



# MAY 2024

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**THE DIRECTOR'S MESSAGE:** Spring, glorious Spring, has sprung! It's such a big energy boost to enjoy longer days and daffodils, tulips, and ornamental trees abloom in all those beautiful spring hues! This is usually an event-filled month for families, but we have a lot planned, as well. Stay healthy, active, and involved. *Judith, Director*

🌻 We start the month with **Understanding Dementia & Alzheimer's**, May 6th, the 2nd session of our 2-part series presented by Princeton's **Jodi Utter** and **Julie McMurray** of the Alzheimer's Association-MA/NH Chapter. If you missed Part 1, no problem, please join us for Part 2.

🌻 If you're feeling artistic, join us as Princeton artist, **Jennifer Hilton**, teaches us about **Botanical Monoprinting**, May 8th, and learn how to use nature to create your own beautiful and unique prints, cards, or in many other ways such as in collage and mixed media. No prior experience needed!

🌻 Nature is awe-inspiring, especially the Monarch butterfly. **Cynthia Neale**, author, and presenter of **For the Love of Monarchs**, May 30th, will educate us about these remarkable creatures, their amazing life cycle and migration, and about each one's unique traits and personality. This presentation has both very global and personal elements and is not to be missed.

🌻 Few of us expect to need or plan for nursing home care — in fact, 60% of nursing home care is unplanned. The MA

Bar Association sponsors an elder law program every year, and this year our program addresses **What if I Never Made Plans for a Nursing Home?** On May 29th, Attorney **Philip Arcidiacono** of Archdeacon Law Associates will walk us through what we may be able to do and will answer as many questions as possible.

🌻 Mark your calendars and make your plans to get to the **Princeton Art Society's Spring Show, Euphoria**, May 3rd-5th, hosted here at the Senior/Community Center. Friday, May 3, 6-8pm Reception, May 4-5, 10am-4pm, Exhibit.

🌻 The Monthly **Health Screenings Clinic** run by **Dianna Markley** is scheduled for May 21st. Screenings include blood pressure, diabetes, and blood oxygen levels. Call the COA to make an appointment. Let us help you be more aware of and in better charge of your health.

🌻 Looking ahead, we all love summer and a good party, so we're throwing a **Let's Kickstart Summer Luncheon** on June 12th at the COA. It promises to be a winning combination of great food and company! Space will be limited to 50, so watch for registration details in the June newsletter. See calendar for more info.

### Our Hours

**Monday thru Thursday**  
from 9:00am to 4:00pm  
All activities & services.

**Fridays**  
Scheduled activities ONLY

**Closed**  
May 27th for Memorial Day

### COA Board Members

- Wendy Pape** Chair
- Mike Warren** Vice Chair
- Barbara Guthrie** Secretary
- Jane Giumette** Member
- Bill Lindquist** Member
- Donna Mackenzie** Member
- Susan Stolberg** Member
- Frances Thomas** Advisor

### May 2024 Board Meeting

The COA Board Meeting for the month of December will be held on **Wednesday, May 1st at 9am.**

### Our Address

We are located at **Post Office Place 206 Worcester Road Suite 21, 1st floor Princeton, MA 01541**

You can reach us by calling **978-464-5977.**

# The Wachusett Food Pantry



**Located at 50 Worcester Road in Sterling and available to all residents of the Wachusett area.**

Advanced sign-up is not needed, just show up at the pantry at the designated date and time.

When you arrive, please remain in your car and a volunteer will come to your car to assist you.

If you are a senior and need assistance with **confidential** pick-up/delivery to your home, contact the COA at least ONE WEEK prior.

## Seniors (65+)

Fridays from 9:00am to 11:00am  
May 17, June 21, and July 19

## ALL Residents

Saturdays from 9:00am to 11:00am  
May 18, June 22, and July 20

# The Princeton Council on Aging



Councils on Aging (COAs) serve as a gateway to the nation's aging network — connecting older adults to vital community services that can help them stay healthy and independent.

