

# **SENIOR CONNECTION NEWSLETTER – SCREEN-FRIENDLY VERSION**

**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

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, Siobhan Bohannon, Barbara Deschenes, Barbara Mard,  
and John Riley

## **MARCH FUN FACTS**

- March as named after the Roman god of war
- March is the first month of the Roman calendar
- Statistically, March is the least productive month
- And Monopoly was invented in 1933!
- The telephone was first patented in March.

**Spring Forward Sunday – March 10th**

## **DIRECTOR'S COLUMN**

As I work on this issue of the newsletter, there is snow on the ground and the 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 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*

## **PLEASE JOIN US AS WE LOOK FORWARD TO THESE MARCH EVENTS:**

### **AARP TAX AIDE PROGRAM**

**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. There are packets of information for you to pick up – to complete all info needed. 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**

### **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!

## **MOVIE MATINEE**

**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

**\*\* This film contains a sensitive subject    Rated PG-13                      2 hours 6 minutes**

Please note that the movie will start promptly at 1:00pm.

## **"ACTIVE LIVING EVERYDAY PROGRAM"**

**Tuesdays starting March 26<sup>th</sup> - June 11th**

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

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.**

## **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. Seating is limited!**

## **PRESCOTT CAFÉ**

**Please call 508-835-6916 to make reservations.**

### **LUNCH**

**Wednesday – March 27, 2024 @ 12:00 pm**      \$5.00/pp      Reserve by 2/5  
Chicken Piccata, side, dessert

### **COOKING CLASS**

**Thursday – March 21 @ 1:00 pm**      \$10/pp      Reserve by 3/14  
Pasta. Eat while you learn!  
Class size is limited. Reservations are required. Payment is required at reservation.

## **WELCOME SPRING! FREE PIZZA PARTY**

**Tuesday– March 19, 2024      12:00 pm**  
**Sponsored by 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. Call 508-835-6916. Reservations will begin on March 1, 2024.

## **MEN'S BREAKFAST GROUP**

**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***

**Thursday - March 7, 2024    10:00 am    \$5.00**

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

**Begins March 13, 2024** **(Five weeks of sessions)**

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

**Begins March 11, 2024** **(Five weeks of sessions)**

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

**Thursday- March 7th & 21<sup>st</sup>      2:30 pm–5:00 pm      Drop-in**

You will need to pay for the wood with the project you decide upon.

## **MONTHLY OUTREACH OPPORTUNITIES AT THE SENIOR CENTER:**

### **ASK AN ATTORNEY – with Nicholas Daviau**

Tuesday– March 12, 2024 9:00-10:00 am

Call to schedule your appointment 508-835-6916.

### **SHINE COUNSELLING – with Nancy**

Tuesday– March 19, 2024, 9:00am-12:00pm

#### **SHINE – Medicare Preventive Benefits**

Did you know that Medicare Part B covers approximately two dozen preventive benefits, Often at no- or low-cost to you? These benefits include services such as flu and pneumonia shots, covid shots, screenings for various health conditions (e.g. heart disease and certain types of cancer), and options to help you stop smoking.

Preventive care might help to keep you healthier by preventing illnesses or detecting medical conditions early. For mor information on covered preventive benefits, see Section 2 of the *Medicare and You 2024* Handbook or call your local SHINE office with your questions. Also talk to our health care provider about how Medicare preventive services can help you.

### **CELL PHONE TECH HELP w/Michele**

**Wednesday – March 13th & 20<sup>th</sup>                      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.

### **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.

### **BETTER BREATHERS' GROUP**

**Wednesday – March 6, 2024                      10:00 am                      No need to sign-up; just drop in**

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.

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

## **BLOOD PRESSURE CLINIC @ 10:00 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.

## **CAREGIVERS SUPPORT GROUP**

**Wednesday– March 13, 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.

## **INTERGENERATIONAL PLAYGROUP At 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](mailto:westboylstoncfce@gmail.com) or call the West Boylston Senior Center at 508-835-6916 if you have questions.

## **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 Window 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.

## **BEREAVEMENT SUPPORT GROUP**

**Beginning Monday, March 4, 2024, 1:00pm - 2:30 pm.**

WEST BOYLSTON: Our Lady of Good Counsel Parish, 111 Worcester Street, will hold a six-session support group. For more information or to register (required prior to the start of the sessions), please call Isabell 508-835-3286

## **AND AWAY WE GO TRAVEL WITH GLADYS**

Contact: Gladys Merrow at: 508-835-4312, cell phone 508-612-5312 or via e-mail: [andawaywegotravel.gem@gmail.com](mailto: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

## **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."

### **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

### **DURABLE MEDICAL EQUIPMENT AVAILABLE TO LOAN FOR ALL RESIDENTS**

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.

### **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.

## WEEKLY CLASSES AND GROUPS

### 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 - 1<sup>st</sup> and 3<sup>rd</sup> weeks

### TUESDAYS

- 9:30 - 10:30am Hatha-Vinyasa Yoga with Divya
- 9:45 - 10:45am Low Impact Exercise (tentative)
- 10:00 NEW! Board Games
- 11:00 - 11:45am Zumba Gold with Rita
- 12:00 - 1:00pm Gentle Yoga with Carol
- 1:00 - 3:00pm Learn Pool with Joe
- 1:15 - 2:15pm Gentle Yoga with Carol

### 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