

# DECEMBER

## WEST BOYLSTON SENIOR CONNECTION

### 2015

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 24 and 25, 2015 in observance of the Holidays. There will be no transportation, no programs and no meals delivered. *It is the life of the crystal, the architect of the flake, the fire of the frost, the soul of the sunbeam. This crisp winter air is full of it. ~John Burroughs, "Winter Sunshine"*

**WACHUSETT AREA ROTARY CLUB  
CHRISTMAS BREAKFAST  
FOR SENIORS  
Saturday- December 12, 2015  
8:30 am**



The annual Wachusett Area Rotary Club holiday breakfast will be held at The Manor Restaurant in West Boylston. This program is dedicated for seniors. The Wachusett Singers from Wachusett Regional High School will be on hand to entertain.

**All reservations should be made by calling the Holden Senior Center at 508-210-5570 by 12/4/2015.**

**VETERAN'S AID PROGRAM  
Thursday, December 3, 2015  
10:00 am**



Did you or your spouse serve your country? Learn how to receive up to 80 hours per month of free personal care from the VA. Most veterans are not aware of the eldercare benefits available through Veteran's Health Care. Join Comfort Zone Home Care for an informational session about the Veterans Aid & Attendance Benefit. **Call 508-835-6916 to reserve**



**SENIOR CENTER HOLIDAY  
OPEN HOUSE  
TUESDAY- DECEMBER 15, 2015  
1:00 -3:00 pm**

Please join us in celebrating the season and enjoy the decorations of the center. A reciting of "A Christmas Cup of Tea" will be presented.

Refreshments will be served!



# DIRECTOR'S CORNER

*From Lisa*

Congratulations to the West Boylston Police Department on getting the vote needed to build a new police station. Their situation was dangerous and needed to be rectified. So yea to West Boylston residents for supporting them! The purchase of the BBC for a new senior center however did not pass. Thus, we are still in our situation which

although not as harmful as the police is still sorely inadequate and will continue to be more so as the population grows. I want to thank my Council on Aging board members for all the extra time they have put in this past year by attending all the FISP meetings, the extra board meetings and the information meetings. They have ardently supported for a new senior center. So gratitude goes to:  
Janice Ash, Audrey Clary, Jack Curran, Barbara Deschenes, Carol McGuiggan, Doug Meystre, Tom Mullins, and Barbara Zappone for their hard work and dedication.

We know that there is support and recognition of the need for a new home that will meet the needs of this department. As was brought out at Town Meeting, I have a wonderful group of volunteers 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 are programs important? The effect of participation in a center, 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. I don't know what the next plan will be from the FISP Committee, but let's continue this momentum and not wait years for the West Boylston Senior Center. Tell FISP or the Council on Aging Board what your thoughts are now.

I would also like to send out my gratitude for our Friends of the Council on Aging group and everyone who contributes to them. Through their support we have a new television even though our other set was only two years old! They have restored the pool table, are buying team shirts for the Wii Bowling group and give continuously. Thank you Friends!

We had some wonderful seminars these past couple of months that I wished more people could have attended. Dr. Keith Darrow presented a Hearing Seminar that we hope to film and put on the public access channel. Did you know that the brain is your actual hearing organ! The ear sends nerve impulses through the brain stem to the brain center. The number one cause of hearing loss is aging, which starts in your 50's, usually gradually which is why you really don't notice it right away, but your brain does! Hearing loss significantly affects brain health due to the loss of nerve cells. So get your hearing tested! We have more information at the senior center if you are interested. There was also an excellent presentation from The Alzheimer's Association. Research has illuminated much information on dementia such as the direct correlation between brain health and heart health. So take heed: pay attention to diet and exercise!

As 2015 comes to a close, thank you all who have come to the center. I wish to extend greetings and blessings to all during this holiday season and hope that 2016 will be a better year for everyone!

\*\*\*\*\*



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.



***HOLIDAY LUNCHEON***  
**@ WACHUSETT COUNTRY CLUB**  
**Wednesday - December 9, 2015 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.

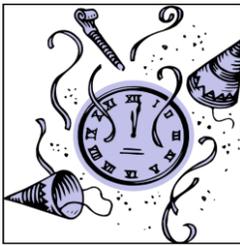
Tickets can be purchased at the West Boylston Senior Center  
by 12/2/15 - \$5.00 /pp

***HAPPY NEW YEAR'S PARTY***  
**Wednesday – December 30, 2015**  
**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 must be purchased at the Senior Center.

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



***HOLIDAY DOOR DECORATION***

***Monday, December 7, 2015***

***10:00 am***

Create a fun and festive Holiday Door Knob Decoration!  
Everything will be supplied for you. Our instructor will guide  
you step by step.

Class fee \$7.00

**Sign up at 508-835-6916**



***BRIDGE CLUB***

If anyone is interested...there  
are public games held at the  
senior center on  
Wednesday and Saturday  
afternoons.

Call Vick Angus for more  
information - 508-886-4553

***PLEASE BE COURTEOUS...***

Some of our classes and events are so popular that many people are signing up to attend them. Unfortunately since our space is limited, these events fill up fast and we have to put people on a waiting list. If you do sign up and then cannot come, **please** call us so that another person can come and enjoy the opportunity.

