

JUNE

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.



Father's Day

*I don't care how poor a man is; if he has family, he's rich. ~M*A*S*H, Colonel Potter*

Flag Day

You're a grand old flag, You're a high flying flag and forever in peace may you wave.

George M. Cohan

Summer begins June 21st

I drifted into a summer nap under the hot shade of July, serenaded by a cicadae lullaby, to drowsy-warm dreams of distant thunder. ~Terri Guillemets

TECH THURSDAYS

Thursday– June 16, 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.



BEMIS FARMS

MOSQUITO CHASER WORKSHOP

Wednesday – June 22, 2016 1:00 pm

You've seen them on Pinterest, those plants that allegedly keep the blood suckers at bay if you plant a few around the patio. While it doesn't quite work that way, the plants used in this pot create oils that repel insects naturally, without artificial chemicals. You just need to crush some leaves and rub the oil on your skin.

When did a can of "OFF!" ever look so good?

Tina of Bemis Farms Nursery in Spencer will help you create this Summer flower outdoor pot.

Call the Senior Center (508 835-6916) to make reservation.

Cost \$15

VISIT WITH SENATOR HARRIETT CHANDLER

Friday– June 3, 2016 10:-00 am

Senator Chandler will be visiting the West Boylston Senior Center on this morning. Please feel free to come by to say hello and talk with your state senator.

DIRECTOR'S CORNER

~ Lisa

The New Senior Center

If the longest journey starts with but a single step, West Boylston residents recently took that step on our journey toward a new Senior Center at Town Meeting. At the town meeting on May 16, 2016 funding was approved for initial engineering studies, conceptual drawings and cost estimates for senior center to be built on town owned land.

With that step behind us, the real work for all of us has just begun. On June 6, 2016, from 3:30 - 5:30 pm, everyone is invited to a meeting at our current senior center to try to define what we would like, and what we would need in our new center. Please take this opportunity to let us know exactly how YOU feel. Of course, we all have to keep in mind that whatever we need and want may not be the final word in what is built. Those decisions will be made by the architect, subject to the approval of the Facilities Implementation and Strategic Planning committee.

In the meantime, each one of us can help spread the word by speaking favorably about the new center to one new person each week. By doing that, by the time the new center is voted (October Town Meeting?) support for the center will grow and grow.

Older Adults are “Blazing a Trail”

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted and include influential roles in the nation's (and West Boylston's!) economy, politics and the arts. From 69 year old NASA Administrator Charles Bolden, Jr. to 83- year old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of life by reinventing themselves through new work, new passions and engaging their communities. This year of 2016 marks the first time that members of the baby boomer generation will turn 70 years of age. The “Boomer” generation numbers 76 million in America, while the following generation of “Generation X” number 55 million. Think of the positive impact these older adults can have on others!

So believe in yourself and your value for it is important. Find ways to get out and mix with others, pursue activities where you are likely to meet people (of any age) who share your interests, Blaze a Trail!

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.



20th Annual Senior Art Exhibit

The Secretary of the Commonwealth of Massachusetts, William Francis Galvin, is pleased to announce the 20th Annual Senior Art Exhibit. The theme for 2016 is “Paint Your Favorite Memory” and is open to all citizens age 62 and older. The deadline for entries is July 1, 2016 and must be mailed or delivered to his office. An Annual Award Ceremony will be held at the Commonwealth Museum at a date to be announced. At the time of the ceremony, artwork may be retrieved. If an artist is unable to attend, his office will return their artwork to them. For more information and authorization paper, please come to the West Boylston Senior Center.

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.



Get Ready to Walk 1 Mile!
Saturday, June 11, 2016 at 10:00 am
West Boylston Middle School/High School Track



Second Annual
“GO THE DISTANCE” STATE WALKING CHALLENGE
OF THE MASSACHUSETTS ASSOCIATION OF COUNCILS ON AGING
AND SENIOR CENTERS

We had so much fun doing this last year that we're doing it again.
One of our West Boylston residents even won one of the state raffle prizes!

All walkers who complete the distance will earn a
certificate and be entered into a statewide prize raffle.

Register at 508 835-6916. There will be food! and giveaways!

ASK AN ATTORNEY
Tuesday – June 14, 2016
9:00 – 10:00 am

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



SMILE:



I very quietly confided to my best friend that I was having an affair. She turned to me and asked, “Are you having it catered?” And that, my friend, is the sad definition of “Old”!

It’s scary when you start making the same noises as your coffee maker.



**“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

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



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

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.

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.

SENIOR CITIZEN DAY ***WHITTIER FARMS– SUTTON, MASSACHUSETTS*** ***Wednesday– June 15, 2016 10:30 am***

Join the owners for a special tour of the farm and a cookout lunch.

Menu: Hot Dogs, Hamburgers, Potato Salad, Pasta Salad, Ice Tea & Lemonade
\$6.00/per person

Reservations are recommended for this event, especially for groups and can be made by calling 508-865-1096
Transportation is on your own.





