



THE JENKS
A Center. A Community.



NOVEMBER 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 | JENKS STAFF

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ANNE HOFFMAN - TREASURER
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COORDINATOR
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LPI NEWSLETTER PRINTER



AVAILABLE NOW!
PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

YOUR AD HERE

Joe Dapper
(351) 214-9557 x 9557

Joe Dapper from LPI, our newsletter printer, will be securing new ads for our center in the coming weeks.

If you are a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.

The Jenks Newsletter is mailed to more than a thousand patrons every month. This source will be a great way to market your services.

If interested, please contact Joe Dapper @

351-214-9557 x 9557

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
10:00am - 12:00pm	Tech Help: Phone, Tablet & PC/laptop
10:45am - 11:45pm	Conversational French
1:00pm - 3:00pm	Canasta
1:00pm—2:00pm	Poetry (Hybrid - 2nd Wednesdays)

2:00pm– 3:30pm	Beginners Ping Pong
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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

Coffee Hour: Mon. - Fri, 9:00 am - 3:30pm
Sat. 9:30 am - 1:30 pm.

Computer Room: Hours Posted

DAY EVENTS

Computer Lab: Please note the computer lab will be by posted times only. This space will be utilized for SHINE appointments on Monday, Wednesday and Thursday afternoons.

Basic Mandarin Conversation, Thursdays, 10:45 am: Who says that you cannot learn a language later in life. Join fellow Jenks patrons to learn basic Mandarin taught by our ambassador, Michelle Zhang. It is a great opportunity to broaden your horizons.

Meet up Monday Lunches, November 3, 10, 17 & 24, 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.

Friendly Feud, Thursday, November 6, 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 brain with some trivia! Don't miss this opportunity - guaranteed smiles and laughter! Prizes for all!

Biblical Books That Didn't Make the Cut with Nate Ramsayer, Friday, November 7, 11:00 am: A discussion of canonization, along with a quick survey of which other religious texts were popular in ancient Israel, but were left out of the Old Testament canon, known as "apocryphal" texts; we will also summarize the timeline of ancient Israel and how scripture was created and copied over the centuries, creating the Bible we know today. *Sponsored by the donations received from Jenks Patrons.*

Bingo, Wednesday, November 12, 2:00 pm: Come join us for a good old-fashioned game of Bingo, a game that can be competitive in a fun way. All you need is a dash of luck, knowing that skill has very little to do with the outcome.

Virtual: Wilson's Science & Technology Forum, Friday, November 14, 10:30 am: Wilson Forum Historian Vincent Dixon will speak about *The Land Grant Institutions*. These universities receive benefits from the Morrill Acts and form a national network focused on research and public service, both of which are under stress in today's United States. Register to receive the zoom link.

History of Feminism with John Clark, Friday, November 14, 11:00 am: This presentation is a hundred year history (1870-1970) of the music that played a vital part in American women's struggles for equal status and equal rights. You'll hear songs by Sophie Tucker, Joan Baez, Mimi Fariña, Aretha Franklin and more. *Sponsored by the John and Mary Murphy Foundation.*

4 | REGISTRATION REQUIRED FOR ALL EVENTS

DAY EVENTS (CONTINUED)

Friendsgiving Lunch, Friday, November 14, 12:30

pm: Join us for our second annual “Friendsgiving” luncheon to foster intracultural appreciation of our heritage of all our patrons and backgrounds. Mandarin speaking ambassador, Michelle Zhang along with Jim Norgaard who facilitates conversational English for beginners will serve as hosts. What better way to celebrate Thanksgiving and family traditions other than with food and sharing stories. Each participant at each table will be expected to share a personal story of Thanksgiving memory as well as why you give thanks. Limited to 60 patrons, registration required for admittance.

A Celebration of America with Matt York, Tuesday, November 18, 11:00 am:

This music program will showcase a variety of American musical styles and themes, including patriotic songs, gospel music, and tributes to veterans. *Sponsored by the John and Mary Murphy Foundation.*

Caregiving During the Holidays: 10 Tips, Tricks and Helpful Products to Improve Safety at Home for your Loved One. Tuesday, November 18, 5:00

pm – 6:00 pm: In this informative and engaging presentation, Dr. Katie Wadland, PT, DPT, Board-Certified Geriatric Clinical Specialist and owner of Healthy Aging Physical Therapy, shares her top tips and tricks - along with some excellent holiday gift ideas - that support aging in place. From assistive technology to smart lighting to other clever devices, Katie offers practical, budget-friendly solutions that can significantly enhance safety, comfort, and independence at home. This talk is ideal for partners, caregivers and anyone supporting older adults, especially during the busy holiday season. This program is offered through generous funding of *Winchester Mount Vernon House* for caregiver support resources.