**ASK AN ATTORNEY**  
**Tuesday– December 8, 2015**

**10:00 –11:00 am**

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



**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-  
[lcviklund@westboylston-ma.gov](mailto:lcviklund@westboylston-ma.gov)



**SENIOR CENTER  
WISH LIST:**

The center would be most appreciative to have:

Lysol Wipes  
Solo Plastic Cups



**SMILE**

At my age “Getting Lucky” means walking into a room and remembering what I came in there for!

I don’t trip over things, I do random gravity checks!

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



**The BEMIS FARM  
NURSERY  
Hydrangea Wreath  
class was a huge  
success!**



**The MEN'S POOL LEAGUE  
meets on Wednesday afternoons.  
Beginner's instructional is  
Tuesday afternoon.  
Come check out the fun!**



**TRICK OR TREAT  
At the  
Senior Center!**



**BERG FLORIST'S  
"Halloween" theme  
Flower  
Arrangement class  
was a little "eerie"!**



## **FALL BASKET GIVE AWAY!!**

**Thanks to beautiful baskets  
made by Ileine Burke and  
Marilyn Senebaldi we had  
three lucky winners!**

**Errol Mancini (pictured),  
Grace Griffith and Fred Pierce.**

***BEMIS FARMS NURSERY  
BOXWOOD CENTERPIECE***

**Friday, December 11, 2015 1:00 pm**

Tina Bemis is back for this last workshop of the year. Learn how to craft the perfect tree shape using premium boxwood tips. Tina will bring some modest decorations, but you can bring your own decorations to embellish the tree and add your personal touch.



Call 508-835-6916  
to register.

**Cost \$15 – Must be paid by  
Friday, December 4, 2015**

***FLOWER ARRANGEMENT CLASS***

**Wednesday December 16, 2015**

**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! Call 508-835-6916 to reserve your seat. Cost \$10.00.



*Smile*

An elderly woman died last month. Having never married, she requested no male pallbearers. In her handwritten instructions for her memorial service, she wrote, 'They wouldn't take me out while I was alive, I don't want them to take me out when I'm dead.'



# TO YOUR GOOD HEALTH...

***SHINE COUNSELING***  
**Friday– December 4 & 18, 2015**  
**9:00 –11:00 am**

**Open enrollment ends December 7th.**

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



***BLOOD PRESSURE CLINIC/  
ASK THE NURSE***  
**11:30 am-12:30 pm**  
**Wednesday, December 2, 2015**

## *Six Best Doctors in the World*

- 1.Sunlight
- 2.Rest
- 3.Exercise
- 4.Diet
- 5.Self Confidence
- 6.Friends

Maintain them in all stages of Life and enjoy healthy life.



# TRAVEL CORNER



**West Boylston Senior Center presents...**

**WILSON BUS TOURS-**

***SHEAR MADNESS***

**Sunday, April 10, 2016**

**\$98.00 pp**



*Shear Madness* is one of the most popular entertainments in the world, delighting audiences night after night with its unique blend of madcap improvisation and spine-tickling mystery. A mixture of improvisation and up-to-the-minute humor, the play is delightfully different every time you see it!

Before the show we will begin the day with lunch at The Living Room Restaurant, Boston's most unique scene on the waterfront. For your delicious meal you will start with a tossed green salad and for an entree you may choose from: Traditional Boston Scrod with Herb Bread Crumbs, Chicken Marsala, or Yankee Pot Roast.

Departs: 10:00 am – Stop & Shop Plaza, 940 West Boylston Street, Worcester

For reservations call: Lisa Clark Viklund at 508 835-6916.

***Payment Due by: March 10, 2016***

***Make checks payable to: Wilson Bus Lines and mail to or drop off at Senior Center.***

## **BEAUPORT PRINCESS CRUISE**

*featuring a*

**New England Lobster Bake**

**Wednesday, July 27, 2016**

**\$84.00 pp**



Your excursion on the Beauport Princess covers historic Gloucester harbor with extraordinary views of the city's downtown, Rocky Neck, Easter Point, Ten Pound Island, Stage Fort Park, and Hammond Castle.

Enjoy their traditional New England Lobster Bake featuring steamed lobster (BBQ chicken for the land lovers, New England Clam Chowder, Corn on the Cob, and more...

Departs: 8:30 am – Stop & Shop Plaza, 940 West Boylston Street, Worcester

For reservations call: Lisa Clark Viklund at 508 835-6916.

***Payment Due by: June 15, 2016***

***Make checks payable to: Wilson Bus Lines and mail to or drop off at Senior Center.***

## **COLLETTE TOURS-**

### **AMERICA'S MUSIC CITIES**

MAY 29-JUNE 5, 2016

Highlights....

New Orleans, Memphis &  
Nashville



French Quarter, Choice of French Quarter Walking Tour or Panoramic Tour of New Orleans, New Orleans School of Cooking, Swamp Tour, Graceland, Grand Ole Opry Show & Backstage Tour, Historic RCA Studio B, Ryman Auditorium, Country Music Hall of Fame.

