



North Quabbin Health Collaborative



Public Health Newsletter
COVERING: November 24th – November 30th, 2025
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Public Health
Prevent. Promote. Protect.

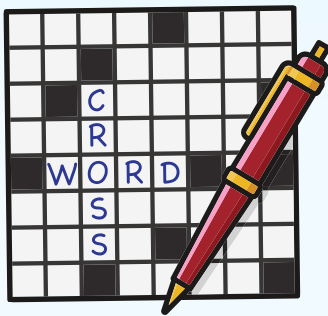
Upcoming Events:

Next Collaborative Meeting

Monday December 1st at 6pm
Location: Orange Town Hall

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Reminders

- **Sunday December 7th is National Slime Day** - Go ahead and play with some goo
- **Monday December 8th is Crossword Solvers Day** - It is great for your brain!
- **Thursday December 11th is National Stretching Day** - You should stretch every day. It is great for your body and mobility.

Craft Fairs:

PETERSHAM

Holiday Fair located at Petersham
Congregational Church: Saturday December 6th
from 9am to 2pm
There will be Christmas crafts, Christmas decorations food and raffles. Something for everyone!



SPECIAL EVENTS:

ORANGE

Midnight Madness is Saturday December 13th
from 6pm to midnight. Come on out, join the festivities, support local businesses, and save for the holiday season!



Visit the North Quabbin Health Collaborative website to download materials and see additional information at: <https://www.northquabbinhc.org/>

Don't forget to send your area news and activities to cpage@townoforange.org to be included in the next newsletter.

Calendar of Events

NEW SALEM Library Tuesday December 9th at 4pm. Blood Pressure and Heart Health presentation with Public Health Nurse to launch the Libraries with Heart Initiative

NEW SALEM Library: Old Time Radio Christmas Show December 9, 6:30 p.m. to 8 p.m. (save the date). Brian Casey will be back for only one radio show this year. Join us for some great old-time radio featuring Jack Benny and Phil Harris in some shows from the 1940s.

NEW SALEM: Volunteering for Village Neighbors

Village Neighbors, a volunteer-run non-profit organization, helps residents over age 60 in four towns including New Salem stay connected and age independently at home. One of the best things about volunteering for Village Neighbors is it's on your terms and doesn't have to be a huge commitment. You decide what you're interested in doing and then provide those services as your life permits. As volunteers, we are helping our senior neighbors and at the same time helping ourselves by creating connections and friendships. There will be a volunteer orientation Tuesday, December 9, at 6:30 p.m., at the Wendell senior center. Call Village Neighbors at (413) 345-6894 or email volunteers@villageneighbors.org with your contact info if you'd like to attend. At the orientation meeting, you will learn more about our organization, and meet other volunteers. The orientation lasts about an hour, you'll fill out an application and give permission to do a background check. If you plan to provide transportation, we'll need a copy of your driver's license and page one of your insurance coverage selection pages. Please bring contact information for two references.

WARWICK LIBRARY: Monthly Short Story Hour -Lori Ostlund, December 11th (2nd Thursday) @ 7:30 pm: We'll read selections from *Are You Happy?* (2025), of which author Jai Chakrabarti writes: "This is a wise collection, capturing its characters swimming upstream to encounter their fates. With vivid and compassionate prose that explores the countless ways we betray and then rediscover ourselves, Lori Ostlund reminds us of the vitality of the genre." Come to read or just to listen

NEW SALEM Library Saturday December 13th at 1pm, Part 2 of the Healthy Living Series. This session will focus on the importance of sleep and the impact of social connection.

WARWICK LIBRARY: Mobile MakerSpace workshop (#12) - Paper Ornaments: Saturday, Dec. 13th @ 1 pm - for all ages: Learn various techniques to create unique paper decorations. Using various materials to create festive ornaments for holidays, birthdays, or for fun. Space is limited —please register in advance. Program will run approx. 90 minutes

Calendar of Events Continued

NEW SALEM Songs of Celebration and Light - Wednesday, December 17, at 2 p.m - Moonlight and Morning Star are a multicultural duo from New Salem who have performed in New England and beyond for over 30 years. The Wendell Community Chorus has been singing and performing locally for 15 years (give or take a few). Together they will bring a joyful noise to the New Salem library Wednesday, December 17, at 2 p.m. This concert will feature songs from many traditions... with a couple of singalongs for those who love to sing. For more information, contact Morning Star at morningstar210@gmail.com.

