



THE JENKS

A Center. A Community.



JANUARY 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)

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

WINCHESTER COUNCIL ON AGING

JENNIFER WILSON - CHAIR COA BOARD
DR. DAVID CAMPBELL - 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
BETTY MINASSIAN—JENKS PATRON ADVOCATE
JAN PORELL—VOLUNTEER COORDINATOR
MICHELLE ZHANG—JENKS AMBASSADOR

FREE TAX PREPARATION

E-File Your 2024 Federal and State Income Taxes
Monday, Wednesday, Friday mornings
Starting February 3, 2024

In affiliation with the AARP Foundation Tax-Aide program, we will offer free preparation of federal and state tax returns for **low- and moderate-income** taxpayers, by appointment only, starting on Monday, February 3, 2025, through Friday April 11, 2025.

Call the Jenks at 781-721-7136 to make an appointment.

You must have all information forms filled out in advance of your arrival and remain at the Jenks for about 1 ¼ to 1 ½ hours.

WEEKLYS

MONDAYS

- 1:00pm - 3:00pm Mahjong
- 9:00am - 10:30am ESL
- 1:30pm - 3:30pm Conversational English

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
- 10:45am - 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

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

FRIDAYS

- 1:00pm - 3:00pm Mahjong
- 1:00pm - 3:00pm Instructional Pickleball (Sign up Required)
- 9:30am - 11:30am Beginners Chinese Calligraphy

DAY EVENTS

Coffee Hour & Computer: Monday - Friday, 9:00 am - 3:30pm and Saturdays 9:00 am - 2:00 pm.

Ping Pong & Pickleball: Open Play, times vary. Schedules at the front desk.

HomeFit AARP, Friday, January 3, 2:30 pm: AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible yet barely 1% of the nation's housing supply contains any "universal design" elements that make homes more accessible. This presentation will provide smart ways to make a home comfortable, safe and a great fit for older adults—and people of all ages. Based on the free AARP HomeFit Guide.

Meet Up Mondays, January 6, 13 & 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. **Note:** Winchester Music School's Village Band will perform on January 13.

Ask an Attorney, Wednesday, January 8: Please call the center to schedule your half hour free consultation with Andrea Witt, partner at Spano Dawicki & Witt, LLC, and a Board-Certified Elder Law Attorney. Her practice focuses on strategizing and drafting estate plans for probate avoidance, assisting clients with probate and trust administration, to name a few.

Virtual: Wilson's Science and Technology Forum, Friday, January 10, 10:30 am: Professor Ron Ballinger, Department of Nuclear Science & Engineering, MIT, will speak on *Restarting Decommissioned Nuclear Power Plants*. The growing demand for electricity stimulated by EVs and data mining has led, for example, to consideration by Microsoft to restart the decommissioned Three Mile Island nuclear power plant. What are the technical hurdles to doing this and how is the Nuclear Regulatory Commission responding?

Men's Discussion Group with Johnny Russo, Monday, January 13 & 27, 11:00 am: Join this group, every alternate Monday, to discuss current events and items of mutual interest.

The Headlines & The Hits, Topical Songs from 1900 - 1950 with John Clark, Tuesday, January 14, 11:00 am: Come listen to how and when the growing popularity of topical songs began. Learn how these songs celebrated wonderful modern inventions like the telephone "*Nora Malone, Call Me by Phone*", the airplane "*Come Josephine in My Flying Machine*", etc. Sponsored by the John & Mary Murphy Foundation.

4 | REGISTRATION REQUIRED FOR ALL EVENTS

DAY EVENTS (CONTINUED)

BINGO, Wednesday, January 15 & 29, 2:00 pm: 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! Winning prizes will be goodie-bags.

Virtual: Wilson's Science & Technology Forum, Friday, January 24, 10:30 am: Professor Peter Searson, Johns Hopkins University will talk about *Tissue Engineering*. Dr. Searson is a global leader in the fields of nanotechnology and tissue engineering. He has been a pioneer in the development of tissue-engineered vascular models, making significant contributions in three main areas: engineering of novel models, establishing the accuracy of these models, and using these models to advance the understanding of disease progression.

