



**THE JENKS**  
*A Center. A Community.*



# September



## SEPTEMBER 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](http://www.jenkscenter.org) for all Activities & Events**

## 2 | JENKS STAFF

### WINCHESTER SENIORS ASSOCIATION (WSA)

CHARLIE PRICE - PRESIDENT  
EILEEN MORRIS - VICE PRESIDENT  
ANNE HOFFMAN - TREASURER  
ROBERT AIN - PAST PRESIDENT  
MARIA RUTNAM—PROGRAM DIRECTOR  
CATHLEEN SCHNELLER - BUSINESS MANAGER  
NICK ASARO - FACILITIES MANAGER  
HILARY CELENTANO - EVENTS COORDINATOR  
TINA BELLOMY - WEEKEND ADMINISTRATOR  
CHRISTINE LEONARD - WEEKEND ADMINSTRATOR  
LINDA McCARTHY - WEEKEND ADMINISTRATOR  
FRED BENSON - FACILITIES STAFF  
SCOTT DROWN - FACILITIES STAFF  
JEFFREY WHALEN - FACILITIES STAFF  
JAMES ASARO - FACILITIES STAFF

### WINCHESTER COUNCIL ON AGING

JENNIFER WILSON - CHAIR COA BOARD  
NICK TROISI - VICE 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

JAN PORELL—VOLUNTEER COORDINATOR  
MICHELLE ZHANG—JENKS AMBASSADOR  
JENKS PATRON ADVOCATE - MARY BEZJAK  
JENKS PATRON ADVOCATE - JOHN KAWADLER

### 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***



## 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.

**The Stride Right Walking Club, Wednesdays & Fridays, 9:00 am – 9:45 am:** Meets at the McCall Middle School Track. Bring a friend and join Suzanne as we walk together around the track. (Terrain is welcoming for all levels and abilities, however, you may want to bring a folding chair if you need a rest.) At the end, enjoy refreshments with the group in the Jenks Café. Registration requested. Drop-ins welcome. Contact Suzanne Norton for more information- (781)721-7136 x 15, Offered May – September. No fee.

**Friendly Feud, Thursday, September 4, 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 brain with some trivia! Prizes for all participants!

**Men's Discussion Group with Johnny Russo, Monday, September 8 & 22, 11:00 am:** Join this group to discuss current events and items of mutual interest.

**Meet up Monday Lunches, September 8, 22 & 29, 12:00 pm:** Trio Catering will provide a meal for up to 50 patrons through *Minuteman Senior Services*. A \$2 donation is recommended. Registration is required and **may be limited to 2** lunches per month. The menu will be posted on the website and at the front desk.

**Manicures by Kristin, Tuesday, September 9 & 23, by Appointment, 9:00 am- 12:00 pm:** Cost is \$8.00 per manicure. Call the Jenks to schedule your appointment!

**Virtual: Wilson's Science and Technology Forum, Friday, September 12, 10:30 am:** Michael Garjian, CEO of CarbonStar Systems, will keynote the new season of The Wilson Forum when he speaks about a different approach to managing the technical, economic, and social risks that accompany the introduction of any new technology into our social fabric. He will identify An Alternative to Corporate Capitalism: Managing the Economic Risk of Introducing a New Technology into the Marketplace. Register to receive the zoom link.

**Traveling Chef, Monday, September 15, 12:00 pm:** Featuring Chicken Saltimbocca with Creamy Risotto, Vegetables and a Garden Salad. Suggested \$2.00 donation. Registration required. Limited to 60 patrons.

**Bingo, Wednesday, September 17, 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)

**Breakfast Buffet, Thursday, September 25, 9:30 am:** Join us for our quarterly breakfast series. Enjoy some of your favorite breakfast foods. Registration required.

