



Senior CONNECTION

WEST BOYLSTON

MAY 2024



Spring into Summer Party! Town-wide Community Event

Celebrating our 5 year Anniversary at the Center!

**WEST BOYLSTON
COUNCIL ON AGING**
120 Prescott St.
West Boylston, MA 01583
508-835-6916

Monday - Friday 8:30am-3:00pm

STAFF

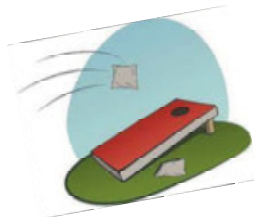
Director	Lisa Clark Viklund
Admin Assist.	Judy Conroy
Custodians	Jim Novia
	Paul Cawley
Food Service	John Grosse
VAN DRIVERS	Rick McGrail
	Dennis Parker
	Gary Smith

COUNCIL ON AGING BOARD

Chairman	Dave Femia
Secretary	Tom Mullins
Members	Janice Ash
	Barbara Deschenes
	Lynn Harding-McGrail
	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.

West Boylston Senior Center
June 22, 2024 2 pm—6 pm



- Food Truck
- Ice Cream Truck
- Live Music
- Cash Bar Adult Beverages
- Free Popcorn
- Corn Hole
- Magician
- Face Painting



**Bring your lawn chairs/picnic blankets—
for an afternoon of fun!**

DIRECTOR'S COLUMN

Happy May Days!

Butterflies, Hummingbirds, Fresh cut grass , Mother's Day, and the start of summer vacations ! We have a busy month of May planned, including two new classes! Be sure to check out the newsletter for all the info.

"A woman is the full circle. Within her is the power to create, nurture and transform." – Diane Mariechild."

All women are special whether they have children or not, and to celebrate we invite you ladies to the senior center for a special little gift on Monday, May 13th. Please understand that it is one treat per person that comes to the front desk. You cannot pick it up for another person. We will pass out these free gifts until we run out.

The senior center is extremely grateful to have received an incredible donation of leather-bound Agatha Christie novels! We have allotted them a special place in our library. We will be asking those who do "borrow" them to sign them out just like we used to as kids, with the library card in the back of the book. This is a collection that we want to take care of and keep for posterity.

As you see on the front page of this newsletter, we have a big celebration planned in June. Make sure you put this on your calendar. Celebrating five years in our senior center! We made it through the building process, COVID, and growing pains . Thanks to a lot of hard work and wonderful people we have been successful and want to share the appreciation to the community. See you there!

from Lisa

Mercadante

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Prescott Cafe

M E N U



Lunch: Wednesday– May 8, 2024@ 12:00 pm : Baked Potato Bar w/toppings (chili, sour cream, cheese, etc.) dessert \$5.00/pp Reserve by 5/1

Lunch: Wednesday– May 15, 2024@ 12:00 pm : Chicken Enchiladas, Mexican corn, dessert \$5.00/pp Reserve by 5/8

Lunch: Wednesday– May 22, 2024@ 12:00 pm : Hamburger on a bun, Pasta Salad, Potato Salad, Ice Cream \$5.00/pp Reserve by 5/15
Memorial Day lunch!!

**COFFEE CLUB WITH JAY MERRILL -
 FINANCIAL ADVISOR WITH
 CLIFFORD & RANO
 Wednesday– May 22, 2024 2:00 pm**



Come learn about the market with a free cup of coffee. Discuss current updates on the market, the economy and finances in a relaxed, informal setting and ask questions. Jay is not here to sell any services, only to educate and share information. No need to sign up, just drop in!

******NEW CLASS******

**LEARN TO SEW w/Michelle
 Friday– May 3rd & May 17th 11:00 am**



Have you ever had the desire to know how to sew, other than sewing on a button? Come learn with Michelle! She will start easy with a pillowcase and move on with other fun projects. All sewing machines are provided as well as the material, unless you have your own cloth that you wish to use. Classes will be held the 1st and 3rd week of the month. **Call the center to register at 508-835-6916**

**BINGO ANYONE?
 Mondays starting May 6, 2024
 1:30 pm**

Bingo is back! We have a great group of volunteers who are willing to coordinate Bingo here at the center. Each card will be \$1. Check out the calendar section to see which Mondays are scheduled.

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE SPACE	49	63
5	23	35	58	73
3	30	32	52	75

**** BOCCE BALL IS BACK****

**Thursdays starting May 16, 2024
 10:00 am (weather permitting!)**

Meet out back at the Bocce Ball court. Steve B. will be providing instruction and keeping the courts in good shape!



EVENTS

FILE OF LIFE CARDS @ 9:00 am

Tuesday- May 7, 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).

CARD MARKING w/Mary Ellen

Thursday- May 9, 2024

10:00 am

\$5.00

Make three pretty All Occasion greeting cards. For each card you will have a choice of making a birthday, sympathy, or note card. You can make three of the same theme or three different ones. It is your choice!

