



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



*November*

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## NOVEMBER 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

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LINDA McCARTHY - WEEKEND ADMINISTRATOR  
CHRISTINE LEONARD - WEEKEND ADMINSTRATOR  
FRED BENSON - FACILITIES STAFF  
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BETTY MINASSIAN—JENKS PATRON ADVOCATE  
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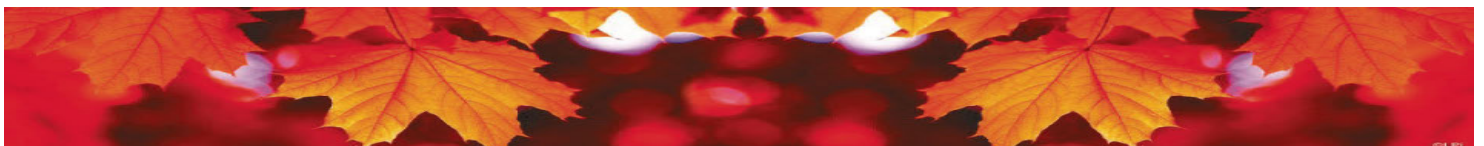
### ATTENTION JENKS PATRONS

***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  
 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.

**Men's Discussion Group with Johnny Russo, Monday, November 4 & 18, 11:00 am:** Join this group, every alternate Monday, to discuss current events and items of mutual interest.

**Meet Up Mondays, November 4 & 18, 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.

**Veterans Day Remembrance, Wednesday, November 6, 11:00 am:** Join us and show appreciation to members of our military, past and present. Marge Labeledz, President of the Winchester VFW Auxiliary will present a program honoring our Veterans. There will be a Candlelight Remembrance Ceremony and poems with speaker Senator Jason Lewis. Everyone is invited and we especially hope our Veterans will come.

**Virtual: Wilson Science & Technology Forum - Friday, November 8, 10:30 am:** Peter Ciriscioli of Innovation and New Product Development will speak on *Autonomous Vehicle Policy Issues*. Peter's view is that an AV is safe enough if it demonstrates safety performance at least as safe as that of the average human driver before it is allowed to roam freely on any road.

**Ancient Egypt: Mummies and Burial Culture in the Valley of the Kings, Friday, November 8, 11:00 am:** Join archaeologist Nate Ramsayer for his final talk on Egypt, as we unravel the secrets behind this ancient practice, dispelling many misconceptions along the way. *Sponsored by the John and Mary Murphy Foundation.*

**Informational Meeting on Winchester's Community Electricity Program with Fritz Mace, Tuesday, November 12, 11:00 am:** This informational session with Q & A for Winchester residents and small business owners will provide an update to Winchester community electricity program. Come learn about the lower electricity supply rates in their next contract and the option to increase your use of renewable energy. Bring a bill - and learn how to know if you are on WinPower.

## 4 | REGISTRATION REQUIRED FOR ALL EVENTS

### DAY EVENTS (CONTINUED)

**Friendly Feud, Wednesday, November 13, 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!

**BINGO – Wednesday, November 13 & 27, 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.

**Asset Protection 101 with Andrea Witt, Wednesday, November 20, 11:00 am:** If you are concerned about how to protect your assets, afraid of losing your life savings, or if you or a loved one needs nursing home care, this seminar is for you. Come learn the truth behind the spend-down myth, and options for protecting assets. Andrea Witt will sift through the misinformation and help you better understand the legalities of asset protection strategies and rules. Come prepared with your questions!

**Friends Giving Lunch—Join us for our Neighbor Narrative, Thursday, November 21, 12:30 pm:** The Winchester Council on Aging was awarded a generous grant from the Cummings Foundation to extend its ESL classes serving a growing Mandarin speaking population in Town as well as the hire of an ambassador, Michelle Zhang, whose task is to assist with integrating and assimilating all Jenks patrons. What better way to celebrate Thanksgiving and cultural similarities and traditions than celebrating with food and sharing stories. Join us as we celebrate and share our cultural heritages and traditions and enjoy a catered lunch. Each participant at each table will be expected to share a personal story of a Thanksgiving memory as well as why you give thanks today. Limited to 60 patrons, registration required for admittance to lunch and program.

