

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



October



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## OCTOBER 2024 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  
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

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PHILLIP BELTZ - DIRECTOR  
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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

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BETTY MINASSIAN—JENKS PATRON ADVOCATE  
JAN PORELL—VOLUNTEER COORDINATOR

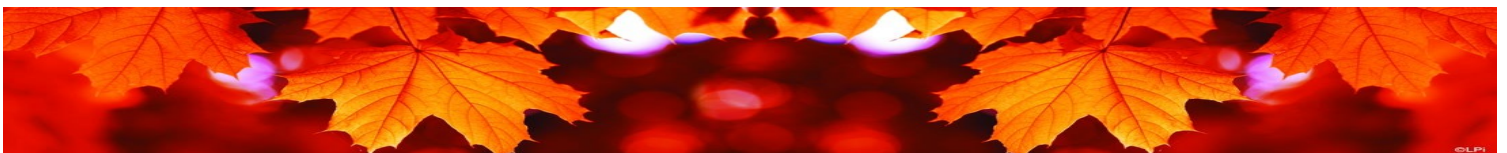
### ATTENTION JENKS PATRONS

***The Winchester Seniors Association has mailed its Annual Appeal.***

***Please consider supporting our goal of providing programming for adults 55 and over at the  
Jenks Center.***

***Thank you!***

***Board Members & Staff***



## WEEKLYS

### MONDAYS

1:00pm - 3:00pm Mahjong  
 9:00am - 10:30am ESL  
 2:00pm - 4:00pm 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

### Monday - Saturday

Coffee Hour & Computer Lab (9am - 4pm)  
 Ping Pong & Pickleball: Open Play Times vary. Schedules at the front desk.

## DAY EVENTS

**Patagonia, the Strait of Magellan and Tierra del Fuego - South America's Remote and Timeless Landscape with Barry Pell, Tuesday, October 1, 11:00 am:** In this program, Barry will discuss Patagonia's exploration and settlement and, accompanied by his photography, will show what makes this immense and remote land as breathtaking today as it was during the era of exploration. Jenks Learning Center presentation is Sponsored by the John & Mary Murphy Foundation.

**Chess Anyone? Friday, 4, 11, 18 & 25, 11 am until noon:** The Jenks Center has a beautifully crafted chess set so come have a ROYAL time; learn the Royal Game. Chess lessons taught by an experienced tournament player. Basic chess concepts will be taught clearly, patiently, and apply for both social and serious purposes. Expand your horizons and maybe open some doors; chess can really do this.

**Men's Discussion Group with Johnny Russo, Monday, October 7 & 21, 11:00 am:** Join this group, every alternate Monday, to discuss current events and items of mutual interest.

**Meet Up Mondays, October 7, 21 & 28, 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. Please Note: No lunch on October 14.

**Ask an Attorney, Wednesday, October 9, 9:00 - 11:00 am:** 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, asset protection and tax minimization, assisting clients with probate and trust administration, to name a few. Please call the center to make an appointment.

**BINGO - Wednesday, October 9 & 23, 2:00 pm:** Come join us for a good old-fashioned game of Bingo, a game that can be competitive in a fun way. All you need is a dash of luck, knowing that skill has very little to do with the outcome. Winning prizes will be goodie-bags.

**Virtual: Wilson Science & Technology Forum - Friday, October 11, 10:30 am:** Ron Smith, Bernhard Suhm, Marv Goldschmitt and others will join us for an open discussion of the future impact of *Generative AI*. We must all understand the implications of this pervasive and rapidly evolving technology. GenAI is becoming ubiquitous in every aspect of our lives. Its impact may be beneficial but may also become abusive. Register to receive the zoom link.

## 4 | REGISTRATION REQUIRED FOR ALL EVENTS

### DAY EVENTS (CONTINUED)

**West Side Story: documenting Sondheim's maturation with Gail Leondar-Wright, Friday, October 11, 11:00 am:** This presentation will be an introduction to Stephen Sondheim and a look at some of his lyrics for *West Side Story*, which he wrote when he was just 26 years old. By examining Sondheim's self-criticism of this early work, we will learn a bit about the standards to which he held himself and others. Jenks Learning Center presentation is Sponsored by the John & Mary Murphy Foundation.

