



Senior CONNECTION

W E S T B O Y L S T O N

February 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
VAN DRIVERS	Rick McGrail
	Dennis Parker
	Gary Smith

COUNCIL ON AGING BOARD

Chairman	Dave Femia
Secretary	Tom Mullins
Members	Janice Ash
	Barbara Deschenes
	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.

DIRECTOR'S COLUMN

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.



We also have a couple of very dynamic and energetic Public Health Nurses that will be starting some monthly programs:

File of Life aide

Blood Pressure Clinics

Look for these to start this month on the first Tuesday of the month. (We will have to change the date in March due to primary elections.)

See further information in this newsletter.

Can anyone tell me who said this quote_
"Birds sing after a storm. Why shouldn't we?"

AARP TAX AIDE PROGRAM at the West Boylston Senior Center

Fridays starting February 9, 2024



This program is sponsored by AARP and is free of charge. Its focus is on low and middle income taxpayers who want help filing fairly simple Federal and State returns. Please start watching for year-end statements from Social Security, employers, banks, mortgage firms, investment companies, other payment agencies and charities. Also gather information about any rent, real estate taxes and water/sewer bills that you actually paid in calendar 2023.

Appointments must be scheduled- Call the center at 508-835-6916

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 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. If there is a school delay, please call the center to ask if programs are still scheduled.



February Fun Facts



Did you know that "February" is one of the most misspelled words in the English language? The name of February comes from the Latin word "februum," which means purification. February was named after a purification ritual which was like an early Roman spring cleaning festival.

February is the only month where it's possible to go the entire time without having a full moon. February has been Black History Month for over 40 years.

The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."

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Our Adult Palliative Care Program serves patients living with serious illness with a focus on relieving pain or other distressing symptoms, assisting with advanced care planning, clarifying goals of care, and improving quality of life.

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.

Regonini - Zoll Memorials

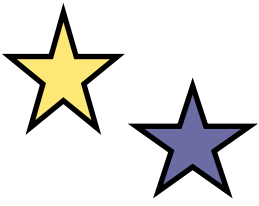


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Prescott Cafe

M E N U



Please join us as we look forward to some February events:

Lunch: Wednesday- February 14, 2024 @ 12:00 pm : Spaghetti & Meatballs, side, dessert
\$5.00/pp Reserve by 2/5

Lunch: Wednesday- February 28, 2024 @ 12:00 pm : Fish Chowder, side, dessert
\$5.00/pp Reserve by 2/21



Cooking Class

Friday- February 23rd @ 1:00 pm: Appetizers!

Get ready for your next party!

Class is limited. \$10/pp Reserve by 2/16

Registration required at 508-835-6916 (payment required @ reservation)



The Prescott Café is going like gang-busters! People are enjoying John's food immensely.

We are seeing on the average about 50 people reserving for these lunches which is great, however this also means a lot of work for our volunteers.

We are in desperate need for help with clean up, washing and drying. Please consider volunteering a couple hours a month. It would be so appreciated and help to keep the café going.

EVENTS

****INTERGENERATIONAL PLAYGROUP****

@ the Senior Center

Wednesday- February 14, 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

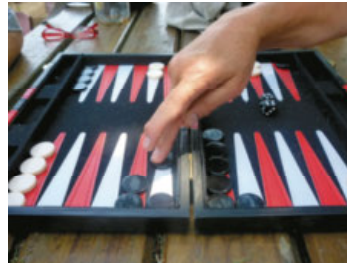
Senior Center at 508-835-6916 if you have questions.



BOARD GAMES!!! Tuesdays @ 10:00 am

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

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



CELL PHONE TECH HELP w/Michele

Wednesday - February 7th & 21st

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.



FILE OF LIFE CARDS @ 9:00 am

BLOOD PRESSURE CLINIC @ 10:00 am

Tuesday- February 6, 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.

*** DECOUPAGE WORKSHOP w/ Ellen & Elaine ****

Thursday- February 22, 2024 11:00 am \$10.00

Create a beautiful serving or decorative plate by decoupageing a napkin onto a clear glass plate. Please bring scissors. All other supplies will be provided, including a variety of large luncheon paper napkins. Feel free to bring a napkin of your own choosing.

Class size is limited.

