



THE JENKS
A Center. A Community.



APRIL 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)

CHARLIE PRICE - PRESIDENT
ANNE HOFFMAN - TREASURER
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
ANDREW GILLIS - FACILITIES STAFF
JAMES ASARO - FACILITIES STAFF

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COLLEEN WAGES - NURSE
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PATTI SANTOS - SENIOR CLERK
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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

VOLUNTEERS NEEDED FOR JENKS 50TH ANNIVERSARY

The year 2028 marks the 50th anniversary of the Jenks Center opening its doors to the public, the only independent center for older adults in the Commonwealth.

In the fall we will begin recruiting for volunteers to help with multiple projects in celebration of this milestone event in months and years to come.

Currently we are embarking upon a very exciting and meaningful project—taking oral histories of the key “movers and shakers” of the Jenks Center creation as well as early days of its leadership and operations.

We are pleased to announce that resident and oral historian Susan Keats will help us train volunteers on how to interview and take notes. This is a time commitment of approximately 5 hours that is guaranteed to bring meaning and value to all who become involved.

Interested candidates should reach out to Phillip Beltz at pbeltz@winchester.us. Thank you.

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 |
| 10:45am - 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 |
| 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.

BINGO, Wednesday, April 2 & 16, 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!

Traveling Chef, Monday, April 7, 12:00 pm: Traveling Chefs from Trio Catering will return with Grilled Panini Sandwich of Marinated Chicken Breast, provolone cheese, roasted peppers and fresh basil. Suggested donation of \$2.

Forgeries & Fake News in the Dead Sea Scrolls" with Nate Ramsayer, Thursday, April 10, 11:00 am: Jenks favorite Nate Ramsayer will conclude his seven-part series *Understanding the Dead Sea Scrolls* with this final talk about recent scholarship and discoveries. He will also address the burning question: what else is out there in the caves? Are there more scrolls to be found? Feel free to join, even if you have missed previous sessions! *Sponsored by a generous donation from a Jenks Patron..*

Virtual: Wilson's Science and Technology Forum, Friday, April 11, 10:30 am: Professor Ramses Martinez, Purdue University, will speak about the work of *The Purdue FlexiLab Initiative* which addresses healthcare monitoring as well as environmental sensors. Register to receive the zoom link.

Meet up Monday Lunches, April 14 & 28: 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.

Men's Discussion Group with Johnny Russo, Monday, April 14 & 28, 11:00 am: Join this group, alternate Mondays, to discuss current events and items of mutual interest.

Greenland - A Journey into The Land of Ice with Barry Pell, Wednesday, April 16, 12:00 pm: Traveling by boat, plane and helicopter (there are no roads) in this Danish colony, Barry Pell photographed the stunning beauty of the ice floes, glaciers and icebergs. In this program, he will discuss the island's history and culture, how global warming is changing the landscape and impacting on the lives of its people who depend on fishing and hunting for their survival, and the recent focus on Greenland for its valuable natural resources. *Sponsored by the John and Mary Murphy Foundation.*

4 | REGISTRATION REQUIRED FOR ALL EVENTS

DAY EVENTS (CONTINUED)

Practical Ways to Simplify Your Space with Anne Lucas and Nan Shannahan. Thursday, April 17, 11:00 am: Anne and Nan offer advice on decluttering, getting organized, and eliminating junk from your life. As a professional organizer, Anne is invited to speak to us about home organization and how people can live clutter-free lives.

Friendly Feud, Wednesday, April 23, 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! Don't miss this opportunity - guaranteed smiles and laughter! Prizes for all participants!

Sociological Book Club, Thursday, April 24, 11:00 am, Between Two Trailers by J. Dana Trent: Home, it turns out, is where the war is. It is also where the healing begins. A powerful memoir about a girl who escapes her childhood as a preschool drug dealer in rural Indiana to earn a divinity degree from Duke University. She comes to the realization that she must reckon with her past to make peace with her new life.

Virtual: Wilson's Science and Technology Forum, Friday, April 25, 10:30 am: Bill Hilliard, Chief Development Officer, BlueSky, will talk about a subject of intense interest to the Forum, *The Future of Solar and Renewables* in managing the growing demand on our capacity for electric generation. Register to receive the zoom link.