WARWICK LIBRARY: Non-Fiction Discussion Group - Thursday, December 18th @ 7 pm: This discussion group is wide open: Could be something you're reading now or from long ago; science, history, memoirs, biographies; articles, books, newsletters, journals. It's all up for discussion at the new non-fiction discussion group. Designed for independent, asynchronous reading, we'll get together to share our favorite non-fiction reads and make recommendations. Come to share/discuss or just to listen and build your reading list.

NEW SALEM Library Wednesday January 7th at 2pm, our Public Health Nurse will be at the senior Wednesdays for Tea and Topics at the New Salem Library talking about staying safe in dropping temperatures

NEW SALEM Library Saturday December 13th at 1pm, Part 3 of the Healthy Living Series. This session will focus on stress management and cognitive health.

WARWICK Town Hall Tuesday January 20th at noon, wellness clinic with our Public Health Nurse following the senior lunch

WARWICK Library Tuesday January 20th at 7pm, Blood Pressure and Heart Health presentation with our Public Health Nurse to launch their libraries with heart initiative.

Community Food Access Resource List

Resource Names	Location	Days/Hours	Contact Information
Good Neighbor Food Pantry	Old Town Hall Wendell, 6 Center St, Wendell	Sundays 11am-noon, Last Name A-K 1st and 3rd Sunday, Last Name L-Z 2nd and 4th Sunday	978-544-3775
The Salvation Army	107 Ridge Ave, Athol	Tuesday 9am-noon, Every other Tuesday delivery	978-249-8111
The Salvation Army	72 Chapman St, Greenfield	Monday 9am-11am, Closed on Holidays	413-773-3154
Our Lady Immaculate Church	192 School St, Athol	Tuesdays 10am-1:30pm	978-249-6790
Greenfield Pop Pantry	2nd Congregation Church, 16 Court Sq, Greenfield	Tuesdays 4:30pm-5:30pm	413-774-4355
Community Food Pantry at Athol High School	2363 Main St, Athol (Located in the back of AHS)	Wednesdays, Summer hours 11am-1pm, School year hours 3pm-5pm	978-249-2435 ext 314
Athol Senior Center	82 Freedom St, Athol	Wednesdays 11am-11:45am	978-249-8986
Orange Council on Aging	St Mary's, 20 West Myrtle St, Orange	Wednesdays 10am-11am	978-544-3481
Turners Falls Mobile Food Bank	62 5th St, Turners Falls	3rd Wednesday of Month 1:30pm-2:30pm	413-419-0079
Orange Food Pantry	118 East Main St, Orange	Thursdays 10am-3pm (If it's a holiday then it will be open on Wednesday. Deliveries on Friday for Athol/Orange)	978-544-2149 (call for deliveries)
St Vincent De Paul/St Mary's Food Pantry	19 Congress St, Orange	Open by appointment only	978-544-6814
Marion's Food Pantry	On the Royalston Common	Open by appointment only	978-895-7887
The Salvation Army	72 Chapman St, Greenfield	Monday-Friday 8:30am-9:30am (Breakfast) 11am-12:30pm (Lunch)	413-773-3154
Our Lady of Peace Church	90 7th St, Turners Falls	Mondays 4pm-5:30pm (Distributing hot meals and grocery bags to go from the sidewalk in front of the church)	413-863-2585
The Salvation Army	107 Ridge Ave, Athol	Tuesdays 4:30pm-5:30pm (Dine in/Delivery)	978-249-8111
Second Congregational Church	16 Court Square, Greenfield	Tuesdays and Wednesdays 4:45pm-5:45pm, hot meals to go Tuesdays and Wednesdays on the side driveway	413-774-4355
Athol Senior Center	82 Freedom St, Athol	Tuesdays and Wednesdays at noon (Must RSVP the day before). For individuals 60 and over and/or disabled. Senior Dining at Lynn's Luncheonette. Enjoy lunch with others. A \$3.50 donation is welcome	978-249-8986 Reserve your meal by 9am the day before you dine
St Frances Church Hall	101 Main St, Athol	Wednesdays (September-May) doors open at 5pm	978-249-7304
Orange United Methodist Church	104 S Main St, Orange	Thursdays 4:30pm-5:15pm (Distributing ready-made meals to heat up at home. We offer deliveries for meals and pantry bags by applications)	413-772-1033 https://www.fccmp.org/community-meals/orange/
Trinitarian Congregational Church	147 Main St, Northfield	Fourth Thursday 4:30pm (Take out meals only. You must RSVP)	413-498-5839
Athol Congregational Church	1225 Chestnut St, Athol	First Friday of the Month, doors open at 5pm, dinner at 5:30pm (Must RSVP by Tuesday for a meal on Friday)	978-249-6202
Meals on Wheels	Athol Senior Center & Orange Council on Aging	LifePath Inc of Greenfield provides home delivered (noontime) meals to homebound seniors, age 60 and older and/or disabled, who are not able to prepare nutritious and balanced meals for themselves.	1-800-732-4636 (call to see if eligible)

