



Flagtown Flyer

"Senior News With A Variety To Choose"

4 GODDARD DRIVE • AUBURN, MA 01501
PHONE: 508-832-7799 • FAX: 508-832-7730

Hours: Mondays & Fridays 8am - 3pm
Tues., Wed. & Thurs. 8am - 4pm

VOLUME 23 ISSUE 2

February 2022

BINGO!

A fun activity & more...

By Gloria Whorton

Bingo is good for your health.

When you yell "Bingo", you are using your vocal cords and that strengthens them. Also, when you yell, you are smiling and that uses all the muscles in your face. When you raise your hand to let them know you have Bingo, you are using arm muscles that make your arm lose the flabbiness so you don't get "Turkey Arms".

At Bingo, you are talking with other people and building new relationships and making new friends.

Sometimes, you even win a few "bucks". This makes your wealth increase. It makes you HAPPY and we know this is good for your disposition. Bingo also stimulates your brain and gets your heart pumping.

*Come join us on **Thursdays** from **1:00pm. to 3:00pm.** We give away all the money we collect. You'll be glad you came.*



Bingo Cards



Bingo Caller



Lucky

B I N G O				
1	16	40	47	72
12	18	●	50	74
●	22	●	46	64
8	17	32	●	68
6	28	37	54	61

B I N G O				
5	29	42	52	68
14	17	38	60	75
7	22	FREE SPACE	49	62
13	28	33	46	63
3	27	32	●	73



Full Service Subacute and Short Term Rehabilitation Center Offering Physical Therapy, Occupational Therapy, and Speech Therapy.

Our Pre-Admission Planning Program invites you to meet with us prior to your surgical procedure and join us in planning your post-surgical rehabilitation program.

Long Term Care services emphasize a home-like environment where on-going assessment and personalized plan of care help the resident reach the highest level of functioning.

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For more information, contact **508-832-2200**.

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RSVP Volunteers of Central MA is a program of Family Services





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508-791-7787

February 2022

Do you need Transportation?
Please call the WRTA [508-752-9283](tel:508-752-9283)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>2</p> <p>9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Senator Moore's OFFICE HOUR 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>3</p> <p>10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>4</p> <p>9:30 BLOOD PRESSURE CLINIC 10:00 Strength & Balance 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>	
<p>7 9:30 Yoga Cancelled Today 10:00 SENIOR SWEAT 10:00 FASCA Meeting 10:30 Coloring for ADULTS 11:00 Walking Club—Auburn Mall 12:00 Lunch 12:45 Movie—The Life of the Party 12:45 Canasta</p>	<p>8</p> <p>10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>9</p> <p>9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>10</p> <p>10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>11</p> <p>10:00 Strength & Balance 10:00 Red Hats 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>14 Happy Valentines Day  9:30 Yoga Cancelled Today 10:00 SENIOR SWEAT 10:30 Coloring for ADULTS 11:00 Walking Club—Auburn Mall 12:00 Lunch 12:45 Movie—The Last Full Measure 12:45 Canasta</p>	<p>15</p> <p>9:00-12:00 SHINE Appointments 10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Painting Class 1:00 Whist 6:30 Pitch</p>	<p>16 9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>17</p> <p>10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>18</p> <p>10:00 Strength & Balance 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>21</p>  <p>Senior Center Closed</p>	<p>22</p> <p>10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Dr. Clermont-Pre Biotics & Pro Biotics 1:00 Whist 6:30 Pitch</p>	<p>23</p> <p>9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>24</p> <p>10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>25</p> <p>10:00 Strength & Balance 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>28</p> <p>10:30 Coloring for ADULTS 11:00 Walking Club—Auburn Mall 11:00 YOGA (New Time) 12:00 Lunch 12:45 Movie—The Way Back 12:45 Canasta</p>				



If you have
a Movie
suggestion
let us
know!

Senior Center closings and cancellations

If the Auburn Public Schools are closed due to inclement weather, the Auburn Senior Center & van transportation will be closed.

If the Auburn schools have a delay, the Senior Center will follow the same scheduled delay.

All programs scheduled for the period of the delay would be cancelled.

If there is a school delay the vans will also adhere to that delay.

