



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



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## MARCH 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)

ROBERT AIN - PRESIDENT  
CHARLIE PRICE - 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  
JEFFREY WHALEN - FACILITIES STAFF  
ANDREW GILLIS - 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

JAN PORELL—VOLUNTEER COORDINATOR  
MICHELLE ZHANG—JENKS AMBASSADOR

## VOLUNTEERS NEEDED FOR JENKS 50TH ANNIVERSARY

The year 2028 marks the 50<sup>th</sup> 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](mailto:pbeltz@winchester.us). Thank you.



## 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.

**Virtual: Roundtable Discussion of Current Events, Thursdays, 11:00 am:** Mark Gallagher will facilitate a dialogue on a new topic each week. Learn some history, hear some facts and share your thoughts. Register to receive the zoom link.

**Meet Up Mondays, March 3, 10, 17 & 31, 12:00 pm:** Trio Catering will provide a meal for up to 50 patrons through Minuteman Senior Services. A \$2 donation is recommended. Registration required and may be limited to 2 lunches per month. The menu will be posted on the website and at the front desk.

**Men's Discussion Group with Johnny Russo, Monday, March 10 & 24, 11:00 am:** Join this group, alternate Mondays, to discuss current events and items of mutual interest.

**Morning Coffee Reception of Legacy of Hands, Friday, March 7, 10:00 am - 11:00 am:** "Legacy of Hands" is a project that celebrates the power, resilience, and compassion of hands. Come view this exhibit of local hands have accomplished. Refreshments sponsored by *Sunrise of Burlington and Regal Care at Glen Ridge*.

**BINGO, Wednesday, March 12, 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!

**Concert with Maria Guanti, Thursday, March 13, 12:00 pm:** Featuring timeless American songs from iconic artists such as Elvis Presley, Bill Withers and Nancy Sinatra, while sprinkling in some classic rock and blues music. Ms. Guanti graduated from the University of Massachusetts at Boston with a degree in Theater Art. Performing locally across New England, taking on lead vocals in various productions, engaged in solo performances, in addition to songwriting and recording original music.

**Virtual: Wilson's Science and Technology Forum, Friday, March 14, 10:30 am:** Dahlia Saba is the granddaughter of Lita and Don Nelsen and a graduate student at the University of Wisconsin. She will speak about her experiences from the *Perspectives of a First Year PhD Student*. Register to receive the zoom link.

## 4 | REGISTRATION REQUIRED FOR ALL EVENTS

### DAY EVENTS (CONTINUED)

**Solo Ager Network: Making Your Home Work for You, Wednesday March 19, 1:30 pm – 3:30 pm:** Shannon Hardy, occupational therapist at Healthy Aging PT, will discuss how scheduling a home visit and creating a personalized plan that fits your needs, can help you remain independent and injury-free. Learn how small changes can make a big difference.

**Palestine During the Time of the Dead Sea Scrolls with Nate Ramsayer, Friday, March 21, 11:00 am:** Biblical scholar and archaeologist Nate Ramsayer will travel back in time through ancient historical writings to learn about Judaism during the Hellenistic and Roman Eras! He will introduce the various religious sects in Palestine and their relationship with the Roman Empire. We will also look at the relationship between the scrolls and the early Jesus Movement which developed into Christianity. *Sponsored by a generous donation from a Jenks Patron.*

**Traveling Chef, Monday, March 24, 12:00 pm:** Traveling Chefs from Trio Catering will return with a Baked Potato Bar along with a Garden Salad and Pudding Parfait. Limited to the first 60 patrons who register. Suggested donation of \$2.

**Join us for Breakfast, Wednesday, March 26, 9:30 am.** Join us for a catered breakfast from Nellio's of Lexington featuring your favorite breakfast foods; scrambled eggs, French toast, sausage & bacon, fresh fruit and more. You must be registered – limited to 66.

**Friendly Feud, Wednesday, March 26, 11:35 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 knowledge of pop culture and trivia.

