather...**

***perhaps a garden party?***



*Sketch by Sue Barber*

### COA in the Media!



Don't miss our series "**Senior Spotlight**" every morning at 9:30am on Channel 192. Enjoy the show with a cup of coffee before you start your day. You can also watch programs offered by the COA on HCTV Channel 192. For the schedule, go to **[www.harvardcabletv.com](http://www.harvardcabletv.com)**. You can find us on Facebook at: **[www.facebook.com/harvardcoa](http://www.facebook.com/harvardcoa)**

### HARVARD COA MISSION STATEMENT

The mission of the Council on Aging is to enhance the lives of Harvard residents age 60 and above. The Council identifies and addresses the ongoing social, recreational, educational, vocational, financial, transportation, and therapeutic needs of Harvard's senior population. This is accomplished through program development, advocacy, legislative awareness and involvement, and community linkages.

#### COUNCIL ON AGING STAFF

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#### COUNCIL ON AGING VAN DRIVERS

Peter Tenneson, Wayne Dwyer,  
 Connie Woolcock, Dennis Bradley

**Phone: 978-456-4120**

16 Lancaster County Road

Mailing Address: 13 Ayer Rd., Harvard MA

Hours 9am-3pm

#### Council on Aging BOARD OF DIRECTORS

**Chair:** Guy Oliva,

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