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**Jenks Center**  
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Winchester, MA 01890

**Hours: 9 a.m. – 4 p.m.**  
**Tel: 781-721-7136**  
**Fax: 781-721-0926**  
**Website: [www.jenkscenter.org](http://www.jenkscenter.org)**

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All residents 55 and older are members of the WSA and pay no dues.

*Printing of this monthly newsletter is made possible by our advertisers, by a grant from the MA Executive Office of Elder Affairs, and voluntary subscription.*

<b>Inside This Issue</b>	
<b>WSA News</b> .....	2-3
<b>Calendar</b> .....	6-7
<b>COA News</b> .....	3-9
<b>Travel</b> .....	9-11

**Check out the newly redesigned WSA website at [www.jenkscenter.org](http://www.jenkscenter.org).**

# Jenks Newsletter

April, 2012



*The Committee: Dot Butler, Rosemary G. Sullivan, Carol Kent, Cecily Parkhurst & Annina McCully*

## A Week With Emma Pond

Everyone knows that nearly four decades ago James Jenks became a major benefactor in creating the institution that now bears his name, the Jenks Center. However, most people do not know that there NEVER WAS an Emma Pond, for whom the Pond Room at the Jenks Center is named. With that bit of foreknowledge of history, Emma invites you to join her on a tour of “her room” to see what happens there in a week.

“Thanks to all of you for coming. You can just call me Emma. I am so proud of my 2,400 sq. ft. room at Jenks. There are so many things that go on there that sometimes I just can’t seem to keep it all straight.”

“Take this Monday morning, for example. Here it is just barely 9:00 a.m., and already there are more than 60 chairs scattered about the room ready for the group that comes three times a week for some exercise. These fine people stretch, bend, sit, stand, push, pull, lift, and, oh my glory, do so many exercises for nearly 60 minutes that it makes a body almost plumb tuckered out just watching them. But they all do look so happy doing it.”

“Then those fine custodians who help me come rushing in to clear all those chairs and give my room a quick mop, just in time for the line dancers to come in. The dancers go a-whooshing, and a-sliding, and a-twisting as they learn such fine dances as the Chicken Dance and the Macarena. I try some for a bit, and, golly, it is not as difficult as I first thought.”

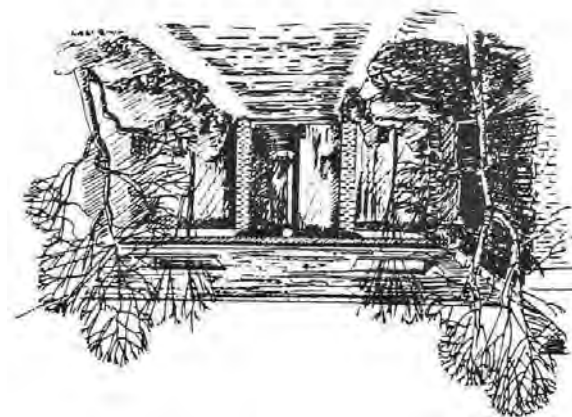
“As if that first group of line dancers weren’t enough, on comes a second group in the afternoon, obviously more advanced, to learn some real serious line dancing stuff. Their feet and hands and arms and heads all move so smoothly together you’d think these dancers are on their way to Broadway. But I learned this group started out in the beginners classes and have moved up to more complicated line dancing. Good for them. They look great.”

“Today, being Tuesday, you’d think I would get a break on things going on in my room. But here it is again at 9:30 a.m. and there are tables and chairs set up for about 100 people. It looks so nice. There is breakfast food to be eaten, and it looks yummy. My visitors today to this breakfast will hear from a real professional on how to think about eating from a nutritional standpoint. Now, mind you, this person is not a highfalutin speaker from some egg-head university. Nope, she’s a down-to-earth person who tells the breakfasters all about food the way they can understand it and use it. My, this is such a great program. Imagine, it goes on for 2 more Tuesdays. What a great chance everyone has to learn to live and eat better.”

“And as soon as all these good people leave, here comes my custodians to clear the room for yet another dance class. This time I can hear a fiddler, cranking out his tunes as everyone learns how to square dance. Allemande left, and do-si-do, honor your corner, and sashay home. Who would think of square dancing in sophisticated Winchester? But here it is, and, my-oh-my, are they having fun.”

“What? Oh, we seem to have run out of time for now. And, goodness, we haven’t even gotten through half of my week. Well, I know you gotta run. But, do come back again next month and I’ll take you in to see some more of what goes on at Jenks in ‘my room.’ And don’t forget; call me Emma.”

Entrance to Jenks Center



April 2012  
Meet Me at the Jenks!

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Winchester Seniors Association, Inc.  
109 Skillings Road  
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(781) 721-7136

## WSA ACTIVITIES

### SLATE OF OFFICERS 2012-2013

In accordance with the Bylaws of the Winchester Seniors Association, Inc., the Nominating Committee will propose the following candidates for office at the Annual Meeting to be held on Wednesday, May 23, 2012 at 12:00 noon in the Pond Room:

President	Richard Pharo
Senior Vice President	Richard Fennell
Administrative Vice President	Edward Davis
Program Vice President	Linda Whitehead
Activities Vice President	Sandra Ellis
Secretary	Bonnie Nolan
Treasurer	Robert Salvo
Assistant Treasurer	Dorothy Mueller
Finance Committee	Stephen Parkhurst
Members at Large	Gerry Driscoll
	Julie Piantedosi
	Allan Rodgers

Furthermore, the Bylaws provide that: any member of the Corporation may offer nominations from the floor at the Annual Meeting, but such nominations shall be valid only if a notice (signed by no less than seven members, giving names of nominees) is first filed with the Secretary ten days prior to the date of the Annual Meeting.