With the professional organization of Collette Tours you will be in good hands. They handle all the details which include; air travel, transportation from your home to airport and all destinations, service of an experienced tour guide, sightseeing admission & guaranteed departure dates. 8 Days – 11 Meals.

### **ALBUQUERQUE BALLOON**

#### **FIESTA**

OCTOBER 5-10, 2016

Highlights....

Sante Fe, Sante Fe School of  
Cooking, Turquoise Trail,



Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center.

With the professional organization of Collette Tours you will be in good hands. They handle all the details which include; air travel, transportation from your home to airport and all destinations, service of an experienced tour guide, sightseeing admission & guaranteed departure dates. 6 Days – 8 Meals.

## **The Happy Travelers**

Gladys Merrow (508) 835-4312 or email [glady2@verizon.net](mailto:glady2@verizon.net)

Bus trips for the over 50 traveler

Pick up brochures at the West Boylston Senior Center

Do not hesitate to put your name on a waiting list for any of our trips.

**Gratuities and a cancellation waiver fee have been added to the cost of each seat on all our day trips to cover any cancellations up to 7 days prior to the trip. If you cancel after that date, the refund will only be sent if you or we can fill your seat. The refund will be minus the cancellation waiver.**

**THE HAPPY TRAVELER-** Gladys Merrow (508) 835-4312 or e-mail: [glady2@verizon.net](mailto:glady2@verizon.net)

12/13/15 - Inn to Inn Cookie Tour in the Monadnock region, collect cookies & the recipes along with coffee or tea, lunch is at the Monadnock Inn @ \$89.00/pp., **waiting list.**

2/19/16 - 35<sup>th</sup> Annual Connecticut Flower Show in Hartford with lunch at Vito's By the Park @ \$89.00pp

3/12/16 - "Little Bit Of Ireland" Regal Theater's Irish show @ \$99.00/pp

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



# DECEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 <b>TURKEY A LA KING</b> 10:00a EXERCISE 1:00p LEARN BILLARDS</p>	<p>2 <b>MEATLOAF &amp; GRAVY</b> 10:30a ART W/ ELAINE 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS</p>	<p>3 <b>GREEK CHICKEN</b> 10:00a EXERCISE LOW IMPACT 10:00a VETERANS SEMINAR 1:00p BINGO</p>	<p>4 <b>BREADED FISH</b> 9:00a SHINE 10:00a Wii BOWLING</p>	5
6	<p>7 <b>BEEF W/ PEPPERS&amp;ONIONS</b> 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS</p>	<p>8 <b>VEGETABLE CHEESE BAKE</b> 10:00a EXERCISE LOW IMPACT 10:00a ASK AN ATTORNEY 1:00p LEARN BILLARDS</p>	<p>9 <b>CHICKEN MORNAY</b> 10:30a ART W/ ELAINE 12:00 SENIOR HOLIDAY LUNCH AT WACHUSETT CC 1:00p CARDS</p>	<p>10 <b>MEATBALLS W/ ONION GRAVY</b> 10:00a EXERCISE LOW IMPACT 1:00p SEWING/ CRAFT LOUNGE 1:00p BINGO</p>	<p>11 <b>TERRIYAKI SALMON</b> 10:00a Wii BOWLING</p>	<p>12 8:30a WACH. ROTARY HOLIDAY SENIOR BREAK-FAST AT THE MANOR</p>
13	<p>14 <b>CHICKEN SAUSAGE JAMBALAYA</b> 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS</p>	<p>15 <b>SALISBURY STEAK</b> 10:00a EXERCISE LOW IMPACT 1:00 HOLIDAY OPEN HOUSE 1:00p LEARN BILLARDS</p>	<p>16 <b>TURKEY CAPE COD SANDWICH &amp; SOUP</b> 10:30a ART W/ ELAINE 1:00p CARDS 1:00p FLOWER ARRANGE</p>	<p>17 <b>CHICKEN PICCATA</b> 10:00a EXERCISE LOW IMPACT 1:00p BINGO</p>	<p>18 <b>CAESAR CHICKEN SALAD SANDWICH &amp; SOUP</b> 9:00a SHINE 10:00a Wii BOWLING</p>	19
20	<p>21 <b>HOT DOG</b> 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS</p>	<p>22 <b>BAKED HAM</b> 10:00a EXERCISE LOW IMPACT 1:00p LEARN BILLARDS</p>	<p>23 <b>CHICKEN CACCIATORE</b> 1:00p CARDS</p>	<p>24 <b>BEEF STEW</b> 10:00a EXERCISE LOW IMPACT 1:00p BINGO</p>	<p>25 <b>CENTER CLOSED</b></p>	26
27	<p>28 <b>ROAST PORK W/ GRAVY</b> 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS</p>	<p>29 <b>CHICKEN FAJITAS</b> 10:00a EXERCISE LOW IMPACT 1:00p LEARN BILLARDS</p>	<p>30 <b>NO LUNCH</b> 12:00p FRIENDS' NEW YEARS EVE PARTY</p>	<p>31 <b>BACON OMELET</b> 10:00a EXERCISE LOW IMPACT 1:00p BINGO</p>		