**Sociological Book Club, Thursday, September 25, 11:00 am: “Becoming Madam Secretary” by Stephanie Dray.** This best-selling historical fiction about Frances Perkins, U.S. Secretary of Labor, appointed by President Franklin Roosevelt will take you back in history. Ms. Perkins was the first woman appointed to a presidential cabinet post and known by many historians as the “architect” of the New Deal as well as Social Security. Despite an initial sparring of minds, Frances is anointed as FDR’s right hand, landing them both in the White House with both being regarded as heroes extricating the country from the depths of the Depression.

**Virtual: Wilson’s Science and Technology Forum, Friday, September 26, 10:30 am:** Jagadeesh Moodera of MIT’s Francis Bitter Magnet Laboratory, will speak about the evolution of a new technology, namely, Quantum Computers: Efficient Superconducting Diodes and Rectifiers for Quantum Circuitry. Register to receive the zoom link.

**Life History of Doris Day with Joe Malone, Tuesday, September 30, 11:00 am:** This presentation will focus on the American actress and singer who rose to fame in the 1950’s and 1960’s. Learn how her movie and music career led her to receive several prestigious awards. Sponsored by the *John and Mary Murphy Foundation*.

### NATE RAMSAYERS PRESENTATIONS

**What Is the Bible? with Nate Ramsayer, Friday, September 5, 11:00 am:** This presentation is the first in a seven-part series this fall titled *How the Bible Became a Book*. This will be an overview of what the Bible—both Old and New Testaments—contains and what time period it covers, as well as the difference between Jewish and Christian biblical traditions.

**Biblical Manuscript History with Nate Ramsayer, Tuesday, September 9, 11:00 am:** This second presentation from Nate’s seven-part series traces how the Hebrew Bible/Old Testament came down to us in modern times and in the English translation we know, introducing the Septuagint and Masoretic traditions. We will highlight which ancient manuscripts are believed to be the most authoritative and why they are seen as such.

**Who Wrote the First Five Books of the Bible? with Nate Ramsayer, Wednesday, September 24, 12:00 pm:** Was Moses the author of the Torah, as tradition tells us? If so, why are there so many contradictions found in these first five books? In this third presentation in Nate’s series on the Bible, we’ll dive into the story of creation from Genesis, and learn how scholars make sense of this narrative.

*Sponsored in part by the John and Mary Murphy Foundation.*

### NEW PARKING RULES FOR THE JENKS CENTER

As the number of dedicated parking spaces at the Jenks is insufficient to serve our current patronage, the Jenks leadership presented alternatives to the Select Board to increase capacity.

**Effective October 01, 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 the Winchester High School crosswalk to 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. We appreciate your cooperation.

Thank you.



## EVENING EVENTS

SPONSORED BY CUMMINGS FOUNDATION GRANT

**The Unsung Heroine Behind the New Deal (Part 1) with Lady J, Tuesday, September 2, 7:00 pm:** Join Janet Parnes as Lady J. Her portrayal of Frances Perkins will whisk us back to 1930's and Frances' rocky road to Washington. Frances was the architect of Social Security, and the first female in the US Cabinet. Lady J has performed at the Massachusetts State House, John F. Kennedy Presidential Library & Museum, and Longfellow's Wayside Inn.

**'Sunday in the Park with George' with Debra Block, Tuesday, September 9, 7:00 pm:** "Sunday in the Park with George" is a musical with music and lyrics by Stephen Sondheim and a book by James Lapine. It is inspired by Georges Seurat's painting "A Sunday Afternoon on the Island of La Grande Jatte". Join Debra Block as she explores the artistic process, the relationship between art and life, and the legacy of an artist.

**Loammi Baldwin, Jr: The Father of Civil Engineering in America with Victor Skowronski, Tuesday, September 30, 7:00 pm:** Join New Horizons at Choate resident Victor Skowronski, as he shares his love of history and engineering. Retired engineer Victor Skowronski has provided the magazine, 'The Bent', with the story of Loammi Baldwin Jr. and he will now share it with us! Baldwin Jr. has been called "the Father of Civil Engineering in America" by the Charlestown Historical Society.