**Sociological Book Club, Thursday, March 27, 11:00 am, The Kite Runner by Khaled Hosseini:** If you have never read this classic, you are in for an impactful and meaningful read. Voted as one of the 100 Best Books of the 21<sup>st</sup> Century, Kite Runner touches upon themes such as friendship, loyalty, betrayal, redemption, and fatherhood and details the struggles of violence upon the people of Afghanistan.

**Who Wrote the Dead Sea Scrolls, with Nate Ramsayer, Thursday, March 27, 11:00 am:** Join biblical scholar and archaeologist Nate Ramsayer as we take a glance at various sectarian documents found within the scrolls, focusing on who lived at the Qumran settlement and what we can tell about their culture based on these fragmentary writings. We'll also go on a tour of the 11 scroll-bearing caves and see how they factor into our understanding of this library of texts. *Sponsored by a generous donation from a Jenks Patron.*

**Financial Assistance Workshop Continental Breakfast, Friday, March 28, 9:00 am:** Who doesn't need financial help? The Jenks is pleased to partner with the Winchester Assessors' office, Winchester Cooperative bank, AARP and Jenks board members Doug Marmon and Nick Troisi and Council on Aging social worker, Suzanne Norton. A panel discussion will highlight the following: #Town tax entitlements for older adults, #Making the transition from working to retirement and returning to the workforce, #Financial Literacy—assets and liabilities, bank accounts, retirement and investments and #Social service benefits for seniors. Registration required. Breakfast provided by Winchester Co-Operative Bank.

**Virtual: Wilson's Science & Technology Forum, Friday, March 28, 10:30 am:** Courtney Marshall is a teacher in the Fairfax County Public Schools (Virginia). One of the goals of our Forum is to reach out to teachers and pre-college students. In keeping with our interest in AI, Courtney will speak about "AI in K-12 Education". Register to receive the zoom link.



**St. Patrick's Day Dinner, Saturday, March 29, 4:00 pm:** Join us at the Jenks Center to celebrate the heritage and culture of the Irish. Enjoy a delicious traditional Irish Dinner: Beef Brisket with whole grain mustard, Colcannon, roasted vegetables and cornbread with sweet butter. Entertainment by Musician Mossie Coughlin and Heavey-Quinn Irish Dancers, sponsored by Ducks in a Row.

Cost: (\$20). Reservations required.

This fun-filled event was planned by the Jenks Events Committee and the food will be catered by RITA's Catering.

## EVENING EVENTS

SPONSORED BY CUMMINGS FOUNDATION GRANT

**Virtual: American Art from 1900-1950 with Jane Blair, Tuesday, March 4, 7:00 pm:** We welcome back Jane Blair from ArtMatters for a look at the roots of American Art from 1900 until 1950. In this presentation we will look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention and earning respect. Register to receive your Zoom link.

**The Role of Creativity in Keeping the Senior Years Healthy and Engaged, Tuesday, March 11, 7:00 pm:** Using creativity is an essential tool for senior citizens to create a life that has meaning and purpose. Henry Quinlan will explore what creativity is, how to become creative and how to adapt creative solutions to issues in everyday life.

**The Boston Massacre: Blood in the Snow with Honorable Dennis J. Curran, Tuesday, March 18, 7:00 pm:** Justice Dennis J. Curran will talk about the Boston Massacre, an act of unprovoked violence and villainy and one of the most familiar incidents in American history, yet one of the least understood. We will revisit the dramatic episode, resulting trials and competing narratives that molded public perceptions, and the unheralded courage of one lawyer and a future President - John Adams.

