



# Senior CONNECTION

WEST BOYLSTON

**JANUARY 2022**



**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
Dining Manager	Doris Johnson
Custodians	Ed Parzyck Jim Novia
Van Drivers	Janet Fotiadis Ken Hoss Rick McGrail

**COUNCIL ON AGING BOARD**

Chairman	Dave Femia
Secretary	Tom Mullins
Members	Janice Ash Siobhan Bohanson Kathy Casey Barbara Deschenes 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.*

**CELL PHONE/TABLET TECH HELP w/Michele & Tim**

**Thursday- January 6, 2022 9:00 am**  
**Thursday- January 13, 2022 1:00 pm**



The center is delighted to welcome back Michele and Tim to our facility. We hope to offer this tech help on a regular basis. They will work with you for cellular phone or tablet issues. Please register for one of these dates.

We will schedule individual appointments.

**Call 508-835-6916**

**COFFEE CLUB WITH LISA CASILLO -  
FINANCIAL ADVISOR WITH EDWARD JONES**  
**Wednesday—January 26, 2022 2:00 pm**



Lisa is back! 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. She is not here to sell any services, only to educate and share information.

No need to sign up, just drop in!

**AARP TAX AIDE PROGRAM  
@ THE WEST BOYLSTON SENIOR CENTER**



**Tax preparation will begin in February 2022**  
**Dates & times to be determined.**  
**Call 508-835-6916 to be put on a call list.**

This program is sponsored by AARP and is free of charge to those with income under \$60,000, have no rental income, no business income with expenses over \$5,000 or with a net loss, or if the sale of a home, foreclosure/short sale has taken place in 2021. You will need to bring the following with you for your appointment:

- \* last year's tax return
- \* interest received form
- \* W2 form
- \* dividends received form
- \* lottery winning
- \* circuit breaker documentation
- \* real estate tax bills
- \* proof of health insurance
- \*1099 from Social Security
- \* brokers' statements on Mutual Funds
- \* unemployment compensation record

Strict protocols for coming into the center and meeting with a preparer will be required.

**DIRECTOR'S CORNER**

*From Lisa*

The gift of appreciation makes us thankful for the little things in life for they are the "things" that really matter. Think of a baby's smile, a toddler's grasp on your hand, the love of a mother or a father. Consider the kindness of a friend (or a care giver), the thoughtfulness of a neighbor. Take into account how much a hug can mean, especially since so many were not able to hug for so long. If such things mean nothing to us then we do not have the gift of appreciation and we are the losers.

Taking a moment to name something you're grateful for is a strategy long used for navigating challenging times. It turns out that practicing gratitude is also good for you physically and emotionally. Studies have shown that practicing gratitude on a continuous basis can improve sleep, reduce depression, and increase happiness. Gratitude for all we have, and most importantly for each other, fortifies us.

Happy 2022!

**INCLEMENT WEATHER POLICY**

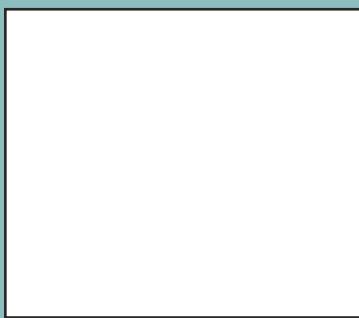
The West Boylston Senior Center will be closed on the days the West Boylston Schools are closed. On those days, there will be no Meals on Wheels, no congregate lunch, no programs and no Senior Van transportation. There may also be days when schools are in session, snow begins to fall and the road conditions deteriorate. In that case, for the safety of all, the van may be taken off the road. If there is a school delay, please call the center to ask if programs or lunch are available that day.



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# MOVIE MATINEES

Friday- January 21, 2022

1:00 pm

**“Charming The Hearts of Men”** A romantic drama set during the politically charged early 60s A sophisticated woman returns to her Southern hometown and discovers her options are limited yet discrimination is plentiful. With the help of a congressional ally, she inspires legislation that allows opportunities never before afforded to women.  
Popcorn will be served!



## Mary Ellen's Holiday Card Workshop!



## Sharon's Holiday Watercolor Card Workshop



## Marty's Drumball Fitness Class



## Ellen's Wreath Workshop



## AWAY WE GO TRAVEL

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

**Sun. Feb. 13<sup>th</sup>, 2022 – Cabin Fever**, travel out to Springfield, beginning our day with Sunday Brunch at the Student Prince in downtown Springfield. Visit The Amazing World of Dr. Seuss, The George Smith Art Museum, Springfield Science Museum, The D'Amour Museum of Fine Arts and the Wood Museum of Springfield History.