"What Are the Dead Sea Scrolls?" Lecture with Nate Ramsayer, Friday, January 24, 11:00 am: Through January, February, March, and April, biblical scholar and archaeologist Nate Ramsayer will present seven lectures on the historical context, archaeology, content, and new scientific discoveries in the field of Dead Sea Scrolls scholarship! Join this first presentation for an overview of the scrolls and why they're so important for modern people! *Sponsored by the John & Mary Murphy Foundation.*

Friendly Feud, Wednesday, January 29, 11:00 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!

Sociological Book Club, Thursday, January 30, 11:00 am, 'Horse': The novel is told across three timelines: 1850s Kentucky, 1954 New York, and 2019 Washington, DC. It follows the story of Jarret, an enslaved groom who bonds with a bay foal that goes on to win races across the South. The story also includes an artist who paints the horse, a gallery owner who becomes obsessed with the painting, and a Smithsonian scientist who studies the horse's bones. Lauded by many critics for its searing depiction of racial injustice.

"The Archaeology of Qumran" Lecture with Nate Ramsayer, Friday, January 31, 11:00 am: In this presentation, Nate will give audience members a guided tour of the region where the Dead Sea Scrolls were found—the cliffs near the Dead Sea. We'll take a look at what other kinds of artifacts and material culture still survive from this site, as well as what the proximity of the caves in which the scrolls were found can tell us about the people who wrote these scrolls. *Sponsored by the John & Mary Murphy Foundation.*

CAREGIVER RESPITE DROP-OFF PROGRAM

**Wednesday, January 8 & 22
10:00am—12:30 pm**

This new program will be twice a month. 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. Please see following for 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.

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).

EVENING EVENTS

SPONSORED BY CUMMINGS FOUNDATION GRANT

The Ukraine War Consequences-Expected and Unexpected with Henry Quinlan, Tuesday, January 7, 7:00 pm: Henry Quinlan will talk about his 40 years involvement with the former Soviet Union and Russia including living Moscow for five years and many visits to Ukraine. Henry M. Quinlan is the owner and publisher of Omni Publishing.

Migration – The Great Journey with David Williams, Tuesday, January 14, 7:00 pm: The amazing aspects of migration will be discussed using animated maps, slides, videos, and more. Dave Williams taught middle school science for 37 years. He has been bird watching for more than 45 years. He leads bird walks for the Brookline Bird Club and MA Audubon and is a past President of the Brookline Bird Club.

Yucatan – Mayan Ruins with the Traveling Librarian, Jeff Klapes, Tuesday, January 21, 7:00 pm: Join Jeff Klapes, the Traveling Librarian, as we visit the Yucatan and the Mayan ruins. Jeff is the recently retired Head of Reference Services at the Lucius Beebe Memorial Library in Wakefield, Massachusetts, and an avid traveler and photographer.

Pirates of the Mediterranean with Professor Jane Sancinito, Tuesday, January 28, 7:00 pm: Join Professor Jane Sancinito from UMass Lowell as she shares her expertise on ancient history, Roman social and economic history. We will discuss ancient pirates, exploring how Egypt, Greece, and Rome dealt with robbers at sea and how pirates themselves operated within, around, and at the edges of ancient society. In particular, we will discuss why and how the ancient and modern myths of pirates capture our imaginations and persist long after both travel and transportation took to the skies.

SATURDAY EVENTS

SPONSORED BY WINCHESTER MOUNT VERNON HOUSE GRANT

Step Aerobics with Gail LaRocca, 8:30 am: Starts January 4. 4 classes. Cost: \$24.00.

Mindfulness Basics and Practice with Neil Motenko, 10:00 am: Starts January 4. 2 classes. Cost: \$12.00. No class on January 11 & 18.

