



# OLD MURDOCK Senior Center

## Newsletter

FEBRUARY, 2024

### FEELIN' THE LOVE AT OLD MURDOCK

This new year has marked several big changes for Old Murdock including the retirements of our beloved Director, Sheila Bettro; Dispatcher, Cindy Knight; and Art Amenta Jr. However, with many new staff members and programs, one thing remains the same: the love you feel when you visit the Senior Center! You can feel it when you walk in and are greeted warmly, or hear it in the laughter and cheers on the pickleball court, and of course at our daily congregate lunches where you'll always get a "Love Ya" from Bill. If you haven't been to the Senior Center yet, or it's been a while please stop by!



'Arch of Beauty' by Winchendon Senior Center Staff and Photographer David Alexander

**CONTACT US:**  
52 MURDOCK AVE  
WINCHENDON, MA 01475

CALL US: 978-297-3155

**EMAIL US:**  
WINCHENDONCOA@GMAIL.COM

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FOR THE MOST UP-TO-DATE  
NEWS:  
[HTTPS://WWW.FACEBOOK.COM/OLD  
MURDOCK](https://www.facebook.com/oldmurdock)

**HOURS:**  
MON-THURS | 9:00 A.M. TO 2:00  
P.M.  
FRIDAYS | 9:00 A.M. TO 1:00 P.M.

#### 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:**  
Judy Mizhir (Chair)  
Gail Casavant (Vice Chair)  
Diane Alexander (Secretary)  
Nancy Romanowski, Ann Mary  
Smith, John Webber, Brenda  
Kosakowski, Lynn Murray, Jean  
Joyal, Anne Coderre, Mary  
Lynn, Phil White

# MEMBER SPOTLIGHT



**LARRY BOND**

Larry has been a member of the Senior Center for over seven years and comes to the center almost every day! You may not have met him in person, but if you've been here you have definitely seen the beautiful puzzles he makes and sells to raise money for the Senior Center. His favorite thing about the Senior Center is the "nice people and community."

Larry is an active volunteer and has prepared hundreds of community meals for different organizations and charities including the CAC. Thank you Larry!

## VOLUNTEER SHOUT OUT!



Rita Amenta has been volunteering for over 20 years since the Senior Center opened helping out in many different capacities. Since 2008 Rita has volunteered almost daily helping in the kitchen preparing congregate meals and meals on wheels. What Rita enjoys most is spending time talking to the members and making others smile and laugh, especially those that might not have someone at home to talk to. **Thank you Rita** for your dedicated service and for the kindness and joy you bring to all of us!

# HAPPY BIRTHDAY

To all of our members with birthdays this month!

## GET INVOLVED

We need volunteers! If you'd like to help out for an hour, a day or on a regular basis please give us a call or email! 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! We are conducting an interest survey through the month of February. Paper copies are available at the Senior Center or you can fill it out online using the QR code:



## 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 ~ Birding ~ Crocheting ~ Cooking ~ Photography



# PROGRAMS & RECREATION

## GET ACTIVE & SOCIALIZE WITH THESE FUN PROGRAMS...

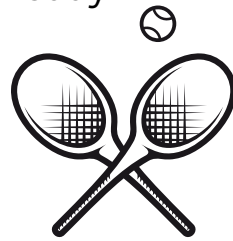
**Line Dancing with Mary Lee:** \$5 per class (suggested donation) Every Tuesday in February from 10-11am. All levels welcome!

**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.



**Cards:** Card table are available on the second floor in the game room, or play in the dining room!



## SPECIAL PROGRAMS

**Community Lunches:** Daily Mon-Fri 11:30-12:30. \$3 Suggested Donation.

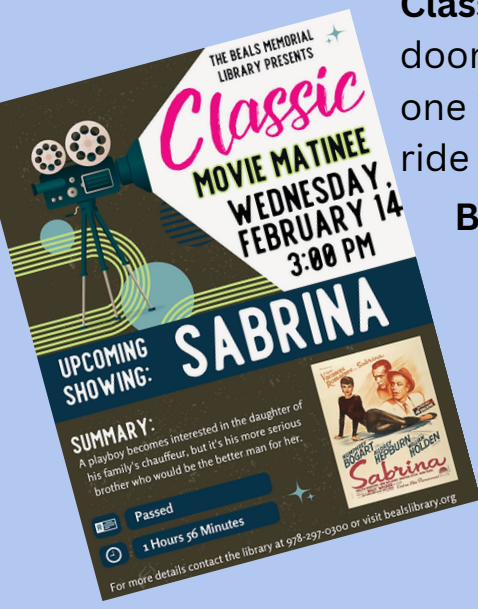
**Music with Bob Jordan:** Wednesday, Feb 7th at 11am

**Songs of Yesteryear with Dennis Cormier:** Monday, Feb 26 at 11am. Join us in the dining hall for some classic hits of Elvis and Willie Nelson. Complementary coffee and pastries.

**Classic Movies:** Monthly classics show next door at the Beal's Memorial Library. The next one is Wed, Feb 14th @ 3pm. If you need a ride to/from give us a call!

