



THE JENKS
A Center. A Community.



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MAY 2024 NEWSLETTER

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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 | JOIN US FOR THE WSA ANNUAL MEETING

WINCHESTER SENIORS ASSOCIATION, INC. (WSA) ANNUAL MEETING TUESDAY, MAY 21, 2024, AT 10:00 AM JENKS CENTER

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

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

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

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

Director at Large – Carol Keller

Director at Large – Ron Latanision

Director at Large – Melodie Wing

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

President – Robert Ain

Senior Vice President – Christine Kowalczyk

Finance Committee Chairperson – Anne Hoffman

Interim Treasurer – Anne Hoffman

Secretary – Felicity Tuttle

Director at Large – Elizabeth Brodbine Ghoniem*

Director at Large – Patrick Hall*

Director at Large – Eileen Morris

Director at Large – Karen Murray*

Director at Large – Dan Quinn

Director at Large – Mei Mei Wang*

*Proposed New Directors At Large (new addition to the Board). Their Bios are available on the Jenks Website.

Elizabeth Brodbine Ghoniem

Patrick Hall

Karen McLeavey Murray

Mei Mei Wang

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

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

3 | PLEASE REGISTER

SPECIAL EVENTS

MAY IS NATIONAL OLDER AMERICANS' MONTH, PROCLAIMED BY PRESIDENT JOHN F. KENNEDY IN APRIL 1963. In celebration of Older Americans Month, the Jenks is offering a wide range of events and activities. Foremost, two major Jenks institutions will occur this month to celebrate Older Americans Month, the Brennan Lecture and the Jenks Symposium.



**The Brennan Lecture will be held on Thursday
May 2, at 7:00 pm, with special guest speaker
Tim Buckley, Chairman and Chief Executive Officer of
Vanguard Group**

Mr. Buckley will share foundational lessons in investing he has gathered over his four decades working to give investors the best chance for investment success. He will discuss Vanguard's investment principles, the current state of passive and active investing, and how artificial intelligence and digital advice may shape the investing landscape in the future.

Mr. Buckley has served as Vanguard's CEO since 2018. Previously, Mr. Buckley was Vanguard's chief investment officer, overseeing the company's internally managed stock, bond, and money market portfolios as well as its investment research and methodology. Mr. Buckley joined Vanguard in 1991 and has held a number of senior leadership positions, including chief information officer from 2001 to 2006 and head of the Retail Investor Group from 2006 to 2012. Outside of Vanguard, he served as chairman of the board of Children's Hospital of Philadelphia from 2011 to 2017 and as a trustee and vice chair of The Shipley School from 2018 to 2022. He earned an A.B. in economics from Harvard College and an M.B.A. from Harvard Business School.

Registration is required.

A Special Thanks to the Brennan Family for their generosity in sponsoring this event.



The Jenks Annual Symposium on Friday, May 10, 9:00 am until 1:00 pm

The topic this year is “**Super Agers: Who are they and the impact of 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 who has been investigating the phenomenon of super aging since 2016. Dr. Jonathan Gruber, Ford Professor of MIT, will discuss challenges and solutions facing long term care. Dr. Heather Jones of Winchester Hospital addresses how healthcare institutions adapt to longevity in medical practice and their ability to prolong healthy living. Finally, we are pleased to announce that there will be a panel of super-aging Jenks patrons with their families 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. Refreshments and a light lunch will be served.

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

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

Walking Group: Mondays and Wednesdays Walking Club, 9:15 am – 9:45 am, May – September: Looking to expand your workout and improve your health and make friends, join us Mondays and Wednesday, for a 30-minute walking group around the McCall Middle School Track Manchester Field. Participants will meet at Manchester Field Track. **We are looking for volunteers to help out or lead the Walking Club!** Please call Suzanne Norton at 781-721-7136, if interested.

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 play and group work. *Sponsored by the Cummings Foundation.*

Let's Get Planning! A General Overview of Health Care Proxys and Power of Attorney Documents, Friday, May 3, 10:00 am: This presentation on Health Care Proxies and Durable Powers of Attorney documents will be presented by senior staff attorney at Greater Boston Legal Services. He will talk about why these Advanced Directive documents are important, and how they can help to avoid adult guardianship and conservatorship crises in the future.

