



THE JENKS
A Center. A Community.



October



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OCTOBER 2025 NEWSLETTER

QR CODE

PLEASE SCAN IF YOU
WOULD LIKE TO DONATE



THE JENKS CENTER OFFERS CULTURAL, EDUCATIONAL,
RECREATIONAL, AND SOCIAL SERVICE PROGRAMMING FOR AGES 55+
TO PROMOTE ACTIVE, HEALTHY, AND MEANINGFUL ENGAGEMENT AND
CONNECTIONS WITHIN THE COMMUNITY.

Please Register at www.jenkscenter.org for all Activities & Events

2 | JENKS STAFF

WINCHESTER SENIORS ASSOCIATION (WSA)

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EILEEN MORRIS - VICE PRESIDENT
ANNE HOFFMAN - TREASURER
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JENKS PATRON ADVOCATE - MARY BEZJAK
JENKS PATRON ADVOCATE - JOHN KAWADLER

THE 2025 BRENNAN LECTURE



Wednesday, October 8, 6:30 pm
with special guest speaker
Mark Ockerbloom,
Boston 25 News Anchor

Mark Ockerbloom is an Emmy-Award winning anchor for Boston 25 News. Major stories Mark has covered over the years include the Boston Marathon Bombings, Whitey Bulger's capture, the Aaron Hernandez trial, the Pope's visit to America and the funeral for former President George H. W. Bush. He's also covered several Patriots' Super Bowls and Red Sox World Series as well as all of the victory parades that followed.

Join us to celebrate the success of a Native Winchester Resident!

WEEKLYS

MONDAYS

9:00am– 10:30am	ESL
1:00pm - 3:00pm	Mahjong
1:30pm - 3:30pm	Conversational English
2:00pm –4:00pm	Mexican Train Dominos

TUESDAYS

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

WEDNESDAYS

9:00am - 10:45am	Art
9:00am - 12:00pm	Cribbage
10:00am - 12:00pm	Tech Help: Phone, Tablet & PC/laptop
10:45am - 11:45pm	Conversational French
1:00pm - 3:00pm	Canasta
1:00pm—2:00pm	Poetry (Hybrid - 2nd Wednesdays)
2:00pm– 3:30pm	Beginners Ping Pong

THURSDAYS

9:00am - 10:30am	Conversational English
9:30AM - 10:30AM	Jenks Chorus
11:00am - 12:00pm	Current Events (Virtual)
12:15pm - 1:30pm	Chinese Classical Dance
12:30pm - 3:00pm	Bridge
2:00pm - 3:00pm	Conversational German (2nd & 4th Thursdays)

FRIDAYS

1:00pm - 3:00pm	Mahjong
9:30am—11:30am	Beginners Chinese Calligraphy

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

DAY EVENTS

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

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

Friendly Feud Game: Join us for the Next Game Happening, Thursday, October 2, 11:00 am – 12:00 pm: Attend this exciting game show exclusively offered for members of the Jenks Center and presented by *Assisting Hands Home Care*. Boost your problem-solving skills and improve your memory, all while strengthening your mind. Prizes for all who sign up. All are welcome!

Meet up Monday Lunches, October 6, 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 is required and **may be limited to 2** lunches per month. The menu will be posted on the website and at the front desk.

Tea Time, Thursday, October 9, 10:30 am: Jennifer Zhang from the Winchester Chinese School will present a lecture on Chinese tea culture and demonstrate a traditional tea ceremony. Each step in preparing the tea carries deep history and meaning, which Jennifer will share during the program. Guests will also have the opportunity to taste a variety of teas. Free admission. Call to register! *Funding support from the Cummings Foundation.*

Virtual: Wilson's Science and Technology Forum, Friday, October 10, 10:30 am: Edward Robins, aka Stephan Ward, physicist and science fiction writer, will speak about the evolving influence, both useful and not so useful, of AI in our lives with his presentation *Tales from the AI Frontier*. Register to receive the zoom link.

