

Woburn Senior Center & Council on Aging

January 2021



*Please keep in mind the Woburn Senior Center will be closed on
Friday, January 1st.*

Happy 2021!

*Staff**Hours of Operation*

Marie Lingblom	Director	781-897-5961	Monday	8:30-4:30
Joyce Parker	Reception	781-897-5960	Tuesday	8:30-4:30
Michelle Daly	Transportation	781-897-5964	Wednesday	8:30-4:30
Meg Rodriguez	Outreach	781-897-5965	Thursday	8:30-4:30
Senior Discount Taxi Program	Taxi Office	781-897-5970	Friday	8:30-4:30
SHINE Counselors	SHINE Volunteer Office	781-897-5972		

Although the building is closed to the public, our staff remains available to help every weekday by phone. Please do not hesitate to reach out if you need any assistance.

Friends Helping Seniors

“Friends Helping Seniors, Inc.” (Friends) is a private, nonprofit organization created to raise funds which provide services for the seniors of the City of Woburn. The purpose of “Friends” is to promote, foster, encourage, and sponsor activities such as transportation services, senior center programs, domestic services, and educational opportunities.

If you would like to join “Friends”, or make a donation please send all requests to

Friends Helping Seniors

144 School St ,Woburn MA, 01801

myseniorcenter



When the Senior Center is able to re-open, all participants will need a **membership card** to access the building and to register for programs and events.

If you would like to get a jump start, give us a call and we can assign your card and mail it off to you for safe keeping!

REMINDER!

Senior Discount Taxi Program registrations are due for the 2021 year. The cost remains \$5 and entitles you to discounted taxi vouchers for trips anywhere within the City of Woburn, and outside the City for medical appointments only. The City of Woburn has contracted the discounted rates with Checker Cab of Woburn, to provide seniors with a reliable and affordable transportation option. Please reach out to Michelle in Transportation to renew. She can be reached at 781-897-5964

January News and Events

Woburn Senior Center Council on Aging Virtual Meeting

Tuesday January 5th
10:00am



Join by video:

Meeting ID: 883 3607 6655

Passcode: 063164

Join by phone:

Dial by your location

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 646 876 9923 US (New York)

Meeting ID: 883 3607 6655

Passcode: 063164



Prescription Drug Return Wednesday January 20th 10 am

Officer Jolly will be in the courtyard for you
to safely return any
unwanted prescriptions

No Sharps
No Liquids
No Ointments

Please remember to wear a mask when
pulling up.

Judy's Virtual Gentle Morning Stretch

Join Judy every weekday morning for a quick
stretch class to get your morning off on the
right foot.

Monday-Friday
9:30-9:45am

December, January, & February

Please email woburnseniors@gmail.com
for the link to join.

Note: There will be no class on Friday 1/15



Walking with Wendy

Don't let the cold weather keep you away!
Bundle up and join Wendy Essigmann and
the walking group for a nice walk around the
center. This is a fun and safe way to interact
with others while getting some exercise!

Monday, Wednesday and Friday
11:30-12

In the event of inclement weather, please call
the Senior Center to confirm that the pro-
gram will be held.

781-897-5960



January News and Events

Volunteer Opportunity!

Meals on Wheels is looking for volunteers to deliver meals for home bound seniors in Woburn.

Yuen Li at volunteer@minutemansenior.org,
781-221-7093



Looking for some free legal advice?

You have come to the right place!
Attorney Andrea Witt from Spano and Dawicki is resuming her free 30 minute consultations over the phone starting in December.

Please call the Outreach Office to book an appointment @ 781-897-5965
Appointments are limited and fill quickly.

You will need to sign an agreement of understanding that this is not legally binding meeting, and Atty. Witt is just giving sound advice.

FOR SENIORS STARTING AT 10:30AM

To register call the Woburn Senior Center at 781-897-5960
or visit woburnpubliclibrary.org

Movie Mondays

Movies, documentaries and media

Tech Tuesdays

TED Talks, technology training, and virtual reality

Reading Wednesdays

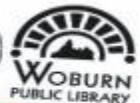
We can help you find your next favorite read

Art Thursdays

Fine art, crafting, and new skills

Programs to be held at the WPL
located at 45 Pleasant St

In partnership with the Woburn Council on Aging



Transportation

Michelle Daly

Transportation Coordinator

*Terry Desmond, Jack Foley,
Joe Hawkins, and Marc Masse*

Van Drivers

Reminder!



