



# January 2022

## SENIOR

## EDITION

In the 1940s, there was a man who, at the age of 65, was living off of \$99 social security checks in a small house, driving a beat-up car.

He decided it was time to make a change, so he thought about what he had to offer that other people may benefit from. His mind went to his fried chicken recipe, which his friends and family loved.

He left his home state of Kentucky and traveled throughout the country, trying to sell his recipe to restaurants. He even offered the recipe for free, asking for only a small chunk of the money that was earned.

However, most of the restaurants declined his offer. In fact, 1,009 restaurants said *no*.

But even after all of the rejections, he persisted. He believed in himself and his chicken recipe. When he visited restaurant #1,010, he got a *YES*.

His name? Colonel Hartland Sanders.

### **The Moral:**

There are a few lessons that you can take away from this story. First, it's never too late in life to find success. In a society that often celebrates young, successful people, it's easy to start to think you're never going to be successful after a certain age. However, Colonel Sanders is an example that proves that argument wrong.

This story also demonstrates the power of persistence. You have to have confidence in yourself and believe in your work for other people to believe it also. Disregard anyone who tells you "no" and simply move on.

SENIOR CENTER HOURS  
MONDAY— FRIDAY 8:00AM—4:30 PM

## Are you

- Over 65 with a limited amount of income and cash assets?
- A veteran with at least a 10% service-connected disability?
- A widow or widower over 70 with limited assets?
- Legally blind?

If you answered yes to any of these questions, you may be eligible for a credit on your real estate taxes. The Assessor's Office will be holding two information sessions at the Senior Center on January 13, 2022 at noon, and again on January 19, 2022 at 2:30 pm. Please come to see if you may qualify, and to get answers to any questions you have on how statutory exemptions work.

### State Representative Hannah Kane 11th Worcester District



I hope you are well. My office is here for you to assist with addressing any questions, concerns, and help connect you with resources. While the State House is mostly closed to in-person business, my Legislative Aide Anna and I are working remotely and are fully accessible via email and we are checking our office voicemail. You can reach our office number at 617-722-2810, my cell number is 617-448-7304, and my email is [Hannah.Kane@mahouse.gov](mailto:Hannah.Kane@mahouse.gov). Anna's email is [Anna.Darrow@mahouse.gov](mailto:Anna.Darrow@mahouse.gov). Please do not hesitate to contact us; we are here to help.

 <p><b>Canna-Wise</b> ALTERNATIVE MEDICINE</p> <p>If Cannabis is Right for You, We'll take Care of Everything!</p> <p>Canna-Wise will help you navigate the medical cannabis registration process.</p>	<p>Your journey to optimal health <b>STARTS HERE!</b></p>  <p>(774) 321-6057 <a href="http://www.cannawisemed.org">www.cannawisemed.org</a></p>	 <p><b>THE RESIDENCE</b> at Orchard Grove</p> <p><i>Independent, Assisted &amp; Memory Care Living</i></p> <p>Shrewsbury, MA   508-841-5735</p>
 <p><b>Milestones Unlimited</b></p> <p>In-home Geriatric Therapeutic Counseling &amp; Support</p> <p>508-659-9391 • <a href="mailto:Molly@MilestonesUnlimited.biz">Molly@MilestonesUnlimited.biz</a> <a href="http://www.MilestonesUnlimited.biz">www.MilestonesUnlimited.biz</a></p>	<p>Molly Lukason LICSW, C-ASWCM</p> 	 <p><b>Sue Kronlund REALTOR®</b> Senior Real Estate Specialist <small>SRES</small></p> <p><i>I can OPEN doors for you!</i></p> <p><b>508-320-8797</b> <a href="mailto:SueSellsProperties@gmail.com">SueSellsProperties@gmail.com</a> <a href="http://www.SueSellsProperties.com">www.SueSellsProperties.com</a></p> <p><b>RE/MAX Vision</b> 181 MAIN STREET SHREWSBURY</p>
 <p><b>Senior Fraud Helpline</b> 1-800-297-9760 Recognize • Resist • Report</p> <p>Sponsored by Central Massachusetts Agency on Aging, Inc. <a href="http://www.centralmaaging.org">www.centralmaaging.org</a></p> <p>RSVP Volunteers of Central MA is a program of Family &amp; Services Foundation of Central MA <a href="http://www.familyandservices.org">www.familyandservices.org</a></p>	 <p>Become a <b>SENIOR VOLUNTEER</b> (55+)</p> <p><b>Make Giving Back Your Second Act</b></p> <p><b>508-791-7787</b></p> <p>Family &amp; Services 100 PARKER, MAHARANGETT An Affiliate of Senior-Hill Foundation</p> <p>AmeriCorps Seniors</p>	