**VIRTUAL: Paul Cezanne with Jane Blair Monday, September 15, 7:00 pm:** "Compared to me, all my compatriots were idiots!" So claimed Post Impressionist Paul Cezanne. Indeed, it was from his work that much of the 20<sup>th</sup> century truly sprang. Matisse called Cezanne "The Mother of us all". Picasso called Cezanne "The Father of us all" and defended his name with a pistol. Join us to see just what all the fuss was about. Register to receive the Zoom link.

**Drawing Waterfowl to Songbirds and Everything in Between with Avery Whitlock Tuesday, September 23, 7:00 pm:** Join Avery Whitlock, an illustrator and regular cover artist for Bird Observer, as we learn the basics of drawing birds. Only a pencil and paper are needed. Extra supplies will be available for anyone that needs them. All experience levels welcome.

## SATURDAY EVENTS

SPONSORED BY WINCHESTER MOUNT VERNON HOUSE GRANT

**Tried & True Step Aerobics with Gail LaRocca, 8:30 am:** Starts September 6. 4 classes. Cost: \$28.00.

**Mindfulness Basics and Practice with Neil Motenko, 10:00 am:** Starts September 6. 4 classes. Cost: \$28.00.

**Cribbage, September 6, 13, 20 & 27, 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.

**Saturday Bridge with Bob Gadet, September 13, 1:00 pm:** Cost \$15 per person, you will pay-at-the-door. Register for more information.

**Feel Better from the Inside Out with Kristen Herlihy, September 27, 11:15 am:** Your mood, energy, and clarity aren't just luck—they're powered by what you eat and how you move. With the right foods and simple movement, you can boost your mental health, steady your hormones, and feel more like yourself again (no juice cleanse or gym heroics required). Join with psychotherapist & health coach Kristen Herlihy where she will break it all down—how food impacts mood, simple swaps that actually work, and how to make changes without giving up chocolate or wine.

**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.

## 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 (NEW TIME ON MONDAYS BEGINS 9/8/2025) 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! We request that you commit and sign up for the whole month of classes. You are limited to choosing only Thursday classes or only Friday classes per month. Registration is required MONTHLY on a first come, first served basis.

**Sign up for your Monthly Benefits Check Up, Fridays , 12:00 pm-4:00 pm, by scheduled appointment:** Connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more. See what's available in your area. Contact Jenks Center social worker to schedule: 781-721-7136 x 15: snorton@winchester.us

**Cholesterol Clinic, Monday, September 8, 8:30am-10:00 am:** The Jenks Nurse will provide 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 center and speak with Colleen Wages, to schedule an appointment.

**Caregivers Support Group, September 11 & 25, 11:00 am - 12:15 pm:** A place where caregivers can learn from and share with other participants who are caring for elderly family members. Meets on the Second & Fourth Thursdays. Call Group Facilitator Suzanne, Jenks Social worker, or email snorton@winchester.us for more information. September 25th will have a guest speaker, Olivia Cicalis PT, DPT Rehab Liaison Encompass Health Rehabilitation Hospital of New England. She will give an overview about general level of care/understanding levels of rehab as well as touch upon their Parkinson's disease specific program.

**Solo Agers Network, Life Transition Binder Presentation, Tuesday, September 16, 11:00 am - 12:30 pm:** Join Sandra Batra, LifeLink Consulting, as she explains how you can create a Life Transition Binder, a resource that pulls together all your important life details into one place. This organizational tool allows you to remain in control and independent as you age. If something were to happen to you this is the resource your loved ones could turn to so they can support and assist you in case of an emergency.

**Free Hearing Screenings, Wednesday, September 17, 9:00am-12:00 pm:** Dr. Traci Ring of Audiology Associates of Winchester will give free hearing screenings, you must make an appointment. Please call the front desk at 781-721-7136 to schedule.

**Reiki Healing Circle, Wednesday, September 17, 10:00 am:** Enjoy a guided meditation session led by Reiki Master Teacher, Deb Strafuss.

