



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.”

MARCH 2024

THE DIRECTOR'S DESK

It's been said that one Robin does not a spring make, but I saw five on my front lawn, so I'm optimistic spring is coming soon. The days are getting lighter, it's getting warmer outside, and things are definitely heating up here at the Center. Last month we ran cornhole, and it was a big hit! We had quite a few requests to run it every other week opposite our equally popular craft social. It's free to play, and a great way to get some exercise while having lots of fun. I wish everyone a Happy St. Patrick's Day, and a Happy Easter!!

May your joys be as deep as the oceans.
Your troubles as light as it's foam. And
may you find sweet peace of mind.
Wherever you may roam.

-Irish Proverb

Keep smiling!!!
Sharon

HAPPY
GO
LUCKY

UPCOMING EVENTS

MARCH 1...West Warren Library is sponsoring a Body Balm Workshop for Seniors at the Warren Senior Center from 2pm - 3pm (Snow date 3/8).

MARCH 10...Daylight Savings Time Begins
Clocks spring ahead!

MARCH 11...Warren Silver Screen at the Warren Senior Center 12:30 PM.

MARCH 11...Foot care clinic please call for an appointment.

MARCH 17... Happy St. Patrick's Day!!!

MARCH 20... COA Meeting at the Warren Senior Center at 10:00 a.m.

MARCH 20...Quaboag Rehabilitation and Skilled Care Center will be here for Blood pressure clinic at 11:00 am.

MARCH 21... Birthday Party, ticket required.

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

MARCH 28... Ikebana at 6pm.

Call 413-436-9892 to reserve a spot. Sponsored by the West Warren Library.



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



MARCH BIRTHDAY'S

*Denotes age 90 and over

- 3-1 – BOB PRATER
- 3-3 – CAROL CHRISTIANSEN
- 3-6 – CHERYL OLSEN
- 3-6 – DORIS STEWART

- 3-10 – SARA BLACKWELL
- 3-10 – DONALD ROBIDOUX
- 3-12 – BEVERLY RUSSELLE
- 3-13 – ROMONA DORNAN
- 3-14 – DENNIS DESAUTELS
- 3-14 – KEITH VERNON
- 3-15 – JANE DOLAN

- 3-15 – GERALDINE MCKEON
- 3-17 – LINDA ZALATORES
- 3-18 – JENNY ROSIER
- 3-18 – JULIE VADNAIS
- 3-26 – ELLIOT BLACKWELL
- 3-27 – NANCY FORTE
- 3-30 – ELLAMAE SHOURN

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.

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 March Birthday Party will be held on Thursday, March 21st. Tickets are required, and can be obtained in the office, deadline is Friday the 15th at 1:00. The Meal, Corned beef & cabbage, will be served at 11:45. Entertainment is "Chet Kurr".

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.

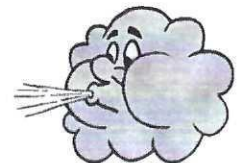


Ikebana A Unique Floral Arranging Workshop

Sponsored by the West Warren Library and Warren Cultural Council 3/28/24 at the Warren Senior Center, at 6pm.

Ikebana is the centuries-old Japanese art of arranging flowers. The practice, which roughly translates to "making flowers come alive." Uses carefully selected blossoms, greenery and other flora to convey a specific feeling or emotion to an observer - just like a painting or a sculpture. Admission is free, pre-registration is required. Call the library at 413-436-9892 to reserve a spot. Each floral arrangement will be a unique work of art! **All participants must provide their own vase**, all other supplies will be provided, however, donations from a list of extra materials are greatly appreciated.

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.

MARCH 2024

PLEASE CALL US THE DAY BEFORE BY 1:00 pm TO REQUEST A MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE CALL THE DAY BEFORE BY 1:00 TO ORDER A MEAL.	Menu is subject to change without notice.		Dessert, milk & coffee included with meal.	1 TOMATO SOUP & GRILLED CHEESE SANDWICH Cornhole 12:15
4 HOT OPEN-FACED TURKEY SANDWICH & VEGETABLE	5 ROAST PORK RICE, VEGETABLE & ROLL Tai Chi 10:30 am Cribbage 12:30 pm	6 GARDEN SALAD AMERICAN CHOP SUEY & ROLL Bingo 12:30	7 TURKEY STEW & BISCUITS Whist 12:30	8 CREAMED SALMON OVER POTATOES VEGETABLE & ROLL Craft Social 12:30
11 TUNA NOODLE CASSEROLE VEGETABLE & ROLL Silver Screen Movie 12:30	12 GARDEN SALAD BEEF STEW & ROLL Tai Chi 10:30 am Cribbage 12:30 pm	13 PORK CHOP POTATO VEGETABLE & ROLL Bingo 12:30	14 CHICKEN BROCCOLI ALFREDO OVER PASTA & ROLL Whist 12:30	15 FISH STICKS OVEN FRIES COLE SLAW & ROLL Cornhole 12:15
18 GARDEN SALAD PIZZA	19 GARDEN SALAD LASAGNA & ROLL Tai Chi 10:30 am Cribbage 12:30 pm	20 HOT DOGS W/ROLL BAKED BEANS & COLE SLAW Bingo 12:30	21 BIRTHDAY PARTY CORNEED BEEF & CABBAGE DINNER & ROLL	22 CHEF SURPRISE  Craft Social 12:30
25 GARDEN SALAD MEATBALL GRINDER Board Games 12:30	26 CORN CHOWDER & BLTS' Tai Chi 10:30 am Cribbage 12:30 pm	27 BAKED FISH RICE, COLE SLAW & ROLL Bingo 12:30	28 BAKED CHICKEN MASHED POTATO VEGETABLE & ROLL Whist 12:30	29 SEAFOOD SALAD SANDWICH CHIPS & PICKLE Cornhole 12:30



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Silver Screen

We will be showing a movie on Monday March 11th at the Warren Senior Center at 12:15 light refreshments will be served.

Senior Club News

The Senior Club is having a drawing. Norman Desjardins has donated a beautiful doll house. Tickets are a donation of 15 tickets for \$10.00 The doll house may be viewed at the Senior Center upon request. Winning ticket will be drawn at the July Birthday Party on July 25th.



VOLUNTEER CORNER

Volunteers are an important part of our Center, and we couldn't get along without them. This month we want to recognize Kathy Banas. Kathy does a lot of what she calls "small jobs" but to us, they are HUGE. Her organizational skills are incredible. She is like a hummingbird meticulously and effortlessly going from job to job. She does each job seamlessly and so smoothly, that, unless you take the time to look, you don't realize the energy and effort she is using. She is one of the kindest people we know, and we are thankful she volunteers here.



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