



May 2023
Ware Senior Center
1 Robbins Road Ware, MA 01082
413-967-9645 (fax) 413-967-9294

Mission

It is the mission of the Ware Council on Aging to identify the total needs of the community's elder population, to link services to those needs and to improve the quality of life for our seniors

Council on Aging

Irene Eskett Cheryl Haigh SK Robinson
Ginger Ziglar Thomas Walter Lahair Sr.
John Zienowicz

COA Meetings take place on the third Tuesday of every month from 9-10AM. The next meeting will take place on **May 16th** at the Ware Senior Center. The meetings are open to the public and if recognized please try to contain comments to a maximum of two minutes per person.

Where's the party at?

Right here at 1 Robbins Road!

May 5th 11-12:30^{pm} - Cinco de Mayo*

Entertainment by: Memory Lane

May 9th 11-12:30^{pm}—Mother's Day Party*

Entertainment by: Roger Tinknell ^x- The Beatles and Beyond

May 16th 11-12:30^{pm}—Birthday Party*

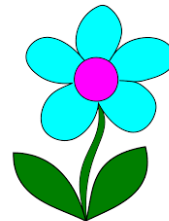
Entertainment by: Stephen George

*Desserts—Raffle Prizes – 50/50—Entertainment—Ice Cream and Cake provided by the Friends of Ware Seniors Inc.

^xSponsored by the Ware Cultural Council

Senior Center Staff

John L. Zienowicz - Executive Director
Janine Leis—Social Services Coordinator
Holly Orzech—Finance Coordinator
Marie Stacy - Welcome Staff/Pitch Night Organizer
Michael Tourville - Welcome Staff
Beverly Anthony - Welcome Staff
Josie Drziergowski —Welcome Staff
Joan Kowalski—Welcome Staff
Janet Lussier—Welcome Staff
Irene Eskett—Welcome Staff
Eilleen Brisebois—Welcome Staff
Julie Cappe—Welcome Staff
Alton Davis - Chef
Betty Lussier—Kitchen Staff
Barbara Demers—Kitchen/Lunchroom Volunteer
Lois Ciejska— Kitchen/Lunchroom /Pitch Night Organizer
Donna Comtois - Thrift Store/Kitchen Volunteer
Diane Davis— Thrift Store/Kitchen Volunteer
Elaine Nixon—Thrift Store/Kitchen Assistant
Roxy Vermette—Coffee Bar Volunteer
Cheryl Haigh—Coffee Bar /Lunchroom Volunteer
Craig Simmons— Transportation Provider
Paul Benoit - Pitch Night Organizer
Butch Grout— Pitch Night Assistant



May is National Hearing Month!

Schedule your **FREE HEARING SCREENINGS** and or have your ears checked for wax.

Appointments Thursday May 11th 11:30-3^{PM}

Time to have your hearing aids checked or cleaned ?

For batteries or supplies call to schedule your free check up today! We are able to check your ears for wax build up with a video otoscope . Hearing aid batteries available for \$3.00 package of four .

To learn more about hearing loss prevention call the senior center to schedule an appointment .

413-967-9645

The Thrift Store at the

Senior Center!

The Thrift Store is open Monday through Friday from 9am to 12pm.

The Store is open to the public and consists of clothing for men, women as well as household items for decorating, baking, dishes, DVD Movies, CD's, shoes, pocketbooks, greeting cards and more.

The Senior Center will accept donated items that are new or slightly used but clean items. We can not accept large items such as furniture.

To set up a donation time or for information about donating please contact Sue LaBarge at 413-544-1574



Whist Enthusiasts Unite!

Monday May 8th & 22nd, 6-8pm

Whist Party!

50/50 Raffle—\$3 Donation at entry

There will be no WHIST in June, July or August

See you again on September 11th & 25th

Are you falling behind on your rent?
Utilities got you down?

EMERGENCY RENTAL HELP IS AVAILABLE

We will assist you with the application process!

Quaboag Valley Community Development Corporation
23 W. Main Street, Ste.1. Ware, MA 01082

Call: 413-967-3001

Janice@qvcdc.org



Meet with your Representatives

Have an issue for your state legislators to tackle?

Talk directly with their staff!

Wednesday 24th 10-11^{AM}

Lucas McDiarmid

District Director for Sen Anne Gobi

Donna Farmer

Chief of Staff—Rep Don Berthiaume

Call to arrange an appointment

774-402-4742

Pet Food Pantry



Ware Senior Center

May 3 10:30-11am

May 17 10:30-11am

Please remember to bring your own
re-useable containers

***Pet food is for SENIORS with HOUSE pets only.**

Wet and dry pet food provided in part by

Angels Answer 2 Pets

Angels Answer Inc supplies low-income senior citizens with dog and cat supplies at the Ware Senior Center. These efforts help seniors keep their pets fed during financial hardship.

