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### Highlights

### Monday, December 2<sup>nd</sup>

Who Is Wright Locke Reaching? Holiday Recycle Sale (2<sup>nd</sup>-6<sup>th</sup>) Pet A Pet

### Tuesday, December 3<sup>rd</sup>

Festival of Life Dr. Budson Alzheimer's Talk

### Wednesday, December 4th

Year End Tax Planning Tufts Opera

### Thursday, December 5th

Podiatry Clinic Merry Mixology

### Friday, December 6th

Age Management Discussion Chinese Culture

### Monday, December 9th Movie: The Bishop's Wife

Tuesday, December 10th Snow Globe Workshop

### Wednesday, December 11th

Lunch & Learn Real Estate Tax Relief Trivia Challenge Holiday Magic

### Monday, December 16th

Movie: Meet the Kranks

### Wednesday, December 18th Ambrose Student Holiday Concert

Nutrition

### 2019 DECEMBER NEWSLETTER Happy Holidays!

CLOSED: Wednesday, December 25th

We are in the season of Thanks and Giving. We hope that you will consider making a contribution to support the operations of the Jenks Center in your holiday giving plans. The Jenks Center is the only remaining privately owned and operated senior center in Massachusetts and the Winchester Senior Association Inc. (WSA) is responsible for all the operating costs of the Center—lights, computer network, website, maintaining the elevator, heating and cooling, space for the WSA and COA staff and programs, and the facilities staff who keep the center sparkling. It costs about \$350,000 per year to operate the Center. Many of our programs are offered free of charge, others are available for a fee—that we try to keep as low as possible. Income from our programs and grants covers only about \$100,000 of the annual operating budget. We are dependent on donations to cover the remaining costs.

The WSA is a 501c3 registered charity and we have many loyal donors who have supported the Jenks Center over the years. As with other charities, fundraising is more challenging as costs continue to rise every year. The changes in the tax laws have dramatically decreased the number of donors who used to contribute and receive a tax deduction for their contributions....however our needs have not decreased. Last year we received one amazing legacy gift that will be used to fund future costs of new programs and expanded hours (see the separate article inside.) However, it is the continued support from loyal seniors and other members of the community that pay for the costs of running the center.

We are very proud of the Jenks Center. The WSA Trust provide us with a beautiful building and the WSA and the COA offer more programs than the surrounding communities, regularly add new events and activities at no cost to taxpayers. Please help keep this tradition alive by responding to the WSA's annual appeal or going on-line to: <a href="https://www.jenkscenter.org/donate">https://www.jenkscenter.org/donate</a>. You can learn how to donate required withdrawals from an IRA with no tax consequences by attending a seminar by Harry Rothman at the Jenks Center on December 4th. (See inside for more information.)







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### JENKS CENTER BOARD AND STAFF MEMBERS

Erica Drazen, WSA President erica@drazenhome.com

Tom Howley COA Chairperson thowley@howleybread.com

Jen O'Brien, WSA Trust jen.norberg.obrien@gmail.com

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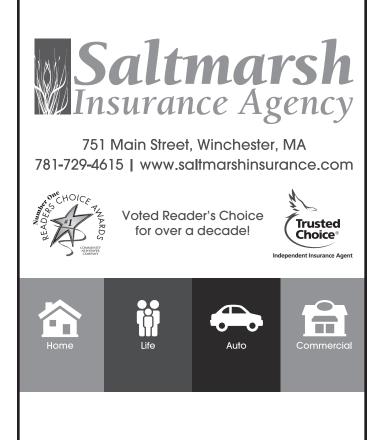
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Nick Asaro, Facilities Manager nasaro14@gmail.com

Lisa Craig, Business Administrator lcraig@jenkscenter.org

Diane Davies, Community Liaison Coord. ddavies@jenkscenter.org



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The Jenks Center benefits from the generous time and efforts of volunteers (more than 250.) Volunteers consistently say that the personal rewards they receive from volunteering are immeasurable. Whether you have an hour a month or several hours a week to give, we will help you find the right opportunity for your interests and skills. The following positions are currently available:

- Front desk reception
- Drivers
- Events committee
- Travel committee
- Wellness outreach -telephone

Please contact Volunteer Coordinator Jan Porell at <a href="mailto:iporell@jenkscenter.org">iporell@jenkscenter.org</a> for more information.

