



# 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 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."*

## OCTOBER 2022

### THE DIRECTOR'S DESK

As the leaves change colors to reds, yellows, and orange, and the air turns crisp and cool, we are busy planning for October. We will be having our Halloween Birthday Party on the 27<sup>th</sup>, costumes are encouraged, and a prize will be given for the best one.

Happy Halloween!!!

Sharon



### UPCOMING EVENTS

- OCT. 10..** Center Closed in observance of Columbus Day.
- OCT. 13..** Warren Library presents "Ghost and Legends" at the Warren Senior Center 6:00 pm to 8:00 pm.
- OCT. 14..** Silver Screen 12:30 pm.
- OCT. 26..** Hip Hop at the Warren Warren Senior Center 10:30 am.
- OCT. 27..** Pam Rozzen Quilting 12:30 at the Warren Senior Center.
- OCT. 27..** Birthday Party
- OCT. 31..** Trick or Treat!  
Happy Halloween!
- Nov. 9....** Foot care clinic \*please call for an appointment.

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



# OCTOBER BIRTHDAY'S

\*denotes age 90 and over

10-1-MARY CARTER  
10-1-PAUL YOUNG  
10-3-CLAIRE JONES\*

10-3-GLORIA MAYOTTE  
10-4-ALICE-AMY SKOWYRA\*  
10-7-PATRICIA HEROLD  
10-10-LILLIAN KEYES  
10-23-JOAN LYNCH  
10-23-KATHLEEN SAUNDER

10-26-JOHN PERRON  
10-27-CHESTER KURR  
10-28-DAN MAZUR  
10-29-LINDA WROBEL  
10-31-SANDRA SOUTHWICK  
10-31-LILLIAN ZAWALSKI

## HIP HOP

Music Dance.edu presents Hip Hop Dance Chair Exercise for Seniors! Travel through time and space on the Soul Train and chair dance to clean hip hop music. "All Aboard the Hip Hop Soul Train Express". October 26 at 10:00 am 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.



## Birthday Party

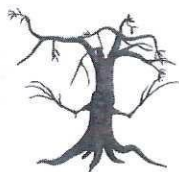
Our October Birthday Party will be held on Thursday, October 27th. Sign up is required, cut off is Friday the 21st at 2:00. The Meal, is a Turkey Dinner with all the fixings, will be served at 11:45 am. Entertainment is "Paul Belanger".

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.



## Warren Seniors Silver Screen

We will be showing a movie on Oct. 14<sup>th</sup> at 12:30. Light refreshments will be served. Majority will choose film.







## CLUB NEWS

There will be a club meeting on October 18th following lunch for election of officers.

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.

## October 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ITALIAN SUB CHIPS & PICKLE	4 GARDEN SALAD BEEF STEW & ROLL  Tai Chi 10:30 am Cribbage 1 pm	5 BAKED CHICKEN MASHED POTATO VEGETABLE & ROLL	6 PORK TACO SPANISH RICE VEGETABLE & ROLL  Tai Chi 10:30 am Whist 12:30	7 CHEF SURPRISE  
10 CENTER CLOSED FOR COLUMBUS DAY	11 GARDEN SALAD CHICKEN POT PIE & ROLL  Tai Chi 10:30 am Cribbage 1 pm	12 PULLED PORK SANDWICH & COLE SLAW  Bingo 12:30	13 PEA SOUP HAM & CHEESE SANDWICH  Tai Chi 10:30 am Whist 12:30	14 BAKED POTATO BAR
17 CHICKEN QUESADILLA SALSA & CHIPS  Pitch 12:30 pm	18 MEATLOAF MASHED POTATO VEGETABLE & ROLL  Tai Chi 10:30 am Cribbage 1 pm	19 GARDEN SALAD EGG PLANT PARMESAN & ROLL  Bingo 12:30	20 KIELBASA CABBAGE & NOODLES VEGETABLE, ROLL Tai Chi 10:30 am Whist 12:30	21 OMELETTE & HOME FRIES
24 CREAMED SALMON OVER NOODLES VEGETABLE & ROLL Pitch 12:30 pm	25 CHICKEN NOODLE SOUP, CHICKEN PATTY W/ROLL LETTUCE & TOMATO Tai Chi 10:30 am Cribbage 1 pm	26 HOT DOGS W/ROLL BAKED BEANS & COLE SLAW  Bingo 12:30	27 <b>BIRTHDAY PARTY</b> TURKEY DINNER WITH ALL THE FIXINS	28 CHEF SURPRISE  
31 QUICHE VEGETABLE & ROLL  Pitch 12:30 pm	<b>PLEASE CALL THE DAY BEFORE BY 2:00 TO ORDER A MEAL.</b>		Menu is subject to change without notice. Dessert, milk & coffee included with meal.	



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## QUILTING With Pam Rozzen

Pam Rozzen will be teaching a beginner quilting class at the Warren Senior Center on October 14<sup>th</sup> at 12:30. The project will be a pumpkin place mat and will be completed that day. The cost is \$5.00 to help with materials, and a Fat quarter fabric of your choice for the backing (16" wide x 13" tall) Please sign up at the Senior Center or by calling 413-436-5662. This class is limited to 9 people.



## GHOSTS and LEGENDS

The Warren Public Library will host popular Jeff Belanger's "Ghosts and Legends" on Thursday, October 13<sup>th</sup> at 6:30 pm. Please contact the library for more details at 413-436-7609.



Postage is paid in part with grant money from the Formula Grant. This publication is administered by the Warren Council on Aging and printed with funds from our advertiser. Although the WCOA cannot endorse the advertiser, we ask that you patronize their business.

## VOLUNTEER CORNER

We have been blessed with a few wonderful volunteers, without whom, we would be hard pressed to run this Center as well as we do. Izzy, Isabell Jardine is one such volunteer. Izzy is always happy to help with whatever is needed. Her smile and her laugh are infectious and she is as sweet as the candy she hands out. Thank you, Izzy!!

## FOOT CARE CLINIC

November 9th, 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.

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