Bodhi Bilingual Meditation, Friday, October 10, 10:30 am–11:30 am: This meditation program will include instructions in Mandarin and the English language. Bodhi Meditation invites you to experience their unique meditation music and its incredible benefits! Guided by the music, relax your body and mind and find tranquility and peace. Space is limited. Registration required.

Ask an Attorney, Wednesday, October 8, 9:00 – 11:00 am: Schedule your half hour free consultation with Andrea Witt. Andrea is a partner at Spano Dawicki & Witt, LLC, and a Board-Certified Elder Law Attorney. Please call the front desk to schedule your appointment.

Bingo, Wednesday, October 15 & 29, 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.

4 | REGISTRATION REQUIRED FOR ALL EVENTS

DAY EVENTS (CONTINUED)

Sociological Book Club, Thursday, October 23, 11:00 am: “Upswing: How America Came Together a Century Ago and How We Can Do It Again” by Robert Putnam with Shaylyn Romney Garrett. From the bestselling author of “Bowling Alone”, see how America has vacillated from the gilded age of selfishness and isolationism to a more equitable and egalitarian society towards end of last century. This book questions what was lost and then regained now remains in limbo—are we—can we become a more just and caring nation escaping self-interest. Referred by The New Republic as a magnificent and visionary book.

Virtual: Wilson’s Science and Technology Forum, Friday, October 24, 10:30 am: Lefteri Tsoukalas, Professor, School of Nuclear Engineering, Purdue University will speak about work underway to consider spent nuclear fuel as a resource rather than a waste in his presentation *Beyond Waste: Spent Nuclear Fuel as the Strategic Energy Reserve of Humanity*. Register to receive the zoom link.

Men’s Discussion Group with Johnny Russo, Monday, October 27, 11:00 am: Join this group to discuss current events and items of mutual interest.

Panama Canal - “Connection Between the Oceans That Changed the World” with Barry Pell, Wednesday, October 29, 12:00 pm: The lecturer, Barry Pell, traveled through the Canal on a four-masted sail ship. In this program, accompanied by his photography, he will discuss the history, controversies, and ingenious design of the Canal. *Sponsored by the John and Mary Murphy Foundation.*

Halloween Costume Party, Thursday, October 30, 1:30 pm – 3:00 pm: Join the fun at the Jenks 3rd annual Halloween Costume party. Show off your creativity. Costumes are required for admittance to the party. Prizes will be awarded for the funniest, all-around best, couples, and most creative. Seasonally spooky refreshments will be served. Registration required – limited to 100 patrons!

NATE RAMSAYER’S PRESENTATIONS

Friday, October 3 at 11:00 am – “Israel's History in the Bible: Are These Stories Real?”: An overview of the “historical” books of the Bible—Joshua, Judges, Samuel, and Kings—and how scholars understand who is responsible for creating this history, and whether these should be read as actual history.

Friday, October 17 at 11:00 am – “Secrets of the Scribes: Accidental Alterations to the Biblical Text”: How did scribes write and copy biblical texts over the centuries? How common are scribal errors in the Old Testament? Do any of these mistakes change how the text should be interpreted?

Friday, October 31 at 11:00 am—“Changing God's Word: Intentional Alterations to the Biblical Text”: How do we know we have the exact words Jesus said? Why do we have multiple versions of biblical books? What would lead scribes to make such drastic changes to this material?

A MESSAGE OF HOPE FROM BESTY ENGLANDER

Join Betsy Englander, LCSW and mental health expert of Jewish Family and Children's Service in Waltham, MA for two presentations that will focus on ways that community members can both cope with their own loss and grief and support their neighbors and friends who are struggling as well. Betsy will share information and resources and provide a safe space for discussion of loss and grief.

The First Session: Healing from Loss and Grief, Wednesday, October 8, 2:30 pm: In this training, Betsy will share ways in which we all process loss and facilitate a conversation on methods that can help participants find meaning and healing from these losses.

Second Session: Tips and Techniques for Understanding and Assisting Neighbors Who Are Struggling, Wednesday, October 15, 2:30 pm: A workshop that provides participants with basic information about common stress responses and their impact on our health as well as how to better support a friend, neighbor, or even ourselves when we are struggling with the stress of life or loneliness.