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

Yarnies 1st and 3rd Saturdays, 10:00 am—12:00 pm

Piano Concert presented by Xiaoning Piano School, January 4, 11:30 am: This special event features 16 outstanding performers, guided and directed by the experienced and renowned teacher, Xiaoning Cheng. The program showcases a delightful repertoire of classic music, highlighting the dedication and artistry of our musicians. We are also proud to present performances by three international competition winners, whose achievements shine as a testament to excellence and passion. *Sponsored by a generous grant from the Winchester Mount Vernon House.*

Saturday Bridge with Bob Gadet, January 11, 1:00pm

Aging with Wisdom with Olivia Ames Hoblitzelle, January 18, 11:30 am: Olivia Ames Hoblitzelle will offer a slideshow and talk titled “Aging with Wisdom.” Through a compelling collection of images, she will share reflections on aging consciously, based on her book of the same title. Olivia is an author and dharma teacher whose work has been inspired by over fifty years of practice in Buddhist meditation, psychology, and the wisdom traditions. *Sponsored by a generous grant from the Winchester Mount Vernon House.*

The Gentlemensongsters, January 25, 3:00 pm: Join us as we welcome the Gentlemensongsters to the Jenks Center for a musical celebration. The Gentlemensongsters Barbershop Chorus is the Lowell, MA chapter of the Barbershop Harmony Society in the Northeastern District. They work on a changing repertoire of 15 to 20 songs and spend time learning good vocal and performance techniques.

WELLNESS



Meet up with Blue, therapy dog!
Thursday, January 2, 10:30 am-11:30 am: Please stop by to meet Blue, Golden Retriever therapy dog, and his owner, Anne Hollesen.

Staying STEADI As You Age Balance Class, Thursdays, 10:30 am-11:30 am OR Fridays 9:00 am - 10:00 am: 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. Choose either Thursday or Friday classes per month. Online Registration required MONTHLY, on a first come, first served basis.

HYBRID: Caregiver Support Group, Our January Meeting Dates are Thursday, January 9 & Thursday, January 30 both start at 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. You are not alone! This month will meet on the Second & Fifth Thursday this month, which is a change from our usual schedule: Register at to obtain your zoom link or attend in person: Group Facilitator Suzanne, Jenks Social worker at 781-721-7136, snorton@winchester.us for more information.

Benefits Check-Up, Friday, January 10 beginning 2:00 pm: 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. Meeting individually with Social Worker to see what benefits you may be eligible for or get assistance with your existing benefits. Please contact the Jenks Center social worker to schedule your confidential appointment: 781-721-7136 x 15: snorton@winchester.us

Blood Pressure Clinic, Tuesday, January 14, 10:00 am-12:00 pm: The Jenks nurse will be offering blood pressure checks at the center, an appointment time is necessary. Please call the center.

Manicures by Kristin, Wednesday, January 15, by appointment only, 9:00 am - 12:00 pm: Cost \$8.00 per manicure. Please call the center to schedule a time!

Guided Reiki Infused Meditation, Wednesday, January 15, 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.

Podiatry Clinic, Friday, January 24, 8:00 am-2:00 pm: Dr. Seligman is a Board-Certified Podiatrist. \$35 fee payable in check or cash. Please call Jenks to reserve your appointment.

Nutrition with Jessy, Monday, January 27, 2:00 pm: Nutrition and Sleep, what is the connection? Lack of sleep can influence a person's eating habits. Research has shown foods containing melatonin and tryptophan have been known to improve sleep quality. We will discuss foods that can help you get better sleep and foods that may lead to less sleep. Featured item: cherry juice.

Nourish: The Breath and Relaxation, Tuesday, January 28, 10:30 am - 11:30 am: Life begins with the breath. Please join Lori O'Doherty from Benchmark Assisted Living in Woburn who will work practicing a few relaxation techniques for health and well-being.