(This is a new trip with plenty of seats available )

\$99.00/pp

**Sun. March 13, 2022 – Incident at Our Lady of Perpetual Help**, Comedy at the Stoneham Theater, about a good Irish Catholic Family in the 1970 shenanigans, sins and some sage advice. Lunch Chateau Restaurant in Burlington. Walking info: on and off the coach, into and out of the restaurant and theater.

\$149.00/pp

**Sat. April 9, 2022 – Peabody Essex Museum, Salem**, The museum just had a 40,000 square foot extension to the main facility includes many new exhibits. Our included lunch will be at Finz Restaurant. Walking info: on and off the coach, in and out of the restaurant and much walking in the museum

\$119.00/pp

## Avoid D Deficiency This Winter

As a child, your mother likely told you to drink your milk. It turns out your mom was right. Milk contains calcium and vitamin D which help build strong bones. Because vitamin D doesn't occur naturally in many foods, it is common for people to be deficient.

Besides your diet, there is another way for the body to get vitamin D. That is by exposing bare skin to sunlight. When our skin is exposed to the sun's rays, the body is able to synthesize vitamin D from cholesterol. It doesn't take much sunlight for that synthesis to occur. Usually, sun exposure is easy to come by during most months of the year. In many climates, however, winter offers fewer hours of sunlight. Less sunlight limits the hours the body can synthesize vitamin D. Another struggle is that winter is just plain cold. People bundle up in multiple layers of clothing and rush from the car to their house or destination. As a result, the skin has little contact with the sun.

### Health Conditions Related to Vitamin D Deficiency

What happens if you develop a vitamin D deficiency? It depends on how significant the deficit is and what other medical issues you may have. Here are a few common results of vitamin D deficiency:

**Early-stage deficiency:** Muscle pain, unexplained fatigue, and overall weakness are some of the early symptoms. Older adults often don't report these symptoms because they seem like a normal part of the aging process. According to the Endocrine Society and the Vitamin D Council, mild deficiency is between 10-20 ng/ml.

**Advanced deficiency:** If you are significantly low on vitamin D, with a score of less than 10 ng/ml, you are at higher risk for serious health issues, as well as deep bone pain and fractures. Vitamin D deficiency in this range has been linked to higher incidences of heart disease and vascular conditions, as well as prostate, breast, and colon cancers. Fortunately, there are easy steps you can take to prevent a vitamin D deficiency this winter.

### Vitamin D and Winter

- **Bundle up and go outside:** Small doses of sun exposure help you maintain a healthy level of vitamin D. Check with your physician for advice, but a common recommendation is about 40 to 60 minutes of sun a week. Check the weather report to determine what the warmest days will be during the winter months. Even five or 10 minutes of sun each day will help if the temperature isn't below freezing.
- **Make good food choices:** Consuming foods high in vitamin D might be a little trickier, but there are some options. Canned salmon, milk, tuna, beef liver, cheese, egg yolks, and mushrooms are a few. Another option is to look for foods that are enriched with vitamin D, such as yogurt, cereal, and orange juice.
- **Talk to your doctor about supplements:** While most nutrition experts say it's better to get your essential vitamins and nutrients from a healthy diet, vitamin D is often an exception. If you are concerned you or a senior loved one's vitamin D level is too low, talk with your physician. They can perform a simple blood test to make that determination. If you do have a deficiency, they will order either a prescription dose of vitamin D or an over-the-counter supplement.



### "SENIOR SAND" program

If there are seniors who are in need of assistance with snow shoveling, we are partnering with the West Boylston Middle School/High School National Honor Society students and their Junior Rotary Group. You can call the center to be put on a list and we will forward it to the principal. This ensures privacy for both seniors and students. Snow removal will be from stairs or walkways (not driveways) and students will bring you a container of sand. Snow removal may NOT be immediately following a storm. The principal will determine when it would be safe for the students to help in this community service.

Call the senior center 508-835-6916

## CLASSES

### Fluid Motion with Gypsy

Monday 10:00 am \$5.00/class/pp

### Tai Chi with Sifu Gary

Monday 10:30 am Free!

