





# **SEPTEMBER 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 SCOTT DROWN - FACILITIES STAFF ANDREW GILLIS - FACILITIES STAFF NICK ROMEO - FACILITIES STAFF **JEFFREY WHALEN - FACILITIES STAFF** JAMES ASARO - FACILITIES STAFF

# WINCHESTER COUNCIL ON 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 PAUL GANGI—DRIVER

BETTY MINASSIAN—JENKS PATRON ADVOCATE JAN PORELL—VOLUNTEER COORDINATOR

#### ATTENTION JENKS PATRONS

The Winchester Seniors Association will be mailing its Annual Appeal this month. Please consider supporting our goal of providing programming for adults 55 and over at the Jenks Center.

> Thank You! Board Members & Staff



# **REGISTRATION REQUIRED FOR ALL EVENTS**

#### WEEKLYS

#### MONDAYS

1:00pm - 3:00pm	Mahjong
2:00pm - 4:00pm	Conversational English
TUESDAYS	
10:00am - 11:00am	Conversational Italian
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	<i>,</i>
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
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

Walking Group: Meet at McCall Middle School, Mondays & Wednesdays, 9:15 am – 9:45 am, May 1 – September 30: Looking to expand your workout and improve your health and make friends, join us for a 30-minute walk around the McCall Middle School Track. Participants will meet at the Field Track. We are looking for volunteers to help out or lead the walking club. If interested please call Suzanne Norton at 781-721-7136.

Beginners Chinese Calligraphy Class, Fridays, September 6, 13, 20 & 27, 9:30 am – 11:30am: Join us every Friday morning for beginners Calligraphy with Instructor Mr. Chen. This is a perfect opportunity to try something outside your comfort zone - an art that nurtures your spirit, cultivates your heart and vision, nurtures the concept of aesthetics and diligence.

Men's Discussion Group with Johnny Russo, Monday, September 9 & 23, 11:00 am: Join this group, every alternate Monday, to discuss current events and items of mutual interest.

**Chess Anyone? Friday, September 6, 13, 20 & 27, 11 am until noon:** The Jenks Center has a beautifully crafted chess set so come have a ROYAL time; learn the Royal Game. Chess lessons taught by an experienced tournament player. Basic chess concepts will be taught clearly, patiently, and amply for both social and serious purposes. Expand your horizons and maybe open some doors; chess can really do this.

Lunch Lecture: What is Assisted Living & What it is Not by Provital Senior Placement & Home Care, Friday, September 6, 11:00 am – 12:00 pm: This lunch lecture will give you insights into what life is like at an Assisted Living community before making the decision to move. We will explore the various types of senior living communities and sample their recreational activities and amenities. Additionally, we will delve into the financials behind living at home versus in a community setting.

**Meet Up Mondays, September 9, 16, 23 & 30, 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.

**BINGO – Wednesday, September 11 & 25, 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. Winning prizes will be goodie-bags.

# **4** REGISTER REQUIRED FOR ALL EVENTS

## DAY EVENTS (CONTINUED)

Artist Reception, Griffin Museum "For the Birds" Exhibition and Reception, Tuesday, September 10, 4 pm - 6 pm: The Jenks Center is pleased to announce an additional partnership with the Griffin Museum, a photo exhibition – For the Birds. Find time to visit the Jenks during operational hours to celebrate our fowled neighbors and feathered friends. Join us as we celebrate the artists at our reception on September 10.

VIRTUAL: Wilson Science & Technology Forum, Friday, September 13, 10:30 am: Ron Smith, Innovation Toronto, will demonstrate *Generative AI* and talk about the use and potential misuse of this rapidly evolving technology. Please register to receive the zoom link.

Ancient Egypt: Mystery of King Tut with Nate Ramsayer, Friday, September 13, 11:00 am: Nate Ramsayer will be back to present on the mysteries of King Tut. Learn who this person behind the mask was, what caused his death at a young age, why his burial was in a comparatively small tomb.

So, you've drafted an estate plan... now what? with Andrea Witt, Wednesday, September 18, 11:00 am: Come to this legal presentation to find out the next steps in ensuring that your estate planning does not go to waste! We'll discuss what's left to be done once you've put your plan together so that your agents, medical team, financial team and those who love you the most know what to do in case of an emergency.

