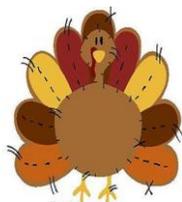


WEST BOYLSTON SENIOR CONNECTION

2016

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Happy Thanksgiving

CLOSINGS FOR NOVEMBER

The West Boylston Senior Center will be closed November 11, 2016 in observance of Veteran's Day and November 24th & 25th for Thanksgiving. There will be no transportation, no programs and no meals delivered.

If the only prayer you said in your whole life was, "thank you," that would suffice. ~Meister Eckhart

HOLIDAY CRAFTS CLASS

Tuesday– November 15, 2016 10:00 am



In the mood for being creative and having fun. We are having a make your own holiday craft decoration class at the center. Save your paper towel/toilet paper rolls and bring them in to make these ornaments.

Everything else will be supplied.

FLOWER ARRANGEMENT CLASS

**Thursday– November 17, 2016
1:00 pm**

What else but a "Thanksgiving" theme! No, it won't be in the shape of a turkey! Call 508-835-6916 to reserve your seat. Cost \$12.00.



THANK YOU BREAKFAST FOR VETERANS

Friday– November 11, 2016 9:00 am-11:00 am

The staff and volunteers at the West Boylston Senior Center were thrilled to be able to serve the veterans of our town last year, so we are doing it again!

Veterans please come by the center for coffee, breakfast and heartfelt gratitude.

RSVP at 508-835-6916.

Please note that Town Offices are officially closed on this day, however the senior center is open for this special event only.

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

DIRECTOR'S CORNER

Well, it has been a wonderful autumn thus far, cool mornings, warm days and a little color here and there thanks to some much needed rain. As much as I don't wish to even think about "cold" "snow" and "winter" we should prepare, so....It's that time of year again to update our list of residents who would need a well-being check in the event of severe weather, or unforeseen emergency such as loss of electricity for more than 24 hours. For anyone on oxygen or other life-sustaining equipment, this should be a must. Please note that this is NOT an RUOK well-being check. Call the senior center 508-835-6916 to be added to the list.

Update on the Senior Center project:

Our progress slowly continues. The architect has been chosen for working on the preliminary/conceptual plans for the new senior center. The firm is Catlin+Petrovick Architects who have many years of experience designing senior centers throughout Massachusetts. The COA Board feels that we are in good hands with such a knowledgeable firm. Once the conceptual plans are completed, we will have our own special town meeting (hopefully very soon). It is at this meeting that we will ask for funding "bid document" plans that will provide costs for a new senior center. Yes, everything costs money and today's expenditures will only become more costly in the future. Municipal debt is being retired and West Boylston is at the enviable point where incurring new long-term debt to fund needed capital expenditures is reasonable. Thank you so much for your continued support.

Lisa

CRAFT MORNING WITH VIOLA

Mondays 9:30 AM



Viola is continuing with her craft class! All you have to do is bring whatever item you want to decorate (sneakers, tote bags, T-Shirts) and Viola will help you create! She has some great "Autumn" ideas. Class fee \$10.00



CAMERA WORKSHOP
Thursday – November 10, 2016
10:00-11:00 am

Get to know your camera better! An instructor will be here to help you one-on-one. He will help you improve your pictures, operate your camera, and save and send them. Discover your artistic talents.
Call 508-835-6916 for info.

INCLEMENT WEATHER POLICY

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.

TECH THURSDAYS
Thursday – November 17, 2016
10:00-11:00 am



Every third Thursday we will be holding a Technology & Learning session. David, a local technology consultant, will be available at the center to answer your questions. Bring your portable devices for help & basic troubleshooting. This will now be a “First come, first serve “ set up.



LAWN RAKING/SNOW SHOVELING

If there are seniors who are in great need of assistance with outside chores such as leaf raking and snow shoveling, we are partnering with the West Boylston High School National Honor Society students. You can call the center to be put on a list and we will forward it to the principal. This ensures privacy for both seniors and students. All tasks would be completed outside.