WTAG, 580 AM

WSRS, 96.1 FM

Movies begin at 12:45 pm on our BIG Screen

Feb. 7—**Life of the Party**

When her husband dumps her, longtime dedicated housewife Deanna turns regret into re-set by going back to college...landing in the same class and school as her daughter.

Plunging headlong into the experience, the increasingly outspoken Deanna embraces freedom.

2018 PG 1h 45m



Feb. 14—**The Last Full Measure**

The true story of William H. Pitsenbarger, a U.S. Air Force medic who personally saved over sixty men before making the ultimate sacrifice in Vietnam's bloodiest battle. Huffman interviews Army vets to learn more about Pitsenbarger's courageous acts — and uncovers a high-level conspiracy.

2018 PG 1h 45m

Feb. 28 —**The Way Back**

Jack Cunningham once had a life filled with promise. In high school, he was a basketball phenom with a full ride to college, when suddenly, for reasons unknown, he walked away from the game, forfeiting his future. Now years later, Jack is stuck in a meaningless job and drowning in the alcoholism that cost him his marriage and any hope for a better life.

2020 R 1h 48m

All movie information from Netflix.com



Senator Michael Moore's Office Hour

Senator Michael Moore's representative will hold office hours at the Auburn Senior Center.

Wed. February 2nd from 11:00am — 12:00pm

Please stop by with your questions or compliments.

SENIOR CENTER STAFF

Executive Director: Jean Boulette
Outreach Coordinator: Usha Verma
Program Coordinator: Kristen Pappas
Van Drivers: Robert Gaulin, Angelo Lambiras, Jimmy Phillips

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SHINE

SHINE Counselor: Patrick Morris

ELDER SERVICES of WORCESTER

Nutrition Site Manager: Judy Gonroff
Substitute Site Manager: Richard Dumphy

Nutrition Volunteers: Terry Bradley, Dot Gargolinski, Irene Coderre, Denise Boucher, Rich Dumphy, Pat Fauvel, Bev Geddes, Judy Keller, Don Keller, Helen Ingraham, Barbara Powers, Delores Sciamacco, Gloria Whorton, Carol Zukowsky

Meals-On-Wheels Drivers: Susan Black, Bill Butkus, Sue Butkus, Pat Champagne, Diane Dion, George Fournier, Mary Ellen Fournier, Bev Geddes, Geri Hallas, Ginny Jenkins, Tom Jenkins, Judy Keller, Donald Keller, Bruce Kuchnicki, Barbara McManus, Ed McManus, Paul Pellegrino, Evie Pless, Steve Pflug, David Pierce, Marilyn Pierce, Ron Pierce, Peter Rielly, Anne Spellane,

F.A.S.C.A.

Friends of the Auburn Senior Center Assoc.

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Vice-President: Gloria Whorton
Secretary / Membership: Joyce DiPasquale
Treasurer: Pam Martin
Asst. Treasurer: Bev Geddes
Memorial Fund Coordinators: Bev Geddes & Pam Martin
Trip Coordinator: Lynne Guittar
Trip Co- Coordinator: Rich Hedin

Board Members: Richard Dumphy, George Fournier, Maureen Kuchnicki, Delores Sciamacco, Geri Hallas, Linda Moulin, Alison Merriam

ON GOING ACTIVITIES

Canasta



Only \$2

Every Monday
12:45pm

Adult Coloring Club

Join Jessie Harrington
for a relaxing hobby.

Every Monday
10:30am — No Charge



Cribbage



Every Wed.—6:00pm



We meet Every Mon. & Wed. at
11:00am at Auburn Mall

Dominos



Fridays at 12:45pm

FITNESS CLASSES are paid from a grant through Executive Office of Elder Affairs (EOEA).

Participants are urged by EOEA to make a donation towards Fitness Classes.

The donations are used to replace equipment, supplies and expenses for programs offered at the Senior Center.

Strength & Balance

with Lin Hultgren Ace certified fitness instructor
Every Wed. & Fri. 10:00am – \$3.00 class donation
Strengthen & tone your body while improving your mobility.

YOGA Mondays 11:00am

with Ann Ramsey, certified instructor, E-RYT 500 level
Every Monday 11:00am – \$3.00 class donation
Increase flexibility & improve joint health & mental clarity.