The Jenks Newsletter is published every month (combined issue July and August) and is supported by funding from the MA Office of Elder Affairs through the Winchester Council on Aging and the Winchester Seniors Association. The newsletter is available online at <a href="https://www.jenkscenter.org">www.jenkscenter.org</a>. Let us know if you would prefer to read online and no longer want to receive a mailed copy.



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2019 Day Trips							
Date/Day	Description	Time	Price Per Person	Sign-Up			
Wed 12/11/19	Salem Cross Inn/Bright Nights	10:15 - 8:00	\$85.00	Now			
2019-2020 Overnight or Longer Trips							
Dec. 3 - 5, 2019	Mount Washington Hotel and Resort		\$569.00 pp dbl	Now			
2/15 - 3/01/2020	Daytona Beach / Ocean Walk Resort	See flyer	\$2,250.00pp dbl	Now			

Detailed trip information (with the exception of BSO trips) can be found in the fliers that are availableat the Jenks Center or online at <a href="https://www.jenkscenter.org">www.jenkscenter.org</a>. Sign up at the Center to reserve space for any day trip unless otherwise noted. Full payment must be made at the time of reservation. Please make checks payable to "WSA" and record the name of the trip and the names of all individuals included in your payment on the memo portion of your check. (No cash will be accepted.)

781-721-7136



### Reservations must be made Monday – Thursday 9a.m. – 2p.m. only

All rides are booked through the Transportation Coordinator at 781-721-7136 X17

#### Taxi Vouchers Available

In partnership with Woburn Checker Cab, taxi vouchers are available to Winchester seniors at a reduced rate. Taxi vouchers are valid for use within Winchester and abutting towns (Arlington, Lexington, Medford, Stoneham and Woburn) only. Rides within Winchester cost one voucher each way (2 per trip). Rides to abutting towns cost two vouchers each way (4 per trip). Vouchers may be purchased for \$5 each (with a maximum of 10 vouchers per month) at the Jenks Center on Tuesdays, 10:00a.m.—1:00p.m. or by mail order. Patrons must be registered with the Transportation Coordinator before making a purchase.

### **Shopping Trips**

The Van to Market Basket in Burlington will be going on Thursdays: December 5<sup>th</sup> and 19<sup>th</sup>.

Door to Door service, pick up starts at 9:30 a.m. If you would like to participate please call the Transportation Coordinator for more information, 781-721-7136 X17.

### TRAVEL NEWS

Detailed trip information can be found in the fliers that are available at the Jenks Center. Pick-up/return for all daytrips will be at the St. Eulalia Church parking lot unless otherwise noted on the flier or in the Newsletter. Please note: There will be no daytrips for January, February or March due to the unpredictable nature of the weather.

### Daytona Beach Getaway February 15 – March 1, 2020

The Jenks is joining forces with Yankee Travel Lines to offer this fantastic winter getaway! Our 2020 season features accommodations at the deluxe Ocean Walk Resort condominium apartments on Daytona Beach, Florida. The basic package includes luxury motorcoach transportation for an 11 night stay in a fully equipped condominium and an exciting menu of daily activities,

daytrips, and entertainment. Price pp: \$2,250.00pp dbl/+\$985.00pp sgl. This trip also includes several optional choices including a 5-day extension at either Daytona Beach (\$3,100.00pp dbl/+\$1,350.00pp sgl) or The Pink Shell Resort at Fort Myers Beach on the Gulf of Mexico (\$3,650.00pp dbl/+1,950.00pp sgl). You can choose to travel by air for an additional \$300.00pp. To reserve coach space, a \$50.00pp fully refundable deposit is due upon reservation or to reserve airline reservations a \$350.00 non-refundable deposit is required, with the balance due 35 days prior to departure. Complete details and reservation forms are available at the Jenks Center or you can contact Phyllis Zeuli at (781) 729-2404.

### **Briefly Noted**

Mount Washington Hotel and Resort: December 3 – 5, 2019. Price: \$569.00pp Dbl occupancy (plus \$160.00pp Sgl.) Please contact Phyllis Zeuli (781)729-2404 to check for availability.