Nia-Moving to Heal, Wednesday, January 29, 9:00 am: Audrey Albert King will lead her popular "Nia-Moving to Heal" class MONTHLY here 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.

EXERCISE



VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am: Starts Friday, January 3. Instructor: Hilary Celentano. 12 classes. Cost: \$72.00. No class on January 1 & 20.

FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am: Starts Monday, January 6. Instructor: Hilary Celentano. 7 classes. Cost: \$42.00. No class on January 1 & 20. 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 Monday, January 6. Instructor: Gail LaRocca. 7 classes. Cost: \$42.00. No class on January 1 & 20. *Option to sign up for only Mondays or Wednesdays.*

IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am: Starts Thursday, January 2. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 9 classes. Cost: \$54.00.

HYBRID: *NEW***Cardio/Muscle Pump, Tuesdays & Thursdays, 8:30 am:** Starts Thursday, January 2. Join our new instructor Alison Clancy for cardio and weight combo class to improve cardiovascular health and muscle strength. 9 classes. Cost: \$54.00. *Option to sign up for only Tuesdays or Thursdays.*

Gentle Yoga, Tuesdays, 9:45 am: Starts January 21. Instructor: Ruth Lieberherr. 2 (90 minute) classes. Cost: \$18.00. No class on January 7 & 14.

Tai Chi Beginner Class, Tuesdays, 4:30 pm: Starts January 7. Instructor: Hilary Celentano. 4 classes. Cost \$24.00.

HYBRID: Muscle Conditioning, Thursdays, 3:00 pm: Starts January 2. Instructor: Gail LaRocca. 5 classes. Cost: \$30.00.

VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm: Starts January 9. Instructor: Marilyn Arnold. 4 (90 minute) classes. Cost: \$36.00. No class on January 2.

HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm: Starts January 3. Instructor: Gail LaRocca. 5 classes. Cost: \$30.00.

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

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts January 4. 2 classes. Cost: \$12.00. No class on January 11 & 18.

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



AT THE MOVIES!

Days of Wine and Roses

January 3

A public relations man job responsibilities are to wine and dine his clients. His ability to consume alcohol is astounding. He falls in love and marries but will his marriage survive? Starring: Jack Lemmon, Lee Remick, Jack Klugman and Charles Bickford

The Book Thief

January 17

Liesel, makes friends with her next-door neighbor who discovers that she can't read. He teaches her, and she becomes an obsessed reader. During a Nazi event, the locals are instructed to burn their books. Liesel steals a book out of the burning pile. Starring: Sophie Nelisse, Geoffrey Rush, Emily Watson and Ben Schnetzer.

Wonder

January 10

A fifth-grade boy, born with facial differences, has been home schooled his whole life. He is now going to enter public school and is not sure the school community is going to accept him. Starring: Jacob Tremblay, Owen Wilson and Julia Roberts.

Judy

January 24

The famous Judy Garland performs in London at her sold-out shows. While there, she reminisces with friends and her questionable choices at social events start to catch up with her. Starring: Renee Zellweger, Finn Wittrock and Rufus Sewell.

Boynton Beach Club

January 31

At an adult community two people meet at a local Bereavement Club, while looking for emotional support after the loss of a loved one. The two enter a relationship and for anyone who thinks love ends at a certain age will be very surprised. Starring: Brenda Vaccaro, Dyan Cannon, Joseph Bologna and Len Cariou

SPELLING BEE

Join the Jenks WFEE team for the February Winchester Foundation for Educational Excellence Spelling Bee.

The WFEE Spelling Bee is the hallmark of civic participation in Winchester. Last year the Jenks proudly sported a team of Jenks board members—this year we would like to seek patron participation to “take one for the team” and have a fun night. WFEE has provided more than \$5 million to Winchester Public Schools.

If you would like to help WFEE and join the Jenks Center team contact Phillip Beltz pbeltz@winchester.us

THE LEGACY OF HANDS

Join us for a community wide project to share what your hands have done! We will take a photo of your hands, and you will write a sentence about what you've done. We will then compile all hands to share everyone's legacy with the community.

