

SENIOR CONNECTION NEWSLETTER – SCREEN-FRIENDLY VERSION

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

Administrative Assistant: Judy Conroy

Custodians: Jim Novia and Paul Cawley

Van Drivers: Rick McGrail, Dennis Parker, and Gary Smith

COUNCIL ON AGING BOARD

Chairman: Dave Femia

Secretary: Tom Mullins

Members: Janice Ash, Barbara Deschenes, Lynn Harding-McGrail, Barbara Mard

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.

APRIL FUN FACTS

The origin of April Fool's 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' 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.

COMING IN MAY!!

TED REINSTEIN FROM CHRONICLE

Tuesday- May 7, 2024 7:00 pm

Join us at the West Boylston Senior Center for this presentation with Ted Reinstein as he introduces his latest book:

"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 try-out 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.

Coffee and dessert will follow his presentation.

PLEASE JOIN US AS WE LOOK FORWARD TO THESE APRIL EVENTS:

PRESCOTT CAFÉ APRIL

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

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

Please call 508-835-6916 to make reservations.

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. During 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 Senior Center 508-835-6916

MEN'S BREAKFAST GROUP

Thursday April 18, 2024 9:00 am Guest Speaker:

Guest Speaker: Dr. Thomas Mullins

The History and 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

ART WORKSHOP W/SHARON - Wednesdays 1:00pm

\$25/session

Begins April 24, 2024

(Five weeks of sessions)

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

Class size is limited. Reservations are required. Payment is due at reservation.

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 veteran 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.

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

"ACTIVE LIVING EVERYDAY PROGRAM"

demand

Back by popular

Tuesdays starting March 26th – June 11th

1:00 pm– 2:30pm

This 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:

- . Easy & Personalized for you
- . Group & Individual Support
- . New Healthier & Active Lifestyles
- . Overcome Challenges

****This session is for new registrants who 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.

BOARD GAMES!!!

Tuesdays

10:00 am

Remember the fun of spending a day playing board games with you friends...Scrabble, Yahtzee, Monopoly, Backgammon.....

Meet in the games room Tuesday mornings to have some fun.

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.

WOODCARVING STUDIO

Thursday– April 11th & April 18th

2:30 pm–5:00 pm

Drop-in

There is no fee for the class. No need to register; just drop in.

You will need to pay for the wood with the project you decide upon.

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.

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.

INTERGENERATIONAL PLAYGROUP At 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 or call the West Boylston Senior Center at 508-835-6916 if you have questions.

BETTER BREATHERS' 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.

Caregivers Support Group

Wednesday– April 10, 2024 10:00 am

No need to sign-up; just drop in

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

Call 508-835-6916 with any questions.

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.

MONTHLY OUTREACH OPPORTUNITIES AT THE SENIOR CENTER:

Call to schedule your appointment 508-835-6916.

ASK AN ATTORNEY – with Nicholas Daviau

Tuesday– April 9, 2024

9:00-10:00 am

PODIATRY CLINIC – With Doctor B.

Thursday– April 18, 2024

8:00 am-12:00 pm

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 to schedule individual 30-minute appointments.

SHINE COUNSELLING – with Nancy

Tuesday– April 30, 2024, 9:00am-12:00pm

NAVIGATE THE CURRENT MARKET

Real Estate, Selling and Downsizing for the Local Community

Wednesday, April 4, 2024 5:30 – 7:00pm At the West Boylston Senior Center

Are You considering a move? Join us for an informational seminar designed specifically for our community! Get equipped with the knowledge and resources you need to make informed decisions about the current real estate market, selling your home, and downsizing smoothly.

Learn about market insights, how to be a savvy seller, and downsizing done right from an expert panel of local professionals, including Maria Troka, REALTOR with A&E Realty, Amy Chisholm, Real Estate Attorney, Jennifer Baker, owner of Right Sized Living, and Abigail Halal, Home Staging by Abigail.

Please RSVP to 774-261-3318

Appetizers, refreshments, and raffle for attendees

AND AWAY WE GO TRAVEL WITH GLADYS

For the over 50 travelers

Call Gladys Merrow at: (508) 835-4324. Or email: andawaywegotravel.gem@gmail.com

Get on her email list, call with any questions, request a flyer, make a reservation or get on a waitlist.

Flyers can also be found at the Sterling & West Boylston Senior Centers

WHY YOU SAY IT- STORIES BEHIND EVERYDAY WORDS AND PHRASES

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. Although 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.

