



THE JENKS
A Center. A Community.



FEBRUARY



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FEBRUARY 2024 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

WINCHESTER SENIORS ASSOCIATION (WSA)

ROBERT AIN - PRESIDENT
CHRISTINE KOWALCZUK - SENIOR VICE PRESIDENT
ANNE HOFFMAN - TREASURER
MARIA RUTNAM—PROGRAM DIRECTOR
CATHLEEN SCHNELLER - BUSINESS MANAGER
NICK ASARO - FACILITIES MANAGER
HILARY CELENTANO - EVENTS COORDINATOR
TINA BELLOMY - WEEKEND ADMINISTRATOR
LINDA MCCARTHY - WEEKEND ADMINISTRATOR
CHRISTINE LEONARD — WEEKEND ADMINSTRATOR
FRED BENSON - FACILITIES STAFF
ANDREW GILLIS - FACILITIES STAFF
NICK ROMEO - FACILITIES STAFF

WINCHESTER COUNCIL OF AGING

JENNIFER WILSON - CHAIR COA BOARD
PHILLIP BELTZ - DIRECTOR
SUZANNE NORTON - SOCIAL WORKER
COLLEEN WAGES - NURSE
VICKI DROUGAS - ADMINISTRATIVE SECRETARY
PATTI SANTOS - SENIOR CLERK
SUE WHITTEN CLARK - TRANSPORTATION
COORDINATOR
BOB CAREY-DRIVER
DOUG WILKINSON - DRIVER

JENKS PATRON ADVOCATE

BETTY MINASSIAN

THE JENKS CENTER STORY

The Jenks Center opened its doors on April 2, 1978, after many years of steadfast planning and fundraising throughout the community. Mr. and Mrs. James Jenks, Jr. provided a significant contribution that made the Center a reality. Since its opening, there have been two additional renovations making the Center a gold standard among senior centers.

The Winchester Seniors Association Trust owns the building and shepherds capital funding for improvements. The Winchester Seniors Association manages the building and provides cutting-edge programming and events at the Center. Also housed at the Center is the Town's Council on Aging, which provides programs and direct services such as transportation, nurse and social worker.

Founded primarily as a volunteer-based organization, the Jenks still appreciates the thousands of hours provided by over 250 volunteers every year.

WEEKLYS

MONDAYS

1:00pm - 3:00pm Mahjong
2:00pm - 4:00pm Conversational English

TUESDAYS

10:00am - 11:00am Conversational Italian
11:15am - 12:15pm Conversational Spanish
12:30pm - 3:00pm Bridge
1:00pm - 3:00pm Quilting
2:00pm - 4:00pm Conversational English

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

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

FRIDAYS

1:00pm - 3:00pm Mahjong
1:00pm - 3:00pm Instructional Pickleball (Sign up Required)

Monday - Saturday

Coffee Hour & Computer Lab (9am—4pm)
Ping Pong & Pickleball: Open Play Times vary. Please check schedule posted at front desk or call 781-721-7136

SPECIAL DAY EVENTS



Join us at the Jenks for a two day Celebration of Chinese New Year Year of the Dragon!

Thursday, February 1, 9:00 am – 12:00 pm: Enjoy a morning of solo performances, folk dances, chorus and instrumental performances, short plays and costume show. All are welcome!

Thursday, February 8, 9:00 am – 12:00 pm: Enjoy two very special performances that will be both entertaining and educational: Mr. Gao, a traditional Chinese instrumental musician will perform and a well-known Chinese opera face-changing performer will captivate your attention with his jaw-dropping costumes and entertainment. *Sponsored by Massachusetts Executive Office of Elder Affairs.*



Strawberry Shortcake Social

Wednesday, February 14, 1:00 pm – 2:00 pm: Join friends and neighbors to celebrate St. Valentines Day. Who could resist juicy, ripe strawberries atop a sweet biscuit laden with whipped cream! Please register on the website, space is limited. *Generously brought to us by Bear Mountain Health Center.*

