



WOBURN SENIOR CENTER

February 2022



CREDIT *Brian Gonsalves*

THE WOBBURN COUNCIL ON AGING PROGRAMS AND THIS NEWSLETTER ARE FUNDED IN PART BY THE CITY OF WOBBURN, THE EXECUTIVE OFFICE OF ELDER AFFAIRS, AND WOBBURN'S FRIENDS HELPING SENIORS ORGANIZATION.



Director's Message

Marie Lingblom

Council on Aging Director

mlingblom@cityofwoburn.com

781-897-5961

The mid-winter's freezing cold gets most of the attention, but it's impossible to ignore the stunning pink glow in winter skies that are staying a lighter a little bit longer each day.

Public health reports indicate the latest surge of the covid virus is beginning to recede here in Massachusetts. Spring, we're coming for you.

Thanks to Mayor Galvin, Board of Health and the Woburn Medical Reserve Corps for stepping up yet again to offer vaccine and testing clinics for local residents here at the Senior Center. We are grateful to be part of these critical services in the battle against the virus. And we can't forget to say thanks to Connie Pandolph, who donated a case of masks to the Center! Heartfelt thanks to our hard-working and dedicated staff, volunteers and guests for your collective positive energy and kindness amid an extended period of challenges. You have all taken every advised precaution in a show of care and concern for each other and our community so we could stay open and maintain our vital connections. Well done!

Our thoughts and prayers, meanwhile, go out to the family, family and students of Noel Doherty, Woburn resident and beloved Pickleball guru responsible for teaching lots of local players to love the game. As my friend Leslie put it, "he protected newbies like me. He was such a great teacher and we all loved him so much. He was such a sweet man."

We offer very special thanks and well wishes to two great friends who are retiring—Larry Guisepppe, Veterans Director, and Joyce Parker, WSC Receptionist. A decorated veteran himself, Larry has been a fierce champion of local veterans and their families and a driving force to honor local veterans with projects including the Veterans Memorial Flags at Ferullo Field. We are grateful to Joyce for serving so well, and gracefully under pressure, on the front lines at the Woburn Senior Center. Thank you for your friendship and dedicated service, especially over the last year or so even when the environment was uncertain.

Don't forget that February includes important cultural celebrations including Chinese New Year and Black History Month. Help celebrate our Asian American and Black American achievements by immersing yourself in the rich history, culture, traditions and neighbors who surround us.

Hope to see you soon!



Goodreads

Black History Month Books



Use the camera on your Smart Phone or Tablet and scan the QR Code to check out these suggested reading lists



Minuteman Library Network

Civil Rights

PROGRAMS & VOLUNTEERS

Program & Volunteer Coordinator- Lauren McDonald

lmcdonald@cityofwoburn.com

781-897-5963



CHINESE NEW YEAR BEGINS FEBRUARY 1ST

猴年大吉

Stop by the table in the Lounge to learn more about this holiday and the traditions celebrated!

猴年大吉



Wear your **RED** and join Cindy and Friends for a heart-healthy ZUMBA Class in celebration of the American Heart Associations Heart Health Month.

FRIDAY 2/4 AT 10:00

In the Community Hall



Note from the Dietician Victoria Fabbo:

As we age, our vessel walls are less flexible and less able to handle higher blood pressure levels. Hypertension is a silent killer because it has no early significant symptoms.

DASH

(Dietary Approach to Stop Hypertension)

- Increase the amount of fruits, veggies and low-fat dairy foods
- Eat more whole-grain foods, fish, poultry and nuts



Foods to Moderate:

- Brined foods: pickles, olives, relish
- Processed Meats: All Cold cuts, hot dogs, bacon, sausage, pepperoni
- Cheese: America, Cheddar, Aged Cheeses
- All Soups
- Canned Veggies
- Condiments

February 10th
11am
in the lounge

VALENTINES' SING-A-LONG

Dress up
and join us
for a sing-
along and
treats!




