



THE JENKS
A Center. A Community.



MAY 2025 NEWSLETTER

QR CODE

PLEASE SCAN IF YOU
WOULD LIKE TO DONATE



THE JENKS CENTER OFFERS CULTURAL, EDUCATIONAL,
RECREATIONAL, AND SOCIAL SERVICE PROGRAMMING FOR AGES 55+
TO PROMOTE ACTIVE, HEALTHY, AND MEANINGFUL ENGAGEMENT AND
CONNECTIONS WITHIN THE COMMUNITY.

Please Register at www.jenkscenter.org for all Activities & Events

2. WSA ANNUAL MEETING

WINCHESTER SENIORS ASSOCIATION, INC. (WSA) ANNUAL MEETING TUESDAY, MAY 20, 2025, AT 10:00 AM JENKS CENTER

It is that time of the year to celebrate the successes of the past year and learn about future endeavors at the ***Winchester Seniors Association Annual Meeting***.

Join us for refreshments from the Gingerbread Construction Co., as you will learn about many exciting programs and events planned for the future. Please register at www.jenkscenter.org

At the Annual Meeting, we will vote for the WSA Board Directors whose terms need to be renewed or who are beginning their first term.

The following WSA Board Directors are currently serving their elected terms:

Finance Committee Chairperson - Anne Hoffman

Treasurer - Anne Hoffman

Secretary - Felicity Tuttle

Director at Large – Karen McLeavey Murray

Director at Large – Dan Quinn

Director at Large – Mei Mei Wang

Director at Large – Elizabeth Brodbine Ghoniem

Director at Large – Patrick Hall

Robert Ain will serve as the Past President.

The following slate of WSA Officers and Directors, has been nominated to serve a new 2-year term:

President – Charlie Price

Vice President— Eileen Morris

Director at Large — Ron Latanision

Director at Large —Melodie Wing

Any member of the WSA (Winchester resident 55 or older) may offer nominations from the floor at the Annual Meeting, but such nominations shall be valid only if a notice (signed by not less than seven members giving names of such nominees) is first filed with the Secretary no later than ten days prior to the date of the Annual Meeting.

The Annual Report will be available on the Jenks Website in May!



WEEKLYS

MONDAYS

9:00am– 10:30am	ESL
1:00pm - 3:00pm	Mahjong
1:30pm - 3:30pm	Conversational English
2:00pm –4:00pm	Mexican Train Dominos

TUESDAYS

10:00am - 11:00am	Conversational Italian
11:15am—12:15pm	Conversational Spanish
12:30pm - 3:00pm	Bridge
1:00pm - 3:00pm	Quilting

WEDNESDAYS

9:00am - 10:45am	Art
9:00am - 12:00pm	Cribbage
10:45am - 11:45pm	Conversational French
1:00pm - 3:00pm	Canasta
1:00pm - 3:00pm	One –on– One Tech Help
1:00pm—2:00pm	Poetry (Hybrid - 2nd Wednesdays)

THURSDAYS

9:00am - 10:30am	Conversational English
9:30AM - 10:30AM	Jenks Chorus
11:00am - 12:00pm	Current Events (Virtual)
12:15pm - 1:30pm	Chinese Classical Dance
12:30pm - 3:00pm	Bridge
2:00pm - 3:00pm	Conversational German (2nd & 4th Thursdays)

FRIDAYS

1:00pm - 3:00pm	Mahjong
9:30am—11:30am	Beginners Chinese Calligraphy
1:30pm– 3:30pm	Harmonica Group

DAY EVENTS

Coffee Hour & Computer: Monday - Friday, 9:00 am - 3:30pm and Saturdays 9:00 am - 2:00 pm.

Ping Pong: Open Play, times vary.

