



# WARREN SENIOR CENTER

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

413-436-5662 - [WWW.WARREN-MA.GOV](http://WWW.WARREN-MA.GOV)

EMAIL: [COA@WARREN-MA.GOV](mailto: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."

## JANUARY 2023

### THE DIRECTOR'S DESK

January is here full of promise for the coming year. I like to think of New Year's Eve as the last holiday gift of the year. While we are all working on our New Year's resolutions, it's good to look back at the past year. Were we our best version of ourselves? Did we do our best to help our fellow man? Were we happy? What can we do differently in the new year? As we look forward to the new year our gift is knowing what we liked about the past year, and what we didn't like, and having the ability to change and adjust to make the life we want to live. All we have to do, is choose it. What will you choose to do differently this coming year?

Happy New Year!!!

Sharon



### UPCOMING EVENTS

**JAN. 1....HAPPY NEW YEAR!!!**

**JAN. 2....**Center Closed in observance of The New Year.

**JAN. 6....MUSIC BINGO!!! 12:30**

**JAN. 9....**Foot care clinic \*please call The Warren Senior Center at 413-436-5662 for an appointment.

**JAN. 13...**Quilting with Pam Rozzen at 12:30, Please call the Senior Center for details.

**JAN. 16...**CENTER CLOSED in observance of MARTIN LUTHER KING DAY.

**JAN. 20...**Warren Silver Screen at the Warren Senior Center 12:30 PM.

**JAN. 26...**Birthday Party.



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



# JANUARY BIRTHDAY'S

\*denotes age over 90

1-2-JOYCE BRESSEM  
1-8-LENORA MERRITT  
1-9-PAULETTE DESOREY  
1-11-EDMUND BOROWIEC

1-11-JACQUELINE AWARD  
1-12-PEGGY ROBIDOUX  
1-13-GAIL SLEDZIEWSKI  
1-16-CLIFF RUTTER  
1-17-FRANK HARGOS  
1-17-PATRICIA MORRISON

1-18-MARK CUMMINGS  
1-22-JACALYN BELLERIVE  
1-22-RONALD RAYMOND  
1-23-LEESA LEWON  
1-29-HARRY (BUTCH) GROUT  
1-29-IRENE LOVELY

## QUILTING With Pam Rozen

Pam Rozen will be teaching a beginner quilting class at the Warren Senior Center on January 13th at 12:30. The project is a pillow. Please call the Senior Center for more details, cost and supplies needed at 413-436-5662.

## Warren Seniors Silver Screen

We will be showing a movie on January 20th at 12:30. Light refreshments will be served.

## MUSIC BINGO

Join us for a rousing entertaining good time! Amanda Meli will be running Music Bingo at the Warren Senior Center on Jan. 6, 2022 at 12:30. Prizes will be given to winners.

## Birthday Party

Our January Birthday Party will be held on Thursday, January 26<sup>th</sup>. Sign up is required, cut off is Friday the 20th at 2:00. The Meal, Chicken Parmesan will be served at 11:45. Entertainment is by Stephen George.





Our NEWSLETTER is now on-line on the town website.  
Go to [www.warren-ma.gov](http://www.warren-ma.gov) and click on **Senior Center Calendar** link.

TAI CHI - 10<sup>30</sup> EVERY TUE

**JANUARY 2023**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CENTER CLOSED HAPPY NEW YEAR!!</b>	3 GARDEN SALAD MACARONI & CHEESE & ROLL  Cribbage 1 pm	4 ROTISSERIE CHICKEN POTATOES VEGETABLE & ROLL  Bingo 12:30	5 GARDEN SALAD RAVIOLI & ROLL  <del>Tai Chi 10:30 am</del> <del>Whist 12:30</del>	6 BAKED FISH RICE VEGETABLE & ROLL
9 SOUP GRILLED HAM & CHEESE & PICKLE  Pitch 12:30 pm	10 SAUSAGE & PEPPER GRINDER & CHIPS  Cribbage 1 pm	11 SHEPHERD'S PIE VEGETABLE & ROLL  Bingo 12:30	12 SALMON NOODLE CASSEROLE VEGETABLE & ROLL  <del>Tai Chi 10:30 am</del> <del>Whist 12:30</del>	13 CHICKEN SALAD SANDWICH FRUIT SALAD & CHIPS
16 <b>CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY</b>	17 HAM STEAK MASHED POTATOES VEGETABLE & ROLL  Cribbage 1 pm	18 GARDEN SALAD SPAGHETTI & MEATBALLS W/ROLL  Bingo 12:30	19 BAKED CHICKEN BUTTERED NOODLES VEGETABLE & ROLL  <del>Tai Chi 10:30 am</del> <del>Whist 12:30</del>	20 BUTTERNUT SQUASH SOUP SANDWICH & PICKLE
23 ITALIAN GRINDER W/CHIPS  Pitch 12:30 pm	24 MEATLOAF POTATO VEGETABLE & ROLL  Cribbage 1 pm	25 HOT DOGS W/ROLL BAKED BEANS & COLE SLAW  Bingo 12:30	26 <b>BIRTHDAY PARTY</b> GARDEN SALAD CHICKEN PARMESAN PASTA & ROLL	27 CHEF SURPRISE  
30 GARDEN SALAD PIZZA  Pitch 12:30 pm	31 GARDEN SALAD CHILI & CORN BREAD  Cribbage 1 pm	Menu is subject to change without notice. Dessert, milk & coffee included with meal.		<b>PLEASE CALL THE DAY BEFORE BY 2:00 TO ORDER A MEAL.</b>



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## VOLUNTEER CORNER

Our Center continues to thrive thanks to our dedicated volunteers. Our spotlight this month is on Joan Lynch. She happily helps out any way she can, answering phones, running Whist, and on occasion, calling Bingo. Her Friendly mannerism puts everyone at ease and invites us all to have fun. Thank you Joan!!

## THANK YOU BECKY!

We want to send a HUGE Thank you to Becky Acerra and company for providing a free Christmas feast to our Seniors that were home alone this Christmas. We are very

thankful for Becky, she is a bright, shining star that lights up and makes Christmas brighter for our Seniors. Keep shining your light Becky!!!

## FUEL ASSISTANCE

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



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