

SENIOR CONNECTION NEWSLETTER – SCREEN-FRIENDLY VERSION 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

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, Barbara Mard, John Riley

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 days when you are house-bound watching the snow come down. You can pick one up at the front desk.

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."

M. Dooley

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 might 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 might be taken off the road. If there is a school delay, please call the at 508-835-6916 to ask if programs are still scheduled.

"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.

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 that 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

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

SPONSORED BY THE WACHUSETT AREA ROTARY CLUB:

JOIN US FOR SENIOR CENTER'S VALENTINE'S BREAKFAST AT THE MANOR RESTAURANT

42 West Boylston Street, West Boylston

Saturday, February, 10 8:30am

Snow Date: Sunday, February 11th

Sign up at or call the Senior Center @ 508-835-6916 to make your reservations.

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

PESCOTT CAFÉ

Lunch: Wednesday – January 17, 2024 @ 12:00 pm \$5.00/pp Reserve by 1/10

Steak and Cheese Sandwich, side, dessert

Lunch: Wednesday – January 31, 2024 @ 12:00 pm \$5.00/pp Reserve by 1/24

Open Face Turkey Sandwich, side, dessert

Call the senior center @ 508-835-6916 to make your reservation. Payment is due at the luncheon.

HOMEMADE PASTA MAKING COOKING CLASS

Wednesday – January 24th @ 1:00 pm 1:00 pm: \$10/pp Reserve by 1/17

Eat while you learn to make pasta! John will be making sauces to add to the dish.

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

MEN'S BREAKFAST CLUB

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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, and informative atmosphere. Some weeks might start with a TED (Technology, Entertainment & Design) talk and some might have a guest speaker.

There will always be coffee and light breakfast goodies.

Please call to sign-up 508-835-6916

MOVIE MATINEE

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.

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 and a smock. Class size is limited. Payment is required at reservation.

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.

AARP TAX AIDE PROGRAM at the West Boylston Senior Center

Tax preparation will begin in February 2024 on Friday (starting date/time 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.

WOODCARVING STUDIO

Thursday– January 11th & 25th 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 decided upon.

VETERANS' 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.

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!

CAREGIVERS SUPPORT GROUP

Wednesday – January 10, 2024 10:00 am No need to sign-up; just drop in

This group will meet every second Wednesday of the month.

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 and any challenges that caregiving comes with.

We welcome Joelle J. who will be leading this group.

Call 508-835-6916 with any questions.

INTERGENERATIONAL PLAYGROUP at 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.

MONDAYS

- 10:30 - 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

- 9:30 - 10:30am Hatha-Vinyasa Yoga with Divya
- 9:45 - 10:45am Low Impact Exercise (tentative)
- 10:00 am NEW! Board Games
- 11:00 - 11:45am Zumba Gold with Rita
- 1:00 - 3:00pm Learn Pool with Joe

WEDNESDAYS

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

THURSDAYS

- 9:45 - 10:45am Low Impact Exercise (tentative)
- 1:00 - 1:45pm Banquet of Fitness with Marty
- 1:30 - 2:30pm Hatha-Vinyasa Yoga with Divya

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

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

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.

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 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.