Submitted by the Nominating Committee  
February 28, 2012  
Rosemary G. Sullivan, Chairman

## The Casualness of Jenks is Challenged

Among the many things that people like about the Jenks Center is the warmth and friendliness of everyone you see here. From the custodians, to the events chairman, to the front desk staff, to all the many visitors, everyone is always glad to see you. Unlike other places where the “greeter” is paid to try to make you feel welcome, at Jenks, every smile, every ‘good morning,’ every extended handshake, really means “Glad to see you here.”

The entire atmosphere of Jenks is almost like home. There are comfortable places to sit and chat. Frequently there is some kind of food to nibble on. There are books and magazines to read. Everything is just so wonderfully open.

Recently Jenks has been facing some situations in which the warmth and generosity of the place has been tested. A pair of computer loudspeakers was taken. Several packages of printer paper disappeared. Bottles of dishwashing liquid were removed. A TV converter box

went missing along with the Wii gaming system and other things of that general nature that are kept on hand at Jenks to benefit everyone who comes here have “vanished.”

Unfortunately, the problem seems to be growing. Rather than installing some kind of system through which the culprits could be caught in the act, so-to-speak, Jenks will be putting these kinds of materials, supplies, and equipment in more secure locations. This, of course, will mean that if a visitor needs to get some paper for the computer printer, or wants to watch a DVD, they will have to contact a member of the staff who will get them what they need.

If you need something that used to be kept right out in the open, please know that Jenks wants to continue to provide you with a convenient Center. In order to do so, we must secure things so that you DO have the things you need at Jenks.

Thank you for your understanding.

## Jenks Cinema Presents

### *Enchanted April*

Thursday, April 12, 1:00 pm  
(PG) 1992 92 minutes

“Stifled British wives Lottie (Josie Lawrence) and Rose (Miranda Richardson) rent an Italian villa for a husbandless vacation. Sharing the retreat are acerbic widow Mrs. Fisher (Oscar nominee Joan Plowright) and socialite Caroline (Polly Walker). The four spend a month savoring newfound freedom and the opportunity for self-discovery. Alfred Molina co-stars in this tale of 1920s English manners, based on Elizabeth von Arnim’s novel.”

### *The Fighter*

Thursday, April 26, 1:00 pm  
(R) 2010 115 minutes

“After a string of defeats, Mickey Ward rediscovers his fighting will with help from trainer and half-brother Dicky (Oscar winner Christian Bale) — a once-talented pugilist and small-town hero now battling drug addiction.”

Cast: Mark Wahlberg, Christian Bale, Amy Adams, Melissa Leo, Jack McGee, Melissa McMeekin, Bianca Hunter, Erica McDermott, Dendrie Taylor

## Coffee and Books

Wednesday, April 25, 10:30 -11:30 a.m.

Book - *The Day The Falls Stood Still*

Author: Cathy Marie Buchanan

Living in 1915 near Niagara Falls, seventeen-year-old Bess Heath, who is struggling to cope with the death of her sister and the disgrace of her family, and Tom Cole, whose sixth sense of the river and the falls aids him in

Continued from page 10

Reservations can be made by signing up at the Jenks Center or by calling 781-721-7136. Full payment and menu selection (where applicable) must be made within 7 days of sign-up and is non refundable within 7 days of departure. Checks should be made payable to “WSA” with the name of the trip recorded on the memo portion of your check. Cash will not be accepted. Overnight or longer trips should be reserved in accordance with detailed instructions that can be found in the flier or as noted in the Newsletter.



New New Orleans Jazz Band

### MARDI GRAS NIGHT A BON TEMPS INDEED!

Many thanks to Ms. Nancy Smith and her wonderful students from the High School for helping to make our first Mardi Gras evening a wonderful success! The kids played music, made masks, plated food, danced, and judged the costume contest. Their participation made all the difference to the event. We look forward to seeing them again.

### 2012 Day Trips

Date/Day	Description	Time	Price Per Person	Sign-Up	Group Leader(s)
Thu 4/12/12	Foxwoods	8:00 – 7:00	\$28.00	Now	F. Gosselin
Mon 4/16/12	“The Duttons Live”/ Mohegan Sun	TBD	\$79.00	Now	P. Zeuli/C. Gountanis
Thu 4/26/12	BSO Rehearsal/Polcari’s Restaurant	8:00 – 3:30	\$64.00	Now	P. Zeuli/A. Taber
Thu 5/02/12	Vicki Lawrence/Foxwoods	8:30 – 6:30	\$77.00	Now	P. Zeuli/C. Gountanis
Thu 5/31/12	Trinity Church/Top of the Hub Restaurant	10:00 – 3:30	\$65.00	Now	P. Zeuli/A. Taber
Sat 6/23/12	NewportFlowerShow/AtlanticBeachClub	8:00 – 6:00	\$74.00	Now	A. Taber/P. Zeuli
Wed 6/27/12	“Dino” – His Son Remembers/Foxwoods	TBD	\$74/00	Now	P. Zeuli/TBD
Tues 7/03/12	Tall Ships: Boston/Venezia Restaurant	TBD	\$94.00	Now	P. Zeuli/A. Taber