The Stride Right Walking Club, Wednesdays & Fridays, 9:00 – 9:45 AM Beginning May 2nd: Meets at the McCall Middle School Track. Bring a friend and join Suzanne as we walk together around the track. (Terrain is welcoming for all levels and abilities, however, you may want to bring a folding chair if you need a rest.) At the end, enjoy refreshments with the group in the Jenks Café. Registration requested. Drop-ins welcome. Contact Suzanne Norton for more information- (781) 721-7136 x 15, Offered May – September. No fee. *No Walking Club May 16th due to the annual fair.*

Planning for Medicare (60 minutes), Monday, May 5, 2:00 pm: Led by a Blue Cross Blue Shield of Massachusetts representative, this presentation is tailored for individuals approaching Medicare eligibility. Topics include an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, and programs available to early retirees. This session is ideal for individuals in the community who may still be working and looking to transition.

Meet up Monday Lunches, May 5, 12 & 19, 12:00 pm: Trio Catering will provide a meal for up to 50 patrons through Minuteman Senior Services. A \$2 donation is recommended. Registration is required and **may be limited to 2** lunches per month. The menu will be posted on the website and at the front desk.

Kris Kristofferson's Life and Songs with Matt York, Tuesday, May 6, 11:00 am: Longtime New England musician/ author Matt York will perform songs and talk about Kristofferson's younger days as a Rhodes Scholar at Oxford and his time as a military pilot. York has twice been nominated for the Boston Music Award for Best Country Artist and he recently released his second book, *The Wisdom of Willie Nelson*.

Virtual: Wilson's Science and Technology Forum, Friday, May 9, 10:30 am: Professor Eric Klopfer of the MIT Media Lab will speak about *Responsible AI for Computational Action (RAICA)*, which includes the introduction of AI into the K-12 classroom . Register to receive the Zoom Link.

Men's Discussion Group with Johnny Russo, Monday, May 5 & 19, 11:00 am: Join this group, alternate Mondays, to discuss current events and items of mutual interest.

4 | REGISTRATION REQUIRED FOR ALL EVENTS

DAY EVENTS (CONTINUED)

Concert with Maria Gaunci, Tuesday, May 20, 12:30pm: Highlighting classic American hits from the 50's to the 80's. Featuring well known artists such as The Four Tops, Sam Cooke, & The Eagles. Bring your dancing shoes or sit back and relax! A set that helps to combine some upbeat sing-alongs with some mellow easy listening. A song catalog for all to enjoy!

Legal Presentation: Probate in a Nutshell, and Why You May (or May Not) Want to Avoid it! May 21, 11:00 am: This presentation will discuss the nuts and bolts of the probate process: time frame for administration, options and steps in the process from opening to close, and hiccups that can occur throughout. We will also discuss scenarios in which probate is best avoided, and others in which it could be beneficial.

Memorial Day Remembrance, Wednesday, May 21, 11:30 am: Join Marge Labeledz, President of the VFW Auxiliary, for a program honoring our Veterans, including a candlelight Remembrance Ceremony and poetry readings. Our guest speaker is State Representative, Michael Day. Barbara Brown will play the piano. Everyone is welcome. We especially hope our Veterans will join us for this celebration.

Virtual: Wilson's Science and Technology Forum, Friday, May 23, 10:30 am: Wilson Forum Historian Vincent Dixon will speak on *A History of Technology*. This meeting will be broadcast from The Charles River Museum of Industry and Innovation, Waltham, MA.

Friendly Feud, Wednesday, May 28, 11:00 am: Looking for a great time with friends? Modeled after the popular TV game show, Friendly Feud will surely entertain - whether joining team Red or Blue, or cheering on your friends! Attend this exciting game show presented by Assisting Hands Home Care to test your knowledge of pop culture and trivia! Don't miss this opportunity - guaranteed smiles and laughter!

Sociological Book Club, Thursday, May 29, 11:00 am, "Orphan Master's Son": This 2013 Pulitzer Prize winning novel by Adam Johnson was lauded by everyone. Publisher Random House states "An epic novel and a thrilling literary discovery, *The Orphan Master's Son* follows a young man's journey through the icy waters, dark tunnels, and eerie spy chambers of the world's most mysterious dictatorship, North Korea."