Sociological Book Club, Thursday, November 20,

11:00 am: Join Tony Corsentino of Winchester Public Library to discuss this month’s book selection -- “One Day, Everyone will Have Always Been Against This” by Omar El Akkad, an Egyptian American journalist. This work of nonfiction combines elements of political commentary, cultural criticism and personal memories examining responses of the Western hemisphere to the 2023 Gaza conflict alongside broader patterns of violence and moral disengagement.

— HONORING — VETERANS DAY

Wednesday, November 5, 11:30 am

Join us and show appreciation to members of our military, past and present. **Marge Labedz**, President of the Winchester VFW Auxiliary will present a program honoring our Veterans.

There will be a Candlelight Remembrance Ceremony and poems with speaker Senator Jason Lewis.

Everyone is invited and we especially hope our Veterans will come.

Refreshments will be served.



A Chance to Win a terrific Thanksgiving Raffle Basket!

“Wine, \$50 Wilson’s Farm Gift Card & \$50 Stop & Shop Gift Card”

Raffle Tickets will be available from

November 3rd - 18th from 9 am - 3pm

**Winner will be announced November 19th
@
\$5 per ticket**

EVENING EVENTS

SPONSORED BY CUMMINGS FOUNDATION GRANT

An Exploration of Bird Photography with Ilija Dukovski, Tuesday, November 4, 6:30 pm to 8:00 pm: During this presentation we will cover the basics from ethics of bird photography to making sharp portraits of birds. We'll examine editing and enhancing, to showing your work to an audience. Ilija Dukovski has been a passionate birder since the age of seven and discovered his love for bird photography during a life-changing trip to Costa Rica. Since then, he has photographed birds across the United States and in some of the world's most remarkable habitats. You can explore his work at ilijadukovski.com. Please note that this presentation is an hour and a half. Sponsored in part by the *Menotomy Bird Club*.

Armchair Travel to Panama with Jeff Klapes, Tuesday, November 18, 7:00 pm: Join Jeff Klapes, the Traveling Librarian, for his newest armchair travel presentation. This series highlights his travel to Panama City, the capital of Panama, a vibrant seaside metropolis blending modern skyscrapers with historic neighborhoods. It's a gateway to the famous Panama Canal, a world-famous engineering marvel. Jeff is the retired Head of Reference Services at the Lucius Beebe Memorial Library in Wakefield, Massachusetts, and an avid traveler and photographer.

The Thanksgiving Farmers Market, Saturday, November 22: The Thanksgiving Farmers Market will be held at the Jenks Center! Be sure to stop by for fresh produce and all types of gifts for the holiday season. This year the market will feature Artists who will display and sell their works.

The Unsung Heroine Behind the New Deal (Part II) with Lady J, Tuesday, November 25, 7:00 pm: Join Lady J, for part II of her one woman show, as Frances Perkins. Frances shares the trials, trip-ups and triumphs, that characterize her time as the country's first female cabinet secretary (Secretary of Labor) and beyond to the final years of her life. Attendance at part I is not necessary to enjoy part II. Lady J has performed at the Massachusetts State House, John F. Kennedy Presidential Library & Museum, and Longfellow's Wayside Inn.

SATURDAY EVENTS

SPONSORED BY WINCHESTER MOUNT VERNON HOUSE GRANT

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Starts November 1. 4 classes. Cost: \$28.00. No class on November 29.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts November 1. 3 classes. Cost: \$21.00. No class on November 22 & 29.

Cribbage, November 1, 8, 15 & 22, 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.

Beginners Painting Class with Claire Jiang, November 1, 8, 15 & 22, 9:30 am—11:00am: Join us every Saturday morning to learn the fundamental painting techniques that form the essential building blocks for creating any painting. Claire will walk you through the painting process step-by-step. Supplies will be provided. This class will allow everyone to develop their painting abilities at their own pace. Limited seating, please sign up on the Jenks website.

