

JANUARY

**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 FEBRUARY

The West Boylston Senior Center will be closed
February 18, 2016 in observance of President's Day.
There will be no transportation, no programs and no meals delivered.

*Without Valentine's Day, February would be... well, January.
~Jim Gaffigan*

***VALENTINE
ICE CREAM SOCIAL*
Thursday– February 11, 2016
1:00 pm**



Come join us at the senior center to Celebrate the love of ice cream, even in the cold month of February! We will also be giving away our winter baskets of goodies!



Please call to RSVP
508-835-6916

***“PUT PAIN IN ITS PLACE-
HOW TO GET OSTEOARTHRITIS PAIN UNDER CONTROL”***
**Tuesday– February 9, 2016
11:00 am**

The goal of the program is to provide older adults with knowledge about osteoarthritis pain and to learn strategies to relieve or even prevent it. Information on self-management techniques and safe exercises that are specific to people with arthritis will also be provided. The program was created by the National Council on Aging (NCOA) and the Arthritis Foundation and will be presented by Paula Chauvin, RN from Summit Elder Care.

Arthritis is the nation's leading cause of disability. During the program, discussion will be on management and treatment options to help people focus on wellness, in addition to assistive devices that can help people reduce pain and help with daily activities.
Please register at 508-835-6916

DIRECTOR'S CORNER

Greetings 2016 From Lisa

In this month's corner I am very excited to talk about two developments for our center: The West Boylston Senior Center is very fortunate to have been selected and awarded grant funding as a site to offer the "Age Mastery Program". This is a free 10-week cutting edge health and wellness course designed by the National Council on Aging. The goal of this program is to empower older adults to make and maintain small, but impactful changes in health behaviors. The sessions explore navigating longer lives, physical activity, sleep, healthy eating, financial fitness, advance planning, healthy relationships and community engagement. In this program, participants take core and elective classes that combine evidence-informed materials, expert speakers, group discussion, levels of mastery and achievement, and small rewards. Participants will earn points for positive actions and rewards. We hope to recruit a wide range of 20-25 participants. At each meeting, a continental breakfast or healthy snack will always be provided.

We will host an informational meeting on: Tuesday– March 22, 2016 @ 11:00

And will then kick off the program on Tuesday– April 5, 2016

This is the third year the program has been implemented with great success in Massachusetts and I hope to see West Boylston benefit from it as well! Look for continuing information and I hope you really consider joining this program.

The second big occurrence that has been going on: From the aftermath of last November's Town Meeting, a group of very concerned citizens formed a Site Search Building Committee to work with the Council on Aging Board to investigate new ideas and properties for a new West Boylston Senior Center. These residents spent time and effort to research town-owned properties and existing buildings. They investigated 14 properties in the last two months and were very thorough in their criteria to determine the best potential sites.

The COA is very excited to have so many in the town realize the tremendous need we have for a center that will be an important resource for seniors now and for the future with the rising senior population. The goal is to have a viable facility that will allow elders to be active and engaged in their community.

You will be seeing the Council on Aging Board, the Friends of the Council on Aging and the citizen's committee out and about, pressing on with the momentum of support we found at town meeting, campaigning for our plan, and fund raising for elements of the new center.

Thank you to the West Boylston Business Associates & the Wachusett Area Rotary Club for sponsoring their annual Holiday Breakfast and Luncheon for the seniors of this community.

Pictures of some of the holiday events are inside this newsletter and online.

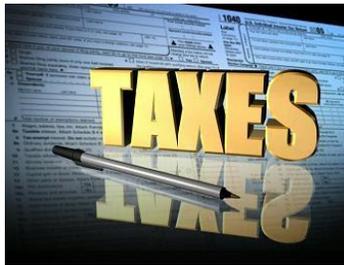
We now post our monthly newsletter online! You can find it under the Town of West Boylston website-Council on Aging department. And it is in color! If you would prefer to access it online and not receive the paper mailing, please let us know so that we can take you off the mailing list.



**TAX PREPARATION AT THE
SENIOR CENTER**

Tax preparation will begin on Thursday, February 4, 2016 and continue through March. This program is sponsored by AARP and is free of charge to those with income under \$60,000, have no rental income, no business income with expenses over \$5,000 or with a net loss, or if the sale of a home, foreclosure/short sale has taken place in 2014. You will need to bring the following with you for your appointment; last year's tax return, real estate tax bills for the calendar year, proof of health insurance, W2 form, 1099 from Social Security, interest received form, dividends received form, brokers statements on Mutual Funds, lottery winning, unemployment compensation statement and any other forms marked for 2015 taxes.

You must call the Senior Center to make an appointment 508-835-6916.



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

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



GRAND MARSHAL BANQUET
West Boylston's Third and still the World's Shortest St. Patrick's Day Parade
February 6, 2016 Wachusett Country Club
6:00 pm

The West Boylston Parade Committee is honoring three residents
Donald Marrone– Grand Marshall
Barbara Deschenes– Lifetime Community Service Award
Robert Barrell– Quiet Man Award

Tickets \$35/pp For info or to order tickets please call
Siobhan Bohson 508-835-2600



FLOWER ARRANGEMENT CLASS
Friday- February 5, 2016
1:00 pm



Herbert E. Berg Florists is offering this class with a “Valentine” theme. This arrangement will be perfect for you or a friend! Call 508-835-6916 to reserve your seat. Cost \$10.00.

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SMILE:



- ◆ The kids text me “plz” which is shorter than “yes”.
I text back “no” which is shorter than “yes”.
- ◆ In filling out an application, where it says, “ In case of emergency, notify:” I put ‘DOCTOR’!