**Coffee with Town Manager, Thursday, September 19, 9:00 am - 10:00 am:** Join us for a cup of coffee and an informal discussion with Winchester Town Manager, Beth Rudolph. Ms. Rudolph will provide updates of Town happenings and future initiatives. Bring any questions or comments for discussion.

#### Best of Times Tour Company Presentation, with Kim Gibson, Monday, September 23,

**11:00 am:** Kim Gibson, Sales Representative, will be at the Jenks to answer questions about the upcoming trips. Stop by with your questions and suggestions.

**Inequality in Massachusetts with Betsy Leondar-Wright, Tuesday, September 24, 11:00 am:** This presentation will unpack the causes and solutions to Massachusetts inequalities, racial disparities, rural/ urban/suburban disparities, class differences and more. Learn what is happening with housing costs, access to health care, and differences in the quality of K-12 public schools. This Jenks Learning Center Presentation is *Sponsored by the John and Mary Murphy Foundation.* 

**Friendly Feud, Wednesday, September 25, 11:00 am:** 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, September 26, 11:00 am,** *Lucy by the Sea by Elizabeth Strout*: Come join a new book club at The Jenks in partnership with The Winchester Public Library. This month's book is about a divorced couple from New York taking refuge by the seaside Town of Maine to escape COVID 19. Nominated for a Booker Prize, this bestselling novel chronicles the impact of relationships, isolation and connections during the pandemic. Limited to 20 readers, registration required. Books provided by Winchester Public Library.

**Celebrate National Senior Center month at the Jenks with our Fall Fling September Social, Thursday, September 26, 2:00 pm:** Come join the fun and celebrate National Senior Center month. Mocktails and appetizers will be provided, along with entertainment provided by George Lyons singing the classics of Frank, Dean, Sammy, Engelbert & Elvis.

VIRTUAL: Wilson Science & Technology Forum – Friday, September 27, 10:30 am: Berhhard Suhm, BBN Technologies, will speak on *Semantic Search in AI*, a key element of language learning in Generative AI.

Ancient Egypt: Ancient Egypt Hieroglyphs with Nate Ramsayer, Friday, September 27, 11:00 am: During this presentation, you will take a brief look at how the Egyptians came up with such a unique system of symbols for their language and how Egyptologists are able to make sense of them. You will learn about the various examples that have been found throughout Europe.

#### EVENING EVENTS SPONSORED BY CUMMINGS FOUNDATION GRANT

Marvento Duo performance "Influential Women" with Weronika Balewski and Elizabeth Chladil , Tuesday, September 3, 7:00 pm: An Evening of entertainment with two Boston-based musicians, Weronika Balewski on flute, and Elizabeth Chladil on piano. They founded Marvento Duo in 2013 to celebrate music by women composers both past and present and considers their legacies today.

The Real Women of Shakespeare's England with Professor Ramie Targoff, Tuesday, September 10, 7:00 pm: This talk will explore the four extraordinary women, Rosalind, Viola, Portia, Beatrice, at the heart of Ramie Targoff's new book, Shakespeare's Sisters: How Women Wrote the Renaissance. Ramie Targoff is the Jehuda Reinharz Professor of the Humanities, Professor of English, and Co-Chair of Italian Studies at Brandeis University (Waltham, MA). **The Natural World through a Lens with Christopher Ciccone, Tuesday, September 17, 7:00 pm:** Experience the beauty of the natural world through the lens of local professional nature photographer (and MBC member) Christopher Ciccone, as he shares photos & stories of birds and other wildlife from around the globe... and around the corner. Sponsored by a generous grant from The Cummings Foundation and The Menotomy Bird Club.

#### **Fascinating Men I have Encountered in 50 Years of Publishing with Henry Quinlan, Tuesday, September 24, 7:00 pm**: This presentation features Henry Quinlan's encounters with Spies, Cops,

Detectives, Fire Commissioner, Athletes, FBI Agents, CIA Agents, Entrepreneurs, Movie Stars, Presidents, during his 50 years in the publishing business. All are true stories.

## SATURDAY EVENTS

**Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am:** Starts September 7. 2 classes. Cost: \$12.00. No class on September 21 & 28.

**Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am**: Starts September 7. 3 classes. Cost: \$18.00. No class on September 14.

