September 2021

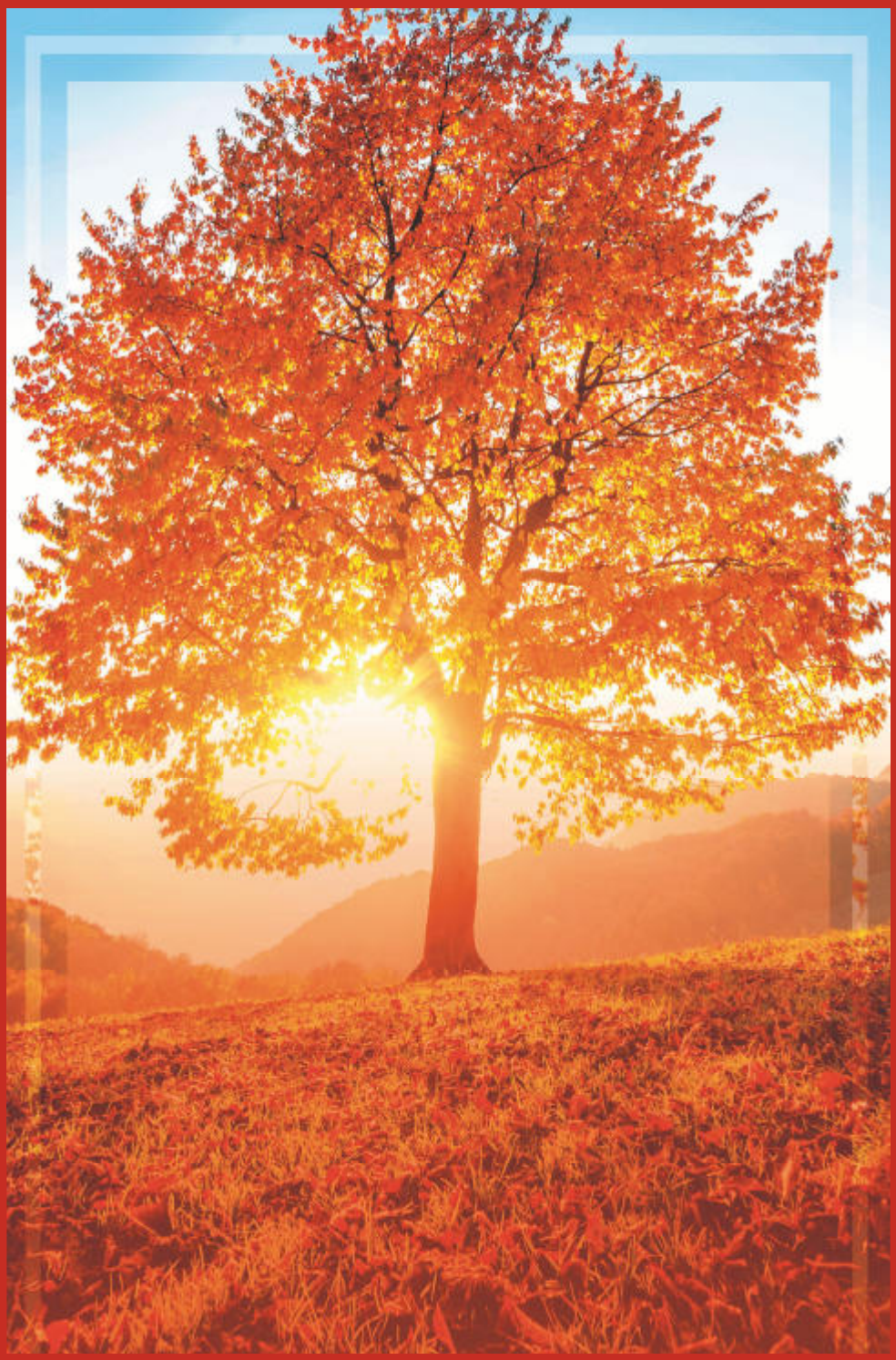
WEBSTER
SENIOR CENTER

5 Church St.
Webster, MA 01570
Phone: 508-949-3845
Fax: 508-949-3897
SeniorCenter@
webster-ma.gov

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

Joann Sadowski
Council on Aging Chairman

Jean Travis
Senior Center Director



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FITNESS INSTRUCTOR

OUR FITNESS CLASESWILL NOW BE HELD IN THE AUDITORIUM AT TOWN HALL

MONDAYS
Chair Dancing
10:00—11:00 am
Move While You Groove
11:30-12:30 pm

WEDNESDAYS
Chair Dancing
10:00—11:00 am
Move While You Groove
11:30—12:30 pm

FRIDAYS
Chair Dancing
10:00—11:00 a.m.

Cost: All classes only $3.00 each

Please note: Move While You Groove participants must wear regular sneakers, dance sneakers, or dance shoes. NO "slip-ons" (bare backs) or sandals allowed. No Exception

Remember to bring water.

