



WARREN SENIOR CENTER

P.O. BOX 428, 2252 MAIN ST., WEST WARREN, MA 01092

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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.

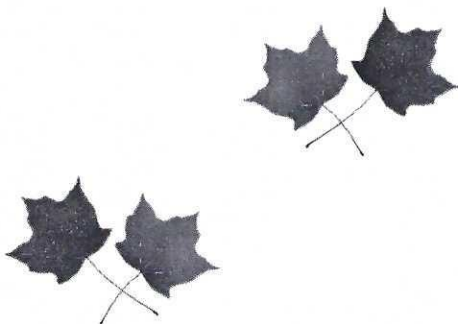
“This institution is an equal opportunity provider, and employer.”

SEPTEMBER 2023

THE DIRECTOR'S DESK

Our beloved Senior Center is getting a much-needed face lift. We are getting new siding on the oldest section of the building, some painting and new gutters. Thanks to our generous Warren residents, our Selectmen, and our Town Administrator. Cindy Baxter, Tracey Mazur and friends have been working on our flower beds. Hopefully our Memorial Bench will follow shortly thereafter. I can't wait for the transformation!

Keep smiling!!
Sharon



UPCOMING EVENTS

- SEPT. 4...Center Closed in observance of Labor Day.
- SEPT. 7...Pastel Painting 1:00 to 3:00 at the Warren Senior Center.
- SEPT. 8...Silver Screen 12:30 pm.
- SEPT. 9...Townwide tag sale 8:00 a.m. - 4:00 p.m. rain or shine. Purchase maps at Warren Town Common.
- SEPT. 9...The Warren Parks Department is sponsoring Fireworks at Quaboag Regional High School at dark.
- SEPT. 11...Foot Care Clinic, please call for an appointment.
- SEPT. 20...COA Meeting at the Warren Senior Center at 10:00 a.m.
- SEPT. 20...Blood pressure clinic with Quaboag Rehabilitation & Skilled Care Center at the Warren Senior Center 11:00 a.m.
- SEPT. 28 ...Birthday Party.



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



SEPTEMBER BIRTHDAY'S

*Denotes age 90 and over

9-2- RICHARD EDWARDS
9-2- JOANNE KENNEN
9-2- TRACEY MAZUR
9-2 - JUDY PERRON

9-3 - STANLEY SOLTYS
9-6 - KATHY BANAS
9-12 - BEVERLY SOLTYS
9-15 - LINDA BEAUDRY
9-16 - PAUL BERNARD
9-20 - KIMBERLY ST. JOHN
9-23 - LOIS PRATTER

9-26- SHIRLEY CONN
9-26-ROBERT KELLEHER
9-26-SHERRY O'NEIL
9-27-IRENE ROBITAILLE
9-28-SANDRA BREEN
9-28-BOB DUQUETTE
9-29-CONNIE CLOUGH

Warren Seniors Silver Screen

We will be showing a movie on September 8th at 12:30. Light refreshments will be served. Majority will choose film.

Pastel Paint like the Masters

Seascapes: Learn to Pastel Paint a Hands-on Pastel Workshop for Adults with Pastelist Greg Maichack. This pastel painting workshop serves sheer beginners to advanced artists. All materials provided, including professional grade pastels, paper and pencils, at the Warren Senior Center on Sept. 7, 2023.



Birthday Party

Our September Birthday Party will be held on Thursday, September 28th. Tickets are required, and can be obtained in the office, deadline is Friday the 22nd at 2:00. The Meal, Ham dinner, will be served at 11:45. 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.



Senior Club New





Senior Club Dues for 2023/2024 are due October 1st. Memberships must be up to date to have their names appear in the newsletter.



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SEPTEMBER 2023

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| Menu is subject to change without notice. | Dessert, milk & coffee included with meal. | PLEASE CALL THE DAY BEFORE BY 2:00 TO ORDER A MEAL. |  | 1 TACO'S Craft Social 12:30 |
| 4 CLOSED FOR LABOR DAY | 5 CHEF SURPRISE  Tai Chi 10:30 am Cribbage 12:30 pm | 6 BAKED CHICKEN POTATO, VEGETABLE & ROLL Bingo 12:30 | 7 GARDEN SALAD BEEF STEW & BISCUIT Whist 12:30 | 8 GARDEN SALAD PIZZA |
| 11 GARDEN SALAD SPAGHETTI & MEATBALLS & GARLIC BREAD Pitch 12:30 pm | 12 BAKED FISH POTATO, VEGETABLE & ROLL Tai Chi 10:30 am Cribbage 12:30 pm | 13 CHEF SURPRISE  Bingo 12:30 | 14 SHEPHERDS PIE & ROLL Whist 12:30 | 15 VEGETABLE SOUP CHEF SALAD & ROLL Craft Social 12:30 |
| 18 CHICKEN STEW & DUMPLINGS Pitch 12:30 pm | 19 STUFFED PEPPERS VEGETABLE & ROLL Tai Chi 10:30 am Cribbage 12:30 pm | 20 HAMBURGERS W/LETTUCE, TOMATO & POTATO SALAD Bingo 12:30 | 21 PORK CHOP POTATO, VEGETABLE & ROLL Whist 12:30 | 22 ASSORTED SANDWICHES CHIPS & PICKLE GARDEN SALAD |
| 25 TOMATO SOUP GRILLED CHEESE SANDWICH Pitch 12:30 pm | 26 SWEDISH MEATBALLS NOODLES VEGETABLE & ROLL Tai Chi 10:30 am Cribbage 12:30 pm | 27 HOT DOGS W/ROLL BAKED BEANS & COLE SLAW Bingo 12:30 | 28 BIRTHDAY PARTY BAKED HAM AU GRATIN POTATO VEGETABLE & ROLL | 29 CHEF SURPRISE  Craft Social 12:30 |



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VOLUNTEER CORNER

The Warren Senior Center continues to thrive thanks to our volunteers. This month we would like to thank Tyler Wheeler, and Chayton Lundin who have been helping out in the kitchen over the summer. It's nice to see such enthusiasm about volunteering in our community from our youth. We appreciated your hard work, and wish you well for the coming school year. Thank you both!!!



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



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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.



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