### QUILTING WORKSHOP with Linda

Mondays 10:00 am Free

### WRITER'S WORKSHOP— peer group

1st & 3rd Mondays of the month 1:30pm

### Ready Steady Balance Chair Yoga with Marty

Monday 1:00 pm \$5.00/class/pp

### Low Impact with Grace

Tuesday and Thursday 9:45 am Free

### Pitch with Toni & Dave

Cost \$5.00

Fridays 1:00 pm

**Please remember that exact change is required for class fees!**

### Wii Bowling- Fridays 10:00 am

We have a new Coordinator! Practices will be held at the center Friday mornings. Anyone can Wii Bowl, even in a chair!

We have had a lot of fun in the past with games, tournaments (with the Fire Department!) or just practicing. Come check it out !



*In school, you're taught the lesson and then you're given the test. In life, you're given a test that teaches you a lesson.—Tom Bodett*

*Consider the postage stamp....it secures success by sticking to one thing until it gets there. - Josh Billings*

### Gentle Yoga with Carol

Tuesday or Thursday 12:00 pm Free  
(except first Tuesday/Thursday of the month)  
Please choose one class only— all participants must be registered due to space restrictions.

### Learn Pool with Joe

Tuesdays 1:00 -2:00 pm Free

### Country Line Dancing with Linda- Wednesday

9:30-10:30 am Beginners 0-1 year dancing  
10:30-11:30 am Beyond 3-5 years dancing  
1:30-2:30 pm Mid-Beginners 1-3 years dancing  
Cost \$5.00/class

### Spring Chicken Chair Yoga with Marty

Thursday 1:00 pm \$5.00/class/pp

### Mahjong with Judy

Fridays- 12:00pm

### Zumba Gold with Rita

Tuesday 11:00am \$3.00/class

### "SHOPPING BUDDIES"



Are you in need of grocery shopping? Through the Honor Society group at the West Boylston High School, we have students who will go and pick up your grocery needs and deliver them to you. This program will need to be on Saturdays or late afternoons. You will need to give your shopping buddy very specific, brand detailed, descriptions. Money will need to be given to them before they go to the store.

Another option is to have the student shop with you to carry/pick up heavy items and shopping bags and deliver back to your residence. Please note that the student(s) cannot drive with you, separate cars will be needed.

Register at the center 508-835-6916 with your name and number and we will coordinate with the group.



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## OUTREACH

### ASK AN ATTORNEY

Tuesday– January 11, 2022

9:30 am–10:30 am



A free service for seniors with Attorney Nicholas Daviau.

Please call to schedule your appointment 508-835-6916.

### WELLNESS CLINIC/ASK THE NURSE

Wednesday– January 26, 2022

11:30 am–1:00 pm

Blood Pressure, questions about your medications, follow-ups from your doctor– ask Nurse Amy! She is fantastic! **Drop ins welcome!**



### SHINE COUNSELING

Tuesday– January 18, 2022 9:00 am–12:00 pm

Our SHINE counselor is back at the center! One-on-one appointments available. Call the center to schedule.

508-835-6916 Trained SHINE volunteers offer free counseling on all aspects of health insurance to seniors.



### SOLES 4 SOULS

At Soles4Souls, they turn unwanted shoes into opportunity by keeping them from going to waste and putting them to good use. We at the West Boylston Senior Center are accepting shoes to donate. There is a box in our lobby for drop off. Shoes must be new or gently used, no slippers!



### Three Sisters

Indigenous people of North America grew and harvested together, three main crops of corn, beans and squash. Known as the three sisters, these cultural staples are often cooked together to provide the nine essential amino acids for one's diet. These amino acids are essential because our bodies cannot produce them. Consuming these building blocks of protein strengthens one's diet as well as their muscles. Since the colder weather of winter brings to mind delicious soups and stews, consider making this:

#### Cream of Patty Pan Squash and Sweet Corn Soup

- 1 cup dried navy beans
- 1 large sweet onion (such as Vidalia®), diced
- 2 cloves garlic, minced
- 6 cups low-sodium vegetable broth
- 1 teaspoon hot (Madras) curry powder
- 1 teaspoon lemon oil
- ¼ teaspoon ground white pepper
- 1 pinch cayenne pepper
- 3 ½ cups patty pan squash, diced
- 3 cups fresh corn kernels

Place dried navy beans into a large container and cover with several inches of cool water; let soak, 8 hours to overnight. Drain.

Heat 2 to 3 tablespoons of water in a pot over medium-high heat. Add onion and cook until translucent, about 5 minutes. Add garlic and more water if necessary; sauté for 2 minutes. Add vegetable broth, pre-soaked beans, curry powder, lemon oil, white pepper, and cayenne; bring to a boil.