Woburn Community Blood Drive

February 16, 2022

10am-3pm

Woburn Senior Center

to register:

 1-800-733-2767

 <http://redcross.org>

TRANSPORTATION DEPARTMENT

Transportation Coordinator- Michelle Daly

mdaly@cityofwoburn.com

781-897-5964

Van Drivers: Terry Desmond, Jack Foley, Marc Masse. & Lonnie Finn

DISCOUNT TAXI VOUCHERS

Discounted Taxi Vouchers available for purchase
in the Transportation Office



Monday-Thursday
10:00 a.m. - 2:00 p.m.



ALL RIDES CONTRACTED BY CHECKER CAB OF WOBURN

Reminder that Taxi Registration Fees for 2022 are due. The cost is \$5.00

DAILY VAN SCHEDULE



YOUR HOME

PICK UPS:

9:00 AM, 10:00 AM & 12:00 PM

**Please call 24hrs ahead to
reserve a spot on the van**



WOBURN SENIOR CENTER

DEPARTURES :

11:00AM, 12:00 PM, 2:00 PM

**All riders must meet the
Standards of Independence**

Positive Affirmations
by Michelle Daly

When you see a full moon, I'm looking at it too. The moon a glowing sphere in midair is extraordinary, responsible for our tides and gravity. The Lunar Cycle has been known to impact human behavior and reproduction. The energy from the moon has been a power source wherein its gravitational pull has been harnessed to spin generators. All this power what is considered a small orb in a vast universe is remarkable. Most of all when it is full, lighting up the sky it looks amazing. I tell my sons, when you're looking at a full moon, I'm looking at it too.

OUTREACH DEPARTMENT

Outreach Coordinator

Meg Rodriguez

mrodriguez@cityofwoburn.com

781-897-5965

WHAT CAN OUTREACH HELP WITH?

The Outreach Department is available to assist seniors or their families with a variety of senior services. We provide information and referral, application assistance, and benefit checkups.



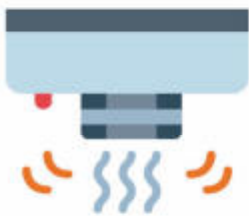
The colder months are here, which means heating costs will increase. Have you applied for Fuel Assistance yet? Woburn has two programs available to its residents. The LIHEAP program distributed by ABCD, and the Good Neighbor Fund, distributed by the Salvation Army.



Could you use some extra money for groceries each month? I think we all could! The Outreach Department here at WSC is a SNAP Outreach Partner with the MA Dept. of Transitional Assistance. We work directly with DTA to assist seniors in applying for SNAP Food Assistance and also help manage their case within DTA. It is a quick 10 minute application.



Attorney Andrea Witt graciously donates her time once a month to assist seniors in answering their legal questions. These are not legally binding appointments. Atty Witt can not perform any legal duties during these meetings but offers her sound legal advice. If you are interested in speaking with her, reach out to the Outreach Dept. to schedule an appointment.



Are your smoke detectors up to date in your home? Sign up in the Outreach Dept. to have new smoke/ carbon monoxide detectors installed in your home by the Woburn Fire Prevention Services team. This program is graciously funded by the Woburn Rotary Club.

Due to the increase in more complex cases, we ask that you call to make an appointment before stopping by..

Monday

Zumba	10:00-11:00	WSC Community Hall
Mahjong	10:00-12:00	Game Room
Gentle Stretch	10:00-10:15	Meeting Room
Walking with Wendy	11:00-11:30	Outside (weather permitting)
Billiards	1:00-3:00	Game Room

Tuesday

Chess	10:00-12:00	Game Room
Knit Wits	10:00-12:00	Craft Room
Strength and Balance	10:15-11:00	WSC Community Hall
Crafty Bunch	1:00-3:00	Craft Room
Line Dancing	1:00-2:00	WSC Community Hall
Cribbage	1:00-3:00	Game Room

