

SENIOR CONNECTION NEWSLETTER – SCREEN-FRIENDLY VERSION

MAY 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, 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.

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 you have children or not and to celebrate you we invite you to the senior center for a special little gift on Monday, May 13th. Sweets for the sweet ladies. Please understand that it is one 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.

Also, 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

Celebrating 5 Year Anniversary!

@ the West Boylston Senior Center

June 22, 2024

2:00 pm–6:00pm

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

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

TED REINSTEIN FROM CHRONICLE

May 7, 2024

7.00pm

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

"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 try-out 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.

Coffee and dessert will follow his presentation. \$5.00/pp at the door
RSVP 508-835-6916

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

PRESCOTT CAFÉ MAY

Please call 508-835-6916 to make reservations.

LUNCH

Wednesday – May 8, 2024 @ 12:00 pm \$5.00/pp Reserve by 5/1

Baked Potato Bar w/toppings and dessert

LUNCH

Wednesday – May 15, 2024 @ 12:00 pm \$5.00/pp Reserve by 5/8

Chicken Enchiladas, Mexican corn, dessert

LUNCH

Wednesday – May 22, 2024 @ 12:00 pm \$5.00/pp Reserve by 5/15

Hamburger on a bun, pasta salad, potato salad, ice cream

Lunch Volunteers are needed.

The Prescott Café is going like gang-busters! People are enjoying Chef John's food immensely. Please consider volunteering a couple hours a month. We are seeing an average of about 60 people reserving for these lunches which is great, however, this also means a lot of work for our volunteers.

We are in desperate need for help with clean up, washing, and drying. It would be so appreciated and help to keep the café going.

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 Senior Center to register at 508-835-6916

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.

BINGO ANYONE?

Wednesdays, Starting May 6, 2024 1:30pm

Bing is back! We have a great group of volunteers who are willing to coordinate running Bingo here at the Center. Each card will be \$1.00. Check out the calendar section to see which Mondays are scheduled.

**** 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!

MEN'S BREAKFAST GROUP

Thursday May 18, 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 and 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 are always provided.

Please call to sign-up 508-835-6916

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.

BETTER BREATHERS' GROUP

Wednesday - May 1, 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.

Caregivers Support Group

Wednesday - May 8, 2024 10:00 am No need to sign-up; just drop in

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.

Call 508-835-6916 with any questions

Semi Annual Town Meeting

Monday, May 20, 2024 at 7:00 pm

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

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

MONTHLY OUTREACH OPPORTUNITIES AT THE SENIOR CENTER:

Call to schedule your appointment 508-835-6916.

ASK AN ATTORNEY – with Nicholas Daviau

Tuesday– May 14, 2024 9:00-10:00 am

CELL PHONE TECH HELP w/Michele

Wednesday – May 1 and May 8 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.

SHINE COUNSELLING – with Nancy

Tuesday– May 21, 2024, 9:00am-12:00pm

FILE OF LIFE CARDS @ 9:00 am

BLOOD PRESSURE CLINIC @ 10:00 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! 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 aid, the nurse will remain for a blood pressure clinic. For those needing a monthly record, please take advantage of this program.

Navigate the Current Market

Real Estate Selling and Downsizing for Our Local Community

May 8, 2024 5:30pm – 7:00pm at the West Boylston Senior venter

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

Are you considering a move? Join us for an informative FREE seminar designed specifically for our community. Get equipped with the knowledge and resources you need to make informed decisions about the current real estate market, selling your home, and downsizing smoothly.

Learn about market insights, how to be a savvy seller and downsizing done right from an expert panel of local professionals including Maria Troka, REALTOR with A & E Realtor, Amy Chisholm, Real estate Attorney, Jennifer baker, Owner of Right-Sized Living, Eric Hague, Senior Mortgage Loan Officer with Workers Credit Union and Abigail Halal, Owner of Home Staging with Abigail.

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

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 that 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.

Smile!

You know that great feeling you get when you get into bed, fall straight to sleep, and wake up refreshed and ready to take on the day. No; me neither!

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."

AND AWAY WE GO TRAVEL WITH GLADYS

For the over 50 travelers

Call Gladys Merrow at: (508) 835-4324. Or email: andawaywegotravel.gem@gmail.com

Get on her email list, call with any questions, request a flyer, make a reservation or get on a waitlist.

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

AMERICAN LEGION AUXILIARY, HAROLD N. KIETH AUXILIARY UNIT 204 of West Boylston

We have a wonderful Auxiliary group that would like to offer assistance to any veterans and their families. They are available to help with providing a meal, groceries, presents for the holidays, or even just to stop in to visit and talk. In addition, if there is anyone in the community that has family currently deployed overseas, the auxiliary would like to send care packages.

Please call/text Pauahi Godbout at 774-261-0425 or email at maje62@msn.com

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.

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

WEEKLY CLASSES AND GROUPS

MONDAYS

- 10:00 - 11:30am Quilting
- 10:30 - 11:30am Tai Chi with Sifu Cary
- 1:00 - 1:45pm Banquet of Fitness with Marty
- 1:30-2:30 pm Bingo
- 1:30 - 3:00pm Writers' Workshop/Peer Group - 1st and 3rd weeks

TUESDAYS

- 9:45 - 10:45am Low Impact Exercise (tentative)
- 10:45 - 11:45am Hatha-Vinyasa Yoga with Divya
- 11:00 - 11:45am Zumba Gold with Rita
- 12:00 - 1:00pm Gentle Yoga with Carol (not 1st week of each month)
- 1:00 - 3:00pm Learn Pool with Joe
- 1:15 - 2:15pm Gentle Yoga with Carol (not 1st week of each month)

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

- 10:00 - 11:30am Wii Bowling with Arlette
- 11:00am - 12:30pm Sewing with Michelle (1st & 3rd weeks)
- 12:00 - 3:00pm Mahjong with Judy
- 12:30 - 3:00pm Pitch with Tony and Dave - \$5.00

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.

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

Hours:

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.

SENIOR CONNECTION NEWSLETTER

Some people have expressed the interest in receiving our newsletter automatically via email directly from the publishing company, follow this 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 now available.