



WARREN SENIOR CENTER

P.O. BOX 428, 2252 MAIN ST., WEST WARREN, MA 01092

413-436-5662 – WWW.WARREN-MA.GOV

EMAIL: COA@WARREN-MA.GOV – ELDER BUS SERVICE: 1-800-321-0243

QUABOAG CONNECTOR 413-544-3401

MISSION STATEMENT: The mission of the Warren Council of 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.

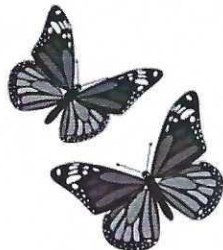
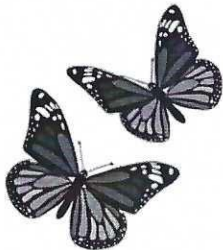
“This institution is an equal opportunity provider, and employer.”

APRIL 2024

THE DIRECTOR'S DESK

As the winter's chill disappears, and the sun's warmth awakens all the beautiful flowers and trees. The birds sing their melodious songs, the tree frogs peep, and the crickets are chirping. Spring is in the air! It's a time for rebirth and change. We are looking for something new to fill our Monday afternoons. If you have a suggestion, please let us know. Some thoughts are dominos, a chair yoga, or maybe a dance exercise class. All of these are great ideas, please let us know which one you like, or give us your ideas. This is your Center, and we want you to be happy.

Keep smiling!!!
Sharon



UPCOMING EVENTS

APRIL 1...April Fool's Day!!!

APRIL 8...Warren Silver Screen at the Warren Senior Center
12:30 PM.

APRIL 15... Center Closed for Patriots' Day.

APRIL 17... COA Meeting at the Warren Senior Center
at 10:00 a.m.

APRIL 17...Quaboag skilled nurses blood pressure clinic at 11:00.

APRIL 25... Birthday Party sign-up is required.

APRIL 26... Senator Oliveira's office hours 11:30-12:30.

Hours of Operation: Mon. – Fri. 8:00 am to 3:00

APRIL BIRTHDAY'S

*Denotes age 90 and over



4-1-GAIL WINDERS
4-2-ALFREDA GILL
4-3-ROBERT SHAUGER

4-4-ERNEST MARCILLE
4-8-EVELYN VEITENHEIMER
4-16-LINDA HAMILE
4-21-BARBARA MORIN

4-21-JACK ROSIER
4-24-PEARL MAJOR
4-29-LOUISE BERTHIAUME
4-29-TOM WELCH

To Daffodils

By Robert Herrick

Fair Daffodils, we weep to see
You haste away so soon;
As yet the early-rising sun
Has not attain'd his noon.
Stay, stay,
Until the hasting day
Has run
But to the even-song;
And, having pray'd together, we
Will go with you along.



We have short time to stay, as you,
We have as short a spring;
As quick a growth to meet decay,
As you, or anything.
We die
As your hours do, and dry
Away,
Like to the summer's rain;
Or as the summer's rain;
Or as the pearls of morning's dew,
Ne'er to be found again.



Birthday Party

Our April Birthday Party will be held on Thursday, April 25th. Tickets are required, and can be obtained in the office, deadline is Friday the 19th at 1:00. The Meal, Baked Chicken Breast, will be served at 11:45.

Entertainment is "Freddie Marion".

This program is supported in part by a grant from the Warren Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Silver Screen

We will be showing a movie on Monday April 8th at the Warren Senior Center at 12:15. Light refreshments will be served.



**Please call 413-436-5662
before dropping off donations.**



Our NEWSLETTER is now on-line on the town website.
Go to www.warren-ma.gov and click on **Senior Center Calendar** link.