Jenks Symposium

Friday, May 2

9:00 am - 12:30 pm

Sponsored jointly by the Winchester Council on Aging and the Winchester Seniors Association.

The topic of this year's event is "Artificial Intelligence: What is it and How Can it Foster Healthy Aging and Independence".

This timely and stimulating discussion consists of an extraordinary panel of distinguished speakers who will address the meaningful and important realities of AI enabling older adults to live longer and more independently through significant advances of this technology.

Panelists include publisher, author and octogenarian **Henry Quinlan** who will provide a general overview of AI and its practical uses to help older adults age in place. He will also address possible negative consequences of artificial intelligence.

Dr. Mayam Fakhri Hosseini of the MIT Age Lab will highlight changing demographic trends and why AI is now becoming increasingly relevant in assisting older adults as well as MIT's mission of promoting 100 years of quality living. She will also provide a case study of her research on the feasibility of social robots for older adults. Her presentation will include emerging AI technologies and relevant concerns around these technologies and research findings on smart home integration based on interview data.

Dr. Vijaya Kolachalama of Boston University will share his cutting-edge research utilizing AI for early and accurate detection of dementia as a recourse to the current diagnostic methods such as neuroimaging, lab tests and cognitive assessments that can be costly and unreliable causing major delays in care. In addition, Dr. Kolachalama will articulate AI's role in expanding access to care, most notably in underserved areas and the potential of AI-powered tools for differential diagnosis.

Note that this event is a major fundraising event for the Jenks with vendors of many different programs and services geared towards older adults. The program will be limited to no more than 225 patrons and includes lunch.

Registration required!

EVENING EVENTS

SPONSORED BY CUMMINGS FOUNDATION GRANT

The Dark Side of Light Pollution with Kelly Beatty, Tuesday, May 6, 7:00 pm: Come learn how you can safely light up your home, business, and community without wasting energy, disturbing your neighbors, or creating an unhealthy environment for humans and wildlife. Kelly Beatty has been explaining the science and wonder of astronomy to the public since 1974, when he joined the staff of *Sky & Telescope*.

Virtual: The American West with Jane Blair, Tuesday, May 13, 7:00 pm: Join ArtMatters for a look at a very brief but special time in our nation's history through the eyes of artists who tried to capture the flavor of a lost era and preserve it for us. Register to receive your Zoom link.

Menotomy Bird Club Photo Night, Tuesday, May 20, 6:45 pm: This event will showcase breathtaking photography and captivating stories with stunning images of local birds & wildlife, highlights from exotic travel destinations, and spectacular nature and scenic photography. This presentation is always a season highlight, and this year promises to be just as spectacular!

Navy Blue and Khaki Brown: Women's Military Uniforms of WWII with Mel Bloom Founder and CEO of 3-5-0 Girls, Tuesday, May 27, 6:00 pm: Mel Bloom is an Air Force veteran and highly rated educational speaker with 3+ years of experience in public history with a focus on women's topics. She has a B.S. in Architectural, an M.Arch, and a M.S. in Historic Preservation. She launched 3-5-0 Girls in 2022 to tell the stories of women who served. This special event will showcase several uniforms of the women who served in the Marine Corps, Navy, Army, and Coast Guard followed by a lecture about the different uniforms, who wore them, and why it mattered.

SATURDAY EVENTS

SPONSORED BY WINCHESTER MOUNT VERNON HOUSE GRANT

Step Aerobics with Gail LaRocca, 8:30 am: Starts May 3. 4 classes. Cost: \$24.00. No class on May 17.

Mindfulness Basics and Practice with Neil Motenko: 10:00 am: Starts May 3. 3 classes. Cost: \$12.00, includes credit for class canceled on April 5. No class on April 26.