Stephen Sondheim's Merrily We Roll Along with Gail Leondar-Wright, Tuesday, April 29, 11:00 am: Join us for an engaging lecture, full of things to watch, hear and discuss. We'll discover that not only does the story of *Merrily We Roll Along* run backwards, but the *musical itself* runs backwards, with reprises occurring even before the song on which they are based. We'll also look at how Sondheim's modular writing (musical ideas that recur) helps audiences follow the musical's backwards structure and adds poignancy to the show. *Sponsored by the John and Mary Murphy Foundation.*

BIBLICAL ARCHAEOLOGY TWO -PART LECTURE SERIES

Archaeologists have been digging in Israel/Palestine and the surrounding areas for about 200 years now, producing all kinds of fascinating remains from the past. Most of the time ruins and artifacts found in these lands aren't dug up with a date on them that says "Made in Jerusalem in 200 BC" or something similar. How then do experts know what time period they came from? What methods are employed to scientifically date them? Can archaeology be used to prove the Bible is true? What do scholars do when the Bible is at tension with what is found in the ground?

Join Jenks favorite Nate Ramsayer—a biblical scholar and archaeologist—as he guides audience members on how sites are excavated and the kinds of artifacts that are frequently found. Over this short two-part series, Nate will discuss issues of chronology and give an overview of how the Bible lines up with the evidence found from the ground. In the first session, you'll even get a chance to see a few small artifacts from Israel that are up to 5,000 years old! So grab your fedora and whip and come learn how we piece together the puzzle of the ancient world!

Making Sense of the Past: Archaeological Dating Methods, Friday, April 18, 11:00 am

Digging Deeper: Applying Archaeology to the Biblical Record, Thursday, April 24, 11:00 am

Sponsored by the Winchester Cultural Council and the John & Mary Murphy Foundation.

EVENING EVENTS

SPONSORED BY CUMMINGS FOUNDATION GRANT

VIRTUAL: American Art from 1950-1990 with Jane Blair, Tuesday, April 1, 7:00 pm: Join us for a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. Register to receive the zoom link.

Spring Wreath Arrangement with Derby Flower Farm and Gardens, Tuesday, April 8, 7:00 pm: The Jenks Center is pleased to partner with Derby Flower Farms & Gardens to present this workshop to creatively explore floral wreath arranging with beautiful New England offerings.

Ancient Magic with Professor Jane Sancinito, Tuesday, April 15, 7:00 pm: We welcome Professor Jane Sancinito from UMass Lowell as she shares her expertise on ancient magic! This talk will look at how the Ancient Greeks, Romans, Egyptians, and Babylonians thought about and practiced the art of magic.

Global Mosaic: Exploring Decorative Tiles from Around the World with Callan Moody

Wednesday, April 23, 7:00 pm: In this talk we'll explore the fascinating world of tile artistry across cultures and eras. We will gain insights into the cultural and architectural significance of tiles while appreciating the skill and creativity involved in their production.

More Than Just the Buzz: A Practical Guide to Restoring Pollinator-Generated Biodiversity (and why it matters) with Dr. Robert Gegear, Tuesday, April 29, 7:00 pm: In this talk, Dr. Gegear will discuss how he is using species-level ecological data to vastly improve recommended plant lists aimed at restoring bumblebee and butterfly functional diversity on degraded landscapes.

SATURDAY EVENTS

SPONSORED BY WINCHESTER MOUNT VERNON HOUSE GRANT

Step Aerobics with Gail LaRocca, 8:30 am: Starts April 5. 4 classes. Cost: \$24.00.

Mindfulness Basics and Practice with Neil Motenko, 10:00 am: Starts April 5. 3 classes. Cost: \$18.00. No class on April 26.

Cribbage, April 5, 12, 19 & 26, 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.

Trivia Day with Winchester High School, April 5, 11:30 am: Join us for a fun day of Trivia and Live Music! Team up with your friends and family to compete and dominate the competition with your knowledge.

Ukulele with Shukong, April 5 & 19, 12:15 pm: Bring your ukulele or check one out from your library with your library card and join us every alternate Saturdays. Check the website or all us for more information.