Happening throughout the month of January.

Stop by the Jenks Center and see the Social Worker 781-721-7136 x 15 or e-mail snorton@winchester.us or Emily Mucci at the WHA 781-721-5718 or emucci@winchesterha.org for more information about how to become involved in this project!!

JENKS SHUTTLE SERVICE



It's Winter! Transportation services may be cancelled due to inclement weather or unsafe road conditions.

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

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

Burlington Mall – Wednesday, January 8. 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.

Encore Casino, Everett – Tuesday, January 14. 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 New Horizons Woburn – Wednesday, January 15. Enjoy lunch and a tour of this very popular assisted living facility. The shuttle will leave the Jenks at 12:30pm.

Meadow Glen Mall, Medford- Wednesday, January 22. Wegmans, Kohls, Marshalls, Verizon, and more. Pick up begins at 9:30am.

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

Round-trip door to door shuttle service for grocery shopping on Mondays and Thursdays: Take the Jenks shuttle to Market Basket and HMart in Burlington on Mondays or Market Basket Plaza in Woburn on Thursday mornings.

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

- ◆ Due to Martin Luther King Day on Monday, January 20, the Market Basket/HMart trip will be Tuesday, January 21.

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

WITH VOLUNTEER DRIVERS

Travel anywhere in Winchester, Monday—Friday from 9am – 4pm for medical, dental, grocery shopping, and banking.

Adjacent towns for medical appointments and food pantry only.

This service is curb to curb. Please call a week in advance to schedule.

All Ride requests for Monday & Tuesday must be received prior to 2 pm on Thursday of the previous week.

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

10 | PLEASE CALL THE CENTER FOR RESERVATION

JENKS MEDICAL TRANSPORTATION

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

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

ADDITIONAL MEDICAL TRANSPORTATION

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

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

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

TAXI VOUCHERS

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

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

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

JENKS PATRON ADVOCATE VOLUNTEER POSITION

In 2019, the Jenks Center Strategic Planning Committee convened an informational meeting with all board members (Council on Aging, Winchester Seniors Association and Winchester Seniors Association Trust) to recommend strategies for the future that includes fostering healthy aging practices. The boards unanimously adopted the creation of a “Collaborative Group” to ensure that all organizations at the Jenks work together to maximize outcomes for Winchester’s older adults. In addition, a new volunteer position was created, Jenks Patron Advocate.

The specific role of this position to “take the pulse” of Jenks patrons while you are actively engaged with Jenks programs and services. We envision this person talking to patrons, learning if the Jenks can improve services and programs as well as hearing positive remarks and providing a report at monthly Jenks leadership meetings. We are very eager to make this position effective and successful and are willing to dedicate “office hours” as needed to meet with patrons, confidentially if needed. The Jenks Patron Advocate will meet once a month with Jenks leadership and report any insight gained while meeting with patrons.

The selected candidate will work with Jenks leadership and patrons to imagine and make the Jenks Center the most welcoming and vital center for older adults in the Commonwealth. Inquiries should be sent to Philip Beltz at pbeltz@winchester.us.

We also want to thank Elizabeth “Betty” Minassian, our first Jenks patron advocate, for her diligent and effective efforts to enable us to strive for perfection. We truly appreciate her work and look forward to her continued involvement with the Jenks.

11 | THANK YOU FROM STAFF & BOARD MEMBERS!

2024 RAFFLE BASKETS DONORS

The Jenks Center would like to thank the following businesses for helping us raise funds for our 2025 Programming.

Thank you for the beautiful gift baskets!

Assisting Hands Home Care

AVIVA Country Club Heights Assisted Living

Comfort Keepers Home Health Care Services

Ducks in a Row Professional Organizers

Mahoney's Garden Center - Winchester

Protect Global Children

Whole Foods - Woburn

Winchester Pharmacy

Winchester Savings Bank

We would also like to thank Jenks Patrons Mark Gallagher, Phyllis Beedle & Tina Bellomy for donating items to be raffled.