NEW! HEALTHWAYS SILVER SNEAKERS FITNESS CLASS
Tuesdays 11:15 am-12:15 pm

Led by a Certified personal trainer– Already exercising? Here’s why you should do this class: beat boredom, break through plateau’s, build new muscles. The human body adapts to exercise routines in as little as 2 weeks. Do something new!

ONLINE LEARNING COURSE: HOLLYWOOD: HISTORY, INDUSTRY, ART
New Start Date ! Fridays– November 4, 2016* 1:00 pm

We are experimenting in online learning at the center!

In this course you will learn about Hollywood and how it came to be the global powerhouse of today.

The course will chronicle Hollywood’s growth and reach since the 1920’s. It will be a learning experience rich with film clips, interviews, archival material, and interactive opportunities.

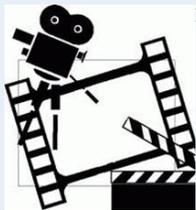
The course will be entirely self-paced and on-demand.

You will look closely at representative studios and filmmakers.

This is a great way to connect with others while learning and having fun.

We have the course syllabus at the center if you want to check it out.

Call the center for more information 508-835-6916.



**Additional meetings to be determined by group.*



NEW YEAR’S PARTY
Wednesday – December 28, 2016 12:00 pm

The Friends of the Council on Aging are sponsoring a New Year’s Eve luncheon for West Boylston Seniors at Cheoy Lee’s Restaurant. Tickets will go on sale December 1, 2016 at the senior center. Tickets will be sold on a first come first served basis, no advanced sales, no phone orders, pay at the time you receive your ticket. Cost \$5.00. Seating is limited!



NEW! TAI CHI CLASS
Friday's 2:00-3:00 pm

Our trial class was a huge success! I am happy that we will be able to offer this at the center as long as we have the interest. Join us for Tai Chi — a study in grace and balance, meditation in motion, a method of increasing flexibility and ease of motion, and a great stress reliever besides. Whatever your reason for coming, we know you will enjoy taking a quiet hour with an expert teacher as you learn to move your body the way it was meant to move. Cost \$3.00

ASK AN ATTORNEY
Tuesday – November 1, 2016
9:00 – 10:00 am

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



COAT DRIVE

Keep up the good work! Many of you have donated great coats for this drive.
Let's show the Sheriff's Office how wonderful the people of West Boylston are!



SMILE:

Why can't you take a turkey to church?
They use FOWL language.

Why was the Thanksgiving soup so expensive?
It had 24 carrots.

What happened when the turkey got into a fight? He got the stuffing knocked out of him!

What did baby corn say to mama corn? Where's popcorn?

If any kind souls would like to help with the following, it would be very much appreciated:

Styrofoam Coffee Cups
Hard Candies
Lysol Wipes
Thank you!

NEWS FROM MASS DEPARTMENT OF TRANSPORTATION

The Registry of Motor Vehicles is introducing the “next generation” of Massachusetts drivers’ licenses and identification cards. Here are some important facts you should know:

- Beginning July 24, 2016, all drivers’ licenses and ID cards will be produced using the new design.
- Both the current and new card designs will be in circulation throughout the transition period (approximately 5 years).
- Current cards will be phased out through the normal renewal process – no need to rush to the RMV.

The new licenses and ID cards contain a new design along with advanced security features:

- Tactile feature-raised lettering similar to a credit card
- Laser technology (making duplication difficult)
- Distinct and innovative design highlighting the history of Massachusetts



**“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



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.

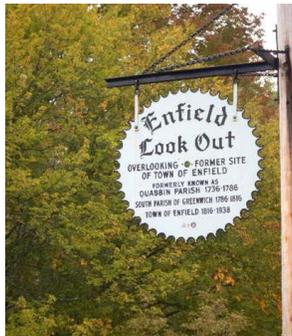


We now post our monthly newsletter online! You can find it under the Town of West Boylston website-Council on Aging department. And it is in color! If you would prefer to access it online and not receive the paper mailing, please let us know so that we can take you off the mailing list. If you move, could you please let us know as the postal service does not forward the newsletters. This would be greatly appreciated.





