

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**

Administrative Asst.

**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.

December 2022

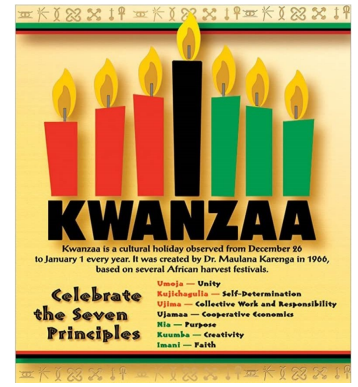
As always, if you have any questions or need help, we're here for you!



Hanukkah - December 18th-26th



Christmas - December 25th



Kwanzaa - December 26th-January 1st

# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Rindge Shopping 9:15	2	3 Bake & Craft Sale 9:00-2:00
4	5	6	7 Bingo—12:30	8 Rindge Shopping 9:15	9	10
11	12	13 Peanut Auction 11:00	14 Bob Jordan— Entertainment 11:00 Bingo—12:30	15	16 Christmas Party 10:30	17 Christmas Cantata
18	19 Denis Cormier— Entertainment 10:30	20	21 SNAP/Fuel Assistance Signup Help 10:00 Bingo—12:30	22	23 <b>Closed</b>	24
25	26 <b>Closed</b>	27	28 Rindge Shopping 9:15 Bingo—12:30	29	30	31
			SHINE Medicare information- Wednesdays—call for appointment—Open Enrollment closes on December 7th			



# Home Delivered Meals

## December 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	
<b>Meals include:</b> 8 oz. 2% Milk providing 130 Calories 125 mg Sodium included in meal totals		<b>Nutrition Tips for the Holidays</b> 1. Remember to enjoy all of the food groups. 2. Be sure to include lean proteins. 3. Eat Healthier foods 1st, sweets for Dessert. 4. Enjoy leftovers & remember to refrigerate shortly after meals to keep them safe.				1 Chicken Rice Bake 429 Spinach 65 Marble Rye Bread 127 Blueberry Snack n Loaf 160 D: Grahams 85		2 Beef Bolognese 223 Penne Pasta 1 Italian Vegetable Blend 41 Wheat Dinner Roll 105 Lorna Doones 147	
						Total Sodium(mg): 562 Calories: 668		Total Sodium(mg): 419 Calories: 699	
5 Chicken Jambalaya 310 Brown Rice 4 Broccoli 10 Wheat Bread 124 Yogurt 75	Na+	6 French Meat Pie 121 Roasted Brussels Sprouts 12 Pumpnickel Bread 134 2 ct Oreo Cookies 85	Na+	7 Chicken Breast with Mediterranean Sauce 420 Orzo Pilaf with Spinach 57 Capri Vegetable Blend 15 Multigrain Bread 223 Fresh Fruit 1	Na+	8 Roast Turkey with Rosemary Gravy 330 Bread Stuffing 27 Glazed Carrots 316 Wheat Dinner Roll 81 Flavored Applesauce 105 Flavored Applesauce 10	Na+	9 Potato Pollock 273 Tartar Sauce 100 Scalloped Potatoes 125 Scandinavian Veg Blend 61 Wheat Bread 124 Assorted Fruit Cup 5	Na+
Total Sodium(mg): 648 Calories: 640		Total Sodium(mg): 477 Calories: 683		Total Sodium(mg): 1039 Calories: 738		Total Sodium(mg): 994 Calories: 642		Total Sodium(mg): 813 Calories: 757	
12 Cheese Omelet w/Chs Sc 421 Sausage Patty 217 O'Brien Potatoes 34 Spinach 65 Wheat Bread 124 Fruit Cup 5	Na+	13 (diced) Chicken Teriyaki 434 Vegetable Fried Rice 98 Asian Vegetable Blend 21 Multigrain Bread 223 Yogurt 75	Na+	14 Lasagna Roll with Meat Sauce 340 Italian Vegetable Blend 41 Italian Bread 230 Fudge Round Cookie 85 D: Lorna Doo 147	Na+	15 Chicken Breast with Picatta Sauce 420 Yukon Gold Potatoes 7 Broccoli & Cauliflower 5 Wheat Bread 31 Fresh Fruit 124 Fresh Fruit 1	Na+	16 Roast Pork w/Apple Gravy 97 Whipped Potatoes 66 Peas & Carrots 72 Wheat Dinner Roll 105 Assorted Fruit Cup 5	Na+
Total Sodium(mg): 991 Calories: 746		Total Sodium(mg): 976 Calories: 716		Total Sodium(mg): 821 Calories: 628		Total Sodium(mg): 713 Calories: 638		Total Sodium(mg): 470 Calories: 632	
19 Potato Pollock 273 with Cheese & Tartar Sauc 284 Au Gratin Potato 132 Broccoli 10 Hamburger Bun 230 Assorted Fruit Cup 5	Na+	20 Beef & Lentil Chili 262 Brown Rice 4 Carrots 64 Wheat Dinner Roll 105 Fresh Fruit 1	Na+	21 <b>SPECIAL</b> Brocc & Cheese Stuffed Chix 410 Chicken Breast w/Gravy 67 Smashed Red Potatoes 2 French Green Beans 105 Wheat Dinner Roll 5 Fruit Cup 5	Na+	22 Swedish Meatballs 236 Egg Noodles 4 Spinach 65 Marbled Rye 127 Oatmeal Cream Cookie 150 Diet: SF lemon cookie 55	Na+	23 Classic Meatloaf with Gravy 234 Garlic Mashed Potatoes 66 Green Beans 3 Dinner Roll 132 Lorna Doones 147	Na+
Total Sodium(mg): 1059 Calories: 948		Total Sodium(mg): 561 Calories: 611		Total Sodium(mg): 714 Calories: 639		Total Sodium(mg): 707 Calories: 714		Total Sodium(mg): 707 Calories: 780	
26 		27 Chicken Thigh/Cacciatore Sc 126 Cavitappi Pasta 1 Italian Blend Veg 41 Italian Bread 230 Choc Chip Cookies 110 D: Apple Cinn Grahams 85	Na+	28 Macaroni & Cheese 498 Stewed Tomatoes 251 Dinner Roll 132 Applesauce 10	Na+	29 Sliced Roast Pork 73 Jardinere Gravy 48 Yukon Gold Potatoes 5 Green Peas 66 Multigrain Bread 223 Fresh Fruit 1	Na+	30 Chicken & White Bean Chili 260 Brown Rice 4 Corn 1 Wheat bread 124 Assorted Fruit Cup 5	Na+
No Meals Delivered		Total Sodium(mg): 633 Calories: 680		Total Sodium(mg): 1016 Calories: 750		Total Sodium(mg): 541 Calories: 702		Total Sodium(mg): 519 Calories: 629	

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  
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