

COACH MESSENGER

AUGUST 2020

CHESTER COUNCIL ON AGING
15 MIDDLEFIELD RD., CHESTER, MA 0101
413 354-7735
PEGGY GRAVELINE, DIRECTOR

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

SAVE THE DATE

Meals/Grab & Go (Monday, 8/3, Thursday, 8/6, Monday, 8/10, Thursday, 8/13, Monday, 8/17, Thursday, 8/20, Friday, 8/21, Monday, 8/24, Thursday, 8/27, & Monday, 8/31). NOTE: Due to the Corona Virus (COVID-19) Pandemic, meals will be on a pick-up basis only between 12-1 p.m. until further notice. There will be only one meal option during this period. Please call 354-7735 and leave a message if you would like to pick up a meal. Mahjong cancelled until further notice.

Blood Pressure Screening cancelled until further notice.

Foot Clinic cancelled until further notice. Someone will call when we are back on track.

Brown Bag Pick-Up – 3rd Friday of the Month (August 21st) – NOTE: If you have also ordered a lunch for that day, please plan on picking up your Brown Bag between 12-1 p.m.

DINING CENTER MEALS WILL BE GRAB AND GO UNTIL FURTHER NOTICE

Meals are provided by Highland Valley Elder Services. Monthly menus are usually available at the COA the last week of the month for the following month. You can also find the August Menu on the Town Website and on the back of this newsletter. There will not be a meal CHOICE until further notice. Reservations must be made 24 hrs. in advance. Please call the COA at 354-7735 to order a meal. Meals can be picked up between 12 noon and 1:00 p.m. Meal includes milk, bread or roll, and a dessert, often fresh fruit. Meals are free but anonymous donations are accepted if it is within one's means to help defray the cost of this program.

If you are not feeling well and are unable to pick up your meal, please let me know and I will find a volunteer to drop it off at your doorstep. Our meal distributions have grown tremendously thanks to some caring volunteers who have been making sure that the seniors who want a meal are able to get one twice a week (Monday and Thursday) with an additional meal on Brown Bag Friday. We also want to thank Highland Valley Elder Services for making this possible along with their volunteers who bring the meals to the COA's for distribution.

PHASE III – STEP 1 – REOPENING MASSACHUSETTS

As of July 6, 2020, Massachusetts entered Phase III – Step 1 for reopening businesses. Before a business can reopen, they must follow mandatory safety standards, sector specific protocols and best practices for that phase, such as:

- Maintaining Social Distancing
- Hygiene Protocols
- Posting Mandatory Safety Posters
- Cleaning & Disinfecting the space after use

Some of the businesses that can reopen in this phase are:

- Casino gaming floors
- Horse racing tracks
- Fitness centers and health clubs
- Museums
- Indoor historic spaces/sites
- Aquariums
- Outdoor theaters & other outdoor performance venues
- Movie theaters

- Site seeing and other organized tours (bus tours, duck tours, harbor cruises, & whale watching)
- Fishing and hunting tournaments
- Indoor recreational activities with low potential for contact: batting cages, driving ranges, and bowling alleys

This is not a complete list, but it does give you some idea of things you can do and places you can now go. For more information, please go to mass.gov/info-details/reopening-massachusetts

CHESTER COA – GRAB & GO LUNCHESES FOR AUGUST 2020

MONDAY	THURSDAY	FRIDAY
3 Cheese Spinach Quiche, Stewed Tomatoes, Oven Brown Potatoes, Blueberry Muffin, Chilled Mixed Fruit	6 Potato Crusted Pollock w/Tartar Sauce, Steamed Green Beans, Scalloped Potatoes, Pumpernickel Bread, Chocolate Pudding w/Topping	
10 Baked Pollock, California Blend, Rice Pilaf, Cranberry/Orange Snack Loaf, Mandarin Oranges	13 Yankee Pot Roast w/Gravy, Creamy Butternut Squash, Whipped Potatoes, Rye Bread, Applesauce	
17 Reduced Sodium Franks, Roasted Zucchini & Summer Squash, Baked Beans, Hot Dog Roll, Fresh Fruit	20 Creamy Chicken Salad, Lettuce, Tomato & Cucumber, Cold Lo Mein Salad, Pita Bread, Chilled Pineapple	21 Roast Pork w/Gravy, Steamed Broccoli, Whipped Potato, Wheat Dinner Roll, Birthday Cake
24 Meatball Stroganoff w/Gravy, Glazed Carrots, Boiled Gemelli Pasta, Rye Bread, Tapioca Pudding w/Topping	27 Cheese Lasagna w/Marinara Sauce, Steamed Peas, French Bread, Orange Juice, Sugar Cookie	
31 Grilled Chicken w/Gravy & Cranberry Sauce, Steamed Broccoli, Whipped Potatoes, Cherry Muffin, Applesauce		

REMINDER

The Hilltown Mobile Market begins on July 23rd and ends on October 9th at the following locations.

*Thursdays – Worthington from 2:00 pm to 3:30 pm – The Maples – 48 Old North Road
 Thursdays – Cumington from 4:30 pm to 6:00 pm – Kingman Tavern – 41 Main Street
 Fridays – Blandford from 2:00 pm to 3:30 pm – Post Office – 102 Main Street
 Fridays – Huntington from 4:30 pm to 6:00 pm – Town Green – 24 Russell Road*

SHINE Counseling – Contact Sue Kucharshi at the Senior Outreach Center (SHCOAC) 3 Maple Street, Chester, MA (413) 354-6540 to schedule an appointment. See what other senior benefits you may also be eligible for.