

DECEMBER

WEST BOYLSTON SENIOR CONNECTION

2018

Published by West Boylston Elder Services, 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.



CLOSINGS FOR DECEMBER

The West Boylston Senior Center will be closed December 24 & 25, 2018 in observance of the holiday. There will be no transportation, no programs and no meals delivered.

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” - Zig Ziglar

WACHUSETT ROTARY CLUB CHRISTMAS BREAKFAST FOR SENIORS

**Saturday- December 8, 2018
8:30 am**

The annual Wachusett Area Rotary Club holiday breakfast will be held at The Manor Restaurant in West Boylston. Elders from the towns of Holden, Paxton, Princeton, Rutland, Sterling, Boylston and West Boylston are eligible to attend.

ALL RESERVATIONS are to be made through the Holden Senior Center by calling 508-210-5570 by 11/30/18



SHERIFF'S COAT DRIVE

Thank you all who donated their coats to this annual drive. We had another successful year!

FLOWER ARRANGEMENT CLASS

Wednesday- December 19, 2018

1:00 pm



It's a "Winter Holiday" theme!
White, green & red.
Join Sandy from Herbert E. Berg Florists for this fun class. Call 508-835-6916 to reserve your seat. Cost \$12.00 due at sign up.

UGLY SWEATER HOLIDAY PARTY WITH BAKED POTATO BAR

Tuesday- December 4, 2018 12:00 pm

What better way to show off "beautiful" ugly sweaters! Come dressed in your favorite for lunch featuring baked potato with various toppings, special holiday desserts and eggnog of course!



Cost \$3 p/p and you must call 508-835-6916 to reserve.

HOLIDAY LUNCHEON @ WACHUSETT COUNTRY CLUB

Wednesday- December 5, 2018 12:00 pm

West Boylston Business Associates are sponsoring a holiday luncheon for West Boylston Senior residents at the Wachusett Country Club. The meal choice is fish or chicken. Tickets can be purchased at the West Boylston Senior Center by 11/28/18 \$5.00 /pp



**West Boylston Elder Services, Inc.
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West Boylston, MA 01583
(508) 835-6916**

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West Boylston, MA
01583
Permit #38**

The mission of the West Boylston Council on Aging is to coordinate, facilitate and initiate programs and services to enhance the lives of the seniors of our community.

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

***PNEUMONIA SHOT
TUESDAY- JANUARY 8, 2018 11:00 AM
Zero Copay with Medicare***

Pneumonia is a major cause of mortality among seniors. In fact, according to the Centers for Disease Control and Prevention (CDC), more people die each year from pneumonia than from automobile accidents.. Pneumonia is often a secondary infection after an initial bout of influenza; people who receive this vaccine have less risk of developing pneumonia as a flu complication. Forms are available at the senior center to sign up for this vaccine. Reservations must be made to have the vaccine available (Market 32 Pharmacy)
508-835-6916

What do snowmen eat for breakfast?Frosted Flakes!

**DIRECTOR'S CORNER**

From Lisa

Happy Holidays to everyone! The senior center hosted its first "Pumpkin Patch Walk" and although the weather made us move the pumpkins inside, it actually worked out better! Be sure to check out the videos and pictures on our Facebook page. It was a community wide event that I hope the visitors enjoyed. Because we had so much fun doing it that we are already planning for next year! I would like to send much gratitude to the individuals and businesses that donated for this event:

Freemasons Lodge, Mary Noyes, Legacy Stone, Green Velvet Landscape, Barur Rajeskumar, Jim O'Day, Clearview Farm, Crochet by Anna, West Boylston Fire Department, Creative Grounds, Lynne Johnston-Avon, The Hopewell family, the Morin Family, Demis Casey, The West Boylston COA and all our volunteers who baked treats. Much gratitude also goes to the creative carvers— individuals, girl scouts and the Arts Honor students from the high school. The whole community came together to make this happen and it was wonderful.

In the past we have talked about programs that we would like to bring to our new facility. As we move closer to the time when the building will be complete, the COA Board would like to know what you would like to see happening at the new center. For your suggestions:

Call the center 508-835-6916

"Contact the Senior Center" on the town website, under Senior Center Department
Email to lcviklund@westboylston-ma.gov We would love to hear your thoughts.