Stretch & Move Workshop with Stretch Med, November 8, 11:00 am: This workshop will be designed with seniors in mind. Certified stretch therapist will lead you through safe, easy-to-flow stretches that you can continue doing at home. All stretches are designed to be done sitting in a chair or maybe standing. Come learn these gentle, guided stretches to keep you active, flexible and pain free.

Saturday Bridge with Bob Gaudet, November 8, 1:00 pm: Cost \$15 per person, you will pay-at-the-door. Register for more information.

Concert with the Jenks Chorus, November 15, 1:00 pm: The Jenks Chorus will perform songs from the famous long-running musical *Les Miserables*. Light refreshments will be served.

WELLNESS

The first Thursday of each month, 10:30 am -11:30 am stop by the Jenks Center to meet Hobbes, our new therapy dog.

Staying STEADI As You Age Balance Class, *Mondays, 1:00 pm -2:00 pm OR Thursdays, 10:30 am-11:30 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 Monday or Thursday.

Blood Pressure Clinic, Thursday, November 13, 10:00 am-12:00 pm: The Jenks nurse will offer blood pressure checks at the Jenks. Please call to register for a time slot.

Educational Talk from Olivia Cicalis community liaison at Encompass Rehab of New England, Wednesday, November 12, 2:00 pm: Join Olivia Cicalis PT, DPT Rehab Liaison for a presentation on managing the progressive condition of Parkinson's disease, as well as neurological rehabilitation programs available to help you rebuild strength, restore function and regain independence.

Caregivers Support Group, November 13, 11:00 am -12:15 pm: Educational guest speaker Mark Drumney from Staar Fall Detection will join us with a demonstration and overview of the new touch free technology to detect falls at home. Contact Suzanne Norton, Group Facilitator & Jenks Social worker for more information.

Empowering Your Health-Diabetes Care in Focus, Friday, November 14, 10:00 am-11:00 am: Join "Silky" Kaur, Pharm.D, RPh, MBA, Clinical Pharmacist from Dinno Health Pharmacies for practical insights and take-home strategies to help you or your loved ones take charge of diabetes care with confidence.

Reiki Healing Circle, November 19, 10:00 am – 11:00 am: Led by Master Reiki Teacher Deb Strafuss. this guided meditations will help 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.

Skin Integrity Health: Taking care of and common issues with the skin: Thursday, November 20th at 11:00 am- 12:00 pm: Join Bianca Jones, nurse with Always Best Care, for a discussion on skin integrity health. She will cover the key signs to watch for, how to manage concerns, and practical steps you can take to help prevent skin issues. This talk is especially important for anyone with neuropathy, diabetes, or other conditions that may slow wound healing.

Podiatry Clinic, Friday, November 21, 8:00 am-3:30 pm: Dr. Seligman is a Board-Certified Podiatrist. There is a \$40.00 fee payable in check or cash, please. Appointments ARE necessary. Please call Jenks front desk at 781-721-7136 to reserve your appointment.

Nutrition with Jessy, Monday, November 24, 2:00 pm-3:00 pm: Longevity - what is the secret to living long and living well. We will discuss the details of the "Blue Zone" lifestyle and how to create your own Blue Zone at home.

Nourish'ing the Mind Body and Soul, November 25, 10:30 am: Come join Shayla McDermott, Certified Licensed MT, Winchester School of Music as she leads a group music therapy session. NOURISH'ing Your Mind, Body, and Soul is a program that meets monthly to promote brain health, encourage socialization, and stimulate the five senses through music, crafts, and fun activities. Those with impaired cognition are welcome and strongly encouraged to attend as we focus on cognitive stimulation to support memory.

Benefits Check Up Reminder: Benefits Check Up may be able to connect older adults and people with disabilities with benefits programs that support a healthy lifestyle. Contact Jenks Center social worker to schedule an appointment.

Nia-Moving to Heal, is now twice a month! The second Friday, 11am-12pm and the last Wednesday, 1:00 pm-2:00 pm: PLEASE NOTE THAT THE WEDNESDAY CLASSES FOR NOVEMBER WILL BE NOV. 5, 12, and 19 ONLY! Roseanne Russell will lead her popular "Nia-Moving to Heal" class 2 times a month here at the Jenks! Nia stands for Neuromuscular Integrative Action. The Nia technique is a gentle, seated, dance/fitness class that uses movement to feel better in body, mind, emotions, and spirit.

Manicures by Kristin, November 4 & 18, 9:00 am -12:00 pm: The cost is **\$8.00 per manicure**. Call the Jenks Center for a list of available appointments. Call the Jenks to schedule your appointment!

