

52 Murdock Ave.  
Winchendon MA 01475  
978-297-3155

### SENIOR CENTER HOURS

Monday—Thursday

9:00 a.m.—2:00 p.m.

Friday

9:00 a.m.—1:00 p.m.

### Senior Center Staff

**Sheila Bettro**

Director

**Jen Niejadlik**

Congregate Lunch

**Art Amenta, III**

Meals on Wheels

**Joe Bettro**

**Mike Dellechiaie**

Transportation

**Art Amenta, Jr.**

**Kevin Cormier**

General Support

**Cindy Knight**

Dispatcher

**David Alexander**

Clerk / Driver

**Old Murdock on Facebook**

<https://www.facebook.com/oldmurdock>

Email us at

[winchendoncoa@gmail.com](mailto:winchendoncoa@gmail.com)

# Winchendon Senior Center Newsletter

The purpose of a Senior Center is to help seniors stay active both mentally and physically, since staying active is the key to healthy aging.

The Mission of the Winchendon Senior Center 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 on the needs of its elderly.

### At the Winchendon Senior Center we offer

- A large dining room for congregate meals and other activities (bingo, entertainment shows, games, classes, etc.)
- A fitness room with workout equipment
- A Community Room for working on jig-saw puzzles (we have hundreds, and you can take them home to work on too), Wii bowling and other games, reading, watching TV, or just relaxing and visiting
- Pickleball, and a billiards room
- Periodic activities
- Transportation To/From meals, Medical appointments, Shopping trips, etc.
- A food pantry and a clothes closet
- Information Resources for Nursing Home Care, In-Home Care & House-keeping services

### We help with many issues facing our seniors:

- How to live on a fixed income
- Dealing with the rising costs of Housing, Medicine & Health Insurance, & Transportation
- Applications for Fuel Assistance and Food Stamps (SNAP)
- Application help for Home Energy Assistance, Water & Sewer Assistance, and Rental Assistance—available at the Senior Center or at New England Farm Workers' Council, 473 Main St., Fitchburg, (978) 342-4520

The Nutrition Program is funded through the Older Americans Act (OAA). Grants are provided to states to help support nutrition services. In addition, the Program provides a range of services including nutritional screening, assessment, supportive in-home and community based support (home makers, home health aid services), transportation, chronic disease self management programs, home repair and modification, and fall prevention programs.

Eligibility for these programs is age and income dependent. The Program serves frail, home bound, or isolated individuals who are 60 and older.

The benefits of this program include:

- Reducing hunger
- Promoting socialization of older individuals
- Promoting the health and well-being of older individuals
- Allowing elders to remain in their homes longer

Home delivered meals are often the first in-home services that an older adult receives. This program is a primary access point for other home and community based services.

February 2023

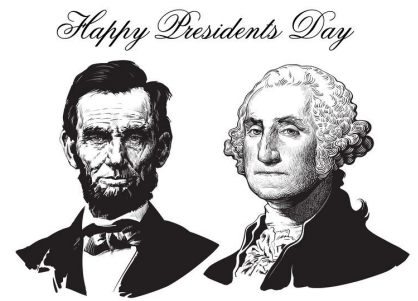
As always, if you have any questions or need help, we're here for you!



Groundhog Day - February 2nd



Valentine's Day - February 14th



Presidents Day February 20th

# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bingo—12:30	2	3	4
5	6 Rindge Shopping 9:15	7	8 Bob Jordan 11:00 Peanut Auction 11:00 Bingo—12:30	9	10	11
12	13	14 Cake Auction 12:15	15 <b>Vaccine Clinic ***</b> <b>9:00-12:00</b> SHINE by Appt. Bingo—12:30	16	17 Everyone's Birthday 11:00	18
19	20 <b>Closed</b>	21	22 Rindge Shopping 9:15 Bingo—12:30	23	24	25
26	27	28 Hosted Pizza Party 11:30 RSVP by 2/17 978-297-3155				
<b>*** Vaccine Clinic COVID, Shingles, and Pneumonia vaccine Walk-ins for COVID welcome</b>	<b>*** Vaccine Clinic Registration re- quired by Feb. 8th for shingles and/or pneumonia vaccine 978-602-2356</b>		<b>SHINE Medicare infor- mation- Wednesday Feb 15th—call for appointment</b>			



