

DECEMBER

WEST BOYLSTON SENIOR CONNECTION

2016

Published by The Friends of the West Boylston Senior Center, Inc. for the West Boylston Council on Aging, 127 Hartwell St., West Boylston, MA. 01583 Telephone (508) 835-6916. Supported in part by Department of Elder Affairs, Boston, MA.



CLOSINGS FOR DECEMBER

The West Boylston Senior Center will be closed December 26, 2016 in observance of the Holidays. There will be no transportation, no programs and no meals delivered.

Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves.

~Eric Sevareid

WACHUSETT AREA ROTARY CLUB CHRISTMAS BREAKFAST FOR SENIORS

**Saturday- December 10, 2016
8:30 am**

The annual Wachusett Area Rotary Club holiday breakfast will be held at The Manor Restaurant in West Boylston. Elders from the towns of Holden, Paxton, Princeton, Rutland, Sterling, Boylston and West Boylston are eligible to attend.

**ALL RESERVATIONS are made through the
Holden Senior Center
by calling 508-210-5570
by 12/2/16**



. HOLIDAY LUNCHEON @ WACHUSETT COUNTRY CLUB



**Wednesday- December 7, 2016
12:00 pm**

West Boylston Business Associates are sponsoring a holiday luncheon for West Boylston Senior residents at the Wachusett Country Club. The meal choice is fish or chicken.

Tickets can be purchased at the West Boylston Senior Center by 11/30/16 - \$5.00 /pp



HAPPY NEW YEAR'S PARTY Wednesday- December 28, 2016 12:00 pm



The Friends of the Council on Aging are sponsoring a New Year's Eve luncheon for West Boylston Seniors at the Cheoy Lee's Restaurant in West Boylston.

Tickets will be available at the senior center 12-1-2016.

Cost is \$5.00 per person. Seating is limited!!

Like us on Facebook to see pictures of people & events! "West Boylston senior center"



DIRECTOR'S CORNER

From Lisa

As 2016 comes to a close, I wish to extend greetings and blessings to all during this holiday season and hope that 2017 will be a better year for everyone!

I also wish to acknowledge a multitude of gratitude to the members of the COA Board. They have given so much time and support this past year to try to improve our situation at the senior center. Janice Ash, Robert Chisholm, Audrey & Ed Clary, Jack Curran, Barbara Deschenes, David Femia, Doug Meystre, Tom Mullins, and Denise Nephew-their dedication is astounding.

We know that there is support and recognition of the need for a new home that will meet the needs of this Department and senior community. As was brought out at Town Meeting, I have a wonderful group of volunteers (the best around!) that help make our center friendly and welcoming, but we can only do so much with what we have. There are programs and needs that we cannot meet and are necessary for the success of West Boylston seniors. Why do senior centers matter? Because every day over 1 million older adults find ways to stay healthy and secure at their local center. The effect of participation in a center, and the impact of social support equals the financial impact on towns/cities. People aging in place (staying in residence) is less costly to themselves, less burden on the health care system and a positive financial impact on the town. Senior Centers are not a place for "old" people. They are in fact an anti-aging place. These life centers keep the community healthier because people are interacting, learning and discovering.

I would also like to send out my gratitude for our Friends of the Council on Aging group and everyone who contributes to them. Their support is continuous for the newsletter mailing, special events and help when we need it! Thank you Friends!

CRAFT MORNING WITH VIOLA ***Mondays 9:30 AM***



Viola is continuing with her craft class! All you have to do is bring whatever item you want to decorate (sneakers, tote bags, T-Shirts) and Viola will help you create! She has some great "Autumn" ideas. Class fee \$10.00



CAMERA WORKSHOP **Thursday – December 8, 2016** **10:00-11:00 am**

Get to know your camera better! An instructor will be here to help you one-on-one. He will help you improve your pictures, operate your camera, and save and send them. Discover your artistic talents.

Call 508-835-6916 for info.