**Bird Observer: The Birding Journal of New England with Marsha Salett, Tuesday, March 25, 7:00 pm:** Marsha C. Salett, editor of Bird Observer will present an overview of the variety of original articles they published, conservation and natural history, where to go birding, regional rarities, book reviews, field notes, bird sightings, photographs, artwork, and more. *Sponsored in part by the Menotomy Bird Club.*

## SATURDAY EVENTS

SPONSORED BY WINCHESTER MOUNT VERNON HOUSE GRANT

**Step Aerobics with Gail LaRocca, 8:30 am:** Starts March 1. 4 classes. Cost: \$24.00. No class on March 29.

**Mindfulness Basics and Practice with Neil Motenko: 10:00 am:** Starts March 1. 5 classes. Cost: \$30.00.

**Cribbage,** March 1, 8, 15, 22 & 29, 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.

**Ukulele with Shukong,** March 8 & 22, 12:15 pm: Bring your ukulele or check one out from your library with your library card and join us every alternate Saturdays. Register for more information.

**Saturday Bridge with Bob Gadet,** March 8, 1:00pm: Cost \$ 15 per person, you will pay-at-the-door. Register for more information.

**Boston Saxophone Quartet, Saturday, March 22, 11:00 am:** The BSO presents “a Tribute to Peter Franchi, Artist /Painter”. The program will reflect the mood and character of the artwork of Mr. Franchi. Sponsored in part by *the Winchester Mount Vernon House, the Music Performance Trust Fund (MPTF) and the Winchester Cultural Council.*

**Connecting Generations Club: Making Connections with Winchester Highschool Students!: Happening Saturday, March 29, 11:30 am – 1:30 pm:** This month Connecting Generations Club is offering one-on-one technology assistance with iPhones, iPads, and computers. Connecting Generations has the goal of fostering connections between high school students and seniors with a different activity each month. Hope you can join us! Call the Jenks Center at 781-721-7136 to make an appointment.

**WELLNESS**

**Meet up with Blue, therapy dog!**  
**Thursday, March 6, 10:30 am-11:30 am:** Stop by to meet Blue, Golden Retriever therapy dog, and his owner, Anne Hollesen.

**STEADI Balance Class, Thursdays, 10:30 am OR Fridays, 9:00 am:** Dr. Katie Wadland, Board Certified Geriatric Clinical Specialist, and her associates, will lead this balance class designed to make participants fall-prepared. Choose either Thursday or Friday classes. Online Registration required MONTHLY.  
**Please note:** Beginning April 2025, Friday's STEADI Balance class will be discontinued and will transition to Mondays from 11:30 am - 12:30 pm (starting Monday, April 7). Thursday STEADI classes will remain unchanged.

**Manicures by Kristin, Tuesday, March 11 & 25, 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, March 7, 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](mailto:snorton@winchester.us)

**Nutrition Mastery, Wednesday, March 12, 12:30 pm - 2:00 pm:** Presented by Dr. Michael Stare, a fellowship trained Doctor of Physical Therapy, Board Certified Nutritionist, and Certified Strength and Conditioning Specialist. You will learn practical solutions to implement in your daily life and strategies to help you stick with a

**Nourish Program, Tuesday, March 18, 10:30 am-11:30 am:** Join Roger Tremblay for the fun and unique music of the accordion. Nourish is a group that meets monthly to promote brain health, encourage socialization, and stimulate the five senses through music, crafts, and fun activities. ALL are welcome as we focus on nourishing our mind, body, and soul.

**Blood Pressure Clinic, Wednesday, March 19, 10:00 am- 12:00 pm:** The Jenks nurse will be offering blood pressure checks at the center. Please call the center to schedule your appointment.

**Virtual: Guided Reiki Healing Circle with Debra, Thursday, March 20, 10:00 am:** Enjoy a light discussion designed to help you understand more about the energies and benefits of Reiki, followed by a Reiki infused guided meditation. Please register to receive your zoom link.

**Podiatry Clinic, Friday, March 21st, 8:00 am-2:00 pm, by appointment only:** Dr. Seligman is a Board-Certified Podiatrist. There is a \$35.00 fee payable in check or cash. Please call the center to schedule your appointment.