CHAIR Dancing

with Forty Arroyo, instructor
Every Tuesday & Thursday 10:00am– \$3.00 class donation
Join us for Fun, Energizing & Social activity.

WEEKLY TECH CLINIC

with Scott Baeder & Paul Holzwarth – No Charge
Every Wednesday 11:00am –12:00pm
If you're having trouble with email or any questions we will work with you to solve the issue or make it work better.

iPAD Club

How do you use your iPad?
Every Thursday at 1:00pm - No Charge
Join us as we investigate the world of iPad apps.

MEDITATION CLASS

with Usha Verma – No Charge
Every Friday at 11:00am
Meditation creates positive effects on our health, well-being, sleep problems, chronic pain, anxiety & depression.

Blood Pressure Clinic

with Auburn Visiting Nurses - No Charge
Every 1st Friday of the month 9:30 -10:30am
Includes checking your blood pressure, pulse & weight.

QUILTING—No Charge Every Friday at 12:00 noon

No experience necessary, we adapt to whatever skill levels students bring to class. Ideas for projects welcomed.

WHIST



Only \$2

Every Tuesday
1:00pm

Senior Sweat

with Dr. Harvey Clermont
Mondays at 10:00am

This class emphasizes balance, stretching and strengthening. We will deal with posture, coordination and essential muscle groups, such as upper chest, core and buttocks.

Most of the time, we will be in a chair or use a chair for safety. Bring a water bottle.
\$3.00 class donation



Every Thursday
12:45pm



PITCH

Tues. 6:30pm
Wed. 1:00pm
Fri. 6:30pm

Free Tech Clinic

with Scott Baeder & Paul Holzwarth



If you have problems with "new fangled" technology - it might be a tablet, a laptop or even a smart phone.



Don't worry - we've got you covered.

We can help you pick out the right Tech for the job, or help you make sense of it all. From simple issues with your phone to concerns over "cyber" security; from Charter to Windows to iPads and more.

We're here every Wednesday morning, from 11:00am – Noon

Also feel free to let us know if you could use some extra help, just want to learn how to do something (like save an email picture), or have any other topic you would like to see covered.

"We'll always do our best to help you make technology behave."



FASCA Friends of the Auburn Senior Center

FASCA is a non-profit organization run by its members.

If you are not a FASCA member, we urge you to join and help us support projects at our Senior Center.



FASCA Monthly Drawing
Drawing of one **\$25 Gift Certificate**
for a FASCA member each month.
You can only WIN if you are a FASCA member.

FASCA members raise money to assist the Senior Center by providing large and small necessities.

The Senior Center would not be able to do all it does without the generous financial help from FASCA.

Dues are \$5 per year for Annual Membership or \$50 for a Lifetime Membership.

The FASCA Trip Coordinators, Lynne Guittar and Rich Hedin also offer Gift Certificates redeemable towards trips.

Disclaimer: Occasionally the center provides speakers to help inform participants regarding current issues. This type of forum is educational and allows participants to ask questions for themselves. At no time is this to be construed as an endorsement by the Auburn Senior Center.

Usha's Corner



Usha Verma
Outreach Coordinator

Patience

"Patience is a noble virtue, and, when rightly exercised, does not fail of its reward"

— George Washington

Patience is the "gatekeeper" between the two worlds of our unconscious impulses and our conscious choices. It can close the gate on harmful impulses that are constantly pushing their way up from layers of hidden conditioned habits or patterns.

Reactive, mindless behaviors try to take over and are sure to bring harm to our relationships and our health. I honestly believe if we are patient enough to take a few seconds of our time before we speak or act, about half of arguments and unpleasantness can be prevented.

Sometimes, in our relationships, we become defensive or irritated, and then say something that hurts others. In that moment, we do not realize the importance of patience and end up making hasty decisions about what to say. I suggest that whenever you feel defensive, try to be patient enough to take time to think over another person's positive qualities.

Patience is something which must be learned and practiced. It isn't something which comes naturally to us.

We know people who master patience become more successful than those who can't. Patience is like a muscle that needs to be used in order to become stronger. If we don't use it, we tend to lose it.