BenefitsCheckUp, Friday May 3, Starting at 2:00 pm: This program connects millions of older adults and people with disabilities, with benefits programs that can help pay for health care, medicine, food, and more. Meet individually with 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. Please contact the Jenks Center social worker to schedule your confidential appointment: 781-721-7136 x 15 or email snorton@winchester.us.

Meet Up Mondays, May 6, 13, 20 & 27, 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.

Men's Discussion Group with Ed Brady, Monday, May 6 & 20, 11:00 am: Join this group, every alternate Monday, to discuss current events and items of mutual interest.

BINGO, Wednesday, May 8, 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.

5 | REGISTER FOR ALL EVENTS

DAY EVENTS (CONTINUED)

VIRTUAL: Wilson Science & Technology Forum

– Friday, May 10, 10:30 am: Peter Baldwin, President of base-e, which focuses on commercialization strategies for emerging Carbon Capture & Sequestration (CCS), Distributed Energy and CleanTech will join us. Pete is a recognized leader in the turbomachinery industry and will speak on the outcomes of the recent international climate meeting, *COP28*, held each year by the United Nations.

Solo Ager Network: Navigating the Changing Healthcare System, Tuesday, May 14, 10:30 – 12:30 pm:

Dianne Savastano, private healthcare advisor and founder of Healthassist 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.

VIRTUAL: Probate in a Nutshell, and Why You May (or May Not) Want to Avoid it, Andrea Witt Friday, May 15 at 11:00 am:

This presentation will discuss the nuts and bolts of the probate process: timeframe for administration, options, and steps in the process from opening to close, and hiccups that can occur throughout. We will also discuss scenarios in which probate is best to be avoided, and others in which it could be beneficial. You will leave this presentation with an understanding of which outcome – probate or avoiding it – is right for you!

Memorial Day Remembrance, Wednesday, May 22, 11:00 am:

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

Friendly Feud Game Show, Wednesday, May 22, 11:30 am:

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!

Employment Fair for Older Adults, Thursday, May 23, 8:30 to 10:00 am:

The Winchester Chamber of Commerce and the Jenks Center are pleased to announce their second annual Employment Fair. Last year, this successful initiative brought in 49 older adults who met with 11 employers in the Winchester region. The Employment Fair was developed to address the economic security needs of Winchester's older adults and the needs of regional Winchester retail businesses and offices who are seeking capable and reliable workers. Join us for a continental breakfast to meet with prospective local employers to discuss employment opportunities. **Registration required.**

VIRTUAL: Wilson Science & Technology Forum –

Friday, May 24, 10:30 am: Jane Kent, of the University of Michigan Hospital Facilities Planning and Development Department joins us. Jane is the youngest daughter of a historic figure in the evolution of The Jenks. Center, Jim Kent. Jane and her colleagues allow Michigan Medicine to be a world leading provider in healthcare, education, and research. She will speak on *Hospital Planning Going Forward*.

Revisiting the Ten Commands with Nate Ramsayer, Friday, May 24, 11:00am:

Join biblical scholar and archaeologist Nate Ramsayer for the first installment of a two part series as we retrace the steps of Moses, reviewing what these holy laws say and the context of how they were written and ended up in the Bible. *Sponsored by the John and Mary Murphy Foundation.*

Law Codes from the Ancient World with Nate

Ramsayer, Friday, May 31, 11:00 am: Join biblical scholar and archeologist Nate Ramsayer for the second in a two-part series on ancient laws as we delve into the world of Babylonian, Sumerian, and Assyrian law codes and how they influenced biblical authors.

Medicare Scam

A Minuteman Senior Services SHINE counselor received a call from “Medicare” asking if she'd received her new Medicare card.

This is a scam, Medicare never contacts members by telephone unsolicited.

EVENING EVENTS SPONSORED BY THE CUMMINGS FOUNDATION GRANT

Carol Burnett - Women Who Paved the Way in Comedy with Debra Block and DGB Productions, Tuesday, May 7, 7:00 pm: Join us as we welcome back Debra Block, Artistic Director of DGB Productions for a look at the different characters and sketches from *The Carol Burnett Show*. Ms. Block has directed theatre for over 25 years and specializes in interactive programs for 55 plus.

