

Young at Heart

Millbury Council on Aging

1 River Street

Millbury, MA

508-865-9154

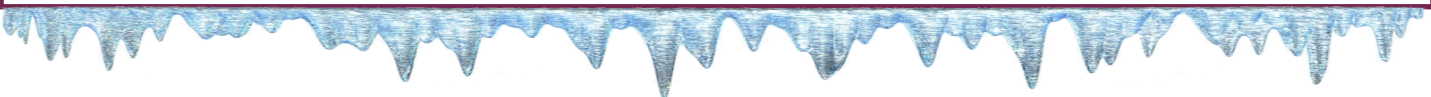
February 2024

Hours of Operation

Mon-Thur 8am-4pm, Friday 8am-2pm



MILLBURY SENIOR CENTER



Always have safety in mind - if in any doubt don't drive!

If inclement weather causes the cancellation of Millbury Public Schools, the Senior Center activities and transportation services will be cancelled for the day.

Valentine Breakfast



Wednesday February 14th 9:00- 10:00am

All you need is *LOVE*.
But a little
CHOCOLATE now
and then doesn't hurt.

- Charles M. Schulz



We will be serving

Coffee, Tea, Orange Juice

Scrambled Eggs, Sausage and French Toast

And some Chocolates!!!

Call to sign up! 508-865-9154

February EVENTS

February 5th,12,19,26—Monday—WISE – Jazz History– 10:00am

February 6th,13,20,27—Tuesday- WISE – Nuremberg War Crimes Trials—3:00pm

February 7th,14,21,28– Wednesday– WISE – Intro. To Birds and Birding– 3:00pm

February 6, Tuesday—Movie at 1:00pm

February 13th– Tuesday– Karaoke with Steven– 1:00-pm

February 14th–Wednesday - Valentine Breakfast 9:00am

February 16th– Friday– Podiatry– By appointment only

February 20th– Tuesday– Lunch with the Town Planner 11:30

February 22– Thursday- Complete VNA—Falls Prevention -1:00pm

February 27th—Tuesday Better Breathers– 10:30am

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5-	6-	7-	8	9	10
11	12-	13-	14-	15	16	17
18	19-	20-	21-	22	23	24
25	26-	27-	28-	29		

Podiatrist!!

Dr. Michael J. Biancamano

February 16th

By Appointment only



Blood Pressure Clinic

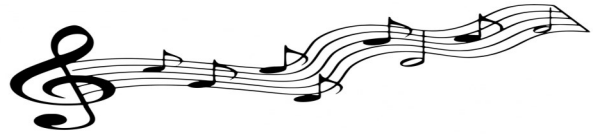
Every Tuesday!!

9:00 am – 10:00 am

Karaoke with Steven

Tuesday February 13th

1:00-3:00pm



Breathing Easy Together: Join Us for the Better Breathers Club

Seniors of Millbury, come together to embrace improved lung health and vitality with the Better Breathers Club, facilitated by

Saint Francis Rehabilitation and Nursing Center!

Tuesday February 27th @ 10:30pm



Memory Café with Julie

February 27th

2:00pm

Popcorn and a movie

Senator Moore's Office Hours

1st Wednesday of the month

11:00 am

Wednesday February 7th



Complete VNA—Deborah Froehlich

Home Safety Tips For Falls Prevention

Thursday February 22nd at 1:00pm

Deb will address common issues that occur in various rooms of the home and review simple solutions. She will be able to answer questions about how you can be proactive.

Call to sign up! 508-865-9154

Transportation

508-752-9283

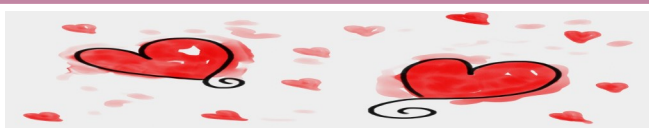
Monday through Thursday 8:00am-4:00pm,
Friday 8-11:30

Service is being provided free of charge

Until June 30, 2024

Service is curb to curb .