The **Princeton Council on Aging** offers a wide variety of programs and services including:

- ★ Meals & Nutrition
- ★ Health, Fitness, and Wellness Programs
- ★ Information & Assistance
- ★ Public Benefit Counseling, including SNAP and Fuel Assistance
- ★ SHINE Appointments (Medicare Counseling)
- ★ Social & Recreational
- ★ Educational & Arts
- ★ Foot Care Services
- ★ FREE Medical Equipment Loan
- ★ Transportation
- ★ Multi-Age Programs
- ★ Volunteering
- ★ More!



# Health Screenings & Ask a Nurse

FREE CLINIC

**Tuesday, May 21st at 9:30AM**

A clinic to screen for high blood pressure, diabetes, and oxygen in your blood. Don the cuff, get one finger pricked, and/or another clipped/pinched to check on three indicators of your health.

Clinic is run by Princeton's **Dianna Markley**, public health and geriatric-certified nurse, and member of the Princeton Board of Health.

**Call 978-464-5977 for an appointment.**

# Free Rides for Seniors



**The SCM ElderBus offers FREE curb-to-curb rides** for seniors over 60 and those with disabilities.

**RESERVE YOUR SEAT BY CALLING 1-800-321-0243.**

Please call 48 hours in advance, from 8:00am to 4:00pm.

**Medical: Worcester/Auburn/Barre**  
Monday to Wednesday  
10:00am to 12:00pm or  
12:00 to 2:00pm

**Rutland/Holden/Leominster**  
Monday to Friday  
9:00am to 2:30pm

**Shopping: Big Y, Holden**  
Every Friday  
10:30am to 12:00pm

# Footcare by Nurses



A skilled-nursing service, offering kind, safe, evidence-based care for your feet that supports overall health, mobility, and balance. **Services include: nail trimming, callous removal, and foot massage.** Visits are by appointment at the COA or through home visits. **Contact the COA at 978-464-5977 for details on dates, times and prices.**



# Bridge

**CLASSIC BRIDGE**  
Tuesdays from 2pm

**DUPLICATE BRIDGE**  
1st Tuesday from  
2:00 to 5:00pm

Call 978-464-5977 for info.



# Mahjong

**Mondays at 2:00pm**

A game, using rectangular pieces called tiles, played by four people, The object is to collect the most winning sets of tiles, as in gin rummy. Beginners welcome.



# Book Club

**May 16th at 1:00pm**  
**The Reading List**  
by Sara Nisha Adams

**June (TBD) at 1:00pm**  
**The Curious Charms of Arthur Pepper**  
by Phaedra Patrick



# Attention Veterans!

You may be eligible for additional benefits. Call Lynette Gabrila at the Veterans Service

**Office to find out more!**

**Call 978-630-4017 or**  
**LGabrila@gardner-ma.gov**



# Computer Support

Do YOU need some help with technology? Do YOU want to learn how to join ZOOM? **Karen Cruise** is here and ready to help! Socially distanced and virtual technical support are available through our very capable volunteers. Call **978-852-2709** or email **crukaren99@gmail.com**



# Piano

**BEGINNERS CLASS**  
**Mondays at 12:30pm**

Small group classes with instructor, **Dennis Deyo**.  
\$5 per person/class

**CHORDS CLASS**  
**Mondays at 11:30am**

Open to members of the Beginners Class only



# Games

**Mondays at 2:00pm**

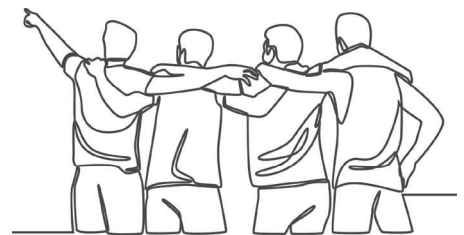
Like to play games? Want to learn a new one? Join us for Cribbage, Pitch, Rummikub, and more. All are welcome!



