



THE JENKS
A Center. A Community.



APRIL 2024 NEWSLETTER

QR CODE

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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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JENKS PATRON ADVOCATE

BETTY MINASSIAN

CAREGIVER RESPITE DROP-OFF PROGRAM

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.

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.

This new program will be twice a month. Sign up is required 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.

In April, the program will be available on **Wednesday the 3rd & Wednesday the 17th**, from 10:00 am - 1:00 pm at the Jenks Center.

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)

We are in need of a volunteer to assist the nurse with activities, engaging, and socializing with the participants. Please call 781-721-7136, if interested.

WEEKLYS

MONDAYS

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

TUESDAYS

9:00am - 10:45am Art
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 - 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

DAY EVENTS

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, April 1, 8, 22 & 29, 12:00 pm: Trio Catering will provide a 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.

Manicures by Kristin: Tuesday, April 2,16, and 23, by appointments, 9:00 am - 12:00 pm: The cost is \$5.00 per manicure. Call the Jenks Center to schedule your appointment.

What is Hospital at Home? Thursday, April 4, 9:00 am.

Please join us for a continental breakfast to learn about an intriguing new program from Winchester Hospital/Beth Israel Lahey Health. Hospital at Home is a program which provides patients who have been seen for an acute illness in the hospital and the patient requires hospital admission, the option to receive hospital-level care in the comfort of their home environment. IV medication and oxygen can be given, and many tests are able to be provided in the home to support this model of care. Patients are seen by the clinical team in person and via telemedicine. We look forward to offering a discussion about the patient experience and the quality of outcomes in this model of care. Leadership from Beth Israel Lahey Health (supporting Winchester Hospital's journey to provide this program) will lead the discussion.

New Changes to the Medicare Savings Program: Coffee with SHINE, Friday, April 5, 9:30 am: Join Medicare Information Specialist Amy Bowness to learn about all the new and exciting changes to Medicare and Medicare Savings Plans that could benefit you. Register online.

Men's Discussion Group with Ed Brady, Monday, April 8 & 22, 11:00 am: Join this group, every alternate Monday, to discuss current events and items of mutual interest.

BINGO, Wednesday, April 10, 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.

4 | REGISTER FOR ALL EVENTS

DAY EVENTS (CONTINUED)

HYBRID: Benefit Check Up, Thursday, April 11, 2 pm – 4 pm, By Appointment Only: This program will help connect millions of adults with benefit programs. To see what's available in your area please call 781-721-7136 x 15, or email Social Worker at snorton@winchester.us. Available in person, by phone, or via zoom.

VIRTUAL: Wilson Science & Technology Forum: Friday, April 12, 10:30 am: Historian Vincent Dixon, will speak on *The Massachusetts Legislative Process*. Vincent's work as a historian allows him to add perspective on issues of importance to the lives of our citizens that is unique, and, in our technologically intense world, to identify technology leaders who can help serve the public interest in Winchester.

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me? April 10, 10:00 am: This presentation by Heather Hurd from Blue Cross Blue Shield of Ma will be great for people new to Medicare and also for existing Medicare members who will have the option to make changes to their plan during the Annual Election Period from October 15th through December 7th or during the Medicare Advantage open enrollment period from January 1st through March 31st.

Solo Ager Network: Finding the Right Living Situation, Thursday, April 11, 10:30 am -12:30 pm: This presentation by Wendy Tatlock, from Care Patrol will offer options to help you plan for your next stage of life. She will talk about Care Patrol's free service that provides information and support for anyone exploring their future living options, aging at home, independent living with support services, assisted living, or nursing home. She will discuss levels of care and cost comparisons between these housing situations.

Simple Ways to Simplify Your Space with Anne Lucas and Nan Shanahan, Wednesday, April 17, 2:00 pm: As a professional organizer, Anne will speak to us about home organization and how people can live clutter-free lives. As a realtor, Nan will add helpful advice on downsizing. Please register to reserve your spot!

Farmer's Fridge Tasting, Friday, April 19, 11:00 am: The Winchester Council on Aging continues to promote healthy nutrition as part of its mission at the Jenks. In addition to "Meet Up Monday" lunches and the monthly instruction/tastings of nutritionist, Jessy McNeil, it is exploring the possibility of having a stocked refrigerator in the Café from Farmer's Fridge. Farmer's Fridge will host a tasting-- sampling of nutritional items that could be provided at the Jenks in a vending machine. Registration required, limited to 50 patrons.