### 2012 Overnight/Longer Trips

4/22-4/24, 2012	Atlantic City: Tropicana Resort & Casino	\$182 dbl. occupancy	Now	P. Zeuli
5/2-5/14, 2012	Essence of the Elbe: Hamburg to Prague	From \$3795 dbl. occupancy	Now	P. Zeuli/Grand Circle Travel
6/8-6/15, 2012	NCL Bermuda Cruise	\$889 - \$1349 dbl. occupancy	Now	F. Gosselin
8/8-8/20, 2012	River Cruisetour: France...Nice to Paris	From \$3895 dbl. occupancy	Now	p. Zeuli/Grand Circle Travel

More detailed information on all trips (with the exception of the Foxwoods and BSO trips) can be found in the fliers that can be picked up at the Jenks Center. Sign up at the Center to reserve space for any day trip unless otherwise noted. Full payment must be made at the time of reservation. Please make checks payable to “WSA” and record the name of the trip on the memo portion of your check. (No cash will be accepted.) Overnight or Longer Trips should be reserved in accordance with detailed instructions. Thank You.

Continued from page 9

style that made Dean Martin famous, Ricci Martin's humor and banter with his band, The Pack, is reminiscent of the Rat Pack days of old Las Vegas. Price pp: \$74.00 includes the show, buffet lunch, \$10.00 Keno play, all taxes, gratuity, and transportation. Pick-up/return times to be announced.

## Tall Ships: Boston Venezia Restaurant Tuesday, July 3, 2012

They're coming back! The magnificent Tall Ships from around the globe will be returning to Boston this summer to commemorate the bicentennial of the War of 1812 and the role of the USS Constitution in that conflict. On Tuesday, July 3, we will join the celebration to honor these majestic ships as we cruise through Boston's historic harbor, capturing outstanding views of the fleet from the best vantage point possible – the water! Following the sightseeing cruise, we will go to the beautiful Venezia Waterfront Restaurant for a delicious lunch of Chicken Parmesan with Pasta or Atlantic Baked Haddock. Price pp: \$94.00 includes "Sail Boston," lunch, all tips, gratuities and transportation. Pick-up/return times to be determined.

### Briefly Noted

The following trips have been previously publicized but still show availability:

**Last call! Essence of the Elbe: Hamburg to Prague: May 2 - 14, 2012.** Please call Grand Circle Travel at 1-800-597-2452 to inquire about current pricing and stateroom availability.

**"Vicky Lawrence and Mama: A Two-Woman Show"/Foxwoods: Wednesday, May 2, 2012**

Emmy Award-winning comedienne Vicki Lawrence was plucked from total obscurity as a high school senior to join the "Carol Burnett Show" and become one of the most beloved television personalities of her generation. Before the show, you will have ample time to have lunch, try your hand at gaming or just browse the many shops located at Foxwoods. Price pp \$77.00 includes: \$15 Keno bet, free buffet or \$10:00 credit at one of the other restaurants, the show, all taxes, gratuities and transportation. Pick-up/return: 8:30 a.m. – 6:30 p.m.

**Trinity Church/Top of the Hub: Thursday, May 31, 2012.** Your guide will bring the story of this architectural masterpiece, its historic building and fine arts elements to life...past, present and future. Following the tour, we will go to the Top of the Hub Restaurant for lunch. Choice of entrée is Pan Seared Salmon Fillet or Chicken Breast with Lemon Herb, salad, beverage and Marbled Cheesecake for dessert.

Price pp: \$65.00 includes the Trinity Church tour, lunch, all taxes, gratuities and transportation. Pick-up/return: 10:00 a.m. – 3:30 p.m.

**Foxwoods Resort & Casino: Thursday, April 12, 2012.** Price pp: \$28.00 includes \$10 Keno coupons, a \$15 coupon to use for the buffet lunch or at one of the fine restaurants located on the property, transportation and driver gratuity. Pick-up/return: 8:00 a.m. - 7:00 p.m.

**The Duttons/Mohegan Sun: Monday, April 16, 2012.** Our day will begin at the Mohegan Sun Casino where you will each receive a \$30.00 Casino Gaming Package which includes a food voucher to be used at the Seasons or Sunburst Buffet and is also good at most restaurants on the premises. After lunch, we will drive to the Garde Arts Theatre in nearby New London for a dazzling presentation of "The Duttons Live in Concert." Price pp: \$79.00 includes gaming and food vouchers, show, all taxes, gratuities and transportation. Pick-up/return: to be determined.