### BINGO!

- Every Wednesday at the Senior Center @ 12:30
- Every 3rd Thursday at the Winchendon Community Hub (5 Summer Drive).





# SERVICES & TRANSPORTATION



## SNAP REGISTRATION

You may qualify for the Supplemental Nutrition Assistance Program to receive financial support to purchase food each month. Through a DTA certified staff we can sign you up right at the Senior Center. Call to make an appointment.

## FOOD PANTRY- DELIVERIES AVAILABLE

The Senior Center has a small food pantry for members to access free of charge when needed.

If you are in need of additional food with produce, meats and dairy we can connect you with the Winchendon CAC for weekly in-person food pantry pick ups or home deliveries. If you need a ride to the CAC food pantry please call the Senior Center.

## SHINE Medicare Counseling

(Appointment Only) 3rd Wednesday of the month. Certified counselors are available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. To make an appointment call the Winchendon Senior Center.

## MEALS ON WHEELS

MOC's Meals on Wheels program provides home delivered meals to elders who need help preparing their meals. Hot, cold or frozen meals are available in ready to eat microwavable containers. All meals include entree, bread, fruit, and milk. Call the Senior Center for more information to sign up.

## LET US HELP GET YOU WHERE YOU NEED TO GO!

### LOCAL VAN TRIPS

Medical, Social, Shopping  
M-F: 9-1pm/ \$1 Suggested Donation

### OUT OF TOWN MEDICAL RIDES:

By appointment only. Cost ranges from \$5-\$20 depending on distance.

### CLARK YMCA SHUTTLE

*M-F: 9-11am/ \$1 Suggested Donation*  
Looking to workout or use the facilities at the Clark YMCA? The Senior Center provides transportation to/from the YMCA every morning. To schedule a ride call the Senior Center at 978-297-3155.

### GROCERY STORE & SHOPPING TRIPS:

*Saturdays 9-11 / \$2 Suggested Donation*  
Rides for food shopping at Market Basket, Walmart and other stores in the area in Rindge, NH as the schedule allows. To schedule a ride call the Senior Center at 978-297-3155.

**Reservations are filled on a first come, first served basis. When you make your reservation, please let staff know if you are transported by a wheelchair. Please give us at least 48 hour advanced notice for ALL van rides.**

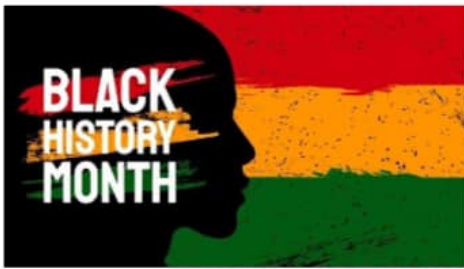
**Rides for doctors appointments should be booked as soon as the doctor's appointment is made, up to 6 months out. Same day rides are NOT available.**

## SOCIAL SERVICE ONE-ON-ONE APPOINTMENTS:

If you are struggling financially, emotionally or in other ways please reach out. We offer wrap-around service coordination and one-on-one appointments with Community Health Workers and Financial Coaches to connect you with resources including Fuel Assistance, Housing, Health Care, Mental Health support and other resources.

**CALL 978-297-3155 to book an appointment**

**WE ALL FALL ON HARD TIMES. IF YOU ARE STRUGGLING PLEASE REACH OUT.**



Black History Month February 2024



Groundhog Day February 2<sup>nd</sup>



National Periodic Table Day February 7<sup>th</sup>

# Old Murdock Winchendon Senior Center

978-297-3155

# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pickleball 9:30  Dark Chocolate Day	2 Pickleball 9:30  World Wetlands Day	3 Walmart/MktBskt Shopping 9:15  The Day the Music Died
4  Farmer's Day	5 Pickleball 9:30  National Weatherperson's Day	6 Pickleball 9:30 Crochet 9:00 Line Dancing 10:00  National Frozen Yogurt Day	7 Pickleball 9:30 Bingo-12:30 Bob Jordan 11:00 Youth Change Makers 3:00-5:00  National Periodic Table Day	8 Pickleball 9:30  National Kite Flying Day	9 Pickleball 9:30  Read in the Bathtub Day	10 Walmart/MktBskt Shopping 9:15  Chinese New Year
11  International Day of Women & Girls in Science	12 Pickleball 9:30  Darwin Day	13 Pickleball 9:30 Crochet 9:00 Line Dancing 10:00 Yoga 11:00  Mardi Gras	14 Pickleball 9:30 Bingo-12:30 Youth Change Makers 3:00-5:00  Read to Your Child Day	15 Pickleball 9:30  Susan B. Anthony Day	16 Pickleball 9:30  Elizabeth Peratrovich Day	17 Walmart/MktBskt Shopping 9:15  Random Acts of Kindness Day
18  World Whale Day	19 Pickleball 9:30  President's Day	20 Pickleball 9:30 Crochet 9:00 Line Dancing 10:00  National Student Volunteer Day	21 Pickleball 9:30 SHINE by Appt. Bingo-12:30 Youth Change Makers 3:00-5:00  Language Day	22 Pickleball 9:30  National Chili Day	23 Pickleball 9:30  Curling is Cool Day	24 Walmart/MktBskt Shopping 9:15  World Bartender Day
25  Let's All Eat Right Day	26 Pickleball 9:30 Dennis Cormier 11:00  For Pete's Sake Day	27 Pickleball 9:30 Crochet 9:00 Athol Marketplace Shopping 9:15 Line Dancing 10:00 Yoga 11:00  International Polar Bear Day	28 Pickleball 9:30 Bingo -12:30 Youth Change Makers 3:00-5:00  National Science Day	29 Pickleball 9:30  Digital Learning Day		
			SHINE Medicare information - 3 <sup>rd</sup> Wednesday - call for appointment	Other Happenings Daily Lunches served at 11:30	Other Happenings Pickleball 9:30-12:30 Wii games on our new TV	Other Happenings Shuffleboard Pool (table not water)