Volunteers Janet Bobcean & Mona Ragheb for helping make this a very successful event.

And a special thanks to our front desk volunteers for managing the ticket sales.

WINCHESTER CO-OPERATIVE BANK & WINCHESTER HIGH SCHOOL CHORUS



Sue Clark, Jenks Transportation Coordinator & Julie Hammond, Winchester Co-operative Bank employee delivering lunches to homebound Winchester residents.

The Jenks Center would like to extend its sincere gratitude to Winchester Co-Operative Bank for sponsoring the Jenks Annual Holiday party "Festival of Life".

And the Winchester High School Chorus, for their amazing performance.

DAY TRIP WITH BEST OF TIMES TRAVEL

Best of Times Travel & CMI Entertainment presents Celtic Angels Ireland

A day of Craic (fun) Ceol (music) and Traidisiún (tradition).

Monday, March 10, 2025

Danversport, Danvers MA

Price: \$136 pp

Includes: Transportation, Plated Luncheon, Meal Tax, Meal Gratuity & Show Ticket

Plated Luncheon Meal Choice: Corned Beef and Cabbage OR Baked Schrod

Also included: Salad, Vegetables, Breads, Dessert, Coffee and Tea

Please Register on the Jenks Center website (Travel Section).

Senior Living - Exemplified



- ✓ Independent Living
- ✓ Assisted Living
- ✓ Memory Care

*Woburn-Winchester Line

(781) 527-5118

AvivaCountryClubHeights.com

Anne Lucas

617-513-4507

anne@ducksinaroworganizers.com
www.ducksinaroworganizers.com

Home Organization • De-cluttering
Donations • Moving
Estate Clean-outs



DUCKS IN A ROW
Expert Organizing for Busy Professionals



Member, National Association of Professional Organizers, NASMM, NAPO-New England. Insured.



Elegant Independent and Assisted Living,
with Exceptional Alzheimer's Care.

W
WINDSOR PLACE
OF WILMINGTON
Assisted Living, Independent Living,
and Memory Care

92 West Street, Wilmington, MA
Just off I-93 at Exit 38



Call 978-988-2300 • WindsorPlaceOfWilmington.com

Remain where the memories are.

Our trusted caregivers support your independence, and help keep you **Thriving at Home**®



COMPANION CARE • PERSONAL CARE • TRANSITIONAL CARE • RESPITE CARE



Assisting Hands®
Home Care

Serving Boston Northwest
(781) 315-6700
assistinghands.com/bostonnw



©2023 Assisting Hands® Home Care, Nampa, Idaho 83687. All Rights Reserved.

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicomunities.com

Scan to contact us!



STRENGTH. SERVICE. COMMUNITY.

WINCHESTER | WOBURN

ARLINGTON | DANVERS



(781) 729-2130 | www.winchestersavings.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Lisa Templeton

ltempleton@lpicomunities.com

(800) 477-4574 x6377



The Resource

with Mary Lou Bigelow



THE RESOURCE video interview series introduces Winchester and Greater Boston professionals serving seniors.



Call Mary Lou to Sell Your Home.

781.640.3600 | MaryLouBigelow.com

Scan QR code to watch THE RESOURCE

Gibson

Sotheby's
INTERNATIONAL REALTY

Each Office is Independently Owned and Operated.





THE GABLES AT WINCHESTER

A FIVE STAR SENIOR LIVING COMMUNITY

INDEPENDENT AND ASSISTED LIVING
Call 781-756-1026 today to learn more!

