

MARCH

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.



In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours. ~Mark Twain
(He must have been talking about New England!)

Don't' Forget!

**World's Shortest St. Patrick's Day Parade
Sunday March, 20, 2016**



***CELEBRATING ST. PATRICK'S DAY
@ THE WEST BOYLSTON SENIOR CENTER
March 17, 2016 12:30***

Everybody is Irish on St. Patrick's Day!
Come enjoy a Mocktail Party at the center with Shamrock Shakes, Mint Juleps and green eggs & ham (Not really!) but we will have yummy green treats.

Please RSVP at 508-835-6916

FLOWER ARRANGEMENT CLASS

Friday– March 18, 2016

1:00 pm

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



SENIOR SAFETY PROGRAM

Monday– March 28, 2016

11:00 am

A representative from the Massachusetts Office of Consumer Affairs will present this program with a specific focus on credit card skimming devices. Come to learn tips on how to spot these skimming devices found at gas stations, ATMs and cash registers. The presentation will also include information about the Consumer Affairs Office and what they do.

Please call to register your attendance.

508-835-6916



DIRECTOR'S CORNER

Greetings 2016 From Lisa

Combating Ageism

It's no secret that our culture in North America tends to be quite ageist. Generally speaking, as we grow older, this society treats the older adults with less dignity and respect. Media and marketing exemplify this bigotry attitude. We're removed from our jobs in favor of someone younger and less-experienced; we're told we need to buy anti-wrinkle cream and dye our hair to hide the grey, and that we're not as desirable as we once were. It seems that

attitude pertains to our own senior center. People have said they don't want to come because it means that they are "old". I guess they envision that the people who do visit the center sit around knitting and talk about their aches and pains. I can tell you that the people who come to the West Boylston Senior are not "old".

They come to participate, to gain and to pursue. Our place is a hub for connections and though we don't offer as much as we want to or need to, we are working on it.

Aging is not lost youth but a new stage of opportunity and strength.— Betty Friedan

BAKE SALE

FRIENDS OF THE WEST BOYLSTON SENIOR CENTER

March 1, 2016– Election Day

The Friends are sponsoring a bake sale during the presidential primary day from 10:00 am– 4:00 pm to help fund a new senior center. There will be homemade baked goods, candies and other treats. While you are out voting, stop by their booth and give your support !

Volunteers needed to bake and/or work at the table.

CoChairs: Barbara Deschenes and Marie Leoanrd

**For more information and to volunteer contact:
Barbara Deschenes at 508 835-6628**



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.

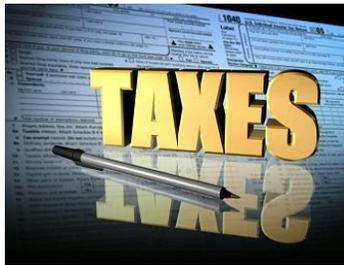
If you move, could you please let us know as the postal service does not forward the newsletters. This would be greatly appreciated.



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– March 8, 2016** **9:00– 10:00 am**

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



**“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.



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.



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

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



SMILE:



Having a bad day?

There I was sitting at the bar staring at my drink when a large, trouble-making biker steps up next to me, grabs my drink and gulps it down in one swig.

“Well, what are you gonna do about it?” he says menacingly. Then I burst in tears.

“Come on man,” the biker says, “I didn’t think you’d CRY. I can’t stand to see a man crying.”

“This is the worst day of my life,” I say. “I’m a complete failure. I was late to a meeting and my boss fired me. When I went to the parking lot, I found my car had been stolen and I don’t have any theft insurance. I left my wallet in the cab I took home where I found my wife in bed with another man and then my dog bit me.

So I came to this bar to work up the courage to put an end to it all, I toss down three drinks in a row, then I buy another. I drop a capsule in and sit here watching the poison dissolve. Then you show up and drink the whole thing! But enough about me. How are you doing?”

“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**

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...

AQUATICS PHYSICAL THERAPY

Tuesday– March 8, 2016 10:00 am

Have you ever wondered what Aquatic Physical Therapy is all about and how it can assist in the recovery process from various injuries and orthopedic conditions? Kim Barrow, MS, PTA CSCS from Greendale Physical Therapy will talk about what orthopedic and neuromuscular conditions can be treated in an aquatic environment. She will bring equipment she uses in the pool with her patients to make the exercises more challenging.. Come learn more about the therapeutic principles of water and how it can help you or someone you know function better with less pain and stiffness.

Please register at 508-835-6916.



