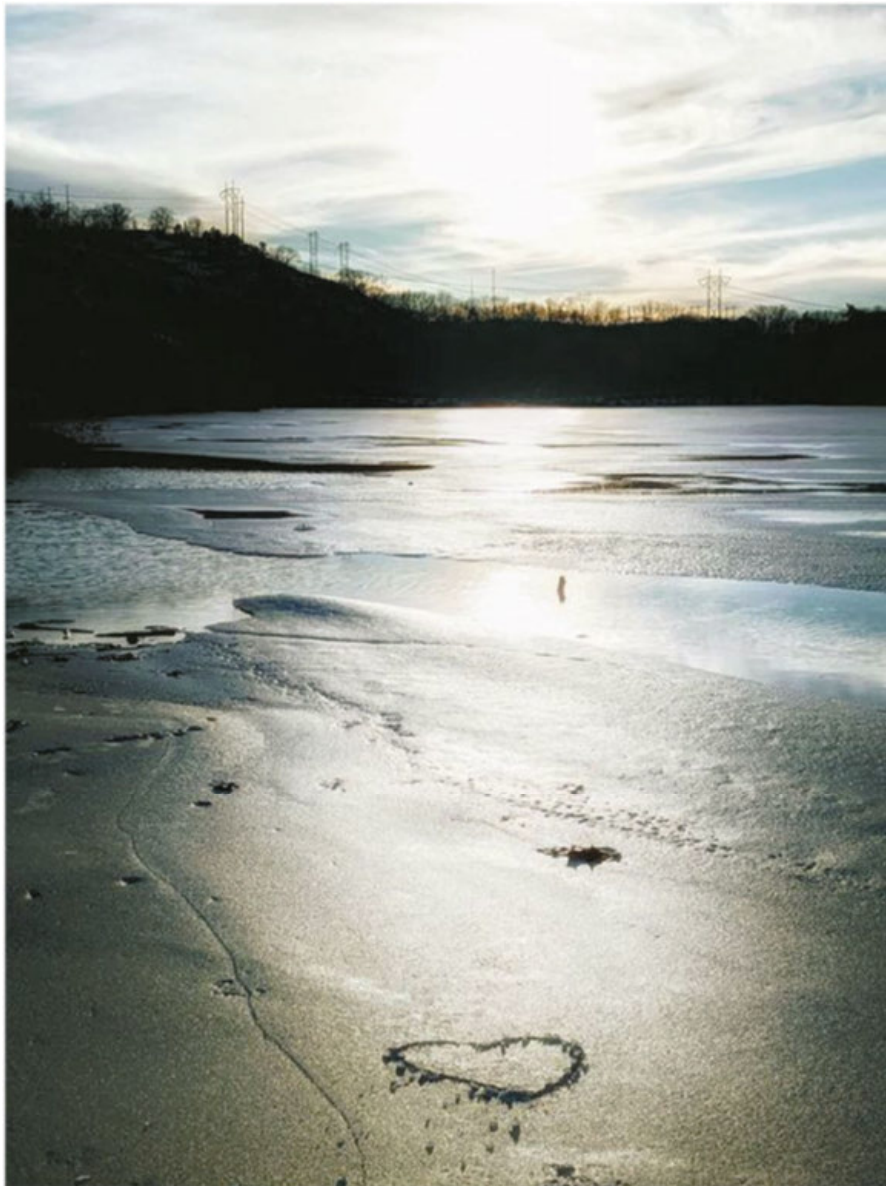




WOBURN SENIOR CENTER

March 2022



CREDIT *Brian Gonsalves*

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

DIRECTOR'S MESSAGE

Marie Lingblom, COA Director

mlingblom@cityofwoburn.com

781-897-5961

As we moved this newsletter to press, the Center was busy with our hard-working AARP tax preparer volunteers and a long list of seniors in line to get their taxes done. Thanks so much to our own Jack Ebrecht, AARP's Mike Robillard for their leadership in setting things up.

Joyce Middle School teacher Mary Pettoruto dropped of a \$235 check for the Friends Helping Seniors. The students raised the funds by selling Valentine's Day hearts to benefit the Friends. Heartfelt thanks to Ms. Pettoruto and her students for being such wonderful and generous friends to Woburn seniors!