Interested in Cribbage and/or Scrabble.
Call the Senior Center to sign up.
508-949-3845

Activity Calendar September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 am **Chair Dancing 11:30 am **Move While U Groove 1:00 pm Progressive Pitch ****Auditorium in Town Hall**	2 **9:00 am** SHINE (by appointment) **1:00 pm** 13-Card Pitch	3 **10:00 am** **Chair Dancing **1:00 pm** 9-Card Pitch **1:00 pm** Cribbage **1:00 Mahjongg** ****Auditorium in Town Hall**
6	7 **12:45 pm** Bingo	8 **10:00 am** **Chair Dancing **11:30 am** **Move While U Groove **1:00 pm** Progressive Pitch ****Auditorium in Town Hall**	9 **9:00 am** SHINE (by appointment) **1:00 pm** 13-Card Pitch	10) **10:00 am** **Chair Dancing **1:00 pm** 9-Card Pitch **1:00 pm** Cribbage **1:00 Mahjongg**
13 **10:00 am** Knit/ Crochet Social **10:00 am** **Chair Dancing **11:30 am** **Line Dancing **12:00 pm** Scrabble **1:00 pm** Progressive Pitch ****Auditorium in Town Hall**	14 **11:30 am** Lunch **12:45 pm** Bingo	15 **10:00 am** **Chair Dancing **11:30 am** **Move While U Groove **11:30 am** Lunch **1:00 pm** Progressive Pitch ****Auditorium in Town Hall**	16 **11:30 am** Lunch **1:00 pm** 13-Card Pitch	17 **10:00 am** **Chair Dancing **11:30 am** Lunch **1:00 pm** 9-Card Pitch **1:00 pm** Cribbage **1:00 Mahjongg** ****Auditorium in Town Hall**
20 **10:00 am** Knit/Crochet Social **10:00 am** **Chair Dancing **11:30 am** **Line Dancing **12:00 pm** Scrabble **1:00 pm** Progressive Pitch ****Auditorium in Town Hall**	21 **11:30 am** Lunch **12:45** pm Bingo	22 **10:00 am** **Chair Dancing **11:30 am** **Move While U Groove **11:30 am** Lunch **1:00 pm** Progressive Pitch ****Auditorium in Town Hall**	23 **11:30 am** Lunch **1:00 pm** 13-Card Pitch	24 **10:00 am** **Chair Dancing **11:30 am** Lunch **1:00 pm** 9-Card Pitch **1:00 pm** Cribbage **1:00 Mahjongg** ****Auditorium in Town Hall**
27 **10:00 am** Knit/Crochet Social **10:00 am** **Chair Dancing **11:30 am** **Line Dancing **12:00 pm** Scrabble **1:00 pm** Progressive Pitch ****Auditorium in Town Hall**	28 **11:30 am** Lunch **12:45** pm Bingo	29 **10:00 am** **Chair Dancing **11:30 am** **Move While U Groove **11:30 am** Lunch **1:00 pm** Progressive Pitch ****Auditorium in Town Hall**	30 **9:00 am** SHINE (by appointment) **11:30 am** Lunch **1:00 pm** 13-Card Pitch	

