



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."

DECEMBER 2023

THE DIRECTOR'S DESK

The most wonderful time of year is here! Our halls are decked, and we are jolly as can be! The much-anticipated Christmas/Birthday party is finally here. Mrs. Santa Clause, AKA Gail, has been busy decorating and wrapping gifts, and Jon is cooking up a storm all for your Holiday pleasure. This year we are having a New Year Celebration to ring in the New Year. It's going to be a rocking good time!

All of us here at the Center wish you and yours a very Merry Christmas, and a Happy New Year!!!!

Sharon



UPCOMING EVENTS

- DEC. 2.....**Warren Annual Tree Lighting Ceremony 4:00 PM.
- DEC. 7.....**The Warren Library is sponsoring gentle yoga for stress relief at the Warren Senior Center from 6:30-8:00 PM. Call the Warren Public Library to register at 413-436-7690.
- DEC. 18...**Warren Silver Screen at the Warren Senior Center 12:30 PM.
- DEC. 20...**COA Meeting at the Warren Senior Center at 10:00 a.m.
- DEC. 20...**Quaboag Rehabilitation and Skilled Care Center will be here for Blood pressure clinic at 11:00 a.m.
- DEC. 21...**Winter Begins
- DEC. 25...Center Closed for Christmas**
- DEC. 26...**Senator Oliveira's office hours 11:30-12:30 PM.
- DEC. 28...**New Year celebration
- DEC. 31...**Happy New Year!!!
- Jan. 1.....**Center Closed for the New Year



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



DECEMBER BIRTHDAY'S

*Denotes age 90 and over

12-4- SANDY RICKER
12-5- DENISE PHIPPS
12-7- PEGGY BERNARD

12-7- ROBERT CARTER
12-7- DIANE DAVIS
12-7- BELL LAVIN*
12-8- SALLY CIESLAK
12-11- ISABELL JARDINE

12-12- LEONA WROBEL
12-24- PENNY NIETUPSKI
12-25- DELORES DAY
12-28- ROBERTA HARNOIS
12-29- MARY MASSE

Warren Public Library

The Warren Library is sponsoring Gentle Yoga for Stress Relief Taught by Phil Milgrom, CSYT, CSMT Co-Director of The Centered Place at the Warren Senior Center on December 7th, from 6:30 to 8:00 PM. at the Warren Senior Center. Enjoy a slower-paced yoga, practice with simple poses that are both accessible and powerfully beneficial. Yoga and meditation are clinically tested tools for reducing stress and improving health. Please bring a mat and one or two blankets and cushions if possible. This event is free and for all ages, 15 and up. No previous yoga experience required. To register Please call the Warren Public Library.

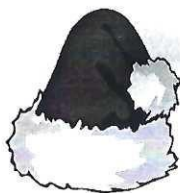
Silver Screen

We will be showing a holiday movie on December 18th at the Warren Senior Center at 12:15. Light refreshments will be served.

New Year Celebration

We will be having a New Year Celebration on Thursday, December 28th at 11:45. We will be having a special lunch and entertainment. Please sign-up in the office by Tuesday the 27th. We hope to see you here to help us ring in the new year!!





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.



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

DECEMBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CALL THE DAY BEFORE BY 2:00 TO ORDER A MEAL.</p>	<p>Dessert, milk & coffee included with meal.</p>	<p>Menu is subject to change without notice.</p>		<p>1 CHEF SURPRISE</p>  <p>Craft Social 12:30</p>
<p>4 SALMON W/LEMON CREAM SAUCE, RICE VEGETABLE & ROLL</p>	<p>5 GARDEN SALAD SPAGHETTI W/ SAUSAGE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>6 CHICKEN CHOW MEIN RICE, VEGETABLE & ROLL</p> <p>Bingo 12:30</p>	<p>7 KIELBASA LAZY PIEROGI & RYE BREAD</p> <p>Whist 12:30</p>	<p>8 GARDEN SALAD SEAFOOD CHOWDER & ROLL</p>
<p>11 GARDEN SALAD PIZZA</p>	<p>12 HOT OPEN-FACED TURKEY SANDWICH CHIPS PICKLE</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>13 HOT DOGS W/ROLL BAKED BEANS & COLE SLAW</p> <p>Bingo 12:30</p>	<p>14 BIRTHDAY PARTY PORK ROAST DINNER WITH ALL THE FIXINS</p>	<p>15 CHEF SURPRISE</p>  <p>Craft Social 12:30</p>
<p>18 BOILED HAM DINNER W/ROLL</p>	<p>19 BAKED CHICKEN POTATO, VEGETABLE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>20 SHRIMP TACO & RICE</p> <p>Bingo 12:30</p>	<p>21 CHICKEN SOUP & GRILLED CHEESE SANDWICH</p> <p>Whist 12:30</p>	<p>22 GARDEN SALAD RAVIOLI & ROLL</p>
<p>25 CENTER CLOSED</p> 	<p>26 GARDEN SALAD SHEPHERDS PIE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>27 GARDEN SALAD BEEF STEW & BISCUIT</p> <p>Bingo 12:30</p>	<p>28 NEW YEARS EVE PARTY CHEF SURPRISE</p> <p>Whist 12:30</p>	<p>29 CHEF SURPRISE</p>  <p>Craft Social 12:30</p>



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VOLUNTEER CORNER

Our Center is flourishing thanks to our dedicated volunteers. This month we want to recognize Jimmy McKeon. Jimmy does so much for our town, the list is endless. We appreciate how much of his own time he gives to our Center. Putting up decorations and moving things we can't is a small sample of all that he does. He is kind and considerate and like Santa Clause, he magically takes care of things with a twinkle in his eye and a broad smile. Thank you, Jimmy, for being you!



PITCH

Anyone interested in running our Monday Pitch at 12:30. Please stop in or call the office 413-436-5662.

Birthday Party

Our December Birthday Party will be held on Thursday, December 14th. Tickets are required, and can be obtained in the office, deadline is Thursday, December 7th at 2:00 p.m. The Meal, Pork Roast dinner, will be served at 11:45.

Entertainment is "Tony & Amanda".

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.



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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.



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