

COUNCIL ON AGING

Helen Haddow-Chair
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Donald Tabbut – Treas.
Bernice Woolf – Sec’y
Betty Federico
Elsa Verdy
Patricia Brown
Mary DeMinico
Natalie Lichtenstein
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Winthrop Senior Citizen News

MARCH 2005

FAX 846-9663/E-MAIL NancyWCOA@aol.com
“Helping to provide quality community services”
Winthrop Senior Center-35 Harvard Street
Open Monday through Friday, - 9 A.M. – 4:00 P.M.
PHONE – (617) 846-8538

STAFF

Nancy Williams-Director
Marge Beaudry-
Transportation Coord.
Mickie Taub-Staff Asst.
Kevin Ricupero –Maint.
Kathy Dixon-Outreach &
Activities Coord.

DIRECTOR’S MESSAGE.....

Dear Seniors:

Finally, we’ve gotten through the two worst Winter months, January and February. Hopefully, March will treat us much better weather wise. I know, we’re all looking forward to sunshine and flowers. We’ve had several inquiries in the past few months about, “what is the Council on Aging?” The COA is a Department of the Town of Winthrop, and is affiliated with the Executive Office of Elder Affairs in Boston. In order to apply for grant funding, you must be part of EOE. There are over 350 Council’s on Aging in the State of Massachusetts. Most Council’s have Senior Centers where many programs are offered especially designed to meet the needs of their elder citizens. For the most part, the Senior Center is where you see a lot of “upbeat” happenings, however, we deal with the serious side of life too—housing, health insurance, illness, elder abuse and neglect, transportation - etc.. This is where the Council on Aging comes in. We are in essence, the “hub” where seniors can come for any situation whether it be of an enjoyable nature or a very serious situation. There are many services available for senior citizens, and we can help direct you and your family members to them. I hope, that this small synopsis helps to clarify the Council on Aging and the Senior Center. This is the birthday month for most of the staff so we say happy birthday to Marge, Kathy, Ernie, and *Mickie*. (How old are you now?? - They’ll never tell!)

Nancy Williams
Director of the Council on Aging



ROTARY LUNCHEON

Monday—March 7, 2005

12:00 noon

at the Winthrop Senior Center this year!




We are pleased to announce that the Senior Citizen Rotary Luncheon will be held at the Senior Center this year. We are delighted to “house” this wonderful program which has been hosted by the Winthrop Rotarians over the past years. You will enjoy a catered meal by Famolare Caterer’s, and will be served by their waitresses along with the Honor Society students from Winthrop High School. Also, this year’s special speaker from Channel 5 will be newscaster, Ed Harding. We hear he is a wonderful guy, and is capable of telling some “humorous” stories. There will be a small charge for a ticket to this luncheon, and you must be a Winthrop resident. Tickets are limited, so hopefully, by the time you read this, you will already have yours as March 8th is soon upon us. Thanks so much to the Winthrop Rotarians for hosting this very special luncheon.

SENIOR CENTER BAKE SALE

Tuesday—April 12, 2005

10:00—2:00

In  the Senior Center foyer Once again, the Council on Aging members will be sponsoring a “Bake Sale” fundraiser for the Senior Center. If you wish to donate any home baked goods for the sale we would appreciate it.

Suggested items—brownies, cakes, cupcakes, lasagna, baked beans, macaroni & cheese, puddings, eggplant, soups—etc.

There will be a sign-up sheet at the front desk in the Senior Center so you can let us know what you’ll be donating. You may drop-off your goodies the day before.

Thanks for your help!





OUTREACH PROGRAM

If you know of a homebound senior citizen living in Winthrop who could benefit from a home visitation, please inform our Outreach Coordinator, Kathy Dixon. Kathy could be their liaison to the outside world. She can refer them to vital services to make their lives more manageable, along with helping them to maintain their independence. Kathy can be reached at the Senior Center Monday through Friday from 8:00 a.m. – 1:00 p.m. at 617-846-8538.

**TRAVEL NEWS:
OVERNIGHT TRIPS**

WASHINGTON, D.C.

April 1-4, 2005

By Gateway Travel Tours



This memorable trip includes:

Round trip deluxe charter motor coach transportation, 3 nights at the Sheraton Suites Hotel Alexandria or similar, five complete meals—3 breakfast, 1 dinner theater and 1 local dinner, extensive Washington, D.C. sightseeing with a local tour guide, the delightful West End Dinner Theater featuring a Broadway style show and delicious dinner, free time for your individual sightseeing, shopping and browsing, all hotel taxes, meal gratuities on included features, and baggage handling (excluding driver/guide gratuities).