**What is Age-Friendly Winchester? Tuesday, October 15, 11:00 am:** Join us for a "launching" of Age-Friendly Winchester and learn how you can participate to make Winchester the most age-friendly community in the Commonwealth. The Town of Winchester received "age-friendly" status from AARP in 2018 enabling the Town to develop initiatives that will make the Town more welcoming and livable for older residents. Learn about this exciting opportunity to make Winchester a place where people can grow up and grow old together. Topics include transportation, housing, infrastructure, social and civic participation and more.

**New to Medicare: Friday, October 18, 10:00 am:** Presented by Amy Bowness, Medicare Information Specialist from Minuteman Senior Services. New to Medicare is an excellent program for those age 65 who are preparing for retirement where they can learn about Medicare and how it works.

**Baking with Chef Fred, Thursday, October 24, 11:00 am:** Join Chef Fred for a fun demo on French macarons in which you will learn: Overview of each step of the macaron making process, with scientific information. How to make the macaron batter. How to pipe, rest and bake the macarons. Prepare a luscious chocolate ganache. Fill the macarons (time-dependent). Jenks Learning Center presentation is Sponsored by the John & Mary Murphy Foundation.

**Wilson Science & Technology Forum – Friday, October 25, 10:30 am:** Ken Pruitt, Sustainability Director, Town of Winchester, will speak about Winchester's Sustainability Planning.

**Ancient Egypt: Building of the Great Pyramids with Nate Ramsayer, Friday, October 25, 11:00 am:** Nate Ramsayer is back to continue his series on *Exploring Ancient Egypt*. In this talk, we will investigate how the Pyramids of Giza were constructed, where the millions of blocks of stone came from, and how it was moved. If you think slaves built the pyramids, think again!

**Life & Music of Neil Diamond with Joe Malone, Tuesday, October 29, 11:00 am:** Learn how this American singer-songwriter sold more than 130 million records worldwide. Listen to some of his hit songs and his achievements. Sponsored by the John and Mary Murphy Foundation.

**Friendly Feud, October 30, 11:00 am:** Looking for a great time with friends!? 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! Don't miss this opportunity - guaranteed smiles and laughter! There will be prizes for all participants!



**Thursday, October 31  
1:30 pm -3:00 pm**

Join the spooky festivities at the Jenks 2<sup>nd</sup> annual Halloween Costume party. Show off your creativity. **Costumes are required for admittance to the party.** Prizes will be awarded for the Funniest, All-Around Best, Couples, and Most Creative costumes. If you have a talent that accompanies your costume, even better! Seasonally spooky refreshments will be served.

Registration required--limited to 100 patrons!

## EVENING EVENTS

### SPONSORED BY CUMMINGS FOUNDATION GRANT

**Virtual: Art Matters with Jane Blair presents A History of Sculpture in Western Civilization - Part 1, Tuesday, October 1, 7:00 pm:** Join us for the first part of the history of Human expression with sculpture, from ancient times until the modern era. Learn why the process of sculpting is a physical, sometimes complicated process, requiring many kinds of tools. Register to receive the zoom link.

**Halloween Traditions in Boston with Anthony Sammarco, Tuesday, October 8, 7:00 pm:** Anthony Sammarco will discuss the history of the Salem Witchcraft Trails which caused such tremendous anxiety and fear and the deaths of many innocent people in Massachusetts Bay Colony in 1692. He will also talk about the decorating of Beacon Hill as a veritable neighborhood of whimsy.

**The Piping Plovers of Moonlight Bay with Kim Smith, Tuesday, October 22, 7:00 pm:** Kim Smith joins us to discuss *The Piping Plovers of Moonlight Bay*, her feature-length documentary premiering at film festivals in September 2024. Come and be inspired by the beauty of the Plover's life story and their formidable challenges. Kim was named an Essex National Heritage Trailblazer and became an Essex Heritage Commissioner.

**The Salem Witchcraft Trails: What Really Happened with Honorable Dennis J. Curran Justice Massachusetts Superior Court, October 29, 7:00 pm:** This presentation will explore five myths behind the outbreak of allegations of witchcraft in colonial America. Learn why these trials constitute one of the most mysterious and fascinating events in American history. Discover the "perfect storm" of conditions that culminated in tragic circumstances that have haunted us for centuries.

## SATURDAY EVENTS

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

**Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am:** Starts October 5. 3 classes. Cost: \$18.00. No class on October 12.

**Ukulele with Shukong, October 5, 12 pm**

**Saturday Bridge Game with Bob Gaudet: Saturday, October 12, 1:00 pm - 4:15 pm:** Cost \$ 15 per person, you will pay-at-the-door.

