



WOBURN SENIOR CENTER

June 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

We just had a great meeting with Misty and Carol of the Yankee Dahlia Society to discuss plans for this year's dahlia garden. We're working with a couple of groups to complete some rototilling of the soil and addition of some compost and peat moss by the second week in June. Thanks Misty and Carol! Our Senior Community gardeners are also busy with growing seedlings and planting plans to fill the raised beds in our garden for this season's garden. It's looking great out there! Thanks to everyone who's pitching in to help.

Plans for our pickleball courts are moving forward with the bid search nearly complete and poised to move forward with a local fence company to install fencing first, followed by the installation of the court surfaces by a separate company.

We're also excited to be working with Mayor Scott Galvin and his assistant Dianne Mearls to help him host a kick off to summer event on Thursday, June 16 (rain date June 23). The outdoor event is a great way to celebrate all of our wonderful members and enjoy some recreation, refreshments, music, and great food. We are requesting a small fee to cover costs. Registration is required as we continue to limit the total number of attendees in keeping with our health and safety policies. Thanks to Mayor Galvin for supporting this event, particularly in light of the events we've all missed so much due to the environment created by the pandemic. Thank you, Mayor!

A warm welcome to Bob Davis, the City's new Veterans Director, who recently joined the team here in the Veterans Office at the Center. We're so happy to have you here!

As always, 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!



SENIOR
Summer
KICKOFF

Hosted by Mayor Scott Galvin

GAMES starting at 11am **MUSIC** starting at 12pm **FOOD** starting at 1pm

Thursday **JUNE 16th**
@ the Woburn Senior Center

TICKETS ON SALE
starting Thursday June 9th
WSC Lobby
1 ticket per person
\$2/ticket

PROGRAMS & VOLUNTEERS

June is Pride Month!



Pride commemorates the Stonewall Riots that occurred in June of 1969 and celebrates individuals in the LGBTQ+ community. Our center will always be a space where everyone is free to be their authentic selves! Please notice the newest logo on the back of our newsletter notifying readers that everyone is welcome at the Woburn Senior Center, we will also be placing LGBTQ+ signs in the front lobby.



6/1 Best in Show

A behind-the-scenes look into the highly competitive and cut-throat world of dog shows through the eyes of a group of ruthless dog owners.

6/8 Philadelphia

When a man with HIV is fired by his law firm because of his condition, he hires a homophobic small-time lawyer as the only willing advocate for a wrongful dismissal suit.

6/15 Rescued by Ruby

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby.

6/22 Grease

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

6/29 The Great Gatsby (2013)

A writer and wall street trader, Nick, finds himself drawn to the past and lifestyle of his millionaire neighbor, Jay Gatsby



TECH TUESDAY with Mike Barker

10-11AM
IN THE COMPUTER ROOM

HAVE QUESTIONS ABOUT YOUR CELL PHONE OR
SMART DEVICE?
STOP BY AND ASK MIKE!



LOOKING FOR TRIPS?

THERE ARE TWO BINDERS LOCATED IN THE FRONT LOBBY
LOADED WITH ADVENTURES.
BEST OF TIMES AND ALL ABOUT NEW ENGLAND ARE THE
TWO TRAVEL COMPANIES OFFERING TRIPS TO WOBURN
SENIORS.
CHECK THEM OUT AND SIGN UP DIRECTLY WITH THE
COMPANY.



OUTREACH DEPARTMENT



The warmer months are here. Just a reminder that the Woburn Senior Center is a great place to come and cool down. We have ice cold air conditioning and tons of wonderful programs to get your mind off the heat.



**SENIOR SAFETY PROGRAM:
CARBON MONOXIDE AND SMOKE ALARM INSTALLATION**



The Woburn Senior Center Outreach Department, along with Woburn Fire Prevention Services have been working together to provide Woburn Seniors with free CO2/Smoke alarm installations in their homes. This program is graciously funded by the Woburn Rotary Club, through a grant from the Cummings Foundation. Any Woburn Senior can call the Outreach Department here at the center and request an appointment to have their smoke alarms checked and replaced if needed.