4 | REGISTER FOR ALL EVENTS

DAY EVENTS (CONTINUED)

English as a Second Language Class with Instructor Barbara Murphy every Mondays, 9:00 am- 10:30 am: No matter your native tongue, learn English and build your speaking and listening skills with other older adults. This fun and interactive beginners class will slowly build confidence through role plays and group work. *Sponsored by the Cummings Foundation.*

Meet Up Mondays at 12:00 pm: February 5, 12 & 26: Trio Catering will provide a hot meal for up to 50 patrons through Minuteman Senior Services. A \$2 donation is recommended. Registration required and may be limited to 2 lunches per month. The menu will be posted on the website and at the front desk.

BINGO: Wednesday, February 7 & 21, 2:00 pm: Come join us for a good old fashioned game of Bingo, a game that can be competitive in a fun way. Winning prizes will be goodie-bags.

VIRTUAL: Wilson Science & Technology Forum: Friday, February 9, 10:30 am: Professor Angel Sorzano, Universidad Catolica de Valencia - Spain, will speak about his development of *Antimicrobial Face Masks* that are now widely used in Spain and finding their way into other population centers.

HYBRID: Benefit Check Up: Friday, February 9, 2:00 pm – 4:00 pm, by appointment only: Meet individually with the Social Worker to see what benefits you may be eligible for or get assistance with your existing benefits. Learn what benefit programs can help pay for health care, medicine, food utilities, and more. Please call to schedule or email snorton@winchester.us Available in person, by phone, or via zoom.

Men's Discussion Group with Ed Brady: Monday, February 5 & 12, 11:00 am: Join this group, every alternate Monday, to discuss current events and items of mutual interest.

JENKS CENTER: Abolition to Harlem Renaissance with John Clark: Tuesday, February 20, 11:00 am: This travelogue along the road to freedom, begins in the days of the Underground Railroad with the subversive spirituals of the enslaved and the abolitionist protest songs of the Hutchinson Family Singers. The program with John Clark will also highlight the contributions of the Harlem Renaissance, including important musical events and singers. *Sponsored by the John & Mary Murphy Foundation.*

JENKS CENTER: Fraud and Scam Prevention Continental Breakfast: Wednesday, February 21, 9:30 am – 11:00 am: Join Winchester Police Department's Community Resource Officer, Sergeant Mike LaRosa working with the Attorney General's office for a panel discussion about preventing fraud and scams this new year. The information provided will help educate society's vulnerable citizens on how to avoid becoming a victim of fraud and other financial crimes.

JENKS CENTER: Friendly Feud Game Show: Wednesday, February 21, 11:00 am: Looking for a great time with friends? Modeled after the popular TV game show, Friendly Feud will surely entertain. Whether joining in on a team 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! Space is limited.

VIRTUAL: Wilson Science & Technology Forum: Friday, February 23, 10:30 am: Professor Jesus A. Del Alamo, MIT EECS, meets with the Wilson Forum to speak on *Microelectronics: Quo Vadis* in considering the role of university research and the impact of the Chips and Science Act on the future of microchip technology in the US.

JENKS CENTER: Sociological Book Club: Demon Copperhead by Barbara Kingsolver: Thursday, February 29, 11:00 am: Come join a new book club at The Jenks in partnership with The Winchester Public Library that brings a new "slant", applying a sociological and anthropological lens in discussion of books. Set in the mountains of southern Appalachia, this is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit and a fierce talent for survival. Limited to 15 readers. Books provided by Winchester Public Library.

