

**JANUARY
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**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 JANUARY

The West Boylston Senior Center will be closed
January 1st and January 18th in observance of the Holidays.
There will be no transportation, no programs and no meals delivered.

Whether we want them or not, the New Year will bring new challenges; whether we seize them or not, the New Year will bring new opportunities. ~Michael Josephson

DIRECTOR'S CORNER

From Lisa

As 2015 comes to a close, we welcome in 2016. As with every year, there have been ups and downs for many people. Some will be glad to have this year done and some wonder what 2016 brings for us. As the quote above states; there will be new challenges as well as opportunities. The subject of opportunities has been written about over and over through time, but the lessons never change. So as I reflect about this year that has gone by, I am thankful for the time to have the opportunity to see the sky at sunrise and sunset, to touch and hug my family, to hear my daughter's voice when she is away, to taste the joy of chocolate! And I hope, if given more time, to have these opportunities continue for they will help to get through the occasions of challenges. And I hope that time and opportunity are given to all of you who are reading this message for the New Year.

I also send out much gratitude for all who have donated the items on our wish list. You are helping to keep the center healthy and safe!

Although we have been lucky with the weather thus far, just a few reminders on handling our New England cold weather when it does come:

- Make sure you always have a well-stocked Winter Home Emergency supply kit that includes flashlights, portable radio, batteries, bottled water, a first aid kit, non-perishable food and a manual can opener.
- Minimize going to outside activities! If you don't need to go, don't! And if you have to go out, dress in layers of loose-fitting, lightweight clothing rather than a single layer of heavy clothing. Cover your mouth with a scarf to protect your lungs.
- Make sure you have sufficient heating fuel. If you lose your heat, seal off unused rooms.
- Be a good neighbor and check in with each other or call us at the senior center if you are concerned about your neighbor.

**Mass College of Pharmacy & Health Science
Thursday, January 14, 2016 9:00 –11:00 am**



We are looking for senior volunteers to help the students from the MCPHS as part of their educational training. They will conduct confidential interviews to take a health history from seniors. Please consider participating in helping these young men and women become better listeners and medical practitioners! Call the center at 508-835-6916 to sign up.



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

SENIOR CENTER

WISH LIST:

The center would be most appreciative to have:

Lysol Wipes

Solo Plastic Cups



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– January 12, 2016** **9:00-10:00 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-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– January 15, 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

News from SHINE January 2016
Can I still change my Medicare Plan?

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2016 The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.



***BLOOD PRESSURE CLINIC/
ASK THE NURSE***
11:30 am-12:30 pm
Wednesday, January 6, 2016

PODIATRY CLINIC
Thursday, January 28, 2016
9:00 am-11:00 pm

Please call the Senior Center to schedule an appointment
508 -835-6916



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

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

2/19/16 - 35th 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.



JANUARY 2016

February 2016

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CLOSED HAPPY NEW YEAR!	2
3	4 CHICKEN MORNAY 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	5 POT ROAST STEW 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL	6 TURKEY A LA KING 11:30a BLOOD PRESSURE 1:00p CARDS	7 MEATLOAF & GRAVY 10:00a EXERCISE LOW IMPACT 1:00p BINGO	8 MACARONI & CHEESE 10:00a Wii BOWLING	9
10	11 SWEDISH MEATBALLS 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	12 BUTTERMILK CHICKEN 10:00a EXERCISE LOW IMPACT 10:00a ASK AN ATTORNEY 1:00p LEARN POOL	13 CHILI 1:00p CARDS	14 PORK RIB-I-QUE 9:00a MCPHS STUDENT INTERVIEWS 10:00a EXERCISE LOW IMPACT 1:00p BINGO	15 CRACKER CRUMB FISH 9:00a SHINE 10:00a Wii BOWLING	16
17	18 CLOSED	19 PORK STROGANOFF 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL	20 BEEF & BROCCOLI- 10:30a ART W/ ELAINE 1:00p CARDS	21 GARLIC HERBED CHICKEN 10:00a EXERCISE LOW IMPACT 1:00p BINGO	22 EGGPLANT PARMESAN 10:00a Wii BOWLING	23
24	25 ROAST TURKEY 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	26 BRATWURST 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL	27 AMERICAN CHOP SUEY 10:30a ART W/ ELAINE 1:00p CARDS	28 BEEF BURGUNDY 10:00a EXERCISE LOW IMPACT 1:00p BINGO	29 WILD SALMON W/ DILL 10:00a Wii BOWLING	30
31						