



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

MISSION STATEMENT: The mission of the Warren Council on 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 2021

DIRECTOR'S DESK

November holds a special place in my heart. It's a reminder to slow down and to be thankful for all we have. Even the weather seems to slow down as the cold air comes in. It's a special time to remember to be grateful for all we have. This year seems extra special, after last year's emptiness here, it's so nice to have our extended family back inside. This year's gathering for Thanksgiving will be a huge improvement over last year's isolation.

On the eleventh hour on the eleventh day of the eleventh month, we remember 11-11-11.

Wishing you all a happy, healthy,
Thanksgiving!

Sharon



UPCOMING EVENTS

NOV 7...Daylight Savings time ends Don't forget to turn your clocks back!

NOV 10...Fuel Assistance will be at the Warren Senior Center from 9:30 to 2:30. Please call 508-754-1176 to make an appointment

NOV 11...Center Closed for Veterans Day

NOV 12... Silver Screen movie 12:30 pm

NOV 18... Birthday Party with Chet Kurr sign up required

NOV 24... Fuel Assistance will be at the Warren Senior Center from 9:30 to 2:30. Please call 508-754-1176 to make an appointment





Hours of Operation:

Mon. – Fri. 8:00 am to 3:00 pm

NOVEMBER 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p style="text-align: center;">KIELBASA CABBAGE W/ NOODLES & ROLL</p> <p>Walking Group 10:00 am Pitch 5:45</p>	<p>2</p> <p style="text-align: center;">MEATLOAF POTATO VEGETABLE & ROLL</p> <p>Tai Chi 10:30 am Cribbage 1:00</p>	<p>3</p> <p style="text-align: center;">CHICKEN CEASAR SALAD & ROLL</p> <p>Bingo 12 :45</p>	<p>4</p> <p style="text-align: center;">SAUSAGE & BISCUIT W/VEGETABLE</p> <p>Line Dancing 4:30</p>	<p>5</p> <p style="text-align: center;">CLAM CHOWDER & TUNA ROLLS</p>
<p>8</p> <p style="text-align: center;">TURKEY, STUFFING & CRANBERRY SANDWICH W/ CHIPS</p> <p>Walking Group 10:00 am Pitch 5:45</p>	<p>9</p> <p style="text-align: center;">MACARONI & CHEESE W/STEWED TOMATO</p> <p>Tai Chi 10:30 am Cribbage 1:00</p>	<p>10</p> <p style="text-align: center;">GARDEN SALAD & PIZZA</p> <p>Bingo 12 :45</p>	<p>11</p> <p style="text-align: center;">CLOSED FOR VETERANS DAY</p> <div style="text-align: center;">  <p>Lest We Forget.</p> </div> <p>Line Dancing 4:30</p>	<p>12</p> <p style="text-align: center;">SHEPARDS PIE & ROLL</p>
<p>15</p> <p style="text-align: center;">PANCAKES HAM & FRUIT SALAD</p> <p>Walking Group 10:00 am Pitch 5:45</p>	<p>16</p> <p style="text-align: center;">GARDEN SALAD CHILI & CORN BREAD</p> <p>Tai Chi 10:30 am Cribbage 1:00</p>	<p>17</p> <p style="text-align: center;">PULLED PORK COLE SLAW & ROLL</p> <p>Bingo 12 :45</p>	<p>18</p> <p style="text-align: center;">BIRTHDAY PARTY STUFFED PORK CHOPS POTATO VEGETABLE ROLL CAKE & ICE CREAM</p> <p>Line Dancing 4:30</p>	<p>19</p> <p style="text-align: center;">CHEF SURPRISE</p>
<p>22</p> <p style="text-align: center;">SOUP & QUESADILLA</p> <p>Walking Group 10:00 am Pitch 5:45</p>	<p>23</p> <p style="text-align: center;">GARDEN SALAD SPAGHETTI & MEATBALLS W/ GARLIC BREAD</p> <p>Tai Chi 10:30 am Cribbage 1:00</p>	<p>24</p> <p style="text-align: center;">HOT DOGS W/ROLL BEANS & COLE SLAW</p> <p>Bingo 12 :45</p>	<p>25</p> <p style="text-align: center;">CENTER CLOSED FOR THANKSGIVING</p>	<p>26</p> <p style="text-align: center;">CENTER CLOSED FOR THE HOLIDAY</p>
<p>29</p> <p style="text-align: center;">HAMBURGERS W/LETTUCE & TOMATO W/FRIES</p> <p>Walking Group 10:00 am Pitch 5:45</p>	<p>30</p> <p style="text-align: center;">SAUSAGE & PEPPERS GRINDER & CHIPS</p> <p>Tai Chi 10:30 am Cribbage 1:00</p>	<div style="text-align: center;">  </div>	<p>Menu is subject to change without notice</p>	<p style="text-align: center;">PLEASE CALL THE DAY BEFORE BY 2:00 TO ORDER A MEAL</p>



