

November
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**WEST BOYLSTON
SENIOR CONNECTION**

2015

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 Thanksgiving

CLOSINGS FOR NOVEMBER

The West Boylston Senior Center will be closed November 26 and 27, 2015 in observance of Thanksgiving. There will be no transportation, no programs and no meals delivered.

*He who thanks but with the lips, Thanks but in part;
The full, the true Thanksgiving, Comes from the heart. ~J.A. Shedd*

FLOWER ARRANGEMENT CLASS

Friday, November 20, 2015

1:00 pm

It's "Turkey" Time! Herbert E. Berg Florists is offering this class with a "Thanksgiving" theme. This arrangement might be perfect for bringing to the family gathering!

Call 508-835-6916 to reserve your seat.
Cost \$10.00.



**FESTIVE THANKSGIVING DOOR
DECORATION**

Tuesday, November 10, 2015 9:00am

Come create a holiday door decoration with the activities director from Eddy Pond Senior Living.
FREE! Register at 508-835-6916

**I-GADGET
TECHNOLOGY CAMP**

FOR SENIORS

WITH INTEL CORPORATION

Thursday, November 5, 2015

9:30 am -11:30 am



Volunteers from Intel Corporation of Hudson, Mass will be here to offer free one-on-one guidance. Bring your own "I-gadget (ipad, ipod, iphone)!"
Call 508-835-6916 to sign up (required).

Intel will host sessions for other technological devices (laptops, smart phones, tablets) on other dates.

SMILE: I'm going to retire and live off of my savings. Not sure what I'll do that second week.



VETERAN'S DAY
Wednesday, November 11, 2015
9:00-11:00 am



The staff and volunteers at the West Boylston Senior Center would like to thank our veterans for giving their country so much. Please come by the center for coffee, treats and heartfelt gratitude. Please RSVP by calling the center (508 835-6916) so we have a count.

DIRECTOR'S CORNER

From Lisa

I have put out a MIA alert for September! I don't know what happened to it, but it seems to have come and gone in a blur. October seems to be following the same demise. We are now officially in the Fall season and you know what that means...leaves, brisk air and sweaters. I wish everyone a warm and wonderful Thanksgiving. I would like to say how thankful I am for having truly fantastic people here in West Boylston, my volunteers, residents and participants who are so giving and encouraging. Our center is truly blessed!

It's that time of year again to update our list of residents who would need a welfare 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.

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 seniors and students. All tasks would be completed outside. I had the opportunity to meet with the new principal and vice-principal. It was a delightful introduction and I am very excited about collaborating with the students on upcoming events. Keep your calendars open for future dates!

There is an excellent article in this month's issue of "Consumer Reports" regarding senior scams. It is scary some of the tactics that people use against seniors. Since it is so widespread and because I talk about scams so much, I have copied the article for anyone to pick up at the senior center. Please take advantage of it.



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.

THE SEWING/CRAFT LOUNGE

Thursday, November 12, 2015

1:00 pm

In November we will focus on Memory Albums. All those pictures you have been collecting can be made into "wow" albums. Bring in some of your photos and an album and let your creative juices flow!

Class fee \$5.00

Sign up at 508-835-6916

BOYLSTON SENIOR CENTER

Is presenting a music event with
"The Platters"
on November 9, 2015 at 10:30 am.

It will be at the Boylston Town House,
221 Main St., Boylston

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.

ASK AN ATTORNEY
Tuesday – November 17, 2015
10:00 –11:00 am

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



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



**SENIOR CENTER
WISH LIST:**

The center would be most appreciative to have:

- Lysol Wipes
- Solo Plastic Cups



SMILE: *Wouldn't it be great if we could put ourselves in the dryer for ten minutes; some out wrinkle-free and three sizes smaller!*

Don't Forget
Celebrate the Halloween Harvest Holiday at the Senior Center!
Friday, October 30, 2015

We will have Halloween cookies and cupcakes available for any ghosts, goblins, or friendly visitors!
No reservations needed, just drop by in costume or not.



TO YOUR GOOD HEALTH...

SHINE COUNSELING
Friday, November 20, 2015
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

NEWS FROM SHINE
Don't Ignore Your Medicare Mail!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

PODIATRY CLINIC
Thursday, November 19, 2015
9:00 am-12:00 pm

Call the Senior Center to schedule an appointment
508 -835-6916



***BLOOD PRESSURE CLINIC/
ASK THE NURSE***
11:30 am-12:30 pm
Wednesday, November 4, 2015

Creating Balanced Living through Movement & Right Nourishment
Friday, November 13, 2015 - 11:00 am

The owner of *Crystalline Awake*, a new alternative medicine practice, is offering this seminar to engage seniors in living healthy lifestyles with gentle movement (QiGong) to create the flow of energy (blood) through the body. Movement is gentle motion of arms, torso, standing or sitting, modified as needed. She will also be discussing the importance of healthy digestion, what can be done to improve and how it is critical to overall feelings of well-being. Healthy digestion discussion entails foods that support and foods that slow the process down.



The discussion will focus on the difference between raw foods, cooked foods, and processed foods. In particular, the challenges of digestion as it relates to the aging process and why? Please call the center to register for this event. 508-835-6916

TRAVEL CORNER

West Boylston Senior Center presents...



