



WOBURN SENIOR CENTER

May 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

I just walked by two large tables in the Center's solarium lined with fresh soil and seedlings for our Community Garden. Many thanks to Catherine Shaughnessy, garden coordinator, and her enthusiastic committee of gardeners for getting the season started!



For those interested in our Pickleball Court progress, we are in the midst of receiving and processing quotes for the surfacing and fencing. We hope to have all of the required paperwork completed soon so the construction can begin!



Special thanks to Rick Cooney, general manager of Woburn Racket Club, for his donation of 10 Gamma Paddles and 40 Penn pickleballs to the Woburn Council on Aging. The Woburn Racket Club serves as a popular indoor space for local and area residents to play tennis, pickleball, racquetball and Wallyball. Thanks also to local pickleball instructor

Bobby Devaney for agreeing to host a Pickleball Clinic at Library Field on Monday, April 25, from 12 p.m. to 1:30 p.m. (rain date is May 2).

Indoor, meanwhile, we recently held two musical programs sponsored by funding made possible by the Woburn Cultural Council and the Massachusetts Cultural Council, the governing organization from which the funds are derived. Thanks to both councils for the support. Everyone had a great time!

Thanks to the Friends Helping Seniors for recent program purchases, including a new, modern record player that is Bluetooth enabled and includes AM/FM radio, cassette and CD players. Part of a new music-sharing program to be held in the lounge.

Please continue taking the health of yourself and others seriously when attending programs at the Woburn Senior Center. If you aren't feeling well, we are asking guests and employees alike to stay home until you do. Utilize masks in more crowded spaces, maintain good hygiene and other common-sense practices to maintain health and prevent disease. We'll continue to monitor any changes in the environment as it relates to policies aimed at preventing the spread of disease. Stay tuned for any updates or changes from the City of Woburn or the Mass Department of Health. Most of all, stay healthy. See you soon!



PROGRAMS & VOLUNTEERS

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



- Bingo will be every Thursdays from 1-3PM in the Community Hall. 50/50 raffles will be sold for \$2 to benefit Woburn Friends Helping Seniors
- Trip Information can be found in our lobby for both *All Around New England* with Cheryl Tobey and *Best of Times Travel*
- Knit Wits will be raffling off a 60" x 48" Heirloom Nantucket Design Blanket this blanket was donated by a Woburn Knitter and completed by Knit Wit's own Laura Morrow. Tickets will be sold in the lobby, \$2 per ticket or 3 tickets for \$5
- NO strength and balance on THURSDAYS anymore. There will still be class on Tuesdays
- **New** Arts and Crafts Class on Fridays! Bulletin Board Crafts– See Lauren for more info!



5/4 Coco - Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.

5/11 Mrs. Doubtfire - After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.

5/18 Rebel Without a Cause - A rebellious young man with a troubled past comes to a new town, finding friends and enemies.

5/25 Moneyball - Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis to acquire new players.

Special Showing of MILK on 5/16 for National Honor Our LGBT Elders Day

National Honor Our LGBT Elders Day is a new effort to draw awareness and appreciation of the lifetime of contributions made by LGBT older adults. The gains made in recent years toward LGBT equality sit squarely on the backs of those whose struggles and victories, extraordinary courage and everyday authenticity, pioneered the path toward freedom. Honor Our LGBT Elders Day works to unite the LGBTQ community and its allies to celebrate and thank those individuals who fought on behalf of us all. Milk is the story of Harvey Milk and his struggles as an American activist who fought for LGBTQ rights and became California's first openly gay elected official.

Pizza from Leonardos will be served

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

Movies are great medicine. I'm not a doctor but recently during an unsettling time I was invited to the movie theater. Begrudgingly I went to see the newest version of West Side Story by Steven Spielberg. During those few hours I completely forgot about my troubles and rambling thoughts. It was therapeutic! Then I remembered watching movies in my small apartment when I wasn't feeling well or lonely. Watching a movie, I forgot about my troubles for a while. Feeling blue? Lonely? try escaping your thoughts with a movie. Remember the Senior Center offers a movie and pizza every Wednesday. Ready, Set, Action!

OUTREACH DEPARTMENT

Meg Rodriguez, Outreach Coordinator mrodriguez@cityofwoburn.com 781-897-5965

WHAT CAN OUTREACH HELP WITH?

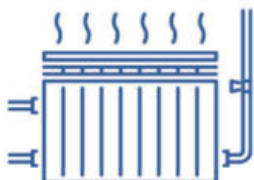
The Outreach Department is available to assist seniors or their families with a variety of senior services. We provide information and referral, application assistance, and benefit checkups.

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 a phone 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.