APRIL 2024

PLEASE CALL US THE DAY BEFORE BY 2:00 pm TO REQUEST A MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALMON W/CREAM SAUCE BUTTERED NOODLES VEGETABLE & ROLL	2 BAKED CHICKEN POTATO, VEGETABLE & ROLL Tai Chi 10:30 am Cribbage 12:30 pm	3 SHEPHARD'S PIE VEGETABLE & ROLL Bingo 12:30	4 GARDEN SALAD SPAGHETTI W/SAUSAGE & GARLIC BREAD Whist 12:30	5 FISH STICKS BAKED FRIES COLE SLAW & ROLL
8 SOUP & CHICKEN CAESAR SALAD	9 LIVER & ONION OR SUB, POTATO VEGETABLE & ROLL Tai Chi 10:30 am Cribbage 12:30 pm	10 MACARONI & CHEESE VEGETABLE & ROLL Bingo 12:30	11 PORK CHOP POTATO, VEGETABLE & ROLL Whist 12:30	12 ITALIAN GRINDER CHIPS & PICKLE Craft Social 12:30
15 CENTER CLOSED FOR PATRIOTS' DAY	16 CHILI & CORN BREAD Tai Chi 10:30 am Cribbage 12:30 pm	17 KIELBASA W/NOODLES & CABBAGE VEGETABLE & ROLL Bingo 12:30	18 PEA SOUP & SANDWICH Whist 12:30	19 CHEF SALAD W/ROLL Cornhole 12:30
22 CHICKEN PATTY W/LET. & TOM. & PASTA SALAD	23 TACO SALAD & ROLL Tai Chi 10:30 am Cribbage 12:30 pm	24 HOT DOGS W/ROLL BAKED BEANS & COLE SLAW Bingo 12:30	25 BIRTHDAY PARTY BAKED CHICKEN BREAST, STUFFING, POTATO, VEGETABLE & ROLL	26 CHEF SURPRISE  Craft Social 12:30
29 BUTTERNUT SQUASH, SOUP & SANDWICH	30 BAKED FISH POTATO, VEGETABLE & ROLL Tai Chi 10:30 am Cribbage 12:30 pm		Dessert, milk & coffee included with meal. Menu is subject to change without notice.	PLEASE CALL THE DAY BEFORE BY 2:00 PM TO ORDER A MEAL



SHERMAN OIL

Ensuring Comfort and Service Since 1962

508.867.7447

VOLUNTEER CORNER

Our Center is flourishing thanks to our dedicated volunteers. This month we want to recognize Deb Harnois. Each month Deb meticulously updates our white board with the menu as well as upcoming events, and activities.

Whether she is sharing a friendly smile, or offering a helping hand, her kindness brightens the day. Thank you, Deb!!

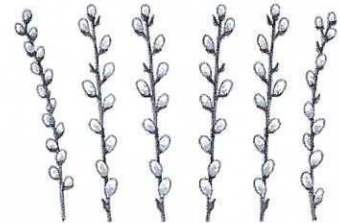
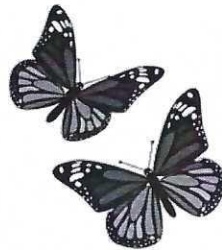
Council on Aging

There are two (2) openings for the Council on Aging. Interested individuals must submit a letter of interest by May 1, 2024 to:

Warren Council on Aging
PO Box 428

West Warren, MA 01092

The Council on Aging will select the best candidates for the positions. The names are then submitted to the Selectmen for final approval.



Postage is paid in part with grant money from the Formula Grant.
This publication is administered by the Warren Council on Aging and printed with funds from our advertiser. Although the WCOA cannot endorse the advertiser, we ask that you patronize their business.



Council on Aging Executive Board

Cathy Duncan, Chairman
Katie Mellen, Vice Chair
Julie Vadnais, Recording Secretary
Joyce Stuart, Treasurer
Mary Jane Adams
Barbara Keith
Al Dimo

Senior Center Staff

Sharon Meli, Director/Editor
Jonathan Dusty, Lunch Coordinator
Gail Winders, General Office Manager

Warren Senior Center
P. O. Box 428
West Warren, MA 01092