



STREAMline

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JANUARY 2015 NEWSLETTER

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Special points of interest:

- ✓ The STREAM Program members set their New Years resolutions at the beginning of the month.
- ✓ The January STREAM theme was "WINTER".
- ✓ STREAM had their first Snow Day of the year on January 27th due to the Blizzard of 2015.
- ✓ The Friday Lunch Club went to South Side Grille in Gardner, MA.

This Month in STREAM...

The STREAM program kicked off the New Year with an activity about our goals for the upcoming year. Everyone was asked what they would like to accomplish or change in 2015. Many ideas were discussed including the popular "Get in shape" New Years resolution! Most people seemed to agree that with the New Year upon us we could all set reasonable goals and with a little help from friends, family and co-workers, we could achieve them all! Some other activities during the month included Sign Language, Community Signs, Health & Wellness, Exercise, Polar Bear Science, Grocery Trip Prep, Daily Agenda and many, many more! In addition to activities going on in house there were plenty of offsite trips to choose from. Every Tuesday STREAM members could take a trip to the Whitney Field Mall in Leominster, MA. On Wednesdays, the group that chose Cooking at Pathway for the week took the shopping list and went to Walmart to purchase the necessary ingredients. The

Senior Center was a hit with many individuals choosing to volunteer to help serve our local seniors lunch Monday through Friday every week. Bowling at Mason's in Leominster was available every Thursday with participants trying to better their scores from the week before, it made for some healthy competition!

One of the favorite in house activities in January was a Science class where the STREAM members learned how to make "snow". Using hair conditioner and baking soda when mixed together it created a snow-like substance that could be molded and shaped into anything imaginable. Everyone had a lot of fun playing "in the snow" indoors and away from the bitter cold!

Cooking at Pathway was a popular group, happening every Friday morning. This month the individuals made Peanut Butter cookies, Snowman shaped pizzas and Fruit Salsa with Cinnamon Pita Chips. The month ended with a bang, the first Blizzard of the

season! Days before the storm, the weathermen predicted that it would be historic. The snow started to fall Monday evening, and continued to fall through Tuesday evening. Some parts of Massachusetts got 30 inches of snow! Gardner only got about 12 inches. There was a driving ban in effect on Tuesday and Wednesday, so there was no activity in the GAAMHA/Coleman building. Everyone was told to stay home. What a way to start the New Year!

Pictured below is a sidewalk path made by a snow blower after the Blizzard of 2015 hit New England on January 26th.



How to Beat the Winter Blues

Written by Denise C.

This is the time of year when some people get the winter blue blahs because the excitement from the holiday is fading and being cooped up during cold winter days really starts to get to people. This is sometimes referred to as "Cabin Fever". Some people are happy for the winter days so that they can get out and enjoy outdoor activities such as skiing, sledding and skating. Then there are others that get out to make extra money by shoveling and plowing. Whichever type of person you may be, most all of us can get some version of the winter blues. Here is a list containing some good advice to help shake off the blues.

beat the winter blues



Tips To Beat The Blues:

- Make sure to dress warm for the cold weather which includes: hats, gloves, boots, long sleeves & long pants, warm jackets and scarves.
- Exercise is another good way to shake away the blues, it fills you up with lots of energy.
- Drink plenty of water to keep hydrated.
- Sometimes enjoying fun times in the snow can be a lot of fun. Making snowmen, snow angels or even going sliding.
- Try to get outside to get some sun on your face. Even if it is for only

10 minutes and fresh air is also a good thing for someone to enjoy.

- Listening to some of your more upbeat music and don't be afraid to do a little dance.
- If all else fails, show someone a smile !!! Happiness is contagious!

Lastly, just remember that the sun will come out eventually and spring will be here before we know it. Warmer weather is on the horizon, birds will be singing, flowers will be blooming and the opportunity to enjoy the nicer weather will be upon us! The first day of Spring is March 20th, so mark your calendars because its just weeks away!



Volunteering at the Gardner Senior Center



Above is a view of the kitchen/dining area at the Gardner Senior Center where STREAM members volunteer to serve our local seniors lunch 5 days a week.