**Blood Pressure Clinic, Wednesday September 17, 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.

**NOURISH'ing Your Mind, Body and Soul, Tuesday, September 23, 10:30 am - 11:30 am:** *Chair Zumba with Sunrise Senior Living of Burlington* - This fun and energizing seated dance exercise is designed to improve flexibility and boost mood. It is perfect for those with limited mobility or balance challenges. ALL are welcome! Light Refreshments will be provided. This program 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. *Sponsored by Sunrise Senior Living of Burlington.*

**Nia-Moving to Heal, the second Friday, 11 am-12 pm and the last Wednesday from 1:00 pm-2:00 pm each month:** Roseanne Russell will lead her popular "Nia-Moving to Heal". Nia (Neuromuscular Integrative Action) technique is a gentle, seated, dance/fitness class that uses movement to feel better in body, mind, emotions, and spirit.

**Podiatry Clinic, Friday, September 26, 8:00 am-3:30 pm:** Dr. Seligman is a Board-Certified Podiatrist. A \$40.00 fee payable in check or cash. Please call the center for an appointment.

## EXERCISE



**VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am:** Starts Wednesday, September 3. Instructor: Hilary Celentano. 12 classes. Cost: \$84.00. No class on Monday, September 1.

**FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am:** Starts Wednesday, September 3. Instructor: Hilary Celentano. 6 classes. Cost: \$42.00. No class on September 1, 15 & 17. Option to add 4 Friday virtual classes at the Jenks. Cost for MWF would be \$70.00. 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 3. Instructor: Gail LaRocca. 8 classes. Cost: \$56.00. No class on Monday, September 1. *Option to sign up for only Mondays or Wednesdays.*

**IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am:** Starts Tuesday, September 2. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 9 classes. Cost: \$63.00. Tuesday, September 16 will be a virtual class.

**Cardio/Muscle Pump, Tuesdays & Fridays, 8:30 am:** Starts Tuesday, September 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. No class on September 5.

**Gentle Yoga, Tuesdays, 9:45 am:** Starts September 9. Instructor: Ruth Lieberherr. 4(90 minute) classes. Cost: \$42.00. No class on September 2.

**HYBRID: Aerobics, Tuesdays, 3:00 pm:** Starts September 2. Instructor: Judy Whitney. 5 classes. Cost: \$35.00.

**Tai Chi Beginner Class, Tuesdays, 4:30 pm:** Starts September 2. Instructor: Hilary Celentano. 4 classes. Cost \$28.00. No class on September 16.

**HYBRID: Muscle Conditioning, Thursdays, 3:00 pm:** Starts September 4. Instructor: Gail LaRocca. 4 classes. Cost: \$28.00.

**VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm:** Starts September 4. Instructor: Marilyn Arnold. 4 (90 minute) classes. Cost: \$42.00.

**HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm:** Starts September 5. Instructor: Gail LaRocca. 4 classes. Cost: \$28.00.

**Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am:** Starts September 6. 4 classes. Cost: \$28.00.

**Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am:** Starts September 6. 4 classes. Cost: \$28.00.

***Due to an increase in expenses, the exercise class fee will increase to \$7.00 per class in September.***

**To register for the monthly session or for more detailed class descriptions:** Visit our website at [www.jenkscenter.org](http://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



## AT THE MOVIES!

#### Mask

**September 5**

A very intelligent teenager who suffers from facial deformity has outlived his life expectancy. His mother struggles for him to be treated fairly. The only people who seem to accept him are his mother's biker gang.

**Starring:** Cher and Sam Elliot

#### Knives Out

**September 12**

A detective is investigating a death is the dysfunctional Thrombly family. Everyone is a suspect, and the detective must sift through all the lies to get to the truth.

**Starring:** Daniel Craig, Jamie Lee Curtis and Christopher Plummer

#### Rudy

**September 19**

Rudy wants to join The University of Notre Dame to play football. His grades aren't great, and neither is his money situation. Rudy is determined to conquer his dyslexia and struggles to get his grades up. He gains admission to the school of his dreams.

**Starring:** Ned Beatty, Sean Astin & Vince Vaughn

#### Juror #2

**September 26**

A juror for a high profile murder trial is struggling with a moral dilemma. He could influence the verdict and convict or free the accused killer.