Reduce heat to medium-low and simmer until beans are nearly tender, about 1 hour. Add squash to the simmering beans and bring back to a very slow boil. Simmer until squash and beans are tender, about 30 minutes more. Allow to cool slightly; use an immersion blender or transfer to a blender to blend until soup is smooth and creamy.

Add corn to the pot and adjust seasoning as necessary. Heat to a slow boil and then reduce to a simmer. Continue to simmer until corn is tender, about 10 minutes.


Per Serving: 172 calories; protein 8.7g; carbohydrates 34.8g; fat 1.3g; sodium 162.5mg.

# JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3 BRAISED BEEF</b></p> <p>10:00 FLUID MOTION            10:30 TAI CHI            11:45 LUNCH            1:00 CHAIR YOGA            1:30 WRITER'S GROUP</p>	<p><b>4 HOT DOG</b></p> <p>9:45 EXERCISE            11:00 ZUMBA GOLD            11:45 LUNCH            1:00 LEARN POOL</p>	<p><b>5 STUFFED PEPPER CASSEROLE</b></p> <p>9:30 BEG. LINE DANCE            10:30 BEY. LINE DANCE            11:30 LINE DANCE            11:45 LUNCH</p>	<p><b>6 RANCH CHICKEN</b></p> <p>9:00 TECH HELP            9:45 EXERCISE            11:45 LUNCH            1:00 SPRING CHICKEN</p>	<p><b>7 NO CONGREGATE LUNCH</b></p> <p>10:00 Wii BOWLING            12:00 MAHJONG            1:00 PITCH</p>
<p><b>10 CHICKEN PESTO</b></p> <p>10:00 FLUID MOTION            10:00 QUILTING CLUB            10:30 TAI CHI            11:45 LUNCH            1:00 CHAIR YOGA</p>	<p><b>11 BURGER W/CHILI &amp; CHEESE</b></p> <p>9:30 ASK ATTORNEY            9:45 EXERCISE            11:00 ZUMBA GOLD            12:00 GENTLE YOGA            11:45 LUNCH            1:00 LEARN POOL</p>	<p><b>12 ROAST PORK LOIN</b></p> <p>9:30 BEG. LINE DANCE            10:30 BEY. LINE DANCE            11:45 LUNCH            1:30 LINE DANCE</p>	<p><b>13 AMERICAN CHOP SUEY</b></p> <p>9:45 EXERCISE            11:45 LUNCH            12:00 GENTLE YOGA            1:00 SPRING CHICKEN            1:00 TECH HELP</p>	<p><b>14 BREADED FISH PATTY</b></p> <p>10:00 Wii BOWLING            11:45 LUNCH            12:00 MAHJONG            1:00 PITCH</p>
<p><b>17 CLOSED FOR HOLIDAY</b></p> 	<p><b>18 GREEK CHICKEN</b></p> <p>9:00 SHINE            9:45 EXERCISE            11:00 ZUMBA GOLD            11:45 LUNCH</p>	<p><b>19 MEATLOAF W/GRAVY</b></p> <p>9:30 BEG. LINE DANCE            10:30 BEY. LINE DANCE            11:45 LUNCH</p>	<p><b>20 TURKEY W/SAUCE</b></p> <p>9:45 EXERCISE            11:45 LUNCH            12:00 GENTLE YOGA</p>	<p><b>21 SHEPHERD'S PIE</b></p> <p>10:00 Wii BOWLING            11:45 LUNCH            12:00 MAHJONG</p>