TOUR PRICE PER PERSON— \$495.00 Twin
475.00 Triple
685.00 Single

A deposit of \$25.00 per person is required upon sign-up. For more info. stop by the Senior Center and pick-up a trip flyer. *Hope you'll join us.*

3 DAY LOBSTERS & LIGHTHOUSES, MAINE

JUNE 20- 22, 2005

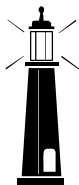
By G & W Tours

Trip includes: 2 nights accommodations, 2 buffet breakfasts, 1 dinner & 1 lobster bake dinner, all sightseeing & admissions per itinerary, all taxes, baggage handling, service charges, services of a professional tour director, and deluxe motor coach transportation.

We will visit the following places: - Nubble Lighthouse, Captain Newicks for lunch, Lighthouse Depot in Wells, ME, Owls Head Transportation Museum, afternoon boat cruise on the M/V Mohegan, and shopping in Boothbay Harbor, Maine.

PRICE—\$259.00 pp twin, \$249.00 pp triple, and \$359.00 pp single.

For a more detailed information about the trip stop by the Senior Center for an trip flyer.



**THE BEAUTIFUL
HUDSON VALLEY OF NEW YORK**

October 17-19, 2005

By A Yankee Line, Inc.

Located in southern New York State, the Hudson River Valley Region's intrigue and charm have been a lure for visitors for more than three centuries. Artists, authors (such as Washington Irving who wrote "Rip Van Winkle" and made the area famous in his "Legends of Sleepy Hollow") and the wealthy (including the Vanderbilts, Roosevelts and Rockefellerers) have made the area their home, and is named for explorer Henry Hudson who settled the region in the 1600's.

TOUR INCLUDES:

First class hotel accommodations for two night at the Poughkeepsie Grand Hotel, all necessary taxes, gratuities and baggage handling (one bag per person), five meals—2 breakfasts, 1 box lunch, and 2 dinners, 90 minute cruise on the Hudson River aboard "The Commander", narrated tour of the Hudson Valley with a local guide, tour of the U.S. Military Academy at West Point (photo I.D. required for entry), admissions to the Franklin D. Roosevelt Home & Library and the Vanderbilt Mansion, and deluxe Yankee Line motor coach transportation.



PRICE—\$399.00 pp double occupancy. A \$50.00 deposit is due with reservation.

This is a fabulous trip, and we hope you'll join us.

FOXWOODS CASINO

Monday—May 16, 2005



For all you gambling fans, we've already set these dates so you can enjoy more gambling fun!

As in the past, the price is only \$22.00 for motor coach transportation by McGuinn and some extras upon arrival.

Leave at 7:00 a.m. and return approximately 6-6:30 p.m. for a full day to enjoy.

MOHEGAN SUN

Friday—April 22, 2005

\$40.00

Leave at 7:00 a.m. and stay at Mohegan until 2:45 p.m. Then you'll be off to the Garde Arts Theater which is nearby to see the great performance of "Sprung" - the rebirth of Spring. Included in the price of \$40.00 is a great day at Mohegan, free all-you-can eat buffet food voucher or \$10.00 food credit, four \$5.00 pull tabs, shopping, gaming, tickets to the "Sprung" performance, snack pack dinner for the ride home, and motor coach transportation. "Wow"! Sounds great. Sign-up now.



HAPPINESS AND GOOD HEALTH DISCUSSION

Tuesday—March 8, 2005

1:00 at the Senior Center
(right after the Senior Lunch)

Marion Garfinkel, RN from the Jewish Rehabilitation Center in Swampscott will be at the Senior Center on March 8th to show you how to put some humor in your life. Also, she'll talk about the health benefits of adding humor in some of the things that you do everyday.

Plan to join us for this "lighthearted" get-to-gether.

Light refreshments will be served.



SPRING VIOLIN PROGRAM



Wednesday—April 20, 2005

1:30 p.m.—Senior Center

Join us once again, as Marc Widershien and Ed Meradith share their musical talents together and create beautiful music. Marc on the violin, and Ed on the keyboards is just wonderful. Also, Marc and Ed provide some history about the songs being played, and share some of their own memories regarding music.

Join us for this delightful program.
Light refreshments will be served.



VITAL NUMBERS

- Elder Affairs: 1-800-AGE-INFO
1-800-243-4636
- TDD/TTY: 1-800-872-0166
- Fax: 1-617-727-9368
- Elder Abuse Hotline w/TTY: 1-800-922-2275

ELDER SERVICES ON LINE

Click on www.800ageinfo.com for the latest information on programs, services, resources and related links available to Massachusetts elders and their families.