EXERCISE



VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am: Starts Monday, November 3. Instructor: Hilary Celentano. 11 classes. Cost: \$77.00. No class on Friday, November 28.

FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am: Starts Monday, November 3. Instructor: Hilary Celentano. 6 classes. Cost: \$42.00. No class on November 10 & 12. *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, November 3. Instructor: Gail LaRocca. 7 classes. Cost: \$49.00. No class on Wednesday, November 26. *Option to sign up for only Mondays or Wednesdays.*

IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am: Starts Tuesday, November 4. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 6 classes. Cost: \$42.00. No class on November 11 & 27.

Cardio/Muscle Pump, Tuesdays & Fridays, 8:30 am: Starts Tuesday, November 4. Join our cardio and weight combo class to improve cardiovascular health and muscle strength. *Option to choose how many and which days would like to participate.* Instructors: Alison Clancy & Judy Whitney. No class on November 11, 27 & 28.

Gentle Yoga, Tuesdays, 9:45 am: Starts November 18. Instructor: Ruth Lieberherr. 2 (90 minute) classes. Cost: \$21.00. No class on November 4 & 11.

HYBRID: Aerobics, Tuesdays, 3:10 pm: Starts Tuesday, November 4. Instructor: Judy Whitney. 3 classes. Cost: \$21.00. No class on November 11.

Tai Chi Beginner Class, Tuesdays, 4:30 pm: Starts November 4. Instructor: Hilary Celentano. 3 classes. Cost: \$21.00. No class on November 11.

HYBRID: Muscle Conditioning, Thursdays, 3:00 pm: Starts November 6. Instructor: Gail LaRocca. 3 classes. Cost: \$21.00. No class on November 27.

VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm: Starts November 6. Instructor: Marilyn Arnold. 3 (90 minute) classes. Cost: \$31.50. No class on November 27.

HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm: Starts November 7. Instructor: Gail LaRocca. 3 classes. Cost: \$21.00. No class on November 28.

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Starts November 1. 4 classes. Cost: \$28.00. No class on November 29.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts November 1. 3 classes. Cost: \$21.00. No class on November 22 & 29.

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.

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



Rambling Rose, November 7

An attractive woman is hired by a southern family to take care of the children. Rose, the caretaker, is offered love and protection but starts to have feelings for the father of the children. Staring: Laura Dern, Diane Ladd and Robert Duvall

Searching for Bobby Fischer, November 14

After a 7-year-old beats his father in chess, he gets noticed for his talent. He becomes a young chess prodigy and has to navigate the competitive world of chess. Starring: Joe Mantegna, Max Pomeranc and Joan Allen

Yankee Doodle Dandy, November 21

This is a musical drama film about George M. Cohen, known as the “Man Who Owned Broadway”. It is told in flashbacks as he reminisces about his life. Starring: James Cagney

CAREGIVER RESPITE DROP-OFF PROGRAM WEDNESDAY, NOVEMBER 19 10 AM—12 PM

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. Program description: This non-medical monthly 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.

A caregiver’s support group is also available during this time with Suzanne Norton, Jenks Social Worker. Please contact her for more information, 781-721-7136.

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 781-721-7136 X 17

Walmart, N. Reading – Tuesday, November 4. Also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am. Approx. 1 ½ hours for shopping.

Meadow Glen Mall, Medford- Wednesday, November 5. Wegmans, Kohls, Marshalls, Verizon, and more. Pick up begins at 9:30am. Approx 1 ½ hours of shopping.

Wilson Farm, Lexington- Wednesday, November 12. Wilson Farm has always been a believer that the best-tasting, most sustainable, and nutritious foods are ones that have been grown close to home. For over 135 years, the farm has been committed to producing fresh, local, and affordable produce for our community. Arrive at the Jenks by 9:15am we will leave promptly at 9:30am and return by 12pm.

Lunch Tour of Brightview in Arlington – Tuesday, November 18. Enjoy lunch and a tour of the Brightview Assisted Living facility in Arlington. Arrive at the Jenks at 12:15 pm, the shuttle will leave the Jenks at 12:30pm.

Merrimack Outlets- Wednesday, November 19. Shop the outlets in tax free New Hampshire. We will leave the Jenks Center at 9:30am and leave the outlets, return trip at 1:30pm.

Encore Casino, Everett – Tuesday, November 25. 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.