Taxi Vouchers are available for purchase
Monday-Thursday
10am-1pm

Please call the Transportation Office for more info
781-897-5964

Are you eligible for the RIDE?

- People who have a disability (temporary or permanent) that prevents them from using traditional public transit.
- If you've had a medical emergency, your licensed healthcare provider can request thirty days of The RIDE for you that starts immediately



**Massachusetts Bay
Transportation Authority** lic

Contact The RIDE Eligibility Center (TREC) at [617-337-2727](tel:617-337-2727), or email us

Positive Affirmations

By Michelle Daly

Behind every rain storm is the sun!

This saying represents hope, although you are having a troubling time it will get better. Sometimes I think without the rain, would we appreciate the sun or take it for granted? Nevertheless, we are certainly dealing with quite a storm with this pandemic. Most likely, there have been other storms you have weathered, once you got through it, you have learned lessons, appreciate things a bit more and, maybe earned some confidence enduring the storm. Currently, I have taken from this pandemic, families spend more quality time together, friends appreciate a quick call or check in, and I no longer take paper towels for granted! Take a moment during this storm and think what positive things have you seen while we wait for the sun.

Cheers to the New Year and to Sunny Days!

Outreach

Meg Rodriguez Outreach Coordinator

Friday Morning Virtual Coffee Chat

Grab your coffee, and join me for a casual video chat. Just a friendly safe way for us all to stay in touch and chat about our week, tell funny stories, or talk about ideas we might have for when we can all be together again!

January
8,15,22& 29
10 am

Join on : zoom.us
Meeting ID: 899 8898 0590
Password: meg

Fuel Assistance with ABCD

If you are in need of Fuel Assistance please call ABCD directly to schedule an appointment. We will not be able to hold any in person appointments at the center this year. All appointments will be done by phone

Please call the Malden Office @
781.322.6284

ELIGIBILITY GUIDELINES: 2020-2021 FUEL ASSISTANCE

HOUSEHOLD SIZE	TOTAL GROSS YEARLY INCOME
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201
5	\$87,233
6	\$99,265
7	\$101,521
8	\$103,377
Over 8	See ABCD Fuel Assistance staff



Have questions about Medicare?
Are you getting ready to retire and need help picking a plan?
Think you may be eligible for more assistance?
Not totally satisfied with your coverage?

You need a S.H.I.N.E counselor!!

A SHINE counselor is trained to help you navigate the tricky waters of Medicare.

To reach a SHINE Counselor at the
Woburn Senior Center:
Call 781-897-5972

Leave a Message with your :

- ◆ Name
- ◆ Best phone number to reach you
- ◆ Brief description of what kind of help you are looking for
- ◆ If you have worked with a SHINE counselor in the past let us know that as well

Local Food Assistance

Woburn Council of Social Concern	781-935-6495	Local Food Pantry
Minuteman Senior Services	781-272-7177	Meals on Wheels
The Dwelling Place Soup Kitchen	781-369-5230	During COVID– Curbside Meal Pick Up Only



Show and Tell



GETTING HERE FROM AUSTRALIA

By Sandra Musgrave

I was travelling to America with my son, to spend time with the family.

Prior to the long and arduous journey, we were staying overnight in Sydney, where I was able to spend time with an old school friend. We dined close to the Sydney Harbour Bridge and the Opera House and later walked along the waterside, enjoying the glorious harbour views. Back at our harbour-side hotel, we slept well prior to departure the following day.

When I awoke, my son told me that our flight had been cancelled. The only replacement flight that day would be via Melbourne, with another stopover in Atlanta, then on to Boston, departing Sydney, 6.30 pm.

Although disappointed not to be flying directly from Sydney, we made good use of the day, strolling through Sydney's Centennial Park and around the Opera House. Eventually, tired of filling in time, we decided to go to the airport early and settled in to wait for departure time, which finally came. But we still waited. And waited. A delay due to inclement weather was announced. Soon, another delay announcement! And another! After yet a further delay, now over three hours after scheduled departure, it was evident that we had missed the connecting flight to America.