Speaking of terrific young people, thanks to Jannell Evans of the Woburn Fire Department and her Brownie Troop 67732 and Junior Troop 70238, as well as Girl Scout Troop 72393 for making and delivering hand-crafted valentines for seniors!

The Senior Center continues to serve the community at large as Mayor Scott Galvin and the Woburn Board of Health will offer Pfizer Covid-19 Vaccine Clinics (both booster and primary series dosing) on Thursday evenings in our Community Hall through the end of March. Pre-registration is required.

Still looking for people interested in helping with this year's garden. Tasks include planning, planting, watering and care, and distribution of garden crops to local seniors. Interested gardeners should call the main line at 897-5960 or we'll also have a sign-up sheet at the Center Reception area.

And, on a very happy note—warmest congratulations to State Representative Richard Haggerty and his wife Haley on the birth of their beautiful daughter, Harper Rose Haggerty! We can't wait to meet her.

See you soon!



The Woburn Senior Center is starting a Garden Club. Last spring/summer we worked hard to build a beautiful garden area here at the center. We are seeking gardeners of all levels to Join our Garden Coordinator, Catherine Shaughnessy in making the garden a thriving and beautiful space here at the center. If interested, please see Marie.



GARDEN CLUB

PROGRAMS & VOLUNTEERS

Lauren McDonald, Program Coordinator | lmcdonald@cityofwoburn.com | 781-897-5963

Program Updates

- BINGO will now feature a 50/50 raffle each week. \$2 per ticket, proceeds go to Friends Helping Seniors
- QiGong will begin again starting Wednesday, April 6th from 10-11.
- If you are looking to learn a new game stop by and see Lauren and she will coordinate with one of our Game instructors to teach you during our Thursdays, Games 101.



JOIN US WEDNESDAYS
1-3pm IN THE LOUNGE
PRE-REGISTRATION IS REQUIRED

3/3 Circle of Friends
3/10 It Happened One Night
3/17 Riverdance
3/24 Brooklyn
3/31 Waking Ned Divine



Thank you to Leonardos of Woburn for the delicious pizza

FRIENDS HELPING SENIORS FUNDRAISER

No.

OFFICIAL REGISTRATION \$10.00
(Please print)

Name _____
Address _____
City: _____
State _____ Zip: _____
Ph#: _____
Seller: _____
Date: _____

**CASH CALENDAR FUNRAISER
FRIENDS HELPING SENIORS INC.**

INSTRUCTIONS FOR PARTICIPANTS:

Complete the registration form on the stub of each calendar. Return stub and \$10 to Friends Helping Seniors at the Woburn Senior Center. Drawings will be held throughout the month of April, 2022.

Daily Drawings:

Drawings will be selected at random each weekday. Weekends will be selected at random on Fridays. Winners will be contacted directly and posted in the newsletter once the drawing is complete.

DAILY CASH PRIZES No.

APRIL 2022						
					1 \$25	2 \$100
3 \$50	4 \$25	5 \$25	6 \$25	7 \$25	8 \$25	9 \$100
10 \$50	11 \$25	12 \$25	13 \$25	14 \$25	15 \$25	16 \$100
17 \$50	18 \$25	19 \$25	20 \$25	21 \$25	22 \$25	23 \$100
24 \$50	25 \$25	26 \$25	27 \$25	28 \$25	29 \$25	30 \$500
THANK YOU FOR SUPPORTING WOUBURN SENIORS						

TRANSPORTATION DEPARTMENT

Michelle Daly, Transportation Coordinator mdaly@cityofwoburn.com 781-897-5964

DAILY VAN SCHEDULE

Pick Up	Drop Off
9:00	11:00
10:00	12:00
12:00	2:00



- Van schedules are subject to change and will not operate during inclement weather.
- All rides must be scheduled 24 hours in advance.
- All riders must be able to get on and off the van without assistance, or must be accompanied by an attendant.

