



News from the Woburn Senior Center

June 2021



Photo Credit, Woburn Resident, Brian Gonsalves

Woburn Council on Aging Programs and this Newsletter are funded in part by the City of Woburn, The Executive Office of Elder Affairs, and Woburn Friends Helping Seniors

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SHINE Counselors	Visiting Advocate Office	781-897-5972
Friends Helping Seniors	"Friends" Office	781-897-5962
Bus Trips	Trip Office	781-897-5962

Hours of Operation

Monday	8:30a-4:30p
Tuesday	8:30a-4:30p
Wednesday	8:30a-4:30p
Thursday	8:30a-7:00p
Friday	8:30-1:00p

Woburn Senior Center
144 School Street
Woburn MA
01801

Reasons to Celebrate...



JUNE HOLIDAYS

- 3-National Egg Day
- 7-National Donut Day (1st Friday)
- 6-National Yo-yo Day
- 8-National Best Friend's Day
- 11-National German Chocolate Cake Day
- 11-National Corn on the Cob Day
- 12-National Jerky Day
- 13-National Sewing Machine Day
- 14-Flag Day
- 16-Father's Day (3rd Sunday)
- 17-Eat All Your Veggies Day
- 18-World Juggling Day
- 18-International Picnic Day
- 20-World Refugee Day
- 21-Summer Solstice (longest day)
- 22-National Kissing Day
- 23-National Eat at a Food Truck Day
- 23-Runner's Selfie Day
- 24-Take Your Dog to Work Day
- 26-National Chocolate Pudding Day
- 27-National Sunglasses Day
- 29-National Camera Day

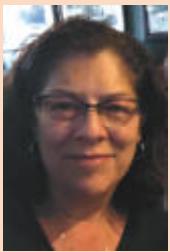


thank you

Special shoutouts this month to....

Jack Ebrecht for your continued help with the computers at the center.

The DPW for building our new storage room over in the community hall.



Marie Lingblom
Director of the Council on Aging

mlingblom@cityofwoburn.com
781-897-5961

A note from our Director...

We are so pleased to be scaling up programming at the Woburn Senior Center. I won't use the word "reopening" because we've always been open for business; just closed for unrestricted use of the building, as required, during the pandemic.

Over the last year we continued to offer monthly in-person podiatry clinics; tax preparation for 160 seniors; Red Cross blood drives; taxi voucher home delivery; deliveries of emergency food boxes from Council of Social Concern Food Pantry; fuel assistance, SHINE services, SNAP services, legal assistance, continued information and referral; free grab-and-go breakfast and lunch program for seniors in partnership with Mayor Galvin and Woburn Public Schools; frozen food grab and go; collaboration with the Woburn Public library on senior related programs; Virtual programs; COA Board member Dorothy Capone did hundreds of phone check in's; partnerships with Minuteman Senior Services, Joyce Middle School students, local residents and civic groups to provide seniors with essential personal and seasonal items, etc. To top it all off, we proudly served as support staff during the city's COVID vaccination clinics, here at the center, where 800 Woburn seniors received their first and second dose vaccines.

On this mid-May afternoon, Marilyn Bernstein led a great yoga class in the WSC Community Hall at the same time a restricted number of guests registered for, and participated in, a live stream presentation "Gardening for Everyone" (graciously funded by the Woburn Cultural Council), in the Board Room. We're also offering in-person Zumba and Qi-Gong here at the Center. Outdoor "Walks with Wendy" around the center continue every Monday, Wednesday and Friday, weather permitting.

As we begin to offer more programming, it is important to remember that we must continue to protect one another by adhering to registration requirements and still-in-place restrictions on numbers of participants for indoor and outdoor programs. We'll adjust as we move forward. While we are moving to a software-based registration system called My Active Center, we are happy to help folks sing up for a Woburn Senior Center membership card which will be used when registering for our programs online. Give us a call at 781-897-5960.

Wait until you see some of the work happening here! We have relocated staff offices so full-time COA staff is located at the front of the building; we've also created a new computer room and office space for Friends Helping Seniors, SHINE and other visiting senior advocates. Everything has been cleaned and shed of clutter. Some rooms have been painted and others in the works. DPW has led the charge to replace the old sink in the woodworking and art room. Kevin Thifault of the DPW is finishing up his work to complete a newly crafted storage space for tables and chairs at the back of the Hall. Outside, DPW continues digging out space for our WSC Victory Garden and patio on the side of the building. Progress!

Looking forward to seeing you!

**Woburn Council on Aging
Board Meeting
Tuesday June 1st
WSC Community Hall**

All are welcome to join the monthly Woburn Council on Aging Board Meeting.

The agenda can be found at:
<https://www.woburnma.gov/public-meetings/>

Transportation
781-897-5964

Our Transportation Department consists of the Senior Discount Taxi Program and the Council on Aging Van Services.

