



# Senior CONNECTION

WEST BOYLSTON

April 2024



**WEST BOYLSTON  
COUNCIL ON AGING**  
120 Prescott St.  
West Boylston, MA 01583  
508-835-6916

**Monday - Friday 8:30am-3:00pm**  
**STAFF**

Director	Lisa Clark Viklund
Admin Assist.	Judy Conroy
Custodians	Jim Novia
	Paul Cawley
Food Service	John Grosse
<b>VAN DRIVERS</b>	Rick McGrail
	Dennis Parker
	Gary Smith

**COUNCIL ON AGING BOARD**

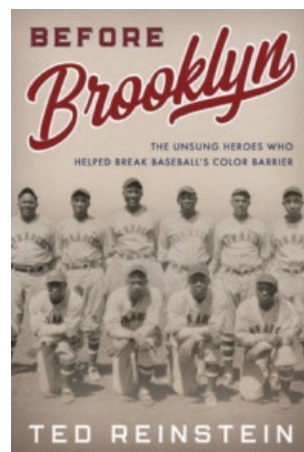
Chairman	Dave Femia
Secretary	Tom Mullins
Members	Janice Ash
	Barbara Deschenes
	Lynn Harding-McGrail
	Barbara Mard

*The mission of the West Boylston Council on Aging is to promote healthy aging and independence of older adults through educational, wellness, cultural and recreational programs and services.*

## COMING IN MAY!!

**TED REINSTEIN from Chronicle**  
**Tuesday- May 7, 2024 7:00 pm**

### **Before Brooklyn** **The Unsung Heroes Who** **Helped Break Baseball's Color** **Barrier** By Ted Reinstein



In April of 1945, exactly two years before Jackie Robinson broke the color barrier in major league baseball, liberal Boston City Councilman Izzy

Muchnick persuaded the Red Sox to try out three black players in return for a favorable vote to allow the team to play on Sundays. The Red Sox got the councilman's much-needed vote, but the tryout was a sham; the three players would get no closer to the major leagues. It was a lost battle in a war that was ultimately won by Robinson in 1947.

This book tells the story of the little-known heroes who fought segregation in baseball, from communist newspaper reporters to the Pullman car porters who saw to it that black newspapers espousing integration in professional sports reached the homes of blacks throughout the country.

It also reminds us that the first black player in professional baseball was not Jackie Robinson but Moses Fleetwood Walker in 1884, and that for a time integrated teams were not that unusual.

And then, as segregation throughout the country hardened, the exclusion of blacks in baseball quietly became the norm, and the battle for integration began anew.

**Join us at the West Boylston Senior Center for**  
**this presentation with Ted Reinstein as he intro-**  
**duces his latest book.**



**Coffee and dessert will follow his presentation.**  
**\$5.00/pp at the door**  
**RSVP 508-835-6916**

## DIRECTOR'S COLUMN

Happy Spring Days!

We have been experiencing a telephone issue here at the center and from what I understand other numbers that have the "835" index as well. Evidently our number is showing up as "Potential Spam" on caller ID. Please know that we are not spam. Our number 508-835-6916 has not changed, but somehow has been flagged as spam. We make numerous calls for birthdays, reminders, service calls, etc. If you see that number come in, it is us, however as I urge my seniors, still listen to the message to be sure. If you are screening the call, you will hear myself or my wonderful front desk volunteers leaving a message and it will be safe to pick up. We are trying to remedy this issue, but I have been told it may take some time. Thank you for your understanding.

- from Lisa

## April Fun Facts

### The origin of April Fools Day?

A Western cultural belief, the tradition of April Fools can date back centuries. The first recorded date was in the Nun's Priest Tales in 1392 by Geoffrey Chaucer, the author of The Canterbury Tales.

In the tale, a vain cockerel is tricked by a wily fox, very much like in an Aesop's fable.

Written in old English, the line says, 'Syn March was gon.' This can be translated as 'Since March was gone.'

This sentence led historians to believe that a special occasion occurs on April 1st in which others can be tricked.

- April was the second month in an early Roman calendar, but became the fourth when the ancient Romans started using January as the first month.
- The name for the month of April originally came for Aprilis which means to open.

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Our team provides palliative care services in personal homes, other nursing facilities, assisted living facilities, or wherever patients call home throughout Central Massachusetts.

Contact us to learn more about the mission-driven, not-for-profit difference at Notre Dame Health Care.