**WOBURN SENIOR CENTER
SNAP OUTREACH PARTNERSHIP**



Meg Rodriguez, Outreach Coordinator here at the center is a designated SNAP benefit (formerly called food stamps) outreach partner with the Department of Transitional Assistance. The Department of Transitional Assistance is the organization that issues food assistance benefits for Massachusetts. Meg can assist you with checking your eligibility, filling out the application, gathering and submitting your verification documents as well as case maintenance. If you are interested in checking your eligibility give Meg a call, or stop by the Outreach office. The eligibility screen takes about 10 minutes. You will need to know your current income, and expenses and be willing to share that information with DTA to complete the application.

Challenges Older Adults May Experience With Food Insecurity



**Food
running out**



Skipping meals



**Choosing between
food and medicine**



**Postponing
medical care**



**Poor health
outcomes**



**Higher
health care use
and costs**

SOURCE: FRAC's Hunger and Health series

TRANSPORTATION DEPARTMENT

TRANSPORTATION NEWS.

- The WSC is still in the process of hiring a new Transportation Coordinator, we appreciate your patience during this transition
- If you need to schedule a ride please call 781-897-5964, if you do not reach a staff member directly please and leave a message.
- Taxi Vouchers will be sold only during Taxi Office operating hours, which are currently Monday and Wednesday. Please call the taxi office and leave a message with your voucher request and a volunteer will call you when the vouchers are ready for delivery.

SENIOR DISCOUNT TAXI PROGRAM 781-897-5970

Taxi Office is open
Monday and Wednesday
10am to 2pm



- For a yearly registration fee of \$5, Woburn Seniors aged 60+ are eligible to join the program. Participants are given an ID card entitling them to flat rate for a cab ride in Woburn. The current rate contracted for rides in Woburn is \$8.00 for a one-way trip.
- Deeper discounts are offered to those seniors wishing to provide proof of income and meet the income eligibility requirement. You can find more information at www.woburnma.gov/government/senior/transportation, or by calling our Taxi Office.
- Rides using a voucher outside the City of Woburn are for medical appointments only, rates vary by location
- To purchase tickets, please call during the Taxi Office operating hours listed above.

WOBURN SENIOR CENTER VAN SERVICE 781-897-5964



*Handicapped accessible vans that offer daily “curb to curb” service from **your home to the senior center.** “Curb to curb” service is for independent passengers. Mobility aids such as walkers are encouraged, and drivers will safely store and retrieve them. Passengers must be independent or be accompanied by a capable assistant to attend the center. The Woburn Senior Center Van Service **does not** provide medical or shopping transportation **Please call to reserve your ride at least 24 hours in advance.***



UPCOMING EVENTS



TUESDAY
JUNE 7TH
@ 11 AM

JUNE BIRTHDAY PARTY

ARE YOU CELEBRATING A BIRTHDAY THIS MONTH? JUST LOVE CAKE? COME ON DOWN TO OUR MONTHLY BIRTHDAY PARTY, THE PARTY STARTS RIGHT AFTER OUR MONTHLY COUNCIL ON AGING MEETING.



FRIDAY
JUNE 10TH
@ 10 AM

ICE TEA SOCIAL AT IOAM

COME ON DOWN AND CELEBRATE NATIONAL ICE TEA DAY! WE WILL BEAT THE SUMMER HEAT WITH SOME TASTY ICE TEA AND SOME SWEET TUNES IN THE GARDEN.



WEDNESDAY
JUNE 15TH
@ 12 PM

SENIOR DISCUSSIONS: ELDER ABUSE AWARENESS

STOP BY AND CHAT WITH ANDREA TROMBLEY FROM MINUTEMAN SENIOR SERVICES AS SHE DISCUSSES THE IN'S AND OUT'S OF ELDER ABUSE AND HOW ELDER PROTECTIVE SERVICES CAN HELP



MONDAY
JUNE 20TH
@ 10 AM

SEA GLASS CRAFT CLASS

JOIN US WHILE WE CRAFT WITH SEA GLASS FOUND ON LOCAL ESSEX COUNTY BEACHES. PERFECT FOR DECORATION, OR AS A GIFT FOR A LOVED ONE. ALL MATERIALS ARE PROVIDED. COST IS \$7



TUESDAY
JUNE 21ST
@ 11 AM

SENIOR DISCUSSIONS: PROTECTING BRAIN & MEMORY AS WE AGE

JOIN US AS WE WELCOME PEIPEI WISHNOW, PH.D.