# SHREWSBURY PUBLIC LIBRARY

## Understanding Your Cat

*Saturday, January 8th*

*2:30-3:30 P.M., in-person*

Everyone loves a good cat video, but what if your cat isn't acting quite as cute as the ones you see on the internet? Are you tired of your cat thinking "outside the box" or living with a hardcore shredder? And when it comes to your multi-cat household – why can't they all just get along? Meet Dr. Rachel Geller, certified cat behaviorist. She'll answer all of these questions and more, in her informative, fun presentation.

## Finding Inner Peace and Calmness Through Meditation

*Tuesday, January 11th & Tuesday, January 18th*

*7:00-8:00 P.M., virtual*

Join Eileen Carlotto, long-time meditator, for this deep and engaging two-part virtual meditation workshop. During this workshop she will talk about the journey of finding lasting peace, happiness and a greater sense of wellbeing. Eileen will share a simple technique of spiritual meditation (explained and practiced during the session) that can help participants achieve a lasting state of peace and happiness found through no outer experience.

## WooSox '22

*Thursday, January 22*

*7:00-8:00 P.M., in-person*

Join the Shrewsbury Public Library and the Worcester Red Sox Community Relations team for a fun discussion of the ballpark's move, the 2021 season, and the exciting developments to look forward to in 2022!

## Yoga with Bindu

*Wednesdays, January 19th & 26th and February 2nd & 9th*

*6:00-7:00 P.M., virtual*

Take part from home as certified yoga instructor Bindu Gupta guides participants through an hour-long Hatha yoga practice. Hatha yoga brings physical, emotional and spiritual awareness to practitioners' bodies and minds while also helping to relieve stress. In this class, participants will use yoga poses and breathing techniques to strengthen the body and mind. No yoga experience is needed to participate.



# New Year!

## Winter Word Search



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What message does the leftover letters of the puzzle spell?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_!

©ElementarySafety.com

1. WINTER
2. TUQUE
3. SOUP
4. MITTENS
5. SNOWFLAKE
6. TOBOGGAN
7. HILL
8. FUN
9. SLIDE
10. BOOTS
11. JACKET
12. WHITE
13. CIDER
14. SCARF
15. HOCKEY
16. SWEATER
17. ICE
18. COLD
19. SKI
20. CHILL
21. SOCK

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



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## MENS CLUB EVERY THURSDAY MORNING AT THE SENIOR CENTER

Come join your friends and neighbors Thursday mornings at 9AM for coffee and donuts followed by a one hour program. The programs feature interesting and informative guest speakers on a wide range of topics. Each meeting is a suggested donation of \$2 to cover the cost of coffee and donuts. Face masks are required in the Senior Center.

### January Guest Speakers/Topics

January 6th - Mr. Jeffrey Svenson, SHS Athlete to SPD Police Officer

January 13th - Ms Sandra M. Fryc, Shrewsbury School Committee

January 20th - Ms Cathy Curran, Shrewsbury Rotary Club

January 27th - Mr Robert F DeCoteau, A Vietnam-Cambodia Adventure



### WORDS FROM THE FRIENDS, JANUARY 2022 - From Maria Smith, President

The Friends are excited to introduce the program for January featuring Entertainer and Musical Ventriloquist Kevin Driscoll.

Kevin has performed at the International Convention of Ventriloquists with Darci Lynne, the 12 year old ventriloquist who went on to win a million dollars on TV's America's Got Talent. Darci's coach and producer proclaimed Kevin an outstanding performer.

Berklee Music Center Graduate, Kevin will engage you like no other entertainer with an afternoon of surprises and laughter. With a master's in education and 20+ years of teaching experience at the primary, secondary, college and graduate level.....find out who the real "dummy" is!!

Join us on Monday, January 10, 2022 at the Senior Center - Side B from 1:00 to 2:30 pm for an amazing afternoon of fun...laughter...and friendship!

**Maria Smith Realty - 508.845.9974 - [mmsreal@aol.com](mailto:mmsreal@aol.com)**

#### Membership year is July 1—June 30

( ) \$10.00 Individual Membership

( ) \$20.00 Couples Membership

( ) \$\_\_\_\_\_ Additional Donation

Please check off box or boxes that apply!

