



# WOBURN SENIOR CENTER

*April 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, COA Director*

mlingblom@cityofwoburn.com

781-897-5961

The Woburn Council on Aging has since our last newsletter completed and filed its annual report for the Executive Office of Elder Affairs (EOEA). Shortly thereafter we received official word the state approved level-funding for our seniors, or \$12 per senior, toward programming and services. Thank you, EOEA! Mayor Galvin has signed the new contract and sent back the executed document to the state. One impactful change this year is that EOEA has redesigned the contract to be a 10-year contract. That way, the state budget will serve as the primary grant award repository of record and not the individual city and town contracts. It's a smart way to reduce administrative work associated with the annual contracts.

Some significant news from our Transportation Department. Michelle Daly has decided to scale back her working hours and began working a part-time position at the Woburn Public Library. During her two years here, Michelle maintained a great rapport with everyone around her to ensure seniors in need of assistance found it. We'll miss having her and her positive energy here every day, but wish her well in her new adventure.

Heartfelt thanks to Wendy Essigman for her volunteer assistance processing taxi voucher purchases and delivery to Woburn seniors while we search for a new transportation coordinator. And many thanks to Lauren McDonald and Meghan Rodriguez for working double duties to ensure all seniors needing a ride to and from the Center are signed up. We are also grateful to Ellie Collins for her help at the front desk.

Spring is nearly here, but we won't forget how Paul Medeiros pushed through freezing cold and snowy winter weather to keep us cleared and safe for programming. Paul also worked with DPW and contracted plumbers to install an alternate water source for residents, outside here at the Center.

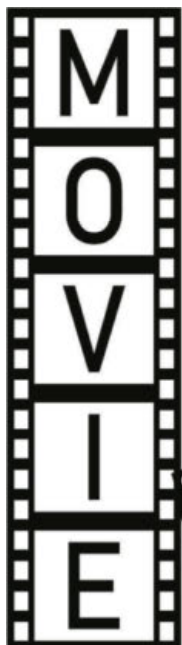
As we were sending this newsletter to print, a great DPW crew was busy moving and leveling soil to lay the foundation for our two new pickleball courts. Many thanks! Look for news, about scheduled pickleball demonstrations for Woburn seniors at Library Field. Woburn native, Bobby Devaney, is well known to Woburn pickleballers. We're happy to have him on board to help people new to pickleball learn how to play and help existing players move from a beginner to the next level.

Goodbye winter! We won't miss you. Lots of great things happening here, thanks to our dedicated and hard-working staff. Check it out. Hope to see you!

# PROGRAMS & VOLUNTEERS

Lauren McDonald, Program Coordinator [lmcdonald@cityofwoburn.com](mailto:lmcdonald@cityofwoburn.com) 781-897-5963

Two years ago in March of 2020, we got word of a dangerous virus spreading rapidly through the country, as a staff we made the tough decision to cancel our beloved St. Patrick's Day Party, with the thought that we would be able to reschedule for a few weeks later when the virus had passed. Little did we know what the next two years would have in store! On March 17th 2022, we celebrated that long awaited St. Patty's Day Party!! We want to thank Dan Burns, Executive Director of Woburn Rehabilitation Center, and his staff Shane and Sophie for providing us with a delicious breakfast, and the McHale School of Irish Dance, for providing our entertainment for the day. We truly enjoyed every minute of it ,and it was wonderful to see so many bright and smiling faces again. Thank you to Mayor Scott Galvin and Councilor Jeff Dillon for stopping by to help us serve!!! Thank you to Paul Medeiros for all your help with set up and clean up for all our events that day!



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

4/6 Singing in the Rain  
4/13 A League of their Own  
4/20 The Proposal  
4/27 CODA



Thank you to Leonardos of Woburn for the delicious pizza

# TRANSPORTATION DEPARTMENT

## 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 schedule 24 hours in advance.
- All rider must be able to get on and off the van without assistance, or must be accompanied by an attendant.