EVENING EVENTS

JENKS CENTER: The Sixties with Debra Block and DGB Productions: Tuesday, February 6, 7:00 pm: Join us as we welcome back Theatre Director and Film Educator, Debra Block. Learn about the 60's! Its diverse trends in music, fashion and student protests. *Sponsored by a generous grant from The Cummings Foundation.*

JENKS CENTER: Hollywood and The Courtroom: The Anatomy of a Trial with Judge Dennis Curran: Tuesday, February 13, 7:00 pm: Join Judge Dennis Curran to explore the power of storytelling and the impact of film on the courtroom. He will use famous movie scenes as examples of excellent lawyering, while focusing on creating a theme for the case, opening statements, preparing a witness for trial, the drama of cross-examination, closing arguments. *Sponsored by a generous grant from The Cummings Foundation.*

JENKS CENTER: Trivia Night with The Menotomy Bird Club and Gino Ellison: Tuesday, February 20, 7:00 pm: Start "polishing up" your knowledge of bird behavior, bird names, bird habit and bird physiology and join Gino Ellison from Menotomy Bird Club for a Trivia Night. Gino is a hunter, fisherman, conservationist, passionate birder and leads walks in Massachusetts and is wrapping up a successful ABA Birding Big Year in 2023. *Sponsored by a generous grant from The Cummings Foundation.*

VIRTUAL: The New England Ice Harvesting with Jane Hennedy: Tuesday, February 27, 7:00 pm: Join us for this illustrated talk by Jane Hennedy, site manager for two 18th century farms in South County owned by Historic New England where evidence of ice harvesting can still be seen. She will provide a crystal-clear look into regional collections on food preservation methods used prior to ice boxes, the opportunities for cold cash from this seasonal industry, how activity invigorated food culture here and around the world, and with the advent of electrical refrigeration, the slow melting of the ice business. If anyone in or around Winchester has any local information and images about ice harvesting, please contact the Jenks Center and share before the event. Register to receive a Zoom link. *Sponsored by a generous grant from The Cummings Foundation.*

SATURDAY EVENTS

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Starting February 3. 4 classes . Cost: \$24.00.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starting February 3. 4 classes. Cost: \$24.00.

Ping Pong : Saturday, February 3, 10, 17 & 24, 9:00 am – 12pm: Bring a friend and join us for Ping Pong at the Jenks.

Pickleball : Saturday, February 3, 10 & 17, 11:30 am: Bring a Friend and join us at the Jenks for a game of Pickleball.

Saturday Bridge Game with Bob Gaudet: Saturday: February 10, 1:00 pm - 4:15 pm: Cost \$ 15 per person, you will pay-at-the-door.

JENKS CENTER: Yarnies: 1st & 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.

JENKS CENTER: The Mindful Violinists with Liyuan Ji: Saturday, February 24, 11:00 am: Join us to witness great talent. This concert will bring familiar tunes as well as music the young performers composed.

JENKS CENTER: Albert Wind Cello and Piano Concert: Saturday, February 24, 3:00pm: Celebrate the month of love by joining us for a recital experience with an instrument that is the closest to the human voice. Pianist Paul Anonucciu and cellist Debra Minored will regal us with a wonderful afternoon of music. *Sponsored by a generous grant from The Cummings Foundation.*

WELLNESS



Meet and Greet with Blue, Therapy Dog: Thursday, February 1, 10:30-11:30 am: Please stop by every first Thursdays to meet Blue, Golden Retriever and therapy dog, and his owner, Anne Hollesen.

JENKS CENTER: Staying STEADI as You Age Balance Class, Now offered weekly, every Thursday: February 1, 8, 15, 22 & 29, 11:00 am-12:00 pm. 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! This class is free to participants. We request that you commit and sign up for the whole month of classes.

JENKS CENTER: Manicures by Kristin: Tuesdays, February 6, 13 & 20 between 9:00 am and 12:00 pm: By Appointment Only. The cost is \$8.00 per manicure. Call the Jenks Center to schedule your appointments. Limited to two sign ups a month.

Blood Pressure Clinic: Wednesday, February 7, 10:00 am—12:00 pm: The Jenks nurse will be offering blood pressure checks at the center. Please call to register.