Make checks payable to FSSC, Inc.

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***Thank You for your continued support!***

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Mail or drop off completed forms and checks

Address-----

to: Shrewsbury Senior Center, 98 Maple Ave,

City, Zip-----

Shrewsbury, MA 01545

Phone# -----

Email Address -----





Well it's been a busy 5 months since I started as your Outreach Coordinator, and I am enjoying getting to know all of you. I just want to give you an update on what I've been up to as well as showcase some of the popular requests. These include: fuel assistance applications; referrals for SHINE, home health services, and Small Home Repair; family caregiver resources, legal services including eviction prevention assistance and advanced directives planning. I've also been partnering with local organizations to bring informational programs and resources. See the following:

### **September**

Lukas Kuhn, Quinsigamond Community College student majoring in Human Services started his year-long internship with the Center to help with resident outreach and engagement, as well as special projects.

REquipment Demo, Senior Center presentation on where to obtain FREE durable medical equipment & assistive technology.

Sayva Services Smart Phone Demo, Senior Center presentation

Friday at the Movies – Library

### **October**

NEW-additional Grief and Loss Support Group (ongoing through March 2022)

Creating a Caring Community, Eliminating Bullying and Creating a Safe Environment. Partnered with the Office of Worcester County District Attorney, Joseph D. Early, Jr. to bring presentations. Housing Authority, Towers; and Francis Gardens (November)

Wrote/submitted a grant application to Greater Worcester Community Foundation for \$25,000 to do a pilot project in Shrewsbury to: Improve health-seeking behaviors & outcomes for low income households via access to technology (stay tuned to see if we won). Partnered with the Housing Authority and ESWA who would be providing resident technology trainings and tablets to those who need them.

### **November**

Living Your Life Well group, provided by SFYS in partnership with COA

Fallon Health Medicare Advantage changes for 2022, Senior Center presentation

Sayva Services Smart Phone Demo (part 2), Senior Center presentation

Savvy Caregiver: 6 session training program for caregivers of loved ones with Alzheimer's or related dementia, Senior Center (ongoing through December)

### **December**

Savvy Caregiver (see above)

Grief and Loss Support Groups (see above)

## Renee's Outreach Corner Continued

### Fuel Assistance and Share the Warmth

Home heating bills are expected to be 20% higher this year. If you are struggling to pay your utility bills, I am taking applications (by appointment) and would like to encourage you to apply. **Fuel assistance** applications (new and renewals) are accepted until April 30, 2022. This year's income limit for a one person household is \$40,951 and \$53,551 for a two person household. **Share the Warmth** is a program funded by donations collected and administered by SELCO to help customers in need with meeting their Winter Electric Bills, and the deadline for applications is March 1, 2022. For fuel oil customers who have an emergency as they wait for their fuel assistance to come through, you can call for one time emergency assistance. Eversource customers can arrange for balanced billing and 0% interest payment plans.

### Social Connectedness and Health

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to [loneliness and social isolation](#), which can affect their health and well-being. Studies show that loneliness and social isolation are associated with higher risks for health problems such as [heart disease](#), [depression](#), and [cognitive decline](#). Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends. (Excerpted from CDC website. **For more information and tips on staying connected and reducing isolation, visit:** <https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>)

I hope you will take advantage of the many activities and programs here at the Center. Dine at the Village Café, *NOW OPEN! Cards, Exercise, Current Events anyone? Or just come and hang out, read, use a computer, etc. in the lounge. We love to see you! Socializing with friends regularly is beneficial to our mental health, can help overcome loneliness and the winter blues. If you can't/don't want to drive, you can call the Center (508-841-8640) to arrange transportation. We also have a wellness check/friendly caller program called **Are You Ok?***

**Call Renee** 508-841-8647 for information about programs and area resources, or for an appointment. Feel free to reach out if you are concerned about a friend or loved one in need. The information you share is confidential.

### LGBT News

#### From Worcester LGBT Elder Network (WLEN)

The **Rainbow Lunch Club** has resumed meeting in person, on the **2nd & 4th Wednesdays of each month** at the **Unitarian Universalist Church of Worcester, 90 Holden Street, Worcester, MA. Lunch is served at noon, followed by programs or social time.**

#### **All are welcome**

50+ years old; younger partners, friends, and allies.