**Atlantic City/Tropicana Casino and Resort: Sunday, April 22 –Tuesday, April 24.** On Sunday, April 22, the Jenks Travel Committee will leave for an exciting 3 day, 2 night trip to the famous Tropicana Hotel and Casino located right on the legendary Atlantic City Boardwalk. Price pp: \$182 (Dbl) includes \$25.00 slots play, 2 buffet dinners, 1 show, all taxes, gratuities and transportation. Please call Phyllis Zeuli at 781-729-2404 to inquire about current availability. Pick-up will be at 8:30 a.m. with location and approximate return time to be determined.

**BSO Open Rehearsal/Polcari's Restaurant: Thursday, April 26, 2012.** Featured pieces will be Debussy's "Prelude to the Afternoon of a Faun," Mozart's "Piano Concerto No. 22 in E-flat, K.482" and Beethoven's "Symphony No. 6, Pastoral"; Bernard Haitink conducting with Till Fellner on piano. Following the performance, we will proceed to Polcari's Restaurant for a select buffet luncheon. Price pp: \$64.00 includes BSO Rehearsal, lunch, transportation, all taxes and gratuities. Pick-up/return: 8:00 a.m. - 3:30 p.m.

**Bermuda Cruise/Norwegian Dawn: Friday, June 8 – Friday, June 15, 2012.** For current stateroom availability and pricing please call Florence Gosselin at 781-729-3018 or 339-293-2444 or contact Judy Bell at 508-778-9027 (jdbell@capecod.net). Reservation forms are also available at the Jenks Center.

**River Cruisetour: France...Nice to Paris: August 8 - 20, 2012.** Please call Grande Circle Travel at 1-800-597-2452 (Option #2) and refer to Service Code GG2-1919 to inquire about current pricing and stateroom availability.

Continued from page 2

daring rescues, are the key players in a love story. Experience the transformative time when hydro-electric power was being planned for the Falls and the profound effect it had on their lives.

Members will recommend the titles for subsequent meetings. Books will be available at the Winchester Library one month before each meeting. No long-term commitment is necessary. Just come, meet friends and discuss some great books over coffee.

## Square Dancing!

Are you looking for a little exercise, socializing, and fun! If so, why not come and join the seniors on Tuesdays, at 1:00 p.m., at the Jenks Center to square dance. No experience necessary. If interested, contact Marion Kelly at 781-396-2575.

## Un Invito Cordiale

Saluti. Siamo un gruppo piccolo che ci incontra ogni martedì mattina alle dieci per almeno u ora parlando conversazione informale e amichevole, Se vorresti raggiungere con noi, per favore chiamare. John Natale 781-729-7729

Grazie

## It's Not Riverdance!

No high kicking and fancy steps are involved in (required for?) Irish set dancing, which is similar to square dancing. If you're interested, join the Jenks Irish set dancing group on Fridays at 11:00 a.m.

## Seniors and Juniors & Seniors

Senior citizens from Winchester are needed to tell their stories to juniors and seniors from Winchester High School.

The journalism class at Winchester High School is hoping to interview seniors from Winchester for an oral history project exploring the experiences of our town and its citizens.

Realizing that everyone has a story (or several) to tell, the aspiring journalists are looking for the unique insight provided by preceding generations.

WHS journalists need as many volunteers as possible in order to present the stories of the people who have made this town what it is.

The journalists will be prepared with questions and welcome any insight into what has shaped the lives of their fellow citizens.

Please call Judy Katz for April sign up: 781 721-7136.

## Thank you for your support

We thank our supporters for making our recent events so much better, because they were there for us.

We thank Roche Brothers for their delicious baked goods, especially those raspberry tarts for our Volunteer Coffee held on February 16.

Thank you to Stoneham Theatre for donating two certificates for tickets to a Main Stage Production as prizes for our Mardi Gras.

A special thanks for continued support from the John and Mary Murphy Foundation for the recent grant funding the Jenks Learning Connection and Education programs as well as weights for the exercise class.

## COUNCIL ON AGING

### Survey Reminder

Don't forget to return your Council on Aging survey. The collection box is on the credenza across from the library. Thank you again for taking the time to fill out the survey.

## Literary Lunch Bunch

**Thursday, April 5, 11:30 a.m.,** McCall School Library  
The book will be *The River of Doubt: Theodore Roosevelt's Darkest Journey* by Candace Millard. This book is the true story of Theodore Roosevelt's harrowing exploration of one of the most dangerous rivers on earth. *The River of Doubt* is a black, uncharted tributary of the Amazon that snakes through one of the most treacherous jungles in the world. Indians, armed with poison tipped arrows, haunt its shadows; piranhas glide through its waters, and boulder-strewn rapids turn the river into a rolling cauldron.

**Thursday, May 3, 11:30 a.m.,** Jenks Pond Room  
The book will be *Heart of a Samurai* by Margi Preus. In 1841, rescued by an American whaler after a terrible shipwreck leaves him and his four companions castaways on a remote island, fourteen-year-old Manjiro, who dreams of becoming a Samurai, learns new laws and customs as he becomes the first Japanese person to set foot in the United States.

The novel is based upon the true story of Manjiro Nakahama.

Books are available in the Jenks Center Office.

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**TRANSPORTATION**  
**SENIOR VAN:** Mondays, Wednesdays, and Friday, Transport Eating Together 10-12 p.m.  
**VOLUNTEER DRIVERS:** In town and Adjacent Communities for medical appointments Monday through Friday 9-4; call 2 days ahead for volunteer driver.