INCLEMENT WEATHER POLICY

The West Boylston Senior Center will be closed on the days the West Boylston Schools are closed. On those days, there will be no Meals on Wheels, no congregate lunch, no programs and no Senior Van transportation. There may also be days when schools are in session, snow begins to fall and the road conditions deteriorate. In that case, for the safety of all, the van may be taken off the road. Please listen to WTAG 580 AM for announcements, or check the town website.

WEST BOYLSTON SENIOR CENTER

**HOLIDAY
ARTS & CRAFTS FAIR**

WEDNESDAY, DECEMBER 7, 2016
10:00 am-1:00 pm

*Works for sale by
our Center students
and teachers and
other seniors from
the community.*

*Crafts, painting,
photography.
etc.*

*Call the Center by
Wednesday, Nov. 23,
to
reserve a table to
showcase and offer
your work for sale.*



BUY AT THE BISTRO

***Enjoy a cup of coffee or tea and fresh breakfast pastry while
doing holiday shopping and visiting with friends.***



LAWN RAKING/SNOW SHOVELING

If there are seniors who are in great need of assistance with outside chores such as leaf raking and snow shoveling, we are partnering with the West Boylston High School National Honor Society students. You can call the center to be put on a list and we will forward it to the principal. This ensures privacy for both seniors and students.

All tasks would be completed outside.

HEALTHWAYS SILVER SNEAKERS FITNESS CLASS

Tuesdays 11:15 am-12:15 pm

Led by a Certified personal trainer– Already exercising? Here’s why you should do this class: beat boredom, break through plateaus, and build new muscles. The human body adapts to exercise routines in as little as 2 weeks. Do something new!

ONLINE LEARNING COURSE: HOLLYWOOD: HISTORY, INDUSTRY, ART Continues... Friday– November 18, 2016* 1:00 pm

We are experimenting in online learning at the center!

In this course you will learn about Hollywood and how it came to be the global powerhouse of today.

The course will chronicle Hollywood’s growth and reach since the 1920’s. It will be a learning experience rich with film clips, interviews, archival material, and interactive opportunities.

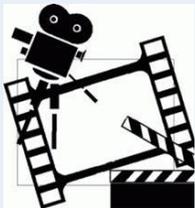
The course will be entirely self-paced and on-demand.

You will look closely at representative studios and filmmakers.

This is a great way to connect with others while learning and having fun.

We have the course syllabus at the center if you want to check it out.

Call the center for more information 508-835-6916.



**Additional meetings to be determined by group.*



Not actual swag

BEMIS FARMS NURSERY

HOLIDAY SWAG WORKSHOP

Thursday– December 8, 2016 - 1:00 pm

Tina of Bemis Farms Nursery in Spencer will teach this workshop and provide interesting information about the materials used. Join us in this

pre-holiday event to make a beautiful swag
to add to your holiday decorations.

Call 508-835-6916 to register.

Cost \$15 must be paid at registration by 12/5/16



NEW! TAI CHI CLASS
Fridays 2:00-3:00 pm

Our trial class was a huge success! I am happy that we will be able to offer this at the center as long as we have the interest. Join us for Tai Chi — a study in grace and balance, meditation in motion, a method of increasing flexibility and ease of motion, and a great stress reliever besides. Whatever your reason for coming, we know you will enjoy taking a quiet hour with an expert teacher as you learn to move your body the way it was meant to move. Cost \$3.00

ASK AN ATTORNEY
Tuesday – December 13, 2016
9:00 – 10:00 am

A free service for seniors with Attorney Nicholas Daviau.
Please call to schedule your appointment 508-835-6916



COAT DRIVE

Keep up the good work! Many of you have donated great coats for this drive.
Let's show the Sheriff's Office how wonderful the people of West Boylston are!



Drive continues through early December!

FLOWER ARRANGEMENT CLASS
Wednesday December 14, 2016
1:00 pm

The flavor of Christmas!
Herbert E. Berg Florists is offering this class with a "Holiday" theme. This will make a great centerpiece! You may bring your own tapered candle if you wish.
Call 508-835-6916 to reserve your seat. Cost \$12.00.

Not actual arrangement.



If any kind souls would like to help with the following, it would be very much appreciated:

Styrofoam Coffee Cups
Hard Candies
Lysol Wipes
Thank you!