Salem Cross Inn/Bright Nights: Wednesday, December 11th. The historical Salem Cross Inn, a restored 18th century farmhouse in West Brookfield, MA, offers wonderful colonial cuisine. Join us for a luncheon menu featuring Stuffed Chicken Breast or Boston Baked Scrod. Our next stop, the Oakland Farm Christmas Barn in Spenser, offers a unique place of Christmas magic with thousands of awesome gifts. Finally, when darkness falls, we head to Springfield to see "Bright Nights in Forest Park", Northeast's premier holiday lighting experiences with more than 650,000 Christmas lights along a three-mile drive through. Price pp: \$85.00 includes: Lunch, shopping, Bright Nights, all taxes, gratuities and transportation. Pickup/return: 10:15 a.m./8:00 p.m.

Reservations can be made by signing up at the Jenks Center. Full payment and menu selection (where applicable) must be made at the time of sign-up and is non-refundable within 7 days of departure. Checks should be made payable to "WSA" with the name of the trip and the names of all individuals included in your payment recorded on the memo portion of your check. Cash will not be accepted. Overnight or longer trips should be reserved in accordance with detailed instructions that can be found in the flier or as noted in the Newsletter.

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### Annual Holiday Recycle Sale Monday, Dec. 2<sup>nd</sup> through Friday, Dec. 6<sup>th</sup> 9:00 am to 4:00 pm Wednesday, Dec. 4<sup>th</sup> & Thursday, Dec. 5<sup>th</sup> 4:00 to 8:00 pm

Mark your calendars for the 4th Annual Holiday Recycle Sale!! Bring a friend and shop from a selection of new and gently used ornaments, wreaths, candles, jewelry, children's books, dishes (including service for 8 or 12), toys, gift bags/wrapping items, tins, and many other items for your home and office. Our boutique table will include in-the-box hostess gifts and collectables from Spode, Annalee, and Snow Village. New items displayed each day, so plan to visit more than once. Thursday and Friday are Bargain Days!

### Pet Therapy with Maxi Monday, December 2<sup>nd</sup> 10:00 am

Reduce stress and lower your blood pressure with some pet therapy! Maxi, a sweet and gentle Golden Doodle is a certified pet therapy dog who visits the Jenks Center the first Monday of every month. Drop in for a few minutes or spend the hour with Maxi and his owners, Rob and Edda

# Who is Wright-Locke Farm Reaching? Monday, December 2<sup>nd</sup> 2:00 – 4:00 pm

Serving communities is a goal of Wright-Locke Farm. To review the current programs and look to future improvements, students from Tufts University have been conducting formal research through surveys and interviews over the past few months, examining the nature and extent of outreach and impact of Wright-Locke Farm in our local community. Listen as they discuss their analysis and present their findings.

### Festival of Life Tuesday, December 3<sup>rd</sup> 1:00 - 3:00 pm

Come join us for our annual intergenerational Holiday Party and lunch sponsored by the Winchester Cooperative Bank and the Jenks Center. Enjoy a lunch with our guests: the Winchester High School Octets and Chamber Singers along with the McCall Middle School Solo Voci who will sing for us. RSVP- free event limited to first 100 respondents.

### Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It Tuesday, December 3<sup>rd</sup> 5:30 pm

Based on his award-winning book, Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, vitamins, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps. Dr. Budson is the Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University, and a Lecturer in Neurology at Harvard Medical School. Sponsored by a grant from The Cummings Foundation.

### Year-End Tax Planning Wednesday, December 4<sup>th</sup> 1:00 pm

Harry Rothmann, Council on Aging Financial Consultant, will discuss federal and MA income tax changes, including standard deductions versus itemized deductions and ways to utilize charitable contributions to reduce income taxes.