CHAIR YOGA & CHAIR MASSAGE

With Laura Wickers LMT,CYT

Chair Yoga—Fridays – 1 pm to 2 pm \$5 Per Class

Chair Massage -

**Tuesdays—10 Minute Appointments—1:30-3:30pm
\$5 Per Appointment (Starting April 4th)**

**Fridays—10 Minute Appointments—2:05-2:50pm
\$5 Per Appointment**

**Call 413-967-9645 to make an appointment
(massage only)**



WM Food Bank Brown Bag Program



Brown Bag will be held on **Friday, May 12th**. **pick up is from 10—4^{pm}**. Food will not be stored beyond Brown Bag Day.

Future Brown Bag Dates to Remember:

June 9th, July 14th, August 11th

The Brown Bag program is for people over the age of 55 who meet certain residence and income guidelines. **If you would like more information on the application process or to apply** call The Food Bank at (413) 247-9738 or 800-247-9632. Or get an application at the front desk.



SOCIAL SECURITY

For Ware Residents:

Holyoke SSA office: (877) 480-4989

Fax: (833) 902-2526

For Warren Residents:

Worcester SSA office: (866) 331-9069

Fax: (833) 902-2511

www.ssa.gov

Use this website to create an account and manage your account including accessing statements, ordering new Medicare & Social Security cards, and updating personal info.



Supplemental
Nutrition
Assistance
Program

The **Ware Senior Center** is a **Regional SNAP Provider** for the Department of Transitional Assistance.

SNAP applications can be processed here, for **all ages**, cutting the response time nearly in half.

If you or someone you know in the vicinity needs access to the SNAP program have them make an appointment with **Janine Leis** by calling 413-967-9600

SCRAPBOOKING



What to do with treasured photos you have in shoe boxes or envelopes? **SCRAPBOOK** them!

Tuesdays, from 5:30-7:30pm

The classes will be instructed by Terry Skaza and assisted by Sue LaBarge who are scrapbooking gurus!

The cost of each class will be \$3.00 and all you need to bring is 10 pictures and a pair of scissors. You will learn to do a 12x12 page. All other supplies will be provided by Terry and Sue.

Sign up by calling 413-967-9645

Safe Aging At Home

MAY 24, 2023 AT 11:30 AM

WARE SENIOR CENTER

Presented By:

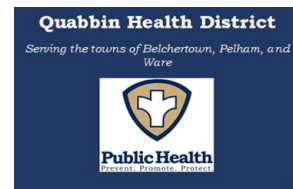
Kirsten L Krieger RN, BSN

Quabbin Health District

Public Health Nurse

(413) 967-9615

www.quabbinhealthdistrict.com



Special Guest Presenter:

Rachel Senecal

Elders and Persons with Disabilities Unit
Northwestern District Attorney's Office

(413) 437-5747

www.northwesternda.org



Topics Include:

Fall Risks & Prevention—Medication Safety—
Exercise—Elder Abuse—Avoiding Scams—
Cryptocurrency—Preventing Fraud and
Identity Theft—And more!

For lunch with this presentation call 413-967-9645 before noon on 5/23. Lunch fees still apply.

MEDICARE & SHINE

(Serving Health Insurance Needs of Everyone)

*First time enrollees for SS & Medicare **MUST** call
Social Security to enroll

Contact **Janine Leis** at 413-967-9600 or:

SHINE counselors are available at:

Springfield SHINE office (413) 750-2893

MassOptions (800) 243-4636

WMEC (413) 538-9020

To review Medicare plans go to:

www.medicare.gov/plan-compare



Over 60? Need help with?

Grocery pick-up, prescription pick-up
small errands, library pick up/drop off, post office,
make a copy etc.

FREE PROGRAM

Short term or long term. We can help!

Quaboag Valley CDC, 23 W. Main Street, Ware, MA

All Workers are CORI Checked

Please **call Carol at 413-497-4407**

M-F after 9am

This is not a ride service, they will pick up and
deliver to you

Professional Podiatry Clinics & Home Visits



Serenity Nursing Care

Allison Williams, LPN

774-353-8827

Professional Foot Care Services

**All Visits Include: Assessment, Toenail Trimming,
Sanding Corns/Calluses, Gentle Massage, Plan
of care for any problem area.**

Podiatry Clinic \$28.00

Home Visit \$55.00

**First Wednesday of every month at the
Ware Senior Center 9-2pm**

Call 413-967-9645 for an appointment

Thank You so much!

The Friends of Ware Senior Center Inc. would like to
thank our wonderful neighbors in the community for
their generous donations to our events and thrift
shop.

Walgreen's for a plethora of movies. **Berkshire
Blanket** for countless throw blankets and of course
the anonymous person that left a donation in the
memory of **Bernadette Pothier**.