**MEDICAL TRANSPORT:** Transportation to Medical appointments only, to the Greater Boston area and to Lahey Clinic, Monday through Friday; call 1 week ahead.

**HEALTH AND SOCIAL SERVICES**  
**GERIATRIC SOCIAL WORKER AND HOUSING COUNSELING:** Home Visits and Consultations; Monday through Friday; 9-4.  
**FINANCIAL COUNSELOR:** Workshops and individual counseling, Call for appointment.

**HOT LUNCHEAS AND SOCIALIZATION:** Monday, Wednesday, Friday 11:30 a.m. *Eating Together*

**HANDYMAN SERVICES:** Small Repairs on Request. Call and ask for Diane Saporoff, LICSW.

**GERIATRIC NURSE:** Post Hospital Home Care Coordination; Monday; Tuesday & Thursday 8:00-2:30  
**Medical Loan Program** – Call Geriatric Nurse – 781-721-7136

**KEEP WELL CLINIC:** Blood Pressure and Weight Check-ups 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month, 9:30-11:30

**SHINE COUNSELORS:** Insurance Clarifications; Call for appointment.  
**WANDERER'S ALERT:** Identification Photos of memory loss seniors. Call for information.

**CAREGIVERS SUPPORT GROUP:** 2<sup>nd</sup> Thursday of the month, 10:00 a.m.  
**LEGAL CONSULTATION:** Last Monday of the month, 10-12, Call for appointment  
**LIVING WITH CHANGE:** 2<sup>nd</sup> Wednesday of the month, 2 p.m.

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Continued from page 8

- Do not use a placard that has been tampered with or one that does not belong to you. If caught, you will face a \$500 fine and the loss of your driver's license for thirty days.
- Do not use an expired placard – this will cost you \$100. Simply reapply to the Department of Motor Vehicles for a new one.
- Do not park in the access aisle (the painted diagonal lines) of a van accessible space. This is **not** a legal space. These lines indicate an area that is needed by van users in order to operate their wheelchair lift. When you park in that area, you are keeping them from being able to get themselves or their child in or out of their van. If caught, you will face a fine of \$100.
- You may use an accessible parking spot that is designated "van accessible" even if you are not driving a van.

Although parking is often limited at the Jenks, please be respectful of those that need to use an accessible parking space. Remember too that the parking lot at the front of the Jenks Center is a municipal lot and therefore can be used by anyone even if they are not attending an event at the Jenks.

**Be Part of Living History Day  
 Thursday, May 24, WHS**

The Social Studies Department in Winchester High School is looking for individuals in the community who might be interested in sharing their life stories with High School students during our second annual Living History Day.

Our goal is to make the history of the 20th century alive, personal and real for students. We had a number of individuals who joined us last year for our first Living History Day, including a Jenks Center panel of Winchester residents who grew up in many different parts of the country in the 1920s and 30s: a Harvard Medical researcher who was a member of the 442nd Regiment in WW II, the child of a blacklisted writer in Hollywood in the 1950s, a free-lance photographer who spent time in Sri Lanka recording life there during their civil war, and a young woman who recently returned from a tour of duty in Iraq.

We would like to have our second annual Living History Day this spring, on Thursday, May 24, at the High School. We would love to have local members of the Winchester community join us if they would like to be a participant and share their stories with present students.

We are going to have a **brief informational meeting about Living History Day at the Jenks Center on Wednesday, April 25, at 10:30 a.m. in the Pond Room, immediately after the Exercise class.** Please come if you think you might be interested. You may also contact me directly. Thanks and we look forward to hearing your stories.

Marge Harvey, Director of Social Studies, Winchester Public Schools (W) 781 721-7020 ext.1704 (H) 781 729-5611 (C) 719 660- 6398

**TRAVEL NEWS**

Unless otherwise noted the pick-up and drop-off location for all daytrips will be the Ciarcia Field parking lot. Fliers with additional trip information (with the exception of the Foxwoods and BSO trips) can be obtained at the Jenks Center.

**Newport Flower Show/Atlantic Beach Club  
 Saturday, June 23, 2012**

The WSA Travel Committee is happy to offer this fabulous daytrip on Saturday, June 23, to the 17th annual Newport Flower Show...recognized as one of the premier flower shows in America. The expansive front yard of Rosecliff Mansion will be transformed into a brilliant panorama of inspiration for those looking to add color and old world charm to their gardens. Lunch will be at the popular Atlantic Beach Club Restaurant located right on the beach. You will dine on your choice of Baked Stuffed Scrod with Newburg Sauce or Baked Atlantic Chicken Breast with Mustard Tarragon Sauce in the magnificence of the Atlantic Ocean and Newport's famous Cliff Walk. Price pp: \$74.00 includes the Flower Show, lunch, all tips, gratuities and transportation. Pick-up/return times will be announced at a later date.