# Needlework Studio

**Thursdays at 2:00pm**

Do you knit, crochet, embroider or enjoy any of the needle arts? Then, join us to work on your latest project and enjoy each other's company. Such fun!



# Men's Group

**Fridays at 10:00am**

Come join this great group of men for exciting discussions on anything and everything! Call for details: **Mike Warren** at **978-337-0636**. New members are always welcome!





## For the Love of Monarchs

Thursday, May 30th at 12 Noon

Join author and naturalist, **Cynthia Neale**, for a journey into butterfly gardening and this amazing species, and a personal tale of discovery, transformation, and connection with nature. Learn about the Monarch butterfly's life cycle and how each butterfly has its unique personality and traits. Whether you're a nature lover, a budding butterfly enthusiast, or just curious, this workshop promises to be a heartwarming and enlightening experience. **Call 978-464-5977 to register**



## Adult Coloring

Kits available on May 2nd at 2:00pm

Free monthly coloring kits of 8 images on card stock will be available for pick-up at the COA.

**If you're signing up for the first time, call us** and we'll order you a set of 36 dual tip gel pens. \$11 for initial kit with pens; no charge for subsequent monthly kits.



## Hiking with Rick

Wednesday, May 15th at 10:00am

An easy-to-moderate 3-mile hike from Krashes Field over Princeton Land Trust properties to the Beaver Pond in the Russell Corner trail system. These are pretty trails Princeton residents should know! **Register at [TrailAroundPrincetonMA@gmail.com](mailto:TrailAroundPrincetonMA@gmail.com) in case of scheduling changes.**



## Yoga with Kate

Mondays & Wednesdays at 9:30am

**\$5 donation/class** All skill levels welcome with main focus on good form. Bring your own mat. Blocks and straps provided. Class taught in Kate's Powerhouse Studio at 206 Worcester Road (above the COA).



## Chair Yoga

Thursdays at 10:30am

**\$5 donation/class.** Yoga for EVERY body! This new class focuses on developing strength, flexibility and balance of body and mind. We will use chairs, the wall, the floor, mats, and bolsters so that everyone can practice at their own level. Meets at the COA.



## Stretch & Flow Yoga

Fridays at 9:30am

**\$5 donation/class.** Slower paced, meditative style class with focus on stretching by holding poses with supportive props such as blocks or straps. Longer holds strengthen/tone muscles while deepening flexibility. Class concludes with *savasana*, the practice of deep mental and physical relaxation. Meets at Kate's Powerhouse Studio at 206 Worcester Road (above COA).



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# What If I Never Made Plans for a Nursing Home?

Wednesday, May 29th at 10:30am

Approximately 60% of nursing home admissions are unplanned. Admissions may be temporary or long-term, depending on health status and care needs. Factors include sudden changes in health, lack of advance care planning, caregiver exhaustion, and inadequate community-based support services. So, what can we do and what should we be considering? Come learn from **Philip Arcidiacono, Esq., Archdeacon Law Associates**, an elder law professional and bring all your questions! Made possible through a MA Bar Association program and volunteer presenters. **Call 978-464-5977 to register**



## COA/PAS Open Studio

Thursdays at 1:00pm

Free drop-in open studio co-sponsored by the COA and the Princeton Arts Society. Bring your own art, craft, writing, etc., or drop in and see what we are doing. Free and open to all Princeton seniors and friends of PAS. A fun and easy way to fit some weekly creativity into your schedule.

## Medicare Counseling

Trained SHINE volunteers offer free counseling on all aspects of Medicare health insurance and **Medicare Savings Plans (MSPs)** to seniors.

Wednesday, May 15th, starting at 10am. **Call 978-464-5977 to schedule your one-on-one meeting with our SHINE Counselor on the 3rd Wednesday of each month. In-person or phone appointments.**



## Botanical Monoprinting

Wednesday, May 8th from 1:00 to 3:00pm

You've seen her gorgeous work hung in the COA and in many galleries/shows in MA! Join Princeton artist, **Jennifer Hilton**, and learn how to create beautiful nature prints using monoprinting materials and techniques. Create unique artwork you can frame, or use in art journals, handmade books, collages, and other mixed-media creations. No prior experience required, bring an apron or smock. Limited to 10, \$5/pp suggested donation.