Wednesday

Cribbage	10:00-12:00	Game Room
Gentle Stretch	10:00-10:15	Meeting Room
Walking with Wendy	11:00-11:30	Outside (weather permitting)
Woodcarving	1:00-3:00	Art Room
Movie and Pizza	1:00-3:00	Lounge
Whist	1:00-3:00	Game Room

Thursday

Strength and Balance	9:00-10:00	WSC Community Hall
Games 101	10:00-12:00	Game Room
Yoga	10:30-11:30	WSC Community Hall
Art Class	12:00-2:00	Art Room
Hand and Foot	1:00-3:00	Game Room

Friday

Zumba	10:00-11:00	WSC Community Hall
Scrabble	10:00-12:00	Game Room
Sit & Sew	10:00-12:00	Craft Room
Gentle Stretch	10:00-10:15	Meeting Room
Walking with Wendy	11:00-11:30	Outside (weather permitting)



**WEEKLY
EXERCISE
SCHEDULE**

<p><u>ZUMBA Gold</u> Monday & Friday 10:00 AM Community Hall</p>	<p>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.</p> <p><i>Please see instructor for class fee.</i></p>
<p><u>Walking with Wendy</u> Monday/Wednesday/Friday 11:00 AM Outside</p>	<p>Join Wendy and Friends for a nice outdoor walk around the senior center. Enjoy some fresh air and stretch those legs!</p> <p>Meets outside-Weather permitting.</p>
<p><u>Strength & Balance</u> Tuesday 10:15 AM Thursday 9:00 AM Meeting Room</p>	<p>Chair based class designed to help you stay active and independent, improve balance and decrease the risk of developing dementia.</p> <p><i>Please see Instructor for class fee.</i></p>
<p><u>Line Dancing</u> Tuesday 1:00-2:00 PM Community Hall</p>	<p>Join Jim and Friends for a fun filled hour of traditional line dancing!</p>
<p><u>Yoga</u> Thursday 10:30 AM Meeting Room</p>	<p>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!</p> <p><i>Please see instructor for class fee.</i></p>
<p><u>Gentle Stretch</u> Monday/Wednesday/Friday 10:00 AM Meeting Room</p>	<p><i>Start your day off right! Come on in and join us for a simple chair based stretch!</i></p>

Reminder that QiGong will be taking a break during the winter months. See you again in Spring 2022!



Upcoming Events



Stella & Buddy



DOG B.O.N.E.S THERAPY DOGS

2/2 AND 2/9

12-1 PM

IN THE LOUNGE



Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support. Established in June 2002, our primary purpose is to provide well-trained, affectionate, obedient, registered, and insured therapy dog teams for visits where they may provide therapeutic contact with the elderly, the disabled, or the young. Our mission is to bring a little fun into someone's day as they recuperate, rehabilitate or simply live life.

"DOWNSIZE OR STAY"

Lynn Cohen and Annette Reynolds are two active seniors (ages 70 and 76) who have recently faced the challenge of deciding whether to stay in their homes or downsize to a new place for the next phase of their lives.

The Downsize or Stay program is a result of the work they did while gathering information to help them make the best decisions for themselves and their families

With a goal of sharing information and resources, the presentation is conversational; an exploration of various scenarios and resources available to support the decisions a family makes. The "Downsize or Stay" program is designed to share what they learned through their research and personal experiences.



2/8 12:00PM IN THE LOUNGE



FEBRUARY 24TH
11AM IN THE LOUNGE

Sean Fullerton is a Massachusetts based solo Acoustic/Electric musician, singer/songwriter, recording engineer and producer with 26 years of professional experience, specializing in "Feel Good" Blues, Soul, Rock 'n' Roll

FEBRUARY MOVIES



2/2 Brian's Song
2/9 Hidden Figures
2/16 Selma
2/23 Hairspray
1-3 pm in the lounge

Thank you to Leonardo's for providing pizza for our movies each week!



