



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.”

FEBRUARY 2024

THE DIRECTOR'S DESK

Our theme for February is to keep active, and there is plenty this month to help you. We are trying out corn hole, and if you've never tried it come on down, it's lots of fun. A prize will be given to the winner, and it is free to play. Tai chi is fantastic for balance, and Ronna Shea is an amazing instructor, and a bargain at only \$3.00 per session. Another way to stay active is mentally. We are hosting a board game afternoon full of fun! Come try your luck! Our crafting group is growing, and there is our tried-and-true card games and bingo. This month there are also some special events hosted by the West Warren Library. Even though it's cold outside, we can still stay active.

Keep smiling!!!
Sharon



UPCOMING EVENTS

- FEB. 2.....** Groundhogs Day.
- FEB. 12...** Warren Silver Screen at the Warren Senior Center 12:30 PM.
- FEB. 14...** Happy Valentines Day!
- FEB. 16...** Corn Hole 12:30.
- FEB. 17...** Trivia Night sponsored by the West Warren Library \$10.00 per person, which includes light appetizers. 6PM.
- FEB. 19...** Center Closed for Presidents' Day
- FEB. 21...** COA Meeting at the Warren Senior Center at 10:00 a.m.
- FEB. 22...** Birthday Party sign-up required.
- FEB. 23...** Childrens event, at the Warren Senior Center, Rubber Ducky Soap 3pm - 4pm. Call 413-436-9892 to reserve a spot. Sponsored by the West Warren Library.
- FEB. 26...** Game Day 12:30.
- FEB. 27...** Senator Oliveira's office hours 11:30-12:30.
- MARCH 1...** West Warren Library is sponsoring a Body Balm Workshop for Seniors at the Warren Senior Center from 2pm - 3pm.

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

FEBRUARY BIRTHDAY'S

*Denotes age 90 and over



2-6 – DEBRA HARNOIS
2-9 – DOUGLAS LAPPIN

2-20 – LINDA TETREAULT
2-22 – CATHY DUNCAN

Trivia Night

February 17th at 6 pm. Sponsored by the West Warren Library. (snow date 2/24/24). Cost is \$10.00 per person, which includes light appetizers. Call the Library to reserve a table at (413) 436-9892.

Childrens February Vacation Event

Sponsored by the West Warren Library and Warren Cultural Council 2/23/24 at the Warren Senior Center, 3pm-4pm. Rubber Ducky Soap taught by Kulina Folk Art for ages 8-12 with a parent present (supplies included). Admission is free, pre-registration is required. Call the library at 413-436-9892 to reserve a spot.

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.



Birthday Party

Our February Birthday Party will be held on Thursday, February 22nd. Tickets are required, and can be obtained in the office, deadline is Friday the 16th at 1:00. The Meal, Chicken Parmesan, will be served at 11:45.

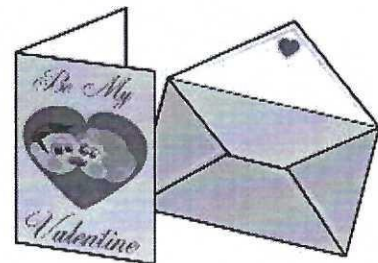
Entertainment is "Wayne Paige".

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, February 12th here at the Warren Senior Center at 12:15, light refreshments will be served.



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

FEBRUARY 2024

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. Menu is subject to change without notice.</p>		<p>1 GARDEN SALAD SPAGHETTI W/MEAT SAUCE & GARLIC BREAD Whist 12:30</p>	<p>2 VEGETABLE SOUP & SANDWICH</p>
<p>5 GARDEN SALAD CHILI & CORN BREAD</p>	<p>6 BAKED POTATO BAR & ROLL Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>7 CHICKEN POT PIE APPLE SAUCE & ROLL Bingo 12:30</p>	<p>8 MACARONI & CHEESE, PICKLED BEETS & ROLL Whist 12:30</p>	<p>9 FRUIT SALAD QUICHE & ROLL Craft Social 12:30</p>
<p>12 SHRIMP TACO W/LETTUCE, TOMATO & RICE Silver Screen Movie 12:30</p>	<p>13 CHEF SURPRISE  Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>14 FISH STICKS POTATO VEGETABLE & ROLL ♥ Bingo 12:30</p>	<p>15 MEATLOAF POTATO VEGETABLE & ROLL Whist 12:30</p>	<p>16 CAPE COD REUBEN SANDWICH CHIPS & PICKLE Corn Hole 12:30</p>
<p>19 CENTER CLOSED For Presidents Day</p>	<p>20 CHICKEN PATTY on a ROLL W/LETTUCE, TOMATO & CHIPS Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>21 HOT DOGS W/ROLL BAKED BEANS & COLE SLAW Bingo 12:30</p>	<p>22 BIRTHDAY PARTY GARDEN SALAD CHICKEN PARMESAN SPAGHETTI & ROLL</p>	<p>23 CHEF SURPRISE  Craft Social 12:30</p>
<p>26 GARDEN SALAD PIZZA Board Games 12:30</p>	<p>27 BAKED FISH FRIES COLE SLAW & ROLL Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>28 PORK CHOP POTATO, VEGETABLE & ROLL Bingo 12:30</p>	<p>29 CHICKEN CHOW MEIN VEGETABLE & ROLL Whist 12:30</p>	



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VOLUNTEER CORNER

Our Center is flourishing thanks to our dedicated volunteers. This month we want to recognize Douglas Lappin. Doug has been our Bingo caller for many years. His light Irish brogue adds a distinguished element to the game. He also helps our Lunch Coordinator Jonathan. Doug is beloved by all, and we wish him the best 90th birthday this month, with many more to come! Thank you, Doug!!

Body Balm Workshop

For Seniors sponsored by the West Warren Library and Warren Cultural Council 3/1/24 (snow date 3/8/24) 2pm-3pm. Instruction by Kulina Folk Art, supplies are included. Admission is free, pre-registration is strongly encouraged to ensure participation. Call the library at 413-436-9892 to reserve a spot.

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