



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.”

JANUARY 2024

THE DIRECTOR'S DESK

January is here, after all the parties, merry making and celebrating of December, it feels like a splash of cold water on your face. It's a brand-new year, where anything is possible. I want to repost an inspirational piece we had in our 2017 newsletter. I think it fits perfectly.

Happiness depends upon your outlook on life. Find the good in all situations.

Attitude is just as important as ability. Keep your attitude positive.

Passion, find yours this year! Do what you love and you will never work.

Positive thoughts make everything easier. Stay focused and stay positive.

You are unique, with special gifts, use them. Never forget you have talent.

New beginnings with a new year.

Enthusiasm a true secret of success.

Wishes may they turn into goals.

Years go by too quickly, enjoy them. Wisdom from your elders, listen.

Energy may you have lots of it. Take care of yourself

Appreciation of life, don't take it for granted. Live each day

Relax take the time to relax in this coming year. Keep a balance in your life.

Author: Catherine Pulsifer

HAPPY NEW YEAR!!!

Sharon



UPCOMING EVENTS

JAN. 1...Center Closed for the New Year.

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

JAN. 13...Winter food & dance. Quaboag Regional Middle/High School Student Council is hosting.

JAN. 15...Center Closed in observance of Martin Luther King Day.

JAN. 18...COA Meeting at the Warren Senior Center at 10:00 a.m.

JAN. 23...Senator Oliveira's office hours 11:30-12:30.

JAN. 25...Birthday Party

FEB. 2...Groundhog Day



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



BIRTHDAY'S

*Denotes age 90 and over



1-2 – JOYCE BRESSEM
1-8 – LENORA MERRITT
1-9 – PAULETTE DESOREY
1-9 – RITA HOAGUE

1-12 – PEGGY ROBIDOUX
1-13 – GAIL SLEDZIEWSKI
1-17 – PATRICIA MORRISON
1-22 – JACALYN BELLERIVE

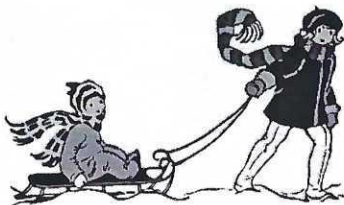
1-22 – RONALD RAYMOND
1-23 – LEESA LEWON
1-29 – HARRY (BUTCH) GROUT
1-29 – IRENE LOVELY

Senior Club Christmas Party

A **BIG** Thank you to all the Staff and all the volunteers that helped prepare, cook, serve and clean up the delicious dinner, as well as everyone that gave donations. Various businesses and groups in and around Warren were very generous as always. We had a fantastic time, and are already looking forward to next year!

Winter Food and Dance

Quaboag Regional Middle/ High School Student Council is hosting a food and dancing event for our Seniors at the Quaboag Regional High School on Saturday, January 13th. Call the Warren Senior Center for more details and to sign up, at 413-436-5662.



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.

Silver Screen

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

PITCH




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



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

JANUARY 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CENTER CLOSED</p>  <p>Happy New Year!</p>	<p>2</p> <p>FISH STICKS POTATO VEGETABLE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>3</p> <p>GARDEN SALAD SPAGHETTI W/MEAT SAUCE & GARLIC BREAD</p> <p>Bingo 12:30</p>	<p>4</p> <p>BAKED CHICKEN RICE PILAF VEGETABLE & ROLL</p> <p>Whist 12:30</p>	<p>5</p> <p>TOMATO RICE SOUP SANDWICH PICKLE</p>
<p>8</p> <p>TURKEY GRINDER CHIPS & PICKLE</p>	<p>9</p> <p>LIVER & ONION POTATO, VEGETABLE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>10</p> <p>CHEF SURPRISE</p>  <p>Bingo 12:30</p>	<p>11</p> <p>PORK CHOP BUTTERED NOODLES VEGETABLE & ROLL</p> <p>Whist 12:30</p>	<p>12</p> <p>CREAMED SALMON OVER MASHED POTATO & ROLL</p> <p>Craft Social 12:30</p>
<p>15</p> <p>CENTER CLOSED</p> <p>In Honor of Martin Luther King Day</p>	<p>16</p> <p>TACO SALAD & NACHOS</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>17</p> <p>SHRIMP ALFREDO OVER NOODLES VEGETABLE & ROLL</p> <p>Bingo 12:30</p>	<p>18</p> <p>GARDEN SALAD FRENCH ONION SOUP</p> <p>Whist 12:30</p>	<p>19</p> <p>PANCAKES SAUSAGE & FRUIT</p>
<p>22</p> <p>GARDEN SALAD QUICHE</p>	<p>23</p> <p>SHEPHERDS PIE VEGETABLE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>24</p> <p>HOT DOGS W/ROLL BAKED BEANS & COLE SLAW</p> <p>Bingo 12:30</p>	<p>25</p> <p>BIRTHDAY PARTY HAM MASHED POTATO, VEGETABLE & ROLL</p> <p>Whist 12:30</p>	<p>26</p> <p>CHEF SURPRISE</p>  <p>Craft Social 12:30</p>
<p>29</p> <p>HAMBURGERS W/LETTUCE & TOMATO & MACARONI SALAD</p>	<p>30</p> <p>BAKED FISH POTATO VEGETABLE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>31</p> <p>SALMON W/LEMON CREAM SAUCE, RICE VEGETABLE & ROLL</p> <p>Bingo 12:30</p>	<p>Dessert, milk & coffee included with meal. Menu is subject to change without notice.</p>	<p>PLEASE CALL THE DAY BEFORE BY 2:00 TO ORDER A MEAL.</p>



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VOLUNTEER CORNER

Our Center is flourishing thanks to our dedicated volunteers. This month we want to recognize Shirley Conn. Shirley has been invaluable this holiday season. She has spent hours decorating with Gail and assisting Jon in the kitchen. She is a pleasure to be around, and her willingness to help no matter the task makes her a perfect fit here at our Center. Thank you for all that you do, and keep smiling that beautiful smile!!



Birthday Party

Our January Birthday Party will be held on Thursday, January 25th. Tickets are required, and can be obtained in the office, deadline is Friday the 19th at 2:00. The Meal, Ham dinner, will be served at 11:45.

Entertainment is "Noah Lis".

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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