My son went to retrieve our unloaded baggage, leaving me at the only seat available near the re-booking location. At the re-booking counter, only one person manned the desk. The line, which accommodated passengers from two cancelled flights, snaked around and around! One person to re-schedule each one!

After a long wait, my son appeared, dragging our luggage and stacking it at my feet. He disappeared, to speak with the original check-in personnel.

Meantime, hours had passed with no food or water. I was parched. Seeing an airline supervisor passing, I called out and asked if I could have some water. He glanced at me with disdain before walking on!

"Here," called a lady still waiting in line, "I have some water". She gave it to her partner, who rushed it over to me.

After what seemed an eternity, my son returned. He had obtained a voucher to a nearby hotel, plus transport there.

He collected our bags before striding to the booking clerk at another airline, where a sympathetic lady located seats on a flight from Sydney the next day, again via Atlanta, then on to Boston.

And so, at about 11.00 pm, we were able to leave our bags in one of the few remaining hotel rooms and get dinner at an in-house restaurant, no doubt used to catering for hungry passengers from cancelled flights.

We slept well. We woke up. Two days had passed.

We were still in Sydney.

NEW AGE COMMUNICATION

By Sandra Musgrave

Recently, an acquaintance from The Senior Center phoned to ask how I was going during the lockdown, now into its tenth month and with no end in sight.

This lady had been phoning me regularly for many months. We always had a little chat about what we had been doing (or not doing) lately.

During this most recent call, she told me that once a month she phoned members of the Center who lived alone, those who were vulnerable, not only to the virus because of their age, but who could be desperately lonely.

When we talked about communication with family, I assured her that we texted each other every day, primarily to keep a check on how I was.

Phone calls? I explained that from time to time we would indulge in a phone call, occasionally, FaceTime.

She believes that texting isn't good enough. Older people need to hear voices, see faces. A simple phone call provides at least some direct human contact. Texting avoids even familiar language. And now there are little faces and symbols that save the effort of saying thank you, I agree, or whatever. Texting eliminates not only voice contact, but the need to listen.

While agreeing that personal visits would be ideal, we accepted that this was not always possible, leaving many seniors without face to face contact for long periods.

During this lockdown, I have been aware of the cost of being isolated from human interaction: I have noticed that my short term memory is not as good as it used to be. Could this forgetfulness be due in part to the lack of stimulation provided by frequent and regular conversation with others?

We agreed that this was not only possible, but highly likely for so many secluded elderly people whose family, near or far, may not understand the importance of hearing familiar voices, giving them a chance to concentrate, to ask questions and give answers.

This lady's commitment provides an opportunity for the elderly to hear a voice, have a chat, maybe a laugh, perhaps a good cry, with someone who understands the perils of long term isolation. Thank you, Dorothy Capone.

Congratulate, Compliment, Commend and Celebrate!

I just wanted to take a moment to truly thank Cindy Areglado and the wonderful production team at Woburn Public Media. Over the last several months Cindy has been working diligently to find a way to bring exercise to our seniors, even when we are unable to be together. She puts in countless hours and tries very much to keep her classes fun, fresh and energizing for everyone to enjoy. I recently received an email from a senior in Woburn who has been watching Cindy's workouts on the Woburn Public Media Channel, and wanted to share with me how it made her feel.

One of the things I have missed the most since last March is attending exercise classes. I have such good intentions to work out at home alone and some days I actually do a few stretches or something, but nothing approaching a good workout.

Then I received the November newsletter in the mail and discovered that there are classes on my TV! I have tried them out and I am so happy that this is available to me.

Thank you, thank Cindy, thank the media center, and thank God, finally I will exercise again and feel so much better about myself and the world. This is excellent.

Maureen Mc Gurl

Cindy's classes can be found on Woburn Public Media on your cable providers Public Access channel, or On-Demand anytime by visiting woburnpublicmediacenter.org and searching "Cindy" under programming.

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The more you know...

While the Center is closed, Bay State Physical Therapy and Atty. Andrea Witt from Spano and Dawicki are offering these monthly tips and benefits, in our newsletter, in lieu of our in-person Senior Breakfast Discussions

Bay State Physical
Therapy Woburn
Health and Wellness
Corner
Mathew Procopio, PT,

If you are a senior, staying mobile and avoiding a sedentary lifestyle are proactive steps you can take now to prevent a fall in the future. Falls are a leading cause of injury for adults over the age of 65, but that does not mean they are an inevitable part of aging. Your trusted Bay State Physical Therapist is ready to help you increase your strength and maintain your independence for a full and active life.