If you wish to attend the **Rainbow Lunch** please call or email WLEN **one week prior: 508-756-1545 ext. 404** or [wlen@eswa.org](mailto:wlen@eswa.org). If no one is available please leave a message including your name and phone number and date you plan to attend. The suggested donation is \$2.50 for guests age 60 and older. The fee for all guests under age 60 is \$5.50. Donations and fees help to defray the agency's cost.

**The 2021 LGBT Resource Guide is now available.** The guide provides information on health and personal service providers in the Worcester area that have been vetted by the WLEN editors and approved as LGBTQIA friendly. Obtain a hard copy by calling 508-756-1545 ext. 404; or email: [WLEN@eswa.org](mailto:WLEN@eswa.org). Or download: <https://eswa.org/wp-content/uploads/2021/09/WLEN-resource-guide-September-2021-update.pdf>.

VISIT LGBT INFO PAGE: [WWW.ESWA.ORG/LGBT](http://WWW.ESWA.ORG/LGBT)



## UPDATE



Shrewsbury Council on Aging

**508-841-8640**

## TRANSPORTATION SERVICES AVAILABLE

MEDICAL, WORK, GROCERY, PHARMACY, PERSONAL, LEISURE

**THERE WILL BE NO FARES COLLECTED IN JANUARY 2022**

**SAFETY IS OUR NUMBER ONE CONCERN  
MASKS MUST CONTINUE TO BE WORN AT ALL TIMES  
UNLIMITED RIDERS**

## MASSACHUSETTS ELDER AFFAIRS

MA Elder Affairs promotes independence, empowerment, and well-being of older people, individuals with disabilities and their families.

We ensure access to the resources you need to live healthy in every community in the Commonwealth.

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## SHREWSBURY COUNCIL ON AGING VAN DRIVERS



Donald  
Fleury

Robert  
Dumas

David  
Metcalf

Robert  
Horne



Phil  
Koziara



Michael  
Motyka

## Warning signs of unsafe driving

You may want to consider driving less or not at all if you have difficulty:

- Seeing clearly in dusk and dark
- With vehicle headlights obstructing your sight
- With passing vehicles intimidating you
- Reading road signs
- Following detours or seeing police on detail
- Seeing train crossing signals or hearing train whistles
- Keeping up with the posted speed limit
- Concentrating or staying alert behind the wheel
- Hearing other vehicles
- With driving basics like seat belts or head lights
- With parking

With slow reaction times or reflexes

Drivers who voluntarily surrender their driver's licenses are eligible for a free Massachusetts ID card. To surrender your driver's license, contact the Medical Affairs division of the RMV at [\(857\) 368-8020](tel:8573688020).

# JANUARY

**JANUARY SHOPPING TRIPS**  
**4th - Walmart's/Northborough**  
**18th - Targets/Westborough**

Please remember to call 48 hours in advance to book your transportation  
Cynthia Willis- 508-841-8640



## Don't forget to license your dog!

State Law requires that all dogs in the Commonwealth over six (6) months of age be licensed **annually** pursuant to M.G.L Chapter 140 Section 137A.

**Licensing:** January 1st - February 28th.

Late fee (\$10 per dog) applied after March 1st.

Visit [www.shrewsburyma.gov/doglicense](http://www.shrewsburyma.gov/doglicense) to apply

Town Clerk **508-841-8507**

100 Maple Ave, Shrewsbury MA 01545  
clerk@shrewsburyma.gov



## FROM THE BOARD OF HEALTH

### COVID-19 IN-HOME VACCINATION PROGRAM

For individuals who require in-home vaccinations because they are unable to get to a vaccination location. You can call the In-Home Vaccination Central Intake Line at 1-833-983-0485. Representatives are available Monday through Friday from 9:00 a.m. to 5:00 p.m. For more information, please visit: <https://www.mass.gov/info-details/covid-19-in-home-vaccination-program>

### FACE COVERING ORDER

The Shrewsbury Board of Health ratified a mandatory face covering order on 10/12/21 for all indoor public spaces (unless the individual has a medical or other eligible exemption). This order is in force until further notice.

**All Fully Vaccinated Individuals 18+ are Eligible for COVID-19 Boosters**

#### How to Get a Booster:

1. Visit the Vaxfinder tool at [vaxfinder.mass.gov](https://vaxfinder.mass.gov) for a full list of locations to receive a booster.
2. For individuals who are unable to use Vaxfinder, or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line (Monday through Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9AM-2PM) by calling 2-1-1 and following the prompts is available for assistance.