VIRTUAL: The Election Desk with Nicole Gallagher, Tuesday, May 14, 7:00 pm: Join us as we interview Nicole Gallagher, ABC networks Director of News Practices. Listen to how in the wake of the 2000 presidential election and the ensuing protracted vote recount, ABC News tasked her to organize the Decision Desk from the ground up. Now as a director rather than a producer, she handles the crucial task of delivering and explaining the team's projections to the news team every Election Night. It's a role that has become more challenging in the current times. Learn how she became intrigued by the forces behind popular movements, as well as questions of power and bias in the news media. Register to receive the Zoom link.

Why Do Migrants Make Such Dangerous Journeys with Dr. Katrina Burgess, Tuesday, May 21, 7:00 pm: Join us as we welcome Dr. Katrina Burgess, a Professor of Political Economy and Director of the Henry J. Leir Institute of Migration and Human Security at the Fletcher School. This presentation is based on her current research that addresses how U.S.-bound migrants assess risk and process information as they make the perilous journey north to the United States.

A Fond Musical Farewell with Diane Taraz, Tuesday, May 28, 7:00 pm: Join historical musical sensation Diane Taraz to celebrate the spirit of life and memories of friends. She will be performing her Fond Farewell musical program for Memorial Day, consisting of classical and original songs on guitar and dulcimer. The program will include Over the Rainbow, Wayfaring Stranger, Amazing Grace, Will the Circle be Unbroken and many more. Diane has provided music for sponsored events and recorded CDs, produced 20 solo CDs, 6 CDs with groups and 4 singles.

SATURDAY EVENTS

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Session starts May 4. 3 classes in session. Cost: \$18.00 No class on May 18.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts May 4. 2 classes in session. Cost: \$12.00. No class on May 18 & 25.

Sing Into Spring, May 4, 1:00 pm: Sing into spring with the Jenks Chorus. Join us to sing all the seasonable numbers. Light refreshments will be server.

Ping Pong: May 4, 9:00 am – 2:00 pm.

Saturday Cribbage: May 4, 11 & 25, 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: May 4, 12:15 pm: Ukulele play along! Register for more information.

What you need to know about Skin Cancer with Dermatologist Kasia Masterpol, M.D. DermPhysicians of New England, Saturday, May 11, 11:00 am: Learn about the different kinds of skin cancer and how to recognize their warning signs. Skin cancer is very common, and it is most treatable when caught early! So come educate yourself on what to look for!

Saturday Bridge Game with Bob Gaudet: May 11, 1:00 pm - 4:15 pm: Cost \$ 15 per person, you will pay-at-the-door.

Tri Music Community, Winchester High School, Saturday, May 25, 11:00am

WELLNESS

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.

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, May 8, 10:00 am - 12:00 pm:

The Jenks nurse will be offering blood pressure checks at the center. Please call to register.

Manicures by Kristin: Tuesdays, May 14, 21, 28, by Appointment, 9:00 am— 12:00 pm:

The cost is \$8.00 per manicure. Limit to twice a month sign up. Call the Jenks to schedule your appointment.

Nutrition with Jessy, Monday, May 20, 2:00 pm-3:00 pm:

Nutritionist, Jessy McNeil, MSRD, LDN will talk about Inflammation and Diet. Learn about foods that fight inflammation and how they help reduce risk of illness. We will discuss the Mediterranean diet and how to make a Medi-board.

Medication Safety and Drug Disposal with Dr. Dinno, May 20, 10:30 am:

We hope you can join us for this informative discussion led by Pharmacist Dr. Danny Dinno, RPh, BS, PharmD. He will cover the following topics—medication adherence and measures, medication compliance packaging, Blister pack vs. Medicine on time vs. Dispill. He will also talk about how medication adherence improves health outcome. Light refreshments will be provided. All are welcome!

Reiki Healing Circle with Deb Strafuss, Wednesday, May 22, 10:00 am:

Enjoy a light Reiki discussion designed to help you understand more about the energies and benefits of Reiki, followed by a Reiki infused guided meditation for healing and renewal.