Continental Breakfast and Coffee Hour with Town Manager, Beth Rudolph, Thursday, April 25, 9:00 am Join us for a continental breakfast and an informal discussion with Town Manager, Beth Rudolph on Town happenings and future initiatives. Bring any questions or comments for discussion.

VIRTUAL: Wilson Science & Technology Forum: Thursday, April 25, 10:30 am: Professor David Seidman, Northwestern University, will speak about *Northwestern's Center for Atom Probe Tomography*. APT allows both 3D imaging and chemical analysis at the atomic scale. Application to the meteorite *Allende* and nanowires will be discussed.

Sociological Book Club, Thursday, April 25, 11:00 am, 'American Dirt' by Jeanine Cummins: Come join a new book club at The Jenks in partnership with The Winchester Public Library. The selection this month is *American Dirt*, a 2020 novel about a Mexican bookseller who illegally flees her native land to the United States with her son because her husband exposed a local drug pin. Limited to 15 readers, registration required. Books provided by Winchester Public Library.

EVENING EVENTS

VIRTUAL: Art Matters Presents Marc Chagall with Jane Blair, Tuesday, April 2, 7:00 pm: Join Jane Blair for a retrospective look at the most versatile artists of the 20th Century, Marc Chagall. Learn about his work, his life, and his unique perspective of the world. Learn how he merged the traditional images of his native Russian, Jewish culture with the modern styles of Cubism, and Fauvism. Register to receive the Zoom link. *Sponsored by a generous grant from The Cummings Foundation.*

Hollywood and The Courtroom: The Anatomy of a Trial with Judge Dennis Curran, Tuesday, April 9, 7:00 pm: Join Judge Dennis Curran as we explore the power of storytelling and the impact of film to influence the public's relationship to ideas about injustice, liberty, citizenry, race, justice, crime, punishment, and social order. We'll focus on creating a theme for the case, opening statements, preparing a witness for trial, the drama of cross-examination, closing arguments and using famous movie scenes as examples of excellent lawyering. *Sponsored by a generous grant from The Cummings Foundation.*

Sea Turtle Presentation with Siobhan Mahaney Tuesday, April 23, 7:00 pm: Join Siobhan Mahaney as we explore sea turtles, magnificent creatures, from the shallow seagrass beds of the Indian Ocean, to the colorful reefs of the Coral Triangle and the sandy beaches of the Eastern Pacific. Siobhan Mahaney served as a volunteer, educator and turtle walk guide at the Loggerhead Marine Life Center in Juno, Florida. *Sponsored by a generous grant from The Cummings Foundation.*

How to Find Owls in the Wild with Cynthia Rand Tuesday, April 30, 7:00 pm: Join Cynthia Rand, a wildlife photographer and workshop leader, as she shares her tips and techniques for finding the Owls she captures in photographs. Cynthia is a member of the Massachusetts Camera Naturalists, an invitation only New England based photography group. She resides in Jefferson, Massachusetts and is currently the president of the New England Camera Club and is their NECCC representative. *Sponsored by a generous grant from The Cummings Foundation and The Menotomy Bird Club.*

SATURDAY EVENTS

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Starting April 6. 4 classes. Cost: \$24.00.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starting April 6. 4 classes. Cost: \$24.00.

Ping Pong: Saturday, April 6 & 27, 9:00 am – 2:00 pm.

Saturday Cribbage: April 6, 13, 20 & 27, 12:00 pm.

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.

Ukulele with Shukong: April 20, 12:15 pm: Ukulele play along! Register for more information.

Saturday Bridge Game with Bob Gaudet: Saturday, April 13, 1:00 pm - 4:15 pm: Cost \$ 15 per person, you will pay-at-the-door.

Boston Saxophone Quartet Presents “ Seniors and Young People—Linking Generations Through Music, Saturday, April 20, 11:00 am: This program will bridge the special musical contributions of musical artists and their music through their generations. This fun and educational event will create a dialogue between the participants and the Boston Saxophone Quartet musicians. *Sponsored by the Winchester Cultural Council.*

Two Women, Ten Flutes: An Hour of Classical and Native American Flute Music with Elke Jahns-Harms and Weronika Balewski, Saturday, April 6, 3:00 pm: Join Elke and Weronika, both professional musicians with Master's degrees in flute performance, for an afternoon concert full of melodious and sprightly duets, haunting Native American flute solos, and other gems from the Baroque era to today... interspersed with fun facts and stories about the flutes. *Sponsored by a generous grant from The Cummings Foundation*

WELLNESS



Meet and Greet with Blue, Therapy Dog, Thursday, April 4, 10:30-11:30 am: Please stop by every first Thursday to meet Blue, Golden Retriever and therapy dog, and his owner, Anne Hollesen.

