



Senior CONNECTION

WEST BOYLSTON

January 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
	John Riley

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

Here's to a new year- 2024!

Although there were days when I was not sure about the next day- we came through 2023! I could not have done it without the huge support from staff and volunteers. Our center is truly blessed to have great people that help us in our successes and engagement.

As we enter into our winter weather- some reminders:

Watch for school closings as the center closes when schools are closed.

Sign up for walkway shoveling with help from our high school students.

We have put together a kit of large print puzzles and word search books for the days when you are house bound watching the snow come down. You can pick one up at the front desk.

Some New Year quotes to reflect on:

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." —Carl Bard

"Life's not about expecting, hoping and wishing, it's about doing, being and becoming." —Mike Dooley

**Please note- reservations for the Rotary breakfast are for
Boylston and West Boylston residents only.**

Wachusett Area
Rotary
Club



Join us for Breakfast!
Saturday, February 10
8:30 am

The Manor
42 West Boylston St
West Boylston, MA

Snow Date: Sunday, February 11

Senior Citizens'
Valentine Breakfast

Reservations Required
by Wednesday, January 31

West Boylston & Boylston Seniors
Sign up at:
West Boylston Senior Center
Or call (508) 835-6916

Sign up early - space is limited

"Serving is the Heart of Rotary"

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.



January Fun Facts

January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolizes beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

January was excluded from the Roman calendar which only had 10 months. King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days. The 31st day of January was added to the month by Julius Caesar.

In leap years, January always starts on the same day as April and July.

Oddly enough, couples tend to separate or divorce more so in January than in any other month of the year.

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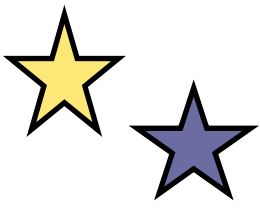
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www.4lpi.com/careers





Prescott Cafe

M E N U



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

Lunch: Wednesday– January 17, 2024 @ 12:00 pm : Steak and Cheese Sandwich, side, dessert
\$5.00/pp Reserve by 1/10

Lunch: Wednesday– January 31, 2024 @ 12:00 pm : Open Face Turkey Sandwich, side, dessert
\$5.00/pp Reserve by 1/24



Homemade Pasta Cooking Class

Wednesday– January 24th @ 1:00 pm: Eat while you learn to make pasta!

John will be making sauces to add to the dish.

Class is limited. \$10/pp Reserve by 1/17

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



November's Cooking Class!
Good eating!



EVENTS

MOVIE MATINEES

Tuesday- January 30, 2024 1:00 pm

"The Miracle Club"

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime.

Starring Laura Linney, Kathy Bates, and Maggie Smith.

Rated PG-13

1 hour 31 minutes



Please note that the movie will start promptly at 1:00 pm! No latecomers will be allowed in.

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.



ART CLASS w/Suzanne ** ACRYLIC PAINT POURING *****

Thursday- January 25, 2024 10:30 am \$20.00

Discover the magical art of Paint Pouring and watch your canvas transform into a stunning piece of art in minutes. Suzanne will show you different techniques to guarantee gorgeous results. No previous painting experience required! Paints and mediums included in the fee. Students will need to supply canvas, aluminum pan and a smock.

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

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



AARP TAX AIDE PROGRAM at the West Boylston Senior Center

**Tax preparation will begin in February 2024 on Fridays
(starting date to be determined)**

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. Once the questionnaires are created in January, we will put together packets of information for you to pick up. 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.

FUN

Winter Squash

Exotic Fruit

Y E M T A T K P P E R S I M M O N
 L R E A I A I K I W A N O Y S Q J
 Y P R T N U N U P D U M P L I N U
 C R R E O G R I R A D E H W V G J
 H A R D B Y O F K F W U N D U K U
 E T R E R W A S K P D P R R I A B
 E A T I B A O H T C M A A I O E E
 Y C I O C D G R C E A U E W A C J
 A I B T N B U O C H E J P R I N A
 N L U N S U L O N G I N K T B C B
 G E T A D T G I L R T A T C A O U
 M D T T R T K L U C B E U L L E T
 E O E U A E C K I O H S A E X A I
 I D R B B R U M C G H B M A Z N C
 A A C M B N D H A A A O J I E F A
 L T U A U U A P W Z P B F K J A B
 E A P R H T S T A R F R U I T R A

Word List:

PUMPKIN
 SPAGHETTI
 KURI
 CHAYOTE
 STARFRUIT
 JACKFRUIT
 RAMBUTAN
 DUKU
 PAWPAW

KABOCHA
 DELICATA
 DUMPLIN
 PERSIMMON
 KIWANO
 LYCHEE
 UGLI
 CLOUDBERRY

BUTTERNUT
 BUTTERCUP
 CALABAZA
 DURIAN
 FEIJOA
 MANGOSTEEN
 YANGMEI
 CROWBERRY

ACORN
 HUBBARD
 CUSHAW
 POMELO
 JABUTICABA
 DRAGON
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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 Low Impact with Grace
 11:00-11:45 am Zumba Gold with Rita
 1:00–3:00 pm Learn Pool with Joe

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 Low Impact with Grace
 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– January 9, 2024 9:00-10:00 am

SHINE COUNSELING with Nancy
 Tuesday– January 16, 2024, 9:00am-12:00pm

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

Wednesday– January 10, 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– January 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

January 18, 2024 9:00 am

Facilitated by Paul Bleau

We are thrilled to continue this adventure at the senior center! Meetings will be held every third Thursday of the month.