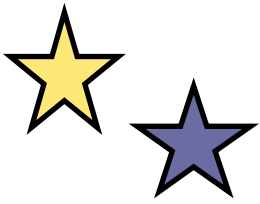
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# Prescott Cafe

## M E N U



**Lunch: Wednesday- April 10, 2024@ 12:00 pm : Steak Pizzola w/peppers & onions, bread, dessert** **\$5.00/pp** **Reserve by 4/3**

**Lunch: Wednesday- April 24, 2024@ 12:00 pm : Roasted Chicken w/potatoes, green beans, orchiette pasta, dessert** **\$5.00/pp** **Reserve by 4/17**

**FREE BREAKFAST- Sponsored by The Walmart Foundation-  
Friday- April 19, 2024 10:00 am**

For area seniors-Come for eggs, puff pastry egg basket w/spinach, tater tots, steak hash and fruit.

**Seating is limited.**

**Reservations required 508-835-6916**

**Sign up begins March 28, 2024**



**ALFA Presentation**

**Monday- April 29, 2024 11:00 am**

Have you heard about ALFA? This program is designed for people like you who are eager to explore new opportunities, meet interesting people, and embark on fulfilling experiences. ALFA, which stands for Adult Learning in the Fitchburg Area, offers non-credit daytime classes, exciting trips, special events, and a free speaker series. You can attend classes in person, and some are now available via Zoom. Each session, you have the flexibility to select one or more classes. Sponsored by Fitchburg State University, ALFA offers minimal fees, and a limited number of scholarships are available. So, think about trying something new. There are no tests, no stress, and no educational background required; just a desire to learn and have fun. Love of learning lasts a lifetime!

A representative will give an overview of the program, answer questions, and possibly preview several of the fall classes.

**RSVP to the center 508-835-6916**





## EVENTS

### FILE OF LIFE CARDS @ 9:00 am

### BLOOD PRESSURE CLINIC @ 10:00 am

**Tuesday- April 2, 2024**



A Public Health nurse will be here to help seniors fill out the "File of Life" cards. These cards are vital in emergencies! Medical emergencies can happen anytime. When they do, there is confusion, panic and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count – they can make the difference between life and death. We urge everyone to have one in their home (even in your wallet).

Following the File of Life aide, the nurse will remain for a blood pressure clinic. For those needing a monthly record, please take advantage of this program.

### ART WORKSHOP w/Sharon

**Wednesdays 1:00 pm**

**Begins April 24, 2024**

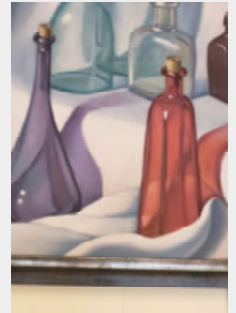
**(Five weeks- session)**

**\$25**

Any level welcome! Sharon will begin the class with a short demonstration in various mediums and then work with you on your project.

Call the center at 508-835-6916 to register.

Class size is limited. **Class fee due at reservation.**



### BOARD GAMES!!! Tuesdays @ 10:00 am

Remember the fun of spending a day playing board games with your friends.....

Scrabble, Yahtzee, Monopoly, Backgammon.....

We have had a few people come to try this out, but we need more! Mark this on your calendar and join the fun.



### WOODCARVING STUDIO

**Thursday- April 11th & April 18th  
2:30 pm–5:00 pm drop in**



There is no fee for the class. You pay for the wood with the project you decided upon.



### CELL PHONE TECH HELP w/Michele Wednesday - April 10th & April 17th 12:00 pm - 1:00 pm

Michele offers tech help for android phones. Please call the center at 508-835-6916 to schedule individual 30 minute appointments.



### SMILE:

- ♦ I thought swimming with dolphins was expensive until I went swimming with sharks...It cost me an arm and a leg!
- ♦ Every morning I get hit by the same bicycle...It's a vicious cycle.
- ♦ My teachers told me I'd never amount to much because I procrastinate so much, I told them you just wait.
- ♦ What do you call a row of rabbits hopping backwards? A receding hare line.
- ♦ It's pretty obvious that if I run in front of a car I will get tired, but if I run behind a car I will get exhausted.



## EVENTS

### \*\*\*\*INTERGENERATIONAL PLAYGROUP\*\*\*\*

@ the Senior Center

**Wednesday- April 10, 2024 10:00 am**



The West Boylston Coordinated Family & Community Engagement group in collaboration with the West Boylston Senior Center is offering a monthly intergenerational playgroup for children ages 1-7 with their caregivers and seniors. Seniors and children will enjoy crafts, fun activities and end our time with stories and songs. Each month will follow a different theme.

This is a drop-in program. Please contact: [westboylstoncfce@gmail.com](mailto:westboylstoncfce@gmail.com)  
or call the West Boylston

Senior Center at 508-835-6916 if you have questions.

### NEW ART EXHIBITION—Jesse Knott

Now showing/adorning our gallery walls, please welcome the art works of Jesse Knott.