### American Opera & Musical Theater Tufts University Opera Ensemble Wednesday, December 4<sup>th</sup> 7:00 pm

Join us for a sneak preview as the Tufts University Opera Ensemble performs operatic scenes from two new, still evolving chamber operas: The Nightingale and the Rose and The Happy Prince, composed by its Music Director, Thomas Stumpf and staged by Director Carol Mastrodomenico. The librettos are adapted from two of Oscar Wilde's exquisite fairy tales, which include sacrifices reflecting a genuine love for humanity. Staging involves the challenge of creating two very different worlds: a beautiful meadow complete with trees and animals (all of whom sing!); and a town square dominated by the golden statue of the Happy Prince, who comes alive at night when a Swallow visits him. The Tufts Opera consists of undergraduate and graduate students, both music and non-music majors. By graduation, they have gained confidence in acting and singing opera. A wonderful annual event not to be missed. Sponsored by a grant from the John and Mary Murphy Educational Foundation

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### Podiatry Clinic Thursday, December 5<sup>th</sup>

The Jenks offers podiatry twice a month: the first Thursday (10 am-1 pm) and the fourth Tuesday (9:15 am-12:15 pm). Dr. Gregorian, a Board-Certified Podiatrist, brings her own equipment and charges \$35.00 made payable to her (check or cash, please). Appointments required. Call to schedule. Next month January 2<sup>nd</sup> and 28<sup>th</sup>.

### Merry Mixology: Creative Cocktail Workshop Thursday, December 5<sup>th</sup> 6:30 pm

Join Wright Locke Farm and learn how to create unique, tasty and festive holiday cocktails and mocktails using farm-fresh ingredients. In addition, explore making and using shrubs to spruce up your favorite Hot Toddy! Space limited. Registration required at: www.wlfarm. org/adult-education-programs. Cost: \$25. Sponsored in part by a grant from The Cummings Foundation.

## Age Management Discussion Group Friday, December 6<sup>th</sup> 10:45 am

Join Paul Peterson as he leads this discussion group focusing on age management. The group will discuss a variety of topics including dealing with the aging process; what are the prospects and innovations for the future; can you slow aging, stop it altogether or even reverse it; and what treatments and medications are now being tested. Come to learn more about this relevant, ever-changing topic and to share your experiences and knowledge.

# Winchester School of Chinese Culture: Making Chinese Fans Friday, December 6<sup>th</sup> 1:00 pm

Often a symbol of status, the Chinese fan dates to the first century and used animal bones, wood or bamboo for the ribs. Handles were engraved with intricate designs and the face contained beautiful embroidered scenes of mountains, waters or flowers. Their use expanded to be an integral part of dance performances. Jennifer Zhang from the Winchester School of Chinese Culture will share more about these beautiful objects and teach you to make one to take home. Registration required.

### Monday Movies at the Jenks

The Film Committee has selected several December holiday movies for your enjoyment.

### Monday, December 9<sup>th</sup> 12:30 pm The Bishop's Wife

The "Bishop's Wife," a 1948 Christmas classic, stars David Niven as a Bishop who is unsuccessful with fundraising efforts to build a cathedral. He seeks out heavenly guidance from a man who claims to be an angel (Cary Grant) but creates havoc in the house and wins the affection of the Bishop's wife (Loretta Young.)

### Monday, December 16<sup>th</sup> 12:30 pm Meet the Kranks

An offbeat 2004 comedy based on John Grisham's 2001 novel "Skipping Christmas" stars Tim Allen and Jamie Lee Curtis as a couple who decide to skip the Christmas holidays much to the chagrin of their neighbors who are obsessed with wining the "best decorated street" competition. They suffer the burden as social outcasts due to their neighborly non-conformity.

### Snow Globe Workshop Tuesday, December 10<sup>th</sup> 10:00-11:30 am

As the holidays approach, join Heidi Anderson for a fun workshop. Learn how and make a snow globe that you can take home and enjoy or give as a gift. Free. Space limited. Registration required. *Sponsored by ClearCaptions*.

## Lunch & Learn: Outsmarting Skin Cancer Wednesday, December 11th 11:30 am

Winter may be approaching, but that does not mean we should tuck our sunscreen away until summer. Our skin continues to be exposed to the sun's harmful cancer-causing rays all year. Lisa Samson, PA from DermPhysicians of New England, will discuss the warning signs of skin cancer, how to protect yourself from serious health issues resulting from skin cancer, and helpful tips on preventing future skin cancers. Lunch is \$3 at 11:30 and the lecture begins at noon. Registration required for lunch.

### Real Estate Tax Relief Wednesday, December 11th 1:00 pm

With increasing real estate taxes, Harry Rothmann, Council on Aging Financial Consultant, will discuss the parameters where Winchester homeowners may be eligible to receive financial assistance from the Town of Winchester and Commonwealth.