**Call 978-464-5977 to register.**

## Medicare Savings Plans

Medicare Savings Plans (MSPs) will pay for some or all of Medicare premiums, deductibles, co-payments, and co-insurance. Depending on your income, MSP will pay your Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. For a single person if your monthly income is below \$2,824, or as a married couple it's below \$3,833, you may be eligible for assistance. Starting March 2024 income from all sources is counted, but there is **NO ASSET LIMIT**. **Learn more at [Mass.gov/MedicareSavings](https://www.mass.gov/MedicareSavings) or book an appointment with our SHINE counselor by calling 978-464-05977.**

## Spice of Life

Our blends are available at Growing Places Produce Markets and at the COA. Choose from Thyme on Our Hands, Mint Magic, and Wisdom of the Sages. **Call us at 978-464-5977, if you are interested in joining this fun project.**







## WEEKEND ADVENTURES for TRAVELERS 50+

**MAY 18th, 2024**

**Downeaster Train to Portland, Maine:** Calling all train buffs! Beginning at the Haverhill, MA, train station, we board Amtrak's Downeaster for our 1 hour and 45-minute ride to Portland through historic, quaint, colonial towns and beautiful beaches. Lunch which will be split between the Freeport Café and the Lobster Cooker. After lunch we will have time to browse through the stores before we begin our journey home. **\$129/pp**

**JUNE 2nd, 3rd, & 4th, 2024**

**The Von Trapp Lodge:** A 3-day, 2-night get away. Tea & cookies at the Trapp Lodge in Stowe, Vermont. **Day 2:** Breakfast and a Trapp Lodge history tour. Then time to explore downtown Stowe, which includes Cabot Cheese, Lake Champlain Chocolates, Brewery tour/tasting, and dinner at the Bierhall Observation Deck. **Day 3:** Cold Hollow Cider Mill and Ben & Jerry's with lunch at Jesse's Steak & Seafood Tavern. **\$789/pp (two per room)**  
**\$1,029/pp (private room)**

**JUNE 22nd, 2024**

**Newport Flower Show and Harbor Cruise:** New England's premier flower show returns to the grounds and interior of Rosecliff Mansion with the theme of "At Home." Lunch is at Johnny's in the Wyndham Newport Hotel followed by a relaxing 75-minute cruise of Newport Harbor. **\$159/pp**

**JULY 14th, 2023**

**Lobstah & Bier:** First stop is at Pigs Fly bakery, then a visit to York Beach Beer Company for a tasting of 5 beers on tap. Included lunch is at Foster's Restaurant followed by a stop at Stonewall Kitchen before heading home. **\$129/pp**

**AUGUST 10th, 2024**

**Craft Fair & Lake Sunapee Cruise:** Visit the Mount Sunapee Resort for the Craftsman's Fair, the League of New Hampshire Craftsmen's signature event with 160 booths plus demonstrations and workshops. Fair followed by a 2-hour private cruise on Lake Sunapee and buffet lunch aboard the MV Lake Queen. **\$149/pp**

**OCTOBER 6th, 7th, & 8th, 2024**

**3-Day Cape May New Jersey:** Deluxe motorcoach, 2 nights in the charming Marquis De Lafayette Hotel across from the beach and near historic district. **Day 1:** Welcome reception at hotel followed by dinner at a local restaurant on. **Day 2:** A guided tour of the 1879 Emlen Physick Estate, a narrated trolley tour of the historic district and its architecture, lunch on own, shopping at the Washington Street Mall, Cape May's town square lined with quaint shops and restaurants, and an afternoon 90-minute guided tour of Cape May and a stop at Sunset Beach and dinner. **Day 3:** A cruise on the Cape May Spirit around Cape May and up the coastline while the captain narrates the lore, legend, and ecology of these waters. **\$769/pp (2-person room)**  
**\$999/pp (single room)**