**Cribbage, Saturday, October 5, 12, 19 & 26: 11:30 pm - 2:30 pm**

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

**Flashback to the Sixties! with Leo Lauretano & Band, Saturday, October 19, 11:00 am:** Listen, dance or sing along to the songs you will remember. Don't miss this chance to meet with this seven-member band. Sponsored by the Winchester Mount Vernon Grant.

**Eleanor Roosevelt-First Lady of The World with Sheryl Faye, Saturday, October 19, 3:00 pm:** Learn about Eleanor Roosevelt's accomplishments as the First Lady of the United States, how she played a role in advocating for women in the workplace, fought for the rights of World War II refugees and how she became one of the first delegates to the United Nations. *Sponsored by a generous grant from The Cummings Foundation.*

**WELLNESS****Making Unbreakable Habits:**

**Wednesday, October 2, 12:30 pm-2:00 pm:** Dr. Stare, Doctor of Physical Therapy, Fitness Professional, and national lecturer will reveal the truth about what really works to lose body fat, reduce disease, and improve performance so you look and feel your best!

**Meet and Greet with Blue, Therapy Dog, Thursday, October 3, 10:30-11:30 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. Please choose either Thursday or Friday classes per month. Online Registration required MONTHLY, on a first come, first served basis.

**Blood Pressure Clinic,**

**Wednesday, October 9, 10:00 am-12:00 pm:** The Jenks nurse will be offering blood pressure checks at the center and an appointment time is necessary. Please register for a time slot 781-721-7136.

**HYBRID: Caregivers Connect Group: Thursday, October 10 & 24, 11:00 am:**

Learn from and share with other participants who are caring for elderly family members. Now meets the Second & Fourth Thursday of each month. Register at to obtain your zoom link or attend in person.

**BenefitsCheckUp®: Friday**

**October 11, starting at 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. Contact the Jenks Center social worker to schedule your confidential appointment: 781-721-7136 x 15: snorton@winchester.us.

**Reiki Healing Circle with Deb:**

**Wednesday, October 16, 10:00 - 11:00 am:** Super Full Hunter's Moon Meditation and Reiki! Come enjoy this peaceful meditation to fill the light of the moon with Reiki energy for fuller living and greater peace.

**Solo Ager Network: A Primer for Older Adult Self-Centered Care: Thursday, October 17, 1:00 - 3:00 PM:**

Dr. Wayne Saltsman, Geriatrician and advocate for patient-driven healthcare, will share key strategies to maintain a high quality of life as you age and speak about the importance of proactive planning to stay healthy. He will also talk about how to navigate the healthcare system to ensure your voice is heard, and your healthcare choices reflect your personal values and preferences.

**Podiatry Clinic, Friday, October 18, 8:00 am-1:00 pm:**

Dr. Seligman is a Board-Certified Podiatrist. There is a \$35.00 fee payable in check or cash. Appointments ARE necessary. Please call Jenks front desk at 781-721-7136.

**Nourish: Nourishing Aging Well!**

**Tuesday, October 22, 10:30 am:** 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. This month, join us for a fun Halloween painting experience. No art experience necessary. Erica will walk you through this step-by-step painting. Can't wait to see you there! Generously sponsored by Delaney at the Vale. Space is limited.

**Nutrition with Jessy:** Monday, October 28, 2:00 pm-3:00 pm: Apple health! It's Apple season! Come eat and learn about Apples. We will taste various types of apples and learn about their health benefits. Apples help with heart health, immune system, and contains prebiotics for gut health!

**Nia-Moving to Heal, Wednesday, October 30, 9:00 am-10:00 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.

**Beth Israel Lahey Health and its member hospitals (Winchester Hospital) survey:**

The hospital seeks to learn about issues impacting the community. You can access the anonymous 15-minute survey online [www.winchesterhospital.org](http://www.winchesterhospital.org). Complete the survey for a chance at winning a **\$100 VISA gift card**. Paper surveys are also available at the Jenks Center.

## EXERCISE



**VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am:** Starts Wednesday, October 2. Instructor: Hilary Celentano. 9 classes. Cost: \$54.00. No class on October 14, 21, 23 & 25.

**FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am:** Starts Wednesday, October 2. Instructor: Hilary Celentano. 6 classes. Cost: \$36.00. No class on October 14, 21 & 23. Jenks Shuttle Service available, call 781-721-7136 to schedule. *There are 2 sessions of in person FABBS. One at 9:00 am, another at 10:00 am.*

**HYBRID: 3 in 1 –‘Aerobics, Muscle, Stretch’, Mondays & Wednesdays, 4:30 pm:** Starts Wednesday, October 2. Instructor: Gail LaRocca. 8 classes. Cost: \$48.00. No class on October 14.

**IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am:** Starts Tuesday, October 1. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 8 classes. Cost \$48.00. No class on October 22 & 24.

**HYBRID: Tuesday Step & Muscle Conditioning, Tuesdays, 8:30 am:** Starts October 1. Instructor: Judy Whitney. 5 classes. Cost: \$30.00.

**HYBRID: Gentle Yoga, Tuesdays, 9:45 am:** Starts October 1. Instructor: Ruth Lieberherr. 3 (90 minute) classes. Cost: \$27.00. No class on October 15 & 29.

**HYBRID: Aerobics, Tuesdays, 3:00 pm:** Starts October 1. Instructor: Judy Whitney. 5 classes. Cost: \$30.00.

**Tai Chi Beginner Class, Tuesdays, 4:30 pm:** Starts October 1. Instructor: Hilary Celentano. 4 classes. Cost \$24.00. No class on October 22.

**HYBRID: Thursday Step & Muscle Conditioning, Thursday, 8:30 am:** Starts October 3. Instructor: Judy Whitney. 5 classes. Cost: \$30.00.

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

**VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm:** Starts October 3. Instructor: Marilyn Arnold. 4 (90 minute) classes. Cost: \$36.00. No class on October 31.

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

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

**Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am:** Starts October 5. 3 classes. Cost: \$18.00. No class on October 12.

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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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## JENKS MOVIES — FRIDAYS 1PM



# AT THE MOVIES!

### **The Greatest Showman**

**October 4**

P.T. Barnum turns to show business after trying and failing at various jobs. His imagination is limitless, creating shows with daring acrobatics and exotic animals. Starring: Hugh Jackman

### **The King and I**

**October 18**

A Welsh woman, Anna decides to take a job tutoring the wives and children of King Mongkut of Siam. Anna and the King clash personalities but she is dedicated to completing her duties. Starring: Deborah Kerr and Yul Brynner.

### **The Sting**

**October 11**

Two con men team up together in order to take revenge on a ruthless crime boss. Things don't go according to plan, and they have to scramble at the last minute. Starring: Paul Newman and Robert Redford

### **Beetlejuice**

**October 25**

A couple dies in a car crash, but they find themselves stuck as ghosts in their country house. The house is sold to obnoxious people who don't appreciate the beauty of the home. Starring: Alec Baldwin, Geena Davis and Michael Keaton.

## CAREGIVER RESPITE DROP-OFF PROGRAM

**Wednesday, October 2 & October 30**

**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)



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

### JENKS SHUTTLE SERVICE

Free round-trip, door to door shuttle service to and from local shopping centers and other venues provided by the Jenks Center.

Transportation to the Jenks, for shuttle trips, is available to Winchester residents only.

Non-residents may meet at the Jenks to go on shuttle trips. Please inquire when registering.

Please call to reserve a spot, occupancy limited to 12 people unless noted otherwise.

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

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

**Lunch Tour of Harriett & Ralph Kaplan Estates, Peabody** – Wednesday, October 2. Enjoy lunch and a tour of this assisted living facility, part of the Chelsea Jewish Lifecare residences. The shuttle will leave the Jenks at 12:15pm.

**Wilson Farm** – Wednesday, October 8. Wilson Farm has always been a believer that the best-tasting, most sustainable, and nutritious foods are ones that have been grown close to home. For over 135 years, the farm has been committed to producing fresh, local, and affordable produce for our community.

**Encore Casino, Everett** – Tuesday, October 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 Heatherwood, Tewksbury** – Wednesday, October 16. Enjoy lunch and a tour of this vibrant independent living community. The shuttle will leave the Jenks at 12:20pm.

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

**Wayside Commons, Burlington** - Tuesday, October 29. LL Bean, Eileen Fisher, Lane Bryant, Nothing Bundt Cakes, Omaha Steaks, Carters, Talbots, Loft, J. Crew Factory and more. Pick up begins at 9:30am.

**Merrimack Outlets** - Wednesday, October 30. 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.

\*Due to Columbus/Indigenous People's Day on Monday, October 14<sup>th</sup>, the Market Basket/HMart trip will be cancelled.

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.

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.

