



WOBURN SENIOR CENTER

July 2022



CREDIT *Brian Gonsalves*



THE WOBBURN SENIOR CENTER HAS NEW OPERATING HOURS.
STARTING 7/1/2022 THE SENIOR CENTER WILL OPEN AT 9:00 AM.



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

Here's hoping these greetings find all of you enjoying the summer weather, and celebrating our nation's independence with family and friends.

Our summer kick-off was a big success! The weather held out long enough for about 160 local seniors to attend the first big outdoor luncheon since before the pandemic. Made all of us here so happy to see everyone having such a fun day of food, friendship, games, raffles, and music. Thanks to Lauren McDonald for all of her hard work pulling together the day's events and volunteers.

Thanks to Mayor Scott Galvin, City Council President Michael Concannon, City Councilors Lou DiMambro, Jeff Dillon, Charles Viola, School Committee member Chris Kisiel – and, as always, thanks to our hardworking staff, Terry Nardone and Meg Rodriguez, along with van drivers- Jack Foley, Marc Masse, and Lonnie Finn for working extra hours to safely transport guests to and from the event.

We're also grateful to Corporate Clambake for the delicious food, Jim Reil for providing the tent, the Middlesex Lions , Breakfast Lions, Mary Pettoruto and her Joyce Middle School students, DPW summer employees, Throne Depot, John Devine and North Suburban Transportation. And special thanks to Amy Beauchamp Dabrieo and John Moriarty Associates for donating four Red Sox tickets with parking. Friends Helping Seniors raised \$400 from the raffle! Special thank you to Mary Jane and Mitzie for selling the raffle tickets!

Our group of gardeners have done a great job planting and caring for the Center's community garden. They have all worked well together to get all of our vegetables planted for the season. It's looking, and smelling, wonderful out there. Thank you. The patio area and picnic tables with umbrellas are also serving as a great place to gather for a cold iced tea and good company. Feel free to take advantage of the beautiful outdoor space here. ***An important note: the gardeners ask kindly that guests refrain from watering the garden as the group has a strict watering schedule. When in doubt, just don't water. Thanks.***

And speaking of beautiful outdoor space, the rubber duckies are swimming happily again in the waters of the Courtyard fountain. Special thanks to Ashley Hayden, a young DPW summer employee who worked hard alongside Paul Medeiros to clean, repair and paint our fountain. Thank you!

Waiting patiently for construction to begin on our Pickleball Courts. Stay tuned for timing. Meanwhile, we've received a thoughtful donation of a set of Pickleball paddles and balls for use here at the Center from City Council President Concannon. Thanks, Mike!

Have a great July! See you soon!

PROGRAMS & VOLUNTEERS

Lauren McDonald, Program and Volunteer Coordinator

Program Updates

The following classes will not meet on the dates listed:

- Drums Alive– July 6th and August 10th
- Brain and Brain and Balance- July 7th
- Strength and Balance–August 9th

Please remember to register for programs ahead of time!! It allows us to plan better, set up easier and order the right amount of supplies.

Two ways to register:
Visit: <https://myactivecenter.com/>
Or Call 781-897-5960 to register



7/6 STAND BY ME - AFTER THE DEATH OF ONE OF HIS FRIENDS, A WRITER RECOUNTS A CHILDHOOD JOURNEY WITH HIS FRIENDS TO FIND THE BODY OF A MISSING BOY.

7/13 SUMMERTIME - AN AMERICAN SPINSTER'S DREAM OF ROMANCE FINALLY BECOMES A BITTERSWEET REALITY WHEN SHE MEETS A HANDSOME--BUT MARRIED--ITALIAN MAN WHILE VACATIONING IN VENICE.

7/20 JAWS - WHEN A KILLER SHARK UNLEASHES CHAOS ON A BEACH COMMUNITY OFF LONG ISLAND, IT'S UP TO A LOCAL SHERIFF, A MARINE BIOLOGIST, AND AN OLD SEAFARER TO HUNT THE BEAST DOWN.

7/27 THE BUCKET LIST - TWO TERMINALLY ILL MEN ESCAPE FROM A CANCER WARD AND HEAD OFF ON A ROAD TRIP WITH A WISH LIST OF TO-DOS BEFORE THEY DIE.



OUTREACH DEPARTMENT

Meg Rodriguez, Outreach Coordinator



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



Rotary



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



The WSC Outreach Dept has partnered with The Department of Transitional Assistance (DTA), to provide on-site assistance with SNAP applications for seniors. DTA 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.

Outreach Updates

If you receive a call, text, or email that...

- Threatens to **suspend your Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest or legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, Internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to increase your **Social Security benefit**
- Tries to gain your trust by providing **fake "documentation," false "evidence," or the name of a real government official**

.... it is a SCAM!



TRANSPORTATION DEPARTMENT

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.

Welcome to our newest Van Driver, Rick Valentine! We are very happy to have you on board!



UPCOMING EVENTS



TUESDAY
JULY 5TH
@ 11 AM

July 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
JULY 8TH
@ 11 AM

Ice Tea Social

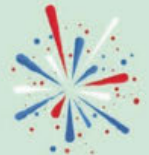
WE WILL BEAT THE SUMMER HEAT WITH SOME TASTY ICE TEA AND SOME SWEET TUNES IN THE GARDEN. BRING YOUR FRIENDS!



THURSDAY
JULY 14TH
@ 11 AM

Senior Sister Sing-a-long: America the Beautiful

JOIN MICHELLE, LAUREN AND MEG AS WE BELT OUT SOME TUNES. THIS MONTHS THEME IS AMERICA. WEAR YOUR RED WHITE AND BLUE AND COME SING WITH US



TUESDAY
JULY 19TH
@ 10 AM

Senior Breakfast hosted by Woburn Rotary

TASTY BREAKFAST SERVED UP BY OUR WONDERFUL WOBURN ROATARIANS. PLEASE MAKE SURE TO REGISTER AHEAD OF TIME FOR A SEAT!



FRIDAY
JULY 22ND
@ 11 AM

Ice Cream Social

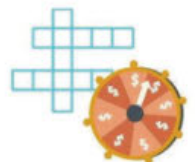
JULY IS NATIONAL ICE CREAM SUNDAE MONTH! JOIN US IN THE GARDEN FOR A SWEET TREAT TO CELEBRATE!



TUESDAY
JULY 26TH
@ 11 AM

Wheel of Fortune

TEST YOUR LUCK WITH SOME PATRIOTIC PUZZLES!





ON-GOING PROGRAMS AND INFORMATION



UPCOMING MEETINGS

Council on Aging Board Meeting	Tuesday 7/5	10 AM
Friends Helping Seniors Board Meeting	Thursday 7/7	10 AM

HEALTH AND WELLNESS

Blood Pressure Clinic with RN Diane Doherty	Tuesday 7/5 & 7/12	10 AM
Prescription Drug Return with Woburn Police Dept	3rd Wednesday 7/20	10 AM
Therapy Dogs Stella and Buddy	Wednesdays	12 PM
Podiatry Clinic with Dr. Ruhl. Cost is \$35	By appointment	

CREATIVE AND CRAFTY

Knit Wits —Knitters and Crocheters of all levels welcome!	Tuesdays 10 AM
Crafty Bunch — Designated crafting time, bring a project or start a new one.	Tuesdays 1 PM
Garden Club —Bring your creative cultivating ideas to the center!	Wednesdays 9:30 AM
Wood Carving — Expert Woodcarvers on hand to provide guidance , all levels welcome.	Wednesdays 1 PM
Art Class —Led by Instructor Steve Greco, bring your ideas and creativity— See instructor for class fee.	Thursdays 1PM
Bulletin Board Club — Be our decorating committee and help our bulletin boards come to life each month.	Fridays 10 AM
Book Club —Next Meeting on 7/12 will be discussing American Dirt by Jeanine Cummings, see page 14 for a description of next months book.	2nd Tuesday 1 PM
SING-A-LONGS — Warm up those pipes and come sing with us!	Thursdays 11 AM

CARDS AND 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		



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, MASSAGES, 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.

GENTLE YOGA TO STRETCH, STRENGTHEN AND RELAX THURSDAY 10:30 AM

GENTLE YOGA FLOW CLASS STRETCHES OUT THOSE TIGHT PLACES, BUILDS STRENGTH, AND RELEASES TENSION. WE USE A CHAIR FOR SEATED POSES AND A MAT FOR STANDING POSES. JOIN THE CLASS TO WORK ON BALANCE AND STRENGTH. NO YOGA EXPERIENCE IS NECESSARY AND BEGINNERS ARE WELCOME. ENJOY THE BENEFITS OF YOGA AND HAVE FUN!

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

I am proud to be an American! This month we celebrate our independence. This country has had many brave fighters, men and women, fighting to make this country their own. They weren't an organized unit of soldiers; they were individuals fighting for what they thought was right. I bet back then there were inhabitants that didn't believe in the cause and understandably frightened by the changes. The fight was not easy on this country, but we persevered! To this day we don't always agree on the direction of this country but the majority rules and we try to adjust to the changes. Some fight the changes with good cause and others just like to fight! My hope is that proud Americans agree that being safe, happy and prosperous are most important. So, this 4th of July as we celebrate our country, I pray that you are safe, happy and healthy. Bring on the fireworks and let's celebrate!



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News you can use..



THERE ARE 3 TOUR COMPANIES OFFERING TRIPS TO WOBURN SENIORS:

- ROYAL TOURS
- BEST OF TIMES
- ALL AROUND NEW ENGLAND

TOUR BINDERS ARE LOCATED IN THE FRONT LOBBY OF THE SENIOR CENTER.

YOU WILL NEED TO SIGN UP DIRECTLY WITH THE TOUR COMPANY AND MAKE PAYMENTS DIRECTLY TO THEM.

PLEASE MAKE SURE YOU ARE AWARE OF THEIR CANCELLATION AND REFUND POLICY AS WELL AS THEIR COVID-19 REQUIREMENTS IF ANY.



Upcoming Trips

ROYAL TOURS- CONTACT STACEY FENERTY 800-213-6180

7/27 - CHER AND BARRY MANILOW TRIBUTE

8/6 - BEAUPORT PRINCESS LOBSTER CRUISE

9/17 - CHARLES RIVER BOAT CRUISE S&S RESTAURANT

BEST OF TIMES- BESTOFTIMESTRAVEL.COM

8/16-8/18 - PENN DUTCH COUNTRT / GETTYSBURG

8/17 - DOOBIE BROTHERS TRIBUTE SHOW

8/19-8/21 - REDS SOX VS BALTIMORE AND US NAVAL ACADEMY

ALL AROUND NEW ENGLAND- CONTACT CHERYL TOBEY 617-846-3841

7/17 - CHER AND BARRY MANILOW TRIBUTE

8/6 - BEAUPORT PRINCESS BOAT CRUISE

9/17 - CHARLES RIVER BOAT CRUISE

August Book Selection

Nothing to See Here- Kevin Wilson



PLEASE FEEL FREE TO REACH ME AT 781-932-1624. OR EMAIL ME AT BARB_BURKE@COMCAST.NET IF YOU HAVE ANY QUESTIONS

LILLIAN AND MADISON WERE UNLIKELY ROOMMATES AND INSEPARABLE FRIENDS AT THEIR ELITE BOARDING SCHOOL. BUT THEN LILLIAN HAD TO LEAVE THE SCHOOL UNEXPECTEDLY IN THE WAKE OF A SCANDAL AND THEY'VE BARELY SPOKEN SINCE. UNTIL NOW, WHEN LILLIAN GETS A LETTER FROM MADISON PLEADING FOR HER HELP. FUNNY AND POIGNANT AT THE SAME TIME

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Owner of Monteforte Law, P.C., Attorney Michael Monteforte, wrote a book based on the costs of long-term care and how to prepare for it. If you or a loved one is applying for long-term care through MassHealth, you need to read this book!

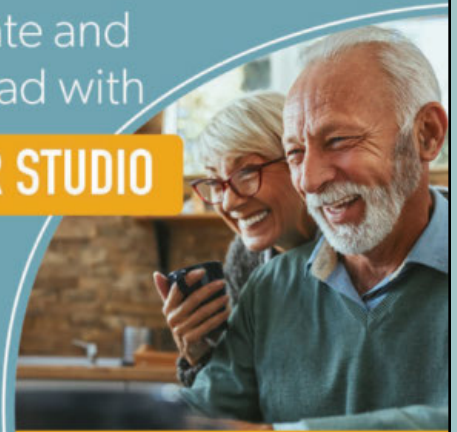


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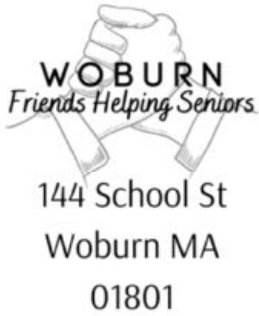
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THE WOBURN SENIOR CENTER WILL BE CLOSED MONDAY
 JULY 4TH IN RECOGNITION OF INDEPENDENCE DAY



MARIE LINGBLOM	DIRECTOR	781-897-5961
LAUREN MCDONALD	PROGRAMS & VOLUNTEERS	781-897-5963
MEG RODRIGUEZ	OUTREACH	781-897-5965
	TRANSPORTATION	781-897-5964





COUNCIL ON AGING

MARGARET CASEY
 ANGELA AMATO
 JACK KELLY
 JOANNE CAHILL
 ROSALIE TRAVELO
 ELLIE COLLINS
 DOT CAPONE



FRIEND HELPING SENIORS

DON OLSON
 JACK KELLY
 DORIS CURRAN
 JOANNE DIMAMBRO


WOBURN SENIOR CENTER

 144 SCHOOL STREET
 WOBURN MA 01801
 781-897-5960


HOURS
 MONDAY-WEDNESDAY
 9AM-4:30PM
 THURSDAY
 9AM-7PM
 FRIDAY
 9AM-1PM