I Lift My Lamp—Illuminations from Immigrant America: A Solo Piano Concert by Ken Burns' Pianist Jacqueline Schwab, Saturday, September 7, 3:00 pm: Jacqueline will feature music from American immigrants in her solo piano program. She has performed at the White House for President Clinton and twice on PBS with the *American Pops Orchestra* and has accompanied Scottish singer Jean Redpath on public radio's *A Prairie Home Companion* and on CBS's *Late Show with David Letterman*. As a solo pianist, she has performed vintage music in almost every state of the Union. *Sponsored by a generous grant from The Cummings Foundation*.

Saturday Bridge Game with Bob Gaudet: Saturday, September 14, 1:00 pm - 4:15 pm: Cost \$ 15 per person, you will pay-at-the-door.

**River Walk Tours with the Winchester Cultural District, Saturdays, Sept 21, 10:30 am**: Meet at the Jenks Center and join volunteers from the Winchester Cultural District for a guided tour of the Winchester Riverwalk Exhibit.

**Painting with Theresa, Saturday, September 28, 11:00 am:** Join us for a painting session with Theresa Gritti, owner of Paint Drink Create. She is a celebrated teacher and artist with over 40 years of teaching experience. Her expertise in teaching students of all levels will help you reach your artistic potential. You will leave this session with a wonderful masterpiece to display in your home.

# 6 REGISTER AT WWW.JENKSCENTER.ORG



Meet and Greet with Blue, Therapy Dog, Thursday, September 5, 10:30-11:30 am: Please stop by to meet Blue, Golden Retriever 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, September 4, 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.

#### BenefitsCheckUp ®: Friday September 6, starting at 2:00

**pm:** Meet individually with our Social Worker to see what benefits you may be eligible for or get assistance with your existing benefits. See what's available in your area. To schedule an appointment please call 781-721-7136 x 15 or email snorton@winchester.us

# WELLNESS

#### Jenks Medical Equipment Loan Program:

If you are in need of medical equipment such as walkers, commodes, shower seats, etc., please contact us at 781-721-7136.

We have many items to loan.

HYBRID: Caregivers Connect Group: Beginning this month, meets twice monthly, Thursday, September 12 & September 26, 11:00 am: Learn from and share with other participants who are caring for elderly family members. Meets the Second and Fourth Thursday of each month: Register at to obtain your zoom link or attend in person.

Solo Ager Network: Navigating the Changing Healthcare System, Tuesday, September 17, 10:30 am – 12:30 pm: Dianne Savastano, private healthcare advisor and founder of Health assist will share knowledge and tools needed to navigate today's complex healthcare system. She will discuss strategies that empower individuals to have a more satisfying healthcare experience and make suggestions about where to get additional support.

**Cholesterol Clinic: Wednesday, September 18, 8:30am-10:00 am:** Visit the Jenks Nurse to get a baseline cholesterol check via fingerstick with immediate results. This test is for those that are **NOT** on cholesterol medication. You also must be fasting. No food or drink (except water) 8 hours prior to the test. Please call the Jenks Nurse to make an appointment.



Guided Reiki Healing Circle, The Turning of the Seasons, Wednesday, September 18, 10:00 am – 11:00 am: Come and join celebrating the turning of the seasons. Let's tap into this beautiful flow of the seasons together. Enjoy a light Reiki discussion designed to help you understand more about the energies and benefits of Reiki.

**Podiatry Clinic, Friday, September 20, 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 the to make an appointment.

Nia-Moving to Heal, Wednesday, September 25, 9:00 am-10:00 am: Audrey Albert King will lead her popular "Nia-Moving to Heal" class. The Nia technique is a gentle, seated, dance/fitness class that uses movement to feel better in body, mind, emotions, and spirit.

Nourish Program: Fill My Heart with Song, Tuesday, September 24, 10:30-11:30am: Join Joel Light as he sings old favorites and classic songs guaranteed to brighten your day! 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 are welcome.

# **7 | PLEASE REGISTER AT WWW.JENKSCENTER.ORG**

#### EXERCISE



VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am: Starts Wednesday, September 4. Instructor: Hilary Celentano. 12 classes. Cost: \$72.00. No class on September 2.

**FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am:** Starts Wednesday, September 4. Instructor: Hilary Celentano. 8 classes. Cost: \$48.00. No class on September 2. Jenks Shuttle Service available, call 781-721-7136 to schedule. *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 Wednesday, September 4. Instructor: Gail LaRocca. 3 classes. Cost: \$18.00. No class on September 2, 16, 18, 23, 25 & 30.

IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am: Starts Tuesday, September 3. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 8 classes. Cost \$48.00.