# Home Delivered Meals

# February 2023

Individual Na+ amts are listed beside each item. Total meal sodium is listed below each meal \* Indicates > 500mg Sodium

Menu Subject to Change Suggested voluntary donation: \$3.00

	Wednesday 2/1/2023		Na+	Thursday 2/2/2023		Na+	Friday 2/3/2023		Na+
	Pollock Square	330		Pork Rib Patty	470		Beef Broccoli Stir Fry	596	
	Whipped Potatoes	126		BBQ Sauce	219		Rice	4	
	Honey Glazed Carrots	70		Sweet Potatoes	6		Japanese Vegetable Blend	68	
	Vienna Bread	109		Whole Kernel Corn	5		Oatmeal Bread	150	
	Chocolate Chip Cookie	130		Hamburger Bun	250		Mandarin Oranges	10	
	Milk	132		Applesauce	2		Fortune Cookie	9	
				Milk	132		Milk	132	

Total Sodium (mg): 896 Total Sodium (mg): 1084 Total Sodium (mg): 968

Calories: 676 Calories: 721 Calories: 761

Monday 2/6/2023	Na+	Tuesday 2/7/2023	Na+	Wednesday 2/8/2023	Na+	Thursday 2/9/2023	Na+	Friday 2/10/2023	Na+
Breaded Chicken	430	American Beef Chop Suey	225	Pork Roast	43	Turkey Salad w/Cranberries	597	Pasta & Fagioli	354
Basil Parmesan Cream Sauce	200	Zucchini	6	Hot Spiced Apples	2	Green Bean Salad	115	Broccoli	36
Whipped Potatoes	126	Cornbread Loaf	180	Butternut Squash	29	Orzo Spinach Salad	48	WG Dinner Roll	180
Capri Vegetable Blend	19	Apricots	6	Bread Pudding w/Raisins	102	WW Pita Bread	158	Seasonal Fruit	1
Oatmeal Bread	150	Milk	132	Garden Salad	15	Fruited Yogurt	45	Milk	132
Pears	7			WG Dinner Roll	180	Apple Juice	5		
Milk	132			Milk	132				

Total Sodium (mg): 1065 Total Sodium (mg): 548 Total Sodium (mg): 503 Total Sodium (mg): 967 Total Sodium (mg): 703

Calories: 653 Calories: 682 Calories: 807 Calories: 529 Calories: 792

Monday 2/13/2023	Na+	Tuesday 2/14/2023	Na+	Wednesday 2/15/2023	Na+	Thursday 2/16/2023	Na+	Friday 2/17/2023	Na+
Hot Dog	344	Chicken Scampi	301	HIGH SODIUM DAY		Macaroni & Cheese	786	Meatloaf	275
Baked Beans	360	Cavatappi Pasta	9	Turkey Breast*	655	Green Peas	7	Brown Gravy	147
Whole Kernel Corn	5	Capri Vegetable Blend	19	Poultry Gravy	121	Oatmeal Bread	150	Sweet Potato Puffs	203
Hot Dog Bun	250	WG Dinner Roll	180	Whipped Potatoes	126	Seasonal Fruit	1	Diced Beets	149
Milk	132	Sugar Cookie	150	Sliced Carrots	64	Milk	132	Biscuit	267
		Milk	132	Multi Grain Bread	150			Vanilla Pudding	194
				Applesauce	2			Milk	132
				Milk	132				

Total Sodium (mg): 1090 Total Sodium (mg): 791 Total Sodium (mg): 1249 Total Sodium (mg): 1075 Total Sodium (mg): 1366