VIRTUAL: Healing for the Heart! Reiki Healing Circle: Wednesday, February 14: 10:00 am: Enjoy a special guided meditation with Reiki for heart healing, calm, strength, and joy. Led by Reiki Master Teacher, Deb Strafuss. Register to receive the zoom link.

HYBRID: Monthly Caregivers Connect Group— Pizza and Proxy's: Thursday, February 22, 11:00 am: Attorney Andrea Witt will talk about the benefits, or more realistically the necessity, of a health care proxy for both you and the loved one you are caring for. Learn how this free document operates, how it can assist you in communicating with doctors and other medical providers, and how it grants a feeling of security to the one you are caring for. Register to obtain your zoom link or register to attend in person.

JENKS CENTER: Podiatry Clinic: Friday, February 23, 8:00 am-1:30 pm: Dr. Seligman is a Board-Certified Podiatrist. There is a \$35.00 fee payable in check or cash. Please call Jenks Center at 781-721-7136 to make an appointment.

JENKS CENTER: Nutrition with Jessy: Monday, February 26, 2:00 pm-3:00 pm: “Heart 2 Heart”! As February is heart health month, Nutritionist Jessy McNeil, MSRD, LDN will discuss “two dietary fat sources”. Learn how some increase your risk for disease and some help prevent others.

JENKS CENTER: Nourish Program: Tuesday, February 27, 10:30 am-11:30 am: Nutritionist, Jessy McNeil, will be talking about the connection between Vit D and brain health. She will discuss the common food sources of the sunshine Vitamin, the recommended amount of intake and how it plays a role in food absorption.

JENKS CENTER: Nia-Moving to Heal: Wednesday, February 28, 9:00 am-10:00 am: Audrey Albert King will lead her popular “Nia-Moving to Heal” class MONTHLY here at the Jenks! The Nia (Neuromuscular Integrative Action) technique is a gentle, seated, dance/fitness class that uses movement to feel better in body, mind, emotions, and spirit.

JENKS CENTER: Powerful Tools for Caregivers: Thursdays, March 28—May 2, 10 am -11:30 am. By taking care of your own health and well-being, you become a better caregiver. Powerful Tools for Caregivers is a 6-week in-person course designed to build the skills caregivers need to take better care of themselves while caring for an adult. Enrollment opens February 1st: For more information and to register contact the Jenks Social Worker Suzanne Norton 781-721-7136.

EXERCISE



VIRTUAL: FABBS Exercise, Mondays, Wednesdays & Fridays, 9:00 am: Starting Friday, February 2. Instructor: Hilary Celentano. 11 classes in this session. Cost: \$66.00. No class on Monday, February 19.

IN PERSON: FABBS Exercise, Mondays & Wednesdays, 10:00 am: Starting Monday, February 5. Instructor: Hilary Celentano. 7 classes this session. Cost: \$42.00. No class on Monday, February 19. Jenks Shuttle Service available, call 781-721-7136 to schedule a ride.

HYBRID: New 3 in 1 – ‘Aerobics, Muscle, Stretch’, Mondays & Wednesdays, 4:30 pm: Starting Monday, February 5. Instructor: Gail LaRocca. 7 classes in this session. Cost: \$42.00. No class Monday, February 19.

IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am: Starting Thursday, February 1. Instructor: Hilary Celentano. 9 classes in this session. Cost \$54.00. Tuesdays at the Jenks Center, and Thursdays virtual.

HYBRID: Gentle Yoga, Tuesdays, 9:30 am: Starting February 6. Instructor: Ruth Lieberherr. 3 (90 minute) classes in this session. Cost: \$27.00. No class on February 20.

HYBRID: Aerobics, Tuesdays, 3:00 pm: Starting February 6. Instructor: Judy Whitney. 4 classes in this session. Cost: \$24.00.

IN PERSON: Tai Chi Beginners, Tuesdays, 4:30 pm: Starting February 6. Instructor: Hilary Celentano. 4 classes in this session. Cost \$24.00.