## THE 2025 MEDICARE ENROLLMENT

**The 2025 Medicare Enrollment period is around the corner, running from October 15, 2024, through December 7, 2024.**

This is the annual window when Medicare beneficiaries can make changes to their health and prescription drug plans for 2025.

- ◆ Each Medicare beneficiary receives an **Annual Notice of Coverage** in September which provides information regarding 2025 Medicare premiums and deductibles.
- ◆ Insurance companies (Medigap/Medicare Advantage and Part D) provide notification of plan benefits and premium changes.
- ◆ In 2025 annual out of pocket prescription drug costs will be capped at \$2000 including the annual Part D deductible.
- ◆ Also in 2025, consumers will have the option to spread Part D costs over 12 months.
- ◆ A meeting with a state-certified Medicare Benefits Counselor (SHINE counselor) may help you reduce out of pocket medical and/or prescription drug costs, screen for public programs that can help with premiums and copayments and assist with plan enrollment.

Contact **the Jenks Center** to schedule a SHINE appointment, if you want to compare coverage and costs during Open Enrollment.

SHINE counseling is available in all languages and accessible to every Medicare beneficiary including people who are vision or hearing disabled or homebound.

**Also, keep an eye on the November newsletter for another informative Medicare Presentation entitled, Changes to Open Enrollment.**

# 11 | PLEASE REGISTER

## JENKS CENTER & BEST OF TIMES TRAVEL PROUDLY PRESENT

### The Sicilian Tenors

Thursday, November 14, 2024

Castleton Banquet, Windham NH

Price: \$129 per person

An Evening with the Sicilian Tenors, featuring Aaron Caruso, Elio Saccio, and Sam Vitale. The acclaimed international singing sensations will perform some of their classic repertoire along with songs from that show's period (1910-1930).

Plated Lunch included: Thanksgiving Dinner with fixings and sides OR Vegetable Lasagna; Dessert, Coffee /Tea

### Christmas at the Newport Mansions

Thursday, December 12, 2024

Price: \$139 per person

Visit The Breakers, the grandest of Newport's summer "cottages", and showcased will be The Marble House decked out in yuletide finery, with thousands of poinsettia plants, evergreens, wreaths, and fresh flowers.

Lunch is NOT included. Lunch will be on our own at the famous Bowen's Wharf area of Newport

## PEN PAL PROGRAM

Remember the joy of reading a personal letter from a new friend?

We invite you to become a Pen Pal with a student from McCall Middle School!

The Program runs from November to June.

Participants write a letter to each other once a month, with an optional monthly meeting, the second Tuesday of each month.

We provide all the supplies and are available for technical support. Please contact Suzanne Norton, social worker, to sign up or for more details! 781-721-7136, snorton@winchester.us

## FLU AND COVID CLINIC UPDATE—FALL 2024

The Winchester Health Department will once again be offering **Flu and updated COVID** vaccine clinics at the **Jenks Center**. All clinics are for the general public, residents and non-residents.

To participate, online registration is required and will be available soon at [www.winchester.us](http://www.winchester.us).

- ◆ Wednesday, October 9th - 65 years and older only - **High Dose Flu Shots and updated COVID Vaccines**.
- ◆ Additional Flu Clinics- October 16th, October 21st and November 4th for all ages. Each of these additional clinics will offer **flu vaccine only**; seasonal, standard flu shots (ages 6 months and older), FluMist nasal spray (ages 2-49) and High dose (ages 65+).
- ◆ Updated COVID Vaccine clinic for the general public: Stay tuned for clinic date!

If you need assistance with online registration for a clinic, please reach out to a family member, or friend. The Health Department staff can also assist you.

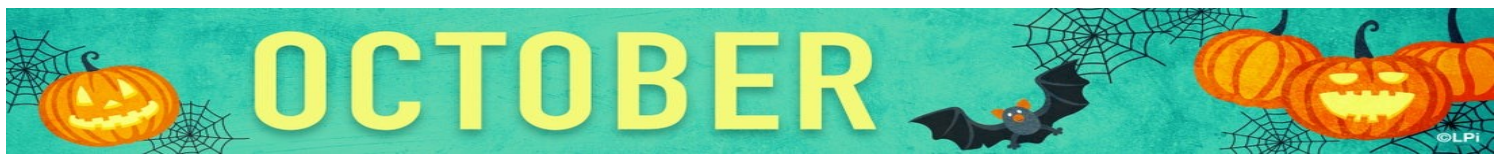


# THE JENKS

*A Center. A Community.*

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**The Jenks Center will be closed on Monday, October 14 for Columbus Day**