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space heater/candles on or unattended. The Winchester Fire Dept. can come to your home, inspect and possibly replace smoke alarms and carbon monoxide detectors free of charge.

### The Amazing Gift

In May of 2018, we received the largest donation in the history of the Jenks Center. MarthaAnn Bullard left a legacy gift of \$2.6 million dollars as an unrestricted gift to the Winchester Seniors Association Inc. (WSA.)

MarthaAnn was born in 1937 in Worcester. She attended The Bancroft School and graduated from Connecticut College with a degree in Botany. After college she attended the Katherine Gibbs School in Boston and spent the majority of her professional career at Arthur D. Little before retiring in 1999. Martha had a lifelong passion for plants and gardening, which continued in her retirement.

After consulting with her family, we decided to recognize the gift by renovating the patio and adding gardens behind the center. Plans had been developed for the renovation; the original patio had deteriorated; the surface was unsafe; and the plantings were overgrown. We also needed furniture to create a welcoming space. We are grateful for Martha's amazing gift and what it will do to support the mission of the WSA.

We are treating the donation as an endowment and are using the earnings to supplement donations though our annual appeal. In the first year, we used the earnings to fund the basic patio renovation and construction of planters for use by the garden club. This year, we purchased patio furniture, added a water feature to the patio, and made a major contribution to the funding for a Jenks Center van. None of this would have been possible without Martha Bullard's donation.

While we will still need to rely on our annual appeal to fund center operations, the earnings from the endowment could allow us to extend the hours of the Center, meet rising costs without increasing fees, respond to evolving needs and introduce new programs. We agree with her family's conclusion that Martha would be thrilled to see that her gift is being used to add to the education and enjoyment for the Jenks community.

### Celebrating Kindness of the Community

Kudos to Iain Whitfield, Community Life Pastor and church members from the Hope Christian Church for their outstanding response to an elder in the community in critical need of assistance. The group offered comfort, support and physical labor to enable this individual to smoothly and successfully transition into his new home. Thanks for your hard work and being good neighbors!

### TRANSPORTATION SERVICES

The Council on Aging's Transportation Committee has been addressing the needs of Winchester seniors for decades. If you are unaware, the COA designated a part-time position funded through the Cummings Foundation to coordinate transportation. Transportation to the Jenks Center from your home for the Eating Together Program generously donated by Salter Health Care, taxi vouchers valued at \$10 sold for \$5 for local trips in Winchester subsidized by the COA and notably a volunteer driver program to help seniors get to local medical appointments and shopping.

### **Boston Area Medical Transportation**

A professional driver will provide door to door transportation for your medical appointments at Boston hospitals and other local areas. This is a contracted, shared ride service.

Call to inquire if your doctor's office is within the medical area we service.

Cost between \$12 and \$22 each way.

Rides for this service must be made three or more days in advance.

### **Volunteer Rides**

Monday - Friday from between 9a.m.-12:30p.m. or 12:30p.m.-4 p.m.

(limited to 2 round-trip rides per week)

Volunteer drivers provide car service to requested destinations anywhere within Winchester.

Rides are also available to surrounding towns for medical appointments only.

Accessibility: Not wheelchair accessible. You must independently navigate your own trip.

Reservations must be made at least 48 hours or two business days in advance.

Rides for Monday and Tuesday must be made by Thursday of the prior week.

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now joins its network of Age-Friendly States and Communities. Simply put, an age-friendly community is livable for people of all ages and improves the quality of life for the very young, the very old and everyone in between. The Jenks Center is committed to fostering the implementation of this major initiative, becoming "Age-Friendly" that includes walkable neighborhoods, access to services, affordable and adaptable housing as well as transportation options to name a few. In 2020 the Jenks will host meetings to seek community involvement to enable us to make the Town of Winchester the most age-friendly community in the Commonwealth. We look forward to your participation!