ORIOLE HEALTH OAKDALE COOKOUT



QUABBIN FOLIAGE TRIP



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

TRAVEL CORNER



The Happy Travelers

Bus trips for the over 50 traveler

Gladys Merrow (508) 835-4312 or email glady2@verizon.net

	Per Person
Dec 11 (Sun) Stocking Stuffer Tour & Bright Nights Christmas Lights (started a second bus)	\$ 99.00
Mar 17, 2017 Mystery Tour, New England city, lunch, morning/afternoon attractions	89.00
Apr 8, 2017 "Once" musical, Palace Theater, Waterbury, CT, lunch @ Curtis House	139.00
May 13, 2017 Albany, NY Tulip Festival, N.Y State Museum, lunch @ Albany Pump Sta.	99.00
June 17 (Sat) Tall Ships Parade of Sail, ships with their sail up & Sail Boston Festival (added a second bus)	199.00

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

TO YOUR GOOD HEALTH...

SHINE COUNSELING
Friday – November 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

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– November 2, 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!

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.





NOVEMBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CHICKEN WITH ASPARAGUS 9:00 a ASK AN ATTORNEY 10:00a EXERCISE LOW IMPACT. 11:15a HEALTH-WAYS EXERCISE 1:00p LEARN POOL	2 AMERICAN CHOP SUEY 10:00a KNITTING 10:30a ART W/ ELAINE 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	3 HOT DOG ON BUN 10:00a EXERCISE LOW IMPACT 1:00p BINGO	4 CATCH OF THE DAY 10:00a Wii BOWLING 1:00p ONLINE LEARNING CLASS – HOLLYWOOD 1:00p TAI-CHI	5
7	7 LEMON THYME CHIDKEN 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p CRIBBAGE/ DOMINOS	8 BEEF PATTY 10:00a EXERCISE LOW IMPACT. 11:15a HEALTH-WAYS EXERCISE 1:00p LEARN POOL	9 ROAST BEEF SANDWICH/SOUP 10:00a KNITTING 10:30a ART W/ ELAINE 1:00p CARDS	10 SPAGHETTI & MEATBALLS 10:00a EXERCISE LOW IMPACT 10:00a CAMERA WORKSHOP 1:00p BINGO	11 CLOSED EXCEPT FOR VETERAN'S BREAKFAST	12
13	14 TURKEY POT PIE 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p CRIBBAGE/ DOMINOS	15 GREEK CHICKEN 10:00a EXERCISE LOW IMPACT. 10:00a HOLIDAY CRAFTS 11:15a HEALTH-WAYS EXERCISE 1:00p LEARN POOL	16 MEATLOAF & GRAVY 10:00a KNITTING 10:30a ART W/ ELAINE 1:00p CARDS	17 MACARONI & CHEESE 10:00a EXERCISE LOW IMPACT 10:00a TECH THURSDAY 1:00p BINGO 1:00p FLOWER ARRANGING	18 BREADED FISH 9:00 a SHINE 10:00a Wii BOWLING 1:00 p Wii BOWLING TOURNAMENT WB 2:00p TAI-CHI	19
20	21 EGG SALAD SAND & SOUP 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p CRIBBAGE/ DOMINOS	22 TURKEY HOLIDAY MEAL 10:00a EXERCISE LOW IMPACT. 11:15a HEALTH-WAYS EXERCISE 1:00p LEARN POOL	23 PASTRAMI SANDWICH/SOUP 10:00a KNITTING 10:30a ART W/ ELAINE 1:00p CARDS	24 CLOSED FOR HOLIDAY	25 CLOSED FOR HOLIDAY	26
27	28 CHICKEN SAUSAGE JAMBALAYA 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p CRIBBAGE/ DOMINOS	29 MEATBALLS W/ GRAVY 10:00a EXERCISE LOW IMPACT. 11:15a HEALTH-WAYS EXERCISE 1:00p LEARN POOL	30 SALISBURY STEAK 10:00a KNITTING 10:30a ART W/ ELAINE 1:00p CARDS			