



# Senior CONNECTION

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

March 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
<b>VAN DRIVERS</b>	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.*



## **St. Patrick's Day Lunch**

**Wednesday- March 13, 2024**

**12:00 pm \$10.00/pp**

**Wear your green and enjoy a special lunch of Corned Beef, cabbage, potatoes, and carrots, Irish Bread, and cookies prepared by Chef John.**

**We will play some lively Irish music in the background to bring out the leprechauns in all of us. There will be basket giveaways!**

**Tickets available at the senior center starting February 26th.  
\$10.00/pp**

**Seating is limited!**

# Spring forward

## **Sunday- March 10th**

**Office Hours with Representative Jim O'Day**  
**Friday- March 29, 2024 10:00-11:00 am**

Representative O'Day will be holding office hours at the West Boylston Senior Center. Meet in-person to discuss your concerns, ask questions or just to introduce yourself to your representative and share a cup of coffee. No need to reserve-drop ins welcomed!



## DIRECTOR'S COLUMN

As I work on this issue of the newsletter, there is snow on the ground and temperature is just 30 degrees. It is hard to think about Spring, but this is the March newsletter and the first day of Spring is around the corner. It is always interesting to see if Mother Nature graces us with an actual Spring. I have experienced daffodils coming up in February only to have snow and freezing temperature kill them in April.

Spring signifies new beginnings. How about starting up Bingo again? We have a volunteer that would be willing to facilitate/manage once a month, but is looking for others to share with the duties other weeks. If you are interested, please call Lisa or Judy to discuss the details. We are always open to start new groups such as the recently added Board Games on Tuesday mornings. Is there interest in a Civics group or anyone up for Ballroom Dance lessons? If you have an idea, please share!

- from Lisa

## March Fun Facts

1. March was the first month in the Roman calendar
2. March was named for the Roman God of War
3. Statistically, March is the least productive month .
4. The telephone was first patented in March.
5. And Monopoly was invented in 1933!



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

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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.

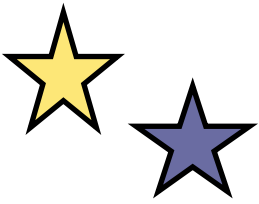
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# Prescott Cafe

## M E N U



**Lunch: Wednesday- March 27, 2024 @ 12:00 pm : Chicken Picatta, side, dessert**  
**\$5.00/pp Reserve by 3/13**

### Cooking Class

**Thursday- March 21, 2024 @ 1:00 pm: Pasta**  
**Eat while you learn!**

**Class is limited. \$10/pp Reserve by 3/14**

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



**CREATIVE CARD MAKING w/Ellen D. Easter--All Occasion themes**  
**Thursday- March 7, 2024 10:00 am \$5.00**

Using unique scrapbooking materials and other fun items onto solid and printed cardstock you will create truly one-of-a-kind cards. Please bring scissors, all other material will be provided.

Call 508-835-6916 to reserve your seat. Limited seating.

**Cost \$5.00 for supplies due with reservation.**



## Welcome Spring! Pizza Party

**Tuesday- March 19, 2024 12:00 pm**

**Sponsored by the Friends of the West Boylston Senior Center**

**Come Meet & Greet members of the Friends Group who will be serving**  
**Cheese Pizza & Salad!**  
**Seating is limited.**

**Reservations will begin on March 1, 2024 Call 508-835-6916**





## EVENTS

### FILE OF LIFE CARDS @ 9:00 am

**Tuesday- March 12, 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.

### ART WORKSHOP w/Sharon

**Wednesdays 1:00 pm**

**Begins March 13, 2024**

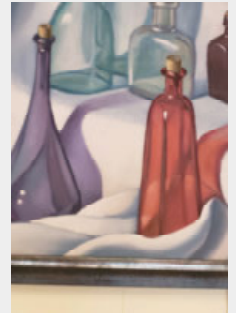
**(Five weeks- session)**

**\$25**

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

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

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



### 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.



### WOODCARVING STUDIO

**Thursday- March 7th & 21st  
2:30 pm–5:00 pm drop in**



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



### CELL PHONE TECH HELP w/Michele

**Wednesday - March 13th & 20th**

**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.



### NEW ART CLASS w/Sharon

**\*\*\*\* BEGINNING DRAWING \*\*\***

**Mondays 1:00 pm Begins March 11, 2024 (Five weeks) \$25**



Every artist will tell you, to begin you need to know how to draw. Sharon will guide you through light and shadow, how to break down objects, and other techniques.

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

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

## EVENTS

### \*\*\*\*INTERGENERATIONAL PLAYGROUP\*\*\*\*

@ the Senior Center

Wednesday- March 13, 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.

## MOVIE MATINEES

Wednesday- March 20, 2024 1:00 pm

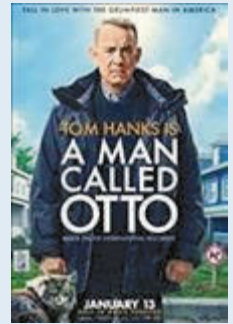
### "A Man Called Otto"

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

Starring Tom Hanks

Rated PG-13 2hours 6minutes

\*\* This film contains a sensitive subject



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

### SMILE:

- ◆ It's my first week working at the bicycle factory and they already made me a spokesperson.
- ◆ Horses have lower divorce rates. It's because they are in stable relationships.
- ◆ My laptop caught pneumonia, apparently because I left Windows open.
- ◆ 90% of bald people still own a comb; they just can't part with it.
- ◆ Always trust a nudist....they have nothing to hide.