*Shrewsbury Council on Aging*



*Memory Lane Cafe*

The Memory Lane Cafe meets on the second and fourth Fridays of each month from 2:00 pm and 3:30 pm. The Cafe welcomes those with memory difficulties and their care partners. Memory cafes help alleviate isolation for people with dementia as well as for their care partners, and allows for friendships to develop and offers support among the participants. An interactive program takes place each meeting. Come get to know others who are in your situation in a fun and friendly environment. Please note that masks are required. Refreshments will be served at the end of the program.

Friday, January 14th, Honky Tonk pianist, Gary Landgren, will be with us.

Friday, January 28th, Card Making with Rebecca Bernzweig

Call the Senior Center 508-841-8640 or contact Merrie Gerber via email at [merrie\\_gerber@mac.com](mailto:merrie_gerber@mac.com)



### SHINE Program

**Do you have a question about Medicare Counseling? Limited availability**

**Book a 45 minute appointment with Nancy, SHINE Counselor**

**Thursday, January 6 9AM-12PM**

**Thursday, January 20 9AM-12PM**

**Call the Senior Center 508-841-8640**

When booking SHINE appointments please be aware that they *only* assist with Medicare questions. Those who are not eligible for Medicare should speak with the Massachusetts Health Connector at 1-877-623-6765. SHINE also offers weekly Medicare 101 presentations on Zoom. Current presentation dates and times can be found at [shinema.org](https://shinema.org). The Shrewsbury Senior Center prioritizes SHINE appointments for Shrewsbury residents. Those from out of town can be added to a waitlist in case of a cancellation.

#### What to bring to your appointment:

- \* Medicare card and any health and/ or drug insurance cards
- \* List of current prescriptions, medications and dosage.

**PLEASE KEEP IN MIND THAT THIS IS A VOLUNTEER PROGRAM**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Braised Beef</b> Gemelli Pasta Broccoli Pears Italian Bread	<b>Hot Dog</b> Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	<b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Lorna Doones Marble Rye Bread	<b>Ranch Chicken</b> O'Brien Potatoes Roasted California Blend Gingerbread Diet = Small Piece White Peasant Bread	<b>Ham Salad</b> Threese Bean Salad Tomato & Cuke Salad Fruited Ambrosia Diet = Pineapple Marble Rye Bread
<b>Chicken Pesto</b> Red Bliss Potatoes Mixed Vegetables Vanilla Mousse White Peasant Bread	<b>Burger</b> Chili & Cheese Green Beans Steak Cut Fries Strawberries Sandwich Roll	<b>Roast Pork Loin w/ Gravy</b> Apple Combread Stuffing Brussels Sprouts Baked Apples Marble Rye Bread	<b>American Chop Suey</b> Roasted Broccoli Carrots Fresh Fruit - Banana French Bread	<b>Lemon Pepper Fish</b> or Cod Patty w/ Tar. Sauce Seasoned Potatoes Vegetable Butterscotch Pudding Diet = SF Tapioca Whole Wheat Bread or Roll
<b>Martin Luther King Jr. Day</b> No Meal Served	<b>Greek Chicken</b> Steamed White Rice Roasted California Blend Peaches Pumpemickel Bread	<b>Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread	<b>Turkey Supreme</b> Cornbread Stuffing Roman Blend Vegetables Pear Crisp Diet = Applesauce Italian Bread	<b>Sheperd's Pie</b> Carrots Peas Chip Ahoy Thin Crisps Marble Rye Bread
<b>Teriyaki Beef</b> Steamed Rice Scandanavian Vegetables Pineapple Fortune Cookie Whole Wheat Bread	<b>Vegetable Cheese Baka</b> Seasoned Potatoes Green Beans Fresh Fruit Italian Bread	<b>Chicken Milano</b> Vegetable Couscous Spinach Brownie Diet = Half Piece Pumpemickel Bread	<b>Salisbury Steak</b> w/ Gravy Garlic Mashed Potatoes Herbed Carrots Birthday Cake Sandwich Roll	<b>Potato Crunch Fish</b> Potatoes Au Gratin Mixed Vegetables Mixed Fruit Tartar Sauce Marble Rye Bread
<b>Chicken Picatta</b> Delmonico Potatoes Peas and Mushrooms Lemon Pudding Diet = SF Vanilla Pumpemickel Bread				


Senator Moore or a representative from his office will be available to seniors at the Shrewsbury Senior Center one Tuesday a month from 11-12pm. These office hours are for anyone who may want to discuss an issue of importance to them or is in need of assistance. Residents do not have to wait for office hours to get assistance, they may call the office at 617-722-1485 or send an email to the Senator at [Michael.Moore@masenate.gov](mailto:Michael.Moore@masenate.gov) at any time.