ON-GOING PROGRAMS AND INFORMATION



UPCOMING MEETINGS

◆ **Woburn Council on Aging Board: Tuesday, 2/1 at 10:00 in the Meeting Room**

Monthly meeting of the WCOA Board members. The Woburn Council on Aging is a municipal, volunteer board appointed by the Mayor. It is the responsibility of the Council to identify the needs of the community elder population and available resources, to educate the community at large regarding the needs of the elderly, and design, promote and implement needed services.

◆ **Friends Helping Seniors: Thursday, 2/3 at 10:00 in the Meeting Room**

Woburn's Friends Helping Seniors is an organization working collaboratively with the Woburn Senior Center to promote and foster the wellbeing of the seniors of Woburn by raising funds for different initiatives and events.

HEALTH AND WELLNESS

◆ **Podiatry Clinic with Dr. Glen Ruhl: by appointment**

Call 781-897-5960 to schedule an appointment for the next clinic, the cost is \$35.

◆ **Blood Pressure Clinic: 2/8 at 10:00 in the Meeting Room**

Stop by and have your blood pressure checked by a registered nurse.

◆ **Prescription Drug Return: 2/16 at 10:00 in the Front Lobby**

The Woburn Police Dept. will be on hand the third Wednesday of each month to take back any unwanted prescription drugs you may have. No liquids, sharps, or ointments please.

ARTS & CRAFTS

◆ **Knit Wits Knitting Club: Tuesday 10-12 in the Craft Room**

Knitters of all levels are welcome. We have plenty of yarn, needles, and patterns on hand here at the center.

◆ **Crafty Bunch: Tuesday 10-12 in the Craft Room**

Designated crafting time, bring your own project, or start a new project with us!

◆ **Wood Carving: Wednesday 1-3 in the Art Room**

Expert woodcarvers on hand for guidance, all levels welcome.

◆ **Art Class: Thursday 1-3 in the Art Room**

Bring your ideas and creativity to this instructor-led class, led by Steve Greco. Please see the instructor for the supply list and class fee



ON-GOING PROGRAMS AND INFORMATION



GAMES

- ♦ **Mahjong:** Monday 10-12
 - ♦ **Pool/Billiards:** Monday 1-3
 - ♦ **Chess:** Tuesday 10-12
 - ♦ **Cribbage:** Tuesday 1-3 and Wednesday 10-12
 - ♦ **Whist:** Wednesday 1-3
 - ♦ **Games 101:** Thursday 10-12
 - ♦ **Hand and Foot:** Thursday 1-3
 - ♦ **Scrabble:** Friday 10-12
 - ♦ **BINGO:** Every Thursday 1-3 in the Community Hall
- Must Register ahead of time to guarantee a spot All games are played in the Game Room with the exception of BINGO.*

MUSIC, ENTERTAINMENT & SOCIALIZING

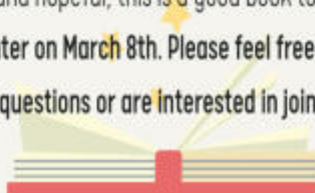
- ♦ **Karaoke:** 2/3 and 2/17 11 am in the Lounge
 - ♦ **Let's Eat Cake:** First Tuesday of the Month at 11 am in the Lounge
- Join us for cake and festivities to celebrate all our February Birthdays! If you would like your birthday recognized*
- ♦ **Book Club:** 2/16 at 1 pm in the Lounge
- February's Book Discussion will be Tender is the Land by William Kruger Kent. Please note: The Book Club will be meeting on the 3rd Tuesday for the Month of February only. See below for a description of next month's book.*

MARCH BOOK CLUB SELECTION

The Storied Life of A. J. Fikry by Gabrielle Zevin

Fikry's life is not at all what he expected it to be. His wife has died; his bookstore located on a small island off the Massachusetts coast is experiencing the worst sales in its history; and now his prized possession, a rare collection of Poe poems, has been stolen. Then he receives an unexpected delivery upsetting his very solitary life that offers him an opportunity to move forward. Warm and hopeful, this is a good book to uplift spirits from the winter doldrums!

