



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.”

NOVEMBER 2023

THE DIRECTOR'S DESK

How can it be November already? October was so much fun it flew by! My mouth is still watering over our Italian dinner. The chicken parmesan was excellent, thank you Jon, and the cannoli was exquisite! I still can't believe our Town Administrator bought them from La Fiorentina's. Only the best for our Seniors, thank you, Jim Ferrera!!! We have a lot in store for you in November, but no matter how busy we may be, please take the time to remember the importance of the eleventh hour of the eleventh day of the eleventh month. Remember those who sacrificed so much for us. I wish you all a very Happy Thanksgiving!!

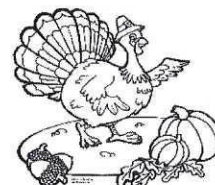
Sharon

HAPPY
THANKSGIVING DAY



UPCOMING EVENTS

- NOV. 2...** The Warren Library presents Ed Londergan Book Signing/talk at the Warren Senior Center at 6:30.
- NOV. 5...** Daylight saving time ends.
- NOV. 9...** Trip to Old Sturbridge Village sign-up required.
- NOV. 10...** Center closed in observance of Veterans Day.
- NOV. 11...** Veterans Day
- NOV. 13...** Foot Care Clinic please call the Senior Center to make appointment.
- NOV. 15...** COA Meeting at the Warren Senior Center at 10:00 a.m.
- NOV. 15...** Quaboag Rehabilitation and Skilled Care Center will be here for Blood pressure clinic at 11:00, and available to discuss Health Care Proxy's and MOLST forms at 11:15.
- NOV. 16...** Birthday Party, 11:45, tickets are required and can be purchased in the office at the Warren Senior Center.
- NOV. 23...** **Center Closed for Thanksgiving**
- NOV. 24...** **Center Closed for the Holiday**
- NOV. 28...** Senator Oliveira's office hours 11:30-12:30.



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

NOVEMBER BIRTHDAY'S

*Denotes age 90 and over



11-3 – MARILYN CRAWFORD
11-7 – NANCY O'KEEFE
11-11 – MARIE STACY

11-24 – MARY JANE ADAM
11-28 – RONALD BROWN
11-30 – ANGELA MCEACHERN

In Flanders Fields

BY JOHN MCCRAE

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Warren Public Library

The Warren Library presents Ed Lõndergan Book Signing/talk at the Warren Senior Center November 2, at 6:30 at the Warren Senior Center. 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.



Podiatry Clinic

Foot clinic includes 20-30 minute appointment, trimming of toenails, sanding corns and calluses, relieving in-grown toenails that are NOT infected, gentle massage, plan of care for any problem areas, and referral to Podiatrist if necessary.

Foot Clinic \$28.00

Home Visit \$55.00 by appointment



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

NOVEMBER 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. Menu is subject to change without notice.</p>	<p>1 BAKED CATFISH POTATO, VEGETABLE & ROLL</p> <p>Bingo 12:30</p>	<p>2 CHICKEN BROCCOLI PASTA ALFREDO & ROLL</p> <p>Whist 12:30</p>	<p>3 BROCCOLI CHEESE SOUP & SANDWICH</p> <p>Craft Social 12:30</p>
		<p>6 GARDEN SALAD PIZZA</p> <p>Pitch 12:30 pm</p>	<p>7 MEATLOAF, POTATO VEGETABLE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>8 GARDEN SALAD MACARONI & CHEESE</p> <p>Bingo 12:30</p>
<p>13 BLT SANDWICH & FRIES</p> <p>Pitch 12:30 pm</p>	<p>14 TACOS & SPANISH RICE</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>15 HOT DOGS W/ROLL BAKED BEANS & COLE SLAW</p> <p>Bingo 12:30</p>	<p>16 BIRTHDAY PARTY TURKEY DINNER WITH ALL THE FIXINS</p>	<p>17 CHEF SURPRISE</p>  <p>Craft Social 12:30</p>
<p>20 CORN CHOWDER & WEDGE SALAD</p> <p>Pitch 12:30 pm</p>	<p>21 BBQ CHICKEN POTATO, VEGETABLE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>22 GARDEN SALAD SPAGHETTI W/ MEAT SAUCE & ROLL</p> <p>Bingo 12:30</p>	<p>23 CENTER CLOSED FOR THANKSGIVING</p>	<p>24 CENTER CLOSED FOR THE HOLIDAY</p>
<p>27 GARDEN SALAD CHILI & CORN BREAD</p> <p>Pitch 12:30 pm</p>	<p>28 BAKED POTATO BAR & ROLL</p> <p>Tai Chi 10:30 am Cribbage 12:30 pm</p>	<p>29 GARDEN SALAD SHRIMP SCAMPI & ROLL</p> <p>Bingo 12:30</p>	<p>30 CHICKEN TENDERS TATER TOTS VEGETABLE & ROLL</p> <p>Whist 12:30</p>	



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VOLUNTEER CORNER

Our Center is flourishing, thanks to our dedicated volunteers. This month we want to say a BIG THANK YOU to Barbara and Vern Keith. Barbara has been a C.O.A. Board member for many years, and is indispensable. She always helps in the kitchen when we need her, and has often put her organizing skills to good use. She and her husband Vern donate quite a bit to our Center as well as other organizations in Warren. As November is a month of reflecting what we are thankful for, I can't think of a better month to recognize both of them. They have the spirit of giving all year long. We are thankful to have them in our community. THANK YOU, BARBARA AND VERN!!!!

Birthday Party

Our November Birthday Party will be held on Thursday, November 16th. Tickets are required, and can be obtained in the office, deadline is Thursday the 9th at 2:00. The Meal, Turkey dinner, will be served at 11:45. Entertainment is "Don LaCharity". 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.



Trip

We are running a trip to Old Sturbridge Village on November 9th. Space is limited, sign-up is required, details at the Warren Senior Center.



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Warren Senior Center
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