



WINCHENDON Senior Center

APRIL 2024 NEWSLETTER



The Winchendon Senior Center has been bustling this past month. We've seen a 54% increase in participation in programming at the Center through old and new programming including and essential needs met through the rides and social services provided.

Our Pickle Ball Players have been staying active and filling the building with laughter and cheers as they play. GALA has brought in new art opportunities and Gentle Yoga and Line Dancing are filling up!

This month we were thrilled to welcome Julie Stepanek to teach our first Ukulele class. It was a huge success and she will be back in April and May for bi-weekly classes.

We look forward to showcasing all the wonderful things Old Murdock has to offer in our **“Meet Old Murdock” Open House on May 11th**. Save the Date for this fun, family friendly event with free food, bake sale, yard sale, and activities throughout the building.



Senior Center Hours

Monday - Thursday: 9:00 AM - 2:00 PM
Friday: 9:00 AM - 1:00 PM
Saturday & Sunday: CLOSED

Stay Connected!

- 978-297-3155**
- winchendoncoa@gmail.com**
- facebook.com/oldmurdock**

Our Team

- Director:** Miranda Jennings
- Dispatch:** Jen Niejadlik
- Meals on Wheels:** Art Amenta
- Nutrition Coordinator:** Donna OConnor
- Van Drivers:** Traci Oja & Tom Meehan
- Driver & Clerk:** David Alexander

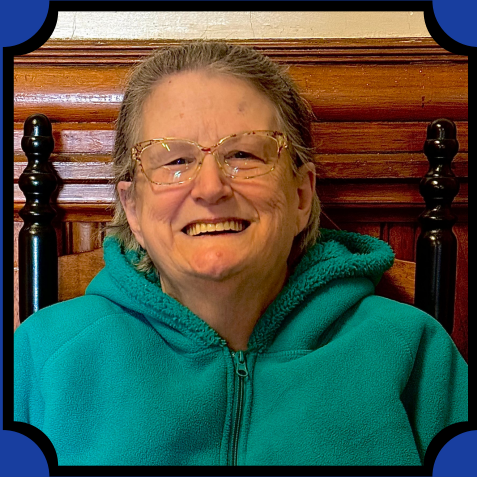
COA Advisory Council:

- Chair:** Judy Mizhir
- Vice Chair:** Gail Casavant
- Secretary:** Diane Alexander
- Members:**
 Nancy Romanowski, Ann Mary Smith, John Webber, Brenda Kosakowski, Lynn Murray, Jean Joyal, Anne Coderre, Mary Linnie, and Phil White.

MEMBER SPOTLIGHT

HAPPY BIRTHDAY

To all our members with birthday this month! We will be having a April birthday celebration on Thursday, April 18.



Jean Bogli

Jean is an active member of the Winchendon Senior Center population who attends regularly and has a happy and delightful personality. She has been Crocheting (and teaching it) and doing other Crafts for 10 years at the Senior Center, and has been volunteering for 12 years! Jean is the baby of her immediate family and has 12 siblings. She also has 3 children, 8 grandchildren and 12 great-grandchildren, with whom she Skypes to Texas to communicate with.

GET INVOLVED

We need volunteers! If you'd like to help out for an hour, a day or on a regular basis please contact us! Individuals and groups welcomed. We can work with you to find the right fit!



SHARE YOUR IDEAS

We want to know what you love at the Senior Center and what else you'd love to see happening here! Contact us and let us know your great ideas.

CALLING ALL LIFE LONG LEARNERS



We are excited to start a Life Long Learning Skill Share program showcasing the skills, talents, and passions of our Seniors and residents, in interactive classes. **Do you have a skill or expertise you'd like to teach others about?** Have you traveled abroad or do you know a lot about a specific topic? We'd love for you to share what you know with our community. We can provide materials, marketing, a small teaching stipend, and help you organize a class or seminar around what you'd like to teach. Examples include: Sewing ~ Crocheting ~ Cooking ~ Photography

VOLUNTEER SHOUT OUT!