**Please Call as early in advance as you can
so we can accommodate as many
as possible!!**



Over the years (and centuries), Valentine's Day has been a religious celebration, an ancient ritual day, and a commercial holiday. The meaning of Valentine's Day is truly whatever you want it to be: You can skip the celebrations completely, buy yourself some chocolate or flowers, or express your love and appreciation for the people in your life, whether they're co-workers, romantic partners, friends, or family members.

**The Friends of the Millbury Seniors will
be offering Shopping trips on Fridays**

9 :00AM pick-up Return 11:00 AM

The trips will alternate between Market Basket in Shrewsbury and Market 32 in Sutton (every other week)

To Schedule Your Shopping Trip Please call

508-581-7424

FEBRUARY

Weekly Activity Schedule

Monday

9:30—10:15 ...Light Exercise

12:00 P.M...Lunch

12:45 P.M...Mahjong Game

1 P.M...Zumba

Tuesday

9 - 10 A.M... Blood Pressure

9:30—10:30 ...Tai Chi

12 P.M...Lunch

1 P.M...Cribbage

Wednesday

9:30 A.M...Craft Class

10:30 A.M. Line Dancing

12:00 P.M...Lunch

1 P.M...Social Bingo

Thursday

9 - 10 A.M...Yoga

10 - 11:30 A.M. Coloring Class

12:00 P.M...Lunch

1 P.M...Pitch

Friday

9 A.M. Shopping

9:30 - 10:15 A.M. Light Exercise

11:30- Lunch

DEPARTMENT
Spotlight

Planning and Development



Join us Tuesday February 20th @ 11:30

**Lunch with the Town Planning and Development
Conor and Stephanie will be here to answer your
questions.**

Call to reserve your spot for lunch! 508-865-9154



To Reserve a spot for Lunch, Call Mary (in the kitchen) 508-865-9154

Reservations need to be made 48 hours in advance. (\$3.00 suggested donation)

Lunch menu is subject to change.

<u>MENU SUBJECT TO CHANGE</u> <i>Your \$3.00 Donation is Appreciated!</i>				1 Lasagna & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread	2 BBQ Pork Rib-i-que Mac 'n Cheese Mixed Vegetables Fruited Ambrosia Sandwich Roll
5 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Pears Biscuit	6 Braised Beef Gemelli Pasta Broccoli Fresh Fruit French Bread	7 Baked Ham Sr Crm/Chive Mashed Pot Honey Glazed Carrots Yogurt Pumpnickel Bread	8 Jambalaya Rice Pilaf Green Peas Pineapple Marble Rye Bread	9 Garlic Herbed Chicken Bread Stuffing Roasted Brussels Sprouts Banana Pudding Diet = SF Vanilla Whole Wheat Bread	
12 Stuffed Pepper Casserole Mashed Potatoes Carrots Lorna Doone Cookies Marble Rye Bread	13 Hot Dog Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	14 Happy Valentine's Day! Salmon w/ Primavera Sauce Wild Rice Roasted California Blend Cheesecake Mousse Whole Wheat Bread	15 Chicken Cacciatore Gemelli Pasta Spinach Pear Crisp Diet = Pears Italian Bread	16 Egg Frittata Stewed Tomatoes Green Beans Fresh Fruit Corn Muffin	
19 President's Day No Meals Served	20 Chicken Pesto Delmonico Potatoes Scandinavian Vegetables Fresh Fruit Pumpnickel Bread	21 Roast Pork Loin w/ Gravy Apple Cornbread Stuffing Cabbage & Carrots Peaches Marble Rye Bread	22 American Chop Suey Broccoli & Red Peppers Corn Birthday Cake Diet = Small Piece French Bread	23 Potato Crunch Fish Potatoes Au Gratin Peas & Carrots Apple Crisp Diet = Applesauce Tartar Sauce Sandwich Roll	
26 Shepherd's Pie Carrots Peas Mixed Fruit Marble Rye Bread	27 Greek Chicken Steamed White Rice Roasted Brussels Sprouts Chocolate Mousse Pumpnickel Bread	28 Burger w/ Chili & Cheese Herbed Potatoes Green Beans Brownie Diet = Cookies Sandwich Roll	29 Ham Salad Potato Salad Tomato & Cuke Salad Fresh Fruit Hot Dog Roll		