WEEKLY CLASSES AND GROUPS

MONDAYS

- 10:00 - 11:30am Quilting
- 10:30 - 11:30am Tai Chi with Sifu Cary
- 1:00 - 1:45pm Banquet of Fitness with Marty
- 1:30 - 3:00pm Writers' Workshop/Peer Group - 1st and 3rd weeks

TUESDAYS

- 9:45 - 10:45am Low Impact Exercise video
- 10:00 am NEW! Board Games
- 10:45 - 11:45am Hatha-Vinyasa Yoga with Divya
- 11:00 - 11:45am Zumba Gold with Rita
- 12:00 - 1:00pm Gentle Yoga with Carol (not 1st week of each month)
- 1:00 - 3:00pm Learn Pool with Joe
- 1:15 - 2:15pm Gentl Yoga with Carol (not 1st week of each month)

WEDNESDAYS

- Country Line Dancing with Anne (Suggested donation \$5.00)
- 9:30 - 10:30am Beginners
- 10:30 - 11:30 am Beyond Beginners

THURSDAYS

- 9:30 - 10:30am Hatha-Vinyasa Yoga with Divya
- 9:45 - 10:45am Low Impact Exercise video
- 1:00 - 1:45pm Banquet of Fitness with Marty

FRIDAYS

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

AMERICAN LEGION AUXILIARY, HAROLD N. KIETH AUXILIARY UNIT 204 of West Boylston

We have a wonderful Auxiliary group that would like to offer assistance to any veterans and their families. They are available to help with providing a meal, groceries, presents for the holidays, or even just to stop in to visit and talk. In addition, if there is anyone in the community that has family currently deployed overseas, the auxiliary would like to send care packages.

Please call/text Pauahi Godbout at 774-261-0425 or email at maje62@msn.com

VOLUNTEERS ARE WANTED AND NEEDED AT THE CENTER!!

Volunteers are the lifeline and heartbeat of our center. If you are looking to make an impact in your life and others, please come talk with us. We are looking for help in the kitchen and front desk. Whether on a consistent schedule or alternate sub, we would love for you to join us!

FRIENDS OF THE WEST BOYLSTON COUNCIL ON AGING

The Friends is a non-profit, charitable organization whose mission is to support, promote, and enrich the West Boylston Senior Center through donations and fundraising. The Friends always welcome new members to get involved with their activities and campaign. Contact Nancy Barakian, President @ 508-932-1563 or Berake24@yahoo.com

DURABLE MEDICAL EQUIPMENT AVAILABLE TO LOAN FOR ALL RESIDENTS

The West Boylston senior center has durable medical equipment available to loan for all residents. If you have need of any item, please inquire what is currently in our closet. We loan out walkers, wheelchairs, shower chairs, canes, commodes, traveling walkers and bed rails. If you would like to donate items, they need to be operational and clean. A resident has generously donated an Enhanced Vision machine to the center. If you know of anyone that could use this aide, please let us know.

Wachusett Recycling Center - 131 Raymond Huntington Highway

Winter Hours: Tuesdays 10:00 am -12:00 am Thursdays 2:00 pm - 4:00 pm
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.

SENIOR VAN SERVICE

Currently, the van service is available Monday – Thursday 8:30am – 2.30pm

(Please note; days/times are subject to change due to availability of drivers.)

The West Boylston Senior Center is partnered with the WRTA to provide transportation for seniors and ADA residents in town. Riders must be able to use transportation independently or have an attendant on trips. We travel to West Boylston, Worcester, Holden, Shrewsbury, Auburn, and Clinton Hospital. Register to ride at the senior center. The WRTA uses an automatic fare payment program.

All van services require 48-hour advance reservations.

SENIOR CONNECTION NEWSLETTER

Some people have expressed the interest in receiving our newsletter automatically via email, if so, this is the process:

- Go to www.mycommunityonline.com and type in West Boylston, MA in the right search box.
- On the next page, look for West Boylston Elder Services and click on it.
- In the box showing all recent publications. find the "subscribe key". Click on it,
- Then you will be asked to enter your email. You will receive the newsletter each first of the month.
- The Senior Connection newsletter can also be viewed on the Town of West Boylston website, under the Senior Center Department.
- **A Friendly Screen Reader version is also available. now**
- If you currently receive the newsletter in the mail and no longer want to be on that list, please call us to let us know.