Our meeting will be held at the Senior Center on March 8th. Please feel free to reach me at 781-932-1624 Or email me at barb_burke@comcast.net if you have any questions or are interested in joining our group. Drop-ins are welcome as well.



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Community News

The Woburn Fire Department is offering **free** File of life kits to all Woburn Residents.

Your File of Life should be posted visibly on your refrigerator. It lists all of your Emergency Medical and Health information in one place. The Woburn Fire Department will look for these red files when responding to a call at your home. This information can **SAVE YOUR LIFE!**

To obtain your free kit, please contact the Woburn Fire Department Admin Office 781-897-1380 or by emailing jevans@woburnfd.com.

You will receive:

- File of Life medical cards
 - Red refrigerator magnet to hold the medical cards
- Be sure to fill one out for each member of your family living in the household.



Keep your eye on the City of Woburn Website for updated information about COVID 19 Testing and Booster Shot Clinics. If you have questions regarding testing or booster clinics you may call the Woburn Board of Health at 781-897-5920.



For more information scan this QR code with your smart device's camera or call **781-272-7177**



Minuteman Senior Services is the local Aging Service Access Point(ASAP) serving the Woburn Area. They can assist with in-home services, Meals on Wheels, and many other senior-related programs.

Medicare Questions?!?!

You need a S.H.I.N.E counselor!!
(Serving Health Insurance Needs of Everyone)

SHINE counselors are specially trained to help assist seniors on matters relating to health insurance.

SHINE is available Monday, Tuesday and Thursday afternoons here at the center

To schedule an appointment with a SHINE counselor call Meg in the Outreach Department at 781-897-5965

Volunteer Opportunity!

Do you have an extra hour once a week, or a few times a month?
Volunteer

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!

If you are interested please contact:
781-221-7093

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Happy Retirement



The Woburn Senior Center would like to wish a Happy Retirement to two of Woburn's finest Municipal Employees. Larry Giuseppe, Veteran's Affairs Agent and Joyce Parker Woburn Senior Center Receptionist.

Larry has been serving as the Veterans Agent of Woburn for 12 years. During his tenor Larry and the Friends of Woburn Veterans completed multiple projects around the City bringing awareness and recognition the Veterans of Woburn. Larry was constantly advocating for the Veterans and making connections to assist those in need. We are going to miss his boisterous personality around the Senior Center and I know he will be deeply missed by the countless Veterans that he helped throughout the City.

Joyce Parker has been on the front lines here at the Woburn Senior Center since 2016. She greets all of our seniors with a warm smile and makes everyone feel welcome. She has been a top notch, especially during this pandemic with its ever changing environment. We don't know what we are going to do without her. Enjoy your retirement Joyce, you earned it!

We will miss you!!

If you wish to receive the newsletter by mail, please fill out this form and mail to:
Friends Helping Seniors
Woburn Senior Center
144 School Street
Woburn MA 01801

NAME _____
ADDRESS _____
PHONE _____

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the long game

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The WSC will be closed on Monday, February 21, 2022 for Presidents Day.

WOBURN SENIOR CENTER
144 SCHOOL STREET
WOBURN MA 01801

Monday
8:30am-4:30pm
Tuesday
8:30am-4:30pm
Wednesday
8:30am-4:30pm
Thursday
8:30am-7:00pm
Friday
8:30am-1:00pm
781-897-5960

STAFF MEMBERS

Marie Lingblom
Director
Joyce Parker
Reception
Lauren McDonald
Program & Volunteer
Coordinator
Michelle Daly
Transportation Coordinator
Meg Rodriguez
Outreach Coordinator
Paul Mederios
Facilities



COUNCIL ON AGING

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