Senior Dining Community Resource List

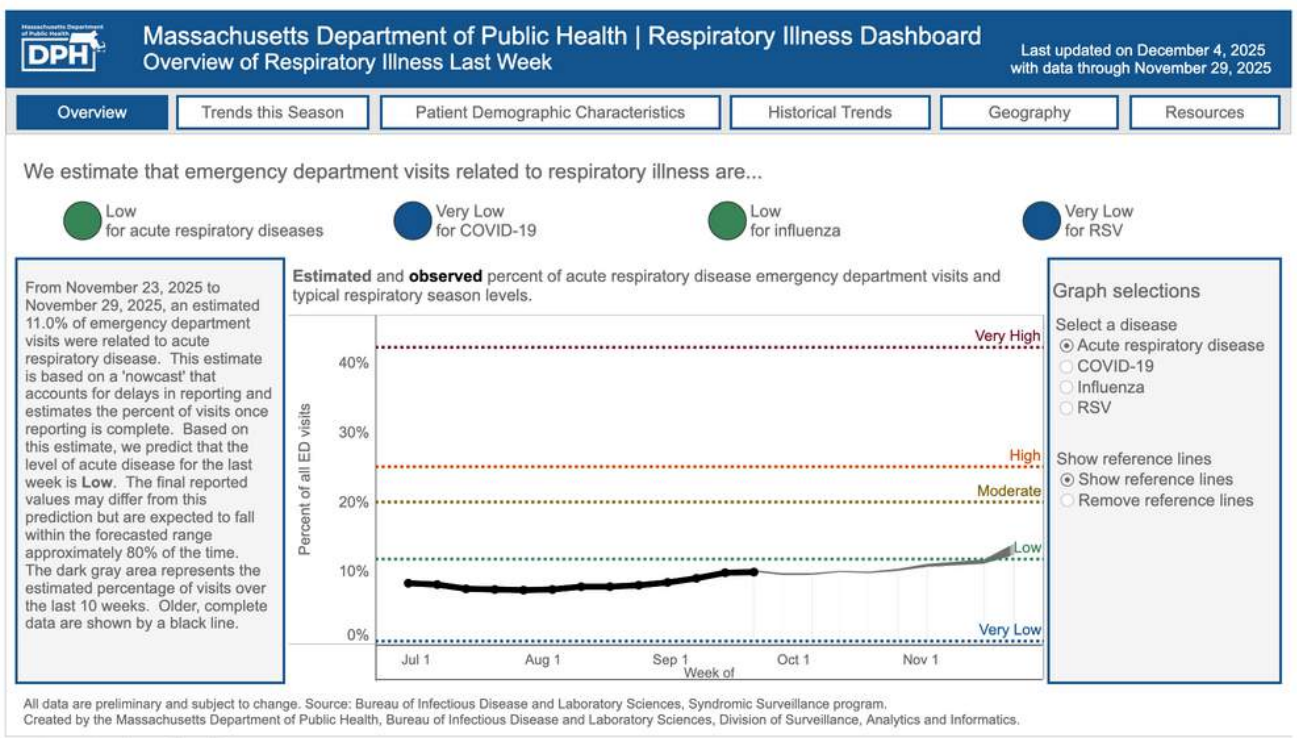
Senior Dining Center or Luncheon Club Location	Serving Days Schedule	Contact/Phone Reservations
Athol Senior Center 82 Freedom Street Athol, MA 01331	Tuesday & Wednesday Congregate	(978) 249-9001
New Salem Luncheon Club Central Congregational Church 22 South Main St. New Salem, MA 01355	2nd & 4th Friday of the month Congregate Dine-in	(978) 575-0116
Petersham Luncheon Club Town Hall Petersham, MA 01366	Wednesday Congregate and Grab and Go	978-821-5549
Phillipston Luncheon Club 1st Congregational Church The Common Phillipston, MA 01331	1st & 3rd Tuesday of the month Congregate Dine-in Closed December to March	(978) 407-9504
Royalston Luncheon Club Town Hall Royalston, MA 01368	Wednesday Congregate Dine-in	978-249-8957