ABCD Fuel Assistance is still taking Fuel Assistance applications through May. If you haven't already applied feel free to reach out to see if you qualify. 781-322-6284

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



Weekly Schedule



	MONDAY	
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
	TUESDAY	
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
	WEDNESDAY	
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
	THURSDAY	
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
BINGO	1:00-3:00	COMMUNITY HALL
	FRIDAY	
ZUMBA	10:00-11:00	COMMUNITY HALL
SCRABBLE	10:00-12:00	GAME ROOM
BULLETIN BOARD CREW	10:00-12:00	ART 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

Gentle Stretch Monday/Wednesday/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

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

Brain & Balance Thursday 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.



ON-GOING PROGRAMS AND INFORMATION



Upcoming Meetings

◆ **Woburn Council on Aging Board: Tuesday, 5/3 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, 5/4 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, 5/5 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, 5/5 at 11:00 in the Art 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: 5/10 & 5/17 10:00 in the Meeting**

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

◆ **Prescription Drug Return: 5/18 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

• **Bulletin Board Class Friday 10-12 in the Art Room**

This class will work on creating the monthly lobby bulletin board. Come join fellow crafters to help beautify the Woburn Senior Center.

Entertainment

◆ **Let's Eat Cake: First Tuesday of the Month 5/3, at 11 am in the Lounge**

*Join us for cake and festivities to celebrate all our **MAY** Birthdays!*

◆ **Book Club: 5/10 at 1 pm in the Lounge: the book to be discussed is A Piece of the World by Christina Baker Kline. See below for next months book selection**

June's book selection will be announced at our upcoming May meeting!
Remember to write down your "All-Time Favorite Book" to share with the group.



UPCOMING EVENTS

May 4th 12:00 in the lounge

Cinco De Mayo Sorpresa

Stop by the lounge for a tasty treat and learn about the history and heritage of Cinco De Mayo!



May 10th 11:00 in the lounge

Derby Days

Come on down to the WSC's very own Run for the Roses! Try your hand at some derby-themed games, enjoy some light refreshments and wear your fanciest hat for a prize!!



May 11th 10:00 in the Art Room

Silk Scarf Painting Class with Mande Michaela from Senior Expressions

Participants will use fabric dyes to create a beautiful repeating pattern of choice on a white rayon scarf. The scarf comes with a choice of gold or silver magnet clasp. After the class, everyone will wear their scarves or keep them to give as a gift. **Limited to 10 participants, the cost is \$15 per participant.**



May 12th 11:00 in the lounge

Team Trivia

Test your knowledge with Team Trivia! Team trivia is an informal, fun competition where teams battle to see who has the greatest knowledge of trivia! The operative word here is "team.". Pool your cerebral skills with your teammates to make it to the final round for a top-notch prize!!



May 18th 12:00 in the Meeting Room

Heart to Home Luncheon

Heart to Home meals is frozen meals that can be stored in your freezer until you are ready to heat and enjoy! This company provides a selection of over 150 different healthy and nutritious meals, soups, and desserts delivered directly to your home. Join us as we sample some of the tasty meals provided by Heart to Home. **Limited to 25 participants, registration is required.**



May 25th 12:00 in the Meeting Room

Northern Bank and Trust Fraud and Scam Workshop

Northern Bank and Trust will be here with a lunch and learn, to educate us on current Fraud and Scams targeting seniors. **Please register by 5/15.**



May 26th 11:00 in the Community Hall

Memorial Day Ceremony

Join us for a ceremony and luncheon honoring the memory of the service men and women who made the ultimate sacrifice for our country. All are welcome to attend.



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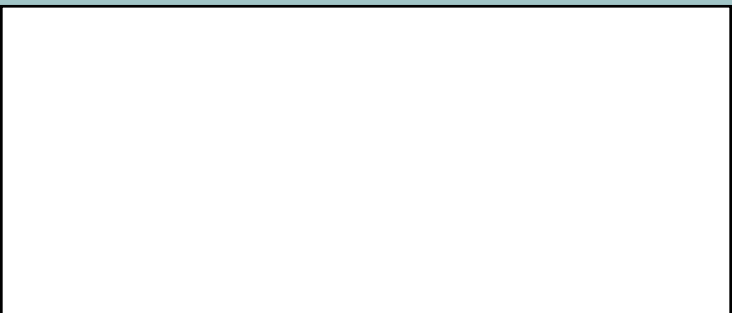
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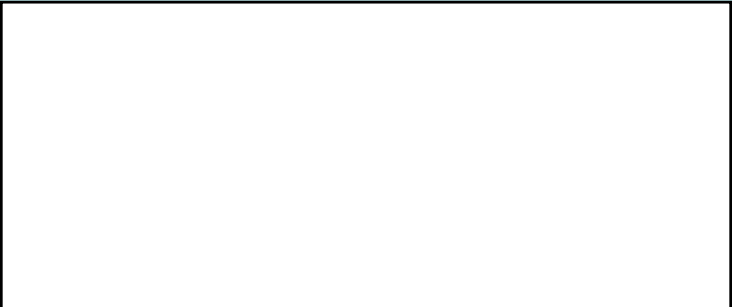
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For more information scan this QR code with your smart device's camera or call **781-272-7177**



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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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