Transportation Service to the Jenks for Winchester Residents- available for FABBS exercise Mondays and Wednesdays. There is also limited availability for transportation to 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.

No shopping on Thursday, November 27 due to Thanksgiving Day. Shopping will be on Wednesday November 26.

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 for medical, dental, grocery shopping, and banking. Adjacent towns for medical appointments and food pantry only. This service is curb to curb only. Please call one week in advance to schedule.

Rides are available Monday – Friday 9:00 a.m. - 4:00 p.m.

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

Local medical transportation provided by the Jenks Medical van with wheelchair accessibility.

Please call 781-721-7136 X17, at least one week in advance to schedule. **Please Note:** Limited availability.

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.

OLDER DRIVER SAFETY

High Tech, High Risk!

Older Driver Safety in Our Digital World

Thursday, November 6, 1:30 pm

As advanced technology becomes increasingly integrated into modern automobiles, concerns are growing about its impact on driver safety—especially among older adults. While features like adaptive cruise control, lane-keeping assistance, and infotainment systems are designed to enhance safety and convenience, they can also introduce complexity and distraction.

This presentation will look at the importance of understanding automated systems' limitations and will provide an update on ways to address unsafe driving practices in friends and relatives.

Presenters: Michele Ellicks, Community Outreach Coordinator, Massachusetts Registry of Motor Vehicles and Mark Shieldrop, Senior Spokesperson, AAA Northeast

AN INTERGENERATIONAL PEN PAL PROGRAM



Remember the joy of reading a personal letter from a new friend? We invite you to become a Pen Pal with a student from McCall Middle School! We provide all the supplies and are available for technical support.

The Program runs from November to June. Participants write a letter to each other once a month, with optional monthly meeting, second Tuesday of each month.

Contact Suzanne Norton, social worker, to sign up or for more details! 781-721-7136, snorton@winchester.us

REPAIR CAFE

Repair Café at the Jenks Center

Saturday, November 1

9:00 am—12:30 pm

Repair Cafe volunteers will repair all those broken or damaged items, that have been sitting at the back of a closet and bring them back to life. Items of their expertise are the repair of electronics small and large, sharpen knives and garden tools, mend holes in sweaters and tears in pants, glue anything, rewire lamps and rejuvenate a wobbly chair. Our volunteers love a challenge and if you can carry it in, we will do our best to repair it.

Appointments are encouraged, sign up will be available after October 5th through Repair Café website:

www.RepairCafeWin.com

WINCHESTER OLDER ADULT RESIDENT TAX PROGRAM

Tuesday, November 4, 9:30 am

As the new year approaches, learn about programs and strategies to save you money if you are a Winchester property owner. Discussion items include property tax deferral, funding for low-income residents to lessen tax payments, Town's volunteer "work" tax abatement program, elderly statutory tax exemptions and more.

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment: Information Session by SHINE (Serving the Health Information Needs of Everyone).

Medicare Annual Open enrollment is October 15—December 7 and its time to review your Medicare coverage, compare benefits and premiums and make changes based on your current health, medications and finances. Minuteman Senior Services SHINE counselors are here to help you identify the best coverage using the Medicare Planfinder.

SHINE counselors can also provide a public benefits screening which can provide additional healthcare savings.

To learn more join us on Wednesday, November 5, 2:30 pm - 4:00 pm for a special Medicare Open Enrollment workshop and schedule your fall SHINE appointment for one on one, confidential assistance. SHINE is a program of Minuteman Senior Services partially funded by the Executive Office of Aging and Independence. Please call the Jenks Center to make one-on-one appointment.

THE 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 to you, free of charge! * Please read the following conditions for borrowing items...

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

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. The wheelchair **MUST** be returned with the footrests.

Senior Living - Exemplified



- ✓ Independent Living
- ✓ Assisted Living
- ✓ Memory Care

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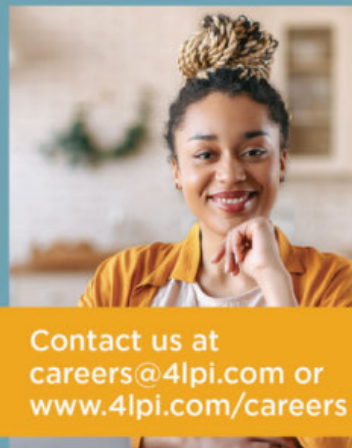
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