### Support our Vendors!

This year's 19th Annual Symposium was once again a resounding success and we thank all of the patrons who joined us for a day of stimulating dialogue to learn about making Winchester an Age-Friendly Community. We also greatly appreciate the funding support of our vendors that can be found on the newly developed Jenks Center website <a href="https://www.jenkscenter.org">www.jenkscenter.org</a>

### Why RSVP at the Jenks?

Many patrons do not want to make a commitment to attend an event and the Center has been very lenient requiring patrons to register, especially when money is not involved. However, we find it difficult to plan activities and satisfy the requirements of instructors when we don't know how many will attend. We request registration for several reasons, one being room capacity and assignment. Another involves food; planning enough and not too much requires knowing how many are attending. Instructors manage their programs around a specific number of participants. Therefore, when we request that you register, kindly do so. If an event becomes full, you may put your name on a waiting list. We will contact you if we have any cancellations. We cannot accommodate walk-ins for events that require registration. Also, if you signed up and cannot attend, please call to cancel. For activities with limited space, we want to fill all vacancies and cancellations allows us to do that. Thank you very much for your understanding and cooperation.

### Tips for Staying Healthy and Safe This Winter Season

With winter and messier weather right around the corner, it's the perfect time to go over a few ideas to keep safe, warm and healthy. Washing hands often is one of the best things you can do to decrease the spread of germs and infections. If you haven't received the flu shot, it's not too late. The flu shot helps your immune system protect you from the rapidly adapting flu viruses. Getting the vaccine can prevent trips to the doctor, missed days at school/work and even hospitalization. See below for more helpful tips. For more information or questions contact Colleen, the Jenks nurse.

### ~The Slippery Slope

To avoid falls, avoid snowy roads and sidewalks and beware of black ice which is not often visible. Wear secure fitting, rubber sole shoes.

### ~Baby, It's Cold out There!

Dress in layers. If going outside, wear warm socks, a heavy coat, a warm hat, gloves and a scarf. Use a scarf to cover your mouth and protect your lungs.

#### ~The Winter Blues

Difficulty getting out in winter can lead to social isolation, loneliness and depression. To help avoid these issues, ask family members/neighbors to check-in daily, even if by phone.

#### ~Safe Car, Safe You

Driving during the winter can be hazardous. Checking things like the oil, tires, battery, wipers and washer fluid are a must.

#### ~Lights Out!

Keep flashlights and fresh batteries handy for quick access and keep a supply of non-perishable foods on hand. Wear layers of clothing to stay warm.

### ~The Sun Will Come Out Tomorrow

Lack of sun and being indoors can cause Vitamin D deficiency. Eat foods that are fortified with Vitamin D such as milk, grains and seafood like tuna and salmon.

#### ~A Silent Killer

Carbon monoxide poisoning is dangerous and can be fatal. Check batteries on your carbon monoxide detector at least once a year. During heavy snow fall have someone check outside furnace vents to ensure they are not obstructed with snow. To avoid fire, never leave a

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# Trivia Challenge at the Jenks Wednesday, December 11th 2:00 pm

Join our host Dennis McElhiney, "trivia-master" of Woburn's Club Trivia Challenge, as he returns for another round of trivia. He uses a casual format to ask questions on topics from movies, TV, current events, sports, politics, literature, music, geography and more. Bring your friends, challenge your mind and have fun.

## Library On-Line: Placing Digital Orders Wednesday, December 11<sup>th</sup> 2:30 pm

Have you ever wanted to order groceries online? Do you want to request food delivery from a local restaurant without picking up the phone? Bring your smartphone or tablet and join Ran Cronin, Head of Technology and Information Services at the Winchester Public Library as she teaches more about these services.

### Holiday Magic with Illusionist Danny Dubin Wednesday, December 11<sup>th</sup> 6:30 pm

Magician Danny Dubin performs nationwide. His shows are jam-packed with audience participation, comedy, mind reading and illusion! Imagine your deepest secret revealed or one of your most prized possessions vanishing only to reappear in an impossible location. A series of randomly occurring events are miraculously predicted days beforehand. Volunteers' thoughts are predicted, a fortune cookie reveals the future, and a spectator's signed \$100 bill appears in a sealed orange. Come be amazed! *Sponsored by a grant from The Cummings Foundation*.

### Memory Café: Sounds of Grace Chorus and Sing-along Tuesday, December 17<sup>th</sup> 10:30 am

It's time for some holiday cheer! Sounds of Grace Chorus will lead us in holiday favorites and some 'ole classics. Festive refreshments provided. The Memory Café is a warm and inviting environment for individuals with memory impairment and their families/caregivers to participate in an organized activity and get support from others. Registration required.