Tom Jackson

Tom has come to us after retiring from the Winchendon School system. He worked at 3 of our local schools as a janitor and has many skills which help us with our various projects. He also volunteers at the CAC and is active in his church and Bible Study. Tom likes chess, hiking, the ocean, and being in the outdoors.

If you are interested in volunteering please give us a call!

TRANSPORTATION

LET US HELP YOU GET WHERE YOU NEED TO GO!



LOCAL VAN TRIPS (Medical, Social, Shopping, etc.)
Monday-Friday: 9am-1pm/ \$1 Suggested Donation

OUT OF TOWN MEDICAL RIDES

By appointment only. Costs range from \$5-\$20 depending on distance.

CLARK YMCA SHUTTLE

Monday-Friday: 9am-11am/ \$1 Suggested Donation

GROCERY STORE & SHOPPING TRIPS

Saturdays & Monday's 9am-11am / \$2 Suggested Donation
Rides to Market Basket, Walmart and other stores in Rindge, NH.

Reservations are filled on a first come, first served basis.

When you make your reservation, please let staff know if you need transportation for a wheelchair. ALL rides need at least 48 hour advance notice. Same day rides are NOT available.



PROGRAMS & EVENTS

GET ACTIVE & SOCIALIZE WITH THESE FUN PROGRAMS...



Ukulele Classes : April 12 & 26 at 10am Learn everything you need to know about the basics of play the ukulele in this fun and easy class. No experience needed! Ukulele's will be provided.

Line Dancing with Mary Lee: \$5 per class (suggested donation) Every Tuesday) at 10am. All levels welcome!



Gentle Yoga: \$5 per class (suggested donation). Tuesday's from 11-12pm led by Paula. The class will be accessible to all abilities.

Pickleball: The court is open for drop in games on Monday, Wednesday, Thursday and Fridays from 9-1 and Tuesdays: 9-10



Billiards: Three beautiful pool tables are available to use Monday-Friday from 9-1.

SPECIAL PROGRAMS

Photography Class with GALA: This is a two part series. The fee for the class is \$30 for both sessions.

Music with Bob Jordan: Wednesday, April 3rd at 11:00am

Community Concerts: Wednesday, April 24 at 12:00pm
Groton Hill Music Center is hosting a free daytime concerts. This month's concert is The Gospel Connection.

Make your own Spring Wreath: Friday, April 19 at 10:30am
Make your own Spring Wreath to take home with Jenn Beal

Tile Design Class: April 16 at 10:30am Paint tiles with Jean Bogli, all supplies provided. Paint a tile to take home or beautify the senior center!

Meet you State Rep and Senior Tax Credit Awareness: April 5 at 10:30am
Have Breakfast with your State Representative John Zlotnik and learn about the Senior Tax Credit that you may be eligible for!

Golden Pagers Book Club: Monday, May 13 and May 20
Golden Pagers Book Club welcomes book lovers to share their passion for literature and meaningful discussion about a variety of selections. Each book we read will be followed by a movie screening.

This Month's Book: A Dog's Purpose by W. Bruce Cameron
Copies available at the Beals Memorial Library and Senior Center.

Classic Movie Matinee: Monthly movie showings at the Beals Library. The next one is Wed, April 17 at 12:30 pm. Reserve a ride if needed.

BINGO!

Wednesdays at the Senior Center at 12:30 PM
Every 3rd Thursday at the Winchendon Community Hub (5 SUMMER DRIVE).





WINCHENDON Senior Center

APRIL 2024 EVENT CALENDAR

52 Murdock Ave, Winchendon, MA 01475

978-297-3155

winchendoncoa@gmail.com

facebook.com/oldmurdock

ANNOUNCEMENTS

SAVE THE DATE: "MEET OLD MURDOCK" MAY 11TH

PICKLEBALL JAMBOREE ON 4/24

ELVIS WILL BE IN THE HOUSE ON 4/25

UKULELE CLASS CONTIUES!