**Sociological Book Club, Thursday, November 21, 11:00 am:** The Jenks is pleased to partner with the Winchester Public Library for the book club. This month's selection is the critically acclaimed non-fiction book by Princeton Sociologist, Matthew Desmond "Poverty, by America". He examines how the United States, the richest country on the planet, has more poverty than any other advanced democracy. Limited to 15 patrons. Books provided by WPL available at the library.

**Wilson Science & Technology Forum – Friday, November 22, 10:30 am:** Walter Hubbard, President PC QuickHelp, will talk about protecting yourself by protecting your computer, your passwords and your life savings from computer hackers in Why Bad Things Happen to Good Computers.

**Revolutionary France During the Time of Victor Hugo with Nate Ramsayer, Friday, November 22, 11:00 am:** Join Jenks favorite Nate Ramsayer, who has played multiple roles in *Les Misérables* and serves nationally as a consultant for productions of the show, for a tour of 19th century France, and a behind-the-scenes look at how the historical events were put to song and staged for new generations of theater fans. Come learn how Victor Hugo witnessed the events of rebellion in Paris and turned public attention to the downtrodden in his time, as well as how this story became one of the most popular musicals in history. *Sponsored by the John and Mary Murphy Foundation.*

**Nutrition with Jessy McNeil a Very Special Thanksgiving Treat: Holiday Cook and Learn, Monday, November 25, 2:00 pm:** The holiday season is the time of year to enjoy family, friends and good food. Join us for a cook and learn event. Featured item: Butternut Squash. Jessy will cook a dish in class, and you will be given the recipe as well as the ingredients to make the same dish at home. Come join us! Limited to 30 patrons.

**Traveling Chef returns to the Jenks, Tuesday, November 26, 12:00 pm:** A rare special program offered by Minuteman Senior Services, the traveling chefs are from Trio Catering who will prepare and serve homemade chicken pot pie with a green salad and pie for dessert. Limited to 50 patrons.

## EVENING EVENTS

### SPONSORED BY CUMMINGS FOUNDATION GRANT

**The Ukraine War Consequences-Expected and Unexpected with Henry Quinlan, Tuesday, November 5, 7:00 pm:** Henry M. Quinlan, owner and publisher of Omni Publishing, will talk about the consequences of the Ukraine War based on his 40 years involvement with the former Soviet Union and Russia, including living in Moscow for five years and many visits to Ukraine.

**Virtual: Art Matters with Jane Blair presents A History of Sculpture in Western Civilization - Part 2, Tuesday, November 12, 7:00 pm:** Jane will present the second part of the history of human expression with sculpture, from ancient times until the modern era. *This is a Virtual event presented over Zoom.*

**Across Namibia – Birds and Other Stuff with Alan Ankers, Tuesday, November 19, 7:00 pm:** This photographic tour by Alan Anders will cover the entire breadth of Namibia in southwestern Africa. He will explore the country's history, geography, animals, plants, reptiles and insects, as well as birds. Alan has keenly birded Middlesex County for the last thirty years and in recent years started exploring the rest of the world's birds. *Sponsored in part by The Menotomy Bird Club.*

**Oxford & Somerset with the Traveling Librarian with Jeff Klapes, Tuesday, November 26, 7:00 pm:** Join Jeff Klapes, the Traveling Librarian, as we visit west England, specifically the countries of Oxfordshire and Somerset. We'll visit the elegant university city of Oxford, as well as the cathedral town of Wells and Glastonbury, and go hiking in the Cheddar Gorge. Jeff is the recently retired Head of Reference Services at the Lucius Beebe Memorial Library in Wakefield, Massachusetts, and an avid traveler and photographer.

## SATURDAY EVENTS

**Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am:** Starts November 2. 4 classes. Cost: \$24.00. No class on November 30.

**Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am:** Starts November 2. 4 classes. Cost: \$24.00. No class on November 30.

**Ukulele with Shukong,** November 2 & 16, 12:15 pm

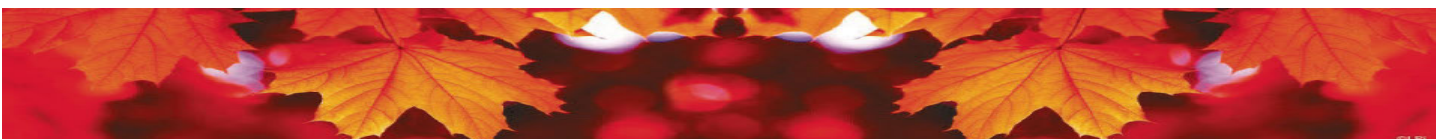
**Saturday Bridge Game with Bob Gaudet:** Saturday, November 9, 1:00 pm - 4:15 pm: Cost \$ 15 per person, you will pay-at-the-door.