### Ambrose Kindergarten Holiday Concert Wednesday, December 18th 11:30 am

As part of our festivities, the kindergarten students of Ambrose School will sing an ensemble of holiday songs. Join us to enjoy the fruits of their practicing and hard work at this concert.

### Nutrition with Jessy McNeil Wednesday, December 18<sup>th</sup> 2:30 pm

"You are what you eat." Come learn about Probiotics and Prebiotics: their function and sources. Featured item's Kefir, Kombucha, Jerusalem Artichoke. Registration required.

### Monthly Caregivers Support Group Thursday, December 19<sup>th</sup> 11:00 am

Caregiver support groups are a place to express thoughts, feelings, reactions and needs, while discovering new tools to add to our caregiver toolbox. Participating helps us to regain a sense of balance in life, redefining productivity. When caregivers are inspired, equipped, and celebrated, their relationships with care peers and care partners deepen. "Friendship is born at the moment when one person says to another, 'what you too? I thought I was the only one." – C.S. Lewis

### **Holiday Giving Tree**

In addition to the decorated tree in the lobby, Jenks Center staff have initiated another tree: the Holiday Giving Tree. Here patrons have an opportunity to purchase specific items for other Jenks patrons in need, making a difference in their lives. Each ornament will identify an item such as taxi vouchers, a week of exercise classes, an afternoon at the spa, gift cards to Stop and Shop, and more. Select one and help a fellow patron. Thank you for your consideration.

### AARP AWARDS WINCHESTER AGE-FRIENDLY STATUS



This year's Symposium "What are Age-Friendly Communities & How Can Winchester Become One?" brought a welcome surprise. AARP presented Town Manager Lisa Wong with a certification that the Town

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### Waterfield | Sotheby's

Per & Q

Anne Lucas

www.ducksinaroworganizers.com

anne@ducksinaroworganizers.com

Buying or selling? Let us help with your next transition.

INDEPENDENT & ASSISTED LIVING RESPITE STAYS



48 Mount Vernon St., Ste 1 Winchester, MA 01890 781.729.7900 waterfieldsir.com

ch office is independently owned and operated

#### Daily Schedule MONDAY 9:30-10:30 a.m. \$4/class FABBS System of Exercise 9:45-10:45 a.m. \$4/class 10:45 a.m.-12:15 p.m. TaiChi 11:00 a.m.-noon \$5/class Eating Together 11:30 a.m. \$3/donation Mah-Jongg 1:00-3:00 p.m. 12:30-4:00 p.m. SHINE Counselor rtuguese Conversation 1:30-3:00 p.m. TUESDAY Meditation & Mindfulnes 9:00-9:30 a.m. 9:45-11:15 a.m. \$10/class WGBH 10:30 a.m. 10:00-11:00 a.n

Italian Conversation	10.00-11.00 a.111		
Canasta	12:00 p.m.		
Bridge	12:30-3:00 p.m.	\$3/session	
Quilting & More	1:00-3:00 p.m.	\$3/class	
Aerobics	3:20-4:30 p.m. \$5/cla		
	WEDNESDAY		
Art Group	9:00-10:45 a.m.		
Exercise	9:30-10:30 a.m.	\$4/class	
FABBS System of Exercise	9:45-10:45 a.m.	\$4/class	

Exercise	9:30-10:30 a.m.	\$4/class
FABBS System of Exercise	9:45-10:45 a.m.	\$4/class
Cribbage	9:00-11:30 a.m.	
French Conversation	10:45 a.m12:15 p.m.	
TaiChi	11:00 a.mnoon	\$5/class
Eating Together	11:30 a.m.	\$3/donation
Gentle Yoga	3:00-4:30 p.m.	\$10/class
	THURSDAY	

	THURSDAY	
Chorus	9:30-10:30 a.m.	
Spanish Conversation	10:30-11:30 a.m.	
Bridge	12:30-3:00 p.m.	\$3/session
SHINE Counselor	1:00-4:00 p.m.	By Appointment
German Conversation	2:00-3:00 p.m.	
Drop in Computers & Phones	2:00-4:00 p.m.	
Strength Training	3:30-4:30 p.m.	\$5/class
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	FRIDAY	

