



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

**Miranda Jennings**

Director

**Jen Niejadlik**

Congregate Lunch

**Art Amenta, III**

Meals on Wheels

**Tom Meehan**

**Tracy Oja**

Transportation

**Art Amenta, III**

**Kevin Cormier**

General Support

**Jen Niejadlik**

Dispatcher

**David Alexander**

Clerk / Driver

**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 & Housekeeping 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 aide 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.

# 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, and shuffleboard!**



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

## Peanut Auction !

Peanuts, get your peanuts! Peanut auction happens on the 3rd Wednesday of the month starting at 11:00. Come bid on fabulous prizes, have a laugh, have some FUN!

## Health Insurance Questions ?

Come meet with a Healthcare representative **by appointment**

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.

## 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