



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

### SENIOR CENTER HOURS

Monday—Thursday  
9:00 a.m.—3:00 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 Face-  
book**

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

Email us at

August 2022

# 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
- 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.

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



# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Rindge Shpng 9:15 Dan Kirouac 10:30 <b>Bingo—12:30</b>	4	5	6
7	8	9 Ice Cream Sundays! 11:30	10 <b>Bingo—12:30</b>	11	12 Everyone's Birthday! 11:30	13
14	15	16	17 <b>Bingo—12:30</b>	18	19	20
21	22	23	24 Price Chopper Shpng 9:15 <b>Bingo—12:30</b>	25	26	27
28	29	30 Indoor Picnic 11:00 Denis Cormier 11:00	31 <b>Bingo—12:30</b>			
31						

## 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.

### Come 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, and Worcester. We can also take you to hair appointments, shopping, local banks, or pick you up for lunch at our Center. The van is wheelchair accessible.

To make a reservation, please call the office at 978-297-3155 **one day** in advance. There is **no same day service**. Rides are by **reservation only**. 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, and is limited to 4 individuals per trip. 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 pool tables, shuffleboard, chair exercise and yoga to keep you in shape!



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

### Friendly Check-In



We are able to make a check-in call, send a card, or visit any senior who is unable to visit our Center. Please call us if you know of someone in need of a cheery check-in!

## OTHER EVENTS

### Pickleball is Here!

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball with holes. Played as doubles or singles. Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body. Pickleball is a wonderful alternative for older players who used to play tennis, but have physical limitations such as hip, shoulder, knee, or other joint problems.

Checkout out our Facebook page for more info and pics.

### In-town Van Run

Our in-town runs returned in May, check the calendar for pre-scheduled runs.

### 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:

Governmental 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

### Our Rindge, NH Van Run is Back !!

Our **Rindge Run to Market Basket or Walmart** is back. Pickup starts at 9:15 with a 1 hour stop at the store, after which we'll return you to your home. 4 people are allowed on the van at a time, and each one can carry 3 bags apiece. Please call the Center at 978-297-3155 to secure a spot on the bus.

### Health Insurance Questions??

Come meet with a SHINE representative—  
Keith on Mondays from 9:00—12:00 or  
Gail on Tuesdays from 10:00—1:00

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



# Home Delivered Meals

## August 2022

Individual Sodium Contents are listed beside each item.  
To Cancel or Resume meals please call: (978) 345-8501 Ext:2