The dates scheduled are: **Tuesday's 11:00 AM—12:00 PM**

1/25  
2/22  
3/22  
4/26  
5/24  
6/28  
7/26  
8/23  
9/27  
10/25  
11/22



**PLEASE CALL THE SENIOR CENTER PRIOR  
TO BE SURE THERE ARE NO CHANGES IN THE SCHEDULE 508-841-8640**



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- Alzheimer's & Dementia Care
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- Daily activities programs

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# RESOURCES FOR SENIORS

## AARP

888-227-7669

**Veteran's Agent– Mike Perna**

**508-841-8386**

## SHINE

508-422-9931

**SMOC Energy & Financial Assistance**

508-620-1230

(Toll Free) 800-286-6776

**Elder Services of Worcester**

508-756-1545

**St. Anne's Food Pantry**

508-523-4619

**Shrewsbury Housing Authority**

508-757-0323

**Shrewsbury Youth & Family Services**

508-845-6932

## SELCO

508-841-8500

**Professional Hearing Healthcare**

508-366-8686

**Shrewsbury Public Library**

508-841-8533

**Community Legal Aid**

508-752-3718 or 855-252-5342

**Health Department**

508-842-0587

**Town Clerk**

508-841-8507

**COA Van Transportation**

508-841-8640

**South Middlesex Opportunity Council**

508-872-4853

**Cold Relief Heatline**

800-632-8175

**Shrewsbury Senior Center**

508-841-8640

## Cheesy Taco Vegetable Skillet

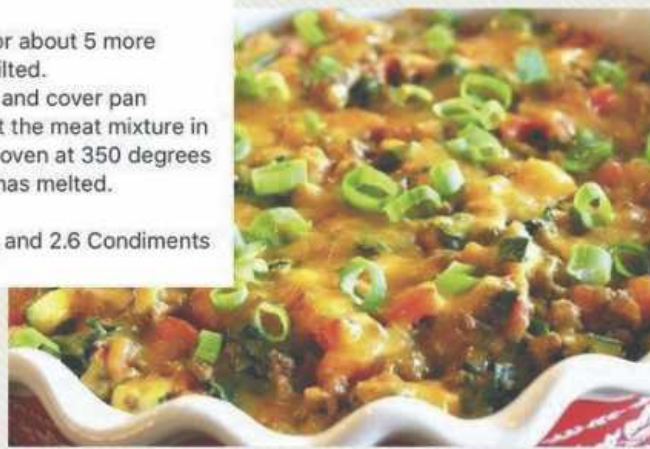
### Ingredients:

14 oz lean 93% ground beef - 10 oz cooked (2 Leans)  
1 cup assorted bell peppers, chopped (2 Greens)  
10 oz can Rotel diced tomatoes with green chilies, do not drain (2 1/2 Greens)  
3/4 cup zucchini, chopped (1 1/2 Greens)  
3 cups baby kale or spinach, chopped (3 Greens)  
1 tbsp plus 1 tsp taco seasoning (8 Condiments)  
1 cup 2% reduced fat cheddar cheese (1 Lean)  
Green onions to garnish

### Directions:

In a large skillet, brown ground beef and drain cooked meat of excess fat.  
Add bell peppers, tomatoes, zucchini and kale to ground beef.  
Stir in taco seasoning and cook for about 5 more minutes or until spinach is fully wilted.  
Sprinkle shredded cheese on top and cover pan allowing the cheese to melt or put the meat mixture in a 9 inch pie dish and place in the oven at 350 degrees for about 5 minutes until cheese has melted.