Tri-Valley, Inc. - September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are Subject to Change Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy old adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your dietary requirements. Na+ = Sodium *Indicates higher sodium entrees >500mg mg = milligrams High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk ♻ Indicates meatless meal		1 **Meatloaf** **with Gravy** 202 Garlic Mashed Potatoes 82 Chuckwagon Corn 106 Fresh Fruit 1 French Bread 0 120 Cal:752 Na+:637mg	2 **Turkey*** 501 **with Supreme Sauce** 115 Cornbread Stuffing 242 Roman Blend Vegetables 9 Pear Crisp 54 25 Whole Wheat Bread 138 Cal:791 Na+:1185mg Diet Cal:654 Na+:1156mg	3 **Potato Crunch Fish** 280 O'Brien Potatoes 65 Mixed Vegetables 30 Tapioca Pudding 210 125 Tartar Sauce 85 Marble Rye Bread 105 Cal:746 Na+:900mg Diet Cal:696 Na+:815mg
6 **No Meal Served** **LABOR DAY**	7 ♻ **Vegetable Cheese Bake** 416 Seasoned Potatoes 7 Green Beans 0 Mixed Fruit 20 Italian Bread 96 Cal:822 Na+:664mg	8 **Chicken Milano*** 512 Scalloped Potatoes 77 Country Blend Vegetables 22 Fresh Fruit 1 White Peasant Bread 142 Cal:700 Na+:879mg	9 **Salisbury Steak** 240 **with Gravy** 82 Mashed Potatoes 107 Herbed Carrots 53 Peaches 5 Sandwich Roll 290 Cal:765 Na+:902mg	10 **Lasagna Rolls** 290 **with Meatballs** 140 **& Marinara Sauce** 408 Roasted California Blend 32 Yogurt 50 Whole Wheat Bread 138 Cal:709 Na+:1183mg
13 No Meals Served at the Webster Senior Center	14 **Meatballs** 260 **with Onion Gravy** 85 Bowtie Pasta 8 Honey Glazed Carrots 69 Strawberries 2 White Peasant Bread 142 Cal:681 Na+:566mg	15 **Marinated Pork Loin** 400 Herbed Potatoes 7 Scandinavian Vegetables 30 Gingerbread 289 144 w/ Whip Cream 0 Italian Bread 96 Cal:734 Na+:947mg Diet Cal:663 Na+:802mg	16 **Chicken** 320 **with BBQ Sauce** 391 Mashed Potatoes 107 Corn Niblets 5 Fruited Ambrosia 10 0 Marble Rye Bread 105 Cal:791 Na+:1063mg Diet Cal:722 Na+:1053mg	17 **HIGH SODIUM MEAL** **Ham Salad*** 731 Three Bean Salad 280 Tomato & Cuke Salad 71 Fresh Fruit 1 Hot Dog Roll 195 Cal:708 Na+:1402mg
20 No Meals Served at the Webster Senior Center	21 **Beef** 420 **with Onions & Peppers** 4 Potato Wedges 273 Peas and Carrots 72 Fresh Fruit 0 Sandwich Roll 290 Cal:727 Na+:1183mg	22 **Roast Pork** 266 **with Gravy** 211 Cranberry Stuffing 347 Roasted Brussels Sprouts 9 Baked Apples 14 Marble Rye Bread 105 Cal:700 Na+:1076mg	23 ♻ **Macaroni & Cheese** 496 Stewed Tomatoes 6 Green Beans 0 Birthday Cake 221 110 Italian Bread 96 Cal:846 Na+:944mg	24 **Chicken Fajitas** 273 Spanish Rice 66 Black Beans & Corn 292 Sour Cream 9 Pineapple 1 Pita Bread 68 Cal:798 Na+:834mg
27 No Meals Served at the Webster Senior Center	28 **Buttermilk Chicken** 470 Mashed Sweet Potatoes 91 Jardiniere Vegetables 18 Butterscotch Pudding 246 135 Marble Rye Bread 105 Cal:763 Na+:1055mg Diet Cal:725 Na+:944mg	29 **Baked Potato** 7 **with Chili** 474 **& Cheese** 180 Country Blend Vegetables 22 Sour Cream 9 Chocolate Mousse 224 Pumpernickel Bread 135 Cal:805 Na+:1176mg	30 **HIGH SODIUM MEAL** **Hot Dog*** 540 Baked Beans 370 Coleslaw 219 Fresh Fruit 0 Hot Dog Bun 195 Mustard 50 Cal:857 Na+:1499mg	**Please call 48 hours in advance to reserve or cancel a meal.** **508-949-3845**

Worcester County Sheriff's Office

Sheriff Lewis G. Evangelidis

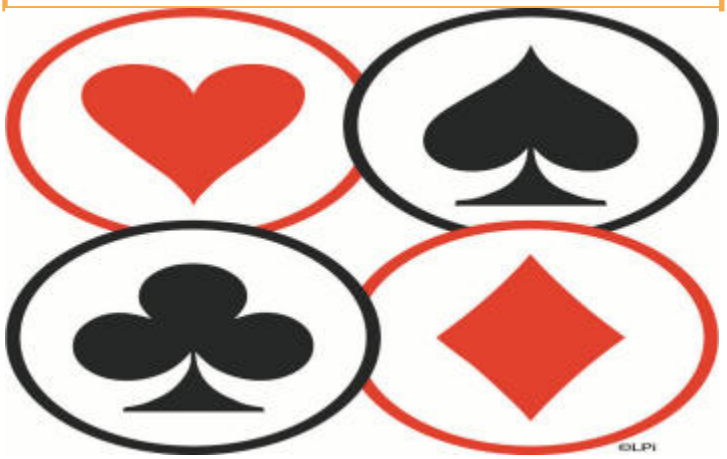
House Numbering Program

The Worcester County Sheriff's Office House Numbering Program is designed to assist all emergency personnel in identifying residences that do not currently have a highly visible number on their home The Community Outreach Department will create a custom wooden sign (approximate size 13 1/2" by 5 1/2") with your house number, free of charge, which may be placed on the front of the home or end of driveway.

If you are interested in having a house number made for you
please contact the Webster Senior Center at 508-949-3845
or SeniorCenter@webster-ma.gov
and we will help you fill the out the necessary paperwork.

MAHJONGG

Every Friday
1:00 pm



Come Join us for Pitch!

Progressive Pitch– Mondays 1:00pm
Progressive Pitch– Wednesdays 1:00pm
13 Card Pitch– Thursdays 1:00pm
9 Card Pitch– Fridays 1:00pm

Reminder: We will be closed on Monday September 6th for Labor Day!

Tuesday is Bingo Day!!
Be at the center at 12:30 to purchase your papers
Bingo starts at 1:00

Meeting
Friends of the Webster Senior Center
Wednesday,
September 29 at 10:00
Conference Room

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Out of Town Medical
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Worcester / Auburn
10:00 am—12:00 pm
12:00 pm—2:00 pm
Other Out of Town 9:30 am—2:00 pm

No Charge until 1/1/2022
In Town M-F
Medical & Work
First Pick Up 8:30 am
Call for trips 2 business days before
Last Pick Up 3:30 pm

General Business
First Pick Up 8:30 am
Last Pick Up 3:15 pm

Name:_____ Date:_____

All About Autumn

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