NOVEMBER BIRTHDAY'S

11-3-MARILYN CRAWFORD
11-4-PETER HASTINGS

11-7-NANCY O'KEEFE
11-11-MARIE STACY
11-11-ED BOROWIEC
11-24-MARY JANE ADAM
11-30-ANGIE MCEACHERN

Birthday Party

Our November Birthday Party will be held on Thursday November 21st. Sign up is required, cut off is Friday the 18th at 2:00 pm. The meal, stuffed Pork Chops, will be served at 11:45. Entertainment is by "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.



Foot Care Clinic

December 12th 9:00 to 12:00 please call the Warren Senior Center for an appointment. Foot Clinic visits are 20 to 30 min. long and include trimming toenails, sanding down corns and callouses, taking down ingrown toenails that are NOT infected, assessing circulation in feet, gentle massage, plans for any problem areas, and referring to Dr. if necessary rate: \$27.00 per visit. No longer able to service Diabetics, sorry for any inconvenience.

Senior Club News

Senior Club Dues for 2022 are due October 1st. Membership must be up to date to attend any Club function. Dues are still \$5.00 and free to Seniors 90 and over, but everyone needs to see Gail Winders to verify information is correct.

The Best on Earth: A Veteran's Day Tribute

If someone has done military service,
They earn the title "veteran," and more;
They earn our deep respect and admiration;
That they are special no one can ignore.

They sacrificed the comforts we enjoy;
The list is long of all the things they gave.
Our veterans are extraordinary people;
They're loyal, dedicated, true and brave.

When terror and invasion were real threats,
They showed us they could handle any storm.
We owe our freedoms and our very lives
To our veterans, who served in uniform.

Our veterans should be celebrities;
They're exceptional; no other group compares.
We're grateful for the many things they've done;
They're always in our hearts and in our prayers.

We owe our veterans support and friendship;
Let no one ever question what they're worth.
These men and women served us and our country,
Our veterans--the very best on earth.

By Joanna Fuchs



Volunteer Corner

We rely heavily on volunteers here at the Center. Unfortunately they are few and far in between these days. We want to recognize Douglas Lappin for unfailingly calling Bingo even during the height of the Pandemic. Doug is kind and full of fun, and his Irish brougue always puts a smile on our faces. Thank you Doug!!

Silver Screen

We will be showing a movie on November 12th at 12:30, light refreshments will be served. Movie to be determined by majority.

This publication is administered by the Warren Council on Aging and printed with funds from our advertiser. Although the WCOA cannot endorse the advertisers, we ask that you patronize their businesses.

Postage is paid in part with grant money from the Formula Grant.



Vanilla Pudding Pumpkin Cake Bread

Ingredients

1 and 3/4 cup flour
1 3.4 oz package dry instant vanilla pudding
1 tbsp baking powder
1 tsp baking soda
2 tsp pumpkin pie spice
1 tsp cinnamon
1/2 cup butter melted
1 cup sugar
15 oz pure plain pumpkin puree
2 large eggs lightly beaten
1/3 cup chopped walnuts
powdered sugar or frosting for topping

Instructions

Butter an 8x4-inch loaf pan.

In a large mixing bowl, use a fork to stir together the flour, dry pudding mix, baking powder, baking soda, pumpkin pie spice and cinnamon.

In the bowl of a stand mixer, add the melted butter, sugar, pumpkin puree and eggs. Using the paddle attachment, stir everything together until the mixture's smooth. Slowly stir in the dry ingredients, a little at a time, just until everything's evenly combined.

Transfer the batter into the prepared pan. Sprinkle the nuts evenly out over top of the batter.

Bake at 350 degrees for 60 to 65 minutes, or until a wooden skewer or butter knife inserted into the center comes out clean.

Let the pumpkin bread cool in the pan for ten minutes, away from heat. Run a butter knife around the edges to loosen the loaf from the pan. Carefully remove the bread to a wire rack to finish cooling.

Add 1/4 cup of powdered sugar to a mesh strainer. Sift out over top of the cooled pumpkin bread until it's evenly coated. Slice and serve! This pairs well with coffee, tea, or milk.

