



# WINCHENDON Senior Center

## MARCH 2024 NEWSLETTER

### NEW PROGRAMS & SERVICES SPRINGING UP AT THE SENIOR CENTER

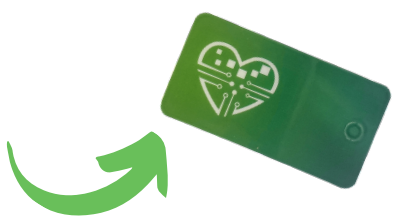
It's almost Spring and we are seeing many new programs and opportunities blossoming here at Old Murdock thanks to the support and interest we've gotten from our members and residents.

If you've been to the center recently, we have launched the My Senior Center platform with key fobs for all members. Please come by and get yours! Lunches are always available and we are happy to report that the numbers are growing. We had two fantastic concerts from Bob Jordan and Denis Cormier who shared some folk music and classic Elvis & Willie Nelson tunes.

This month, we have begun offering: social service one-on-one appointments (SNAP, emergency assistance, etc.) just for seniors two days a week; we will have our first Ukulele group class on March 21st; Jean Bogli will continue her crocheting classes; Patty Delay is launching a "Golden Pager Book Club;" Integrity Medicare is hosting weekly "Breakfast Before Bingo workshops;" grocery store trips will expand to two days a week; Paula is continuing Yoga; GALA will be offering art classes and Art 'n Gogh drop in art time and so much more!

If YOU have any ideas for services, classes or programs you would like to take OR teach please don't hesitate to reach out to us. We are eager to buildout a Life-Long Learning Skillshare program!

**CALL OR COME BY AND  
SIGN UP TO BE A MEMBER  
& GET YOUR KEY FOB!**



### 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 Lynnne, and Phil White.

# MEMBER SPOTLIGHT



## Arthur Mowry

Arthur is the Senior Center's answer to Minnesota Fats and that pool-shootin' boy named Willie McCoy. He's got his own two-piece, custom made pool cue and he loves to play the game. He can be recognized by his cowboy hat (not shown) and grizzled beard. Arthur has been coming to the Senior Center for over 5 years and is a regular for lunch and conversation. You might be surprised by what you can learn from Arthur if you take the time to get to know him.

# VOLUNTEER SHOUT OUT!



## Diane Alexander

Diane (the taller of the 2 in the picture) has been a volunteer for around 5 years and started serving in the kitchen, pre-covid. She also doubles as a Meals-On-Wheels delivery driver and is beloved by all she comes in contact with. She's married with 2 grown daughters and 4 grandsons. She loves Concerts and Plays, the Summer and gardening, volunteering at the Senior Center, and is also the Secretary for the COA. She's quite an accomplished lady - come meet her!

# HAPPY BIRTHDAY

To all our members with birthday this month! We will be having a March birthday celebration on Thursday, March 15.

## 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

## 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 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...

**Line Dancing with Mary Lee:** \$5 per class (suggested donation) Every Tuesday (EXCEPT March 12, 19 and 26) from 10-11am. All levels welcome!

**Gentle Yoga:** \$5 per class (suggested donation). Tuesday's (EXCEPT March 5th) 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

**Make Your Own Greeting Card Workshop with GALA:** Create your own custom greeting cards with the support of artists from GALA. March 28th from 10:30-12pm. FREE of charge.

**Breakfast Before Bingo:** Integrity Medicare is hosting free breakfasts from 10:30 - 11:30 along with workshops on Medicare for Seniors.



**Art 'n Gogh:** A Drop in art and social gathering time. You can bring your own art to work on or use the available art supplies here! Come meet new artists and friends. Coffee and tea available.

**Learn to Play the Ukulele:** March 21st at 10:00am. 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.

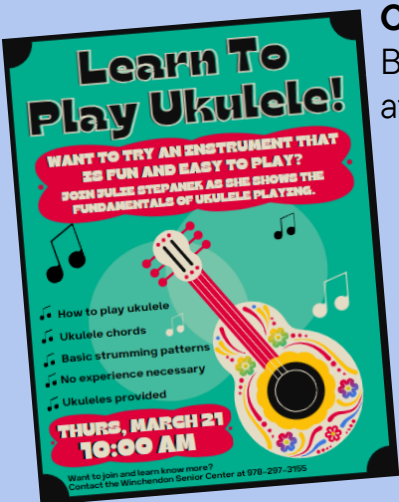
**Music with Bob Jordan:** Wednesday, March 20th at 11:30am

**Classic Movies:** Monthly classics show next door at the Beals Memorial Library. The next one is Wed, March 13th at 12:30 pm. If you need a ride to/from give us a call!