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	
1	Na+ 2		Na+ 3		Na+ 4		Na+ 5		Na+
Meatballs in Hawaiian Sauce	247	Sloppy Joe	148	Breaded Chicken Drumstick	450	Beef and Lentil Chili	262	Potato Pollock	273
Brown Rice	4	Potato Wedges	273	Whipped Sweet Potato	36	Brown Rice	4	Tartar Sauce	100
Asian Veggie Blend	21	Broccoli	10	Peas & Onions	42	Mixed Veg	88	Butternut Squash	48
Multigrain Bread	140	Whole Wheat Bun	124	Pumpnickel Bread	155	Corn muffin	80	Cauliflower	14
Assorted Fruit Cup	5	Fresh Peach	0	Yogurt	75	Fresh Clementine	1	Rye Bread	156
Fortune Cookie	6							Oreos	85
<b>Total Sodium(mg):</b>	<b>548</b>	<b>Total Sodium(mg):</b>	<b>680</b>	<b>Total Sodium(mg):</b>	<b>883</b>	<b>Total Sodium(mg):</b>	<b>560</b>	<b>Total Sodium(mg):</b>	<b>801</b>
<b>Calories:</b>	<b>747</b>	<b>Calories:</b>	<b>601</b>	<b>Calories:</b>	<b>632</b>	<b>Calories:</b>	<b>782</b>	<b>Calories:</b>	<b>709</b>
8	Na+ 9		Na+ 10		Na+ 11		Na+ 12		Na+
Macaroni & Cheese	498	Chili Cheeseburger	452	Lasagna Roll w/Meat Sauce	493	Grilled Chicken Breast	320	Roast Pork/CranOrange Sc	93
Stewed Tomatoes	251	Sweet Potato Tots	190	Italian Veg Blend	41	Honey Mustard Sauce	34	Smashed Red Potatoes	67
Multigrain Bread	140	California Veg Blend	22	Wheat Dinner Roll	105	Brown Rice	4	Carrots	64
Applesauce	14	Wheat Hamburger Roll	230	Fresh Pear	2	Green Beans	3	Pumpnickel Bread	134
		Fudge Cream Cookie	85			Wheat Bread	170	Pound Cake	240
		Diet: SF Cookie				Fresh Apple	0	Diet: Lorna Doones	
<b>Total Sodium(mg):</b>	<b>1028</b>	<b>Total Sodium(mg):</b>	<b>1104</b>	<b>Total Sodium(mg):</b>	<b>766</b>	<b>Total Sodium(mg):</b>	<b>656</b>	<b>Total Sodium(mg):</b>	<b>723</b>
<b>Calories:</b>	<b>739</b>	<b>Calories:</b>	<b>875</b>	<b>Calories:</b>	<b>540</b>	<b>Calories:</b>	<b>528</b>	<b>Calories:</b>	<b>732</b>
15	Na+ 16		Na+ 17		Na+ 18		Na+ 19		Na+
Breaded Fish w/Cheese	587	Shepherd's Pie with Gravy	335	Chicken & Sausage Paella	326	Chicken Teriyaki	499	Roast Turkey	330
Potato Wedges	273	Scandinavian Veg Blend	61	Spinach		Asian Veg Blend	21	with Herb Gravy	19
Broccoli	10	Pumpnickel Bread	155	Wheat Dinner Roll	109	Vegetable Fried Rice	98	Bread Stuffing	316
Wheat Dinner Roll	105	Fresh Apple	0	Lorna Doones	105	Wheat Bread	124	Carrots	64
Oatmeal Raisin Cookie	85					Fortune Cookie	6	Wheat Bread	170
						Fresh Peach	0	Assorted Fruit cup	5
<b>Total Sodium(mg):</b>	<b>1185</b>	<b>Total Sodium(mg):</b>	<b>676</b>	<b>Total Sodium(mg):</b>	<b>812</b>	<b>Total Sodium(mg):</b>	<b>873</b>	<b>Total Sodium(mg):</b>	<b>1029</b>
<b>Calories:</b>	<b>117</b>	<b>Calories:</b>	<b>515</b>	<b>Calories:</b>	<b>876</b>	<b>Calories:</b>	<b>663</b>	<b>Calories:</b>	<b>607</b>
22	Na+ 23		Na+ 24		Na+ 25		Na+ 26		Na+
Beef Bolognese	162	Chicken Fajita	275	Ravioli Primavera	609	Roast Pork w/Onion Gravy	107	Turkey Corn Stew	464
Penne Pasta	1	Red & Green Peppers	27	Capri Vegetable Blend	15	Whipped Potato	66	Rst'd Brussels Sprouts	12
Italian Veg Blend	41	Corn	1	Italian Bread	41	Green Beans	3	WW Dinner Roll	105
Wheat Dinner Roll	105	Flour Tortilla	190	Fresh Plum	0	Wheat Bread	124	Assorted Fruit cup	5
Applesauce	14	Fresh Clementine	1			Chocolate Chip Cookie	60		
<b>Total Sodium (mg):</b>	<b>448</b>	<b>Total Sodium(mg):</b>	<b>619</b>	<b>Total Sodium(mg):</b>	<b>790</b>	<b>Total Sodium(mg):</b>	<b>485</b>	<b>Total Sodium(mg):</b>	<b>711</b>
<b>Calories:</b>	<b>609</b>	<b>Calories:</b>	<b>523</b>	<b>Calories:</b>	<b>509</b>	<b>Calories:</b>	<b>642</b>	<b>Calories:</b>	<b>484</b>
29	Na+ 30		Na+ 31		Na+				
Chicken Breast		Potato Pollock	273	Meatballs in		<b>Nutrition Tip:</b> Protein comes in all shapes & sizes. 1/4 Cup Cottage Cheese, 1 Egg, or 2 Tbs Peanut Butter each provide the same amount of Protein as 1 oz. of meat.	<b>Meals include:</b> 8 oz. 2% Milk providing 130 Calories 125 mg Sodium included in meal totals		
with Pesto Cream	474	Tartar Sauce	100	Marinara Sauce	304				
Cavatappi Pasta	1	Rice Pilaf	141	Tri Color Rotini	1				
Summer Squash Bld	8	Mixed Veg	88	Italian Veg Blend	41				
Wheat Bread	124	Multigrain bread	223	Wheat Dinner Roll	105				
Lemon Cookie	55	Fresh Apple	0	Fruit Cup	5				
<b>Total Sodium(mg):</b>	<b>787</b>	<b>Total Sodium(mg):</b>	<b>950</b>	<b>Total Sodium(mg):</b>	<b>581</b>				
<b>Calories:</b>	<b>800</b>	<b>Calories:</b>	<b>748</b>	<b>Calories:</b>	<b>561</b>				

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 2 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.**

# Sudoku Puzzles

Sudoku #001 (Easy)

1	3		2			7	4	
	2	5		1				
4	8			6			5	
			7	8		2	1	
5				9		3	7	
9				3				5
	4				6	8	9	
	5	3			1	4		
6								

Sudoku #002 (Easy)

1						2	7	6
		9	1	4				
	2				6		9	1
	8				9	6	1	
7	3			8	4			
		2			5		8	
5		6			3			
		7					5	
3	4		5	9				

# Sudoku Solutions

Sudoku #001 (Easy)

1	3	6	2	5	9	7	4	8
7	2	5	4	1	8	9	3	6
4	8	9	3	6	7	1	5	2
3	6	4	7	8	5	2	1	9
5	1	8	6	9	2	3	7	4
9	7	2	1	3	4	6	8	5
2	4	1	5	7	6	8	9	3
8	5	3	9	2	1	4	6	7
6	9	7	8	4	3	5	2	1

Sudoku #002 (Easy)

1	5	4	9	3	8	2	7	6
6	7	9	1	4	2	8	3	5
8	2	3	7	5	6	4	9	1
4	8	5	2	7	9	6	1	3
7	3	1	6	8	4	5	2	9
9	6	2	3	1	5	7	8	4
5	1	6	8	2	3	9	4	7
2	9	7	4	6	1	3	5	8
3	4	8	5	9	7	1	6	2