Staying STEADI as You Age Balance Class, Thursdays, 10:30 am-11:30 am OR Fridays 9:00 am - 10:00 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! We request that you commit and sign up for the whole month of classes. Please choose either Thursday or Friday classes per month. Online Registration required MONTHLY, on a first come, first served basis.

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

Podiatry Clinic, Friday, April 19, 8:00 am- 1:00 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.



Nia-Moving to Heal, Wednesday, April 24, 9:00 am-10:00 am: Audrey Albert King will lead her popular “Nia-Moving to Heal” class monthly 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.

Reiki Healing Circle: Wednesday, April 24: 10:30 am: Replenish your spirit and deepen your peacefulness in this Reiki-infused meditation. Using the energy of flowers, we will nourish ourselves with color and sunlight. Connecting with the earth, we will deepen and strengthen our roots, creating resilience and beauty for living.

Caregivers Connect Group: Thursday, April 25, 2:30 pm: This group meets the Fourth Thursday of each month. Take a positive step to preserve your own health and well-being by connecting with others who are caring for elderly family members. This month we will have special guest, Carmel Murphy, owner of CMK Home Care to discuss caring for your own health, avoiding the guilt, getting help, not becoming a prisoner, eating right and exercising.

Nutrition with Jessy, Monday, April 29, 2:00 pm-3:00 pm: In this presentation, Nutritionist, Jessy McNeil, MSRD, LDN will talk about why nuts and seeds are considered superfoods. Learn how they are a source of fiber, protein, vitamins, and minerals.

Meditation, Breathing and Relaxation at Nourish: Nourishing Aging Well!: Tuesday, April 30, 10:30 AM: This meditation and breathing class will offer participants a serene environment to cultivate mindfulness and relaxation through guided meditation techniques and focused breathing exercises. Nourish is a group that meets monthly to promote brain health, encourage socialization, and stimulate the five senses through music, crafts, and fun activities.

Low back Pain Workshop, Wednesday, May 1, 1:00 pm-2:00 pm: This workshop is for people suffering with back and sciatica pain. You will learn the five most common causes of low back pain, disc herniation, stenosis, and why certain exercises might actually worsen your pain. Presented by Dr. Michael Stare, fellowship trained Doctor of Physical Therapy, Board Certified Nutritionist, and Certified Strength and Conditioning Specialist.

EXERCISE



VIRTUAL: FABBS Exercise, Mondays, Wednesdays & Fridays, 9:00 am: Starting Monday, April 1. Instructor: Hilary Celentano. 13 classes in this session. Cost: \$78.00.

IN PERSON: FABBS Exercise, Mondays & Wednesdays, 10:00 am: Starting Monday, April 1. Instructor: Hilary Celentano. 8 classes this session. Cost: \$48.00. Jenks Shuttle Service available, call 781-721-7136 to schedule a ride.

HYBRID: 3 in 1 – ‘Aerobics, Muscle, Stretch’, Mondays & Wednesdays, 4:30 pm: Starting Monday, April 1. Instructor: Gail LaRocca. 8 classes in this session. Cost: \$48.00. No Class on April 15.

IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am: Starting Tuesday, April 2. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 9 classes in this session. Cost \$54.00.

HYBRID: *NEW*** Step & Muscle Conditioning, Tuesdays & Thursdays, 8:30 am:** Starting Thursday, April 4. Join our new Step class to firm and tone all muscle groups. Instructor: Judy Whitney. 8 classes in this session. Cost: \$48.00. No class on April 2.

HYBRID: Gentle Yoga, Tuesdays, 9:45 am: Starting April 2. Instructor: Ruth Lieberherr. 4 (90 minute) classes in this session. Cost: \$36.00. No class on April 16.

HYBRID: Aerobics, Tuesdays, 3:00 pm: Starting April 9. Instructor: Judy Whitney. 4 classes in this session. Cost: \$24.00. No class on April 2.

IN PERSON: Tai Chi Beginners, Tuesdays, 4:30 pm: Starting April 2. Instructor: Hilary Celentano. 5 classes in this session. Cost \$30.00.

VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm: Starting April 4. Instructor: Marilyn Arnold. 4 (90 minute) classes in this session. Cost: \$36.00.

HYBRID: Muscle Conditioning, Thursdays, 3:00 pm: Starting April 4. Instructor: Gail LaRocca. Choose virtual or in person attendance. 4 classes in this session. Cost: \$24.00.

IN PERSON: Slow Flow Yoga, Fridays, 9:15 am: Starting April 5. Instructor: Andrea Kennedy. 4 classes in this session. Cost: \$24.00.