Chelsea-Revere-Winthrop Elder Services

100 Everett Avenue, Unit 10, Chelsea
617-884-2500

Winthrop Housing Authority—617-846-7100

A LIVING MEMORIAL/HONOR



This is for your convenience in making a gift to the Council on Aging that will enhance today and tomorrow's elder services in our community. The individual of families of those you have honored, will be notified of your contribution. Your donation is greatly appreciated in support of the Winthrop Council on Aging, 35 Harvard St., Winthrop, MA 02152

Please make your check payable to the Friends of the Winthrop Council on Aging

I am enclosing \$ _____

In memory/honor of: _____

Send card to: _____

Address _____

City _____ State _____ Zip _____

Donor's name _____

Address _____

City _____ State _____ Zip _____

VAN TRANSPORTATION PROGRAM

The Winthrop Council on Aging provides transportation to priority medical appointments (radiation, chemotherapy, and dialysis) and for food shopping to the Winthrop Marketplace, Shaw's and Stop & Shop in Revere—Monday through Thursday. Transportation is door to door with courteous and helpful drivers, and can be scheduled by calling the Senior Center 1-2 days before you wish to be picked up at: 617-846-8538.



Prices are as follows:

LOCAL- Winthrop area—	\$2.00 round trip
NORTHGATE	6.00 "
WALMART	6.00
REVERE MGH	4.00
SHAW'S/STOP&SHOP	4.00
CHELSEA B I & MGH	7.00
EBNH	6.00
MELROSE/WAKEFIELD	16.00
SQUARE ONE MALL	7.00
WHIDDEN HOSPITAL	8.00

**Priority medical trip prices and transportation schedule provided upon request.*

REGULAR MONTHLY SCHEDULE

MONDAYS

BLOOD PRESSURES BY VNA..(2nd Mon.)
9-11:00
EXERCISE CLASS.....9:30
AEROBIC DANCE CLASS WITH ERNIE.10:30
SENIOR LUNCH PROGRAM.....12:00

TUESDAYS

TAI CHI.....9:30
BOWLING.....10:00
SEWING CLASS/CROCHET & KNITTING.10:00
ARTS & CRAFTS.....10:00
SENIOR LUNCH PROGRAM.....12:00
CARDS.....1:00
YOGA.....6-7:30

WEDNESDAYS

EXERCISE CLASS.....9:30
VISION IMPAIRED GROUP MTG.....10:00
(3rd Weds.)
YOGA FOR ARTHRITIS WITH PAUL.....10:30
SENIOR LUNCH PROGRAM.....12:00
MOVIE.....(2nd Weds.).....1:00
AEROBICS & FITNESS FOR BEGINNER.6:15PM
TOPSMEETING.....6:30 PM
QUILTING GROUP (Meets 3rd Weds.)....7:00

THURSDAYS

CHI BALL WELLNESS CLASS.....9:30
SHIRTPAINTING CLASS...1st Thurs.....10-1
SENIOR LUNCH PROGRAM.....12:00
BINGO.....1:00
COA MEETING (2nd Thurs.).....10:30
COUNSELOR – Pat Brown – by appt.....1-4:00

FRIDAYS

EXERCISE CLASS.....9:30
ART CLASSES WITH DAWN.....10:00
LINE DANCING/CAROL.....10:30
SENIOR LUNCH PROGRAM.....12:00
CERAMICS.....1:00
CARDS & CRIBBAGE.....1:00

Many thanks to WCAT for all the coverage they give to the Senior Center on their local cable access, channel 3. Don't forget to watch WCAT for senior programming and other local information.

The Winthrop Council on Aging is now on the internet!

You may reach it by logging on at:
www.winthropcouncilonaging.com

Now seniors and family members can pursue our website and see what the Council on Aging/Senior Center has to offer.



SPECIAL EVENTS FOR MARCH

MONDAY

7—12:00 ROTARY LUNCHEON
(Senior lunch cancelled today)
14—9:00-11:00 BLOOD PRESSURES BY VNA



TUESDAY—

8—1:00 GOOD HUMOR/HEALTH DISCUSSION
15—10:00 0 12:00—BLOOD PRESSURES BY MICHELLE, RN
29—10:00-12:00—BLOOD PRESSURES BY MICHELLE, RN

WEDNESDAY

9—10:30 COFFEE/CHAT GROUP MEETS– (2nd Weds.)
—1:00— MOVIE (2nd Weds. —"RAY" (Story about Ray Charles)
16– 10:00—1:00-VISION IMPAIRED GROUP MEETING (3rd Weds.)
2—1:00-3:00 CREATIVE WRITING
9—1:00-3:00 CREATIVE WRITING
9—9:30—FRIENDS MEETING
16—1:00-3:00 CREATIVE WRITING
23—1:00—3:00 CREATIVE WRITING

