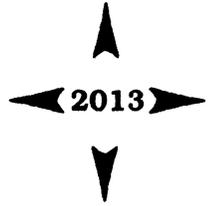


# WARREN SENIOR CENTER NEWS



413-436-5662

P. O. Box 428  
2252 Main Street  
West Warren, MA 01092

SEPTEMBER 2013

\* Elder Bus Transportation Service  
\* 1-800-321-0243  
online at: WARREN-MA.GOV

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

## FROM THE DIRECTOR'S DESK:

As we enter the fall season all of us at the senior center are looking to support the many activities and fund raising events that will be taking place at our center. We hope that the Warren/West Warren communities will come out to support these worthwhile events. Our invitation goes out to the communities of Ware, Palmer and all of the Brookfields. I received many compliments on our chicken BBQ which took place at the end of July. The swing band played many familiar tunes that we grew up with.

I am looking forward to July 2014 when we can have another BBQ at St. Stanislaus Pavillion. A special thank you to all the club members, as always a job well done.

Remember, this is your Home away from Home. Armand

## UPCOMING EVENTS:

- 2<sup>ND</sup> LABOR DAY CENTER IS CLOSED. ENJOY THE HOLIDAY
- 3 FLEX TONE 4:30 P.M. ZUMBA AT 6 P.M. EVERY TUESDAY
- 5 TAI CHI EVERY THURSDAY AT 10:30 A.M. JOIN US
- 9 FOXWOOD TRIP LEAVING LIZAK'S AT 7 P.M. ONLY \$25.00
- 10 FALLON PRESENTATION ON " NAVICARE HEALTH " 11 A.M.  
THIS EVENT IS OPEN TO THE PUBLIC. BE INFORMED
- 13 COUNCIL ON AGING MEETING OPEN TO THE PUBLIC 9 A.M.
- 14 WARREN CULTURAL COUNCIL " TRIVIA " ADMISSION IS \$10.00 FIRST PRIZE \$100.00  
5:30 TILL 10 P.M.
- 17 BE INFORMED AFFORDABLE CASKETS & URNS. JOIN US 11:15 A.M.
- 26 BIRTHDAY PARTY SIGN UP REQUIRED ONLY \$6.00 ENTERTAINMENT " DICK & STICK"  
" 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
- 28 Quaboag youth football team SPAGHETTI & MEATBALL SUPPER 4:30 TILL 7 P.M.  
TICKETS ONLY \$8.00 DETAILS ON BACK PAGE

## **MISSION STATEMENT**

The mission of the Warren COA is to identify the needs of the Elders in our community, provide preventative health and educational programs, provide for social and recreation, and give assistance for the homebound through referrals.

### WALGREENS FLU CLINIC

On October 8 between the hours of 11 and 1 P.M. Flu shots will be available. It just takes a minute with your medical card, Medicare card . All insurances are accepted except CVS/CAREMARK . All walk-ins are welcome, no sign up required.  
If you would like to stay for lunch let us know by 9 A.M. in the morning.

### INSTALLATION OF POWER GENERATOR

Our Gas generator was finally installed at the senior center. If there is any loss of power due to power failure we will be assured that our freezers, refrigerators and all of lights will remain lit. If there is a power failure during the winter months we will have our heat for the building. A special thank you to our selectmen for making this happen. Everything is automatic and generator starts up automatically.

### GRANDPARENTS DAY

September 8 is Grandparents Day. Imagine one million older adults using their voices to advocate on behalf of America's future, our children and youth. Using Grandparents Day as a call to action. Generations United is launching, "DO SOMETHING GRAND THE WEEK OF SEPT 7-14. The group's take action guide offers resource and ideas to promote intergenerational activism.

### CLUB MEMBERSHIP RENEW

October 1<sup>st</sup> starts a new year for our Senior Club membership. This renewal is from October 1<sup>st</sup>, 2013 thru September 30, 2014 . When a member reaches 90 years old, your lifetime free membership kicks in. Members renewing will receive a membership card. Your benefits include helping your club through your membership, plus when a member is deceased a \$25.00 is given to a charity that is chosen by family. Scholarship is given to a Quaboag Regional High School student. At Christmas time Senior Club makes donations to various organizations in the community.

### SENIOR CLUB FUND RAISER

A throw blanket donated by club member, Alice Hunt to help us raise funds. Throw Blanket is on display at center with tickets available at \$1.00 ea. or 6 for \$5.00 . See Gail Winders, Pres.

PODIATRIST WILL BE AT SENIOR CENTER ON OCTOBER 9. FOR AN APPOINTMENT CALL THE SENIOR CENTER. PAYMENT OF \$28.00 IS DUE AT TIME OF SERVICE.

## WARREN COUNCIL ON AGING - SEPTEMBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>CLOSED LABOR DAY</b>	MEAT LOAF MASHED POTATO GREEN BEANS ROLLS'	SCALLOPED POTATO & HAM CASSEROLE VEGETABLES ROLLS	JANIK KEILBASA ROASTED POTATO VEGETABLE RYE BREAD	FISH & CHIPS CORN COLE SLAW ROLLS
DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE
9	10	11	12	13
HOT DOGS BAKED BEANS FRENCH FRIES ROLLS	LIVER & ONIONS OR SUSTITUTE POTATOES VEGETABLES & ROLLS	GARDEN SALAD CHILI CORN BREAD	GARDEN SALAD BEEF STEW CARROTS & POTATOES ROLLS	GARDEN SALAD MAC & CHEESE STEWED TOMATO ROLL
DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE
16	17	18	19	20
BURGERS & ROLLS MACARONI SALAD LETTUCE & TOMATO CHIPS	STUFFED CABBAGE CARROTS RYE BREAD	JANIK KEILBASA CABBAGE & NOODLES PEAS & CARROTS RYE BREAD	TOMATO SOUP GRILLED CHEESE W/ HAM & GARDEN SALAD	GARDEN SALAD CHEESE OR VEG. PIZZA
DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE
23	24	25	26	27
SWEET & SOUR PORK MIXED VEGETABLE ROLLS	GARDEN SALAD CHICKEN & DUMPLING ROLLS	GARDEN SALAD SPAG & MEAT SAUCE GARLIC BREAD	<b>BIRTHDAY PARTY</b> ROAST TURKEY STUFFING, POTATO, PEAS, CARROTS & SQUASH ROLLS	<b>CHEF'S SURPRISE</b>
DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	DESSERT MILK & COFFEE	ICE CREAM & CAKE PUNCH OR COFFEE	DESSERT MILK & COFFEE
30				
GARDEN SALAD TURKEY TETRAZZINI W/ NOODLES GREEN BEANS ROLLS	<b>PLEASE CALL BY 10 AM FOR DINNER RESERVATION EXCEPT FOR LIVER SIGN UP THE DAY BEFORE</b>	<b>PLEASE REMEMBER THE MENU IS SUBJECT CHANGE WITHOUT NOTICE</b>		
DESSERT MILK & COFFEE				

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