Saturday Bridge with Bob Gadet, April 12, 1:00pm: Cost \$ 15 per person, you will pay-at-the-door. Register for more information.

Modernistics Trio, *Gems by George and Ira Gershwin*, April 19, 11:00 am: The concert will feature Ted Powers, vocals, tap-dance, guitar, banjo, and harmonica; Peter H Bloom, flute; Dave Zox, double bass. Called **"absolutely joyous, virtuosic and wonderful!"** (*Concerts at the Crane*), The Modernistics Trio will celebrate George and Ira Gershwin with swinging songs, tap-dance numbers, and exuberant instrumentals. Among the many audience favorites are *Nice Work If You Can Get It*, *I Got Rhythm*, *Love is Here to Stay*, *Let's Call the Whole Thing Off*, and other great music by the Gershwin brothers. "An excellent musical group...delightful" (*Essex Daily News*, New Jersey).

WELLNESS

Neuropathy, How to Recognize & Manage, Wednesday, April 2, 1:00 pm-2:00 pm:

Balance is not the only reason why seniors and diabetics fall. Neuropathy is common among these two groups. Join David Campbell MD, Associate Professor Harvard Medical School, Surgeon Emeritus Beth Israel Deaconess Medical Center, and Joslin Diabetes Center as he explains the connection between neuropathy, falls, and diabetes.

Meet up with Blue, therapy dog! Thursday, April 3, 10:30 am-11:30 am:

Stop by to meet Blue, Golden Retriever therapy dog, and his owner, Anne Hollesen.

Staying STEADI As You Age Balance Class, Mondays, 11:30 am-12:30 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 only Monday classes or only Thursday classes per month. Registration is required MONTHLY.

Manicures by Kristin, Tuesday, April 8 & 22, by appointment, 9:00 am - 12:00 pm:

Cost \$8.00 per manicure. Please call the Center to schedule your appointment!

Benefits Check Up, Friday, April 4, 2:00 pm by appointment:

Connects millions of older adults & people with disabilities with benefit programs that can help pay for health care, medicine, food, utilities, and more. Contact the Jenks Center social worker to schedule your appointment: 781-721-7136 x 15 or email snorton@winchester.us

Blood Pressure Informative Lecture, Wednesday, April 9, 1:00 pm-2:00 pm:

Join us for an enlightening talk on high blood pressure by Dinno Health Pharmacist, Dr. Danny Dinno. Discussion will include causes of hypertension, key risk factors, and the medications used to manage it. He will also provide some helpful advice on lifestyle changes—from diet and exercise to stress management—that can potentially improve blood pressure and overall health.

HYBRID: Caregivers Support Group, April 10 & 24, 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. 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.

Reiki Healing Circle. Wednesday, April 16, 10:00 am. Enjoy a guided meditation with Reiki for healing calm, strength, and joy. Led by Reiki Master Teacher, Deb Strafuss.

Blood Pressure Clinic, Wednesday, April 23, 10:00 am-12:00 pm: The Jenks nurse will be offering blood pressure checks at the center, an appointment time is necessary. Please register for a time slot.

Podiatry Clinic, Friday, April 25, 8:00 am- 3:30 pm: PLEASE NOTE: As of April, the fee will be increasing to \$40.00 and Dr. Seligman has new extended hours, 8 am-3:30 pm. Dr. Seligman is a Board-Certified Podiatrist. A \$40.00 fee payable in check or cash. Appointments ARE necessary. Please call the center to register.

Hearing Screenings (FREE), Wednesday, April 16, 9:00 am-12:00 pm:

Dr. Traci Ring of Audiology Associates of Winchester will give free hearing screenings, you must make an appointment. Please call schedule an appointment.

Nutrition with Jessy, Monday, April 28, 2:00 pm-3:00 pm: Join Jessy McNeil, Registered Dietician. Spring is here – so let's spring forward with a grocery list reboot! We will discuss Jessy's top basic foods grocery list. Featured item: Quinoa salad.