3 MOVIE MATINEES OFFERED THIS MONTH!

OTHER HAPPENINGS

Daily Lunches Served at 11:30 AM

Community Concerts:

Wednesday, April 24 at 12:00pm
Groton Hill Music Center is hosting a free daytime concerts. This month's concert is The Gospel Connection.

Classic Movie Matinee:

Monthly movie showings at the Beals Memorial Library. The next one is **Wed, April 17 at 12:30 pm**. If you need a ride to/from give us a call!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Grocery Store Trip 9AM Pickleball 9:30 AM - 1 PM	2 Pickleball 9-10 AM Social Services 9 AM - 12 PM Line Dancing 10:00 AM Yoga 11:00 AM	3 Pickleball 9:30 AM - 1 PM Music w/Bob Jordan 11:30 Bingo 12:30 PM	4 Pickleball 9:30 AM-1 PM	5 Pickleball 9:30 AM Meet Your Rep & Senior Tax Credit Info Session 10:30-11:30 AM	6 Walmart/Market Basket Shopping 9:15 AM
7	8 Grocery Store Trip 9AM Pickleball 9:30 AM - 1 PM Movie Matinee 12 - 2 PM	9 Pickleball 9-10 AM Social Services 9 AM - 12 PM Line Dancing 10:00 AM Yoga 11:00 AM	10 Pickleball 9:30 AM - 1 PM Peanut Auction 11:00 AM Integrity Medicare Meet & Greet 10:30 - 12:00 Bingo 12:30 PM	11 Pickleball 9:30 AM-1 PM GALA Photography Class 10AM - 12 PM	12 Pickleball 9:30 AM-1 PM Social Services 9 -12 PM Ukulele Class 10-11 AM	13 Walmart/Market Basket Shopping 9:15 AM
14	15 Grocery Store Trip 9AM Pickleball 9:30 AM-1 PM	16 Pickleball 9:30 AM-1 PM Social Services 9 AM - 12 PM Tile Design Class 10AM Yoga 11:00 AM APRIL BIRTHDAY CELEBRATION	17 Pickleball 9:30 AM-1 PM Bingo 12:30 PM Classic Movie Matinee @ Beals Memorial Library at 12:30pm	18 Pickleball 9:30 AM-1 PM	19 Pickleball 9:30 AM-1 PM Social Services 9 -12 PM Spring Wreath Making Class 10:30 AM - 12:30 PM	20 Walmart/Market Basket Shopping 9:15 AM
21	22 Grocery Store Trip 9AM Pickleball 9:30 AM-1 PM Movie Matinee 12 - 2 PM	23 Pickleball 9:30 AM-1 PM Social Services 9 AM - 12 PM Yoga 11:00 AM Probate Planning 11 AM	24 TRIP: Groton Hill Music Concert 10AM -4PM Pickleball Jamboree 9:30 AM - 1:30 PM Integrity Medicare Meet & Greet 10:30 - 12:00 Bingo 12:30 PM	25 Pickleball 9:30 AM Bingo @ The Hub 6 PM Elvis & Hits from the 50's with Denis Cormier 11AM - 12PM APRIL BIRTHDAY CELEBRATION	26 Pickleball 9:30 AM Social Services 9 - 12 PM Ukulele Class 10-11 AM Trivia Night at the Hub 7-9PM	27 Walmart/Market Basket Shopping 9:15 AM Wyndonshire Renaissance Faire *SHUTTLE AVAILABLE* 11AM - 7PM
28 Wyndonshire Renaissance Faire *SHUTTLE AVAILABLE* 11AM - 7PM	29 Grocery Store Trip 9AM Pickleball 9:30 AM-1 PM	30 Pickleball 9:30 AM-1 PM Social Services 9 AM - 12 PM Yoga 11:00 AM				