Jesse is a Vietnam era Navy vet who was born in Florida, met and married a New England girl and moved back to the area with her.

He has been involved in art his whole life starting with architecture and engineering. Jesse was an active member of the Leominster Art Association until it dissolved. He has exhibited at the Leominster Art Association and the Massasoit Art Association, and took second place last year at one of their shows.



**When older people say, "Enjoy them while they are young." They are talking about your knees and hips not your kids.**



Bridge

If anyone is interested in learning Bridge.....

There is a Central Mass Bridge coordinator that teaches beginners at the Holden Senior Center on Mondays. Please note that this is a social "party" type bridge vs. competitive bridge. Contact the West Boylston Senior Center and we will forward your information to the coordinator.

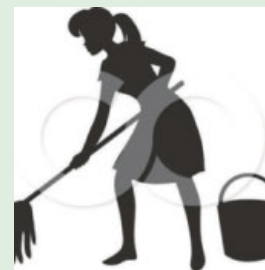
### Why You Say It- stories behind everyday words and phrases

#### Rub the Wrong Way:

If you are sensitive, it may not take much to rub you the wrong way. A thoughtless remark, a challenging look, or inattention to what you just said may be enough to do the trick. Long ago, it took a different set of actions to spawn the expression.

Wealthy ladies of the Colonial era were proud of their wide-board oak floors. At least once a week, servants wet-rubbed and then dry-rubbed surfaces. Though simple and routine, these tasks involved running mops along the grain of the wood. A careless worker sometimes mopped across the grain, producing streaks on the floor. To her mistress, such cleaning was worse than none.

Vexation at a domestic who rubbed the wrong way was common enough to cause the housekeeping phrase to label clumsy or inept dealing with persons as well as with floors.





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## CLASSES / GROUPS

### MONDAY

10:00 –11:30 am Quilting  
 10:30-11:30 am Tai Chi with Sifu Gary  
 1:00-1:45 pm Banquet of Fitness with Marty  
 1:30-3:00 pm Writer's Workshop/Peer Group  
 (1st and 3rd weeks)

### TUESDAY

9:45–10:45 am Exercise Video  
 10:00 am Board Games  
 10:45-11:45 am Hatha Yoga with Divya  
 11:00-11:45 am Zumba Gold with Rita  
 12:00 –1:00 pm Gentle Yoga w/Carol (not 1st  
 week of month)  
 1:00–3:00 pm Learn Pool with Joe  
 1:15—2:15 pm Gentle Yoga w/Carol (not 1st  
 week of month)

### WEDNESDAY

#### Country Line Dancing with Anne

9:30-10:30 am Beginners  
 10:30-11:30 am Beyond Beginners  
*Suggested Donation \$5.00*

### THURSDAY

9:30-10:30 am Hatha Yoga with Divya  
 9:45-10:45 am Exercise Video  
 1:00-1:45 pm Banquet of Fitness with Marty

### FRIDAY

10:00-11:30 am Wii Bowling with Arlette  
 12:00-3:00 pm Mahjong with Judy  
 12:30-2:30 pm Pitch with Toni & Dave - \$5.00

### OUTREACH

**CALL TO SCHEDULE YOUR APPOINTMENT**  
**508-835-6916**

**ASK AN ATTORNEY** – with Nicholas Daviau  
 Tuesday– April 9, 2024 9:00-10:00 am

**SHINE COUNSELING** with Nancy  
 Tuesday– April 30, 2024, 9:00am-12:00pm

### \*\*\*\*\*Caregivers Support Group \*\*\*\*\*

**Wednesday– April 10,, 2024 10:00 am**



Caregiver support groups allow you to ask questions about caregiving, share experiences, and exchange emotional support. They can also lead you to become more confident when it comes to caring for your loved one.

No need to sign up– drop in!

### BETTER BREATHER'S GROUP

**Wednesday– April 3, 2024**

**10:00 am**



Are you ready for some “Laughter Yoga” and other fun exercises. This group will meet every first Wednesday of the month facilitated by the Saint Francis Adult Health Pulmonary Group.

No need to sign up– drop in!

### MEN'S BREAKFAST GROUP

**Thursday**

**April 18, 2024 9:00 am**

**Guest Speaker:**

**Dr. Thomas Mullins**

**The History & Establishment of  
 Worcester Hospitals:**

**How they changed the landscape of the city and  
 surrounding communities and health care as we  
 knew it.**

*Coffee and light breakfast goodies always  
 provided.*

*Please call to sign-up 508-835-6916*

### PODIATRY CLINIC

**Thursday– April 18, 2024**

**8:00 am-12:00 pm**

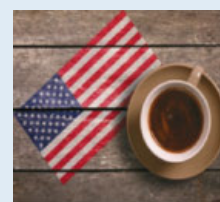
Dr. B will be at the senior center for podiatry services.