HEAR HER PERSONAL STORY ABOUT HOW HARD IT IS WHEN A LOVED ONE HAS AGE-RELATED MEMORY LOSS, WHY SHE IS SO PASSIONATE ABOUT PROTECTING BRAIN HEALTH AND MEMORY AS WE AGE, AND WHAT SHE HAS DISCOVERED THAT GIVES HER HOPE.



WEDNESDAY
JUNE 29TH
@ 10 AM

SENIOR EXPRESSIONS- DESIGN YOUR OWN EARRINGS

JOIN MANDEE TO DESIGN UNIQUE EARRINGS OF YOUR OWN. PARTICIPANTS WILL USE UNFINISHED WOODEN EARRINGS AND BEADS TO CREATE THEIR UNIQUE EARRINGS. THERE WILL BE A WIDE VARIETY OF DECORATIVE PAPERS, PAINTS, GLITTER, AND BEADS AVAILABLE—THE CHOICE BETWEEN GOLD, SILVER, AND BRONZE CLIP-ON AND PIERCED EARRING SUPPLIES. BY THE END OF CLASS, YOU WILL LEAVE WITH SEVERAL SETS OF EARRINGS THAT WILL BE GREAT FOR A GIFT OR YOURSELF.





ON-GOING PROGRAMS AND INFORMATION



UPCOMING MEETINGS

- Council on Aging Board Meeting Tuesday 6/7 10 AM
- Friends Helping Seniors Board Meeting Thursday 6/9 10 AM
- WSC Community Garden Meeting Thursday 6/9 11 AM

HEALTH & WELLNESS

- Blood Pressure Clinic with RN Diane Doherty Tuesday 6/7 10 AM
- Prescription Drug Return with Woburn Police Dept Wednesday 6/15 10 AM
- Therapy Dogs Stella and Buddy Every Wednesday 12 PM
- Podiatry Clinic with Dr. Ruhl. Cost is \$35 Please call for an appointment

CARDS & GAMES

- | | | | |
|----------------|-------------------------------|---------------|----------------|
| Mahjong | Monday 10-12 | Whist | Wednesday 1-3 |
| Pool/Billiards | Monday 1-3 | Games 101 | Thursday 10-12 |
| Chess | Tuesday 1-3 | Hand and Foot | Thursday 1-3 |
| Cribbage | Tuesday 1-3 & Wednesday 10-12 | Scrabble | Friday 10-12 |
| BINGO | Thursday 1-3 | | |

ARTS & CRAFTS

- Tuesday 10 AM Knit Wits—Knitters and Crocheters of all levels welcome!
- Tuesday 1 PM Crafty Bunch— Designated crafting time, bring a project or start a new one.
- Wednesday 1 PM Wood Carving— Expert Woodcarvers on hand to provide guidance , all levels welcome
- Thursday 1 PM Art Class—Led by Instructor Steve Greco, bring your ideas and creativity—See instructor for class fee
- Friday 10 AM Bulletin Board Club— Be our decorating committee and help our bulletin boards come to life each month

MUSIC & ENTERTAINMENT

- Tuesday 6/14 1 PM Book Club
- Thursday 6/9 11 AM Sing-a-long with Anne
- Thursday 6/23 11 AM Senior Sisters Beatles Sing-a-long
- Thursday 6/30 11 AM Sing-a-long with Victor



Weekly Schedule



MONDAY

ZUMBA*	10:00	COMMUNITY HALL
MAHJONG	10:00	GAME ROOM
GENTLE STRETCH	10:00	MEETING ROOM
WALKING WITH WENDY	11:00	OUTSIDE
BILLIARDS	1:00	GAME ROOM

TUESDAY

CHESS	10:00	GAME ROOM
KNIT WITS	10:00	CRAFT ROOM
STRENGTH AND BALANCE*	10:15	MEETING ROOM
CRAFTY BUNCH	1:00	ART ROOM
LINE DANCING*	1:00	COMMUNITY HALL
CRIBBAGE	1:00	GAME ROOM

WEDNESDAY

CRIBBAGE	10:00	GAME ROOM
GENTLE STRETCH	10:00	MEETING ROOM
QIGONG	10:00	OUTSIDE
WALKING WITH WENDY	11:00	OUTSIDE
DRUMS ALIVE!*	1:00	MEETING ROOM
WOODCARVING	1:00	ART ROOM
MOVIE & PIZZA	1:00	LOUNGE
WHIST	1:00	GAME ROOM

THURSDAY

GAMES 101	10:00	GAME ROOM
YOGA*	10:30	MEETING ROOM
ART CLASS*	12:00	ART ROOM
BINGO	1:00	COMMUNITY HALL

FRIDAY

ZUMBA*	10:00	COMMUNITY HALL
SCRABBLE	10:00	GAME ROOM
BULLETIN BOARD CREW	10:00	ART ROOM
SIT & SEW	10:00	CRAFT ROOM
GENTLE STRETCH	10:00	MEETING ROOM
WALKING WITH WENDY	11:00	OUTSIDE

*CLASS HAS A FEE, PLEASE SEE INSTRUCTOR

ALL CLASS TIMES AND LOCATIONS SUBJECT TO CHANGE



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.

LINE DANCING *Tuesday 1:00 PM*

JOIN JIM AND FRIENDS FOR A FUN-FILLED HOUR OF TRADITIONAL LINE DANCING! LINE DANCING IS 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, MESSAGES, AND ENERGETIC PRACTICES THAT IMPROVES THE CIRCULATION AND BALANCE OF THE BODY'S VITALITY OR "LIFE FORCE ENERGY".

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.

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!

SEEN AROUND The Senior Center



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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

Positive Affirmations by Michelle Daly

Laughter is one of my favorite sounds! Especially children laughing brings a smile to my heart. My sons laughing together confirms their special bond. I love to laugh myself! My family is very funny, and keep me laughing all the time. There's a saying that laughter is the best medicine. Actually there is truth to that, laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Don't tell anyone but watching America's Funniest Videos sometimes has me howling! Ask around to see what people are watching to laugh, tune in and maybe you will feel better instantly .

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COMMUNITY NEWS



KICK OFF EVENT: LOCAL AUTHOR BOOK FAIR
SATURDAY, JUNE 25
1-4 PM



Adult Summer Reading Club

@ WOBURN
PUBLIC LIBRARY

MORE INFORMATION COMING SOON



JUNETEENTH COMMEMORATES THE DAY THE
LAST ENSLAVED PEOPLE WERE EMANCIPATED
IN THE UNITED STATES ON JUNE 19, 1865
CELEBRATE FICTION AND NONFICTION BY
AFRICAN AMERICAN AUTHORS THAT CONTINUE
TO SHAPE OUR CULTURE



SCAN WITH YOUR SMART DEVICE FOR A
LIST OF JUNETEENTH BOOKS

The Burlington Lawn Mowers Dream Team will start its second year and provide free lawn mowing along with additional yard service for Burlington residents in need. **In addition, The Burlington Lawn Mowers Dream Team will be assisting residents of Woburn within five miles of the Burlington border, and Billerica & Wilmington residents within three miles of the Burlington border. The following are examples of people the team will be assisting: those in financial distress, elderly, veterans, single parents, or injured.** We will assist with free lawn mowing, weed pulling, weed whacking/weed eating, branch trimming, small branch removal, hedge trimming, or other yard services. Moreover, I will review your needs on a lawn by lawn basis, and we will try our best to accommodate you. For more information email Jay.B.Barnes@gmail.com



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STAFF				HOURS OF OPERATION
Marie Lingblom	Director	mlingblom@cityofwoburn.com 781-897-5961		MONDAY-WEDNESDAY 8:30-4:30 THURSDAY 8:30-7:00 FRIDAY 8:30-1:00
Lauren McDonald	Programs & Volunteers	lmcdonalde@cityofwoburn.com 781-897-5963		
Meg Rodriguez	Outreach	mrodriguez@cityofwoburn.com 781-897-5965		
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