SENIOR DISCOUNT TAXI VOUCHER

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

Positive Affirmations
by Michelle Daly

If you come to the senior center and have seen the Senior Sisters Sing-along you know I love to sing! I sing everywhere and any chance I get! I sing to the van drivers here and when they ask me to stop singing, I know they mean sing louder (ok maybe not). Singing makes me happy, it is my stress relief when I'm upset it calms me right down. Concentrating on the lyrics and the notes I forget my worries; it relieves my sadness. At night when I can't sleep I sing to myself and focus on the lyrics. So the next time you feel worried, sad or upset, may I suggest start singing! I hope you find it helps and if people ask you to stop maybe they mean sing louder!

OUTREACH DEPARTMENT

Meg Rodriguez, Outreach Coordinator 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..



UPCOMING EVENTS



MARCH 3RD 12-2 pm
All Around New England Trip Talk



Come meet Cheryl Tobey from All around New England Trip Company. Cheryl is new to the WSC and will be discussing her upcoming day trips. Raffle prizes and refreshments provided. Make sure to register as space is limited.

MARCH 17TH 11-12 in the lounge
Senior Sisters Friendship Sing-a-long



Join our singing staff, Michelle, Lauren and Meg for another sing-a-long! This months theme is friendship! Everyone is welcome!!

MARCH 22ND 1-3pm
Wheel of Fortune with Miss Pettoruto's Class

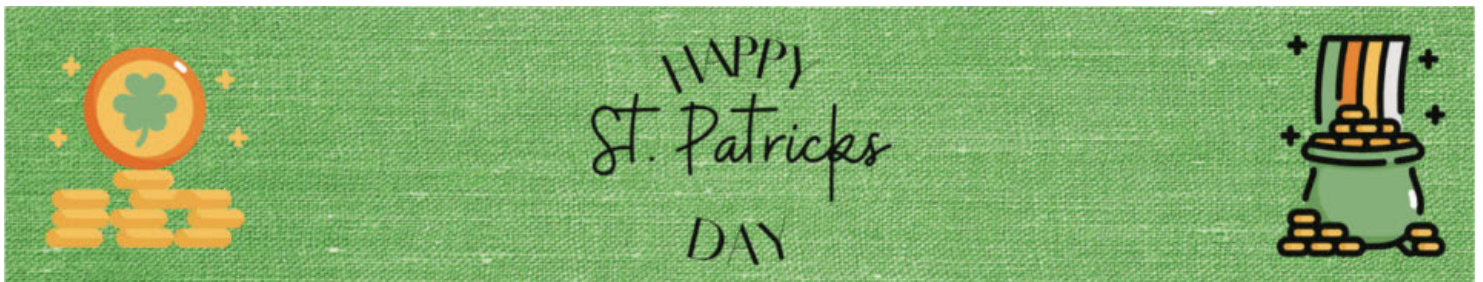


Miss Pettorutos student from the Joyce Middle School will be here to host a Wheel of Fortune game. Stop by and try your luck!

MARCH 23RD 12-1pm
Registered Dietician



Join Minuteman Senior Services Registered Dietitian, Catherine York, for a Nutrition themed Jeopardy game! Go head-to-head with other members of the Woburn community in this fun competition to learn about nutrition and health!





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><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! 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><u>Drums Alive!</u> Thursday 1-2 PM Meeting Room *NEW CLASS*</p>	<p>Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. Experience the pounding rhythms, dynamic movements and powerful percussions (using physio balls and drumsticks) of this high-energy cardio exercise.</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><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>



ON-GOING PROGRAMS AND INFORMATION



Upcoming Meetings

◆ **Woburn Council on Aging Board: Tuesday, 3/1 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, 3/3 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: 3/1 and 3/8 at 10:00 in the Art Room**

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

◆ **Prescription Drug Return: 3/16 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

◆ **Therapy Dogs: Every Wednesday 12-1 in the Meeting Room:**

Stella and Buddy will be here each Wednesday to spread their love and positive energy!

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.



ON-GOING PROGRAMS AND INFORMATION



Arts and 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 1-3 in the Art 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

Entertainment

- ◆ **Karaoke: 3/3 and 3/10 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: 3/9 at 1 pm in the Lounge: the book to be discussed is *The Storied Life of A.J Fikry* by Gabrielle Zevin**

The Guest List by Lucy Foley

The Guest List is a contemporary murder mystery that plays out at a high society wedding on an isolated island in West Ireland. It is a tale of intrigue, secrets and betrayal with a style reminiscent of Agatha Christie.