The idea is to be a casual, fun, informative atmosphere. Some weeks might start with a TED (Technology, Entertainment & Design) talk and some might have a guest speaker.

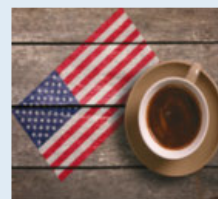
Coffee and light breakfast goodies always provided.

Please call to sign-up 508-835-6916

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

Wednesday– January 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.



January Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR HOLIDAY 	2 9:30 HATHA YOGA 9:45 EXERCISE 10:00 BOARD GAMES 11:00 ZUMBA 1:00 LEARN POOL	3 9:30 BEG. LINE DANCE 10:00 BETTER BREATH'R 10:30 INT. LINE DANCE	4 9:30 HATHA YOGA 9:45 EXERCISE 1:00 BANQUET OF FITNESS	5 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
8 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:30 WRITERS GROUP	9 9:00 ASK ATTORNEY 9:30 HATHA YOGA 9:45 EXERCISE 10:00 BOARD GAMES 11:00 ZUMBA 1:00 LEARN POOL	10 10:00 INTERGEN. PLAY GROUP 10:00 CAREGIVERS GROUP 12:00 TECH HELP 1:00 FRIEND'S NEW YEARS LUNCH	11 9:30 HATHA YOGA 9:45 EXERCISE 1:00 BANQUET OF FITNESS 2:30 WOODCARVERS STUDIO	12 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
15 CLOSED FOR HOLIDAY 	16 9:00 SHINE 9:30 HATHA YOGA 9:45 EXERCISE 10:00 BOARD GAMES 11:00 ZUMBA	17 STEAK & CHEESE SAND. 9:30 BEG. LINE DANCE 10:00 VETERANS GROUP 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFE	18 9:00 MENS BREAKFAST GROUP 9:30 HATHA YOGA 1:00 BANQUET OF FITNESS	19 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH

	<p>1:00 LEARN POOL</p>			
<p>22 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:30 WRITER'S GROUP</p>	<p>23 9:30 HATHA YOGA 9:45 EXERCISE 10:00 BOARD GAMES 11:00 ZUMBA 1:00 LEARN POOL</p>	<p>24 9:30 BEG. LINE DANCE 10:30 INT. LINE DANCE 12:00 TECH HELP 1:00 COOKING CLASS</p>	<p>25 9:30 HATHA YOGA 9:45 EXERCISE 10:30 ART POUR 1:00 BANQUET OF FITNESS 2:30 WOODCARVERS STUDIO</p>	<p>26 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH</p>
<p>29 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS</p>	<p>30 9:30 HATHA YOGA 9:45 EXERCISE 10:00 BOARD GAMES 11:00 ZUMBA 1:00 LEARN POOL 1:00 MOVIE MATINEE</p>	<p>31 OPEN FACE TURKEY SAND. 9:30 BEG. LINE DANCE 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFE</p>		

Lunch at the Prescott Café requires reservations one week in advance. Cost is \$5.00 –exact change appreciated!
Lunch includes entrée, sides, and dessert.

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COMMUNITY

AND AWAY WE GO TRAVEL

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

February 10, 2024 – Pre-Valentines Art & Wine Tour, Addison Gallery in Andover, MA, Fulchino Vineyards in Hollis, N.H.

\$139.00/pp

August 10, 2024 – Crafts & Cruise, Craftsman's Fair at Mount Sunapee Resort, Cruise on Lake Sunapee, Cruise, Buffet Lunch on the cruise.

\$149.00/pp

Wachusett Recycling Center - 131 Raymond Huntington Highway

Open 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

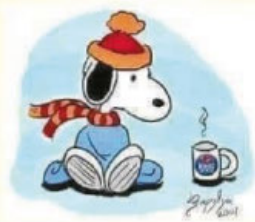
They accept curbside recycling items, textiles and many hard to recycle items (some with a fee), but they also have tons of free items for reuse.



"SENIOR 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

I'm Not Going Outside



Until The Temperature Is Above My Age.

****INTERGENERATIONAL PLAYGROUP****

@ the Senior Center

Wednesday– January 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.

CELL PHONE TECH HELP w/Michele
Wednesday – January 10th & 24th
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.



WOODCARVING STUDIO

Thursday– January 11th & 25th

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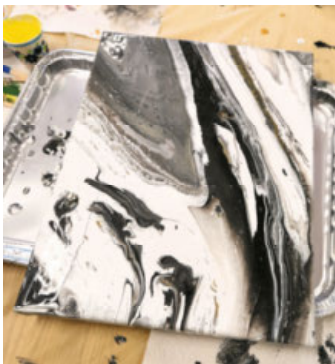
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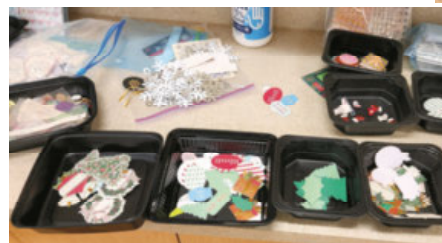
The mailing of this newsletter is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of the West Boylston Council on Aging.



**Our Annual
Thank You
Veteran's
Breakfast!**



**Another successful
Art Pour Class!**



**Holiday Card
Making with Ellen!**