**"Dino" – His Son Remembers  
 Wednesday, June 27, 2012**

While there could be only one Dean Martin, his youngest son Ricci takes you on a captivating trip down memory lane in honor of his legendary father. On Wednesday, June 27, we will go to the Foxwoods Resort and Casino to witness his loving tribute to "Dino" as only a son can deliver it. Show reviews boast that it's "loaded with live music, personal videos and true life stories not only about Dean Martin, the International Entertainer, but also Dean Martin, the father." In the

Continued from page 5

surgical training at the MGH and her MPH in International Health at the Harvard School of Public Health. She is Director of the International Trauma and Disaster Institute at Massachusetts General Hospital and past-president of the Pan American Trauma Association. She is editor-in-chief of the American Journal of Disaster Medicine and editor of the Advanced Disaster Medical Response Manual for Providers.

Dr. Briggs has received numerous awards for her academic and humanitarian achievements, including the American Red Cross (Massachusetts Bay) Clara Barton Humanitarian Award, The National Disaster Medical System Outstanding Achievement Award (US Government), the National Library of Medicine (NIH) exhibition (“Changing the Face of Medicine”) honoring women physicians, the New England Women’s Leadership Award, the New England Surgical Society’s Nathan Smith Distinguished Service Award and the 2009 Nina Starr Braunwald Achievement Award (Association of Women Surgeons).

*These programs are presented by the Education Committee of the Winchester Seniors Association and are supported by a grant from the John and Mary Murphy Educational Foundation*

## WSA EVENTS

Welcome Spring!

High Tea/Fashion Show

Thursday, April 12, 3:00 – 5:00 p.m.

Spring is just around the corner and so is the Annual High Tea and Fashion Show. Volunteers will model Spring Fashions from the EnKa Exchange. As usual, clothing may be purchased before and after the show. You will be served sandwiches, sweets and tea by our elegantly attired wait staff.

Tickets to this popular event are \$15.00 and are on sale at the Center or at Book Ends. Please purchase tickets in advance to help organizers plan the refreshments. This event is usually a sell out. So come and welcome in Spring. It promises to be a fun-filled afternoon and what better way to support the Winchester Senior Center and the EnKa Exchange!

## Spring Dance

Friday, April 13, 7:30 p.m.

This will be the last Jenks dance of the season. We hope the weather will be mild and the ladies will wear their Spring fashions. The Fred Manzi Trio will provide the music. Fred and his band are well-known for their big band sound and are popular with the area ballroom dancing crowd. As usual, there will be munchies, snacks and cookies served. Enjoy the music, the food, and perhaps purchase a glass of wine.

Couples, bring your sweetheart. Singles, bring a friend, or come alone. (Men, you too!) Tickets to this event are \$15 per person, and are available at the Center. We ask that you get tickets in advance, so that we can plan and provide enough food for everyone. You may call the Center at 781-721-7136 to reserve tickets and tables. Join us for an enjoyable evening!



## Dinner and Show

April 21

Dinner 5:30 p.m. Jenks Center

*The Full Monty* 8:00 p.m.

Stoneham Theater

Please meet me at the Jenks at 5:30 p.m. on Saturday, April 21 when Chef Vittorio Ettore will bring his special Italian cuisine to the Jenks. He will delight our taste buds with the following menu: Rigatoni with seared chicken and mushrooms; mixed spring salad and basil dressing. Following this feast we will board buses and head over to the Stoneham Theatre for an 8:00 production of *The Full Monty*. Dinner, bus transportation and play, all for \$75.00. (Driver’s tip not included).

Chef Vittorio Ettore of Bistro 5 in Medford and the newly opened A Tavola in Winchester keeps Boston’s epicurean palates returning time and again with seasonal dishes that embody the warmth and richness of his native Italy. Both restaurants are dedicated to giving guests the best quality of food while supporting the area’s local farmers.

Chef Vittorio studied to be a chef at CIA New York and Newbury College Boston. Growing up in Tuscany, he developed the love and passion for food. Vittorio has been a Winchester resident for a decade. He enjoys working with schools to reach out to children to enrich their food knowledge and interest. Learn more at <http://www.bistro5.com/Community/Seed-to-Plate-School-Program>

## COMMUNITY NEWS

### Parking

Anne Kostos, the Town’s ADA Coordinator, often responds to various questions about accessible parking (also known as “handicapped parking”). Here are a few things Anne wants you to remember when using an accessible parking space:

## Eating Together

The Eating Together Program welcomes everyone to sign up for a meal on Monday, Wednesday or Friday of the following week. The food is delicious and is prepared by the Gables. Please give us 24 hours notice of cancellation if you cannot come. The cost of a meal is \$3.00 and the meal is served at 11:30 a.m.

In order to make things less hectic in the dining room there will be a volunteer at the door to collect payment. You can also get your fruit and roll at this time.

Cindy Mitsakis, RN will present 2 programs this month. Both programs will be at 10:30 a.m. in the Jenks Room. On April 2nd, **Planning Perfect Portions for One**, will focus on planning meals for 1 or 2 people. **A-fib, Partnering in Your Treatment:** come learn about the management and symptoms associated with this disease on April 18th. Please join us and then stay for lunch with the Eating Together group (Please call ahead if staying for lunch.)

Ida Gillotte will be playing the piano on Wednesday, April 11, and Wednesday, April 25, at 11:15 a.m.

## “Choose My Plate”

Friday, April 20, 11:00 a.m.

