

# MAY

## 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.

HAPPY  
MOTHER'S  
Day!

### CLOSINGS FOR MAY

The West Boylston Senior Center will be closed May 30, 2016 in observance of Memorial Day.

There will be no transportation, no programs and no meals delivered.

*The brave die never, though they sleep in dust:*

*Their courage nerves a thousand living men. ~Minot J. Savage*

*The legacy of heroes is the memory of a great name and the inheritance of a great example. ~Benjamin Disraeli*



### **BURLAP WREATH CLASS** *Sponsored by oriol health Care* **Friday, May 13, 2016 – 11:00 am**

Even though it's a Friday the 13<sup>th</sup>, don't be superstitious! This is a FREE fun class to make an incredible wreath with burlap of all things!

Come by the center to see pictures of burlap wreaths that people have created. Register for the class at 508-835-6916. Seating is limited.

### **FLOWER ARRANGEMENT CLASS**

**Wednesday, May 25, 2016**  
**1:00 pm**

Herbert E. Berg Florists is offering this class with a Memorial Day theme. Call 508-835-6916 to reserve your seat. Cost \$10.00.



Not actual arrangement.

*If people like you, they'll listen to you, but if they trust you, they'll do business with you."- Zig Ziglar*

### **WORCESTER COUNTY SHERIFF'S OFFICE**

**@ the West Boylston Senior Center**  
**Thursday– May 26, 2016**  
**11:00 am**

### **“The Heroin Epidemic and Pain Medication”**

The Sheriff's office will provide much needed information on the current heroin/opioid epidemic found at our local level. Learn about how to identify potential drug users and the law enforcement strategic responses that are in place. Please call 508-835-6916 to register.



## DIRECTOR'S CORNER

~ Lisa

### WE CAN do this! But we need YOUR HELP!

By various accounts, a senior center has been a topic of discussion for the last fourteen years. Now is the time to carry this beyond the discussion stage and make it become a reality. The West Boylston Council on Aging and the seniors it serves need your backing. Although it is very gratifying to see how many programs and how much support the COA offers, especially considering our very modest facility on Hartwell Street, there is more that needs to be done.

Here's what you can do to help. The upcoming annual town meeting will include an article that requests funding for preliminary building plans for a new senior center to be built on land that has yet to be determined. (Town owned land was requested.) Once funds are approved, the Selectmen will issue a Request for Proposal (RFP) for an architect/engineer to do a study and draw up plans. By early summer, the selectmen should be able to award the contract to an architect. Once that architect completes plans (late summer) they will be used to determine building construction costs. From this point, the town will be able to start informational meetings to prepare for town meeting to approve borrowing for building the senior center. Having the funding article approved is an important first step! Please come to the town meeting and vote yes for funding building plans. The seniors of West Boylston deserve a home they can be proud of and the community will reap the benefits.

### Annual Town Meeting

**Monday-May 16, 2016 7:00pm West Boylston Middle School/High School**

#### ***AEROBIC FITNESS LINKED TO BIGGER MEMORY REGION IN BRAIN***

A new study from the medical journal "NeuroImage" provides more evidence that exercise boots brain size! Researchers reported that their brain-imaging studies revealed that participants who exercised on a treadmill were found to have a greater volume of the entorhinal cortex (functions as a hub in the network for memory and navigation) and also performed better on a memory test involving recognition. Previous studies have linked exercise to increased volume of the hippocampus in older adults; but now this new research suggest that fitness benefits extend even further in the brain.

Just another compelling reason to: **EXERCISE.**

And since the brain is bigger, keep that in shape with brain exercises: puzzles, word games, etc.

Check out these websites: [www.games.aarp.org](http://www.games.aarp.org)    [www.gamesforthebrain.com](http://www.gamesforthebrain.com)



*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

## **SAVE THE DATE!**

### **Get Ready to Walk 1 Mile!**

**June 11, 2016 at 10:00 am** at the West Boylston Middle School/High School

### **Second Annual**

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

OF THE KEEP MOVING WALKING CLUBS AND

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.





“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](mailto: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

***SMILE:***



A 65 year old woman had a heart attack and was taken to the hospital.  
While on the operating table she had a near death experience. Seeing God, she asked “Is my time up?”  
God said, “No, you have another 33 years, 2 months and 8 days to live.”  
Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair color and brighten her teeth!  
Since she had so much more time to live, she figured she might as well make the most of it.  
After her last operation, she was released from the hospital. While crossing the street on her way home, she was killed by an ambulance.  
Arriving in front of God, she demanded, “I thought you said I had another 33 years?  
Why didn’t you pull me out of the path of the ambulance?  
God replied, “I didn’t recognize you!”