HYBRID: Monthly Caregivers Connect Group: Thursday, May 23, 11:00 am:

Caregiving is a journey! Take a positive step to preserve your own health and well-being by connecting with others who are caring for elderly family members. Meets once per month, usually on the Fourth Thursday. Register at to obtain your zoom link or attend in person.

Podiatry Clinic, Friday, May 24, 8:00 am-1:00 pm:

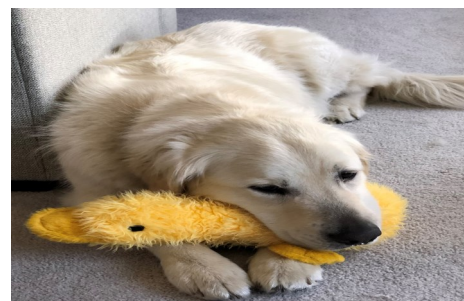
Dr. Seligman is a Board-Certified Podiatrist. There is a \$35.00 fee payable in check or cash. Please call Jenks Center at 781-721-7136 to make an appointment.

Nourish: Exploring the Roots of Percussion, Interactive Drumming Circle, Tuesday, May 28, 10:30 am: Nourishing Aging Well!:

This month we will be joined by musician Cornell Coley for an exploration of African Roots Rhythm and Afro Latin Beats. This is a hands on interactive program. No music experience required. Drums will be provided, but feel free to bring your own if you prefer. 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 as we focus on nourishing our mind, body, and soul.

Nia-Moving to Heal, Wednesday, May 29, 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.



Blue our Therapy Dog and his owner, Anne Hollesen will be back on Thursday, June 6!

We hope you will drop in and enjoy the company of Blue and the many health benefits of interacting with animals.

EXERCISE



VIRTUAL: FABBS Exercise, Mondays, Wednesdays & Fridays, 8:00 am: Starting Wednesday, May 1. Instructor: Hilary Celentano. 12 classes in session. Cost: \$72.00. No class on May 15 & 27. **Please note new start time at 8:00 am.**

FABBS Exercise, Mondays & Wednesdays, 9:00 am & 10:00 am: Starting, Wednesday, May 1. Instructor: Hilary Celentano. 7 classes this session. Cost: \$42.00. Jenks Shuttle Service available, call 781-721-7136 to schedule. No class on May 15 & 27. **Starting in May, there will be 2 sessions of in person FABBS at the Jenks Center: one at 9:00 am and another at 10:00 am. Space is limited, sign up is on a first come first serve basis.**

HYBRID: 3 in 1 –‘Aerobics, Muscle, Stretch’, Mondays and/or Wednesdays, 4:30 pm: Instructor: Gail LaRocca. Sign up separately for Mondays & Wednesdays. Monday session has 3 classes at \$18.00. Wednesday session has 4 classes at \$24.00. No class on May 15 & 27.

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

Step & Muscle Conditioning, Tuesdays & Thursdays, 8:30 am: Starting Thursday, May 2. Instructor: Judy Whitney. 5 classes in this session. Cost: \$30.00. No class on May 16, 21, 28 & 30.

HYBRID: Gentle Yoga, Tuesdays, 9:45 am: Starting May 7. Instructor: Ruth Lieberherr. 4 (90 minute) classes in this session. Cost: \$36.00.

HYBRID: Aerobics, Tuesdays, 3:00 pm: Starting May 7. Instructor: Judy Whitney. 3 classes in session. Cost: \$18.00. No class on May 28.

Tai Chi Beginners, Tuesdays, 4:30 pm: Starting May 7. Instructor: Hilary Celentano. 3 classes in session. Cost \$18.00. No class on May 14.

VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm: Starting May 2. Instructor: Marilyn Arnold. 4 (90 minute) classes in session. Cost: \$36.00. No class on May 30.

HYBRID: Muscle Conditioning, Thursdays, 3:00 pm: Starting May 2. Instructor: Gail LaRocca. 4 classes in session. Cost: \$24.00. No class May 16.

HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm: Starting May 3. Instructor: Gail LaRocca. 3 classes in session. Cost: \$18.00. No class on May 10 & 17.

To Register for Exercise 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..

