



Warren Senior Center News

P. O. Box 428, 2252 Main St., West Warren, MA 01092

413-436-5662 - www.warren-ma.gov

Email: warrensenior@verizon.net - Elder Bus Service: 1-800-321-0243

MISSION STATEMENT: The mission of the Warren Council on Aging is to identify the needs of the elders in our community, provide preventative health and educational programs, social and recreation activities and give assistance to the homebound through referrals.

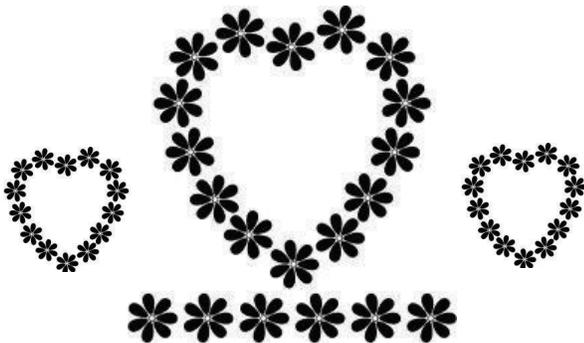
"This institution is an equal opportunity provider, and employer."

February 2016

From the Director's Desk

February is the shortest month but it feels like the longest, with all the snow, ice and cold temperatures, but here at the Senior Center it is warm and toasty. Come in and enjoy a hot cup of coffee, tea or hot cocoa. While you're here warming up, try out our exercise equipment or take one of our exercise classes like tia chi or line dancing. If crafting is your hobby, we have weekly knitting and crochet meetings, as well as adult coloring, card making, and Pysanki egg dying. With so much to do, this month will fly by!

HAPPY VALENTINES DAY!!! Sharon



Upcoming Events

FEB 3... Coffee with the Chief of Police
10:30-11:30

FEB 7... Masons Pancake Breakfast 8 a.m.-
11:30 a.m.

FEB 8... Foxwoods trip sign up required
leaves Lizak's bus station at 7:00 SHARP!
\$25.00

FEB 9...Heritage Hearing 12:00 to 2:00

FEB 11... Eastfield Mall shopping trip sign
up at the Warren Senior Center leaves

center at 10:00 am. Leaving Mall at 2:00 pm.
cost \$4.00 round trip

FEB 12... Blood Pressure Clinic 11:30

FEB 14... HAPPY VALENTINES DAY!!!

FEB 15... Center closed in observance of
Presidents Day

FEB 19... C.O.A. meeting 9:00 a.m.

FEB 19... Pysanki egg dying 10:00 to 11:30

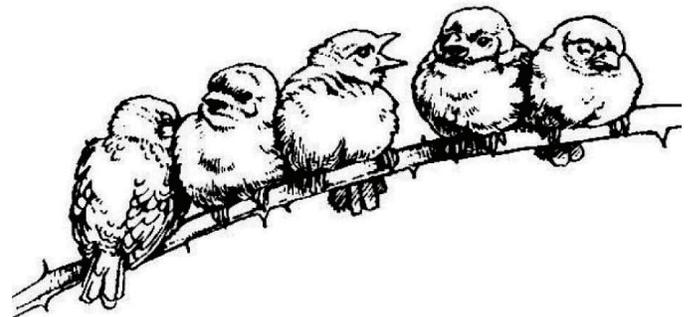
FEB 22... Senior Adult Coloring class 12:30
to 1:30 materials provided free co-sponsored
by The Warren Public Library and the Warren
Senior Center come relax!!

FEB 25... Birthday Party, sign up is required,
cut off is Friday FEB 19th at 2:00 pm. Meal is
served at 11:45, entertainment by "Len
Stanley".

FEB 26... All ages coloring class 6:30 to
7:30pm materials provided free cosponsored
by the Warren Library & the Warren Senior
Center, come relax!!!!

FEB 27... The Friends of the Town Hall are
sponsoring a Polish Dinner

FEB 28... The Rotary club of the Brookfields
is sponsoring a full breakfast on from 7:00 to
11:30 a.m. Cost is \$7.00. All proceeds to
benefit rebuilding the Henault barn. 50-50
raffle.