The Senior Center is a very exciting place to visit and volunteer at. The center serves hot lunches for the local Senior Citizens daily at 11:30 am. If you or anyone you know are interested in coming and getting a hot lunch you must call the Senior Center one day in advance to reserve your spot, please call the GSC at (978) 630-4067 to do so.

The center is handicap accessible and if anyone has trouble taking the stairs, there is an elevator available for use.

Some of the STREAM members volunteer with different individuals coming everyday giving each member the opportunity to help out. While there, the volunteers

can work in the kitchen and help serve the hot meals. Tasks include setting the tables for the designated number of individuals that reserved a spot for that day, preparing the salads or sides for lunch, helping serve the lunch once the Seniors arrive and helping clean up. It is a lot of fun to help out and visit with everyone that attends.

In addition to serving hot lunches, the Senior Center also has Country Line Dancing classes every Tuesday morning. I, myself, have attended these classes and we have a lot of friends who join this event. There is an instructor that helps you with the dance steps and she plays a variety of music. Good times are had by all!

They also hold Bingo on Friday's. If you're lucky enough to win, you get a cash prize! The Bingo games usually last around an hour or so.

The Senior Center also has pool tables available for use seven days a week, and Saturday's they have pool tournaments.

As you can see the Senior Center is a fun and busy place with a variety of things to do. They even have a food pantry and anyone that is interested in donating non-perishable items, may bring them to the Senior Center. Anyone needing food from this pantry can call the previous noted number.

Written by Curt G.

Friday Lunch Club Review - South Side Grille

This month's restaurant of choice for Friday Lunch Club was the South Side Grille. There are sign up sheets available in the STREAM Café that we add our names to ahead of time to make sure that everyone has a chance to go. The day that I got to go we had a great time. John H. ordered a Buffalo Wrap and thought it was good. I ordered a Reuben Sandwich and enjoyed it very much. Kevin L. had a Cheeseburger with Fries and lots of

Ketchup. He said it was very good as well! The restaurant serves a variety of Mexican food and as I looked around it seemed that everyone there was enjoying their meals. The service was good. South Side is highly recommended by the STREAM program. Those that have attended give it two thumbs up!

Written by Curt G and Denise C.



"Snow, snow, go away and come again another day!"

- Dylan G.

"I shoveled the back deck..."

There was 18 inches! I like the snow!"

- Mark B.

Below is the logo for the South Side Grille located in Gardner, MA. In the background you can catch a glimpse of some of their yummy food and drinks!



Upcoming Birthdays

- Megan S. - January 4
- Amanda S. - January 6
- Renee C. - January 8
- Kevin L. - January 14
- Susan L. - January 22
- Nathan W. - January 28
- Linda M. - January 28

STREAM Word Search

N	K	N	P	P	G	S	X	V	J	H	L	B	V
Z	X	V	O	Q	T	R	N	C	S	C	M	K	S
T	G	X	L	O	E	M	I	N	H	W	I	O	A
F	I	H	A	K	Z	H	O	L	I	A	U	D	E
E	K	S	R	X	L	W	E	N	L	T	A	R	U
L	Y	B	B	T	F	R	T	U	H	E	Q	N	W
C	R	D	E	L	T	E	Q	S	E	Z	B	M	I
I	P	L	A	T	R	T	I	I	C	Q	G	A	N
C	Y	K	R	J	Z	D	E	Z	L	J	Z	R	D
I	E	J	D	S	E	B	J	P	D	R	H	O	C
S	G	N	I	R	E	E	T	N	U	L	O	V	H
S	E	N	I	O	R	C	E	N	T	E	R	O	I
E	B	T	B	L	I	Z	Z	A	R	D	C	W	L
G	X	R	N	B	M	T	G	B	N	J	B	E	L

BLIZZARD
GRILLE
ICICLE
POLAR BEAR
SENIOR CENTER

SNOWFLAKES
SOUTH SIDE
VOLUNTEERING
WIND CHILL
WINTER