EVENING EVENTS

SPONSORED BY CUMMINGS FOUNDATION GRANT

The Trial of Lizzie Borden: Whacks and Hacks with Judge Dennis Curran, Tuesday, October 7, 7:00 pm:

This case presents one of America's most notorious and enduring murder mysteries. An essential piece of American mythology, the popular fascination with the Borden murders has endured for more than one hundred years. Join his Honor Judge Dennis Curran as he reopens the case. Did she or didn't she? Or were darker forces at work?

Forests & Farms: Home & Away with Bill Wilson Tuesday, October 14, 7:00 pm: Join Bill Wilson to explore "Bird Friendly" coffee, that is good for birds, farmers, workers; supports local rural economies and helps the Earth we all share. Wilson, and author/ conservationist Scott Weidensaul, started Birds & Beans in 2008. Bill has written two books with Katie Fallon and illustrated by Leigh Ann Carter: 'Look See the Bird' and 'Look See the Farm'. Sponsored in part by the *Menotomy Bird Club*.

From Winchester to Open Water: Swim Winchester event at the Jenks Center, Thursday, October 16, 7:00 pm: Sean Bannon is an open water swimmer who grew up in Winchester. Sean recently swam the 20-mile Catalina Channel and earned the Triple Crown of Open Water Swimming, a feat fewer than 400 people have accomplished. Come hear his story. *Co-sponsored by Swim Winchester*.

Fall Wreath Arrangement with Derby Farm Flowers & Gardens with Lucinda Chrislip

Tuesday, October 21, 7:00 pm: The Jenks Center is pleased to partner with Derby Farm Flowers & Gardens to present this workshop. Explore floral wreath arranging with beautiful dried New England offerings. Join Lucinda, as she shares her passion for flowers, and helps you explore nuances of floral wreath design and professional techniques. *Co-sponsored the Derby Farm Flowers & Gardens*.

Hermann Dudley Murphy: Unity of Beauty: Art and Frame with John McConnell, Tuesday, October 28, 7:00 pm: Join us as we welcome back architect and former Winchester Historical Society Board Member, John McConnell. He will be sharing the story of prolific and multi-talented, Winchester artist Hermann Dudley Murphy, who divided his career between painting, teaching and creating now-famous artisanal frames.

SATURDAY EVENTS

SPONSORED BY WINCHESTER MOUNT VERNON HOUSE GRANT

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Starts October 4. 4 classes. Cost: \$28.00.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts October 3 classes. Cost: \$21.00. No class on October 25.

Cribbage, October 4, 11, 18 & 25, 11:30 pm - 2:30 pm

Yarnies, 1st and 3rd Saturdays, 10:00 am—12:00 pm: Yarnies is an informal group where you can work on your latest knitting or crocheting project, chat with fellow crafters, and gather ideas.

Beginners Painting Class with Claire Jiang, October 4, 11, 18, & 25, 9:30 am—11:00am: Join us every Saturday morning to learn the fundamental painting techniques that form the essential building blocks for creating any painting. Claire will walk you through the painting process step-by-step. Supplies will be provided. This class will allow everyone to develop their painting abilities at their own pace. Limited seating, please sign up on the Jenks website.

An Evening of Southern Delights, October 4, 5:00 pm: Come enjoy a delicious dinner from Rita's Catering: Fried Chicken & Biscuits, Baked Mac & Cheese, Vege Salad, Brownies & Cookies. 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. Cost \$20.00

Saturday Bridge with Bob Gadet, October 11, 1:00 pm: Cost \$15 per person, you will pay-at-the-door. Register for more information.

WELLNESS

Come meet Hobbes, the new therapy dog: We have a new loveable Retriever that will start visiting the Jenks the first Thursday of each month, 10:30 am -11:30 am in the Jenks lobby.

Staying STEADI As You Age Balance Class, *Mondays, 1:00 pm -2:00 pm OR Thursdays, 10:30 am-11:30 am: Using the CDC STEADI Initiative, Dr. Katie Wadland, Board Certified Geriatric Clinical Specialist, and her associates, will lead this balance class designed to make participants fall-prepared! You are limited to choosing either Monday or Thursday.

