

**July & August**

**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.



**Independence Day**

Those who deny freedom to others deserve it not for themselves.  
~Abraham Lincoln

***TECH THURSDAYS***

**Thursday– July 21st & August 18th, 2016  
10:-00-11:00 am**



Starting this month, every third Thursday we will be holding a Technology & Learning session. David Derezinski, a local technology consultant, will be available at the center to answer your questions & help you get the most from your computers, cell phones, tablets, e-readers, iPads, etc. Feel free to bring your portable devices for help & basic troubleshooting. Once we have enough interest, David will also offer classes. Register for individual appointments 508-835-6916.

***ANIMAL ENCOUNTER with SECOND CHANCE  
ANIMAL SHELTER***

**Wednesday– July 20, 2016 11:00 am**



Come visit the center and meet the Second Chance Animal Shelter (with a four-footed friend), a nationally recognized organization that provides innovative programs and services to help animals. They will be discussing their educational programs, community outreach and successes.

The Worcester County Sherriff's Office will also be here with their dogs from this shelter that have been trained as drug traffickers. Come see them in action! This is open to everyone, so bring friends & family!

Call 508-835-6916 for info or to sign up.



***ICE CREAM SOCIAL***  
***Sponsored by Holy Trinity***  
**Tuesday– July 19, 2016 12:30pm**

What's better on a warm sunny summer day than ice cream! Our friends at Holy Trinity will be bringing the ice cream and toppings! FREE. Please call to sign up. We need to know how many mouths to feed!  
508-835-6916

## DIRECTOR'S CORNER

### The New Senior Center

We had a great turnout for the Senior Center Design meeting , over 50 people were in attendance! I thank those who came , and those who could not make it but sent in their ideas. Your support is tremendous and much appreciated. Just to recap briefly, the following were the predominant wishes/hopes/wants:

- \* Large commercial kitchen – for classes, special meals and events
- \* Dedicated & multi-functional spaces
- \* One level floor
- \* White board message center @entry for up-to-date area events (not just West Boylston's)
- \* Platform/stage area at one end of the multipurpose room
- \* Health/medical office
- \* Operable windows for natural lighting
- \* Parking spaces at maximum width -10'
- \* Outdoor spaces to include patio, walking paths, gardens
- \* A 'green' building

The COA's next step is to take everyone's ideas and to work with an architect to complete preliminary plans. From there, we will have construction costs to present to the town, (by the fall meeting) . We know that there is a lot of work ahead of us, but the need is great for this town of West Boylston. Expect to see the Council on Aging board members talking everyone's ear off and passing along much information on this project!

Again, thank you everyone for your support. *Lisa*

## ONLINE LEARNING CLASS

**Tuesdays – July 26, August 2nd & 9th**

**10:00-11:00 am**

Mary Lou Russell has a passion for learning. Since retiring 10 years ago, the 79-year-old former grant maker has taken more than a dozen classes on subjects including classical music and appreciating Andy Warhol. She has attended most of her classes from her living room. Have you ever wanted to pursue an interest? Learn how with online classes. Our teacher will show you where to find resources and set up a class. Often free, many of these classes take online learning a step further and provide interactive video features like mini quizzes and student discussion forums.

Register at 508-835-6916

*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.*





**SUMMER FUN BINGO**  
**Thursday– August 11, 2016 1:00 pm**

Just for some summer fun...come and play BINGO and have some lemonade! Sponsored by the center itself, this is a free event. Prizes will be given for each game.

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.



***IN HONOR OF INDEPENDENCE DAY***  
***FLAG ETIQUETTE– Did you know?***

- The American flag should be raised briskly and lowered slowly and ceremoniously. Ordinarily it should be displayed only between sunrise and sunset. It should be illuminated if displayed at night.
- When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms.
- The flag should not be used as a drapery, or for covering a speaker's desk, draping a platform or for any decoration in general.
- When carried in a procession, the flag should be to the right of the marchers. When other flags are carried, the flag of the US may be centered in front of the others or carried to their right. When the flag passes in a procession, or when it is hoisted or lowered, all should face the flag and salute.