Our meeting will be held at the Senior Center on April 12th at 1 p.m. 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.

APRIL BOOK CLUB SELECTION



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)

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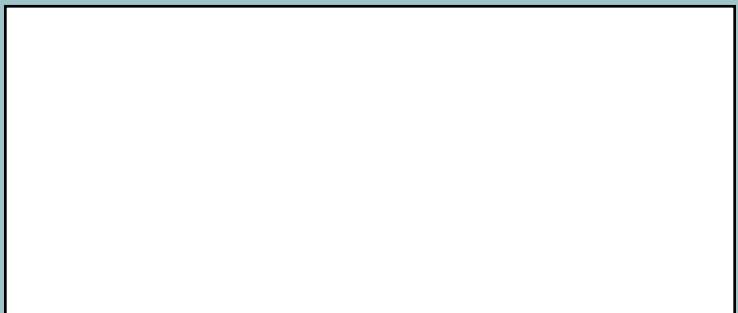
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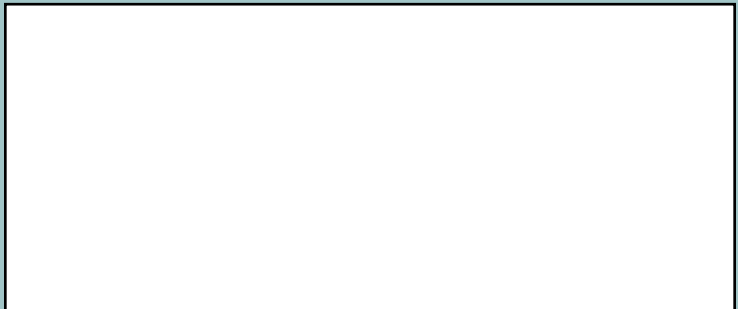
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Mary Pettoruto from the Joyce Middle School presents Lauren McDonald with a check for \$235 for Friends Helping Seniors, raised by Miss Pettorutos students selling valentines.



Thank you to all the Woburn Girl Scouts for your hard work on valentines for our seniors! They were very appreciated!



Local author Elaine Neal donates three of her books to the Woburn Senior Center Library



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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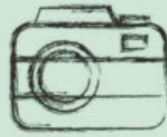
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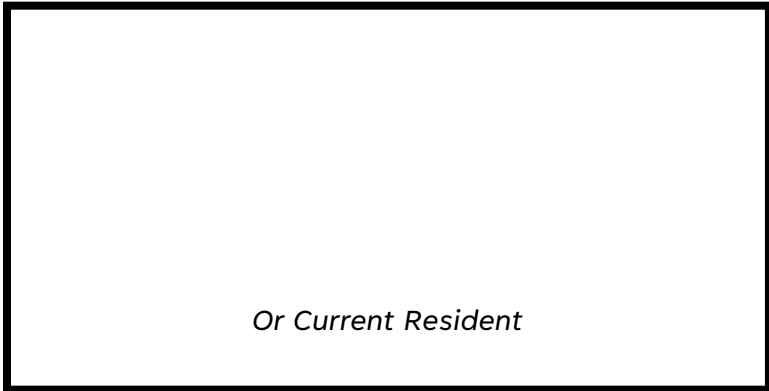


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Vice-Chair

Dot Capone

Joanne Cahill

Ellie Collins

Jack Kelly

Rosalie Travelo

WOBURN SENIOR CENTER

144 School Street
Woburn Massachusetts
01801



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Marie Lingblom

Director

Lauren McDonald

Program & Volunteer

Coordinator

Michelle Daly

Transportation Coordinator

Meg Rodriguez

Outreach Coordinator

Paul Mederios

Facilities

Terry Desmond, Jack Foley,

Marc Masse & Lonnie Finn

Van Drivers

HOURS

Monday-Wednesday 8:30-4:30

Thursday 8:30-7:00

Friday 8:30-1:00