***LINCOLN HERITAGE/  
FUNERAL ADVANTAGE PROGRAM  
Thursday– May 12, 2016  
10:00 am***

This is a Question and Answer opportunity to learn more about staying in control of your funeral planning, while protecting your loved ones from the emotional and financial burden. A representative from Lincoln Heritage will show you how the program works and answer your questions.  
Participants will also have the opportunity to be entered into a free raffle.  
Register at 508-835-6916



***ELDER COMMUNITY  
SERVICES PROGRAM***

Applications available for upcoming fiscal year.  
This program is open to resident property owners living in West Boylston who are at least 60 years of age. Eligible participants will receive up to \$1300 per year to be used to pay their property tax. This is in return for voluntary service at a town department, board or agency. The program runs on the fiscal year, thus all applications must be in by June 1<sup>st</sup>. to be considered. Income limitations are found on the application.



***SHREWSBURY SENIOR CENTER***

The Friends of the Shrewsbury Senior Center are planning a Craft Fair and Flea Market to be held on Saturday–  
May 14, 2016 from 9:00 am-  
2:00 pm. Crafters and flea market vendors (no sale of food or drink) are needed. To reserve a space, please contact the Shrewsbury Senior Center 508-841-8640

## 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.

TO YOUR GOOD HEALTH...



***BLOOD PRESSURE CLINIC/  
ASK THE NURSE***  
**Wednesday– May 4, 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– May 20, 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



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.***

## **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 5/15/2016.



## **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

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

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

July 10 (Sun) – **Boston Pops at Tanglewood** with Seth MacFarlane with Sunday brunch (waiting list) \$139.00

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

Aug 20 (Sat) – **Portland ME, Rail & Sail** \$110.00

Oct. 1 (Sat) – **Friesians of Majesty & lunch**, Vermont \$99.00

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



# MAY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>JAMBALAYA</b> 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	3 <b>MEATBALLS W/ ONION GRAVY</b> 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	4 <b>PORK CHOW MEIN</b> 10:30a ART W/ ELAINE 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	5 <b>STUFFED CHICKEN</b> 10:00a EXERCISE LOW IMPACT 12:30p BASKET GIVEAWAY 1:00p BINGO	6 <b>PASTRAMI SAND &amp; SOUP</b> 10:00a Wii BOWLING	7
8	9 <b>BEEF MEDITERRANEAN</b> 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	10 <b>HOT DOG</b> 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	11 <b>CHICKEN PRIMAVERA</b> 10:30a ART W/ ELAINE 1:00p CARDS	12 <b>SALMON BOAT</b> 10:00a EXERCISE LOW IMPACT 10:00a FUNERAL ADVANTAGE 1:00p BINGO	13 <b>LASAAGNA</b> 10:00a Wii BOWLING 11:00a BURLAP WREATH WORKSH	14
15 3:30p GIRL SCOUT PENPAL BADGE PARTY	16 <b>ROAST PORK W/ GRAVY</b> 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	17 <b>SHEPHERD'S PIE</b> 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	18 <b>BACON OMELET</b> 10:30a ART W/ ELAINE 1:00p CARDS	19 <b>BBQ CHICKEN</b> 10:00a EXERCISE LOW IMPACT 1:00p BINGO	20 <b>POTATO CRUNCH FISH</b> 9:00a SHINE 10:00a Wii BOWLING	21
22	23 <b>EGG SALAD &amp; SOUP</b> 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	24 <b>POT ROAST STEW</b> 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	25 <b>TURKEY A LA KING</b> 10:30a ART W/ ELAINE 1:00p CARDS 1:00p FLOWER ARRANGE CLASS	26 <b>MEATLOAF &amp; GRAVY</b> 10:00a EXERCISE LOW IMPACT 11:00a SHERIFF'S SEMINAR- HEROIN EPIDEMIC 1:00p BINGO	27 <b>ROAST BEEF SAND &amp; SOUP</b> 10:00a Wii BOWLING	28
29	30 <b>CLOSED FOR HOLIDAY</b>	31 <b>BUTTERMILK CHICKEN</b> 9:45a EXERCISE LOW IMPACT 1:00p LEARN POOL				