HYBRID: Dance Aerobics, Fridays, 3:00pm: Starting April 5. Instructor: Gail LaRocca. Choose virtual or in person attendance. 4 classes in this session. Cost: \$24.00.

To Register for Exercise or for more detailed class descriptions: Visit our website at www.jenkscenter.org. If the class is VIRTUAL or HYBRID, you will receive a link to be used for every class in session.

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

JENKS MOVIES — FRIDAYS 1PM



AT THE MOVIES!

Chicago

April 5

A nightclub sensation murders her husband and Chicago's sleaziest lawyer is set to defend her. Catherine Zeta Jones, Richard Gere, Renee Zellweger.

Zookeeper's Wife

April 12

Based on a true story, a husband and wife secretly shelter Jewish people during the German Invasion of Poland. Starring: Jessica Chastain, Daniel Bruhl

Dream Horse

April 19

Based on a true story, a small Welsh village pools their money and buys a racehorse. This is a feel-good movie. Damien Lewis, Toni Collette & Owen Teale.

80 for Brady

April 26

A group of friends made it their life-long mission to go to the Super Bowl and meet Tom Brady. Lily Tomlin, Jane Fonda, Sally Field & Rita Moreno.

SAVE THE DATE - JENKS SYMPOSIUM

Friday, May 10

9:30 am to 12:30 pm

The topic this year is "Super Agers: Who are they and the impact of their longevity on their families, the economy and our healthcare system". The Jenks is very honored to have Dr. Alexandra Tourtourlou of Harvard University and Massachusetts General Hospital as our keynote speaker who has been investigating the phenomenon of super aging since 2016.

Other speakers include Winchester Hospital addressing how healthcare institutions adapt to longevity in medical practice and their ability to prolong healthy living. Economist and Google scholar, Dr. Rainer Kotschy, provides insight into the potential impact to the labor market and economy because of super agers working longer years and its relevance to the solvency of social security/pension programs and Medicare.

Finally, we are pleased to announce that there will be a panel of super aging Jenks patrons with their families (children and grandchildren) to discuss the realities of living longer, how they exceeded expectations, their preparations for living longer and its impact on their families. Note there will be many community partners and supporting vendors at this event with tables offering information about their services. The Jenks is pleased to provide lunch to attendees.

Registration is required for admittance and the center will be closed for all other activities.

9 | PLEASE CALL 781-721-7136 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.

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, April 2, also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am. Approx. 1 ½ hours for shopping.

Liberty Tree Mall, Danvers – Friday, April 5, Aldi, Target, Michaels, Nordstrom Rack, Off Broadway Shoes, Hallmark, Dollar Tree, Best Buy and more. We will leave the Jenks Center at 9:30am and leave the outlets for home at 1:30pm.

Wayside, Burlington – Tuesday, April 9, LL Bean, Eileen Fisher, Omaha Steaks, Lane Bryant and more. Arrive at the Jenks by 10:15am and return trip at 1:00pm.

Market St. Lynnfield – Wednesday, April 10, Whole Foods, The Paper Store, Madewell, Barnes & Noble, AT&T, Apple and more. Restaurants include Panera, Sushi, BBQ, Italian and more. Leave the Jenks at 9:30am, return trip at 1:30pm.

Encore Casino, Everett – Tuesday, April 16, 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.

Lunch Tour of Youville Place, Lexington Wednesday, April 17, Enjoy lunch and a tour of this Lexington Assisted Living facility situated on 12-acres of rolling greens, a pond with a fountain, woodlands and perennial gardens. The shuttle will leave the Jenks at 12:30pm.

Wilson Farms, Lexington – Tuesday, April 23, Pick up begins at 9:30am. Approx. 1 hour for shopping.

Shuttle for Wright Locke Farm Tea—Thursday, April 25. Pre-registration required, limited to 14 people. Must register with farm directly before booking spot on Shuttle. Call farm to inquire about tea at 781-729-8775 or email tkinsey@wlfarm.org

Peabody Essex Museum, Salem- Friday, April 26, The shuttle will leave the Jenks at 9:30am for arrival by 10:30am. A tour of the Yin Yu Tang- A Chinese House at 11:15am is included. Return trip 1pm. Tickets are \$18pp, payable in advance (cash or check only) to the Winchester Council on Aging.

Meadow Glen Mall, Medford- Tuesday, April 30, Wegmans, Kohls, Marshalls, Verizon, and more. Pick up begins at 9:30am.

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.