TO SCHEDULE A RIDE ON THE VAN  
PLEASE CALL 781-897-5964  
24 HOURS IN ADVANCE

## 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*

Friendly reminder to all.. The Taxi Office is currently being run exclusively by VOLUNTEERS, until a new Transportation Coordinator is hired.

We ask that you remain patient and please adhere to the Taxi Office schedule. ***If you call outside of the operating hours of the Taxi Office, tickets can not be guaranteed.***

To order Taxi vouchers please call **781-897-5970**. A volunteer will call you when the vouchers are ready.

*Positive Affirmations*  
**by Michelle Daly**

What comes after a good-bye? Usually a memory! My good-bye to the Woburn Senior Center as the Transportation Coordinator is bittersweet. I am happy to be leaving for a part-time position at the Woburn Public Library, however, very sad to be leaving my work family and all the amazing seniors. The memories that I have of my time at the WSC are wonderful and precious! Everyone here loves to love and have fun. I will miss all the smiles the most, but they are in my memory and heart forever. It's not goodbye it is Thanks for the memories!

# 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.*

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..*



# WEEKLY EXERCISE SCHEDULE

## Gentle Stretch Monday–Friday 10:00AM

Start your day off right! Come on in and join us for a simple chair-based stretch class, perfect for exercisers of all levels!

## Walking with Wendy Monday/Wednesday/Friday 11:00AM

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

## ZUMBA Gold Monday & Friday 10:00 AM

Join Cindy for an 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.

## Strength & Balance Tuesday 10:15 AM & Thursday 9:00AM

Chair based class designed to help you stay active and independent, improve balance, and decrease the risk of developing dementia.

## Brain & Balance Tuesday 1:00 PM

This class will help you improve your balance, increase your strength and reduce your risk of dementia. Balance drills and strengthening exercises are combined with stimulating brain games to challenge both body and mind. This class is not appropriate for seniors using assistive devices such as canes and walkers.

## Line Dancing Tuesday 1:00 PM

Join Jim and Friends for a fun filled hour of traditional line dancing! Line dancing presents itself as the perfect form of exercise for Seniors because it provides the benefits of an aerobic workout which helps maintain a healthy heart and also provides a platform for you to get involved in a social environment, which is great for mental wellness.

## Qigong Wednesday 10:00 AM

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”.

## Yoga Thursday 10:30 AM

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. Beginner’s welcome!

## Drums Alive Wednesday 1:00 PM

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.



# Weekly Schedule



	<b>MONDAY</b>	
ZUMBA	10:00-11:00	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
	<b>TUESDAY</b>	
CHESS	10:00-12:00	GAME ROOM
KNIT WITS	10:00-12:00	CRAFT ROOM
STRENGTH & BALANCE	10:15-11:00	COMMUNITY HALL
CRAFTY BUNCH	1:00-3:00	CRAFT ROOM
LINE DANCING	1:00-2:00	COMMUNITY HALL
CRIBBAGE	1:00-3:00	GAME ROOM
	<b>WEDNESDAY</b>	
CRIBBAGE	10:00-12:00	GAME ROOM
GENTLE STRETCH	10:00-10:15	MEETING ROOM
QIGONG	10:00-11:00	OUTSIDE (WEATHER PERMITTING)
WALKING WITH WENDY	11:00-11:30	OUTSIDE (WEATHER PERMITTING)
DRUMS ALIVE!	1:00-2:00	COMMUNITY HALL
WOODCARVING	1:00-3:00	ART ROOM
MOVIE AND PIZZA	1:00-3:00	LOUNGE
WHIST	1:00-3:00	GAME ROOM
	<b>THURSDAY</b>	
STRENGTH & BALANCE	9:00-10:00	COMMUNITY HALL
GAMES 101	10:00-12:00	GAME ROOM
YOGA	10:30-11:30	COMMUNITY HALL
ART CLASS	12:00-2:00	ART ROOM
HAND AND FOOT	1:00-3:00	GAME ROOM
BRAIN & BALANCE	1:00-2:00	MEETING ROOM
	<b>FRIDAY</b>	
ZUMBA	10:00-11:00	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)