***ASK AN ATTORNEY***  
**Tuesday – July 12, 2016**  
***(not available in August)***  
**9:00 – 10:00 am**

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



***SIX TINY STORIES WITH GREAT MEANINGS:***

{1} Once all villagers decided to pray for rain. On the day of prayer, all the people gathered. Only one boy came with an umbrella.

That's FAITH

{2} When you throw a baby in the air, she laughs because she knows you will catch her.

That's TRUST

{3} Every night we go to bed, without any assurance of being alive the next morning, but still we set the alarms to wake up.

That's HOPE

{4} We plan big things for tomorrow, in spite of zero knowledge of the future.

That's CONFIDENCE

{5} We see the world suffering, but still we get married and have children.

That's LOVE

{6} On an old man's shirt was written a sentence "I am not 90 years old ... I am sweet 16 with 74 years experience!"

That's ATTITUDE



**“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.

***DO YOU LIKE TO WRITE LETTERS?  
How about becoming a “PEN PAL”***

The girl scout troop that the center has partnered with, is growing! We need more people who would like to connect with these young ladies. The Pen Pal program starts in the fall and ends in May with a meet and greet celebration. The small amount of time this takes, gives back so much more for all involved. If you are interested, please call the center at 508-835-6916 to sign up!



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



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

## ***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.

***"Today is a most unusual day, because we have never lived it before; we will never live it again; it is the only day we have." - William Arthur Ward***

### ***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.

# TO YOUR GOOD HEALTH...

## ***MAXIMIZE YOUR MENTAL HEALTH***

**July 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> - 1:00-2:00pm**

Mental Illness is any condition that affects the way you feel or think. It can impact your physical health, and ability to function. It is **not** something to be ashamed of. With lifestyle changes such as retirement, loss of friends or family, changes in residences, and health problems, some people may experience mental illness. With awareness, treatment and prevention are possible. Visit with a local nurse to learn about this serious issue in a fun way. You will be given tools to identify, prevent, and treat mental illness. This will be a 3-session interactive class with hands on activities, not just lecturing. Join us to improve your quality of life and help those you love as well!

Call the Senior Center to register 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 – July 6 & August 3  
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!

## ***SHINE COUNSELING***

**Friday – July 15 & August 19  
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

## ***VISITING DENTAL ASSOCIATES***

We have available in this area a Public Health Dental Hygienist that is able to deliver services directly to you. Services include: dental cleanings, denture screenings, fluoride treatments, dental sealants and even portable digital x-rays! The hygienist can refer you to a dentist as well. They accept Mass Health and private pay. If there is interest, the senior center will have the PH Dental Hygienist visit for appointments. Please call 508-835-6916 for more info or to express your interest.

## Winners of the Father's Day Basket Give Away

Lucky Rich Dainis won the "Breakfast in Bed" basket and one of our volunteers won the "Wash the Car" basket! Keep watching the newsletter to see when our next giveaway is!



## Senator Chandler visits the West Boylston Senior Center

Ms. Chandler was gracious to take the time to visit the center to answer questions and meet seniors of West Boylston.



## SAORI WEAVING

We were thrilled to be to have Mihoko Wakabayashi owner of Saori Worcester to visit West Boylston as part of a cultural grant. She taught the history and meaning of Saori weaving and then let participants experience and create their own! This art form is easy for everyone and lets each person's individuality come forth.





### **“GO THE DISTANCE” STATE WALKING CHALLENGE 2016**

We had a great turn out for this year’s challenge and once again the weather was perfect! Thank you to Oriol Health Care for bringing the water and snacks. Hope that our West Boylston residents win the state raffle prizes!



# TRAVEL CORNER



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

## **THE QUABBIN FOLIAGE TOUR – Tuesday, October 4, 2016**

Start this trip by travelling to the Quabbin Reservoir where we'll be joined by a tour guide who will take us throughout the Quabbin and learn the fascinating history of this treasure and why after 9/11 areas are closed off. Then we'll lunch at the outstanding Salem Cross Inn, followed by a trip to Brookfield Orchards and ending at Smith's Country Cheese Shop. Depart at 9:00 am and return by 5:00 pm after a delightful fall day. \$72/pp, driver gratuity not included. Reservations & payment by 9/12/2016.