BLOOD PRESSURE CLINIC/

ASK THE NURSE

11:30 am-12:30 pm

Wednesday- March 2, 2016

SHINE COUNSELING
Friday– March 18, 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

Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250



PODIATRY CLINIC
Thursday– March 31, 2016

Please call to schedule your appointment 508-835-6916



HEALTHY LIVING FOR YOUR BRAIN AND BODY

Thursday– March 24, 2016

10:00 am

An education program by the Alzheimer's Association– For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research and to use hands-on tools to help you incorporate these recommendations into a plan. Please RSVP to the center 508-835-6916



BrainFood

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

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

June 24 (Fri) – Crane Estate, Essex & Ipswich TBA

Jul 30 (Sat) – Plymouth MA Whale Watch \$99.00

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

Valentine's Ice Cream Social sponsored by the staff at the West Boylston Senior Center



Not only did attendees get great ice cream, basket goodies made by our friends Marilyn and Ilene were given away.



Joan M. was the winner of our sports basket just in time for Superbowl Sunday!



MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>BEEF MEDITERRANEAN</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p LEARN POOL</p>	<p>2</p> <p>HOT DOG ON BUN</p> <p>10:30a ART W/ ELAINE</p> <p>11:30a BLOOD PRESSURE</p> <p>1:00p CARDS</p>	<p>3</p> <p>PASTA PRIMAVERA</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p BINGO</p>	<p>4</p> <p>SALMON W/DILL SAUCE</p> <p>10:00a Wii BOWLING</p>	5
6	<p>7</p> <p>ROAST PORK W/ GRAVY</p> <p>10:30a GYPSY DANCING</p> <p>12:45p CHAIR YOGA</p> <p>1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS</p>	<p>8</p> <p>SHEPHERD'S PIE</p> <p>9:00a ASK AN ATTORNEY</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>10:00a AQUATICS INFO</p> <p>1:00p LEARN POOL</p>	<p>9</p> <p>BACON OMELET</p> <p>10:30a ART W/ ELAINE</p> <p>1:00p CARDS</p>	<p>10</p> <p>CHICKEN CACCIATORE</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p BINGO</p>	<p>11</p> <p>POTATO CRUNCH FISH</p> <p>10:00a Wii BOWLING</p>	12
13	<p>14</p> <p>CHICKEN MORNAVY</p> <p>10:30a GYPSY DANCING</p> <p>12:45p CHAIR YOGA</p> <p>1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS</p>	<p>15</p> <p>POT ROAST STEW</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p LEARN POOL</p>	<p>16</p> <p>TURKEY CAPE COD SANDWICH & SOUP</p> <p>10:30a ART W/ ELAINE</p> <p>1:00p CARDS</p>	<p>17</p> <p>CORNED BEEF</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>12:00p ST PAT'S MOCKTAIL PARTY</p> <p>1:00p BINGO</p>	<p>18</p> <p>MACARONI & CHEESE</p> <p>9:00a SHINE</p> <p>10:00a Wii BOWLING</p> <p>1:00p FLOWER ARRANGE CLASS</p>	19
20	<p>21</p> <p>PORK RIB-I-QUE</p> <p>10:30a GYPSY DANCING</p> <p>12:45p CHAIR YOGA</p> <p>1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS</p>	<p>22</p> <p>BUTTERMILK CHICKEN</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>11:00a AGE MASTERY PROGRAM INFO</p> <p>1:00p LEARN POOL</p>	<p>23</p> <p>BAKED HAM</p> <p>10:30a ART W/ ELAINE</p> <p>1:00p CARDS</p>	<p>24</p> <p>BBQ CHICKEN</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>10:00a ALZHEIMER'S HEALTHY EATING</p> <p>1:00p BINGO</p>	<p>25</p> <p>ROAST BEEF SANDWICH & SOUP</p> <p>10:00a Wii BOWLING</p>	26
27	<p>28</p> <p>ROAST TURKEY</p> <p>10:30a GYPSY DANCING</p> <p>11:00a SENIOR SAFETY SEM</p> <p>12:45p CHAIR YOGA</p> <p>1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS</p>	<p>29</p> <p>MEATLOAF & GRAVY</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p LEARN POOL</p>	<p>30</p> <p>GARLIC HERBED CHICKEN</p> <p>10:30a ART W/ ELAINE</p> <p>1:00p CARDS</p>	<p>31</p> <p>BEEF & BROCCOLI</p> <p>8:00a PODIATRY CLINIC</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p BINGO</p>		