Peg Mikkola, RD, will be discussing the content of the 2010 Dietary Guidelines and how it fits in the “My Plate” recommendations. Please come with your nutrition questions. “Choose My Plate” is the new interpretation of the US Dietary Guidelines.

*This program will be held in the Jenks Room prior to Eating Together.*

## Giftng

Thursday, April 26 at 11:00 a.m.

Harry Rothmann, financial counselor for the COA, will address the advantages and disadvantages of gifting. He will address the many motivations and wishes that drive the desire to give. The important issue is how gifting will fit into your financial and estate plan.

Mr. Rothmann will review the different methods to give to charities and families if gifting appears to be a wise plan.

## PROGRAMS

### “The Curse of the Bambino”

Presented by David Kruh

Tuesday, April 3, 7:30 p.m., Pond Room

*(Coffee and cookies available at 7:00 p.m.)*

David says: “In this presentation, I will take you back 100 years to the roots of Boston baseball, when the team

(just like today) captured the heart and soul of its citizens and was also (like today) inexorably intertwined with politics and politicians. Then we’ll see and hear the real story behind Harry Frazee, his purchase of the Red Sox, and later of a young Babe Ruth. Then we’ll learn the differing reasons why, in 1920, the Babe was sold to the New York Yankees. You’ll be surprised at the answer. Don’t worry if you don’t know a curve from a slider, you do not need any previous knowledge of baseball to enjoy this program but, of course, baseball fans will certainly derive extra pleasure (or agony) out of reliving the saga of the Boston Red Sox and their - ultimately successful - struggle for a World Series championship since 1918.”

### About the Speaker

David Kruh is a former New Yorker - don’t boo, he’s not a Yankees fan, who has lived here in New England for over 30 years. Among his published work are two books on Scollay Square and one on the building of Route 128. David’s writing has appeared in the *Globe, Herald, Boston Magazine* and *Yankee Magazine*. In 1997 he began working on an idea for a musical about the Boston Red Sox, teaming up with a talented composer named Steven Bergman for what eventually became the hit musical, “The Curse of the Bambino.” Tonight, David will talk about the musical and the history of the team that was its inspiration, the Boston Red Sox.

## Boston as a Leader in Disaster Medical Response

Presented by Dr. Susan Briggs

Tuesday, April 17, 10:30 a.m., Pond Room

*(Coffee and cookies available at 10:00 a.m.)*

The International Medical Surgical Response Team (IMSuRT), a federalized group of volunteers under the auspices of the US Government, is based in the New England area and sponsored by Massachusetts General Hospital.

The team, headed by Dr. Susan Briggs, a Winchester resident, has responded to multiple contemporary disasters, including the Bam, Iran earthquake, Ground Zero, Hurricane Katrina and the Haiti earthquake. On Tuesday, April 17 at 10:30 a.m., Dr. Briggs will discuss the challenges of disaster medical response in austere environments by this team of volunteers.

**About the speaker:** Susan Miller Briggs, MD, MPH, FACS

Dr. Susan Briggs is a general and trauma surgeon at the Massachusetts General Hospital (MGH) and Associate Professor of Surgery at Harvard Medical School, Boston, Massachusetts. Dr. Briggs completed her



