

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

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.

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

Administrative Asst.

Old Murdock on Facebook

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

Email us at

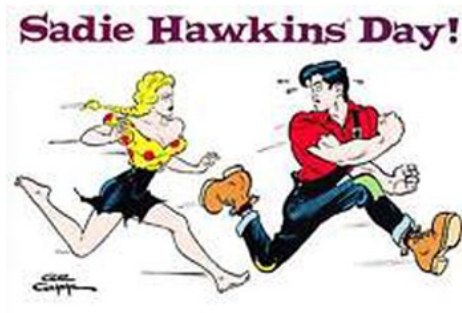
winchendoncoa@gmail.com

November 2022

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



Veterans Day - November 12th



Sadie Hawkins Day - November 13th



Thanksgiving - November 24th

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 Election Day—Open at 7:00am	9 Mass Advantage—10:00 Light refreshment & coffee	10	11 CLOSED	12
13	14 Thanksgiving Sandwich—Turkey, Stuffing & Cranberry w/mashed potatoes \$3.00 @ 11:30 AAA RealID License Presentation	15 Peanut Auction 11:00	16 Denis Cormier 10:30 Bingo—12:30	17 Rindge Shopping 9:15	18	19
20	21	22	23 Bingo—12:30	24 CLOSED	25 CLOSED	26
27	28 Medicare Information with Lisa 10:30	29	30 Flu & Covid19 Vaccination Clinic 9:00-1:30 Call to register 978-602-2356	31		
			SHINE Medicare information- Wednesdays—call for appointment			



Home Delivered Meals

November 2022

Individual Sodium Contents are listed beside each item.
 To Cancel or Resume meals please call: (978) 345-8501 Ext:5

Total Sodium for each meal is listed below each meal.
 Asterisk * Indicates the item is > 500 mg Sodium

Menu Subject to Change

Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals include: 8 oz. 2% Milk providing 130 Calories 125 mg Sodium included in meal totals	1 Na+ Meatballs with Stronganoff Sauce 232 Egg Noodles 4 Scandinavian Veg Bld 61 Wheat Bread 170 Fresh Fruit 1	2 Na+ Sloppy Joe 148 Potato Wedges 273 Broccoli 10 Hamburger Roll 230 Applesauce 14	3 Na+ Chicken & Sausage Paella 326 Green Beans 3 Wheat Dinner Roll 105 Lorna Doones 147	4 Na+ Roast Pork with Apple Cran Compote 295 Herb Roast Potatoes 5 Carrots 64 Wheat Bread 170 Fruit Cup 5
	Total Sodium(mg): 593 Calories: 648	Total Sodium(mg): 800 Calories: 654	Total Sodium(mg): 708 Calories: 876	Total Sodium(mg): 664 Calories: 667
7 Na+ Potato Pollock 273 Mashed Sw Potato 36 Francisco Veg Bld 40 Multigrain Bread 223 Yogurt 75	8 Na+ Spinach/Feta Egg Bake 360 Homefries 5 Stewed Tomatoes 251 Marbled Rye 150 Fruit Cup 5	9 Na+ BBQ Pulled Chicken 195 Creamed Corn 50 Broccoli 10 Dinner Roll 105 Fresh Fruit 1	10 Na+ Meatloaf w/ Beef Gravy 234 Mashed Sweet Pot 36 Pacific Veg Blend 53 Multigrain Bread 223 Snack n Loaf 115 Diet: Lorna Doones	
Total Sodium(mg): 697 Calories: 702	Total Sodium(mg): 896 Calories: 625	Total Sodium(mg): 485 Calories: 567	Total Sodium(mg): 671 Calories: 822	
14 Na+ Black Bean & Barley Chili 614 Cauliflower Florets 14 Wheat Bread 170 Fruit Cup 5	15 Na+ Chicken Breast w/Red Pepper sauce 529 Orzo Pilaf w/Spinach 57 Capri Veg Blend 15 Wheat Bread 170 Oreos 85	16 Special High Sodium Day Rst Turkey/Herb Gravy 410 Bread Stuffing 316 Whip Potato w/Gravy 66 Green Beans 3 WW Dinner Roll 105 Pound Cake 240 Diet: Choc. Chip Cookie	17 Na+ Ravioli Primavera 609 Roasted Brussels Sprouts 3 Italian Bread 230 Fresh Fruit 1	18 Na+ Chicken w/Vodka Sauce 537 Penne Pasta 1 Italian Green Beans 3 Multigrain Bread 223 Fruit Cup 5
Total Sodium (mg): 928 Calories: 640	Total Sodium (mg): 981 Calories: 663	Total Sodium(mg): 1265 Calories: 758	Total Sodium (mg): 968 Calories: 642	Total Sodium(mg): 894 Calories: 777
21 Chicken Breast with Marsala Sauce 456 Garlic Whip Potatoes 66 Spinach 65 Wheat Bread 170 Lorna Doones 147	22 Potato Pollock 273 Tartar Sauce 100 Rice Pilaf 141 Mixed Vegetables 88 Multigrain Bread 223 Fresh Fruit 1	23 Meatballs in Tomato Basil Sauce 268 TriColor Rotini 1 Italian Vegetable Blend 41 Wheat Dinner Roll 105 Assorted Fruit Cup 5		
Total Sodium (mg): 1029 Calories: 750	Total Sodium(mg): 951 Calories: 635	Total Sodium(mg): 545 Calories: 628		
28 Na+ Beef Tacos 236 Spanish Rice & Bean: 154 Corn 1 Tortilla 220 Assorted Fruit Cup w/ 5	29 Na+ Breaded Drummer 450 Mashed Sweet Potatoes 36 Broccoli 10 Multigrain Bread 223 Fresh Fruit 1	30 Na+ BBQ Pulled Pork 454 Baked Beans 152 Mixed Vegetables 88 Wheat Sandwich Bun 300 Assorted Fruit Cup 5	Nutrition Tips: 1. Remember to drink fluids: As we age our thirst sensor decreases. 2. Reduce Sodium by seasoning with herbs and spices in place of salt. 3. Reduce sugar consumption by consuming 1/2 the amount each week 4. Choose healthy fats such as Olive, Grapeseed & Avocado oils. 5. Stretch your food budget with SNAP. Call 211 for more information!	
Total Sodium(mg): 1079 Calories: 837	Total Sodium(mg): 560 Calories: 582	Total Sodium(mg): 871 Calories: 594		

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 or snack later in the day.

To Cancel a Meal or Resume Meals call (978) 345-8501 EXT 5 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 10:30. Come bid on fabulous prizes, have a laugh, have some FUN!

Health Insurance Questions ?

Come meet with a Healthcare representative
Keith from **Integrity** on Mondays from 9:00—12:00 or
Gail from **SHINE** on Wednesdays from 9:00—1:00
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