299 Cambridge St. • Winchester, MA 01890
www.TheGablesAtWinchester.com



©2023 Five Star Senior Living



**Comfort
Keepers.**
Elevating the
Human SpiritSM

Free In-Home Consultation

781-721-5522

*Comforting Solutions
for In-Home Care*

Personal Care • Medication Reminding
Dementia/Alzheimer's Care
24/7 Care & Overnights
Homemaking & Meal Preparation

REGENT THEATRE

EST. 1916

7 Medford Street Arlington, MA 02474 • 781.646.4849 • regenttheatre.com

THE BRITISH LEGENDS OF ROCK SHOW 1960s-1970s

FRIDAY, OCTOBER 25, 2024 - 8:00PM



Saturday
October 26, 2024
8:00pm

The Sixth Annual
Tom Petty Night

With... THE
GREG KLYMA

BAND

LIVE!
SPECIAL GUEST
Kit Holliday

VISIT US ON SATURDAY, SEPTEMBER 21, 2024

ARLINGTON TOWN DAY

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



ipicommunities.com/adcreator



Winchester Meal on Wheels

Serving the nutritional needs of Winchester residents with home delivered meals

Home delivered hot meals Monday - Friday

Prepared daily by the Winchester Hospital kitchen staff

Able to accommodate most dietary restrictions

Let's talk about what you need!

781.516.1900

winchestermow@gmail.com

winchestermamealsonwheels.org



WINCHESTER CHAMBERS AT LEWIS ROAD



LOVELY, SPACIOUS 6 ROOM APARTMENT HOMES

A SHORT WALK TO CENTER AND TRAINS
NO TAX BILLS • NO WATER BILLS • NO HEATING BILLS
NO LEASE, NO PROBLEMS - STARTING AT \$3295

CALL 781-721-1122

VIEW US AT WWW.ALBIANIPROPERTIES.COM



WINCHESTER

Mount Vernon House

Assisted Living for Winchester Seniors

Keeping our seniors connected

Call for a tour 781-729-0497

110 Mt Vernon St. Winchester

www.wvmh.org



YOUR HEALTH IS OUR TOP PRIORITY

ABERJONA / WINCHESTER / WOBURN
POST-ACUTE CARE . REHABILITATION
LONG-TERM CARE . HOSPICE
781.729.2200



ALL 3 BUILDINGS ARE 5 STAR CMS RATED

OUR AWARD WINNING TEAM OF NURSES, PHYSICAL, OCCUPATIONAL AND SPEECH THERAPISTS HAVE ENSURED THE QUICKEST POSSIBLE RECOVERY FOR THOUSANDS OF RESIDENTS USING INDIVIDUALIZED CARE PROGRAMS TO MEET YOUR NEEDS. WHEN INJURY STRIKES YOU CAN COUNT ON STELLAR HEALTHCARE FOR ALL YOUR REHABILITATION NEEDS.



- Local Delivery
- Prescriptions
- Durable Medical Equipment
- Compression Wear
- Compliance Packaging
- Vitamins & Supplements
- Vaccinations



Clip & Save

20% OFF

A Single Item
Excluding Prescriptions

568 MAIN STREET
WINCHESTER, MA 01890

Ph: 781-570-2320

Winchesterrx.com

Individualized Care
Exceptional Service

BERKSHIRE HATHAWAY COMMINGWALTH REAL ESTATE

I'M RIGHT AROUND THE CORNER
YOUR FOREVER AGENT

Let's Talk Real Estate
978-290-9764
Danielle.Storella@commwalth.com

*Kindness • Empathy
Compassion • Commitment*



Judy's Caregiving Solutions

In-home & assisted living care for seniors

Bathing, Hygiene, Toileting, Mobility Assistance, Feeding, Turning, Meal Preparation, Grocery shopping, Laundry, Light Housekeeping, Transportation and Errands, Alzheimers, Dementia and Respite care

Call Judy at 978-621-5279
judybombara@gmail.com
judyscaregivingsolutions.com

Private pay and long term care insurance
Provided by loving CNAs and HHAs
5 hour minimum - 24 hour care
Fully Insured Registered with the Massachusetts
Executive Office of Elder Affairs



Enhancing the Lives of Aging Adults and Their Families

- Personal Care
- Alzheimer's & Dementia Care
- Traditional Care & Medication Reminders
- Respite Care
- Mobility Assistance
- Companionship
- Meal Preparation
- Light Housekeeping
- 24/7 and Live-in Care
- Hospice Support

1775 Massachusetts Ave, Unit 4
Lexington, MA 02420
Office: 781-402-0060
www.Homeinstead.com/404
Each Home Instead* franchise is independently owned and operated. © Home Instead, Inc.



