



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

June 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!



June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 Bingo—12:30	2	3	4
5	6	7	8 Shopping 9:15 Rindge Bingo—12:30	9	10	11
12	13	14	15 Bingo—12:30	16	17 Bunker Hill Day	18
19 Juneteenth	20	21 Breakfast Special—pancake, sausage, or French toast. RSVP 978-297-3155 by June	22 Shopping 9:15 Rindge Bingo—12:30	23	24	25
26	27	28	29 Bingo—12:30	30	1	2
3	4	5	6	7	8	9

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 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

June 2022

Individual Sodium Contents are listed beside each item.

Total Sodium for each meal is listed below each meal

To Cancel or Resume meals please call: (978) 345-8501 Ext:2

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+ Lentil Bolognese 260 Cavatappi Pasta 1 Carrots 64 Wheat Bread 124 Oreo Cookies 85		2 Na+ Rst Pork w/Herb Gravy 99 Mashed Potatoes 66 Broccoli & Cauliflower 31 Multigrain Bread 223 Fresh Apple 1		3 Na+ Meatballs w/Cacciatore 246 Penne Pasta 1 Italian Veg Blend 41 Italian Bread 230 Assorted Fruit Cup 5	
Total Sodium (mg): 737 Calories: 809		Total Sodium(mg): 760 Calories: 702		Total Sodium(mg): 631 Calories: 807		Total Sodium(mg): 545 Calories: 672		Total Sodium(mg): 648 Calories: 638	
6 Na+ Pulled Chicken w/BBQ 195 Creamed Corn 200 Broccoli 10 Dinner Roll 132 Strawberry Yogurt 75		7 Na+ Breaded Cod 260 Tartar Sauce 100 Mashed Sweet Potatoes 36 Capri Blend 15 Multigrain Bread 223 Fresh Plum 1		8 Na+ Chicken & Sausage Paella 326 Spinach 65 Wheat Dinner Roll 105 Applesauce Cup 10		9 Na+ Macaroni & Cheese 498 Stewed Tomatoes 251 Multigrain Bread 223 Choc Chip Muffin 95 Diet: Lorna Doones		10 Na+ Roast Pork 73 Apple Cran Compote 222 Boiled Red Potatoes 4 Carrots 64 Wheat Bread 124 Fresh Clementine 1	
Total Sodium (mg): 874 Calories: 752		Total Sodium(mg): 867 Calories: 605		Total Sodium(mg): 986 Calories: 922		Total Sodium(mg): 1192 Calories: 868		Total Sodium(mg): 613 Calories: 619	
13 Na+ Sloppy Joe 148 Potato Wedges 273 Mixed Vegetables 88 Hamburger Roll 230 Flavored Applesauce 10		14 Na+ Grilled chicken 320 Apricot Glaze 24 Wild Rice Pilaf 140 Broccoli Au Gratin 133 Wheat Bread 124 Fresh Pear 1		15 SPECIAL Na+ Beef Tips w/Bourbon Sc. 322 Side mac n cheese 249 Zucchini/Summer Squash 8 Dinner Roll 132 Oatmeal Cream Cookie 150 Diet: Lorna Doones 147		16 Na+ Meatloaf w/onion gravy 238 Sr Cr & Chive Mashed 89 California Blend 22 Multigrain Bread 223 Fresh Peach 1		17 Na+ Beef Hot Dog 490 Baked Beans 152 Corn 1 Hot Dog Bun 270 Vanilla Yogurt 50	
Total Sodium (mg): 1023 Calories: 875		Total Sodium(mg): 728 Calories: 714		Total Sodium(mg): 1064 Calories: 784		Total Sodium(mg): 698 Calories: 807		Total Sodium(mg): 1088 Calories: 725	
20 		21 Chicken Meatballs 210 Stroganoff Sauce 22 Egg Noodles 4 Italian Green Beans 3 Wheat Bread 124 Pound Cake 240 D: SF Lemon Cookie 55		22 Grilled Chicken 320 Mediterranean Sauce 198 Orzo Pilaf w/Spinach 57 Green Peas 66 Multigrain Bread 223 Blueberry Yogurt 75		23 Breaded Cod Sandwich 260 American Cheese 184 Hamburger bun 230 Tartar Sauce 100 Sweet Potato Tots Scandanavian Blend 61 Fresh Apple 1		24 Broccoli & Cheese Stuffed Chicken Breast 410 Bread stuffing 316 Carrots 64 Wheat Dinner Roll 105 Applesauce 10	
No Meal Delivery		Total Sodium(mg): 728 Calories: 714		Total Sodium(mg): 1064 Calories: 784		Total Sodium(mg): 698 Calories: 807		Total Sodium(mg): 1030 Calories: 706	
27 Na+ Spinach & Feta Egg Bake 430 Home Fries 5 Stewed Tomatoes 251 Marbled Rye 127 Fudge Cookie 85 D: SF Choc Chip Cookie 55		28 Na+ Sweet & Sour Chicken 318 White Rice 4 Asian Blend 21 Multigrain Bread 223 Fresh Clementine 1		29 Na+ Beef and Lentil Chili 262 Brown Rice 4 California Blend 22 Wheat Bread 124 Fresh Plum 1		30 Na+ Brd Chicken Drumstick 450 Mashed Sw.Potatoes 36 Cauliflower 14 Multigrain Bread 223 Strawberry Yogurt 75		Summer Tip: HYDRATE Our bodies conserve less fluid as we age so we are more susceptible to dehydration especially during heat waves.	
Total Sodium(mg): 1023 Calories: 875		Total Sodium(mg): 692 Calories: 569		Total Sodium(mg): 538 Calories: 631		Total Sodium(mg): 923 Calories: 657			

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

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