It starts with attitude. What is our attitude towards waiting? How patient are we? If we can wait just a few seconds longer each time, the habit becomes stronger.

If we learn to have patience, or can muster at least a little of it, the time we wait doesn't seem so bad. If we lose our patience muscle or don't have any in the first place, we end up becoming cranky, upset, emotional and otherwise unhappy.



With patience we become more mindful of others.

Practicing mindfulness gives us the option to cool down and to extend the grace of patience to ourselves and others. Patience helps us build empathy towards others and allows us to accept other people the way they are, making us more tolerant. It helps us to see the situation in a more compassionate light. When we approach a situation with less stress and more empathy, we are exercising compassion to ourselves and others.

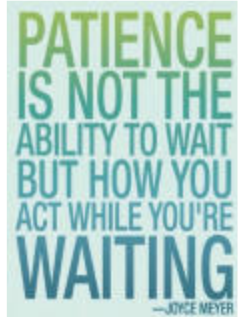
As I have grown older and gained more experience in life I have realized patience is one of the best virtues to have.

Some ways how patience can become one of our greatest assets.

1. Patience helps us to avoid making impulsive decisions and helps with self-control and calmness.
2. Patience helps us to become more tolerant.
3. Patience helps us build empathy towards others.
4. Patience allows us to live in the moment and appreciate what we have.
5. Patience teaches us humility.

Patience truly is a virtue that is worth developing, and I've seen it benefit me with tolerance, mindfulness and happier responses to life's little jams.

— Web Sites



SHINE Appointments

SHINE (Serving the Health Information Needs of Elders)

Is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers.



If you would like an appointment with our SHINE counselor, Patrick Morris, call the Auburn Senior Center at **508-832-7799**.

Appointments are in-person or he is available by telephone.

Please be advised that wearing a mask is mandatory for in-person appointments.

Appointments are available February 15 from 9:00am-12:00pm



We have Trillions of living BACTERIA within us.

**What are they doing?
Do we need them?**

Day: Tuesday
Date: Feb. 22nd
Time: 1:00pm

RSVP 508-832-7799
If you plan to attend

**Dr. Harvey
Clermont**
will fill
you in!



COLORING for ADULTS



Looking for a fun & relaxing hobby?

Please join me, **Jessie Harrington**, every Monday at 10:30am to expand your inner hidden creativity!

Adult Coloring Club at the Senior Center.



No supplies are needed, coloring pages, colored pencils and markers will be provided.

Mondays
Time: 10:30am
Cost: No Charge
Drop ins Welcomed
Auburn Senior Center

Volley Racquet Balloon



**Tuesdays
11:00am**

Volley Racquet Balloon is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance.

This is a great way to socialize, laugh and have some fun.

NO CHARGE!

Christmas 2021



Photos by
Rich Hedin

\$10 Fee payable upon sign up

Paint Birch Trees



Art instructor
JAYNE SARKISIAN

**Tuesday
Feb. 15th
1:00-3:00pm**

Paint a wood plaque with Birch Trees

Limit of 15 participants – Register by calling 508-832-7799

\$10.00 fee payable upon sign up, non-refundable

Chair Dancing

Fun & Energizing



CHAIR DANCING encourages health and fitness for active people or those whose physical condition, restricted mobility, or age, limits their participation in conventional forms of exercise.

**Tuesdays
and
Thursdays
10:00am**

Class
\$3 Donation

Chair Dancing is a fun, energizing and social activity suited for all ages – it's dancing with your soul...

E	B	O	O	D	S	K	I	N	D	N	E	S	S
A	W	O	R	R	A	C	A	R	D	T	G	C	N
E	A	I	H	L	O	V	E	I	E	C	O	L	D
C	O	T	N	E	D	I	S	E	R	P	H	N	W
H	O	V	T	W	Y	S	W	T	C	L	D	L	A
O	I	A	L	O	R	S	I	A	F	O	N	O	S
C	W	L	K	D	A	E	N	N	L	V	U	C	H
O	O	E	P	A	U	R	E	R	O	D	O	N	I
L	N	N	O	H	R	R	C	E	W	R	R	I	N
A	S	T	H	S	B	A	U	B	E	N	G	L	G
T	W	I	N	T	E	R	P	I	R	W	E	H	T
E	I	N	I	W	F	O	I	H	S	D	W	C	O
A	N	E	C	K	E	T	D	A	H	E	A	H	N
W	C	E	I	N	E	D	H	E	A	R	T	W	A

SENIOR CENTER Word Search

**Find the Word
in the Puzzle**

Words can go in any direction.
Words can share letters as they
cross over each other.