Winners of our Mother's Day/May Day
Basket giveaways



CONGRATULATIONS TO: JANET
COSGROVE, GAIL FRENCH,
KAREN PERRONE & ALBERTA JOHNSON!
BASKETS WERE MADE BY OUR CREATIVE ILENE
BURKE AND MARILYN SINIBALDI WITH THE THEMES
OF SPRING GARDEN, ITALIAN DINNER, COLORFUL
PATIO AND WELCOME NEWCOMER.

THE NEXT GIVEAWAY IS JUNE 15TH.



Marie Leonard and her
girl scout pen pal at
their recent "Tea and
Etiquette Party". The
food was made by the
girl scouts themselves!



The Burlap Wreath workshop
sponsored by Oriol Health Care
was a big success! This free
event taught by Deb Osipov
showed participants how to
make these fun wreaths in no
time. Great idea for gifts!



TO YOUR GOOD HEALTH...



***BLOOD PRESSURE CLINIC/
ASK THE NURSE***
Wednesday– June 1, 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!

SHINE COUNSELING
Friday– June 17, 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

PODIATRY CLINIC
Thursday – June 9, 2016
9:00-11:00 am



Please call the center to schedule your appointment. 508-835-6916

FREE SKIN CANCER SCREENING
Saturday– June 11, 2016 8:00 am– 12:00 noon

UMass Memorial Medical Center– Hahnemann Campus
Dermatology Clinic, 4th Floor
281 Lincoln St, Worcester

For an appointment, call 508-344-5928 on Tuesday, June 7th or on Wednesday, June 8th between 9:00am-1:00pm. Free Parking Walk-ins Welcome

SPONSORED IN PART BY A GRANT FROM THE WEST BOYLSTON CULTURAL COUNCIL, A LOCAL AGENCY, WHICH IS SUPPORTED BY THE MASSACHUSETTS CULTURAL COUNCIL, A STATE AGENCY, AND THE FRIENDS OF THE COA.

SAORI WEAVING

WEST BOYLSTON SENIOR CENTER



Saori Bridges At Elm Park

SUNDAY, JUNE 12, 2016

1:00-4:00 pm

Presented by

Mihoko Wakabayashi

of Saori Worcester

SAORI is free style weaving by hand dedicated to free expression for everyone, regardless of physical or mental ability, age, or artistic aptitude.

Colors open up, designs appear, and beauty grows from each person's individuality working with a loom and thread.

Learn about the history and meaning of Saori weaving.

Enjoy a demonstration and have the opportunity to experience this fun and easy art form as Mihoko will have looms for all to try. Children will be able to make and take a bracelet.

Call Senior Center for
more info 508-835-6916



TRAVEL CORNER



West Boylston Senior Center presents...

WILSON BUS TOURS-

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.

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

Bus trips for the over 50 traveler

- Jun 25 (Sat) **Crane Estate, Essex & Ipswich TBA**
- 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.





JUNE 2016

July 2016						
Su	Mo	Tu	We	Th	Fr	Sa
					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	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BEEF & BEAN CHILI 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	2 PORK RIB-I-QUE 10:00a EXERCISE LOW IMPACT 1:00p BINGO	3 PASTRAMI SAND & SOUP 10:00a Wii BOWLING 10:00a SEN. CHANDLER VISIT	4
5	6 BEEF JARDINERE 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	7 HOT DOG ON BUN 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	8 ROAST BEEF SAND & SOUP 1:00p CARDS	9 GARLIC HERBED CHICKEN 9:00a PODIATRY 10:00a EXERCISE LOW IMPACT 1:00p BINGO	10 BEEF & BROCCOLI 10:00a Wii BOWLING	11 10:00a ONE MILE WALK CHALLENGE.
12 1:00p SAORI WEAVE EVENT	13 BEEF BURGUNDY 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	14 CHICKEN PARMESAN 9:00 a ASK AN ATTORNEY 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	15 ALASKAN SALMON W/DILL 12:30p FATHER'S DAY BASKET GIVEAWAY @ LUNCH 1:00p CARDS	16 SWEDISH MEATBALLS 10:00a EXERCISE LOW IMPACT 10:00a TECH THURSDAY 1:00p BINGO	17 AMERICAN CHOP SUEY 9:00a SHINE 10:00a Wii BOWLING 1:00p Wii BOWLING TOURNAMENT-STERLING	18
19 HAPPY FATHERS DAY	20 CHEESE & SPINACH OMELET 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	21 ROAST TURKEY W/ GRAVY 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	22 HERB ROASTED PORK 1:00p CARDS 1:00p BEMIS FARMS WKSHP	23 SPAGHETTI & MEATBALLS 10:00a EXERCISE LOW IMPACT 10:00a RED SOX TRIP 1:00p BINGO	24 LEMON THYME CHICKEN 10:00a Wii BOWLING	25
26	27 CHICKEN SALAD SAND & SOUP 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	28 MEATLOAF & GRAVY 9:45a EXERCISE LOW IMPACT 1:00p LEARN POOL	29 MACARONI & CHEESE 1:00p CARDS	30 BEEF W/ PEPPERS & ONIONS 10:00a EXERCISE LOW IMPACT 1:00p BINGO		