Caregivers Support Group: Two Thursdays (2nd and 4th), October 9 & 23, 11:00 am -12:15 pm: A safe place where caregivers can learn from and share common experiences with other participants who are caring for elderly family members. The first monthly meeting will be on Thursday, Oct. 9, this will be a regular meeting. On October 23, educational speaker *Wendy Martineau* from Windrose at Woburn will talk about 'when it's time to think about Residential Memory Care'. Contact Jenks Social Worker for more information.

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

Solo Ager Network: Life Transition Binder Workshop: 4-Week Series, Tuesdays, Oct 14 – Nov 4, 11 am -12:30 pm, Cost: \$40. Registration required. Space limited to 26: In this four-class series Sandra Batra, LifeLink Consulting, will guide you in creating your customized "Life Transition Binder" incorporating all your important life details, including personal data, property, financial, retirement/investment, insurance, medical and service provider information.

Blood Pressure Clinic, Wednesday, October 15, 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.

Reiki Healing Circle with Deb Strafuss, October 15, 10:00 am – 11:00 am: Enjoy this guided meditation with Reiki for healing calm, strength, and joy. Led by Reiki Master Teacher, Deb Strafuss.

Podiatry Clinic, Friday, October 17, 8:00 am-3:30 pm: Dr. Seligman is a Board-Certified Podiatrist. There is a \$40.00 fee payable in check or cash, please. Please call Jenks to reserve your appointment.

Fall Prevention: Proven Solutions to Keep You Safe and Independent with Dr. Michael Stare, Wednesday, October 22, 12:30 pm -2:00 pm: Dr Stare, Doctor of Physical Therapy, Fitness Professional, Board Certified Nutritionist, and national lecturer will provide solutions that you can apply right away to reduce your risk of falls. He will clarify with science and real-world proof what works to prevent falls and how to know if we are at risk for falls.

Nutrition with Jessy, Monday, October 27, 2:00 pm-3:00 pm: Join Jessy McNeil, Registered Dietician, as she discusses BMI (Body Mass Index), a valuable tool used in screening for potential risk for certain health conditions. You will receive your own BMI chart. We will also discuss sustainable lifestyle changes and nutrition plans to meet your health goals.

Manicures by Kristin: Happening Tuesdays in March: By Appointment: October 28th between 9:00 am & 12:00 pm. The cost is \$8.00 per manicure. Call the Jenks Center for a list of available appointments. Call the Jenks to schedule your appointment!

NOURISH'ing the Mind, Body and Soul: MIND Musical Performance and study recruitment, October 28, 10:30 am -11:30 am: This month we invite you to meet the minds behind the MIND Lab at Northeastern University study outreach team, who is seeking older adults who may be experiencing memory issues to participate in a research study on how audiovisual stimulation affects brain activity and gene expression. They will present and perform some familiar favorite songs, ranging from Bach to The Beatles at the Jenks Center! **NOURISH'ing Your Mind, Body, and Soul:** A program that meets monthly to promote brain health, encourage socialization, and stimulate the five senses through music, crafts, and fun activities. Those with impaired cognition are welcome and strongly encouraged to attend as we focus on cognitive stimulation to support memory.

EXERCISE



VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am: Starts Wednesday, October 1. Instructor: Hilary Celentano. 13 classes. Cost: \$91.00. No class on Monday, October 13.

FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am: Starts Wednesday, October 1. Instructor: Hilary Celentano. 7 classes. Cost: \$49.00. No class on October 13 & 15. 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, October 1. Instructor: Gail LaRocca. 8 classes. Cost: \$56.00. No class on Monday, October 13. *Option to sign up for only Mondays or Wednesdays.*

IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am: Starts Thursday, October 2. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 9 classes. Cost: \$63.00. Tuesday, October 14 will be a virtual class.

Cardio/Muscle Pump, Tuesdays & Fridays, 8:30 am: Starts Thursday, October 2. Join our cardio and weight combo class to improve cardiovascular health and muscle strength. *Option to choose how many and which days would like to participate.* Instructors: Alison Clancy & Judy Whitney.