Please note: You must be able to independently navigate during the trip. Shoppers are limited to 5 bags. Pick up begins at 9:30 am. Approximately an hour and half of shopping time.

Please call the Transportation Coordinator at least two business days in advance to reserve your spot.

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 pantries only.

This service is curbside to curbside. 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.

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.

JOIN US FOR A 3-PART SERIES

Living Well with Parkinson's Disease

This program is designed for people with Parkinson's, their care partners, and interested community members. Experts in Parkinson's care will provide information resources on what you need to stay well with PD.

Week 1: April 9, 1:00 pm - 2:30 pm: An overview of Parkinson's: Steve Han, MS, MBA, Movement Disorder Specialist & Cathi A. Thomas, MS, RN, Boston University Medical Center.

Week 2: April 23, 1:00 pm - 2:30 pm: Rehabilitation and Exercise in Parkinson's: Tami DeAngelis, PT, DPT, Healthy Aging Physical Therapy and The Role of Speech Therapy in Parkinson's, Sara Woodcome, M.S., CCC-SLP, Encompass Health Rehabilitation Hospital of New England.

Week 3: April 30, 12:30 pm -2:30 pm: What Matters to You - Finding Support: A Panel

Discussion: Including Community Services, In-home Support Services (Presented by Minuteman Senior Services), Rehabilitation Services, and Music Therapy presented by Winchester Music School (Shayla McDermott), Assisting Hands (Dave Tasto), Encompass Rehabilitation Hospital (Sara Woodcome, MS, CCC-SLP).

These sessions are brought to you by the Jenks Center, Assisting Hands Home Care, and the American Parkinson Disease Association Massachusetts Chapter.

Register through APDA using the link— <https://secure.qgiv.com/for/apdmas/event/livingwellwithparkinsons2024/> or

Call— APDA Information & Referral Center at 800-651-8466/ or

Email— apdama@apdaparkinson.org.

Or Scan the QR Code



11 | PLEASE REGISTER FOR MORE INFORMATION

THE JENKS LEARNING CENTER PROGRAMS SPONSORED BY THE JOHN AND MARY MURPHY FOUNDATION

Big Band Swing, Volume 1 with John Clark, Tuesdays, April 9, 11:00 am: Come join us and listen to how the Big Band era officially started in the summer of 1935 but the transition from hot jazz and Dixieland had begun much earlier in the decade.

Sondheim with Gail Leondar-Wright, Fridays, April 12, 11:00 am – 12:15pm: Join Gail for a session on the late Stephen Sondheim, the most important musical theater composer and lyricist of the past fifty years. Session #1 will be “An introduction to Stephen Sondheim” with a close look at his most popular song, “Send in the Clowns.” This class will demonstrate methods one might use to scrutinize any of Sondheim’s compositions. Gail holds an MA in Performance Studies from New York University and a BA in Drama from The University of California at Berkeley.

Family Portraits - Poems, Paintings and Photographs with David Hummon & Beth Kress, Saturday, April 13, 11:00 am: In celebration of National Poetry Month, this multimedia presentation will explore family through original poems and visual images.

Sondheim with Gail Leondar-Wright, Fridays, April 19, 11:00 am – 12:15pm: Join Gail for another session on the late Stephen Sondheim, the single most influential force in bringing Broadway musicals into the modern era. Session #2 will be “*Gypsy* and *Funny Girl*”. To chip away at what makes Sondheim’s work great, we will contrast songs from two musicals from the final years of the Golden Age of Broadway: *Gypsy* (1959) for which Sondheim contributed the lyrics, and *Funny Girl* (1964) for which he did not. Gail facilitates the online national “Sondheim Study Group,” and has taught her classes at several lifelong learning communities connected with universities and religious congregations.

Big Band Swing, Volume 2 with John Clark, Tuesdays, April 23, 11:00 am: Join us to get the highlights and the inside scoop on three of the Big Band era’s most popular and prolific orchestras, Tommy Dorsey, Jimmy Dorsey, and Artie Shaw & His Orchestra.

WFEE TRIVIA BEE



It has been decades since the Jenks participated in the WFEE Trivia Bee.

We are very proud that this year three extraordinary Jenks members formed a formidable team, known as Team ATB

(Around the Block).

ATB comprised of Ron Milauskas, Charlie Price and Ron Latanision.

Although they did not win, they did a great job!



109 Skillings Road
Winchester, MA 01890

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The Jenks is looking for new speakers to expand grant supported programming.

If you or someone you know has a presentation that you think may interest our community,

please email Maria Rutnam, WSA Program Director at mrutnam@jenkscenter.org