CAREGIVER RESPITE DROP-OFF PROGRAM AT THE JENKS

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 **May**, the program will be available on **Wednesday the 1st & Wednesday the 22nd**, 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.

WHAT IS IRMMA?

What is IRMAA and how does this impact my Medicare benefits as I plan for retirement?

Income-related monthly adjustment amount, or IRMAA, is a fee you pay on top of your Medicare Part B and Part D premiums if you make a yearly income above the annual thresholds.

The higher Medicare Part B premium kicks in if you make more than \$103,000 or if you and your spouse collectively earn up to \$206,000. The IRMAA is calculated on a sliding scale with five income brackets topping out at \$500,000 and \$750,000 for individual and joint filing.

How to avoid an IRMAA? You can avoid paying an IRMAA either by lowering your taxable income or by making an appeal to the Social Security Administration (SSA). Lowering your taxable income is the best way to try to avoid an IRMAA in the future. You can also appeal an IRMAA decision directly with the SSA. For more information regarding IRMAA please make an appointment today with SHINE.

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 shuttle trips independently, without assistance. Expect destinations to have uneven terrain.

Burlington Mall – Wednesday, May 1, 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.

Walmart, N. Reading – Tuesday, May 7, also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am. Approx. 1 ½ hours for shopping.

Lunch Tour of Waterstone, Lexington – Wednesday, May 8, Enjoy lunch and a tour of this Lexington Assisted Living facility providing luxury living for seniors 62 and over, ideally located adjacent to the Belmont Country Club. The shuttle will leave the Jenks at 12:30pm.

Assembly Row, Somerville – Tuesday, May 14, 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 1:30pm.

Encore Casino, Everett - Tuesday, May 21, 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.

Merrimack Outlets- Wednesday, May 22, Shop the outlets in tax free New Hampshire. We will leave the Jenks Center at 9:30am and leave the outlets at 1:30pm.

Lunch Tour of Mt. Vernon House- Wednesday, May 29, Enjoy lunch and a tour of Winchester's newly renovated assisted living facility. Located in the center

of town, close to shopping, restaurants, the library and Jenks Center. Park at the Jenks and take the shuttle over, we will leave the Jenks at 12:45pm.

Shuttle Service for Wright-Locke Farm Tea - Thursday, May 30, Pre-registration required, limited to 14 people. Arrive at the Jenks by 12:30pm. Must register with the farm directly before booking a spot on the shuttle. Call the farm to inquire about the tea at 781-729-8775 or email tkinsey@wlfarm.org.

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.

Market Basket/HMart trip will not be available on Thursday, May 16 and Monday, May 27.

It will be available on Tuesday, May 28.

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 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.

11 | 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.

SENIOR CHARLIE CARD RENEWAL

Renew your Senior Charlie Card in person, by appointment only. This service is offered by our Transportation Coordinator, Sue Clark, Monday – Thursday 10am – 3pm. The process takes approx. 30 minutes. Call for an appt and more information 781-721-7136 ext. 17.

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.



Friday, May 3, 1:00pm – 1917

During WWI, soldiers received impossible orders. They need to cross over enemy lines to deliver a message that could save their fellow soldiers.

Friday, May 10, 1:00pm – American in Paris

Gene Kelly is an American ex-GI who stays in Paris after the war to become a painter. Things start to get complicated when he falls in love with his friend's girlfriend.

Friday, May 17, 1:00pm – Burnt

Bradley Cooper was a famous chef and lost it all because of a drinking problem. He cleans himself up and decides to redeem himself in the restaurant world.

Friday, May 24, 1:00pm – Funny Face

A fashion photographer (Fred Astaire) is struck by the beauty of a shy bookstore employee (Audrey Hepburn). He convinces her to become a model.

Friday, May 31, 1:00pm – Big

A boy makes wishes at a carnival machine called Zoltar. He wishes to be a grown up. He mysteriously wakes up the next morning as an adult. Starring: Tom Hanks

Please register on the website.



THE JENKS

A Center. A Community.

109 Skillings Road
Winchester, MA 01890

Non Profit Organization
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The Jenks Center will be closed on the following days in May:

Wednesday 15, Thursday 16, Friday 17 & Saturday 18 - ENKA FAIR

Monday 27 - Memorial Day