Transportation Coordinator, Michelle Daly mdaly@cityofwoburn.com

COA Van Drivers, Terry Desmond, Jack Foley, Joe Hawkins and Marc Masse



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

Please call the Transportation Office for more information regarding program eligibility.



Rides from your home to the WSC for programs/services are available upon request. To schedule a ride, you must be pre registered for a program or service at the center, and must meet the WSC "Standards of Independence"

Please call the Transportation Department to schedule your ride at least 24 hours ahead of time.

This is a free service, for Woburn Seniors only.

Positive Affirmations *by Michelle Daly*



Remember to stop and smell the coffee! The actual quote is “stop and smell the roses”, meaning take a moment to stop what you're doing and appreciate what's around you. When I was younger and first out on my own, my budget was quite tight! After paying rent and bills, it left me little for food and gas. At the end of the month with whatever funds I had left over, I would go to the grocery store to buy food and fill up my car with gas. It was a great feeling sitting in my little basement apartment with cabinets full with food and car with gas. One shopping day I had a little extra money , I splurged on a pound of delicious coffee, Jamaican Java Nut. It smelled so good and was delicious! Every time I made that coffee, the smell would fill my little place. It made me so happy and it smelt like success to me! Smelling that coffee reminded me that I was making it out on my own , paying bills , grocery shopping and sipping, what I considered, an indulgent coffee. Years later I often remind myself to stop and smell the coffee, roses, ocean air or whatever and appreciate all I have around me.

Outreach
781-897-5964

The Outreach Department is available to assist seniors or their families with any concerns. We provide information and referral, application assistance, and benefit checkups.

Meg Rodriguez, Outreach Coordinator mrodriguez@cityofwoburn.com

**Are you on a fixed income?
Could you use some extra money in the bank every month?
Want to cut down on your grocery costs?**



What is SNAP?

SNAP is a food program funded by the government that assists lower income individuals, like seniors on a fixed income, or families , with the monthly cost of groceries. If you qualify you will receive a debit card that you can use at the grocery store to help alleviate some of the costs on your grocery bill.

Think it isn't worth the hassle? The average SNAP benefit for a senior living alone is \$108/month. That is \$1,296 per year!!

Call Meg in the Outreach Dept. for a quick and easy eligibility screening.

With the support of Mayor Scott Galvin, the Woburn Board of Health and Woburn Senior Center have received shelf stable food boxes from MEMA. In an effort to address food insecurities the state has made these boxes available to residents meeting the following criteria, isolated/ quarantined persons, those with limited financial resources, homebound, or immunocompromised residents. Food Boxes are available for 1 box per 2 people in a household.



If your pantry is low and you could use some extra support please contact Outreach Coordinator Meg Rodriguez at 781-897-5965 or Board of Health Nurse Karen DaCampo at 781-897-5928.



Owning your own home can be expensive, especially on a fixed income. Did you know there are tax abatements that could help you save money?

Seniors age 70+, any veteran, the blind and surviving spouses are all eligible for tax exemptions in the City of Woburn.

Income/Asset limit applies.

For more information, see the Assessor's Office department page on the City of Woburn website, or give Meg a call and she can assist you in the process.

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

Whats happening in June?

June 3rd	1-2pm	Veterans Memorial Day Ceremony
June 3rd	5-6pm	Twilight Zumba with Cindy
June 8th		Podiatry, by appointment, Cost is \$35
June 8th	3:30-4pm	Summer Goodie Grab n Go sponsored by the Joyce Middle School 8th Grade Students
June 10th	4:30-6pm	Sunset BINGO in the Community Hall
June 15th	10:30-11:30am	Sea Songs and Stories with Davis Bates
June 16th	10-10:30am	Blood Pressure Clinic with Nurse Karen DaCampo
June 16th	10:10:15am	RX Return with Office Rick Jolly
June 17th	5-6pm	Twilight Zumba with Cindy
June 22nd	10-10:45	COVID Stress Discussion Group with LICSW Karen Dougherty
June 23rd	10a-3pm	American Red Cross Blood Drive, appointment required.
June 24th	12-1:30	BINGO in the Community Hall

for program details see pages 8 and 9

All programs and services **require** pre-registration, due to social distancing limitations in rooms. You must have an active membership card, and register for your program of interest on **myactivecenter.com** or by calling the Senior Center at 781-897-5960. Participants must be registered for admittance to class/program.

All participants must meet the standards of independence set forth by the Woburn Council on Aging.
For a copy of these standards please see reception.

Weekly Exercise Schedule

Walking with Wendy

Join Wendy and Friends for a nice outdoor walk around the center. Enjoy some fresh air and stretch those legs!

Weather permitting.

11am

Monday, Wednesday and Friday



Zumba Gold with Cindy

Join Cindy for a action packed Zumba class!

Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower -intensity.

Please see instructor for class fee

10am

Monday and Friday

5pm

Thursday 6/10 & 6/24



Twilight Zumba with Cindy will be held on Thursday evenings. Same great class, fun new time!

Qi Gong with Joanne

Qigong (pronounced "chee-gung") is a collection of basic tai chi-style movements, massages, and energetic practices that improves the circulation and balance of the body's vitality or "life force energy".

Please see instructor for class fee

10:00am

Wednesday



Yoga with Marilyn

This Senior friendly yoga class will explore gentle movement sequences using a chair for seated poses and a mat for standing poses. Poses and modifications will incorporate an exploration of alignment, strength, balance, flexibility, breath and relaxation. Options will be given for each posture to allow students to find the optimal balance between support and challenge. Beginners welcome! No Yoga experience needed.

Please see instructor for class fee.

10:30am

Thursday



Stay tuned for Strength & Balance and S.A.I.L Exercise with Terry Currier coming in July



Calling all Veterans!

Join us for a ceremony in the WSC Courtyard to honor and remember all those who have fought bravely for our country.

Thursday, June 3rd 1-2pm
WSC Courtyard

Miss Pettoruto's 8th Grade Class is back to finish out their final service learning project for the school year. They have been working hard collecting summer essential goodies for the seniors of Woburn. Stop by, say hello and pick up your bag. Goody bags will be handed out on a first come first served basis.

Summer Goodies Grab n' Go

Sea songs and Stories Davis Bates

Sea Shanties, Ballads, Fish tales and more. Hear how foam came to be in the ocean and sing songs to raise the anchor and set sail to past and present.

Davis Bates' performances are a mixture of family, Native American, international and regional songs and stories. They speak of empowerment, history, spirit and the environment.

Davis Bates has been telling stories for over thirty-eight years, in schools, libraries, and community settings around New York & New England and across the country. His recording Family Stories won a prestigious Parents Choice Magazine Gold Award, and received a starred review by the American Library Association's Booklist magazine. Davis lives in a small hilltown village in western Massachusetts, and when he isn't performing or collecting and learning songs and stories he spends his time gardening and working on various pollinator preservation projects.



Tuesday
June 15th
10:30am
WSC Community Hall



Sponsored by Mass Cultural Council

Appliance Recycling Event

Saturday

June 19th

9a-1p

Spence Farm

Medeiros Crew Recycling will once again be holding appliance, Freon, CRT and electronics recycling drives. This is an excellent opportunity to recycle these items at a minimal cost, while supporting a local group or organization. For a list of prices please visit <https://sites.google.com/site/spencefarm1/>



All proceeds for June will go to Woburn Council of Social Concern

COVID Stress Management

Tuesday, June 22nd

10am

WSC Community Hall

LICSW Karen Daugherty will lead a discussion on how to manage your stress during a pandemic. This last year has been difficult for everyone on so many different levels. Join Kelly for an informal discussion on ways you can help alleviate some of that stress and start to heal.



Wednesday June 23rd

10am-3pm

To schedule an appointment:

CALL

1-800-733-2767

or

VISIT

RedCrossBlood.org

enter Woburn Senior Center

BINGO is back at the Woburn Senior Center! We will be holding one session during the day and one in the evening, to give all those who wish to attend a chance to play. Seats are limited and you must register ahead of time to secure your spot. You may register on myactivecenter.com or by calling the center.

Sunset BINGO- June 10th 4:30-6pm

BINGO- June 24th 12-1:30pm

WSC Community Hall

B-I-N-G-O is Back!



Wildflowers A poem by Marté Canada



I know something you don't know.
I know where the wildflowers grow.
Down the road, and through the lane
into the woods we go.
Then out to the fields where wildflowers grow,
with colors so bold growing row by row.

Gardening in New England A story by Sandra Musgrave

"You'll suffer from culture shock," warned a friend, when I told her I was moving from Australia to New Hampshire. I lived on a small farm in Southern Queensland.

Tomato seeds, squirted directly into the ground at any time of the year, took root within days. Bulky red tomatoes often dropped to the ground, unpicked before over-ripeness. Within weeks, spinach plants required their twelve-inch leaves to be stripped from the outside; a fistful fed two and the remainder kept expanding at a faster rate than possible consumption. Pineapple tops plunged into the ground offered another fruit in return. Purple passion fruits nudged each other mischievously, while their thick, tangled foliage pulled down the supporting wire.

My dog played ball with cantaloupes.

Anything inserted into the ground exploded into rapid growth. "Watch that tomato stake," a neighbor joked one day. "It might sprout leaves."

Shrubs, limbs heavy with vibrantly colored tropical flowers, grew three feet or more each year, requiring annual pruning. A well-planned garden could boast a floral focal point, in time unbroken by seasonal divisions.

