



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

July 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!



# July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Bingo—12:30		1	2
3	4 CLOSED	5	6 Cookout ! Bingo—12:30	7	8	9
10	11 Shopping 9:15 Rindge	12	13 Bingo—12:30	14	15 Bunker Hill Day	16
17	18	19	20 Bingo—12:30	21	22 Everyone's Birthday	23
24	25	26	27 Lemonade Party / Sidewalk Sale Bingo—12:30	28	29 Fun Friday	30
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

## July 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
<p><b>Nutrition Tip of the Month:</b>            Flavoring foods with herbs &amp; spices can help you lower your intake of sugar, salt, and saturated fats. You'll feel better without missing out on flavor! Discount stores such as the Dollar Store or Ocean State offer low-cost alternatives to grocery store spices</p>			<p><b>Meals include:</b>            8 oz. 2% Milk providing 130 Calories            125 mg Sodium included in meal totals</p>	<p><b>1</b></p> <p>Potato Pollock 273            Whipped Potato 66            Zucchini &amp; Summer Squash 8            WW Dinner Roll 105            Fruit cup 5</p>
<p><b>4</b></p>  <p>4th of July Special Na+            Sausage &amp; Pepper Grinder 348            w/Red &amp; Green Peppers 2            and 1 oz moz on top 189            Seasoned red bliss potatoes 5            Grinder Roll 218            Oatmeal Cream Cookie 150            Diet: Oreos</p>		<p><b>6</b></p> <p>Grilled Chicken Breast Na+ 430            w/Peach Sauce 43            Wild Rice Pilaf 140            Broccoli 10            Rye Bread 150            Fresh Pear 2</p>	<p><b>7</b></p> <p>Chicken Na+ 287            in Balsamic Glaze 86            Quinoa w/Rst'd Veggies 23            Glazed Carrots 64            Wheat Bread 124            Clementine 1</p>	<p><b>8</b></p> <p>Rst Pork/Herb Gravy Na+ 156            Scalloped Potatoes 125            Italian Blend Vegetables 41            Wheat Dinner Roll 105            Applesauce Cup 0</p>
<p>Holiday - No Meals Delivered</p>		<p>Total Sodium(mg): 1037            Calories: 687</p>	<p>Total Sodium(mg): 900            Calories: 667</p>	<p>Total Sodium(mg): 710            Calories: 536</p>
<p><b>11</b></p> <p>Barley Black Bean Chili* Na+ 614            Brussels Sprouts 12            WW Dinner Roll 105            Fudge Cookie 85            Diet: Waffle Grahams            *High Sodium item</p>	<p><b>12</b></p> <p>Grilled Chicken Breast Na+ 430            in Marsala Sauce 26            Bread Stuffing 315            Broccoli 10            Pumpnickel Bread 134            Flavored Yogurt 0</p>	<p><b>13</b></p> <p>French Meat Pie Na+ 121            Capri Vegetable Blend 15            Multigrain Bread 223            Assorted Fruit Cup 5</p>	<p><b>14</b></p> <p>Sliced Roast Turkey Na+ 330            in Taragon Gravy 80            Whipped Sweet Potato 36            Peas 66            Rye Bread 150            Fresh Plum</p>	<p><b>15</b></p> <p>ChickenTerriaki Na+ 470            Vegetable Fried Rice 98            Asian Vegetable Blend 21            Multigrain Bread 223            Fortune Cookie 2            Gala Apple 5</p>
<p>Total Sodium(mg): 941            Calories: 815</p>	<p>Total Sodium(mg): 1040            Calories: 619</p>	<p>Total Sodium(mg): 489            Calories: 700</p>	<p>Total Sodium(mg): 787            Calories: 509</p>	<p>Total Sodium(mg): 944            Calories: 739</p>
<p><b>18</b></p> <p>Breaded Chicken Drumstick Na+ 450            r Cr &amp; Chive Whipped Potat 89            Carrots 64            WW Dinner Roll 105            Yogurt 75</p>	<p><b>19</b></p> <p>Potato Pollock Fillet Na+ 273            Tartar Sauce 100            Yukon Gold Potato 5            Green Beans 3            Multigrain Bread 223            Clementine 1</p>	<p><b>20</b></p> <p>Meatball Grinder Na+ 210            Tomato Basil Sauce 58            Grinder Roll 218            Seasoned Potato Wedges 273            Spinach 109            Assrted Fruit cup 5</p>	<p><b>21</b></p> <p>Beef Stew Na+ 163            Brussels Sprouts 12            Corn Muffin 90            Fresh Pear 2</p>	<p><b>22 High Sodium Day</b></p> <p>Broccoli Bake Na+ 475            Home Fries 5            Stewed Tomato 251            Wheat Bread 124            Pound Cake 240            Diet: Lemon Cookie</p>
<p>Total Sodium(mg): 908            Calories: 688</p>	<p>Total Sodium(mg): 730            Calories: 722</p>	<p>Total Sodium(mg): 998            Calories: 695</p>	<p>Total Sodium(mg): 392            Calories: 729</p>	<p>Total Sodium(mg): 1220            Calories: 860</p>
<p><b>25</b></p> <p>Beef Taco Na+ 161            Spanish Rice &amp; Beans 154            Corn 1            Flour Tortilla 220            Fruit Cup 5</p>	<p><b>26</b></p> <p>Brd'd Chicken Breast* Na+ 573            In Tomato Basil w/Mozzarella 247            Cavitappi Pasta 1            Brussels Sprouts 12            WW Dinner Roll 105            Oreo Cookies</p>	<p><b>27</b></p> <p>Pulled Pork Sandwich Na+ 84            with BBQ Sauce 150            WW Bun 300            Baked Beans 152            California Blend Veg 22            Fresh Pear</p>	<p><b>28</b></p> <p>Cheese Omelet w/Chz Sc Na+ 420            Sausage Patty 130            Spinach 65            Seasoned Homefires 5            WW Dinner Roll 105            Fresh Peach</p>	<p><b>29</b></p> <p>Meatloaf in Beef Gravy Na+ 234            Mashed Potatoes 66            Green Beans 3            Multigrain Bread 223            Vanilla Yogurt 75</p>
<p>Total Sodium(mg): 666            Calories: 737</p>	<p>Total Sodium(mg): 1063            Calories: 742</p>	<p>Total Sodium(mg): 833            Calories: 758</p>	<p>Total Sodium(mg): 850            Calories: 674</p>	<p>Total Sodium(mg): 726            Calories: 762</p>

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

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

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 #1075 (Easy)

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

Sudoku #1076 (Easy)

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

# Sudoku Solutions

**Sudoku #1075 (Easy)**

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

**Sudoku #1076 (Easy)**

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