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

HYBRID: Muscle Conditioning, Thursdays, 3:00 pm: Starting February 1. Instructor: Gail LaRocca. Choose virtual or in person attendance. 5 classes in this session. Cost: \$30.00.

IN PERSON: Slow Flow Yoga, Fridays, 9:15 am: Starting February 2. Instructor: Andrea Kennedy. 4 classes in this session. Cost: \$24.00.

HYBRID: Dance Fever Aerobics, Fridays, 3:00pm: Starting February 2. Instructor: Gail LaRocca. Choose virtual or in person attendance. 4 classes in this session. Cost: \$24.00.

To Register for Exercise: Visit our website at www.jenkscenter.org to sign up for this month's class sessions. If class is VIRTUAL or HYBRID , you will receive a link which can be used for every class in session.

Please call us at 781-721-7136 with any questions!



Hunt for the Red October
Friday, February 2nd
1:00 pm

This compelling Cold War thriller, based on a Tom Clancy novel, is a story about a new Soviet submarine that goes rogue, bringing the U.S. to the brink of war.

Moonstruck
Friday, February 9th
1:00 pm

Is a love story about a widowed Italian woman, Loretta Castorini, who starts to fall in love with her fiancé's hot-tempered brother.

An American in Paris
Friday, February 16
1:00 pm

This movie set in France during WWII is about people yearning for a new beginning after all the international conflict. It follows a romantic story about an American soldier and a beautiful French girl.

Scent of a Woman
Friday, February 23
1:00 pm

Al Pacino plays a retired Lt. Col. in the army who is a blind recluse and impossible to get along with. He hires a mild-mannered prep school kid to help him maneuver around. Both teach each other a lesson about life.

NEWSWORTHY MENTIONS

Thank You Massachusetts Cultural Council!

The Winchester Seniors Association would like to thank and acknowledge the Massachusetts Cultural Council for sponsoring five Presentations by speaker Nate Ramsayer.

Thank you for enhancing our mission, of providing educational programs that enrich the lives of our seniors.



JENKS SHUTTLE SERVICE



***Inclement Weather Policy: All transportation service will be cancelled if snow and/or ice makes travel dangerous. The Jenks Center follows the Winchester Public Schools delays and cancellation for inclement weather.**

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.

Please call to reserve a spot, occupancy limited to 12 people unless noted otherwise.

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

Walmart, N. Reading: Tuesday, February 6, also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am.

Wilson Farms, Lexington: Wednesday, February 7, Pick up begins at 9:30am.

Encore Casino, Everett, MA: Tuesday, February 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.

Whole Foods Plaza, Woburn MA: Tuesday, February 27, Whole Foods, Walgreens, Wild Birds and the UPS store. Pick up begins at 9:30am.

Meadow Glen Mall, Medford: Wednesday, February 28, Wegmans, Kohls, Marshalls, Verizon and more. Pick up begins at 9:30am. You must be completely independent or provide your own attendant for this trip.

Shuttle Service to the Jenks Center for certain events: Available for Winchester Residents only - Pick up and drop off for those who have signed up for FABBS exercise class (Mondays & Wednesdays); Strawberry Shortcake Social event on February 14; and the Abolition to Harlem Renaissance presentation on February 20.

There is also limited availability for transportation via the shuttle for other programs, please call for more information.

Grocery Shopping: Round-trip, door to door Jenks shuttle service to Market Basket and HMart in Burlington on Mondays or Market Basket Plaza in Woburn on Thursday mornings.

Please call the Transportation Coordinator at least two business days in advance to reserve your spot. Please note: You must be able to independently navigate during the trips. Shoppers are limited to 5 bags. Pick up begins at 9:30 am. Approximately an hour and half of shopping time.

Please Note: No Shopping on Monday, 19. Market Basket- Burlington will be offered on Tuesday, February 20 instead. Please 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 from 9am – 4pm for medical, dental, grocery shopping, and banking.

Adjacent towns for medical appointments and food pantries only.