May 2023 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 Macaroni & Cheese Stewed Tomatoes Dessert of the Day	2 Shepard's Pie Tossed Salad Dessert of the Day	3 Grilled Ham & Cheese Sandwich Tomato Soup Potato Chips Dessert of the Day	4 Chili Dogs French Fries Macaroni Salad Dessert of the Day	5 Cinco de Mayo Chicken Fajita over Mexican Rice Black Bean & Corn Salad Dessert of the Day
8 Spaghetti & Meatballs Caesar Salad Dessert of the Day	9 Mother's Day Party Roast Pork Loin Oven roasted Potatoes Veggie of the Day Dessert and Entertainment <small>*Courtesy of the Friends of Ware Seniors Inc.</small>	10 Brunch Pancakes Scrambled Eggs Bacon Homefries Dessert of the Day	11 American Chop Suey Mandarin Orange Salad Dessert of the Day	12 Fish & Chips Coleslaw Dessert of the Day
15 Stuffed Shells Chef Salad Dessert of the Day	16 Birthday Party Chicken Marsala w/ Mushroom Gravy Mashed Potatoes Veggie of the Day Dessert and Entertainment <small>*Courtesy of the Friends of Ware Seniors Inc.</small>	17 Pizza Burger w/ Toppings Onion Rings Dessert of the Day	18 Chicken Parmigiana w/ Pasta Carrot-Raisin Salad Dessert of the Day	19 Cold Plate Egg-Chicken-Tuna Salad Dessert of the Day
22 Memorial Day Lunch BBQ Chicken Sweet Potatoes Corn Dessert of the Day	23 Breakfast Burger – Fried Egg-Lettuce-Tomato French Fries Dessert of the Day	24 Meatloaf w/ Gravy Mashed Potatoes Veggie of the Day Dessert of the Day	25 Stuffed Peppers Tossed Salad Beets Dessert of the Day	26 Tuna Melt Sandwich Potato Chips Green & Gold Salad Dessert of the Day
29 Closed 	30 Brunch French Toast Scrambled Eggs Sausages Home Fries Dessert of the Day	31 Lazy Golumbki Dessert of the Day		*Menu Subject to Change All meals \$3.50 unless otherwise noted

If you have any special dietary needs or allergies, please ask the front desk for the dietary needs form to give to our chef and he will do his best to accommodate you.

Meal Policy

Please call or stop by the front desk 413-967-9645 **BY 12 NOON ON THE BUSINESS DAY BEFORE you wish to join us and put your name on the lunch list**. We can not allow walk-ins or calls on the same day or additions after the noon deadline. If your plans change and you can't make it, please call or stop by and let us know. We also provide financial relief from the cost of the meal. To apply, simply fill out an application at the front desk and provide proof of monthly income. You will be notified by mail of the result. Thank You.

May Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9AM Tai Chi 10AM Scat 11:30AM Lunch 6PM *Whist Party 5/8 & 5/22 *Normally the second and fourth Monday of every month unless a holiday is involved	9:00AM Exercise @ Valley View Housing 9:30AM Quilting Club 10AM Scat 11:30AM Lunch 5:30PM Scrapbooking# 6PM Pitch** **Registration starts @5pm # \$3 per class	9AM Tai Chi 10AM Scat 11:30AM Lunch	9:00AM Exercise @ Valley View Housing 9:30AM Line Dancing for beginners 10AM Line Dancing Scat 11:30AM Lunch 1PM Knit-Crochet-Laugh 2:30PM Art Class	9AM Tai Chi 10AM Scat 11:30AM Lunch 1PM Chair Yoga 6PM Pitch** **Registration starts @5pm

Notable May Events

Tuesday 2nd—2-3:30^{PM}—Writing Group—Free Introduction to Writing with Danielle Poppo

Wednesday 3rd—9-3^{PM}—Foot Nurse—Allison Williams—Call 413-967-9645 for an appointment

Friday 5th—11-12:30^{PM}—Cinco de Mayo Party— Memory Lane—Entertainment

Monday 8th—6-8^{PM}—Whist Party—\$3 donation

Monday 8th—6:30-9^{PM}—Annual Town Meeting—Ware High School Auditorium

Tuesday 9th—11-12:30^{PM}—Mother's Day Party—Roger Tinknell—*The Beatles and Beyond*— Courtesy of the Ware Cultural Council

Wednesday 10th—10-11:30^{AM}—Kirsten Krieger - Quabbin Region DPH Nurse— Office hours

Thursday 11th—11:30-3^{PM}—Heritage Hearing Clinic—Call 413-967-9645 to make an appointment

Friday 12th— 10:30-4^{PM} - Brown Bag Program

Tuesday 16th—11-12:30^{PM}—Birthday Party— Stephen George—Entertainer

Tuesday 16th— 1-2^{PM} - Mobile Food Pantry - @Grenville Park Ware, MA

Tuesday 16th— 9-10^{AM}—Council on Aging Meeting

Monday 22nd—6-8^{PM}—Whist Party—\$3 donation

Wednesday 24th—10-11^{PM}—Lucas McDiarmid—District Director for Senator Anne Gobi

Wednesday 24th—10-11:30^{AM}—Kirsten Krieger - Quabbin Region DPH Nurse— **Safe Aging at Home Presentation w/ Rachel Senecal, Northwestern District Attorney's Office**

Monday 29th—**CLOSED**—Memorial Day