**Tuesday Step & Muscle Conditioning, Tuesdays, 8:30 am:** Starts September 3. Instructor: Judy Whitney. 4 classes. Cost: \$24.00.

**HYBRID: Gentle Yoga, Tuesdays, 9:45 am:** Starts September 3. Instructor: Ruth Lieberherr. 4 (90 minute) classes. Cost: \$36.00.

**HYBRID: Aerobics, Tuesdays, 3:00 pm:** Starts September 3. Instructor: Judy Whitney. 4 classes. Cost: \$24.00.



**Tai Chi Beginner Class, Tuesdays, 4:30 pm:** Starts September 3. Instructor: Hilary Celentano. 4 classes. Cost \$24.00.

**Thursday Step & Muscle Conditioning, Thursday, 8:30 am:** Starts September 5. Instructor: Judy Whitney. 4 classes. Cost: \$24.00.

**HYBRID: Muscle Conditioning, Thursdays, 3:00 pm:** Starts September 5. Instructor: Gail LaRocca. 2 classes. Cost: \$12.00. No class September 19 & 26.

**VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm:** Starts September 12. Instructor: Marilyn Arnold. 3 (90 minute) classes. Cost: \$27.00. No class on September 5.

IN PERSON: Slow Flow Yoga, Free Trial Class, Friday September 27, 9:15 am: Instructor: Andrea Kennedy. Join us and try a Slow Flow Yoga class!

**HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm:** Starts September 6. Instructor: Gail LaRocca. 2 classes. Cost: \$12.00. No class on September 20 & 27.

**Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am:** Starts September 7. 2 classes. Cost: \$12.00. No class on September 21 & 28.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts September 7. 3 classes. Cost: \$18.00. No class on September 14.

**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.

# **PLEASE REGISTER**

#### JENKS MOVIES — FRIDAYS 1PM

# AT THE MOVIES!

#### Silver Linings Playbook, September 6

A man with bipolar disorder is released from a psychiatric hospital and moves back in with his parents. While recuperating he befriends a woman with borderline personality disorder. Starring: Jennifer Lawrence, Robert DeNiro, Bradley Cooper

#### **Crossing Delancey**, September 13

A 30-year-old woman works in a bookstore and visits her grandmother on a regular basis. She has a sheltered existence until her grandmother tries to set her up with a pickle vendor. Starring: Amy Irving, Peter Riegert and Joan Micklin.

#### **Oppenheimer**, September 20

This is a story of an American scientist J. Robert Oppenheimer and his development of the first nuclear bomb. This bittersweet project changes the course of history forever.

NOTE: 3 Hours Long

#### CAREGIVER RESPITE DROP-OFF PROGRAM

Wednesdays, September 11 & 25, 10:00 am - 12:30 pm: 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 prescreening 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.

#### 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).

# SENIOR PROPERTY TAX EXEMPTION

If you received a Senior Citizen Circuit Breaker Income Tax Credit on your MA state tax return for 2023, you may be eligible for a property tax exemption.

#### Who is Eligible

If you received the Senior Citizen Circuit Breaker Income Tax Credit (MA Schedule CB) for 2023, have owned and occupied a home in Winchester for at least 10 consecutive years, have no other significant assets that may disqualify you, are 65 and older. and any co-applicant is 60 or older, the Town of Winchester will grant real estate tax relief between 50% - 200% of your MA Circuit Breaker credit. **Your maximum FY 2024 home assessment cannot be greater than \$1,025,000.** 

#### How to Apply

The application process is open during August and September. Applications are in the Assessor's Office and may also be mailed to you upon request. Include a copy of your 2023 MA income tax filing including your Circuit Breaker schedule. The exemption amount will be credited to your fiscal year 2025 actual tax bills due in February and May 2026.

#### **Get in Touch**

Contact the Assessors' Office at 781-721-7111.

Applications are due October 1<sup>st</sup>, 2024.

# 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.

**Verrill Farm** – Wednesday, September 4. Verrill Farm features some of the freshest and best tasting fruits and produce in the Greater Boston area, much of which is sustainably grown in their local fields. The farm stand also features a wide selection of artisanal foods, products, bakery and grocery items.

**Walmart, N. Reading** – Tuesday, September 10. Also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am. Approx. 1 ½ hours for shopping.