**Starring:** Nick Hoult, Zoey Deutch & Toni Collette

### CAREGIVER RESPITE DROP-OFF PROGRAM WEDNESDAY, SEPTEMBER 3 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 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.

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**

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

**Wilson Farm, Lexington**- Wednesday, September 10. Wilson Farm has always been a believer that the best-tasting, most sustainable, and nutritious foods are ones that have been grown close to home. For over 135 years, the farm has been committed to producing fresh, local, and affordable produce for our community. Arrive at the Jenks by 9:15am we will leave promptly at 9:30am and return by 12pm.

**Encore Casino, Everett** – Tuesday, September 16. Round trip transportation to Encore, shuttle leaves the Jenks Center at 9:30am and picks up for the return trip at 1:30pm. You must be completely independent or provide your own attendant for this trip.

**Lunch Tour of Bayberry Emerald Court** - Wednesday, September 17. Enjoy lunch and a tour of Bayberry Emerald Court in Tewksbury. Arrive at the Jenks at 12:15pm the shuttle will leave the Jenks at 12:30pm.

**Meadow Glen Mall, Medford**- Tuesday, September 23. Wegmans, Kohls, Marshalls, Verizon, and more. Pick up begins at 9:30am. Approx 1 ½ hours of shopping.

**Merrimack Outlets**- Wednesday, September 24. 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.

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

**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, September 1<sup>st</sup> due to Labor Day, shopping will be on Tuesday September 2<sup>nd</sup>**

**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.



## WINCHESTER HEALTH DEPARTMENT PUBLIC FLU & COVID CLINIC

Don't delay, register today!

Several clinics are offered. (Note: some COVID-19 vaccination clinics alongside Flu):

- **Sept 30<sup>th</sup>: High- Dose** flu vaccine and **COVID-19** vaccines. Those 65 years and older only!
- **Oct 2<sup>nd</sup>:** Seasonal flu, FluMist and COVID-19 vaccines. Ages 6mo's to 64 years only. COVID vaccine will be given according to age recommendations.
- **Oct 9<sup>th</sup> and Oct 23<sup>rd</sup>:** Seasonal flu, FluMist and High-Dose vaccines only. Ages 6mo's +++including Seniors age 65 and older.

Reserve your vaccine appointment, register for more details at [www.winchester.us](http://www.winchester.us).

## MEDICARE OPEN ENROLLMENT OCTOBER 15 - DECEMBER 7

This is the time for those currently enrolled in Medicare to make changes in their Medicare coverage. It is the annual opportunity to change a Medicare Advantage Plan or a Medicare Prescription Drug Plan.

Beginning October 16, a SHINE Counselor will be available on Monday, Wednesday and Thursday afternoons to help with your questions. Schedule early. Call the Jenks Center at 781-721-7136 to make an appointment.

The SHINE Program provides free health insurance information, counseling, and assistance to Massachusetts Medicare beneficiaries and their caregivers. SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Minute-man Senior Services. SHINE counselors are state-certified and knowledgeable regarding all aspects of Medicare.

## WINCHESTER MOUNT VERNON HOUSE

### Winchester Mount Vernon House grant funding for Jenks Caregiver Support Resources

The Winchester Council on Aging is very pleased to announce that Mount Vernon House has provided funding for Caregiver Support Initiatives. Grant funding will support an Online Resource Directory and Winchester Caregiver Network that will serve as a one-stop hub for vital links and information on service providers, planning, guidance, training, resources and research.

In addition, the Jenks library will now feature the "Mount Vernon House Caregiver Library/Equipment Resource Center" that will contain current and up to date tools and medical devices to provide practical assistance and knowledge to help seniors and their caregivers to age in place along with a "speakers series" enriching an understanding of navigating elder care systems, aging alone and financial planning.

This funding will also enhance the COA's existing Caregiver Respite Program.

## 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

New policy regarding wheelchair loans: 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.



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