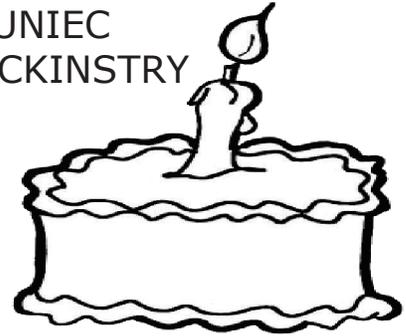
Warren Senior Center Hours:

Mon.-Fri. 8:00 a.m.-3:00 p.m.

February Birthdays - *denotes age 90 and over

2-GILLIAN KENYON
2- VIRGINIA OLDS
4- SHIRLEY GAETZ
9- EVELYN CARR*
9- DOUGLES LAPPIN
10- MARY DIMO
13- SIBYL SWISTAK
14- MADELEINE CEBULA

20- LINDA TERTREAUULT
21- ROBERT LAVASH
23- CHARLES MUNIEC
25- LEONARD MCKINSTRY



Masonic Lodge Super Bowl Pancake Breakfast

February Greetings from all the brethren of your local Masons Lodge in Warren. Sunday, February 7th we will again be presenting our Annual Super Bowl Pancake Breakfast, from 8:00 am. To 11:30 am. One and all are welcome to root for their favorite team while enjoying a hearty "Teammate" breakfast. A charitable donation of \$6.00 adults and \$4.00 youngsters will cheerfully aid our donation drive to assist others in need. Come join us in cheering your teams on!

Heritage Hearing Care of New England

Feb. 9 from 12:00 to 2:00 Hearing Screening/Hearing Aid check/clean or service (any brand) able to check ear wax build up with a video otoscope Hearing Aid Batteries \$3.00 for a package of four (4) sign up at the Warren Senior Center

Senior Adult Coloring class

FEB. 18th from 12:30 to 1:30, materials provided free! Join in the national coloring craze! Coloring isn't just for kids anymore! Sponsored by the Warren Public Library and the Warren Senior Center, come join the fun and relax with friends!!

Friends of the Town Hall

Polish Dinner Feb. 27th **First** seating at 5:00 p.m. **Second** seating at 6:30 p.m. tickets are \$10.00 each Plate includes: Golombki, Kapusta, Kielbasa, Pierogi, and Polish Rye Bread. Tickets available @ the Warren Senior Center see Cheryl or any Friends of the Town Hall member. All proceeds from the dinner are for the restoration of the Warren Town Hall.

The Rotary club of the Brookfields

Is sponsoring a Full breakfast on Feb. 28 at 7:00 to 11:30 a.m. Cost is \$7.00. All proceeds to benefit rebuilding the Henault barn. 50-50 raffle.



Our NEWSLETTER is now on-line on the town website.



Go to www.warren-ma.gov and click on **Senior Center Calendar** link.