**NOTE: Trips often fill quickly. If trip is full, call for waitlist; spots open frequently or a 2nd bus may be added.**

**CONTACT:** Gladys Merrow at 508-835-4312 or 508-612-5312 or [andawaywegotravel.gem@gmail.com](mailto:andawaywegotravel.gem@gmail.com)

Signed COVID waiver and proof of vaccination required. All trips include gratuity for driver and escort. Cancellation waiver included — you'll get a refund, minus \$5 fee. If trip includes theater ticket, refund will also be minus cost of ticket up to 10 days prior to trip. After that, refund only if your seat can be filled.





# Princeton Council on Aging May 2024 Newsletter

Princeton Town Hall, 6 Town Hall Drive, Princeton, MA 01541

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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs  
A full list of activities happening at the Princeton Senior Center as well as this newsletter can now be viewed on the town website. <https://www.town.princeton.ma.us/node/7323/events/month/2021-08>



May 6th at 11:00am

## ALZHEIMER'S & DEMENTIA

**This is Part 2!**

Learn the difference between Alzheimer's and Dementia (they are not the same), Alzheimer's stages and risk factors, current research, and possible treatments available to address some symptoms.

**Register at 978-464-5977**



May 8th at 1:00pm

## BOTANICAL MONOPRINTS

**Be Creative!**

Come learn how to create beautiful nature prints using monoprinting materials and techniques. Create unique artwork you can frame. No prior experience required, bring an apron or smock. Limited to 10, \$5/pp suggested donation!

**Register at 978-464-5977**



May 29th at 10:30am

## NURSING HOMES

**Are you prepared?**

What can you do and what should we be considering about nursing homes? Come learn from an elder law professional and bring all your questions! Made possible through a Massachusetts Bar Association program and volunteer presenters.

**Register at 978-464-5977**



May 30th at 12 Noon

## AMAZING MONARCHS

**Flutter By!**

Join author & naturalist, **Cynthia Neale**, for a journey into this amazing species, and a personal tale of discovery, transformation, and connection with nature. This workshop promises to be a heartwarming and enlightening experience.

**Register at 978-464-5977**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>29</b></p> <p>9:30am <b>Yoga</b></p> <p>11:00am <b>Alzheimer's Talk</b></p> <p>12:30pm <b>Chords and Piano</b></p> <p>2:00pm <b>Games</b></p> <p>2:00pm <b>Mahjong</b></p>	<p><b>30</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>2:00pm <b>Bridge</b></p>	<p><b>1</b></p> <p>9:00am <b>Board Meeting</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>12:30pm <b>Watercolors</b></p>	<p><b>2</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>2:00pm <b>Needlework</b></p> <p>2:00pm <b>Coloring Kits</b></p>	<p><b>3</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p> <p>6:00pm <b>PAS Spring Show Reception</b></p>
<p><b>6</b></p> <p>9:30am <b>Yoga</b></p> <p>11:00am <b>Alzheimer's Talk</b></p> <p>12:30pm <b>Chords and Piano</b></p> <p>2:00pm <b>Games</b></p> <p>2:00pm <b>Mahjong</b></p>	<p><b>7</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>2:00pm <b>Bridge</b></p>	<p><b>8</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>1:00pm <b>Botanical Monoprints</b></p>	<p><b>9</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>2:00pm <b>Needlework</b></p>	<p><b>10</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p>
<p><b>13</b></p> <p>9:30am <b>Yoga</b></p> <p>11:30am <b>Piano Chords</b></p> <p>12:30pm <b>Piano</b></p> <p>2:00pm <b>Games</b></p> <p>2:00pm <b>Mahjong</b></p>	<p><b>14</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>8:30am <b>Footcare</b></p> <p>2:00pm <b>Bridge</b></p> <p>6:00pm <b>Town Meeting</b></p>	<p><b>15</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>10:00am <b>Senior Hike</b></p> <p>10:00am <b>SHINE</b></p> <p>1:00pm <b>Book Club</b></p>	<p><b>16</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>2:00pm <b>Needlework</b></p>	<p><b>17</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:00am <b>Food Pantry</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p>
<p><b>20</b></p> <p>9:30am <b>Yoga</b></p> <p>11:30am <b>Piano Chords</b></p> <p>12:30pm <b>Piano</b></p> <p>2:00pm <b>Games</b></p> <p>2:00pm <b>Mahjong</b></p>	<p><b>21</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>9:00am <b>Health Screenings</b></p> <p>2:00pm <b>Bridge</b></p>	<p><b>22</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>12:00pm <b>Volunteer Appreciation</b></p>	<p><b>23</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>2:00pm <b>Needlework</b></p>	<p><b>24</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p>
<p><b>27</b></p> <p>CLOSED FOR MEMORIAL DAY</p>	<p><b>28</b> <small>Meals on Wheels</small></p> <p>8:30am <b>Pickleball</b></p> <p>2:00pm <b>Bridge</b></p>	<p><b>29</b></p> <p>9:30am <b>Yoga</b></p> <p>10:00am <b>Zoom Fitness</b></p> <p>10:30am <b>Nursing Home Talk</b></p> <p>12:30pm <b>Watercolors</b></p>	<p><b>30</b></p> <p>10:30am <b>Chair Yoga</b></p> <p>1:00pm <b>Open Studio</b></p> <p>12:00pm <b>Monarch Butterflies</b></p> <p>2:00pm <b>Needlework</b></p>	<p><b>31</b></p> <p>8:30am <b>Pickleball</b></p> <p>9:30am <b>Stretch &amp; Flow</b></p> <p>10:00am <b>Men's Group</b></p>