# ON-GOING PROGRAMS AND INFORMATION



## Upcoming Meetings

- ◆ **Woburn Council on Aging Board: Tuesday, 4/5 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.
- ◆ **Golden Greetings: Wednesday, 4/6 at 10:00 in the Art Room;** Join our wonderful volunteers for a tour around the building and hear about all the Senior Center has to offer. While you are here we will get you signed up for a Membership Card and go over how to register for programs or classes that interest you using our My Active Center website!
- ◆ **Friends Helping Seniors: Thursday, 4/7 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.
- ◆ **WSC Garden Club Thursday, 4/7 at 11:00 in the Craft Room** Join Garden Coordinator Catherine Shaughnessy to discuss the future of our beautiful outdoor space! Bring your creative cultivation ideas!!

## 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: 4/12 10:00 in the Art Room**  
Stop by and have your blood pressure checked by a registered nurse.
- ◆ **Prescription Drug Return: 4/20 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





# 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 4/5, at 11 am in the Lounge**

*Join us for cake and festivities to celebrate all our April Birthdays! If you would like your birthday recognized*

- ◆ **Book Club: 4/12 at 1 pm in the Lounge: the book to be discussed is *The Guest List* by Lucy Foley. See below for next months book selection**

### *A Piece of The World by Christina Baker Kline*

To Christina Olson, the entire world was her family's remote farm in the small coastal town of Cushing, Maine. Born in the home her family had lived in for generations, and increasingly incapacitated by illness, Christina seemed destined for a small life. Instead, for more than twenty years, she was host and inspiration for the artist Andrew Wyeth, and became the subject of one of the best known American paintings of the twentieth century.

Meeting is scheduled for **Tuesday, May 10, 2022 at 1 pm**. Books will be available for pick-up on **April 12th** at the Senior Center. Please feel free to reach me at 781-932-1624 Or email me at [barb\\_burke@comcast.net](mailto:barb_burke@comcast.net) if you have any questions or are interested in joining our group. Drop-ins are welcome.

MAY BOOK CLUB SELECTION





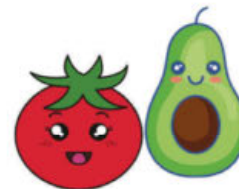
# UPCOMING EVENTS



**APRIL 6th** 12pm in the lounge

## Registered Dietician Victoria Fabbo

When you need food and nutrition information based on fact, or need to know how a healthy diet improves health and fights disease—rely on qualified professionals in the field. Stop by and hear from RD Victoria Fabbo, on creating healthy eating habits!



**APRIL 7th** 11-12 in the lounge

## Music with Howie Newman



Help us celebrate opening day for the Boston Red Sox with singer Howie Newman! Join Howie for a lively performance of baseball songs, baseball trivia and stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Boston Globe, Lowell Sun, Patriot Ledger and Associated Press.

Prizes and Surprises!!!!



Wear your favorite Red Sox gear!!!!



**APRIL 14th** 11-12 in the lounge

## Music Through the Ages with Tommy Rull

*This event is sponsored by the MA Cultural Council*



Take a walk down memory lane and enjoy the music of Sinatra, Neil Diamond, Elvis, Paul Anka, Barry Manilow, Perry Como, Lou Rawls, Kenny Rogers, Engelbert . . .and many more!



**APRIL 28th** 11-12 in the lounge

## Senior Sisters Sing-a-long: Flower Songs

Join our Senior Sisters, Michelle, Lauren and Meg for another sing-a-long! This month's theme is spring and flowers.