THURSDAY

3—10-12—SHIRT PAINTING WITH RENEE (1st Thursday)
10—10:30—COA MEETING-(2nd Thurs.)
17– ST. PATRICK'S DAY/EVACUATION DAY HOLIDAY—(Senior Center closed)
31—"SPLIT THE POT" DRAWING

FRIDAY

HAPPY BIRTHDAY TO:

17—Marge
20—Ernie
23— Kathy
28—Mickie

John from Audibel will be at the Senior Center on Friday—March 11, 2005 to offer free hearing screenings. If you're interested call the Center at: 617-846-8538 to schedule an appointment.



COFFEE/CHAT GROUP

2nd Wednesday of each month from
10:30—11:30 a.m.
at the Senior Center
March 9, 2005

Join us for a cup of coffee and a chat. The conversations are very interesting.



SPLIT THE POT CLOTHESPIN DRAWING

Our monthly "Split the Pot" drawings every month which is sponsored by the Friends of the Council on Aging, have really been fun.

Tickets are \$1.00 each or 7/\$5.00. So, get all your friends to participate because the more tickets we sell, the more money there will be to "split"! We'll draw one clothespin out of the raffle drum each month (the last Thursday of the month) and there will be one lucky winner. Good luck! The winners have been really pleased so far with their share of the winnings! *Remaining proceeds to benefit the Senior Center.*

**WE'RE PLEASED TO ANNOUNCE—
THAT WE'RE BRINGING THE COFFEE BACK!!!!**

We received a few "very generous" donations at the beginning of the New Year from local residents and business people, and we are grateful to them for thinking of us. Because of their generosity, we are able to bring the coffee back, and with all new equipment.



It will be up to you to make your donation of \$.50/cup when you get your own cup of coffee, and to keep the area where the coffee maker is kept (Arts & Crafts Room counter) clean and tidy. All donations will be used to purchase more coffee/tea supplies. *Without your donations, the pot will run dry! I hope, that you will help us to keep the coffee on!*

THE BENEFITS OF HYPNOTHERAPY

Wednesday—April 27, 2005

1:00 at the Senior Center



Marilyn Reagan, certified clinical hypnotherapist will lead this discussion about the benefits of hypnosis.

Hypnosis is a naturally occurring, heightened state of awareness where you are open and willing to accept suggestions that enhance memory, healing, creativity, and many other beneficial changes.

Hypnosis is not sleep; 90% of the population go into a light trance. Generally, you hear and remember most of what is said. Only 10% of the population actually goes so deeply into hypnosis that they are unable to recall the experience. However, even they remember most of what is said. In addition, although you are more open to suggestion during hypnosis, you will not do anything that is against your nature and you may choose to disregard any suggestions made by the hypnotherapist.

Plan to join us for this very informative presentation. *Light refreshments will be served.*

NEED A BOTTLE OF WATER?



If you need water, we have water bottles in the office "fridge" that are nice and cold. They are only \$1.00. Just ask a member of the staff.

REGRETS

I regret that yesterday, I didn't smile a little more,
Or give a warmer welcome to a caller at my door.
I regret I didn't take the time to call a distant friend,
that I wasn't somewhat kinder and left some notes
un-penned.



I regret I was so cranky and hasty on my way,
Oh, how I wish that I could change my
thoughtless
yesterday.

YOGA FOR ARTHRITIS PROGRAM

With Yoga Master, Paul Clarke

Wednesday mornings—10:30 a.m.
\$4.00/class

Try this gentle form of exercise which will help to ease the pain of arthritis. Paul is a master of yoga moves, and will help you to feel better. Join us for this very beneficial program.

INNOVATIONS SENIOR EXERCISE PROGRAM—2005

With nationally certified instructor—Ernie Sarro

12 week program starting -
Wednesday—April 6, 2005
through Wednesday –June 22nd
6:15—7:15 p.m.—at the Senior Center

This class is especially designed for senior men and women with exercise routines developed for older, active adults. Ernie uses the latest exercise techniques from around the world featuring Chi Ball, resistance band workouts, easy dances, and some very simple Tai Chi and Yoga exercise to improve balance and flexibility. You'll find the class easy to follow, and the music will move you. *Thanks to CRW Homecare in Chelsea, grant funding will be provided by them to pay for this program.*

HEY—CHECK OUT OUR VIDEO LIBRARY!

Thanks to many generous people, we now have a video library in the Senior Center. Just go over to our regular library, and the videos are sitting up on top of the shelf. If you're interested in taking one for a couple of days, just sign it out with one of the staff at the front desk.