Call 508-835-6916 to reserve your seat. Seating is limited.

Cost \$5.00 for supplies due with reservation.



MEN'S BREAKFAST GROUP

Thursday- May 16, 2024 9:00 am

Two Guest Speakers!!

Rich Pelle on Water Rockets

& Sam Morgan on Model Yacht Club

Water Rockets, a hobby for both the young and old, can be as simple as you want, or as hi-tech as you dare go. Failures (or more politely described as, design changes) are inevitable as one experiments along the way. Rich's complete water-air launch-pad with 4-foot rocket (in a ready-to-launch configuration) will be **pre-assembled and on display**. Rich will also show-discuss his on-board video camera & altimeter. Commodore Sam Morgan will be presenting information on The Greater Worcester Model Yacht Club and their Radio Controlled Model sailboats. The members meet at Indian Lake in Worcester and are always looking for new people to join in.

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



St. Patrick's Day Lunch

Congratulations to basket winners! Bruce, Gail, Dick, Doris, Dennis, and Karen!

CELL PHONE TECH HELP w/Michele

Wednesday - May 1st & May 8th

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.



TED REINSTEIN from Chronicle

Tuesday– May 7 , 2024 7:00 pm

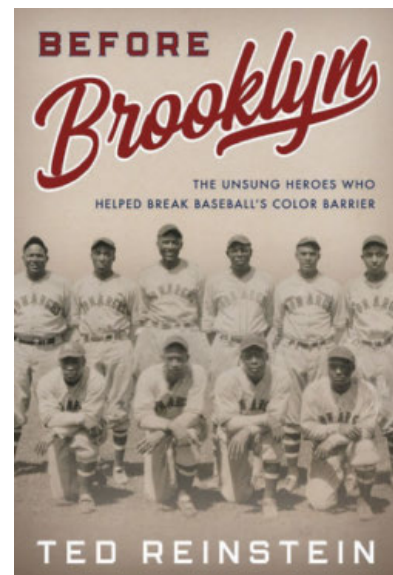
Before Brooklyn **The Unsung Heroes Who** **Helped Break Baseball's Color** **Barrier** By Ted Reinstein

In April of 1945, exactly two years before Jackie Robinson broke the color barrier in major league baseball, liberal Boston City Councilman Izzy Muchnick persuaded the Red Sox to try out three black players in return for a favorable vote to allow the team to play on Sundays. The Red Sox got the councilman's much-needed vote, but the tryout was a sham; the three players would get no closer to the major leagues. It was a lost battle in a war that was ultimately won by Robinson in 1947.

This book tells the story of the little-known heroes who fought segregation in baseball, from communist newspaper reporters to the Pullman car porters who saw to it that black newspapers espousing integration in professional sports reached the homes of blacks throughout the country.

It also reminds us that the first black player in professional baseball was not Jackie Robinson but Moses Fleetwood Walker in 1884, and that for a time integrated teams were not that unusual.

And then, as segregation throughout the country hardened, the exclusion of blacks in baseball quietly became the norm, and the battle for integration began anew.



Join us at the West Boylston Senior Center for this presentation with Ted Reinstein as he introduces his latest book.

Coffee and dessert will follow his presentation.

\$5.00/pp at the door

RSVP 508-835-6916

SMILE: A wife's eulogy at her husband's funeral:

"Norman needed a blood transfusion, but his blood type was not on record, so the doctors asked me if I knew what it was. They urgently needed to know, to save Norman's life.

Tragically, I had never known his blood type, so I only had time to sit and say goodbye.

I'll never forget how supportive my Norman was. Even as he was fading away, he kept on whispering to me,

"Be positive, be positive!"

That was my Norman!

Always thinking of others."





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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 wks.)
1:30-2:30 pm	Bingo

TUESDAY

9:45–10:45 am	Exercise Video
10:45-11:45 am	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
11:00 am –12:00 pm	Sewing Class (1st & 3rd wks.)
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– May 14, , 2024 9:00-10:00 am

SHINE COUNSELING with Nancy
Tuesday– May 21, 2024, 9:00am-12:00pm

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

Wednesday– May 8, 2024 10:00 am



Caregiver support groups allow you to ask questions about caregiving, share experiences, and exchange emotional support. They can also lead you to become more confident when it comes to caring for your loved one. No need to sign up– drop in!

BETTER BREATHER'S GROUP

Wednesday– May 1, 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!

*****INTERGENERATIONAL PLAYGROUP*****

@ the Senior Center

Wednesday– May 8, 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.

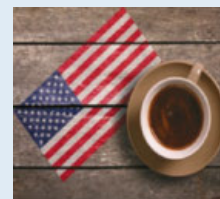


Please contact: west-boylstoncfce@gmail.com or call the West Boylston Senior Center at 508-835-6916 if you have questions.