<p><b>24 TERIYAKI BEEF</b></p> <p>10:00 QUILTING CLUB          10:00 FLUID MOTION          10:30 TAI CHI          11:45 LUNCH          1:00 CHAIR YOGA          1:30 WRITER'S GROUP</p>	<p><b>12:00 GENTLE YOGA</b>  <b>1:00 LEARN POOL</b></p>	<p><b>1:30 LINE DANCE</b></p>	<p><b>1:00 SPRING CHICKEN</b></p>	<p><b>1:00 PITCH</b>  <b>1:00 MOVIE MATINEE</b></p>
<p><b>25 VEGETABLE CHEESE BAKE</b></p> <p>9:45 EXERCISE          11:00 ZUMBA GOLD          11:45 LUNCH          12:00 GENTLE YOGA          1:00 LEARN POOL</p>	<p><b>26 CHICKEN MILANO</b></p> <p>9:30 BEG. LINE DANCE          10:30 BEY. LINE DANCE          11:30 WELLNESS CLINIC          11:45 LUNCH          1:30 LINE DANCE          2:00 FINANCIAL COFFEE CLUB</p>	<p><b>27 SALISBURY STEAK</b></p> <p>9:45 EXERCISE          11:45 LUNCH          12:00 GENTLE YOGA          1:00 SPRING CHICKEN</p>	<p><b>28 POTATO CRUNCH FISH</b></p> <p>10:00 Wii BOWLING          11:45 LUNCH          12:00 MAHJONG          1:00 PITCH</p>	
<p><b>31 CHICKEN PICATTA</b></p> <p>10:00 QUILTING CLUB          10:00 FLUID MOTION          10:30 TAI CHI          11:45 LUNCH          1:00 CHAIR YOGA</p>				
<p> Please remember to call at least 48 hours in advance for Lunch Reservations. Lunch is-entrée, sides, milk, bread, dessert. \$2.50 donation is appreciated. <u>Coffee is not supplied by Elder Services.</u> Please know that the menu may change due to vendor shortages and product availability. Lunch is 11:45 am-12:45 pm</p>				

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**WEST BOYLSTON PUBLIC ACCESS CHANNEL 191-Senior Programs  
January Schedule**

Day	Category	Program	Time
M-F	Exercise	Strength, Balance & Stretch ep. 1	9:00 am
M-W-F	Exercise	Tai Chi w/ Vince Jornales Episode 3	10:00 am
M-W-F	Entertainment	Dance Vista 21B- Tour of (3) Dance Companies from New Jersey	2:00 pm
M-W-F	Interest	Cape Conversations Coast Guard -Cape Cod Canal	3:00 pm
M-W-F	Nutrition	Thomas Crane Public Library Presents: Cooking w/Colin-Healthy Gifts Everyone will love to eat	3:30 pm
M-W-F	Interest	Energy Week 11/18/21	5:00 pm
M-W-F	Entertainment	Classic Movies- Gorgo	7:00 pm
W	Service	Diocese of Worcester Roman Catholic Live	9:30 am
T-Th	Exercise	Strength, Balance & Stretch ep. 2	9:00 am
T-Th	Exercise	Senior Core & Balance Exercise	10:30 am
T-Th	Nutrition	Cooking Healthy w/Coastline-Holiday Specials	1:30 pm
T-Th	Interest	Animal World: Wildlife Conservation Day-Save Our Living Beings	2:00 pm
T-Th	Entertainment	Thomas Crane Public Library Presents: 100 days in Vietnam	4:00 pm
T-Th	Entertainment	Concerts at The Crane- Liana Paniyeva pianist	7:00 pm
Sunday	Service	Diocese of Worcester Catholic Live	10:00 am

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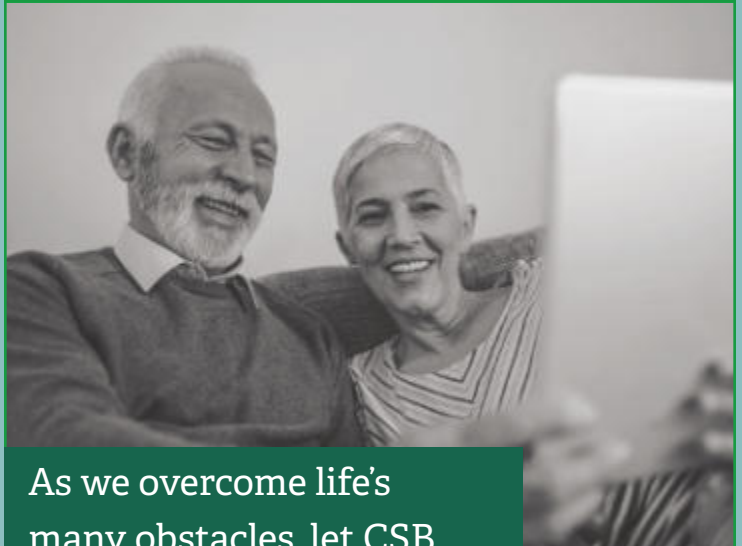


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**Senior Valentine “Grab & Go”  
 Lasagna Dinner**

Valentine's Day  
 Sunday, February 13, 2022  
 Between 1 and 2 pm

All meal reservations are required through the  
 Holden Senior Center at (508)-210-5570  
 by Friday, January 28th  
 (call early ~ meals are limited)

Meals distributed at the Senior Centers of Holden, Sterling or West Boylston

Dinners prepared by  
 “The Manor Restaurant”