### AARP TAX AIDE PROGRAM at the West Boylston Senior Center Fridays 8:30 am -1:30 pm

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**





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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

9:45–10:45 am Exercise Video  
 10:00 am Board Games  
 11:00 am-12:00 pm Hatha Yoga with Divya  
 11:00-11:45 am Zumba Gold with Rita  
 12:00 –1:00 pm Gentle Yoga w/Carol (not 1st  
 week of month)  
 1:00–3:00 pm Learn Pool with Joe  
 1:15—2:15 pm Gentle Yoga w/Carol (not 1st  
 week of month)

### 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 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– March 12, 2024 9:00-10:00 am

**SHINE COUNSELING** with Nancy  
 Tuesday– March 19, 2024, 9:00am-12:00pm

### \*\*\*\*\*Caregivers Support Group\*\*\*\*\*

**Wednesday– March 13, 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– March 6, 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**  
**March 21, 2024 9:00 am**

**Guest Speaker:**  
**Hon. William Ritter**  
**Justice of the Superior Court**

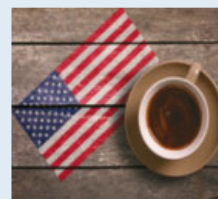
March is Judicial Outreach Month in Massachusetts, the Trial Court's annual community outreach initiative, when judges engage with communities across the Commonwealth about the work of the judicial branch and the importance of an impartial and independent judiciary. We are pleased to welcome Judge William Ritter as guest speaker.

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

### \*\*\*\*\*Veteran's Coffee Group\*\*\*\*\*

**Wednesday– March 20, 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.



# March Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>4</b> 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:30 WRITERS GROUP</p>	<p><b>5</b> <b>CLOSED FOR VOTING</b></p>	<p><b>6</b> 9:30 BEG. LINE DANCE 10:00 BETTER BREATHR 10:30 INT. LINE DANCE</p>	<p><b>7</b> 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 10:00 CARD CLASS 1:00 BANQUET OF FITNESS 2:30 WOODCARVERS STUDIO</p>	<p><b>8</b> 8:30 TAX AIDE 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH</p>
<p><b>11</b> 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS</p>	<p><b>12</b> 9:00 WELLNESS CLINIC 9:00 ASK ATTORNEY 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 11:00 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA</p>	<p><b>13 ST. PATRICK'S DAY LUNCH</b> 10:00 INTERGEN. PLAY GROUP 10:00 CAREGIVERS GROUP 12:00 PRESCOTT CAFE 1:00 ART CLASS</p>	<p><b>14</b> 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS</p>	<p><b>15</b> 8:30 TAX AIDE 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH</p>



	1:00 LEARN POOL 1:15 GENTLE YOGA			
18 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS 1:30 WRITERS GROUP	19 9:00 SHINE 10:00 BOARD GAMES 11:00 HATHA YOGA 12:00 PIZZA PARTY 12:00 GENTLE YOGA 1:00 LEARN POOL 1:15 GENTLE YOGA	20 9:30 BEG. LINE DANCE 10:00 VETERANS GROUP 10:30 INT. LINE DANCE 1:00 ART CLASS	21 9:00 MENS BREAKFAST GROUP 9:30 HATHA YOGA 1:00 COOKING CLASS 1:00 BANQUET OF FITNESS 2:30 WOODCARVERS STUDIO	22 8:30 TAX AIDE 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
25 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS	26 9:45 EXERCISE VIDEO 10:00 BOARD GAMES 11:00 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL 1:15 GENTLE YOGA	27 CHICKEN PICCATA 9:30 BEG. LINE DANCE 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFÉ LUNCH 1:00 ART CLASS	28 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS	29 8:30 TAX AIDE 10:00 REP. J. O'DAY 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH

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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

**Sat. May 18<sup>th</sup> – The Downeaster to Portland**, this trip is for all our train buffs. We arrive in Haverhill, MA train station where we will board the Amtrak's Downeaster for our 1 hour and 45-minute ride to Portland. After a relaxing ride on the train, it is a short ride on our motorcoach to the Muddy Rudder, Located in Yarmouth, Maine. After lunch we will have time for browsing the store in the Old Port of Portland before heading for home.

**We are working on running a second bus.**

\$129.00/pp

**Sat. June 22<sup>nd</sup> – Newport Flower Show & Harbor Cruise**, join us for an old favorite with a new twist. New England's premier flower show returns to the Rosecliff, on the grounds and interior of the mansion. Lunch today is at Johnny's in the Wyndham Newport Hotel. We will end our day with a 75-minute cruise of Newport Harbor.

**We are working on running a second bus.**

\$159.00/pp

### BEREAVEMENT SUPPORT GROUP

WEST BOYLSTON: Our Lady of Good Counsel Parish, 111 Worcester Street will hold a six-session support group beginning Monday, March 4, 2024, 1:00 - 2:30 pm. For more information or to register (required prior to the start of the sessions) please call Renate Isbell (508) 835-3286.



### New Year's Luncheon Friends of the West Boylston Senior Center



### Why You Say It- stories behind everyday words and phrases

#### Blow Off Steam:

It took years for trainmen to learn how to handle locomotives. Hot fires were required in order to keep up enough steam to move. But when an engine halted, steam pressure could rise quickly. There were no safety valves; at intervals, the engineer had to pull a lever and blow off the steam to prevent an explosion.

In the 1830's, a locomotive was a thing of awe when quiet and still. A person who for the first time saw the iron monster blow off steam never forgot the incident.

Observers compared such an explosive incident with a sudden display of temper. Soon adopted into the speech of merchants and travelers, anyone indulging in a colorful outburst was said to "blow off steam."





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**Back by popular demand  
"ACTIVE LIVING EVERYDAY PROGRAM"**

**Tuesdays starting March 26th- June 11th**

**1:00 pm- 2:30 pm**

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 that 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.**