Gentle Yoga, Tuesdays, 9:45 am: Starts October 7. Instructor: Ruth Lieberherr. 4(90 minute) classes. Cost: \$31.50. No class on October 14.

HYBRID: Aerobics, Tuesdays, 3:10 pm: Starts October 7. Instructor: Judy Whitney. 4 classes. Cost: \$28.00. **Note new start time at 3:10 pm.**

Tai Chi Beginner Class, Tuesdays, 4:30 pm: Starts October 7. Instructor: Hilary Celentano. 4 classes. Cost: \$28.00.

HYBRID: Muscle Conditioning, Thursdays, 3:00 pm: Starts October 2. Instructor: Gail LaRocca. 5 classes. Cost: \$35.00.

VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm: Starts October 2. Instructor: Marilyn Arnold. 4 (90 minute) classes. Cost: \$42.00. No class on October 30.

HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm: Starts October 3. Instructor: Gail LaRocca. 5 classes. Cost: \$35.00.

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Starts October 4. 4 classes. Cost: \$28.00.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts October 3 classes. Cost: \$21.00. No class on October 25.

To register for the monthly session or for more detailed class descriptions: Visit our website at www.jenkscenter.org or call us at 781-721-7136.

HYBRID classes offer your choice of in person or virtual attendance. If class is VIRTUAL or HYBRID, you will receive a link to be used for every class in session at registration.

8 | PLEASE REGISTER

JENKS MOVIES — FRIDAYS 1PM



Nomadland, October 3

An unemployed widow decides to travel through the American West. Her town, that was once thriving, is now shuttered and desolate. She travels as she searches for a sense of community and belonging. Starring: Frances McDormand and Jason Bateman.

American Hustle, October 10

This film is set in the 1970's and based on a real-life sting operation. A con artist and his partner who specializes in forgery and loan sharking are forced to work with the FBI. This is amusing as well as serious, regarding the blurred lines between right and wrong. Starring: Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence and Jeremy Renner.

Elizabeth, October 17

This is set in 1558 as Ann Boleyn's daughter, Elizabeth, takes the throne. She must navigate the religious conflict of England and threats from foreign powers as well as her own court. This has been nominated for several Academy Awards. Starring: Cate Blanchett, Geoffrey Rush and Joseph Fiennes.

Romance on the High Seas, October 24

This is a romantic musical comedy about a married couple who suspect the other of being unfaithful. Each of them secretly investigates the other and a comedic plot emerges. Starring: Doris Day, Jack Carson, Janis Paige and Don DeFore.

Psycho, October 31

A young woman who embezzles a lot of money decides to hide out at the remote Bates Motel. She meets the owner Norman Bates and experiences some bizarre incidents. Norman seems to be very attached to his mother who seems to be mentally unstable. Starring: Anthony Perkins and Janet Leigh.

CAREGIVER RESPITE DROP-OFF PROGRAM

WEDNESDAY, OCTOBER 1
10 AM—12 PM

Sign up is REQUIRED at least a week ahead of each session. A brief pre-screening is REQUIRED before attending. There is no fee, and the program is open to Winchester residents and surrounding communities. Space is limited.

Please contact Colleen, Jenks Nurse, at 781-721-7136. Program description: This non-medical monthly program aims to provide a safe and nurturing environment for adults with various types of impairment such as: Mild Cognitive Impairment (MCI), Alzheimer's Disease, Parkinson's Disease, and other forms of dementia.

The Winchester Council on Aging strives to support caregivers by allowing a brief respite to attend an appointment, do errands, or attend to other needs that can be difficult as role of caregiver. All the while, your loved one will be in a safe, supervised, and stimulating environment. Different activities will be offered like chair exercise, music, storytelling, and games. A light lunch will be served.

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

Criteria for Participants in the Program:

- Age 60 years and older
- Continent of bathroom needs,
- ♦ Ability to feed themselves
- ♦ Not verbally or physically abusive,
- ♦ Able to be re-directed if prone to wandering

Best suited for individuals who are ambulatory (may use a cane, walker, or wheelchair).