NQHC COVID-19 and Other Reportable Diseases

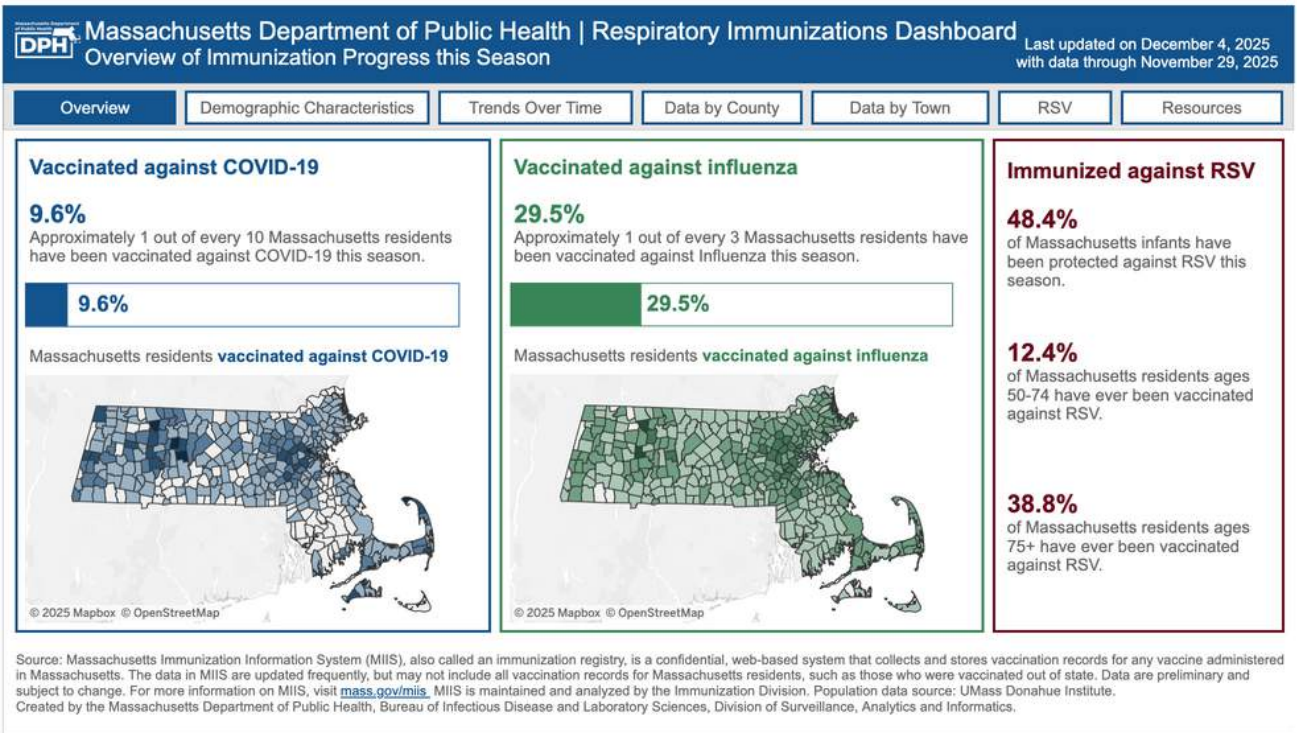
In the the one-week period of November 24th through November 30th, 2025:

- 2 official cases of COVID-19 within the district
- 0 cases of influenza

Respiratory Illness Reporting

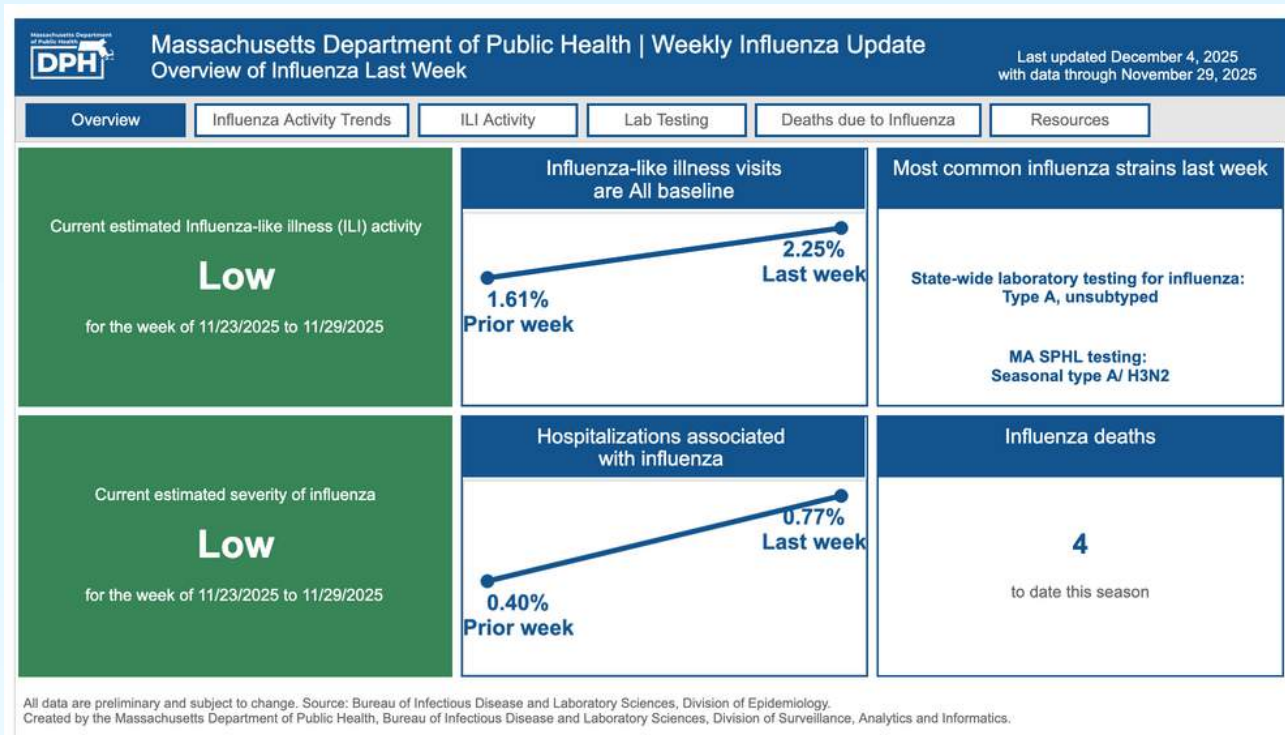


Here is the overall percentages if individuals in Massachusetts immunized against Covid-19 and Influenza