**WSC**  
*April*  
**CLOSINGS**

Thursday, April 14th Closing at 4:30pm

Friday April 15th Closing at 12:00pm

Monday April 18th CLOSED



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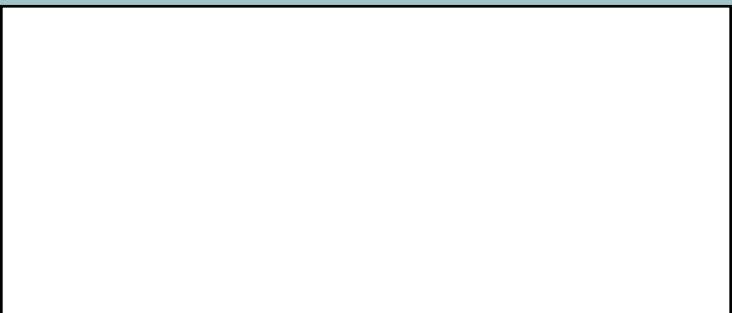
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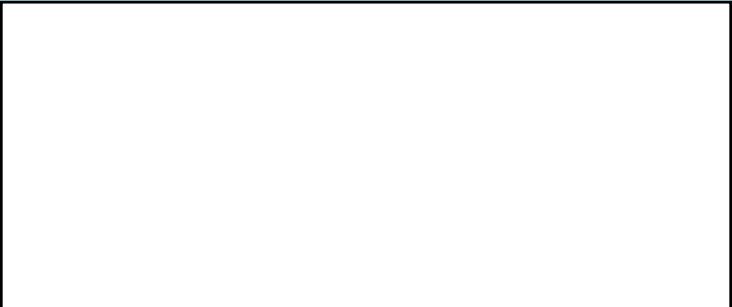
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# COMMUNITY NEWS



WE WOULD LIKE TO GIVE A SHOUTOUT TO OUR WONDERFUL YOGA GROUP HERE AT THE CENTER. TOGETHER THEY RAISED CLOSE TO \$200 FOR UKRAINIAN REFUGEES.



RED CROSS Blood Drive  
*sponsored by The Woburn Council on Aging*

Wednesday April 10:00 AM-3:00 PM

1-800-733-2767 to register or visit [redcrossblood.org](http://redcrossblood.org)

# THANK YOU

WE WANT TO THANK MISS PETTORUTO AND HER STUDENTS FROM THE JOYCE MIDDLE SCHOOL FOR HELPING UP WITH OUR WHEEL OF FORTUNE GAME THIS MONTH. IT'S ALWAYS SO MUCH FUN TO HAVE YOU HERE!



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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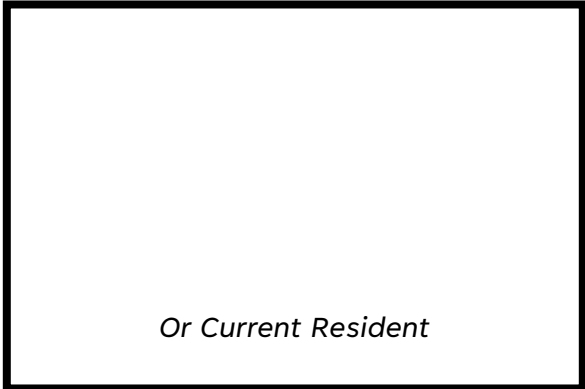
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**Doris Curran**

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**Joanne DiMambro**

*Clerk*

**COUNCIL ON AGING**

**Margaret Casey**

*Chair*

**Angela Amato**

*Vice-Chair*

**Dot Capone**

**Joanne Cahill**

**Ellie Collins**

**Jack Kelly**

**Rosalie Travelo**

**WOBURN SENIOR CENTER**

144 School Street  
Woburn Massachusetts  
01801



**781-897-5960**

**STAFF**

**Marie Lingblom**

*Director*

**Lauren McDonald**

*Program & Volunteer*

*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