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 Taxes done - Computer Room 9:30 Exercise Class - Pond 10:45 Knitting Group- Open Area 10:30 Planning Perfect Portions for One 11:30 Eating Together - Jenks 12:00 Beginners Line Dancing - Pond 1:00 Intermediate Line Dancing - Pond 1:00 Tai Chi - Jenks 1:00 Mahjongg - Open Area/downstairs	<b>3</b> 9:45 Yoga & Creativity - Jenks 10:00 Italian Converstaion - Craft 12:30 Bridge - Jenks Room 1:00 Travel Committee - Conf 1:00 Square Dancing - Cancelled 1:00 Crafts & Stitchery - Craft 3:25 Strength Training - Pond 7:30 The Curse of the Bambino David Kruh/WSA Education	<b>4</b> 9:30 Taxes done - Computer Room 9:30 Exercise Class - Pond 9:30 Art Group - Craft 10:40 Mens Discussion Group - Conf 11:00 Weight Watchers - Library 11:30 Eating Together - Jenks 1:00 Texas Hold'em -Poker - Jenks 7pm JLC	<b>5</b> 9:30 Keep Well Clinic - Jenks 10:00 Chorus - Pond 11:30 Literary Lunch/McCall 12:30 Bridge - Jenks 1:00 Woman's Discussion Group-Library 3:30 Fitness Forever - Pond	<b>6 Last day for Taxes</b> 9:30 Taxes done - Computer Room 9:30 Bowling - Woburn Bowladrome 9:30 Exercise Class - Pond 9:30 French Conversation - Conference 11:00 Irish Set Dancing - Pond 11:30 Eating Together - Jenks 12:30 Intermediate Line Dancing - Pond 1:00 Texas Hold'em -Poker - Jenks
<b>9</b> 9:30 Exercise Class - Pond 11:30 Eating Together - Jenks 12:00 Beginners Line Dancing - Pond 1:00 Intermediate Line Dancing - Pond 1:00 Tai Chi - Jenks Room 1:00 Mahjongg - Open Area/downstairs	<b>10</b> 9:45 Yoga & Creativity - Jenks 10:00 Italian Converstaion - Craft 12:30 Bridge - Jenks 1:00 Crafts & Stitchery - Craft 3:25 Strength Training - Pond 1:00 Square Dancing - Pond 7:00 <b>Bariatrics</b>	<b>11</b> 9:00 COA Meeting - Conference 9:30 Exercise Class - Pond 9:30 Art Group - Craft 11:00 Weight Watchers - Library 11:30 Eating Together - Jenks 1:00 Texas Hold'em -Poker - Jenks 2:00 Living With Change/Conf 7pm JLC	<b>12</b> 8:00 Foxwoods Trip 10:00 Caregivers Group -Conference 10:00 Chorus - Pond 12:30 Bridge - Jenks 1:00 Movie/ <i>Enchanted</i> 3:00 High Tea Fashion Show - Pond 3:30 Fitness Forever - Jenks	<b>13</b> 9:30 Bowling - Woburn Bowladrome 9:30 Exercise Class - Pond 9:30 French Conversation - Conference 11:00 Irish Set Dancing - Pond 11:30 Eating Together - Jenks Room 12:30 Intermediate Line Dancing - Pond 1:00 Texas Hold'em -Poker - Jenks <b>13 FRIDAY</b> 7:30 Spring Dance
<b>16</b> The Dutton's Live/Mohegan Sun 9:30 Exercise Class - Pond 10:45 Knitting Group- Open Area 11:30 Eating Together - Jenks 12:00 Beginners Line Dancing - Pond 1:00 Intermediate Line Dancing - Pond 1:00 Tai Chi - Jenks 1:00 Mahjongg - Open Area/downstairs	<b>17</b> 9:15 WSA Meeting - Conference 9:30 Yoga & Creativity - Jenks 10:00 Italian Converstaion - Craft 10:30 Susan Briggs/Boston as a Leader in Disaster Medical Response 1:00 Square Dancing - Pond 12:30 Bridge - Jenks 1:00 Crafts & Stitchery - Craft 3:25 Strength Training - Pond	<b>18</b> 9:00 Financial Counselor (by appt.) - Library 9:30 Exercise Class - Pond 9:30 Art Group - Craft 10:40 Mens Discussion Group - Conf 11:00 Weight Watchers - Library 10:30 A-fib, Partnering in Your Treatment 11:30 Eating Together - Jenks 1:00 Texas Hold'em -Poker - Jenks 7pm JLC	<b>19</b> 9:30 Keep Well Clinic - Jenks 10:00 Chorus - Pond 12:30 Bridge - Jenks 1:00 Woman's Discussion Group-Library 3:30 Fitness Forever - Pond	<b>20</b> 9:30 Bowling - Woburn Bowladrome 9:30 Exercise Class - Pond 9:30 French Conversation - Conference 11:00 Irish Set Dancing - Pond 11:00 Peg Mikkola/"Choose Your Plate" 11:30 Eating Together - Jenks 12:30 Intermediate Line Dancing - Pond 1:00 Texas Hold'em -Poker - Jenks
<b>23</b> 9:30 Exercise - Pond 11:30 Eating Together - Jenks 12:00 Beginner's Line Dancing - Pond 1:00 Intermediate Line Dancing - Pond 1:00 Tai Chi - Jenks 1:00 Mahjongg - Open Area/downstairs	<b>24</b> 9:30 Yoga & Creativity - Jenks 10:00 Italian Converstaion - Craft 1:00 Square Dancing - Pond 12:30 Bridge - Jenks 1:00 Crafts & Stitchery - Craft 3:25 Strength Training - Pond	<b>25</b> 9:30 Exercise Class - Pond 9:30 Art Group - Craft 10:30 Book Club & Coffee - Conf 11:00 Weight Watchers - Library 11:30 Eating Together - Jenks 11:00 Weight Watchers - Library 1:00 Texas Hold'em -Poker - Jenks 7pm JLC /Last Class	<b>26</b> 8:00 BSO Open Rehearsal Trip Leaves 9:00 Newsletter Mailing - Jenks 10:00 Caregivers Group -Conference 10:00 Chorus - Pond 11:00 Gifting/COA/ Harry Rothmann/Craft 12:30 Bridge - Jenks 1:00 Movie/ <i>The Fighter</i> 3:30 Fitness Forever - Pond	<b>27</b> 9:30 Bowling - Woburn Bowladrome 9:30 Exercise Class - Pond 9:30 French Conversation - Conference 11:00 Irish Set Dancing - Pond 11:30 Eating Together - Jenks 12:30 Intermediate Line Dancing - Pond 1:00 Texas Hold'em -Poker - Jenks
<b>30</b> 9:30 Exercise - Pond 10:00 Noreen Murphy by appointment only - Library 10:45 Knitting Group- Open Area 11:30 Eating Together - Jenks 12:00 Beginner's Line Dancing - Pond 1:00 Intermediate Line Dancing - Pond 1:00 Tai Chi - Jenks 1:00 Mahjongg - Open Area/downstairs				<b>21 SATURDAY</b> 5:30 Dinner & The Full Monty

# April

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