Nourish Program, Tuesday, April 29, 10:30 am - 11:30 am:

Join Physical Therapist, Katie Wadland, from Healthy Aging Physical Therapy, for a gentle, chair-based, movement and mobility class focused on exercises designed to make you feel good and age well. Class will focus on improving joint range of motion and joint stability to reduce pain and enhance wellbeing.

Nia-Moving to Heal, Wednesday, April 30, 1:00 pm-2:00 pm:

Roseanne Russell will lead her popular "Nia-Moving to Heal" class MONTHLY here at the Jenks! Last Wednesday of each month. 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.

EXERCISE



VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am: Starts Wednesday, April 2. Instructor: Hilary Celentano. 12 classes. Cost: \$72.00. No class on April 21.

FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am: Starts Wednesday, April 2. Instructor: Hilary Celentano. 8 classes. Cost: \$48.00. No class on April 21. 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, April 2. Instructor: Gail LaRocca. 8 classes. Cost: \$48.00. No class on April 21. *Option to sign up for only Mondays or Wednesdays.*

IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am: Starts Tuesday, April 1. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 9 classes. Cost: \$54.00.

Cardio/Muscle Pump, Tuesdays & Thursdays, 8:30 am: Starts Tuesday, April 1. Join instructor Alison Clancy for cardio and weight combo class to improve cardiovascular health and muscle strength. 8 classes. Cost: \$48.00. No class on April 22. *Option to sign up for only Tuesdays or Thursdays.*

Gentle Yoga, Tuesdays, 9:45 am: Starts April 1. Instructor: Ruth Lieberherr. 4 (90 minute) classes. Cost: \$36.00. No class on April 8.

Tai Chi Beginner Class, Tuesdays, 4:30 pm: Starts April 1. Instructor: Hilary Celentano. 5 classes. Cost \$30.00.

HYBRID: Muscle Conditioning, Thursdays, 3:00 pm: Starts April 3. Instructor: Gail LaRocca. 4 classes. Cost: \$24.00.

VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm: Starts April 10. Instructor: Marilyn Arnold. 3 (90 minute) classes. Cost: \$27.00. No class on April 3.

HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm: Starts April 4. Instructor: Gail LaRocca. 4 classes. Cost: \$24.00.

Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am: Starts April 5. 4 classes. Cost: \$24.00.

Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am: Starts April 5. 3 classes. Cost: \$18.00. No class on April 26.

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!

The Money Pit **Friday, April 4**

A couple who is evicted from their Manhattan apartment, decide to buy the home of their dreams. This turns out to be a bank account draining nightmare.

Starring: Tom Hanks and Shelley Long

The Colonel **Friday, April 11**

This is a biography of William Parsons Winchester, the person for whom the Town of Winchester is named. Winchester was created from Arlington, Medford and Woburn in 1850. This film covers the history of the man and the town.

Please Don't Eat the Daisies

Friday, April 18

A theater critic causes a lot of problems with his friends and family after a negative review of a show. His review upsets a close friend, and his wife becomes jealous because his work keeps him out late with the Broadway stars.

Starring: Doris Day and David Niven

Footloose **Friday, April 25**

A small Midwestern town has made dancing and rock music illegal. A teen moving from Chicago to this town struggles to fit in because he tries to change this backward town.

Starring: Kevin Bacon, Lori Singer and John Lithgow

CAREGIVER RESPITE DROP-OFF PROGRAM

Wednesday, April 2
10:00 am—12:00 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. 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).

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

JENKS SHUTTLE SERVICE



***In case of inclement weather, transportation service may be canceled if roads are slippery. If Winchester Schools are cancelled, transportation services are too.**

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.**

Call to reserve a spot, occupancy limited to 12 people unless noted otherwise 781-721-7136 x17

Walmart, N. Reading – Tuesday, April 8. Also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am. Approx. 1 ½ hours for shopping.

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

Encore Casino, Everett – Tuesday, April 15. 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 The Current in Beverly- Wednesday, April 16. Specializing in Independent Living, Assisted Living, and Memory Care in the heart of Beverly. Plan to arrive at the Jenks by 12:00pm.