NEWS FROM MASS DEPARTMENT OF TRANSPORTATION

The Registry of Motor Vehicles is introducing the “next generation” of Massachusetts drivers’ licenses and identification cards. Here are some important facts you should know:

- Beginning July 24, 2016, all drivers’ licenses and ID cards will be produced using the new design.
- Both the current and new card designs will be in circulation throughout the transition period (approximately 5 years).
- Current cards will be phased out through the normal renewal process – no need to rush to the RMV.

The new licenses and ID cards contain a new design along with advanced security features:

- Tactile feature-raised lettering similar to a credit card
- Laser technology (making duplication difficult)
- Distinct and innovative design highlighting the history of Massachusetts



**“RMV NEAR ME PROGRAM”
SKIP A TRIP TO THE RMV
BY RENEWING ONLINE!**



If you are eligible to renew your license and/or registration or need a duplicate license, but do not have a computer or would like assistance, the West Boylston Senior Center is now available to provide this service online.

Driver’s license (renewal or duplicate) and registration online requirements:

- You must be 74 years of age or younger (*for license renewal*)
- Have a credit card or checking account
- Have no unpaid tickets or fines
- Did not use online process last license renewal

For more information and/or to schedule an appointment, call Center at 508 835-6916. Appointments can be made Monday, Tuesday or Friday mornings.

SHARE YOUR EXPERIENCE

The Senior Center receives calls weekly seeking referrals for a variety of services, i.e. plumbing, electrical, carpentry, landscaping, etc. We would like to build a list of vendors with whom people have had past experience and would appreciate your input. Please call or email your experiences to help compile a working list (include vendor contact information).

Call the Center at 508 835-6916 or email the Director, Lisa Clark Viklund
lviklund@westboylston-ma.gov



SMOKE ALARMS

In Massachusetts, since the beginning of January, there have been 19 fire deaths. Of these 19, ten have been over the age of 60. We know that seniors are two times as likely to die in fires but this year is proving to be more deadly. What is a common issue with these fatal fires is that people either did not have smoke alarms, or the ones they had were too old or did not have batteries.

There are actions you can take to reduce the chance of having a fire in your home:

- Make sure all your smoke alarms are not older than 10 years. We may be lulled into a false sense of security when we test older alarms because they will beep. Actually, it is the smoke and heat sensor that deteriorates and will not respond to a fire.
- Carbon monoxide alarms should not be more than seven years old.
- Change batteries when you change your clocks.

Don't be afraid to ask for help. Many seniors have difficulty checking alarms, let alone trying to change batteries. Enlist the help of our wonderful local fire department. Take advantage of their expertise so you can be safe in your home. Also, thanks to our fire department, we have brand new smoke detectors here at the senior center if you have need of one.



We now post our monthly newsletter online! You can find it under the Town of West Boylston website-Council on Aging department. And it is in color! If you would prefer to access it online and not receive the paper mailing, please let us know so that we can take you off the mailing list. If you move, could you please let us know as the postal service does not forward the newsletters. This would be greatly appreciated.



TRAVEL CORNER



West Boylston C.O.A. presents...

Amazing Travel Opportunities!

Inspiring Iceland

9 Days, 13 Meals - Starting at \$2,899*



Highlights: Reykjavik, Golden Circle, Thingvellir National Park, Gullfoss Waterfall, Geysir, Snæfellsnes Peninsula, Cave Tour or Lava Field Walk, Breidafjörður Bay, Seljalandsfoss, Vík, Eyjafjallajökull Volcano Visitor Center, Skogar Museum, Skogafoss, Jökulsárlón Glacial Lagoon, Vatnajökull National Park & Glacier, Blue Lagoon or Whale Watching.