9 | PLEASE CALL 781-721-7136 X17 FOR RESERVATION

JENKS SHUTTLE SERVICE



Free round-trip, door to door shuttle service to and from local shopping centers and other venues provided by the Jenks Center. Transportation to the Jenks, for shuttle trips, is available to Winchester residents only. Non-residents may meet at the Jenks to go on shuttle trips. Please inquire when registering.

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

Transportation Reservation Hours are Monday thru Thursday 9am – 4pm

Occupancy limited to 12 people unless noted otherwise 781-721-7136 X 17

Lunch Tour of Youville Lexington - Wednesday, October 1st Enjoy lunch and a tour of the Youville Assisted Living facility in Lexington. Arrive at the Jenks at 12:15 pm the shuttle will leave the Jenks at 12:30pm.

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

Verrill Farm, Concord –Wednesday, October 15. This Concord-Sudbury farm stand features their own sustainably grown, fresh fruits and vegetables. They also offer freshly prepared baked goods, ready-to-eat salads, meat and fish. Local breads, meats, dairy, cheeses and pantry staples.

Encore Casino, Everett – Tuesday, October 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.

Meadow Glen Mall, Medford- Tuesday, October 28. Wegmans, Kohls, Marshalls, Verizon, and more. Pick up begins at 9:30am. Approx 1 ½ hours of shopping.

Merrimack Outlets- Wednesday, October 29. Shop the outlets in tax free New Hampshire. We will leave the Jenks Center at 9:30am and leave the outlets, return trip at 1:30pm.

Transportation Service to the Jenks for Winchester Residents- available for FABBS exercise Mondays and Wednesdays. There is also limited availability for transportation to other programs, call for more information.

Round-trip door to door shuttle service for grocery shopping on Mondays and Thursdays

Take the Jenks shuttle to **Market Basket and HMart in Burlington on Mondays** or **Market Basket Plaza in Woburn on Thursday** mornings. Participants must be able to independently navigate their own trip. Shoppers are limited to 5 bags please. Pick up begins at 9:30 am. Approx. 1 1/2 hours of shopping time.

No shopping on Monday, October 13th due to Columbus Day, shopping will be on Tuesday October 14th

Call our Transportation Coordinator at least two business days in advance to reserve your spot, 781-721-7136 X 17

WITH VOLUNTEER DRIVERS

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

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

All Ride requests must be received Monday thru Thursday 9am – 4pm, cancellations only on Friday.

Please Note: Patrons must be able to independently navigate their trip without assistance.

10 | PLEASE CALL THE CENTER FOR RESERVATION

JENKS MEDICAL TRANSPORTATION

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

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

ADDITIONAL MEDICAL TRANSPORTATION

Transportation to medical appointments in the Greater Boston area is provided by SCM Door to Door.

Monday through Friday 9am start – 4pm return. Wheelchair accessible. Subject to provider availability.

Call 781-721-7136 X17, at least one week in advance to schedule.

TAXI VOUCHERS

In partnership with Woburn Checker Cab, taxi vouchers are available to Winchester seniors to purchase at a reduced rate of \$5 each.

The vouchers are valid for use within Winchester and abutting towns only (Arlington, Lexington, Medford, Stoneham and Woburn).

Rides within Winchester cost one voucher each way (2 per trip). Rides to abutting towns cost two vouchers each way (4 per trip). In person sales on Tuesdays 10am - 1pm. Mail order available. The maximum monthly allowance is ten vouchers.

SAVE THE DATE!

Repair Café at the Jenks Center

Saturday, November 1

9:00 am—12:30 pm

Repair Cafe volunteers will repair all those broken or damaged items, that have been sitting at the back of a closet and bring them back to life.

Items of their expertise are the repair of electronics small and large, sharpen knives and garden tools, mend holes in sweaters and tears in pants, glue anything, rewire lamps and rejuvenate a wobbly chair. Our volunteers love a challenge and if you can carry it in, we will do our best to repair it.