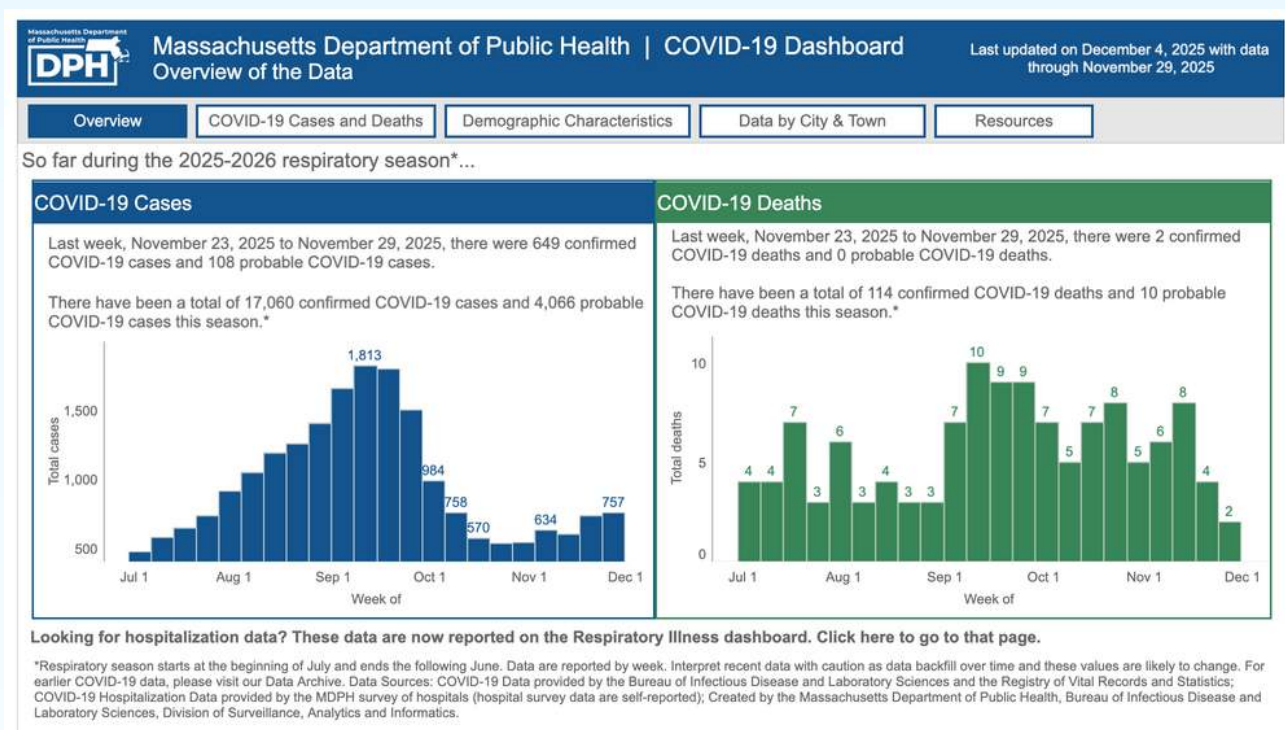


The Massachusetts Department of Public Health

Influenza Reporting – Influenza rate is at Low and Severity is at Low



COVID-19 Reporting – Number of cases remains static



At this point in time there have been no additional updates to the Massachusetts Covid guidelines. The latest version can be seen at <https://www.mass.gov/info-details/staying-home-to-prevent-the-spread-of-respiratory-viruses>

Report created by Christy Page: cpage@townoforange.org
Next newsletter will be Friday December 12th, 2025

ATHOL AREA YMCA

FOOD PANTRY

486 MAIN STREET ATHOL, MA 01331



OPEN HOURS

MONDAY, TUESDAY, & THURSDAY 1-7

WEDNESDAY 3-7

FRIDAY 1-5

NO APPOINTMENT NEEDED

NO PRIOR VERIFICATION NEEDED





Public Health
Prevent. Promote. Protect.

INTRO TO HEALTHY LIVING

PART TWO OF A THREE PART SERIES

Date: December 13, 2025

Time: 1:00pm - 2:00 pm

Location: New Salem Public Library

23 S. Main St. New Salem, MA

Join the North Quabbin Health Collaborative's Public Health Nurse for a free workshop and presentation.

An introduction to healthy living where topics will include the importance of sleep and the impact of social connections..