**Cribbage,** Saturday, November 2, 9, 16 & 23, 11:30 pm - 2:30 pm

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

**Flower Arranging with Audrey Cavino,** November 16, 11:30am – 12:30pm: Bring your creativity and join in the art of flower arranging. Supplies will be provided.

**Fall Farmers Market, Saturday, November 23, 10:00 am - 3:30 pm:** The final market of the year will be held at the Jenks, as the Thanksgiving Farmers Market. Be sure to stop by for fresh produce and all types of gifts for the holiday season. *Sponsored by a generous grant from The Cummings Foundation.*



## WELLNESS



**Meet up with Blue, therapy dog!**  
**Thursday, November 7, 10:30 am-11:30 am:** Please stop by to meet Blue, Golden Retriever therapy dog, and his owner, Anne Hollesen.

**Blood Pressure Clinic, Tuesday, November 5, 10:00 am-12:00 pm:** The Jenks nurse will be offering blood pressure checks at the center. Please call 781-721-7136 to make an appointment.

**Staying STEADI As You Age Balance Class, Thursdays, 10:30 am-11:30 am OR Fridays 9:00 am - 10:00 am:** Dr. Katie Wadland, Board Certified Geriatric Clinical Specialist, and her associates, will lead this balance class designed to make participants fall-prepared! We request that you commit and sign up for the whole month of classes. Choose either Thursday or Friday classes per month. Online Registration required MONTHLY, on a first come, first served basis. Please Note: No class on 11/28 & 11/29 due to the holidays.

**BenefitsCheckUp®: Friday, November 8, 2:00 pm:** Meet individually with Jenks Social Worker to see what benefit programs you may be eligible for or get assistance with your existing benefits. Please call 781-721-7136 x 15 to schedule your confidential appointment, or email [snorton@winchester.us](mailto:snorton@winchester.us).

**Demystifying Medical Marijuana, Thursday, November 14, 1:30 pm:** Please join Dr. Staci Gruber, PhD, director of the Cognitive and Clinical Neuroimaging Core and the Marijuana Investigations for Neuroscientific Discovery (MIND) program at McLean Hospital as we consider the impact of recreational and medical cannabis use... and the MIND Program.

**HYBRID: November Caregivers Connect Group, Thursday, November 10 & Friendsgiving for Caregivers on the Thursday, November 21, 11:00 am - 12:15 pm:** We will be having our regular caregiver meeting Thursday, November 10. On November 21, we will have special Friendsgiving meal together to be accompanied by presentation by elder care expert Carmel Murphy-Kotyán who will lead the conversation around the important topic of self-care. She will cover the topics of involving other family, difficult conversations, and communication with dementia. Space is limited. Attend over Zoom or in person at the Jenks.

**Nutrition with Jessy, Monday, November 18, 2:00 pm-3:00 pm:** November is Osteoporosis Awareness Month! Jessy will discuss nutrition and bone health: what we can eat more of and what we need to avoid in our diet to reduce the risk of weak bones. Feature item: snack items rich in calcium.

**FREE Hearing Screenings, Wednesday, November 20, 9:30am-12:30pm:** Dr. Traci Ring of Audiology Associates of Winchester will give free hearing screenings, for an appointment please call 781-721-7136.

**Reiki Healing Circle, Wednesday, November 20, 10:00 am - 11:00 am:** Join us for our monthly Reiki Healing Circle. Learn how Reiki can benefit you. Enjoy a gentle Reiki infused healing meditation. This month we will enjoy nature's peaceful abundance - as we offer gratitude, our minds are calmed, and our hearts are filled!

**Podiatry Clinic, Friday, November 22, 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 781-721-7136.

**Nourish Program: Tuesday, November 26, 10:30 am-11:30am:** Join Roger Tremblay for the fun and unique music of the accordion as he plays tunes sure to bring back memories! 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.