The Centers for Disease Control (CDC) has found the following:

- One out of five falls causes a serious injury such as a broken bone or a head injury.
 - More than 95% of hip fractures are caused by falling.
- Only 50% of those older adults that fall report the incident to their doctor.
- 3 million older adults are treated in an emergency room each year due to a fall.

Prevent Falls and Strengthen Confidence with the Help of Bay State PT

As physical therapists, we most frequently provide care *after* an injury from falling has occurred. While older adults are at increased risk of falling, staying active is the simplest way to reduce this risk. It may not be possible to completely prevent a fall, but your physical therapist can help. Working together we will evaluate your strength and stamina, identify balance concerns, and assess your walking mechanics to design a program specifically for you. With telehealth as a tool, our physical therapists can actually see inside the home of our patients to get a “virtual-tour” and to identify ways to improve safety at home.

Physical exercise combined with balance and strength training can help prevent older adults from falling, enhance their ability to maintain independence in their own homes, and provide the confidence needed to remain active without fear of injury.



With the first few days of 2021 already behind us, hopefully those New Year's Resolutions still remain unbroken! In past years, many clients have walked through our doors in the early months of the new year with achieving one of their resolutions: getting their affairs in order. For many, this means executing a Last Will and Testament.

In Massachusetts, a Last Will and Testament must be in writing, signed by a person over the age of 18 with the requisite capacity, in the presence of two witnesses (neither of whom can be a beneficiary under the Will), and it should be notarized. Without these requirements in place,

your Will might get thrown out by the Court, and the same law that details who inherits your property if you don't have a Will at all, prevails. A Last Will and Testament accomplishes one main goal: it states who inherits your property upon your death. However, your Will can and should answer many other questions!

Your Will should name a Personal Representative (and a successor, in case this person cannot, or does not want to, act), formerly known as an Executor or Executrix, who will be in charge of administering your estate and carrying out your final wishes. Your Will should state who you would prefer as the guardian of your minor children if you die. It should also state who you would prefer to care for your pets, and possibly leave funds set aside for the pet's care. Your Will should state whether you would like to be cremated or buried and whether you have already purchased a plot of prepaid for a funeral; hopefully you've also discussed this with your family or indicated so in a Health Care Proxy or Power of Attorney (because a Will is often not read until days or weeks after your death, at which time these arrangements have already been made.)

And of course your Will should state who gets your property when you die. You can leave specific items to specific people, but be careful: if you no longer own the property upon your death this can lead to confusion and a tricky situation! Also remember: specific bequests are always distributed first, so if you leave a specific amount of money to certain people, but after these distributions are made no funds remain, some beneficiaries might get nothing. Also, make sure your Will includes a contingency plan: in the event one of your beneficiaries dies before you, who should get their share.

We all live unique lives, and have unique circles of family and friends, so no two Wills should be alike. Make sure your Will considers your personal situation and is written specifically for you. One final piece of advice: do-it-yourself kits and online standard forms are generally not worth the paper they are printed on. Every state has its own requirements, and “standard” forms cannot address every state's needs. Work with a specialized estate planning attorney to draft a Will that is right for you.

I look forward to hearing from you, and seeing you all at the Woburn Council on Aging some day soon. Until then, do not hesitate to contact my office if you need any assistance drafting your own Will and other estate planning documents.

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Around the Center



Walking with Wendy is back! Even though the temperatures are getting colder, Wendy's group is bundling up and enjoying a nice walk around the center every Monday, Wednesday and Friday.

Pictured: Joe Hawkins, Ray Mitrano, Wendy Essigmann and COA Director Marie Lingblom

We would like to thank Mayor Galvin and the Woburn Public Schools Food Service Department, particularly Marianne, who made this Lunch Program possible. For the months of November and December we were able to provide 65 meals daily to seniors. A big shoutout to our van drivers Terry Desmond, Jack Foley, Joe Hawkins and Marc Masse, who would pick up the food and distribute it to the seniors who drove by at the center.