We Care!

OUR SERVICES

- Nurse supervised CNA, HHA
- Companionship
- Personal Care
- Post -Op Care
- Medication reminders
- Respite care
- Escort to MD appointments
- Housekeeping
- Meal Prep
- Shopping & Errands
- Pet Care
- 24 Hr Care & Regular Shifts

Call 978-764-5296

www.humblehcs.info@humblehcs.com

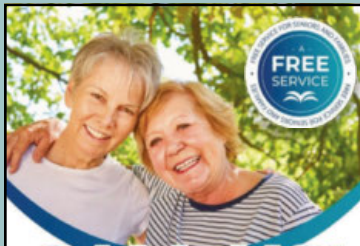


VISITING NURSE & COMMUNITY CARE
HOME HEALTH • PERSONAL CARE • HOSPICE

One call for all your home health needs!
781-643-6090



Personal Care • Overnight Care
Companionship / Escort
Alzheimer's / Dementia Care
Respite Care for Caregivers
www.thevisitingnurses.com



CALL US!

When It's Time To Take
The Next BEST Step!

We offer our resources and expertise to find Independent/Assisted Living or Memory Care because the right place means everything for you and your family.

oasis Senior Advisors
Oasis Northwest Boston
781-205-9455
OasisSeniorAdvisors.com/NW-Boston/



WINCHESTER CO-OPERATIVE BANK

19 Church St. Winchester, MA | 781-729-3620

198 Lexington St. Woburn, MA | 781-756-3520

Mortgage Center - 3 Church Street, Winchester, MA | 781-729-3620

www.wcbonline.com

Member FDIC/DIF

NMLS# 466036



AUDIOLOGY & HEARING SOLUTIONS, INC.

Your Trusted Hearing Healthcare Professionals

Call today to schedule your **FREE** Hearing Aid Consultation



Offices in Both Winchester and Woburn

781-218-2225 • **www.audiologyhearing.net**



SUPPORT OUR ADVERTISERS!

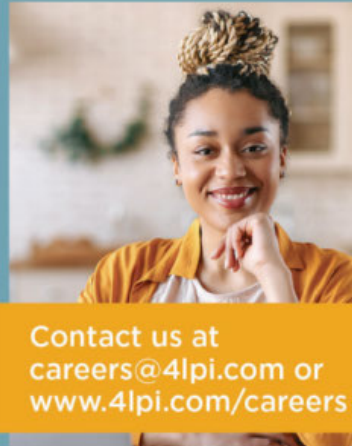
ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?
To advertise here visit lpicommunities.com/adcreator

WE'RE HIRING! AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at careers@4lpi.com or www.4lpi.com/careers

MASONRY



- Steps Stoops Rebuilt or Repaired
- Chimney Rebuilt or Repaired
- House Foundation Leaks Repaired
- Walk Ways Installed or Repaired
- Chimney Inspection - Drainage, Waterproofing
- Masonry Repairs - Retaining Walls
- Driveways & Patios Installed

617-955-5164

toughbuildmasonryandconstuction.com
toughbuildjohn@gmail.com

FREE ESTIMATE AND ADVICE

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM





THE JENKS

A Center. A Community.

109 Skillings Road
Winchester, MA 01890

Non Profit Organization
U.S. Postage Paid
Permit No. 166
Winchester, MA 01890



The Jenks Center will be closed on the following days:

Wednesday, January 1 in observance of New Year's Day

Monday, January 20 in observance of Martin Luther King Jr. Day