**Nia-Moving to Heal, Wednesday, November 27, 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.

## EXERCISE



**VIRTUAL: FABBS Exercise, Mondays & Wednesdays at 8:00 am; Fridays at 9:00 am:** Starts Friday, November 1. Instructor: Hilary Celentano. 11 classes. Cost: \$66.00. No class on November 11 & 29.

**FABBS Exercise, Mondays & Wednesdays, 9:00 am and 10:00 am:** Starts Monday, November 4. Instructor: Hilary Celentano. 7 classes. Cost: \$42.00. No class on November 11. 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, November 4. Instructor: Gail LaRocca. 6 classes. Cost: \$36.00. No class on November 11 & 27.

**IN PERSON/VIRTUAL: Tai Chi, Tuesdays & Thursdays, 8:30 am:** Starts Tuesday, November 5. Instructor: Hilary Celentano. Tuesdays at the Jenks Center, Thursdays are virtual. 7 classes. Cost \$42.00. No class on November 28.

**HYBRID: Step & Muscle Conditioning, Tuesdays & Thursdays, 8:30 am:** Starts Tuesday, November 5. Instructor: Judy Whitney. 6 classes. Cost: \$36.00. No class on November 26 & 28. *Option to sign up for only Tuesdays or only Thursdays.*

**Gentle Yoga, Tuesdays, 9:45 am:** Starts November 5. Instructor: Ruth Lieberherr. 4 (90 minute) classes. Cost: \$36.00.

**HYBRID: Aerobics, Tuesdays, 3:00 pm:** Starts November 5. Instructor: Judy Whitney. 3 classes. Cost: \$18.00. No class on November 26.

**Tai Chi Beginner Class, Tuesdays, 4:30 pm:** Starts November 5. Instructor: Hilary Celentano. 4 classes. Cost \$24.00.

**HYBRID: Muscle Conditioning, Thursdays, 3:00 pm:** Starts November 7. Instructor: Gail LaRocca. 3 classes. Cost: \$18.00. No class on November 28.

**VIRTUAL: Yoga and Meditative Movement, Thursdays, 3:00 pm:** Starts November 7. Instructor: Marilyn Arnold. 3 (90 minute) classes. Cost: \$27.00. No class on November 28.

**HYBRID: Dance Cardio & Super Stretch, Fridays, 3:00 pm:** Starts November 1. Instructor: Gail LaRocca. 4 classes. Cost: \$24.00. No class on November 29.

**Tried & True Step Aerobics with Gail LaRocca: Saturdays, 8:30 am:** Starts November 2. 4 classes. Cost: \$24.00. No class on November 30.

**Mindfulness Basics and Practice with Neil Motenko: Saturdays, 10:00 am:** Starts November 2. 4 classes. Cost: \$24.00. No class on November 30.

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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 Band Wagon** **November 1**

A washed-up entertainer feels down and out when his friends decide to write a Broadway show for him to star in.

Starring: Fred Astaire, Cyd Charisse and Jack Buchanan

### **The Voyage** **November 8**

A woman mourning her husband starts to feel unwell. She starts getting dizzy spells and her brother-in-law steps in to take care of her.

Starring: Sofia Loren and Richard Burton

### **Yankee Doodle Dandy** **November 22**

This is a musical drama film about George M. Cohen, known as the “Man Who Owned Broadway”. It is told in flashbacks as he reminisces about his life. Starring: James Cagney

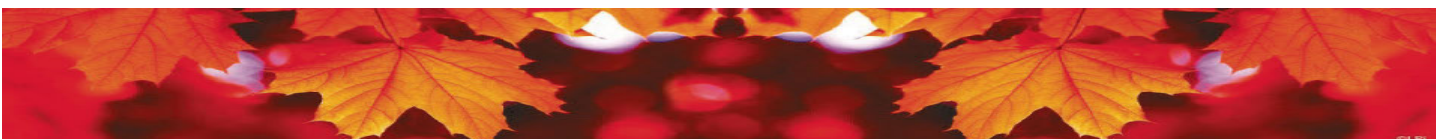
## CAREGIVER RESPITE DROP-OFF PROGRAM

### **Wednesday, November 6 & 13** **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)





## 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.**

**Election Day** - Tuesday, November 5. Take a ride to the polls, call to reserve a ride to the polls on the Jenks shuttle 9am – 3:00pm.