**Easter Egg Hunt Helpers:** March 7 at 11:30 PM- Help fill Easter Eggs for the Town Easter Egg Hunt!

### BINGO!

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





# WINCHENDON Senior Center

## MARCH 2024 EVENT CALENDAR

52 Murdock Ave, Winchendon, MA 01475

978-297-3155

winchendoncoa@gmail.com

facebook.com/oldmurdock

### ANNOUNCEMENTS

 NO YOGA ON MARCH 5

 NO LINE DANCING MARCH 12, 19 & 26  
(WILL RESUME IN APRIL)

 PICKLEBALL M/W/R/F 9:30-1PM  
TUESDAYS 9-10 EXCEPT FOR  
MARCH 1-5TH DUE TO ELECTIONS

### OTHER HAPPENINGS
















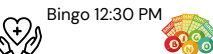







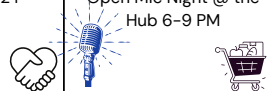
Daily Lunches Served at 11:30 AM



PRIMARY ELECTION VOTING  
MARCH 5th, 7am-8pm



Golden Pagers Book Club Starting  
in April with A Dogs Purpose

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sign up online for programs here! </p> 					1 Red Cross Emergency Preparedness Training 11AM 	2
3	4	<p>5 <b>PRIMARY ELECTIONS: 7AM-8PM</b> Social Services 9 AM - 12 PM Crochet &amp; Crafting 9:30AM Line Dancing 10:00 AM</p> 	<p>6 Pickleball 9:30 AM - 1 PM Breakfast Before Bingo with Integrity Medicare 10:30am Bingo 12:30 PM</p> 	<p>7 Pickleball 9:30 AM-1 PM Grocery Store Trip 9AM Easter Egg Hunt Helpers @ 11:30pm</p> 	<p>8 COVID 19 Vaccine Clinic 11AM - 1PM Pickleball 9:30 AM-1 PM Social Services 9 -12 PM</p> 	<p>9 Walmart/Market Basket Shopping 9:15 AM</p> 
10	<p>11 Pickleball 9:30 AM-1 PM Tile Painting 10:30AM</p> 	<p>12 Pickleball 9:30 AM-1 PM Social Services 9 AM - 12 PM Crochet &amp; Crafting 9:30AM Yoga 11:00 AM</p> 	<p>13 Pickleball 9:30 AM - 1 PM Breakfast Before Bingo with Integrity Medicare 10:30am Music w/Bob Jordan 11:30 Bingo 12:30 PM</p> 	<p>14 Art 'n Gogh 10:30-2PM Grocery Store Trip 9AM Pickleball 9:30 AM-1 PM</p> 	<p>15 Pickleball 9:30 AM-1 PM Social Services 9 -12 PM March BIRTHDAY CELEBRATIONS!!</p> 	<p>16 Walmart/Market Basket Shopping 9:15 AM</p> 
17	<p>18 Pickleball 9:30 AM-1 PM</p>	<p>19 Pickleball 9:30 AM-1 PM Social Services 9 AM - 12 PM Crochet &amp; Crafting 9:30AM Yoga 11:00 AM</p> 	<p>20 SHINE 9AM - 12 PM Pickleball 9:30 AM Peanut Auction 11:00 AM Breakfast Before Bingo with Integrity Medicare 10:30am Bingo 12:30 PM</p> 	<p>21 Grocery Store Trip 9AM Pickleball 9:30 AM Ukulele Class 10:00AM Bingo @ The Hub 6 PM</p> 	<p>22 Pickleball 9:30 AM Social Services 9 - 12 PM Red Cross Emergency Preparedness Training 11AM</p> 	<p>23 Walmart/Market Basket Shopping 9:15 AM</p> 
24	<p>25 FRESH BOX DISTRIBUTION Grocery Store Trip 10AM Pickleball 9:30 AM-1 PM</p> 	<p>26 Pickleball 9:30 AM-1 PM Social Services 9 AM - 12 PM Crochet &amp; Crafting 9:30AM Yoga 11:00 AM</p> 	<p>27 Pickleball 9:30 AM-1 PM Breakfast Before Bingo with Integrity Medicare 10:30am Bingo 12:30 PM</p> 	<p>28 Grocery Store Trip 9AM Pickleball 9:30 AM-1 PM Greeting Card Workshop 10:30-12pm</p> 	<p>29 Pickleball 9:30 AM-1 PM Social Services 9 - 12 P</p>	<p>30 Walmart/Market Basket Shopping 9:15 AM Open Mic Night @ the Hub 6-9 PM</p> 

**FREE Upcoming Senior Trip to Groton Hill Music Center**  
Lunch Included | April 23rd 10-4pm. Sign up ASAP as Spots are limited.  
Call or Sign up online using QR Code above.