

# COACH MESSENGER

February 2023

Chester Council on Aging

15 Middlefield Rd

Chester, MA 01011

413 354-7735 or [coa@townofchester.net](mailto:coa@townofchester.net)

Ann Daley, Director

**All FOOT CLINICS** are scheduled on the second Tuesday each month. The next two are 2/14/23 & 3/14/23 in the Building Inspector's office. The fee remains \$20.

Transportation is available to all Hilltown residents through the FRTA. The van is available Monday-Friday for pick up at your home to medical, shopping or activities at the local COA's. Eye appointment, car repair pick up, activities at the COA in Chester, Huntington, Blandford or Russell. The fee is \$.75 to \$2.25. The fee is subsidized by State reimbursement. If you have an appointment in areas where you are not comfortable driving, or should not (eye exam) try calling Rich Homan at 860 836-1844 to schedule your trip.

**New dining options for Grab & Go recipients.** On the second and fourth Monday of each month there will be limited seating available in the COA to enjoy the company of your neighbors from noon to 1pm. The seating is limited, so let the COA know if you plan to eat "in house". The current arrival time for meals from HVES is "around" noon. Pick up of meals should be from 12:15 to 12:30. We will continue to make calls to notify you of meal arrivals.

The **COA will have open hours** on the second and fourth Wednesday of each month from 1-3pm. Coffee/tea will be available while you play cards, knit, work on puzzles or other projects, get information or just visit with your neighbors. Make a plan to get out during the winter months. It's healthier and it will be a pleasure to see you as well.

**Knitting Group (or Crochet)** meets each Tuesday at 5pm. This coincides with Tai Kwon Do. So join the group to work on your current project or grab one of the ideas floating around the room. A great "Dragon" pattern was just introduced!

## February Special Events

**Valentine's Day Pot Luck See reverse side for details**

**Family Movie Night Friday 2/24/23 at 6PM. "Night at the Museum: Battle of the Smithsonian"**. Bring a spouse, a grandchild, a neighbor or friend. Brought to you by the Rec. Committee, Volunteer Fire Dept., & the COA

**Brown Bag** distribution is on the third Friday of each month. Call the Food Bank or the COA for a simple application **(413)247-9738**.