SAVE  
THE  
DATE



## Let's Kickstart Summer Luncheon

Wednesday, June 12th at 12 Noon

Next month we'll start the summer season with a **Let's Kickstart Summer** lunch, a buffet meal for 50 seniors served at the Council on Aging. Menu will include 2 hot entrées (one vegetarian), green salad, dessert, and a drink. Space will be limited and registration is required (on a first-come-first-served basis. Watch the June newsletter for details and get your summer off to a great start!



## The TPS Butterfly Garden Is Moving

The TPS Butterfly Garden is moving to a very sunny site that is accessible, located on the west side of the school. Come and enjoy the butterflies, bees and hummingbirds, as well as the beautiful flowers and plants. Join us outside, meet a friend, and have a snack or cold drink.

### Community Garden Pollinator Prep Day

Saturday, May 4, 2024 9:00 am to 12 noon

### Community Garden Planting Day

Tuesday, May 28, 2024, from 9:00am to 12 noon

*Please consider donating any gardening tools that you do not need or no longer use. Thank you!*

**CONTACT: Dot Odgren, dotao@aol.com, 978-464-2017 and Karen Pellegrini, karenpellegrini1@gmail.com, 603-714-3558**

*The TPS Butterfly Garden was created in memory of kindergarten teacher, **Lisa Beaupre**, who loved her students and all butterflies.*



## Understanding Alzheimer's and Dementia

Monday, May 6th at 11:00am

This is **Part 2** of our presentations from the Alzheimer's Association. This session focuses on understanding the difference between Alzheimer's and dementia (they are not the same), Alzheimer's stages and risk factors, current research, and possible treatments available to address some symptoms. Links to Alzheimer's Association resources will also be provided. If you missed Part 1, please don't miss Part 2! Presenters are Princeton's own **Jodi Utter** and **Julie McMurray** of the Alzheimer's Association MA/NH Chapter **Call 978-464-5977 to register.**

## Wachusett Watershed Regional Recycling Center



Located at 131 Raymond Huntington Hwy, West Boylston, MA [www.wachusettearthday.org](http://www.wachusettearthday.org) or 978-464-2854

### Recycling Center Hours:

- > Tuesdays from 9:00 to 11:00am
- > Thursdays from 4:00 to 6:00pm