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

All Ride requests for Monday & Tuesday must be received prior to 2 pm on Thursday of the previous week.

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, Monday through Friday 9am start – 4pm return, with wheelchair accessibility. Please call 781-721-7136 X17, at least one week in advance to schedule. Please Note: Limited availability.

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.

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.

THE JENKS EMPLOYMENT OPPORTUNITY

Van Driver

The Winchester Council on Aging is seeking a qualified part time/per diem van driver to transport small groups of seniors (14 or less) to the Jenks Center, shopping or entertainment venues, as well as varied rides for individuals with transportation challenges including utilizing the wheelchair accessible minivan.

A valid driver's license, CORI and a good driving record are required. Applicants must enjoy working with older adults as well as those residents who are experiencing transportation hardship. Familiarity with the town and surrounding area is a bonus. Must be competent with technology, especially GPS apps and willing to use personal cell phone for communication and assignments.

Job duties include assisting patrons in and out of the vehicle, holding doors open and other common courtesies as appropriate. Must be able to lift, bend, kneel and push a wheelchair up the ramp into the van and secure it properly. Duties also include keeping vehicles clean and orderly as well as alerting the Transportation Coordinator to any concerns as necessary. Driver must comply with driver training and First Aid/CPR requirements as needed.

Drivers report directly to the Transportation Coordinator and works together with all staff of the Jenks Center.



DRIVING SAFETY

Winter Driver Safety Tips

Make it a habit to check the weather to ensure it is safe to travel.

Dress warmly.

Make sure your car is cleared of snow and ice.

Slow down: Stopping and starting on slippery roads requires more time and space. Adjust speed in inclement weather, accelerate gradually, and slow down before braking or turning. Stopping on ice is especially dangerous and should be avoided whenever possible.

Steer into a skid: It is natural to want to accelerate or brake when a vehicle starts sliding, but it is safer to do the opposite. Slowly steer into the direction of the skid until the tires regain traction.

Seniors who do a lot of winter driving might consider investing in winter tires that provide a strong grip in snowy and icy conditions.

THE JENKS CENTER SERVICES



Health Services

Colleen Wages - Jenks Nurse
Tuesdays & Wednesdays
9 am - 3 pm &
Thursdays 9 am - 2 pm
Appointments Required
781-721-7136 ext.

Assistance with blood pressure monitoring, pulse rate, weight, medication questions, home care coordination and medical equipment loan program.

Social Support Services

Suzanne Norton - Jenks Social Worker,
Monday - Friday
9 am - 4 pm
Appointments Required
781-721-7136 ext.

Services include enrichment and lifelong learning programs, information/referral and short-term case management/counseling services, assistance with unmet needs and consultation on life changes.

Shine Counselors Services

SHINE Counselors are volunteers who provide information, counseling, and assistance regarding health insurance and health benefit options.

They understand the nuances of this changing field and help seniors maneuver through the system.

Appointments required.
Please Call: 781-721-7136



FREE TAX PREPARATION

E-File Your 2023 Federal and State Income Taxes

Monday, Wednesday, Friday mornings

Starting February 5, 2024

- In affiliation with the AARP Foundation Tax-Aide program, we will offer free preparation of federal and state tax returns for **low- and moderate-income** taxpayers, by appointment only, starting on Monday, February 5, 2024, through Friday April 12, 2024.
- Call the Jenks at 781-721-7136 to make an appointment.

You must have all information forms filled out in advance of your arrival and remain at the Jenks for about 1 ¼ to 1 ½ hours.



THE JENKS

A Center. A Community.

109 Skillings Road
Winchester, MA 01890

Non Profit Organization
U.S. Postage Paid
Permit No. 166
Winchester, MA 01890



February 2024 Holiday Closure

The Jenks Center will be closed

On Monday, February 19, in observance of
Presidents' Day.

Jenks Winter Weather Closures

The Jenks Center closes when Winchester
Public Schools close due to snow and
inclement weather. Please check your local
news outlets for up to date information.