**Assembly Row, Somerville** – Wednesday, September 11. We will be going to the outlet side- Reebok, Saks Off Fifth, Clarks, Coach, Mikes Pastry, Tatté Bakery Café, and many more restaurants and shops. We will leave the Jenks Center at 9:30am and leave the outlets for home at 12:30pm.

**Encore Casino, Everett** – Tuesday, September 17. 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 Aviva Woburn** – Wednesday, September 18. Enjoy lunch and a tour of this assisted living facility. The shuttle will leave the Jenks at 12:30 pm.

**Burlington Mall** – Tuesday, September 24. Includes Ann Taylor, Macys, Nordstrom, Lands End, AT&T, Apple, Verizon, The Paper store and more. Pick up begins at 9:30am, return trip at 1pm.

#### 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.

\*Due to Labor Day on Monday, September 2, the Market Basket/HMart trip will be Tuesday, September 3.

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

#### TRIP: Lunch and Tour: Harriet and Ralph Kaplan Estates: 240 Lynnfield Street, Peabody,

**Wednesday, October 2, 1:00 pm.** Join us for a lunch and tour of one of the homes under Chelsea Jewish Lifecare. This community provides traditional assisted living and memory support assisted living for seniors as well as disabled adults. (Please arrive by 12:15). To register please contact our transportation coordinator Sue Clark 781-721-7136.

#### 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 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 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.

### SPECIAL EVENTS

#### Italian Dinner, Saturday September 28, 5:00 pm

Lets celebrate the heritage and culture of Italy! Come enjoy a delicious Italian Dinner from Rita's Catering, Chicken piccata, Florentine shells, Caesar Salad & Garlic bread (\$20). In addition, there will be a cash bar. Reservations required via the Jenks Center Website or call 781 721-7136. We are grateful for the efforts of the *Jenks Events Committee* in planning this party.

#### 2024 Civic Leadership Award Ceremony

#### September 19, 6:30 pm

The League of Women Voters of Winchester will present their 2024 Civic Leadership Award to Gloria Legvold. Gloria has provided a tremendous service to the community over many years through her work with multiple organizations, including the Winchester Unitarian Society Social Action Committee and the Winchester Network for Social Justice (formerly known as "Winchester Multicultural Network"), in addition to the League. She is wonderfully collaborative, civic minded and enthusiastic and has been a generous leader and mentor who has given her time to many organizations in Winchester. Please joins us in celebrating Gloria. Light refreshments will be served. *Sponsored by a generous grant from the Cummings Foundation.* 



# 11 TRAVEL WITH THE JENKS

#### JENKS CENTER & BEST OF TIMES TRAVEL PROUDLY PRESENT



#### The Sicilian Tenors Thursday, November 14, 2024 Castleton Banquet, Windham NH Price: \$129 per person

An Evening with the Sicilian Tenors, featuring Aaron Caruso, Elio Saccio, and Sam Vitale. The acclaimed international singing sensations will perform some of their classic repertoire along with songs from that show's period (1910-1930).

Plated Lunch included: Thanksgiving Dinner with fixings and sides OR Vegetable Lasagna; Dessert, Coffee /Tea



#### **Christmas at the Newport Mansions**

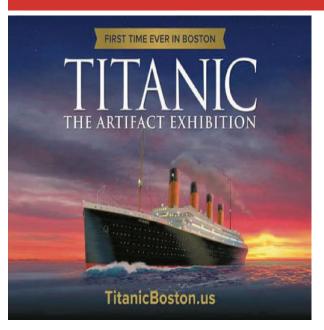
Thursday, December 12, 2024

#### Price: \$139 per person

Visit The Breakers, the grandest of Newport's summer "cottages", and showcased will be The Marble House decked out in yuletide finery, with thousands of poinsettia plants, evergreens, wreaths, and fresh flowers.

Lunch NOT included.

## OCTOBER TRIP WITH THE JENKS VAN



#### Titanic: The Artifact Exhibition The Castle at Park Plaza Wednesday, October 23, 2024 10:30 am Price: \$37

The Artifact Exhibition anchors in Boston! Experience the wonder and tragedy of the world's most famous oceanliner, RMS Titanic. More than 250 authentic artifacts recovered from the wreck site will be on display with full-scale room recreations. This is a once in a life time experience you don't want to miss.

Please sign up on the Jenks Website. Limited availability.







Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com Winchester Seniors Association, Winchester, MA 06-5401

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#### The Jenks Center will be closed on Monday, September 2nd for Labor Day.