Through a Grant received from the
Commonwealth of Massachusetts
Executive Office of Elder Affairs
Millbury Senior Center Announces
Hybrid Programming

Assumption University- WISE Program Classes

Spring Semester Courses being offered through Zoom at the Senior Center-
These courses are once a week for 5 weeks– Starting February 5th

- ◆ **Course 1- Jazz History**

- ◆ Mondays 10:00am—11:30am February 5, 12, 19, 26 and 3/4

This section of Jazz History covers the rise of the Jazz Orchestra Instrumentation, the Dance crazes and the popular songs that characterized the era, and the musicians and bands that rose to fame.

- ◆ **Course 2- The Nuremberg War Crimes Trials**

- ◆ Tuesdays 3:00-4:30pm– February 6, 13, 20, 27 and 3/5

This course will feature Robert H. Jackson, the US Supreme Court Justice who was the lead prosecutor at Nuremberg, Dr. Gustave Gilbert, an American who was prison psychologist at Nuremberg, and his conversations with the defendants in their cells.

- ◆ **Course 3- Introduction to Birds and Birding**

- ◆ Wednesdays 3:00-4:30pm—February 7, 14, 21, 28 and 3/6

Through interactive presentations, we will learn about typical New England backyard birds, their songs, behavior, feeding preferences and seasonal activities.

Must sign up for each course!!! Please Call 508-865-9154

****Are you interested in a Individual Membership? We have limited availability.

Please see Julie or Josh for details and to sign up. These will be first come first serve.

WISE membership allows you to attend as many courses as you want, join clubs, discussion groups and enjoy special events.

POSTPONEMENTS, CANCELLATIONS & CHANGES

The Health of our Community is very important to us. Occasionally there may be a short notice cancellation due to weather conditions or increased Flu/Covid/RSV activity. As much as we try to avoid this situation, it may happen. Should we need to cancel an event, class or luncheon, we will send out calls, post it on the website and Facebook as well as internally. We can always reschedule events, your Health and safety is more important to us.

Stay home. If you are experiencing any [upper respiratory symptoms](#) or [if you may have been exposed to someone with COVID-19](#) consider staying home. When symptomatic, use a [COVID-19 test](#). If negative, test again 48 hours later.

Take a test. [Take an at-home COVID-19 test](#) if you are feeling sick or will be around a large group of people especially those who may be immunocompromised. [Every U.S. household is eligible to order 4 free at-home COVID-19 tests](#). Check the Expiration Date column of the [List of Authorized At-Home OTC COVID-19 Diagnostic Tests](#) to see if the expiration date for your at-home COVID-19 test has been extended and how to find any new expiration date.

Consider [wearing a mask](#) especially in crowded areas in communities where transmission rates are high.

[Practice diligent hand hygiene](#) and other COVID-19 and flu [prevention activities](#), such as [improving ventilation](#).

Consider [postponing or not attending a gathering](#) if you have any [upper respiratory symptoms](#) or [if you may have been exposed to someone with COVID-19](#). If you have been exposed consider taking a COVID-19 test five days after known exposure if not experiencing symptoms.

**Applications for SNAP assistance are done
by appointment only
at the Senior Center
Call Julie 508-865-9154**



Millbury Senior Center
1 River Street
Millbury, MA 01527

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*****ECRWSEDDM*****

We would like to thank THE EXECUTIVE OFFICE OF ELDER AFFAIRS for making the distribution of this newsletter possible.

Spelling errors may and do occur. Events, times and dates are subject to change. While it is meant to be informative, please read it with a light and forgiving heart.



If you would like to Continue to receive our Newsletter in the Mail:

COMPLETE AND RETURN THIS FORM WITH THE FOLLOWING INFORMATION:

Name: _____

Address: _____

City/State/Zip: _____

Mail Form To: Millbury COA– 1 River Street Millbury, MA 01527

OR drop it off at the Senior Center (you only need to do this once)