Calories: 627 Calories: 764 Calories: 542 Calories: 598 Calories: 856

Monday 2/13/2023	Na+	Tuesday 2/21/2023	Na+	Wednesday 2/22/2023	Na+	Thursday 2/23/2023	Na+	Friday 2/24/2023	Na+
		Steak Fajita	361	Cheese Lasagna	350	Marsala Chicken	380	Frittata w/Peppers/Onions	190
		Black Beans	156	Spinach Alfredo Sauce	305	Parmesan Risotto	188	Hot Spiced Fruit	8
		Yellow Rice	38	California Vegetable Blend	21	Zucchini	28	Oven Roasted Potatoes	5
		Diced Peaches	4	WG Dinner Roll	180	Oatmeal Bread	150	Spinach Salad	19
		Flour Tortilla	141	Seasonal Fruit	1	Cupcake	140	Blueberry Muffin	129
		Milk	132	Milk	132	Milk	132	Milk	132

No Meals Delivered Total Sodium (mg): 833 Total Sodium (mg): 989 Total Sodium (mg): 1026 Total Sodium (mg): 482

Calories: 735 Calories: 514 Calories: 722 Calories: 753

Monday 2/27/2023	Na+	Tuesday 2/28/2023	Na+	<u>Menu Information:</u>					
Beef Stroganoff	220	Chicken Meatballs	200						
Egg Noodles	47	Sweet & Sour Sauce	141						
Capri Vegetable Blend	19	Brown Rice	195						
Wheat Bread	165	Green Beans	5						
Chocolate Chip Cookie	130	Multi-Grain Bread	150						
Milk	132	Pears	7						
		Milk	132						
Total Sodium (mg): 713		Total Sodium (mg): 830							
Calories: 732		Calories: 679							

Reduce the Carbohydrate content of any meal by saving the Bread, Milk and/or Dessert for a snack later in the day.

Reduce the Sodium content of any meal by saving the Bread, Milk & Non-Fruit Dessert for the following lighter meal

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

Nutrition Questions? Contact Alex Welch, RD at awelch@mocinc.org 987-868-6081

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.

# **ON-GOING & UPCOMING EVENTS**

## **Daily Lunches**

Congregate lunch is served starting at 11:30 a.m. daily (unless otherwise noted). A voluntary donation of \$3.00 per meal is suggested. **Please remember** to call the Senior Center at 978-297-3155 one day in advance to reserve a meal.

## **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 just after lunch in the dining room.

## **COA Van Information**

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

**Rides are by reservation only.** To make a reservation, please call the office at 978-297-3155 one day in advance. There is no same day service. **For out of town medical runs, we require seven (7) days notice for scheduling purposes.** For any medical run, your pick up time must be at least 15 minutes before your appointment time. We'll do our best to get you to your appointment on time. Your return time **might** vary due to unforeseen circumstances (you may have to wait).

For trips to Market Basket or Walmart, 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 Pickleball, pool tables, shuffleboard, and yoga to keep you in shape!**

## **Peanut Auction !**

Peanuts, get your peanuts! Peanut auction happens on the 2nd Wednesday of the month starting at 11:00. Come bid on fabulous prizes, have a laugh, have some FUN!

## **Health Insurance Questions ?**

Come meet with a Healthcare representative **by appointment**

Gail from **SHINE** on Wednesdays from 9:00—1:00 or Keith from **Integrity** on Mondays from 9:00—12:00

Get your health insurance questions answered! Please call to make an appointment to sit with Keith or Gail.



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

## **Legal Questions ?**

**Community Legal Aid's** attorneys and paralegals have expertise in legal issues affecting elders. Advocates provide free advice and/or representation on issues concerning:

Government benefits, Healthcare, Long term care, Elder abuse, Autonomy, and Housing.

Fitchburg Office (978) 516-5155 or 1-855-252-5342

Monday—Friday 9AM to 5PM