**Nutrition and Brain Health, March 21, 10:00 am:** Join this presentation to learn more about the Massachusetts Alzheimer's Disease Research Center. Paola Garza, director of Outreach and Engagement will present information regarding brain health with a special focus on nutrition and healthy eating tips to keep your brain in good health!

**Nutrition with Jessy, Monday, March 24, 2:00 pm-3:00 pm:** Are carbohydrates good or bad? Well, not all "carbs" are created equal! It's quality over quantity that is important. We will discuss healthier options and ways to choose your carbs wisely. Featured item: Edamame.

**Hybrid: Monthly Caregiver Support Group, 11:00 am-12:15 pm:** Come join us on the 2<sup>nd</sup> and fourth 4<sup>th</sup> Thursdays at the Jenks Center. A light lunch will be offered on March 13, and the March 27 meeting will be a regular group format. You may attend virtually or in person: register with group facilitator, Suzanne (781) 721-7136 x 15, or email [snorton@winchester.us](mailto:snorton@winchester.us) to obtain your zoom link.

**Nia-Moving to Heal, Wednesday, March 26, 1:00 pm-2:00 pm:** Roseanne Russell will lead her popular "Nia-Moving to Heal" class MONTHLY here at the Jenks on the Last Wednesday of each month. Nia (Neuromuscular Integrative Action) technique is a gentle, seated, dance/fitness class that uses movement to feel better in body, mind, emotions, and spirit.

**Neuropathy, How to Recognize and 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.

## EXERCISE



**VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am:** Starts Monday, March 3. Instructor: Hilary Celentano. 9 classes. Cost: \$54.00. No class on March 7, 10, 12 & 14.

**FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am:** Starts Monday, March 3. Instructor: Hilary Celentano. 7 classes. Cost: \$42.00. No class on March 10 & 12. 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, March 3. Instructor: Gail LaRocca. 9 classes. Cost: \$54.00. *Option to sign up for only Mondays or Wednesdays.*

**IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am:** Starts Tuesday, March 4. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 6 classes. Cost: \$36.00. No class on March 11 & 13.

**Cardio/Muscle Pump, Tuesdays & Thursdays, 8:30 am:** Starts Tuesday, March 4. Join instructor Alison Clancy for cardio and weight combo class to improve cardiovascular health and muscle strength. 8 classes. Cost: \$48.00. *Option to sign up for only Tuesdays or Thursdays.*

**Gentle Yoga, Tuesdays, 9:45 am:** Starts March 4. Instructor: Ruth Lieberherr. 4 (90 minute) classes. Cost: \$36.00.

**Tai Chi Beginner Class, Tuesdays, 4:30 pm:** Starts March 4. Instructor: Hilary Celentano. 3 classes. Cost \$18.00. No class on March 11.

**HYBRID: Muscle Conditioning, Thursdays, 3:00 pm:** Starts March 6. Instructor: Gail LaRocca. 4 classes. Cost: \$24.00.

**VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm:** Starts March 13. Instructor: Marilyn Arnold. 3 (90 minute) classes. Cost: \$27.00. No class on March 6.

**HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm:** Starts March 7. Instructor: Gail LaRocca. 3 classes. Cost: \$18.00. No class on March 28.

**Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am:** Starts March 1. 4 classes. Cost: \$24.00. No class on March 29.

**Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am:** Starts March 1. 5 classes. Cost: \$30.00.

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**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.

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## 8 | PLEASE REGISTER

### JENKS MOVIES — FRIDAYS 1PM



## AT THE MOVIES!

### **The Pajama Game**

**March 7**

Factory workers in a pajama company want a raise. A feisty woman employee representative goes up against management. The company hires a superintendent to oppose the demands of the workers. Starring: Doris Day and John Raitt

### **Can You Ever Forgive Me**

**March 21**

A washed-up author who is having a hard time paying her bills, hatches a plan. She forges letters from famous people and sells them to bookstores. Starring: Melissa McCarthy and Richard Grant.