Cribbage, May 3, 10, 24 & 31, 11:30 pm - 2:30 pm

Yarnies, 1st and 3rd Saturdays, 10:00 am—12:00 pm: Yarnies is an informal group where you can work on your latest knitting or crocheting project, chat with fellow crafters, and gather ideas.

Ukulele with Shukong, May 3 & 31, 12:15 pm: Bring your ukulele or check one out from your library with your library card and join us every alternate Saturdays. Register for more information.

Marvento Duo performance "Influential Women" with Weronika Balewski, Flutist with Elizabeth Basconi, Pianist, Saturday, May 3, 3:00 pm: The program introduces legendary teacher Nadia Boulanger through her *Three Pieces for Cello and Piano* transcribed for flute and piano.

Tri Music Society Concert, May 10, 11:00 am: Tri-M is a nationally recognized music honors society for students that focuses on community outreach. Come listen to students from Winchester High School perform a variety of works originating from various time periods and nations, showcasing a diverse range of instrumental and vocal repertoire.

Flower Arranging with Diane Davies, May 10, 12:00 pm: Join us for a floral workshop just in time for Mothers Day. Led by Diane Davies, you will design a trio of bud vases inspired by vintage perfume bottles. No experience necessary—all you need is inspiration! Limited Registration. Cost: \$6

Saturday Bridge with Bob Gadet, May 10, 1:00pm: Cost \$ 15 per person, you will pay-at-the-door. Register for more information.

Music of Andrew Lloyd Webber and Treasury of Folk Songs with the Jenks Chorus, May 31, 1:00 pm: Come listen to some famous melodies and sing along with the Jenks Chorus.

WELLNESS

Staying STEADI As You Age Balance Class, Mondays, 11:30 am OR Thursdays, 10:30 am: Using the CDC STEADI Initiative, Dr. Katie Wadland, Board Certified Geriatric Clinical Specialist, and her associates, will lead this balance class designed to make participants fall-prepared! You are limited to choosing either Thursdays or Friday. Registration is required monthly. **Please Note:** No class on Thursday, May 15 due to the ENKA Fair.

Meet up with Blue, therapy dog! Thursday, May 1, 10:30 am-11:30 am: Stop by to meet Blue, Golden Retriever therapy dog, and his owner, Anne Hollesen.

Manicures by Kristin, Tuesday, May 6 & Tuesday, May 20, by appointment, 9:00 am - 12:00 pm: The cost is \$8.00 per manicure. Please call to schedule your appointment.

Navigating Vision Changes/Loss, May 7, 10:00 am: Please join us as we discuss Navigating Vision Changes/loss. Presented by Bob McGillivray from The Carroll Center. Brought to us by Laurie Gaines, ABC Home Care. In honor of Healthy Vision month.

HYBRID: Caregivers Support Group, May 8 (regular meeting) & May 22 (Special Guest Speaker, Richard Rogers Heart Meals) – Join us for Meal Planning Nutrition Tips for Busy Caregivers, 11:00 am - 12:15 pm: A place where caregivers can learn from and share with other participants who are caring for elderly family members. You must register to obtain your zoom link or attend in person. Contact Suzanne Norton for more information.

Benefits Check Up, May 9, 2:00 pm, By appointment only: Connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more. See what's available in your area. Meet individually with Social Worker to see what benefits you may be eligible for or get assistance with your existing benefits. Call 781-721-7136 x 15 or email snorton@winchester.us

Nutrition with Jessy, Monday, May 19, 2:00 pm-3:00 pm: Join Jessy McNeil, Registered Dietician, as she discusses “Food and Mood”, what is the connection? Learn which foods optimize brain function which in turn help with our mood and cognition. Feature item: Kefir.

Blood Pressure Clinic, Tuesday, May 20, 10:00 am-12:00 pm: The Jenks nurse will be offering blood pressure checks at the center and an appointment time is necessary. Please register for a time slot 781-721-7136.