February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PORK NOODLE CASSEROLE VEGETABLES ROLL Pitch 5:45 pm	2 GARDEN SALAD CHICKEN PARMESAN W/SAUCE OVER SPAGHETTI Cribbage 1 pm	3 GARDEN SALAD CHILI W/CORN BREAD Bingo 12:45 pm	4 CABBAGE SOUP JANIK KEILBASA CASSEROLE Tai Chi 10:30 am Line Dancing 6:00	5 GARDEN SALAD PIZZA CHEESE OR SUPREME Bingo 1 PM
8 HOT DOGS BAKED BEANS OVEN FRIES & Pitch 5:45 pm	9 LIVER & ONIONS OR SUBSTITUTE MASHED POTATOES VEG & ROLLS Cribbage 1 pm	10 LEMON PEPPER CHICKEN W/RICE PILAF VEGETABLE & ROLLS Bingo 12:45 pm	11 TOMATO SOUP GRILLED CHEESE & CHIPS Tai Chi 10:30 am Line Dancing 6:00	12 FISH AND CHIPS COLE SLAW CORN ROLLS Bingo 1 PM
15 CENTER CLOSED	16 BAKED CHICKEN POTATOES VEG- ETABLES & ROLLS Cribbage 1 pm	17 SALMON TETRAZZINI W/NOODLES & VEG- ETABLE ROLLS Bingo 12:45 pm	18 GARDEN SAL- AD LASAGNA W/SAUCE GARLIC BREAD Tai Chi 10:30 am Line Dancing 6:00	19 CLAM CHOW- DER TUNA ROLLS Bingo 1 PM
22 CHICKEN SOUP CHICKEN PATTY W/ LETTUCE & TOMATO & ROLL Pitch 5:45 pm	23 BOILED DIN- NER W/ HAM POTA- TOES & CARROTS & ROLLS Cribbage 1 pm	24 GARDEN SAL- AD BAKED ZITI W/ SAUCE & GARLIC BREAD Bingo 12:45 pm	25 BIRTHDAY PARTY YANKEE POT ROAST POTATO PEAS & CARROTS ROLLS Cake & Ice Cream Tai Chi 10:30 am	26 Chef's Surprise Bingo 1 PM
29 GARDEN SAL- AD BEEF STROGA- NOFF W/NOODLES & ROLLS Pitch 5:45 pm		Please call by 9 AM for lunch reservations. For Liver & Onion day please sign up the day before.	The menu is subject to change without notice. All meals include dessert, milk & coffee.	

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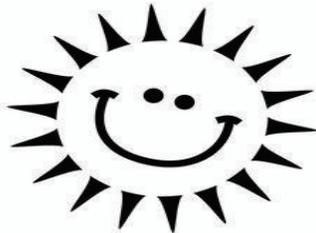
Tips from the Treasurer

Bill Schlosstien recently gave me some very good tips to share with everyone. To cut back on the sodium in can soup, without losing the taste, try combining heart healthy low sodium soup with regular can soup, delicious and healthy! With all the black ice we get during the winter season try taking roof shingles, put them gritty side down on the black ice, you can walk on it without slipping, and as the sun warms the black shingle it melts the ice faster! Thank you Bill!

Birthday Party

Our February Birthday Party will be held on Thursday Feb. 25th. Sign up is required, cut off is Friday 19th at 2:00 pm. The meal, Yankee Pot Roast, will be served at 11:45. Entertainment is by "Len Stanley".

Reminder Please do NOT park in front of the Village Market during the Birthday Party, or any event held here at the Senior Center. Thank You

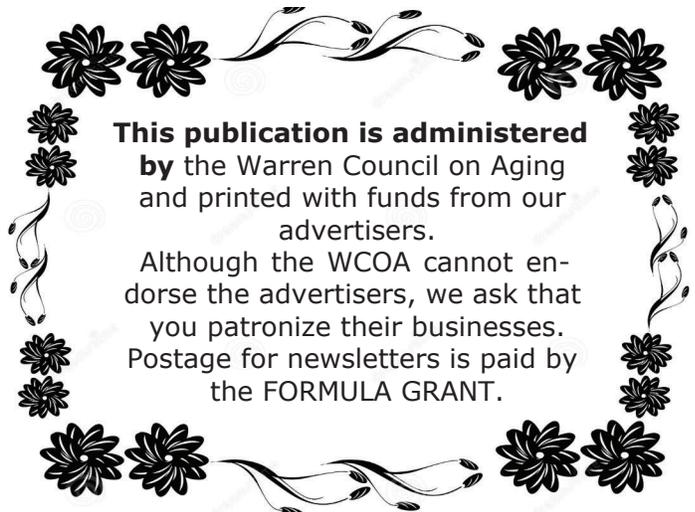


Fuel Assistance

Fuel assistance is available to those who qualify. If you would like to apply please call the Worcester Community Action Council at 1-508-754-1176 you can request a meeting at the Warren Senior Center.

Volunteer Corner

We are ecstatic to have so many wonderful volunteers here at The Warren Senior Center, and this month we would like to recognize our C.O.A. Treasurer Peggy Bernard for many years of outstanding service. Peggy puts in many hours in the office, as well as helping with the monthly birthday parties and special events. She is a huge asset to our center, THANK YOU PEGGY!!!



This publication is administered
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