### **The Heat**

**March 14**

An FBI agent who is by the book type is assigned to work with a hot-tempered detective to capture a drug lord. The two are polar opposites and struggle to work together. Starring: Sandra Bullock and Melissa McCarthy

### **The Shop Around the Corner**

**March 28**

Employees at a general store in Budapest are constantly butting heads. Unbeknownst to each of them, both have pen pals that they have feelings for. Unfortunately, they are unwittingly writing to each other. Starring: James Stewart and Margaret Sullivan.

## CAREGIVER RESPITE DROP-OFF PROGRAM

**Wednesday, March 5**

**10:00am—12:00 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).



**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, March 4<sup>th</sup> also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am. Approx. 1 ½ hours for shopping.

**Encore Casino, Everett** – Tuesday, March 11<sup>th</sup> Round trip transportation to Encore, shuttle leaves the Jenks Center at 9:30am and picks up for the return trip at 1:30pm. You must be completely independent or provide your own attendant for this trip.

**Meadow Glen Mall, Medford**- Tuesday, March 18<sup>th</sup> Wegmans, Kohls, Marshalls, Verizon, and more. Pick up begins at 9:30am.

**Lunch Tour of The Arbors in Stoneham**- Wednesday, March 19<sup>th</sup> offers personal care and the comforts of home in the privacy of your own apartment. Plan to arrive at the Jenks by 12:15pm.

**Merrimack Outlets**- Wednesday, March 26<sup>th</sup> 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.

**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.

**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.

### THANK YOU JENKS QUILTING GROUP!



**The Jenks Staff & Board Members would like to acknowledge the Jenks Quilting Group for donating an exquisite Quilt to the 2024 Holiday Raffle.**

**The proceeds will be used to fund speaker fees for 2025.**

**Thank you!**

## THE JENKS MEDICAL EQUIPMENT LOAN PROGRAM

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

To return the equipment promptly when no longer needed

To return all items in clean condition

Do not donate or return broken or malfunctioning equipment

Please call before donating items as space is limited

\* 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, please.

## SHINE INFORMATION

If you are out of pocket medication costs and annual Part D deductible are affecting your household budget, installment arrangements can be made by contacting your Part D drug plan member services or your Medicare Advantage plan for customer support. Drug costs including the annual \$590 deductible are now capped at no more than \$2000 yearly, which can be spread over 12 months.

While some Medicare beneficiaries may never reach their annual deductible, there are others with chronic diseases or a new diagnosis that may see high costs at the pharmacy, in which spreading the cost out can be helpful.

For more information, contact the SHINE department, which is a service of Minuteman Senior Services funded in part by the Executive Office of Elder Affairs. Appointments are available at the senior center.

## FREE TAX PREPARATION

### FREE TAX PREPARATION

**E-File Your 2024 Federal and State Income Taxes  
Monday, Wednesday, Friday mornings until April  
11, 2025**

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.

## NEW WEEKLY ACTIVITY AT THE JENKS



Join us at the Jenks on Monday afternoons for a game of **Mexican Train Dominoes**.

2:15 pm - 4:15 pm

Instructions will be provided for beginners.

# 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  
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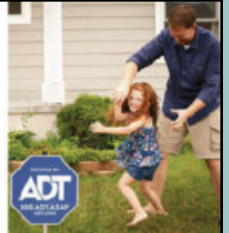
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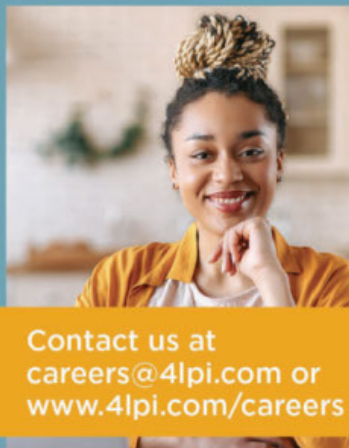
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