## **COLLETTE TOURS-**

### **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

- Jul 10 (Sun) **Boston Pops at Tanglewood with Seth MacFarlane/Sunday Brunch (waiting list) \$139.00**
- Jul 30(Sat) **Plymouth, MA Whale Watch \$ 99.00**
- Aug 20(Sat) **Portland, Maine, Rail & Sail \$110.00**
- Oct. 1 (Sat) **Friesians of Majesty & lunch, Vermont \$99.00**
- Nov 05 (Sat) **Cranberries, Chocolates, Lunch & Wine, Wareham & Westport MA \$92.00**

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



# JULY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 <b>BBQ CHICKEN</b> 10:00a Wii BOWLING	2
3	4 <b>CLOSED</b>	5 <b>BEEF STEW</b> 10:00a EXERCISE LOW IMPACT. 1:00p LEARN POOL	6 <b>CHICKEN MURPHY</b> 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	7 <b>SALISBURY STEAK</b> 10:00a EXERCISE LOW IMPACT 1:00p BINGO	8 <b>VEGETABLE CHEESE BAKE</b> 10:00a Wii BOWLING	9	
10	11 <b>PASTA PRIMAVERA</b> 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	12 <b>MEATBALLS W/ GRAVY</b> 9:00 a ASK AN ATTORNEY 10:00a EXERCISE LOW IMPACT. 1:00p LEARN POOL	13 <b>TURKEY CAPE COD SAND</b> 1:00p CARDS	14 <b>CHICKEN FAJITAS</b> 10:00a EXERCISE LOW IMPACT 1:00p BINGO 1:00p HEALTH CLASS	15 <b>FISH W/ CRUMB TOPPING</b> 9:00a SHINE 10:00a Wii BOWLING 1:00p Wii BOWLING TOURNAMENT	16	
17	18 <b>HOT DOG ON BUN</b> 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	19 <b>CHICKEN SAUSAGE JAMBALAYA</b> 10:00a EXERCISE LOW IMPACT 12:30p ICE CREAM SOCIAL. 1:00p LEARN POOL	20 <b>SALMON BOAT</b> 11:00a SECOND CHANCE ANIMAL PROGRAM 1:00p CARDS	21 <b>BEEF MEDITERRANEAN</b> 10:00a EXERCISE LOW IMPACT 10:00a TECH THURSDAY 1:00p BINGO 1:00p HEALTH CLASS	22 <b>ROAST BEEF SAND</b> 10:00a Wii BOWLING	23	
24/31	25 <b>ROAST PORK</b> 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	26 <b>SHEPHERD'S PIE</b> 10:00a EXERCISE LOW IMPACT 10:00a ONLINE LEANING CLASS 1:00p LEARN POOL	27 <b>BACON OMELET</b> <b>LOBSTER BAKE TRIP</b> 1:00p CARDS	28 <b>CHICKEN CACCIATORE</b> 10:00a EXERCISE LOW IMPACT 1:00p BINGO 1:00p HEALTH CLASS	29 <b>POTATO CRUNCH FISH</b> 10:00a Wii BOWLING	30	



# AUGUST 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	2 10:00a EXERCISE LOW IMPACT 10:00a ONLINE LEARNING 1:00p LEARN POOL	3 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	4 10:00a EXERCISE LOW IMPACT 1:00p BINGO	5 10:00a Wii BOWLING 10:00a SEN. CHANDLER VISIT	6
7	8 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	9 10:00a EXERCISE LOW IMPACT 10:00a ONLINE LEARNING 1:00p LEARN POOL	10 1:00p CARDS	11 10:00a EXERCISE LOW IMPACT 1:00p SUMMER FUN BINGO Sponsored by the Center	12 10:00a Wii BOWLING	13
14	15 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	16 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL	17 1:00p CARDS	18 8:30a PODIATRY CLINIC 10:00a EXERCISE LOW IMPACT 10:00a TECH THURSDAY 1:00p BINGO	19 9:00a SHINE 10:00a Wii BOWLING 1:00p Wii BOWLING TOURNAMENT- STERLING	20
21	22 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	23 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL	24 1:00p CARDS	25 10:00a EXERCISE LOW IMPACT 1:00p BINGO	26 10:00a Wii BOWLING	27
28	29 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	30 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL	31 1:00p CARDS	<p>There was no August lunch menu available at time of printing. Please call the center for information.</p>		