### \*\*\*\*\*Veteran's Coffee Group \*\*\*\*\*

**Wednesday– April 17, 2024 10:00 am**

With West Boylston's Veterans Officer Jacob Webb. Stop by for coffee and fellowship.  
 This group will meet every third Wednesday of the month.



# April Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS 1:30 WRITERS GROUP	<b>2</b> 9:00 WELLNESS CLINIC 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 10:45 HATHA YOGA 11:00 ZUMBA 1:00 LEARN POOL 1:00 YWCA	<b>3</b> 9:30 BEG. LINE DANCE 10:00 BETTER BREATHER GROUP 10:30 INT. LINE DANCE 1:00 ART CLASS	<b>4</b> 9:30 HATHA YOGA 1:00 BANQUET OF FITNESS	<b>5</b> SENIOR CENTER CLOSED
<b>8</b> 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS	<b>9</b> 9:00 ASK ATTORNEY 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 10:45 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL 1:00 YWCA 1:15 GENTLE YOGA	<b>10 STEAK PIZZOLA</b> 9:30 BEG. LINE DANCE 10:00 INTERGEN. PLAY GROUP 10:00 CAREGIVERS GROUP 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFÉ 12:00 TECH HELP 1:00 ART CLASS	<b>11</b> 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS 2:30 WOODCARVERS STUDIO	<b>12</b> 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
<b>15</b> <b>CLOSED FOR HOLIDAY</b>	<b>16</b> 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 10:45 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA	<b>17</b> 9:30 BEG. LINE DANCE 10:00 VETERANS GROUP 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFÉ	<b>18</b> 8:00 PODIATRY CLINIC 9:00 MENS BREAKFAST GROUP 9:30 HATHA YOGA 1:00 BANQUET OF FITNESS	<b>19</b> 10:00 WALMART BREAKFAST 12:00 MAHJONG



	1:00 LEARN POOL 1:00 YWCA 1:15 GENTLE YOGA	12:00 TECH HELP	2:30 WOODCARVERS STUDIO	
<b>22</b> 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:30 WRITERS GROUP	<b>23</b> 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 10:45 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL 1:00 YWCA 1:15 GENTLE YOGA	<b>24 ROAST CHICKEN</b> 9:30 BEG. LINE DANCE 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFÉ 1:00 ART CLASS	<b>25</b> 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS	<b>26</b> 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
<b>29</b> 10:00 QUILTING 10:30 TAI CHI 11:00 ALFA 1:00 BANQUET OF FITNESS	<b>30</b> 9:00 SHINE 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 10:45 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL 1:00 YCCA 1:15 GENTLE YOGA			

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1st & 3rd Saturday of month 9:00 am-12:00 pm

They accept curbside recycling items, textiles and many hard to recycle items (some with a fee), but they also have tons of free items for reuse.

### The Greater Worcester Model Yacht Club (GWMYC.org)

The GWMYC was founded in 2002. We sail any day of the week from a grassy knoll on the north shore of Indian Lake just off Shore Drive. We have 30 members of which about 15 are active from week to week. We sail Radio Controlled model sailboats that range in length from about 25 inches up to 60 inches. Our underlying theme is for everyone to have fun as we sit by the water's edge enjoying each other's company while sailing and/or racing our model boats. To that end, we welcome new experienced sailors and those who have never sailed to join our club. We have a number of excellent instructors who really enjoy teaching people how to sail.



If you are interested in learning more about this group, contact the senior center to be put in touch with - Sam Morgan, Commodore    Sam will also be speaking at the Men's Breakfast Club in May.

## Navigate the Current Market:

### *Real Estate, Selling & Downsizing for the Local Community*

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**April 4, 2024**

**5:30 - 7:00 PM**

**WB Senior Center**

Please RSVP to **774-261-3318**

*Appetizers, Refreshments & Raffle for all attendees !*



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**Back by popular demand  
"ACTIVE LIVING EVERYDAY PROGRAM"**

**Tuesdays starting March 26th- June 11th**

**1:00 pm- 2:30 pm**

A free interactive class from the YWCA of Worcester that focuses on innovative, informative, evidenced-based physical and lifestyle activities that help people lead healthier, more active lives.

Program Benefits:

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- Group & Individual Support
- New Healthier & Active Lifestyles
- Overcome Challenges

**\*\*This session is for new registrants that have not taken this program before.**

**Registration and completion of waiver form is required.**

**Call the senior center for more info or questions.**

**Refreshments offered by the YWCA.**