SILVER FOX TRAVEL-

A SALEM CROSS CHRISTMAS –Wednesday, December 2, 2015

Depart at 9:00 am from Stop & Shop, 940 West Boylston St., Worcester and travel to nearby Spencer, where you'll visit the Oakwood Christmas Barn. A visit to St. Joseph's Abbey Gift Shop where Trappist Preserves are sold is next. Now you'll visit the well renowned historic Salem Cross Inn for a delicious full course luncheon, featuring, Soup du jour, garden salad, Chicken Pie or Maple Salmon entrée and a scrumptious dessert. As you enjoy the holiday ambiance of the beautifully decorated Inn, you'll listen to the sounds of Christmas music. You will then visit Yankee Candle Bavarian Christmas Village in Deerfield. After head for the Bright Nights display with their artistry of lights! You will arrive back home at 7:00 pm. \$69/pp, does not incl. driver gratuity.

Payment Due by: September 30, 2015

Make checks payable to: Silver Fox Tours and mail to or drop off at Senior Center.



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.

FRIENDS OF WORCESTER SENIOR CENTER-

1940'S RADIO HOUR- SUNDAY, NOVEMBER 29, 2015

This play portrays the final holiday broadcast of the Mutual Manhattan Variety Cavalcade. Trip includes Sunday brunch at the Curtis House Inn, Connecticut's oldest inn dating back to 1754, orchestra seating for the show, all driver, escort and meal gratuities. Departs at 9:30 am from Worcester Senior Center. Price \$89/pp.

Call 508-792-2948 to reserve and pay by 10/29/15.

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

Pick up brochures at the West Boylston Senior Center

Do not hesitate to put your name on a waiting list for any of our trips.

Gratuities and a cancellation waiver fee have been added to the cost of each seat on all our day trips to cover any cancellations up to 7 days prior to the trip. If you cancel after that date, the refund will only be sent if you or we can fill your seat. The refund will be minus the cancellation waiver.

- 12/13/15** Inn to Inn Cookie Tour in the Monadnock region, collect cookies & the recipes along with coffee or tea lunch is at the Monadnock Inn @ \$89.00/pp.
- 2/19/16** 35th Annual Connecticut Flower Show, Hartford, lunch at Vito's @ \$89.00pp
- 3/12/16** "Little Bit Of Ireland" Regal Theater's Irish show @ \$99.00/pp

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

Here is what comedian Jeff Foxworthy has to say about New Englanders:

If you have switched from 'heat' to 'A/C' in the same day and back again, you live in New England.
If you carry jumpers in your car and your wife knows how to use them, you live in New England.
If you design your kid's Halloween costume to fit over a snowsuit, you live in New England.
If you think everyone else has a funny accent, you live in New England.





NOVEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 SWEDISH MEATBALLS 10:30 a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS	3 BUTTERMILK CHICKEN 10:00a EXERCISE 11:00a ART W/KEN 1:00p LEARN BILLARDS	4 PORK RIB-I-QUE 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	5 PASTA FAGIOLE 9:30a I-GADGET 10:00a EXERCISE LOW IMPACT 1:00p BINGO	6 CRACKER CRUMB 10:00a Wii BOWLING	7
8	9 ROAST PORK 10:30 a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS	10 SPAGHETTI & MEATBALLS 9:00a DOOR DEC 10:00a EXERCISE LOW IMPACT 11:00p ART W/KEN 1:00p LEARN BILLARDS	11 CENTER CLOSED <u>SPECIAL PROGRAM FOR VETERAN ONLY</u> <u>9:00-11:00 AM</u>	12 BEEF & BROCCOLI 10:00a EXERCISE LOW IMPACT 1:00p SEWING/CRAFT LOUNGE 1:00p BINGO	13 EGGPLANT PARMESAN 10:00a Wii BOWLING 11:00 HEALTH WORKSHOP	14
15	16 BEEF BURGUNDY 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS	17 HOT DOG 10:00a ASK AN ATTORNEY 10:00a EXERCISE LOW IMPACT 11:00a ART W/KEN 1:00p LEARN BILLARDS	18 AMERICAN CHOP SUEY 10:30a ART W/ ELAINE 1:00p CARDS	19 CHICKEN W/ ASPARAGUS 9:00a-11:00 POD. CLINIC 10:00a EXERCISE LOW IMPACT 1:00p BINGO	20 SALMON W/DILL 9:00a SHINE 10:00a Wii BOWLING 1:00p FLOWER ARRANGE	21
22	23 BEEF W/ JARDINERE 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS	24 ROAST TURKEY & GRAVY 10:00a EXERCISE LOW IMPACT 11:00a ART W/KEN 1:00p FALL FLOWER CLASS 1:00p LEARN BILLARDS	25 POTATO CRUNCH FISH 10:30a ART W/ ELAINE 1:00p CARDS	26 CENTER CLOSED	27 CENTER CLOSED	28
29	30 MACARONI & CHEESE 12:45p CHAIR YOGA 1:00p KNITTING/CROCHET CRIBBAGE/DOMINOS	Depending on the outcome of the Town Meeting, there could be a special voting date on November 17, 2015. We do have the Senior Van available for seniors who wish to go to the ballots. Please call to make reservations at least 48 hours in advance.				