2017 Guaranteed Dates: May 7, 28; June 11, 18; July 2, 16, 23; August 6, 20, 27; September 3, 24

The Treasures of Northern California

9 Days, 12 Meals - Starting at \$2,629*



Highlights: San Francisco, Choice of San Francisco Bay Cruise or City Tour of San Francisco, Yosemite National Park, Sacramento, Lake Tahoe, Sonoma Wine Country, Winery Tours, Napa Valley Wine Train

2017 Guaranteed Dates: March 19; April 30; June 4; July 30; September 27; October 18

Pilgrimage Fatima & Lourdes

10 Days, 16 Meals - Starting at \$1,699*



Highlights: Fatima, Aljustrel, Valinhos, Santarem, Cathedral of Burgos, Monastery of Santa Maria Real de las Huelgas, Lourdes, Grotto of Massabielle, Carcassonne, Barcelona, La Sagrada Familia

2017 Guaranteed Dates: March 12; April 2

Canyon Country

9 Days, 11 Meals - Starting at \$2,359*



Highlights: Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas

2017 Guaranteed Dates: March 16; April 3, 6; May 1, 15, 29; June 5; September 7, 28; October 19, 26

2018 Guaranteed Dates: April 19

If you mention the West Boylston Senior Center when you book, you will receive a discount and Collette will donate part of their commission to the Center.

The Happy Travelers

Bus trips for the over 50 traveler

Gladys Merrow (508) 835-4312 or email glady2@verizon.net

THE HAPPY TRAVELERS TRIPS LIST Contact: Gladys Merrow

At: 508-835-4312, cell phone 508-612-5312 glady2@verizon.net

Flyers can be picked up Shrewsbury, Sterling or West Boylston Senior Center

	Per Person
Mar 17 (Fri) Mystery Tour to a New England city with 2 attractions & lunch (FULL/waitlist)	\$ 89.00
Apr 08 (Sat) Broadway Show "ONCE" Palace Theater, Waterbury, CT (seats on the second bus)	\$139.00
Apr. 23 (Sun) Daffodils at Blithewold Mansion & tour of Linden Place, Beautiful Bristol, R.I.	\$ 99.00
May 13 (Sat) Albany, N.Y. Tulip Festival, buffet lunch at The Evans Brewing Co.	\$ 99.00
May 20-24 5 days Williamsburg, Virginia	TBA
June 17 (Sat) Tall Ships Parade of Sail, ships with their sail up & Sail Boston Festival (2 buses FULL/waitlist)	\$199.00
July 15 (Sat) Provincetown by fast ferry from Plymouth with dinner on return	\$115.00
Aug. 05 (Sat) Isle of Shoals (New Hampshire) Cruise	\$109.00

All day trip pricing includes driver & escort gratuity and cancellation waiver. A \$5.00 cancellation waiver has been added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip.

Brochures for all trips are available at the West Boylston Senior Center.

SMILE !

Q: What do you call an elf who sings?

A: a wrapper!

Q: What do you call people who are afraid of Santa Claus?

A: Claustrophobic.

Q. What do Santa's elves learn in school?

A. The Elfabet.

Q. What does Santa like to do in the garden?

A. Hoe, hoe, hoe!



The Amusing Story of the 2 Sweaters

My mother once gave me two sweaters for Hanukkah. The next time we visited, I made sure to wear one. As we entered her home, instead of the expected smile, she said, 'Aaron, what's the matter? You didn't like the other one?'

TO YOUR GOOD HEALTH...

SHINE COUNSELING

Fridays – December 2 & 16, 2016

9:00 –11:00 am

Trained SHINE volunteers offer free counseling on all aspects of health insurance to seniors. Please call the center to schedule your appointment. 508-835-6916

PHARMACY OUTREACH PROGRAM

Part of the MCPHS University, this program is a community service program sponsored in part by the Massachusetts Executive Office of Elder Affairs and the Central Mass Agency on Aging. They are a team of case managers and pharmacists working together to ensure residents can afford their medications, take their meds correctly and understand different insurance coverage options like Medicare. For free assistance,

Mass residents can speak to staff or schedule an appointment at our

Worcester Campus by calling 866-633-1617



BLOOD PRESSURE CLINIC/

ASK THE NURSE

Wednesday– December 7, 2016

11:30– 12:30 pm

A visiting nurse is now coming to the senior center once a month to conduct a blood pressure clinic. If you need to keep track of your health, come on in. No appointment is necessary!