Reiki Infused Meditation, Master Reiki Teacher Deb Strafuss, Wednesday, May 21, 10:00 am: Guided meditations to help you to activate your body's natural ability to receive healing energy. You will be guided through an awareness of your body and your energy body, identifying areas that may require healing. You will then be invited to set the intent to receive the Reiki healing.

Podiatry Clinic, Friday, May 23, 8:00 am-3:30 pm by appointments only: Dr. Seligman is a Board-Certified Podiatrist. A \$40.00 fee payable in check or cash.

Nourish Program, Tuesday, May 27, 10:30 am-11:30 am: Come and enjoy the relaxing and unique sound of the hand pan. Learn what the hand pan is, its origins, and mystical sounds as Gabe Cabral plays this one-of-a-kind instrument. (Nourish is a group that meets monthly to promote brain health, encourage socialization, and stimulate the five senses through music, crafts, and fun activities.) ALL levels of cognitive abilities are welcome as we focus on nourishing our mind, body, and soul.

Solo Ager Network, Drive Safer, Drive Longer, Wednesday May 28, 1:30 pm: Join Amanda Holt and Renee D'Antuono, Occupational Therapists and Driving Rehabilitation Specialists at DriveRX, for expert insights on maintaining safe driving skills for older adults. Learn how to recognize and adapt to changing abilities, extend your time behind the wheel, and explore alternative transportation options to stay active and independent in your community when it's no longer safe to drive.

Nia-Moving to Heal, Wednesday, May 28, 1:00 pm-2:00 pm: Roseanne Russell will lead her popular “Nia-Moving to Heal” class last Wednesdays of every month. Nia (Neuromuscular Integrative Action) technique is a gentle, seated, dance/fitness class that uses movement to feel better in body, mind, emotions, and spirit.

EXERCISE



VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am: Starts Friday, May 2. Instructor: Hilary Celentano. 11 classes. Cost: \$48.00, includes 3 class credit from canceled classes. No class on May 14 & 26.

FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am: Starts Monday, May 5. Instructor: Hilary Celentano. 6 classes. No class on May 14 & 26. Please check website or call Jenks for cost for May. *There are 2 sessions of in person FABBS. One at 9:00 am, another at 10:00 am.*

HYBRID: 3 in 1 – ‘Aerobics, Muscle, Stretch’, Mondays & Wednesdays, 4:30 pm: Starts Monday, May 5. Instructor: Gail LaRocca. 6 classes. Cost: \$36.00. No class on May 14 & 26. *Option to sign up for only Mondays or Wednesdays.*

IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am: Starts Thursday May 1. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 9 classes. Cost: \$42.00, includes 2 class credit from canceled classes.

Cardio/Muscle Pump, Tuesdays & Thursdays, 8:30 am: Starts Thursday, May 1. Join instructor Alison Clancy for cardio and weight combo class to improve cardiovascular health and muscle strength. 8 classes. Cost: \$48.00. No class on May 15. *Option to sign up for only Tuesdays or Thursdays.*



Gentle Yoga, Tuesdays, 9:45 am: Starts May 6. Instructor: Ruth Lieberherr. 4 (90 minute) classes. Cost: \$36.00.

Tai Chi Beginner Class, Tuesdays, 4:30 pm: Starts May 6. Instructor: Hilary Celentano. 3 classes. Cost \$12.00 includes credit from canceled class. No class on May 13.

HYBRID: Muscle Conditioning, Thursdays, 3:00 pm: Starts May 8. Instructor: Gail LaRocca. 4 classes. Cost: \$18.00. No class on May 1 & 15.

VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm: Starts May 1. Instructor: Marilyn Arnold. 4 (90 minute) classes. Cost: \$36.00. No class on May 29.

HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm: Starts May 9. Instructor: Gail LaRocca. 4 classes. Cost: \$18.00. No class on May 2 & 16.