# Home Delivered Meals

Menu subject to change

February 2024

To Cancel or Resume meals please call: (978) 297-3155

Asterisk Indicates the item is >500 mg Sodium

Nutrition Questions: call Alex Welch RD at 978-868-6081

Suggested voluntary donation: \$3.00

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>Menu Tip:</b> To reduce the Sodium in a meal, save the bread, milk and baked dessert for later in the day.  To reduce the carbohydrate in a meal, save the bread, milk and dessert for later in the day.									<b>1 Ham*(950)</b> Diet: Rst Pork/Gravy Au Gratin Pot(145) Reg: Brd Pudding(190) Diet: Warm Apples LS WW Bread (0) Garden Salad (35)			<b>2 Macaroni &amp; Cheese* (815)</b> Peas (60) Oat Bread (150) Orange (0)		
									Cal	Carb	Na	Cal	Carb	Na
									880	140	1485	735	125	1200
<b>5 BBQ Pulled Pork* (530)</b> Corn & Red Peppers (5) Rst Butternut(20) Roll (250) Applesauce (15)			<b>6 Country Breaded Chicken*(570)</b> Whip Potato (110) Cr. Spinach(220) LS Bread (0) Chilled Fruit (5)			<b>7. Chicken Scampi (460)</b> Pasta (5) Veg Blend (15) Garlic Roll (240) Cake (175) Diet: Dessert			<b>8 Turkey &amp; Sweet Potato Chili*(540)</b> Green Beans (5) WW Bread (165) Yogurt (75) Juice (0)			<b>9 Honey Garlic Salmon (95)</b> Brown Rice (25) Br. Sprouts (15) MG Bread (150) Chilled Fruit (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
630	90	950	755	90	1080	790	95	1175	580	95	830	730	95	460
<b>12 Yankee Pot Roast*(565)</b> Beets (140) Whip Potato (115) WW Bread (165) Pineapple (5)			<b>13 Hot Dog*(540)</b> Baked Beans (140) Coleslaw (45) Roll (250) Warm Pears (5)			<b>14 Ravioli &amp; Marinara*(510)</b> Zucchini (10) Vienna Bread (140) Mandarins (5)			<b>15 Turkey Cobb Salad*(705)</b> Potato Salad (100) Pita Bread (160) Gelatin (65)			<b>16 Breaded Fish (190)</b> Veg Rice (90) Broccoli (30) MG Bread (150) Cookie (60)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
570	75	1160	800	100	1245	675	90	955	785	105	1025	800	120	705
 <b>19</b> No Meals Delivered			<b>20 Turkey w/Gravy* (765)</b> Butternut (25) Br. Sprouts (15) LS WW Bread (0) Applesauce (0)			<b>21 Chicken Cacciatore (420)</b> Risotto (110) Veg Blend (20) Oat Bread (150) Cookie (60)			<b>22 Beef &amp; (245) Vegetable Stew</b> Whip Potato (110) Cornbread (235) Fresh Fruit (5)			<b>23 Spinach Lasagna*(540)</b> Zucchini (10) WW Roll (180) Mandarins (5)		
			Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
			595			660			730			710		
<b>26 Meatloaf w/Gravy (210)</b> Whip Potato (110) Peas (60) Oat Bread (150) Pudding (190)			<b>27 Stuffed Shells w/ Marinara*(585)</b> Broccoli (30) WW Roll (180) Chilled Fruit (5)			<b>28 Turkey (475)</b> Cranberry Salad Garden Salad(150) Butternut (10) Pita Bread (160) Chilled Fruit (5)			<b>29 Chicken Kiev (410)</b> Sweet Potato (45) Beets (140) MG Bread (150) Pineapple (5)			Meals include: 8 oz 1% Milk Providing 110 Calories 125 mg Sodium		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na			
785	95	895	645	95	1085	465	60	930	775	85	935			

Funded by Title III Funds of the Older Americans Act through the Central Mass Area Agency on Aging and Mass EOE, State Elder Lunch, Town, and participant donations  
 Nashoba Valley meal services are made possible in part by a grant from the Community Foundation of North Central MA.