Call 508-835-6916 to reserve your seat.

Class fee due at reservation.



SMARTPHONE FEATURES TO MAKE YOUR LIFE EASIER

Whether you have an iPhone or android, there are tools available to make your life a little more convenient. The following are just some features:

Share your location with family

On iPhones, you can reveal your location to family and receive notifications of their whereabouts through the **Find My** or **Messages** apps. In **Settings** |, tap **Family Sharing**, and scroll down to **Location Sharing**. Tap the switch next to each family member you want to share your location with.

On Androids, you can share your location through **Google Maps** with someone in your Contacts. Tap your profile picture on the upper right, **Location Sharing** | **Share Location**, and tap the people you will let see your whereabouts. You can share your location for 1 hour or until you turn this off.

Tell loved ones you've arrived safely

When you head home late at night or go on a remote hike, the **Safety Check** feature on Google Pixels and the **Check In** feature on iPhones can alert designated contacts if you don't make it to your destination in a timely matter. If you don't check in, your contacts will be notified.

On Pixels, start by opening the **Safety** app and tap **Safety Check**. On iPhones, open the **Messages** app, choose the person you want notified, and tap the **+ sign** at the bottom left of the screen. **Tap More** | **Check In** and choose a location and the estimated travel time whether you are driving, walking or using public transit. You'll be prompted if running late. An Emergency SOS call will be made if you don't respond.

Clarify your voice

Improve a cellular or FaceTime call on an iPhone when the person you're speaking with is having trouble hearing you. Turn on the **Voice Isolation** feature, which prioritizes the sound of your voice and blocks other noise. While on the call, swipe down to summon **Control Center**, tap **Mic Mode** | **Voice Isolation**.

Google offers a similar **Clear Calling** feature on Pixel 7 and later models. In **Settings** |, tap **Sound & vibration** | **Clear Calling** | **Use Clear Calling**.

Transcribe sounds

People who are hard of hearing may not realize that appliances are beeping, doorbells are ringing and someone is talking from another room. The **Live Transcribe** feature baked into Google Pixels and other select Android devices – also available as a free app from the Google Play Store – can label such sounds around the house so the person is aware. When the feature is enabled, you can type responses to transcriptions you see on screen, get alerts when your name is spoken and search within transcriptions.

The iPhone's similar feature, still in beta testing, is called **Live Captions** and can be enabled under **Accessibility Settings**.

Put together a grocery list

Free grocery list apps are available for your phone, some tied to meal planning or other features. You also can ask Google Assistant on Android to create a list and add items to it.

On iPhones, when you create a shopping list in the **Reminders** app, items are automatically sorted into categories.





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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

9:30-10:30 am Hatha-Vinyasa Yoga with Divya
 9:45–10:45 am Exercise Video
 10:00 am Board Games
 11:00-11:45 am Zumba Gold with Rita
 12:00 –1:00 pm Gentle Yoga w/Carol
 1:00–3:00 pm Learn Pool with Joe
 1:15—2:15 pm Gentle Yoga

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-Vinyasa 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– February 13, 2024 9:00-10:00 am

SHINE COUNSELING with Nancy
 Tuesday– February 20, 2024, 9:00am-12:00pm

*****Caregivers Support Group*****

Wednesday– February 14, 2024 10:00 am



Caregiver support groups allow you to ask questions about caregiving, share experiences, 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 and any challenges that caregiving comes with. No need to sign up– drop in!

BETTER BREATHER'S GROUP

Wednesday– February 7, 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
February 15, 2024 9:00 am

Guest Speaker:
Wachusett Area Rotary Club

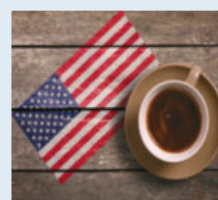
The mission of the Rotary groups is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through fellowship of business, professional, and community leaders. They see a world where people unite and take action to create lasting change – across the globe, in communities, and in ourselves.

Coffee and light breakfast goodies always provided.
Please call to sign-up 508-835-6916

*****Veteran's Coffee Group*****


Wednesday– February 21, 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.



February Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>Lunch at the Prescott Café requires reservations one week in advance. Cost is \$5.00 –exact change appreciated! Lunch includes entrée, sides, and dessert.</div>		1 9:30 HATHA YOGA 9:45 EXERCISE 1:00 BANQUET OF FITNESS	2 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
5 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:30 WRITERS GROUP	6 9:00 FILE OF LIFE/BP 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 11:00 ZUMBA 1:00 LEARN POOL	7 9:30 BEG. LINE DANCE 10:00 BETTER BREATHR 10:30 INT. LINE DANCE 12:00 TECH HELP	8 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS 2:30 WOODCARVERS STUDIO	9 8:30 TAX AIDE 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
12 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS	13 9:00 ASK ATTORNEY 9:30 HATHA YOGA 9:45 EXERCISE 10:00 BOARD GAMES 11:00 ZUMBA 12:00 GENTLE YOGA	14 SPAGHETTI & MEATBALLS 9:30 BEG. LINE DANCE 10:00 INTERGEN. PLAY GROUP 10:00 CAREGIVERS GROUP	15 8:00 PODIATRY 9:00 MENS BREAKFAST GROUP 9:30 HATHA YOGA	16 8:30 TAX AIDE 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH

	1:00 LEARN POOL 1:15 GENTLE YOGA	10:30 INT. LINE DANCE 12:00 PRESCOTT CAFE	1:00 BANQUET OF FITNESS	
19 CLOSED FOR HOLIDAY 	20 9:00 SHINE 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL 1:15 GENTLE YOGA	21 9:30 BEG. LINE DANCE 10:00 VETERANS GROUP 10:30 INT. LINE DANCE 12:00 TECH HELP	22 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 11:00 DECOUPAGE 1:00 BANQUET OF FITNESS 2:30 WOODCARVERS STUDIO	23 8:30 TAX AIDE 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH 1:00 COOKING CLASS
26 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS	27 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL 1:15 GENTLE YOGA	28 FISH CHOWDER 9:30 BEG. LINE DANCE 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFE	22 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS	

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Contact: Gladys Merrow at: 508-835-4312, cell phone 508-612-5312 or via e-mail: andawaywegotravel.gem@gmail.com
Flyers can also be picked up at the Sterling, West Boylston or Shrewsbury Senior Centers

Sat. Feb. 10th, 2024 – Pre-Valentine's Art & Wine Tour, First stop today will be Addison Gallery on the campus of Phillips Academy in Andover, MA. The afternoon will be filled with wonderful food and wine at Fulchino Vineyards of Hollis, NH. \$139.00/pp.

Sat. Mar. 17th – The Cher Show at the Boch Center, Boston, this is a Tony Award winning musical of her story packed with so much Cher it takes three women to play her. Consisting of 35 smash hits, 6 decades of stardom & much more. A dinner buffet is included after the show at the Chateau \$179.00/pp.

Sat. April 20th – The Play That Goes Wrong, this is at the Majestic Theater, Springfield, MA. Our lunch will be at Storrowton Tavern located on the grounds of the Big E. The play is opening night of the Cornley University Drama Society's newest productions, "The Murder at Haversham Manor" and things are about to go from bad to utterly disastrous. \$129.00/pp

Sun-Tues, Oct. 06-08, Cape May, New Jersey a step back in time charm of the Victorian Era Two nights at the charming Marquis De LaFayette Hotel \$769.00/pp double & \$999.00/pp single

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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.

PODIATRY CLINIC

Thursday- February 15, 2024

8:00 am–11:30 am

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

Call 508-835-6916 for appointment,



"SENIOR SAND" program

If there are seniors who are in need of assistance with snow shoveling, we are partnering with the West Boylston Middle School/High School National Honor Society students and their Junior Rotary Group. 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. Snow removal will be from stairs or walkways (not driveways). Snow removal may NOT be immediately following a storm. The principal will determine when it would be safe for the students to help in this community service.

Call the senior center 508-835-6916

“Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.”

VESTA M. KELLY

WOODCARVING STUDIO

Thursday- February 8th & 22nd

2:30 pm–5:00 pm drop in



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





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The mailing of this newsletter is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of the West Boylston Council on Aging.



December was packed full of events at the center: Breakfast with Santa, Holiday Concert with Roger Tincknell, Walmart Breakfast, Wreath making class, Bemis Boxwood workshop, and basket winners!