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Starts May 3. 4 classes. Cost: \$24.00. No class on May 17.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts May 3. 3 classes. Cost: \$12.00, includes credit from canceled class. No class on May 17 & 24.

To register for the monthly session or for more detailed class descriptions: Visit our website at www.jenkscenter.org or call us at 781-721-7136. Jenks Shuttle Service available, call 781-721-7136 to schedule.

HYBRID classes offer your choice of in person or virtual attendance. If class is VIRTUAL or HYBRID, you will receive a link to be used for every class in session at registration.

8 | PLEASE REGISTER

JENKS MOVIES — FRIDAYS 1PM



AT THE MOVIES!

The Natural May 9

This film follows the quick fall and long rise of a famous baseball player. Roy Hobbs was shot in a hotel room by a crazed fan.

It takes him sixteen years to claw his way back to playing baseball.

Starring: Robert Redford, Robert Duvall, Glen Close and Kim Basinger

Ticket to Paradise May 23

A divorced couple who hates each other and regrets their marriage from 25 years ago. Begrudgingly they team up and work together to sabotage their daughter's spontaneous wedding. They believe their daughter is making the same mistake they made long ago.

Starring: George Clooney and Julia Roberts

It Happened One Night May 30

A rich socialite marries against her father's wishes and the family drama starts. Her father takes her away on his yacht to get her away from her rogue husband. She jumps overboard and finds herself being followed by a reporter.

Starring: Clark Gable and Claudette Colbert

CAREGIVER RESPITE DROP-OFF PROGRAM

**Wednesday, May 7
10:00am—12:00 pm**

This new program will be twice a month. Sign up is REQUIRED at least a week ahead of each session. A brief pre-screening is REQUIRED before attending. There is no fee, and the program is open to Winchester residents and surrounding communities. Space is limited.

Please contact Colleen, Jenks Nurse, at 781-721-7136. Please see following for program description: This non-medical weekly program aims to provide a safe and nurturing environment for adults with various types of impairment such as: Mild Cognitive Impairment (MCI), Alzheimer's Disease, Parkinson's Disease, and other forms of dementia.

The Winchester Council on Aging strives to support caregivers by allowing a brief respite to attend an appointment, do errands, or attend to other needs that can be difficult as role of caregiver. All the while, your loved one will be in a safe, supervised, and stimulating environment. Different activities will be offered like chair exercise, music, storytelling, and games. A light lunch will be served.

Criteria for Participants in the Program:

- ♦ Age 60 years and older
- ♦ Continent of bathroom needs,
- ♦ Ability to feed themselves
- ♦ Not verbally or physically abusive,
- ♦ Able to be re-directed if prone to wandering

Best suited for individuals who are ambulatory (may use a cane, walker, or wheelchair).

9 | PLEASE CALL 781-721-7136 X17 FOR RESERVATION

JENKS SHUTTLE SERVICE



Free round-trip, door to door shuttle service to and from local shopping centers and other venues provided by the Jenks Center. Transportation to the Jenks, for shuttle trips, is available to Winchester residents only. Non-residents may meet at the Jenks to go on shuttle trips. Please inquire when registering.

***Patrons must be able to navigate all shuttle trips independently, without assistance. Expect destinations to have uneven terrain.**

Transportation Reservation Hours are Monday thru Thursday 9am – 4pm.

Occupancy limited to 12 people unless noted otherwise.

Walmart, N. Reading – Tuesday, May 6. Also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am. Approx. 1 ½ hours for shopping.

Lunch Tour of Sunrise Senior Living at Burlington- Wednesday, May 7. A premier senior living community offering individualized lifestyle programs and events, as well as local excursions. They offer assisted living, memory care, short-term stays, and so much more. Please arrive by 12:15pm for a 12:30pm departure from the Jenks Center.