Pictured: Terry Desmond and Michelle Daly



Mayor Scott Galvin, COA Director Marie Lingblom, State Rep. Rich Haggerty, Transportation Coordinator Michell Daly and "Friends" Treasurer Doris Curran

We are grateful for Rep. Haggerty's longtime support and hard work in securing grant funding to purchase a new Council on Aging van. We are also grateful to the Friends Helping Seniors for its generous donation of \$24,000 to help seal the important purchase. Our van service is always a critical resource for local seniors, but this year has truly served as a lifeline. For instance, van service includes delivery of taxi vouchers, rides for senior programs at Woburn Public Library, delivery of books, food, supplies, information, etc. Over the last couple of months, the vans have allowed us to successfully help provide breakfast and lunch each day, with the support of Mayor Galvin and Woburn School Lunch services. We are truly grateful to have a brand new, dependable van for this essential work.

Not in the photo, former director Joanne Collins, who was instrumental in the procurement of the senior van.



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Around the City



Pictured: Mike Ciccarelli; Mayor Scott Galvin; Zach Ciccarelli of Woburn Troop 502 & Fredda Hamilton

We recently had a new addition to the Senior Center grounds, a lovely "Little Library". It was one of three, placed around the city by Zach Ciccarelli of Woburn Boy Scout Troop 502. Zach recently completed the projects and has now earned his Eagle Scout rank. Zach will be heading on to Mass Maritime Academy after graduating this spring.

A quote from Mayor Galvin:

"Warmest congratulations to you, on behalf of the City of Woburn, for your achievement in earning status as an Eagle Scout member of Woburn's Boy Scout Troop 502. Your fine work, skills, and dedication in building and placing a mini library at the Woburn Senior Center, Ferullo Field in North Woburn and Horn Pond, all very strategic locations throughout our city, is one that will be enjoyed by many and will benefit our community for many years to come. Your thoughtful approach to providing a place for people to exchange and retrieve reading materials is very impressive. This outstanding community project will also provide an excellent example to your peers about the importance of finding time to give back to your hometown."

If you are looking for a good book, or have a book that you would like to pass on, stop by and check out the new "Little Library"



Photo left to right: Shiv Patel, Damian Oliveira, (Woburn volunteers) and Phil Gordon and Liandra Reyes, Volunteer Outreach Coordinator for SCI

Once again SCI (Social Capital Inc), Woburn's AmeriCorps group, came out to volunteer. Volunteers conducted leaf removal and yard cleanup for the seniors of Woburn. We are truly grateful for all the dedication of these wonderful volunteers who provide an important service to our seniors.

Please remember to stay vigilant. If you have to leave the house, wear a mask and practice safe social distancing.





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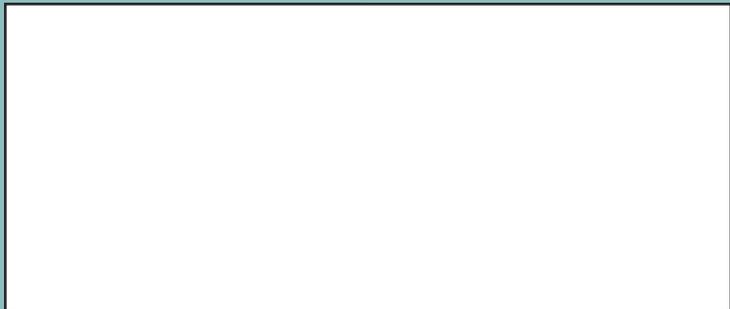
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Brenda Rappaport and Carol Fioretti



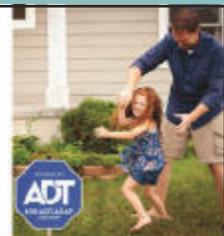




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**COUNCIL ON AGING PROGRAMS AND NEWSLETTER ARE FUNDED BY THE CITY OF WOBURN & THE WOBURN COUNCIL ON AGING (VIA THE EXECUTIVE OFFICE OF ELDER AFFAIRS)



The Woburn Senior Center welcomes participants age 60 and over. The City of Woburn is committed to full participation of persons with disabilities in our programs, services and activities. All trips and activities are handicap accessible. If you require accommodations, please call the Senior Center 5 business days in advance of a trip, so that appropriate arrangements can be made.

To receive the newsletter by mail:
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The newsletter is always available online at
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