****ATTENTION SENIOR VAN RIDERS** IMPORTANT ANNOUNCEMENT**

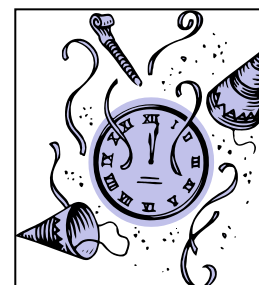
The WRTA is changing their fare collection system from a cash basis to a prepaid automatic system. On Friday, December 7, 2018 at 11:00 am a WRTA representative will be at the senior center to aid residents in setting up prepaid accounts. The Automated Fare Collection System begins January 1, 2019. Residents must have their account in order to continue riding the WRTA senior van.

**WEST BOYLSTON HISTORICAL SOCIETY EVENTS****Sunday– December 2, 2018****3:00 –5:00 pm Holiday Open House**

Robert Van Buren "Across the Great Divide" The Ride of their Lives.
Lighting of the Christmas Tree on the Common immediately following the open house.

HAPPY NEW YEAR'S PARTY**Thursday– December 27, 2018 12:00 pm**

The Friends of the Council on Aging are sponsoring a New Year's Eve luncheon for West Boylston Seniors **only** at Cheoy Lee's Restaurant in West Boylston. Tickets will be available at the senior center Wednesday, December 12, 2018 at 10:00 am. There are no advanced sales or phone orders. Cost is \$8.00 /pp Limit of (2) tickets. Seating is limited!!



PUMPKIN PATCH WALK AT THE CENTER

First you scoop and carve.
Then you set up in a dark but fun
place.
Offer treats and goodies.....and
watch the costumes come in!



TECH THURSDAYS**Thursday– December 20, 2018****10:00-11:00 am**

Bring your portable devices for
help & basic troubleshooting.

This is a
“First come, first serve “ set up.
No cost to you.

SHINE COUNSELING**Tuesday– December 18, 2018****8:30 am –1:00 pm**

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

BLOOD PRESSURE CLINIC/**ASK THE NURSE****11:30 am-12:30 pm****Wednesday– December 5, 2018****ASK AN ATTORNEY****Tuesday– December 11, 2018****9:00– 10:00 am**

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

**CAREGIVER'S SUPPORT GROUP**

Wednesday, December 19, 2018 11:00 am - 1:00 pm
(Every Third Wednesday of the month)

Caregiver stress is highly prevalent, especially during the
holidays. Do not feel that you are alone. If you are a
caregiver, you are invited to join the group. This will be
peer run with occasional guest speakers.

Call 508-835-6916 for questions or info, ask for Lisa.

**PODIATRY CLINIC****Thursday– December 20, 2018****8:00– 11:30 am**

You must call to schedule your
appointment. 508-835-6916

**BUS TRIP TO FOXWOODS CASINO****Thursday– December 6, 2018**

This trip is through the Sterling COA. The bus departs from the Sterling Town Hall at 8:30 am
and returns approximately 5:00 pm. Cost is \$25 p/p which entitles you to the bus fare, buffet
voucher and \$15 of slot or table play. You may pick up the reservation form at the West Boyl-
ston Senior Center. For more information contact Pam Dell at 774-696-3513

HAPPY TRAVELERS TRIPS LIST For the over 50 travelers

Contact: Gladys Merrow 508-835-4312, e-mail: happytravelers.gem@gmail.com

Our Dec., Mar. & Apr. trips are full call for a flyer & please get on the waitlist

Sun. Apr. 14, 2019 “Dreamgirls” at Cheney Hall, Manchester, CT, lunch at Adams Mill Restaurant	\$121.00/pp
Sat. May 18 – Million Dollar Quartet at the Stoneham Theater Stoneham, Mass	\$127.00/pp
Sat. June 15 – Lake Sunapee with a tour of the Fells & lunch & boat ride on the lake	\$129.00/pp
Sun. July 21 – Sand Sculpting Festival, Maggiano’s & Charles River Cruise	\$120.00/pp

What Do You Call A Cold Ghost?.....Casp-burr!