- | | |
|-----------|------------|
| SWEET | CHOCOLATE |
| HIBERNATE | SHADOW |
| WINTER | CUPID |
| HEART | LINCOLN |
| VALENTINE | COLD |
| FLOWERS | ARROW |
| KINDNESS | WASHINGTON |
| SNOW | FEBRUARY |
| CARD | LOVE |
| PRESIDENT | GROUNDHOG |



Lynne Guittar
Trip Coordinator

Auburn Travelers

UPCOMING FASCA TRIPS
Open to Adults 21 and Over



Rich Hedin
Co-Trip Coordinator

Please send all checks to: FASCA, Auburn Senior Center, 4 Goddard Drive, Auburn, MA 01501



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Wednesday April 27th

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Mystery Trip

Monday, May 9th

Only \$92 pp

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May 12—13

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508-943-0612 carecentralvnahospice.org
Formerly VNA of Southern Worcester County, Inc.



The Nutrition Program is sponsored by the
Elder Services of Worcester Area, Inc.
February Nutrition Menu

Your donation of \$2.50 per meal helps keep the program running.



REMINDER

If you would like to join us for lunch, please make your reservation **2 DAYS IN ADVANCE**. If you cannot keep your reservation, **PLEASE CALL TO CANCEL**. Thank you – Judy Gorruff,

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
	Meatballs w/ Onion Gravy Bowtie Pasta Mixed Vegetables Pineapple White Peasant Bread	Beef Stew White Rice Roman Blend Vegetables Pears French Bread	BBQ Chicken Mashed Potatoes Green Peas Brownie Diet = Small Piece Italian Bread	Frittata Herbed Potatoes Country Blend Vegetables Fresh Fruit Whole Wheat Bread
7	8	9	10	11
Macaroni & Cheese Stewed Tomatoes Green Beans Vanilla Pudding Diet = SF Vanilla Pudding Italian Bread	Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Sour Cream Pita Bread	Beef w/ Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll	Fish w/ Crumb Topping Potatoes Au Gratin Brussels Sprouts Oreo Cookies Pumpemickel Bread	Roast Pork Loin w/Gravy Cranberry Herb Stuffing Roasted California Vegetables Apple Crisp Diet = Applesauce Marble Rye Bread
14	15	16	17	18
Happy Valentine's Day Gomelli Pasta & Meatballs w/ Marinara Sauce Green Beans Cream Puff Italian Bread	Buttermilk Chicken Sour Cream & Chive Potatoes Mixed Vegetables Baked Apples White Peasant Bread	Baked Potato w/ Chili & Cheese Broccoli Sour Cream Peaches Pumpemickel Bread	Hot Dog Baked Beans Colelaw Fresh Fruit Hot Dog Bun Mustard	Shepherd's Pie Carrots Peas Cinnamon Streusel Cake Diet = Half Piece Marble Rye Bread
21	22	23	24	25
Washington's Birthday No Meals Served	Pork Rib-i-que w/ BBQ Sauce Scalloped Potatoes Roasted Broccoli & Carrots Fresh Fruit Sandwich Roll	Roast Turkey w/ Gravy Mashed Sweet Potatoes Summer Peas Cinnamon Pears Whole Wheat Bread	Crumb Top Macaroni & Cheese Stewed Tomatoes Green Beans Birthday Cake Diet = Small Piece Italian Bread	Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Diet = Pineapple Hot Dog Roll
28				
Meatloaf w/ Gravy Garlic Mashed Potatoes Jardiniere Vegetables Mixed Fruit				

MENUS ARE SUBJECT TO CHANGE YOUR \$2.50 DONATION IS APPRECIATED!

Our caterer is working hard to fulfill menu items as printed. Thank you for your patience. We are anticipating possible menu changes due to vendor shortages and product availability throughout the year.

SUPPORT OUR ADVERTISERS!