Seasons blended smoothly into a temperate and gentle twelve-month passage of time. Only drought or floods brought drastic change. Grass yellowed, browned or blazed green; patches of clover flowers, never snow, provided the only white cover to lace its surface. The semi-tropical climate permitted relaxed, unhurried gardening activities. Any fool could masquerade as horticulturist.

There was no hurry. It made no difference when gardening was embraced. Tomorrow, next week, a few months. Timetables and charts were unknown and unnecessary.

Then we moved to New Hampshire.

Culture shock was minimal. Far greater frustrations awaited me.

Soon after arriving in the granite area, I rushed to establish a garden. After layers of rocks were removed, I dug modest holes for shrubs before scratching in the woods on our property, scrounging for soil to fill the gaping holes.

Planted trees and shrubs displayed no enthusiasm and declared dormancy. Soon, snow fell. During winter's long incarceration, I planned my vegetable garden.

Spring arrived. Swarms of biting insect ambushed me the moment I ventured outdoors. A winged sheath encircled me, requiring net covering from head to shoulders. Not an inch of flesh could be left uncovered.

I planted. I watched. I waited.

Seeds and seedlings pouted and sulked. It was too early. Frosts demolished any determined sprouts. Seeds shriveled and rotted in the ground. Two months later, a few survivors forced hesitant growth, only to be savaged by bugs and diseases. Weeds outgrew any item planted; in such a short season, they must race and bolt.

Autumn approached. Agitation and fluster replaced previous annoyances. Would the tomatoes ripen before the first frost? If a frost was forecast, my efforts to cloak remaining strugglers with plastic resulted in broken delicate branches. Early picking condemned green tomatoes to wither in the basement.

Soon, snow covered the abandoned graveyard garden.

Spring brought a new miracle: the few remaining shrubs had grown smaller in a year: deer, frost, ice, rodents and surrender of spirit had diminished them by one-third.

Each year, I questioned whether gardening was worthwhile under these conditions; each year, I marched outside armed with determination and improved knowledge.

Each year, I lost the battle.





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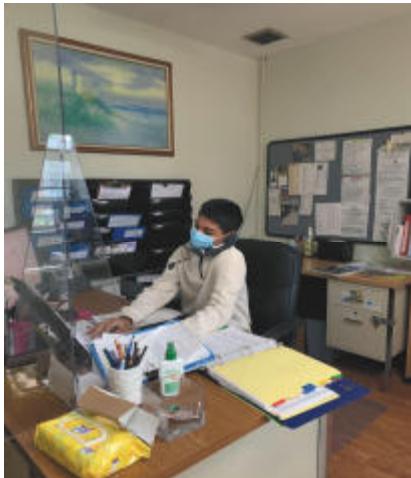
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Seen around the Senior Center...



Ryan Krishna interned here at the senior center from February through April. He is an extremely bright and talented individual and caught on very quick. He was a great help answering phones and assisting with data input, especially for our reopening survey. Ryan attends Winchester schools and is interested in medicine, biology research and creative writing.

Thank you Ryan for all your help!!

Below, the DPW is completing our new storage room as well as beginning work on our new garden! So many exciting changes happening here at the center.



Plenty of Sunshine and smiling faces when folks stopped by to grab an ice cream and chat for a few moments!

Mona Pierre-Jaques chats with Transportation Coordinator Michelle Daly

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Legal Consultations

Need some legal advice?

Call the Outreach Office today to sign up for one of Atty. Andrea Witt's FREE 30 minute consultations.

Andrea is a partner with local law firm Spano and Dawicki and graciously donates her time every month to assisting seniors with their legal questions.

These consultations are not legally binding, but can assist seniors in figuring out the next steps they need to take for any legal matters they may have.

Spaces are limited, so call the Outreach Office to schedule your FREE phone consultation.

781-897-5965

**SPANO &
DAWICKI**

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



Volunteer Opportunity!

Do you have one hour once a week?

Meals on Wheels is looking for volunteers to deliver meals for home bound seniors in Woburn. The commitment is small but the reward is big!

This is a crucial service for our seniors. It not only provides a nutritious meal, but a friendly check in, which can be a life line for some of our homebound seniors.

If you are interested please contact:
Yuen Li at volunteer@minutemansenior.org,
781-221-7093



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Woburn Senior Center, Woburn, MA 06-5209

Friends Helping Seniors
Woburn Senior Center
144 School Street
Woburn, Massachusetts 01801

Friends Helping Seniors is the non-profit group associated with the Woburn Council on Aging. They help to fund various services and programs run at the Woburn Senior Center, including this newsletter. If you would like to make a donation on behalf of yourself or a family member to the Friends Helping Seniors, please fill out the information below.

Name:

Address:

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Donation Amount

Type:

In Memory:

Friends Helping Seniors
c/o Doris Curran
144 School St
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