Encore Casino, Everett – Tuesday, May 13. Round trip transportation to Encore, shuttle leaves the Jenks Center at 9:30am and picks up for the return trip at 1:30pm. You must be completely independent or provide your own attendant for this trip.

Meadow Glen Mall, Medford- Tuesday, May 20. Wegmans, Kohls, Marshalls, Verizon, and more. Pick up begins at 9:30am. Approx 1 ½ hours of shopping.

Merrimack Outlets- Wednesday, May 21. Shop the outlets in tax free New Hampshire. We will leave the Jenks Center at 9:30am and leave the outlets for the return trip at 1:30pm.

Wilson Farm, Lexington- Wednesday, May 28. Upscale market for farm-fresh produce, homemade baked goods & prepared foods, plus meat & seafood.

Shuttle Service to the Jenks for Winchester Residents- available for FABBS exercise Monday and Wednesdays. There is also limited availability for transportation via the shuttle for other programs, call for more information.

Round-trip door to door shuttle service for grocery shopping on Mondays and Thursdays

Take the Jenks shuttle to **Market Basket and HMart in Burlington on Mondays** or **Market Basket Plaza in Woburn on Thursday** mornings. Participants must be able to independently navigate their own trip. Shoppers are limited to 5 bags please. Pick up begins at 9:30 am. Approx. 1 1/2 hours of shopping time.

*The Jenks Center will be closed for Memorial Day, May 26. Market Basket/ HMart will be on Tuesday, May 27.

Call our Transportation Coordinator at least two business days in advance to reserve your spot, 781-721-7136 X 17

WITH VOLUNTEER DRIVERS

Travel anywhere in Winchester, Monday—Friday from 9am – 4pm for medical, dental, grocery shopping, and banking.

Adjacent towns for medical appointments and food pantry only.

This service is curb to curb. Please call a week in advance to schedule.

All Ride requests must be received Monday thru Thursday 9am – 4pm, cancellations only on Friday.

Please Note: Patrons must be able to independently navigate their trip without assistance.

10 | PLEASE CALL THE CENTER FOR RESERVATION

JENKS MEDICAL TRANSPORTATION

The Jenks Center cannot provide emergency or urgent medical transportation at any time.

Local medical transportation may also be provided by the Jenks Medical van with limited availability.

The Jenks does not provide transportation for medical procedures requiring a discharge escort.

Wheelchair accessible. **Call at least one week in advance to schedule 781-721-7136 X 17**

ADDITIONAL MEDICAL TRANSPORTATION

Transportation to medical appointments in the Greater Boston area is provided by SCM Door to Door.

Monday through Friday 9am start – 4pm return. Wheelchair accessible. Subject to provider availability.

Call 781-721-7136 X17, at least one week in advance to schedule.

TAXI VOUCHERS

In partnership with Woburn Checker Cab, taxi vouchers are available to Winchester seniors to purchase at a reduced rate of \$5 each.

The vouchers are valid for use within Winchester and abutting towns only (Arlington, Lexington, Medford, Stoneham and Woburn).

Rides within Winchester cost one voucher each way (2 per trip). Rides to abutting towns cost two vouchers each way (4 per trip). In person sales on Tuesdays 10am - 1pm. Mail order available. The maximum monthly allowance is ten vouchers.

JENKS MEDICAL EQUIPMENT LOAN PROGRAM

The community donates their gently used (sometimes new) durable medical equipment like walkers, canes, shower seats, and more. We in turn loan it out, free of charge.

Please read the following conditions for borrowing items:

- Please call before donating items as space is limited.
- Return the equipment promptly when no longer needed.
- Do not donate or return broken or malfunctioning equipment
- Return all items in clean condition.

New policy regarding wheelchair loans: If you need to borrow a wheelchair, a \$25.00 refundable deposit via personal check is now required (No cash please). This will be returned upon the wheelchair being brought back to the Jenks with the footrests. Due to high demand, please return the wheelchair as soon as you are able and please return with the footrests.