	FRIDAY	
Exercise	9:30-10:30 a.m.	\$4/class
FABBS System of Exercise	9:45-10:45 a.m.	\$4/class
Eating Together	11:30 a.m.	\$3/Donation
Beginners Line Dancing	12:00-1:00 p.m.	\$4/class
Intermediate Line Dancing	1:00-2:30 p.m.	\$4/class
Dance Fever	3:00-3:45 p.m.	\$5/class

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Senior Move Manager

DUCKS IN A ROW

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#### Programs That Are Not Every Week Age Management Discussion / 1st Friday of the month 10:45 - 11:45 a.m. Caregivers Support Group / 4th Thursday of the month 11:00 a.m. - noon Chinese Culture / 1st Friday of the month 1:00 p.m. - 2:00 p.m.

Coffee & Books / 4th Wednesday of the month / September to June Events Committee Meeting / 2nd Monday of the month Keep Well Clinic / 1st & 3rd Thursday of the month Lunch & Learn/Skin Cancer

Library on Line/2nd Wednesday of the month Manicures / 2nd & 4th Thursday of the month / By appointment only Market Basket Shopping

Memory Café Men's Discussion / 1st & 3rd & 5th Wednesday of the month Monday Movies Newsletter Mailing Nutrition / 3rd Wednesday of the month / October to June

Pet a Pet with Maxi / 1st Monday of the month Podiatry Clinic / Twice Monthly Poetry / 1st & 3rd Wednesday of the month Wilson Science & Technology / 2nd & 4th Friday of the month

Whole Foods Demo / 1st Monday of the month / Sept. Oct, January to June 1:00 p.m. COA Board Meeting / 2nd Wednesday of the month / Not in August

WSA Board Meeting / 3rd Tuesday of the month DECEMBER PROGRAMS Wright-Locke Farm Student Report Festival of Life

Alzheimers Talk Youville Place Tax Programs Year End & Charity Donations Tufts Opera Holiday Recycle Sale Merry Mixology Wright Locke Farm Snow Globe Workshop Tax Program Real Estate Tax Relief

Holiday Magic Newsletter Mailing

Closed: December 25th

Trivia Challenge

### PARKING AT THE JENKS

Parking is the number one headache for Jenks patrons, with no miraculous solution in sight. There are 26 parking spaces that are "designated" for Jenks patrons requiring that you have a visible "Jenks permit" on your dashboard. Permits are available at the front desk. There are two things you can do to improve the situation. If you park on Skillings Road across from the Center, for safety, please walk up toward the high school and use the crosswalk. When parking in the spaces in the lot, take care to not park too close to cars next to you.

Thank you!

Check our website for weekly updates at www.jenkscenter.org

December 6th

December 26th

December 9th

December 11th

December 11th

December 17th

December 19th

December 18th

December 2nd

December 5th

December 11th

December 17th

December 2nd

December 3rd

December 3rd

December 4th

December 4th

December 5th

December 10th

December 11th

December 11th December 11th

December 19th

December 2nd-6th

Not Meeting December

December 5th & 19th

December 12th & 26th

December 5th & 19th

December 4th & 18th

December 9th & 16th

December 4th & 18th

December 13th & 27th

next demo in January

December 6th

11:00 a.m.- noon

9:30-11:30 a.m.

9:00 a.m. - noon

9:30 a.m. - noon

10:30-11:30 a.m.

11:00 a.m.-noon

2:30 - 4:00 p.m.

10:00 - 11:00 a.m.

12:30 p.m.

time varies

8:45 a.m.

9:15 a.m

2:00 p.m.

12:00 a.m.

6:00 p.m.

1:00 p.m.

7:00 p.m.

6:30 p.m.

10:00 .m.

1:00 p.m.

2:00 p.m.

6:30 p.m.

8:30 a.m.

See Newsletter For Hours

1:30-2:30 p.m.

10:45-11:45 a.m

8:30 a.m.

11:30 a.m.

2:30 p.m.

11:00 a.m. - 12:30 p.m.

Please check our daily slide screen prior to going to your activity. Room Assignments often change to accommodate new meetings & events.

Make Yourself Home





Winchester **Mount Vernon House** 

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