PODIATRY CLINIC

Thursday– December 22, 2016

8:00 –11:00 am



Please call to schedule your appointment
508-835-6916

Do You Know about....

St. Vincent Hospital's - Healthy Striders Club

It's convenient-Centrally located in downtown Worcester

It's safe-On-site security



It's good for you-Walking can help you lower your blood pressure, reduce and manage your weight, maintain bones and muscle strength and reduce your risk of heart disease and stroke

It's free! There is absolutely **no charge** for this program and up to three hours of parking is free

Simply stop by one of the hospital's 3rd Floor Greeter Stations—on either the North or South side—to sign up and to start getting healthy! You'll receive a walking card that gets dated and stamped each time you "make strides" in our beautiful Atrium.

And when used on the same day as your walk, this same card also entitles you to a 10% discount at participating hospital vendors.

Volunteers

Act as if what you do makes a difference. It does.

~William James

Interested in volunteering?

The WEST BOYLSTON SENIOR CENTER can always use you!

Meals on Wheels alternate drivers (smile required)
or help folding the monthly newsletter.

Call us 508-835-6916



DECEMBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 BBQ CHICKEN 10:00a EXERCISE LOW IMPACT 1:00p BINGO	2 CATCH OF THE DAY 9:00 a SHINE 10:00a Wii BOWLING 1:00p TAI-CHI	3
4	5 HOT DOG ON BUN 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p CRIBBAGE/ DOMINOS	6 SALMON BOAT 10:00a EXERCISE LOW IMPACT. 11:15a HEALTH- WAYS EXERCISE 1:00p LEARN POOL	7 NO LUNCH 10:00a HOLIDAY ARTS & CRAFTS FAIR 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	8 STUFFED PEPPER CASSEROLE 10:00a EXERCISE LOW IMPACT 1:00p BINGO 1:00p BEMIS SWAG WORKSHOP	9 LASAGNA 10:00a Wii BOWLING 1:00p TAI-CHI	10 8:30a WACHUSETT ROTARY SENIOR BREAKFAST
11	12 ROAST PORK 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p CRIBBAGE/ DOMINOS	13 SHEPHERD'S PIE 9:00a ASK AN ATTORNEY 10:00a EXERCISE LOW IMPACT. 11:15a HEALTH- WAYS EXERCISE 1:00p LEARN POOL	14 TURKEY CAPE COD SAND. 10:00a KNITTING 10:30a ART W/ ELAINE 1:00p CARDS 1:00p FLOWER ARRANGING	15 CHICKEN CACCIATORE 10:00a EXERCISE LOW IMPACT 10:00a TECH THURSDAY 1:00p BINGO	16 POTATO CRUNCH FISH 9:00 a SHINE 10:00a Wii BOWLING 2:00p TAI-CHI	17
18	19 CHICKEN MORNAY 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p CRIBBAGE/ DOMINOS	20 MEATLOAF & GRAVY 10:00a EXERCISE LOW IMPACT. 11:15a HEALTH- WAYS EXERCISE 1:00p LEARN POOL	21 TURKEY A LA KING 10:00a KNITTING 10:30a ART W/ ELAINE 1:00p CARDS	22 CHICKEN W/SAGE STUFFING 8:00a PODIATRY CLINIC 10:00a EXERCISE LOW IMPACT 1:00p BINGO	23 ROAST BEEF SAND & SOUP 10:00a Wii BOWLING 2:00p TAI-CHI	24
25	26 CLOSED FOR HOLIDAY	27 TUNA SALAD & SOUP 10:00a EXERCISE LOW IMPACT. 11:15a HEALTH- WAYS EXERCISE 1:00p LEARN POOL	28 NO LUNCH 10:00a KNITTING 10:30a ART W/ ELAINE 12:00P CHEOY LEE'S LUNCH	29 PORK RIB-I-QUE 10:00a EXERCISE LOW IMPACT 1:00p BINGO	30 BEEF & BEAN CHILI 10:00a Wii BOWLING 2:00p TAI-CHI	31