SHINE INFORMATION

Medicare beneficiaries can securely store medications lists, preferred pharmacies, benefit summaries and access the current Medicare and You Handbook plus more, by creating a **My Medicare Account** in just three steps by visiting:

What is My Medicare Account? The My Medicare account is perfect for retrieving medication lists and making changes to medications.

To get started you will need:

- Your Medicare ID
- Visit - <https://www.medicare.gov/account/create-account>
- Create a username and password and
- Save your password in a handy, secure place

If you would like help in setting up an account, you can make an appointment with your SHINE counselor, who will walk you through the process.

SHINE is a service of Minuteman Senior Services funded in part by Executive Office of Elder Affairs and available by appointment at the senior center.

JENKS CENTER & BEST OF TIMES TRAVEL PROUDLY PRESENT

Lake Winnepesaukee Cruise & Castle in the Clouds Day Trip

Thursday, July 24, 2025

Price: \$200

Experience the majesty of Lake Winnepesaukee during a narrated scenic tour aboard the historic M/S Mount Washington. Learn about the history of the region and local folklore, surrounded by some of the most beautiful scenery in New England, on this fabulous two and a half hour tour. Enjoy a terrific buffet lunch prepared by the cruise chef as we sail around the lake.

After lunch visit Castle in the Clouds and enjoy a truly breathtaking views from this spectacular turn-of-the-century sixteen-room Arts & Crafts mansion perched on a pristine 5500-acre mountaintop estate overlooking Lake Winnepesaukee.

New Hampshire Fall Foliage Splendor

Thursday, September 25, 2025

Price: \$165

Visit to Granite State Candy Shoppe, a favorite stop for politicians and celebrities alike. Luncheon at the Common Man Restaurant, a place that offers the old New England charm and a Visit to Meadow Ledge Farm in Loudon, NH.

Register for the trips on the Jenks Website. Stop by to pick up a flyer.

SUPPORTING AGING PARENTS

Tuesday, May 6, 7pm Griffin Museum 67 Shore Road, Winchester: The Winchester Council on Aging/Jenks Center is pleased to partner with Parent to Parent to sponsor this workshop with renowned local expert, Liz O'Donnell, author of the nationally recognized wellness book "Working Daughter: A Guide to Caring for Your Aging Parents While Making a Living". During this in-person program, Liz will address the growing Sandwich Generation. You will learn to: balance responsibilities and commitments while maintaining your sanity; start conversations with aging parents around safety, driving and downsizing; manage sibling relationships regarding your parent's care; and navigate the challenges with resilience and self-compassion. Presented in partnership with Parent to Parent, Winchester Council on Aging and The Jenks. This program is free and open to the public.

SAVE THE DATE! JENKS JOB FAIR

Friday, June 13, 8:30—10:00 am: The Winchester Chamber of Commerce and the Jenks Center are pleased to announce their third annual Employment Fair.

Last year, this successful initiative brought in 49 older adults who met with 11 employers in the Winchester region. The Employment Fair was developed to address the economic security needs of Winchester's older adults and the needs of regional Winchester retail businesses and offices who are seeking capable and reliable workers.

Join us for a continental breakfast to meet with prospective local employers to discuss employment opportunities.

Registration Required.

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- ✓ Assisted Living
- ✓ Memory Care

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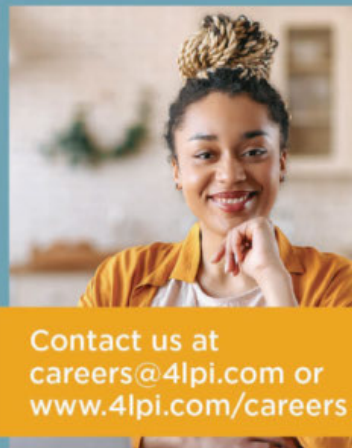
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Monday, May 26th in observance of Memorial Day