**Tour and Snack to Go: Herrick House in Beverly** – Wednesday, November 6. Enjoy a tour and snack to go of this assisted living facility owned and operated by Beth Israel Lahey Health. The shuttle will leave the Jenks at 12:15pm.

**Encore Casino, Everett** – Tuesday, November 19. 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.

**Walmart, N. Reading** – Wednesday, November 20. Also includes Marshalls, Dollar Tree and AAA. Pick up begins at 9:30am. Approx. 1 ½ hours for shopping.

**Meadow Glen Mall, Medford**- Tuesday, November 26. Wegmans, Kohls, Marshalls, Verizon, and more. Pick up begins at 9:30am.

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

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

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

\*Due to Veteran's Day on Monday, November 11, Market Basket/HMart trip will be on Tuesday, November 12.

\*The Jenks Center will be closed for Thanksgiving on November 28, canceling Market Basket on Thursday.

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.

## REPAIR CAFÉ AT THE JENKS!

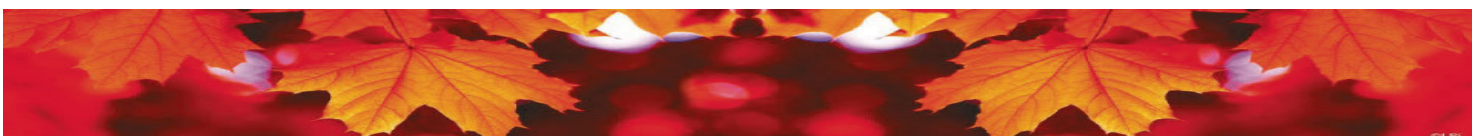
**Saturday, November 2**

**9:00 am—12:00 pm**

The Winchester Repair Café is pleased to partner with the Jenks to offer its services to patrons. Its mission is to have expert volunteers share their knowledge and show you how to bring new life to broken things. The most popular ways they help are garden tool and kitchen knife sharpening, repair of small electrical appliances, lamp repairs, wood repairs, sewing experts (darning worn patches and moth holes). Volunteers love a challenge and can fix most things.

- Free of charge
- Register at <https://www.repaircafewin.com>
- You must make an appointment through the link to sign up genius on Repair Cafe to ensure you will be seen link appears below.
- Each appointment is for 30 minutes, so bear in mind if it is a big project, we will give you the guidance to finish the repair yourself at home, so everyone gets a chance to be seen.

***Sponsored in part by the Winchester Mount Vernon Grant!***



**11 | AT THE JENKS CENTER!**

**MEDICARE PLANNING**



**Presented by**  
**Amy Bowness, Medicare Specialist**  
**Minuteman Senior Services**



**Initial Planning: New to Medicare: New Retirees/Planning to Retire:**

**DATE: TUESDAY, NOVEMBER 5<sup>TH</sup> 4:30 PM**

**New to Medicare is an excellent program for those age 65 who are preparing for retirement where they can learn about how to plan and how to get Medicare.**

**For Existing Beneficiaries:**

**2025 Review of Changes to Medicare: Open Enrollment Presentation**

**DATE: FRIDAY, NOVEMBER 8<sup>TH</sup> AT 10:00 AM**

- 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

**Reviewing Insurance Options for those not eligible for Medicare:**

**DATE: FRIDAY, NOVEMBER 15 AT 9:30 AM:**

Join Minuteman Senior Services SHINE for coffee and information regarding health care and pharmacy resources for people who cannot enroll in Medicare A/B or MassHealth and Health Connector plans due to residency status. Learn about no cost resources for inpatient and outpatient care as well as pharmacy assistance and how you can access these services. **Chinese translation will be provided.**

**Register at [www.jenkscenter.org](http://www.jenkscenter.org) or**

**Call 781-721-7136**

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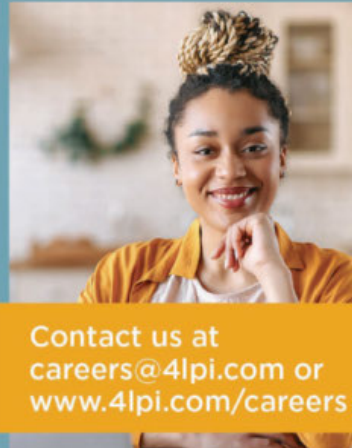
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