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BEREAVEMENT SUPPORT GROUP

Our Lady of Good Counsel Parish will hold a six-session bereavement support group beginning, Monday, February 22nd, 1:00 – 2:30 p.m. in the parish hall, 111 Worcester Street. For more information or to register (required prior to the start of the sessions) call Renate Isbell (508) 835-3286.

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**“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 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.

“AGE MASTERY PROGRAM”

The West Boylston Council on Aging is pleased to announce that we will be offering a free 10-week health and wellness course to residents 55 and over. The program is called the “Aging Mastery Program”. It was developed by the National Council on Aging (NCOA) with the help of a grant through the MetLife Foundation.

This is the third year of the program in Massachusetts. The West Boylston Council on Aging is one of only 43 senior centers in the state to offer the Aging Mastery Program. We are very fortunate to have been selected and awarded grant funding as a site to make this program possible.

AMP is an approach to living that embraces this gift of longer lives. The program combines knowledge sharing with goal-setting and feedback routines, daily practices, and peer support to help you make meaningful and enduring changes in your life. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results.

The goal of this program is to empower older adults to make and maintain small but impactful changes in health behaviors. The training sessions will explore navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, fall prevention, and community engagement. For each of these modules, we will provide basic educational materials developed from highly trusted sources, a checklist of potential next steps, and a system for tracking behaviors. Participants will earn points for positive actions and rewards.

This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting edge wellness program. We are currently recruiting 20 to 25 adults (ages 55+) to participate in the 10-week educational program.

We will be having an information meeting on:

Tuesday March 22, 2016
11:00 am
West Boylston Senior Center
127 Hartwell St. #100

If you are interested in learning more about the program, please call the senior center at 508- 835-6916. If this program piques your interest, stop by or call to learn more!

- ❖ **Classes & Activities**
- ❖ **Rewards & Incentives**
- ❖ **Implementation & Evaluation Materials**
- ❖ **Online Tools & Resources**

FESTIVE HOLIDAY EVENTS





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.



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

Volunteers

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

Interested in volunteering? The center can always use you! Meals on Wheels alternate drivers (smile required) or help folding the monthly newsletter. Call us 508-835-6916

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.

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



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

TO YOUR GOOD HEALTH...

SHINE COUNSELING
Friday– February 19, 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



***BLOOD PRESSURE CLINIC/
ASK THE NURSE***
11:30 am-12:30 pm
Wednesday- February 3, 2016



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.

SILVER FOX TOURS-

BOSTON RED SOX- June 23, 2016

Vs. Chicago White Sox Departs from Stop & Shop, 940 W. Boylston St. Worcester 10:30 am, return 6:00 pm. You'll arrive at Fenway Park about one hour prior to the 1:35 pm game time, allowing you to view pre-game warm ups. Left Field Grandstand seats, \$89/pp, driver gratuity not incl. Reservations & payment by 3/15/2016.



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

Bus trips for the over 50 traveler

Feb 19(Fri) - **Connecticut Flower Show** (Snow Date Saturday February 20) \$ 89.00

Mar 12(Sat) - **"A Little Bit of Ireland"** Irish Show at Regal Theater \$ 99.00

Apr 10 (Sun) – Ivoryton Playhouse featuring **"On the Road with John Denver"** @ \$115.00

May 14/15 - 2 Day New York featuring **9-11 Museum & Statue of Liberty** \$ 349.00

May 22(Sun) - **Mount Auburn** – Sunday Brunch & Kennedy Library \$105.00

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

January 2016

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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |

FEBRUARY 2016

March 2016

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| 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
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| 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|--|---|----------|
| | 1 LEMON THYME CHICKEN 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS | 2 BEEF JARDINIERE 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL | 3 HERB ROASTED PORK 10:30a ART W/ ELAINE 11:30a BLOOD PRESSURE 1:00p CARDS | 4 SPAGHETTI & MEATBALLS 10:00a EXERCISE LOW IMPACT 1:00p BINGO | 5 CHEESE/ SPINACH OMELET 10:00a Wii BOWLING | 6 |
| 7 | 8 BEEF STEW 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS | 9 GREEK CHICKEN 9:00a ASK AN ATTORNEY 10:00a EXERCISE LOW IMPACT 11:00a PUT PAIN IN ITS PLACE SEMINAR 1:00p LEARN POOL | 10 MACARONI & CHEESE 10:30a ART W/ ELAINE 1:00p CARDS | 11 MEATLOAF & GRAVY 10:00a EXERCISE LOW IMPACT 1:00p BINGO 1:00p VALENTINE ICE CREAM SOCIAL | 12 CRUMB TOPPED FISH 10:00a Wii BOWLING | 13 |
| 14 | 15 CLOSED FOR HOLIDAY | 16 VEGETABLE BAKE 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL | 17 SALISBURY STEAK 10:30a ART W/ ELAINE 1:00p CARDS | 18 CHICKEN MURPHY 10:00a EXERCISE LOW IMPACT 1:00p BINGO | 19 SALMON W/DILL 9:00a SHINE 10:00a Wii BOWLING | 20 |
| 21 | 22 EGG SALAD/SOUP 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS | 23 MEATBALLS/ ONION GRAVY 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL | 24 PORK CHOW MEIN 10:30a ART W/ ELAINE 1:00p CARDS | 25 BBQ CHICKEN 10:00a EXERCISE LOW IMPACT 1:00p BINGO | 26 SLICED ROAST BEEF SAND/SOUP 10:00a Wii BOWLING | 27 |
| 28 | 29 LASAGNA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS | | | | | |