



Old Murdock Senior Center Winchendon Council on Aging

52 Murdock Ave.
Winchendon MA 01475
978-297-155

SENIOR CENTER HOURS

Monday—Thursday
9:00 a.m.—3:00 p.m.
Friday
9:00 a.m.—1:00 p.m.

Senior Center Staff

Sheila Bettro
Director

Jen Niejadlik
Congregate Lunch

David Tavares
Meals on Wheels

Sharon Perkins
Kevin Reidy
Transportation

Art Amenta
Kevin Cormier
General Support

Cindy Knight
Dispatcher

Old Murdock Website:

Email us :
winchendoncoa@gmail.com

July 2021

The mission of the Winchendon Council on Aging is to enrich the lives of the community senior population by providing educational programs, recreational activities, referral and social services assistance and to advocate for our seniors while educating the community of the needs of its elderly.

In the past, many townspeople dismissed the senior center as not being “especially” important to the community.

With the help of so many during the past seventeen months, it has proven to be a beacon of light, support, hope and inspiration to everyone dealing with this stressful situation.

One of the biggest challenges we have had is our number one goal of serving the elder population so that they don’t feel isolated, and that is what the pandemic did for so many. We have remained in touch with a large percentage of our seniors through telephone calls, and other correspondence, including cards, cute notes and emails for those that have email addresses. We make weekly phone calls to ensure that everyone has what they need and a chance to hear a friendly voice. Socializing is what everyone needs as most seniors live for that routine of daily socializing with their friends.

We are at the Center; we ask that you call ahead of time to register for services. We have used over forty volunteers that have helped regularly with different programs, and serving take out meals. The volunteers are what helps to make the senior center a vital and active part of this community.

We would like to thank Growing Places and Heywood Hospital for their non-perishable food items delivered to our Center each week. Without these supplies, we would have been unable to serve our seniors in the way they deserve.

Our food pantry is stocked and we are able to make up grocery bags for those seniors in need. Please call the office so we can get you a grocery bag.

As always, if you have any questions or need help, we’re here for you!

Sheila Bettro
Director
Old Murdock Senior Center

Daily Activities

Wii Bowling	Tuesday, Wednesday, Thursday 9:30
Chair Exercise/Yoga	Monday/Wednesday 9:30
Cards	Thursdays 12:15
BINGO	Wednesdays 12:30
Scrabble	Tuesdays 1:00

Daily Lunch Reservations

Please remember to call the Senior Center at 978-297-3155 one day in advance to reserve a meal.

Congregate lunch is served starting at 11:30 a.m. daily (unless otherwise noted). A voluntary donation of \$3.00 per meal is suggested.

Come Play Cards!

Do you play cribbage? Spades? Bridge? Canasta? Pinochle? Pitch? Perhaps you know how but do not have someone to “play with”. We are looking for more card players to join us on Thursday afternoon just after lunch in the dining room.

Council on Aging Van Information

The COA van is available to Winchendon residents 60+ who are in need of affordable local transportation within Winchendon as well as medical trips to Gardner, Leominster, Fitchburg, Athol, and Worcester. We can also take you to hair appointments, shopping, local banks, or pick you up for lunch at our Center. The van is wheelchair accessible.

To make a reservation, please call the office at 978-297-3155 **one day** in advance. There is **no same day service**. Rides are by **reservation only**. For out of town medical runs, we require **two days** notice for scheduling purposes. For any medical run, your pick up time must be at least 45 minutes before your appointment time. We’ll do our best to get you to your appointment on time. Your return time **may** vary due to unforeseen circumstances (you may have to wait).

For trips to Market Basket, call the office to check availability. Our shopping trips are very popular. Grocery bags are limited to three or less. You also need to be able to manage your own bags. The cost for the trip is \$3.00. Please note that any scheduled event or trip can be cancelled at the director’s discretion. Thank you for your patience and understanding.

Wii Games

Check out our wii system, located in the Community Room! Come bowl, play tennis, or any of the many games available. Don’t know how to use the system? Ask any member of our staff—we’ll be happy to show you!

We also have pool tables, shuffleboard, chair exercise and yoga to keep you in shape!



BINGO IS BACK! Wednesdays, 12:30—2:30
Feel free to bring your own snacks and beverages. There is a \$1.00 per person cover charge.

Friendly Check-In



We are able to make a check in call, send a card, or visit any senior who is unable to visit our Center. Please call us if you know of someone in need of a cheery check-in!

UPCOMING/ON-GOING EVENTS

Indoor Yard Sale

Our indoor Yard Sale is running from July through September, Monday through Thursday from 9 to 2. There are plenty of treasures that need a new home. Perhaps something will strike your fancy!

Yoga with Sue

Join us on Mondays from 10:30 to 11:30 for Yoga with Sue. \$3.00 class fee.



Walking Group

Dust off your sneakers! Our Walking Group starts up Friday mornings at 10. Join us for a walk outside around the Center grounds. The more, the merrier!



Farmer's Market Coupons

Farmer's Market Coupons are in! Stop in at the Center and pick up your packet. Coupons are available Monday through Thursday from 9:00 to 1:00 pm. You must be 60+ and a Winchendon resident. Coupons are income driven:

Single Person	\$1,986.00
Two Adults	\$2,686.00

Any questions, please call the Center office at 978-297-3155.

Insurance Questions??

Come meet with Keith on Mondays starting at 9:00—12:00 to have your insurance questions answered! Please call to make an appointment to sit with Keith.