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


Wednesday– May 15, 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.



May Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 9:30 BEG. LINE DANCE 10:00 BETTER BREATHER GROUP 10:30 INT. LINE DANCE 12:00 TECH HELP 1:00 ART CLASS	2 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS	3 10:00 WII BOWLING 11:00 SEWING CLASS 12:00 MAHJONG 12:30 PITCH	
	6 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:30 WRITERS GROUP 1:30 BINGO	7 9:00 WELLNESS CLINIC 9:45 EXERCISE VIDEO 10:45 HATHA YOGA 11:00 ZUMBA 1:00 LEARN POOL 1:00 YWCA 7:00 TED REINSTEIN	8 BAKED POTATO BAR 9:30 BEG. LINE DANCE 10:00 INTERGEN. PLAY GROUP 10:00 CAREGIVERS GROUP 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFÉ 12:00 TECH HELP 1:00 ART CLASS	9 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 10:00 CARDS W/MARY ELLEN 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS	10 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
	13 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:30 BINGO	14 9:00 ASK ATTORNEY 9:45 EXERCISE VIDEO 10:45 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL	15 CHICKEN ENCHILADAS 9:30 BEG. LINE DANCE 10:00 VETERANS GROUP 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFÉ	16 9:00 MENS BREAKFAST GROUP 9:30 HATHA YOGA 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS	17 10:00 WII BOWLING 11:00 SEWING CLASS 12:00 MAHJONG 12:30 PITCH

	1:00 YWCA 1:15 GENTLE YOGA	1:00 ART CLASS		
20 10:00 QUILTING 10:30 TAI CHI 1:00 BANQUET OF FITNESS 1:30 WRITERS GROUP 1:30 BINGO 7:00 TOWN MEETING@HIGH SCHOOL	21 9:00 SHINE 9:45 EXERCISE VIDEO 10:45 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL 1:00 YWCA 1:15 GENTLE YOGA	22 HAMBURGER /BUN 9:30 BEG. LINE DANCE 10:30 INT. LINE DANCE 12:00 PRESCOTT CAFÉ 1:00 ART CLASS 2:00 FINANCIAL COFFEE CLUB	23 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS 1:00 DRAWING CLASS	24 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH
27 CLOSED FOR HOLIDAY 	28 9:45 EXERCISE VIDEO 10:45 HATHA YOGA 11:00 ZUMBA 12:00 GENTLE YOGA 1:00 LEARN POOL 1:00 YWCA 1:15 GENTLE YOGA	29 9:30 BEG. LINE DANCE 10:30 INT. LINE DANCE	30 9:30 HATHA YOGA 9:45 EXERCISE VIDEO 1:00 BANQUET OF FITNESS	31 10:00 WII BOWLING 12:00 MAHJONG 12:30 PITCH

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Flyers can also be found at the Sterling & West Boylston Senior Centers.

Wachusett Recycling Center - 131 Raymond Huntington Highway

Open Tuesdays 9:00 am- 11:00 am Thursdays 4:00 pm-6:00 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.

Town of West Boylston- Yard Waste Recycling Facility Laurel Street

Residents are urged to recycle their leaves, grass clippings and other easily raked materials through this facility, as disposal in the trash is prohibited. Use paper yard waste bags or clearly marked barrels (which must be removed). No plastic bags are allowed. Brush/branches under 6" in diameter may be brought as well for recycling.

Friday, April 26, 2024 8:00 a.m. - 1:00 p.m.

Saturday, May 11, 2024 7:00 a.m. - 12:00 p.m.

Friday, May 24, 2024 8:00 a.m. - 1:00 p.m.

In case of inclement weather, the composting site may be closed. Call the DPW at 508-835-4820 for updates.



DURABLE MEDICAL EQUIPMENT

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.

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May 8, 2024

5:30 - 7:00 PM

WB Senior Center

Please RSVP to 774-261-3318 or
mariasellsmass@gmail.com

Appetizers, Refreshments & Raffle for all attendees !





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- Like us on Facebook "West Boylston senior center"

SAVE THE DATE!

THURSDAY- JUNE 6, 2024 5:00 PM

The Birth of Rock and Roll: Songs That Defined an Era

This entertaining and enlightening program will take you back to one of the greatest musical eras in American history. Enjoy video presentations of such artists as Chuck Berry, Elvis Presley, Little Richard, Fats Domino, Buddy Holly, Ray Charles, Jerry Lee Lewis and Bo Diddley with author and pop culture historian Marty Gitlin. Marty will discuss the impact these rock and roll pioneers made on society and pop culture. He will also challenge patrons with trivia questions and interact with a Q&A after the event.



Semi Annual Town Meeting- **Monday, May 20, 2024 at 7:00 pm**

All Town Meetings held at the Middle/High School, 125 Crescent Street

The last day to register to vote before Town Meeting is May 10, 2024