Burlington Mall – Tuesday, April 29. Includes Ann Taylor, Macys, Nordstrom, Lands End, AT&T, Apple, Verizon, The Paper store and more. Pick up begins at 9:30am, return trip at 1pm.

Shuttle Service to the Jenks for Winchester

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

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

Take the Jenks shuttle to **Market Basket and HMart in Burlington on Mondays** or **Market Basket Plaza in Woburn on Thursday** mornings. 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.

*The Jenks Center will be closed for Patriots Day on April 21. Market Basket/ HMart will be on Tuesday, April 22.

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, 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.

SHINE INFORMATION

Do you have plans to relocate out of state? Only four states (CT, MA, ME, NY) require either continuous or annual guaranteed issue protections for Medigap for all beneficiaries in traditional Medicare ages 65 and older, regardless of medical history. Guaranteed issue protections prohibit insurers from denying a Medigap policy to eligible applicants, including people with pre-existing conditions, such as diabetes and heart disease.

In all other states and DC, people switching from a Medicare Advantage plan to traditional Medicare may be denied a Medigap policy due to pre-existing conditions, with few exceptions such as moving to a new area.

To learn more about supplemental insurance in other states contact that states SHIP program by visiting: <https://www.shiphelp.org/> SHINE is a service of Minuteman Senior Services funded in part by Executive Office of Elder Affairs and available by appointment at the Jenks Center.

SNAP USERS

Protect Your EBT cards from scams: You are now able to lock and unlock your EBT card! Keeping your card locked until you need to use it protects your benefits from being stolen.

You are encouraged to leave your cards locked until you need to use it in order to prevent skimming or other benefit theft.

To learn how to lock and unlock your EBT card using DTA Connect, visit: <https://mass.gov/ProtectYourEBT> (SNAP stands for supplemental nutritional assistance programs).

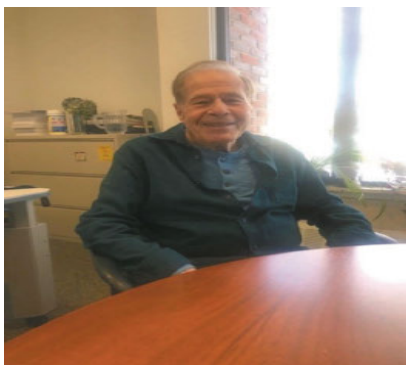
SNAP provides monthly benefits to help households afford a nutritionally adequate diet. For more information contact the Jenks Social Worker, Suzanne.)

MEET THE JENKS PATRON ADVOCATES



The Jenks Center leadership is pleased to announce two new patron advocates who will be volunteering their time to ensure that all patrons are pleased and engaged with Jenks programs and services. They are Mary Bezjak and John Kawadler.

Ms. Bezjak has been an active Jenks participant for over ten years—she is a retired Software Engineer from Raytheon with degrees from Brown University and University of Chicago. Mr. M. John Kawadler has degrees from Northeastern University and MA State College and retired from a teaching career in Rockland and Cambridge MA and Long Beach CA.



Mary indicated her interest in volunteering for the position was that she is interested in other people and their worldview after growing up on the lower eastside of NYC. John stated his interest in volunteering for patron advocate is his dedication to keep the Jenks an active and welcoming community.

Please join us in welcoming them and soon we will be posting office hours for appointments to see them.

THANK YOU!



Thank you,
Brenda Simblaris
The Residence at Pearl Street
Susan Lamkins
Bear Mountain Health Center
Michelle MacEachern
Brookhaven Hospice
for sponsoring the
Strawberry Shortcake Social !

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 donating/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.

Senior Living - Exemplified



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

*Woburn-Winchester Line

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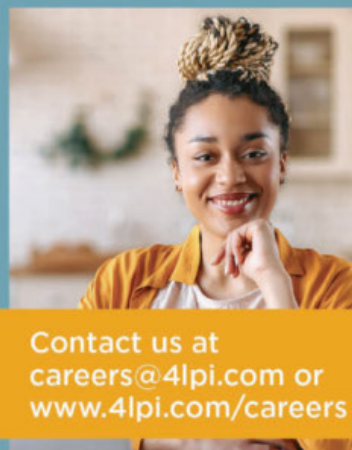
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