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

WINCHESTER OLDER ADULTS TAX ABATEMENT OPPORTUNITIES

The Town of Winchester provides tax relief through employing qualified older adults to enhance municipal services by utilizing their skills and abilities, and to increase senior involvement in local government.

Winchester Public Schools have additional opportunities allotted to the program for the 2025 to 2026 school year along with other sites such as the Jenks Center, Library and Town Hall.

Job availability will be determined by departments. Requirements to participate are as follows: Winchester Homeowner, owner-occupied, age 60 or older, maximum adjusted gross income as reported to IRS, \$67,701 individual, \$102,608 per couple and home value of \$1,596,315 or less.

Contact Phillip Beltz, Director of Winchester Council on Aging, if you need more information or would like to participate.

WINCHESTER HEALTH DEPARTMENT PUBLIC FLU & COVID CLINIC

Don't delay, register today!

- **Oct 2nd, Oct 9th, and Oct 23rd:** Seasonal flu, Flu Mist and High-Dose vaccines. Ages 6 months and up including aged 65 and older.

Reserve your vaccine appointment:

www.winchester.us.

If you have any questions, call the Jenks or Winchester Health Department.

MEDICARE OPEN ENROLLMENT INFORMATION SESSION BY SHINE

SHINE stands for serving the health information needs of everyone.

Medicare Annual Open Enrollment is October 15 – December 7 and it's time to review your Medicare coverage, compare benefits and premiums and make changes based on your current health, medications and finances.

Minuteman Senior Services SHINE counselors are here to help you identify the best coverage using the Medicare Planfinder. SHINE counselors can also provide a public benefits screening which can provide additional healthcare savings. Join us Nov. 4th at 2:30 pm for an informative presentation by SHINE. SHINE is a program of Minuteman Senior Services partially funded by the Executive Office of Aging and Independence. RSVP: Call 781-721-7136 or to make a one-on-one appointment.

THE ABCD HOME ENERGY ASSISTANCE PROGRAM

The ABCD Home Energy Assistance Program is also known as Fuel Assistance. Thinking of applying for assistance with heating bills for the heating season November 1, 2025, to April 30, 2026? Households may apply online, over the telephone, or in person by appointment at their local ABCD intake site. Eligible Household Income Guidelines: Household Income Guidelines are 1 person \$51,777/ 2 person \$67,709, Call/e-mail Jenks Social Worker with questions! 781-721-7136 -e-mail: snorton@winchester.us

THE JENKS MEDICAL EQUIPMENT LOAN PROGRAM

The community donates their gently used (sometimes new!) durable medical equipment like walkers, canes, shower seats, and more! We in turn loan it out to you, free of charge! * Please read the following conditions for borrowing items...

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

If you need to borrow a wheelchair, a \$25.00 refundable deposit via personal check is now required (No cash please). This will be returned upon the wheelchair being brought back to the Jenks with the footrests. Due to high demand, please return the wheelchair as soon as you are able. The wheelchair **MUST** be returned with the footrests.

NEW PARKING RULES FOR THE JENKS CENTER

Effective October 1, 2025, the existing 26 spaces in the current "Jenks Center lot" will be designated solely for **Winchester older adults (residents 55+ who have a Jenks Center membership) with valid stickers**. Three of the spaces will remain "handicap designation parking" for anyone with a valid handicap parking special plate. In addition, parking on the south side of Skillings Road will be available for Winchester older adults with valid stickers—from approximately the Winchester High School crosswalk up to towards the traffic light on Mount Vernon Street. This restricted parking is only from 9 am to 3 pm.

To receive the **new** Jenks Center **valid resident parking stickers**, patrons must provide proof of residency to the front office staff. Note that this will be strictly enforced and there are no options to invalidate parking tickets. The Jenks is very pleased to welcome older adults from all communities, however, it has an obligation to serve Winchester residents as a priority. Also be aware that there are over 50+ additional parking spaces in the lot adjacent to the Jenks Center.

We appreciate your cooperation. Thank you.

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**The Jenks Center will be closed on
Monday, October 13th in observance of Indigenous Peoples' Day**