3 Servings with 1 Lean, 3 Greens, and 2.6 Condiments per serving (about 1 1/3 cup)



# Lean and Green

## **CONGREGATE DINING IS BACK!**

***Begins at 11:30am and ends at 12:30pm***

**PLEASE CALL THE SENIOR CENTER WITH ANY QUESTIONS  
508-841-8640**

## **GRAB & GO MEALS**

**Available Monday-Friday (*excluding holidays*)**

**Call the Senior Center by 10AM two days (48 hours) in advance to reserve a meal and provide your name, address and date of birth at time of order.**

**Meal pickup is M-F 11:15 AM - 11:45 AM—beginning Monday, November 15 all Grab & Go Meals will be picked up at the Senior Center front entrance.**

**Grab & Go meals are prepared by Elder Services of Worcester who also prepares the Meals on Wheels.**

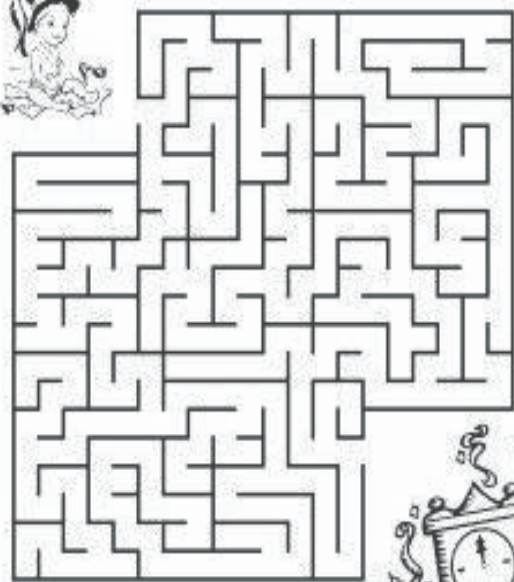
**ALL MEALS ARE A SUGGESTED \$2.50 DONATION**

## **St. Anne's Food Pantry**

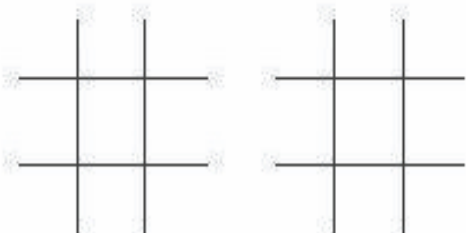
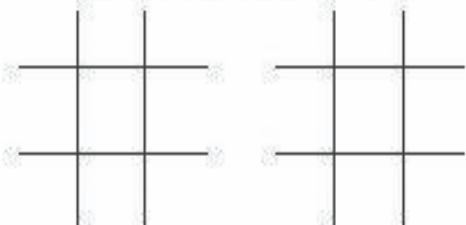
**Drive thru pickup available for Shrewsbury residents every Monday from 10:30AM while supplies last  
130 Boston Turnpike (Rt. 9), Shrewsbury  
Information line: (508) 799-4169**

# HAPPY New Year

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



## TIC-TAC-TOE



CALENDAR  
 CELEBRATE  
 CLOCK  
 CONFETTI  
 HAPPY  
 NEW

FIREWORKS  
 FIRST  
 JANUARY  
 MIDNIGHT  
 NOISEMAKER  
 PARADES  
 YEAR

On the back of the paper, see  
 how many words you can make  
 from

**HAPPY NEW YEAR!**



## The Shrewsbury Council on Aging is in need of volunteers!

There is an immediate need for receptionists on Monday mornings and afternoons, Wednesday afternoons, and Friday mornings. Responsibilities include answering phones, taking ride requests for our transportation program, and other office related activities. Morning shifts are 8-12 and afternoons are 12-4. Are you interested in volunteering but want to know more about the position? Come sit and observe for an hour and talk with our current receptionists!

Be on the lookout for our Senior Tax Work-Off Program opportunities in 2022! Eligible seniors and Veterans can receive a \$970 credit on their property taxes by volunteering at the Town Hall between March 1st and October 31st. Seniors and Veterans must meet eligibility requirements to participate. Tax Work-Off opportunities will be posted online and in the Senior Center in January. Applications will be accepted starting February 1st.

### Eligibility Requirements:

- Age 60 or older or Veteran as of July 1 of the year in which the application is made
- Resident of Shrewsbury for at least 5 years
- Own and occupy the property for which Shrewsbury taxes are paid
- Be current with tax payments
- Complete a CORI check and town mandated physical if necessary
- Subject to random drug and alcohol testing
- Town employees are not eligible
- Veteran eligibility by proof of DD214

### Income Limits are:

- \$57,000- single person
- \$72,000- head of household
- \$86,000- married couple filing a joint return

**For more information please call Christine at 508-841-8758.**

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**Shrewsbury Council on Aging**

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