

**COUNCIL ON AGING**

Helen Haddow-Chair  
Marilyn Flanagan – Vice  
Donald Tabbut – Treas.  
Bernice Woolf – Sec’y  
Betty Federico  
Elsa Verdy  
Patricia Brown  
Mary DeMinico  
Natalie Lichtenstein  
Bernice Woolf

# Winthrop Senior Citizen News

**MAY 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! Sunshine, warmth, and flowers!! We'll take it! I'm pleased to announce, that we have received a reply from the Dept. of Elder Affairs regarding the Service Incentive Grant that I wrote and submitted for new computer equipment. We will be receiving \$4500.00 toward the purchase of three new computers for the office, and we are thrilled. Our present computers are several years old.

I'll close with a big thank you to our wonderful Senior Center volunteers who will be honored at our May 18th luncheon. Also, happy Mother's Day to all those "special" mothers young and old alike.

Nancy Williams  
Director of the Council on Aging



**ELDER LAW EDUCATION PROGRAM**

Wednesday—May 25, 2005

11:00 a.m. at the Senior Center

*Sponsored by the Massachusetts Bar Assoc.  
And co-sponsored by the Massachusetts Chapter of  
the National Academy of Elder Law Attorneys*

We are pleased to announce, that local attorney, Alan S. Bernstein will be the guest speaker for this presentation. The presentation will include information on elder law essentials and Medicaid planning. Some of the points that Mr. Bernstein will cover will include:

- What is a will and who needs it?
- What is a living trust and how is one created?
- What is a durable power of attorney and who needs it?
- What is a health care proxy and what does it include?
- Is Medicaid planning still an option?
- What is a life support statement and who needs it?

Attorneys from the Massachusetts Bar Association and the Massachusetts Chapter of the National Academy of Elder Law Attorneys will offer free presentations at more than 125 Councils on Aging and Senior Centers across the State.

MBA volunteers have participated in the Elder Law Education Program since 1987.

(con't above)



(con't from below)

Past topics have touched on the Homestead Act, reverse mortgages, estate planning and long term health insurance. This program is co-sponsored by the Massachusetts Chapter of the National Academy of Elder Law Attorneys.

*Don't miss this wonderful opportunity to enhance your knowledge on these issues!*

\*\*\*\*\*

**SENIOR CENTER HEALTH FAIR**

Wednesday—June 22, 2005

10:00—2:00



We're all looking forward to the summer—and to sunshine, flowers and the Winthrop Senior Center Health Fair!

So, save the date, and watch for more detailed information about the providers that will be attending, and other wonderful opportunities that will be available.

\*\*\*\*\*

**VOLUNTEER LUNCHEON**

May 18, 2005

12:00 noon



This is the time of year where we honor all our wonderful Senior Center volunteers. The Winthrop Council on Aging in conjunction with the Department of Elder Affairs, takes this opportunity to let the volunteers know how valuable their volunteer service is. Without their help, many activities would not be able to be offered at the Senior Center.

This year, they will enjoy a catered meal by Famolare Caterer's, and will also enjoy the guest speaker, Mr. Steve Chrabaszcz-Principal of Winthrop High School.

*So many thanks to all our volunteers—you know who you are!*

*We appreciate the many hours you donate to make activities at the Senior Center the best they can be!*



**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:**

**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. Some seats left.

\*\*\*\*\*

**CASINO & LOBSTERBAKE**

May 26, 2005

\$50.00 per person

By G & W Tours

Your motor coach will depart at 7:15 a.m. from the Senior Center. There will be a three hour stay at Mohegan Sun Casino where you will receive 2—free \$5.00 pull tabs, then you'll be off for a lobster bake at Captain Jack's in



Wakefield, R.I.—On the menu:

Rhode Island Clam Chowder, 3 clam cakes, shrimp cocktail, 1 fresh lobster or prime rib, corn on the cob, apple crisp with ice cream, rolls & butter, and beverage...."Wow" what a feast!

Full payment is due upon reservation. Please specify luncheon choice when you sign-up.

*Gambling and great food. What more could you ask for!*



\*\*\*\*\*

**TRAVELOGUE PRESENTATION**

*Hosted by the Senior Center Travel Committee*

Wednesday—June 1, 2005 at 1:00 p.m.

Bill Stare of Premier World Tours Group Travel Specialists will present a travelogue on Great Trains and Grand Canyons (6 days and 5 nights) This trip, if you decide to go, is a great opportunity to see this part of the Country. Don't miss this presentation! Light refreshments will be served.

**OVERNIGHT TRIP—**

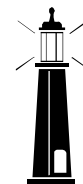
**3 DAY LOBSTERS & LIGHTHOUSES, MAINE**

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.*

\*\*\*\*\*

**A DAY IN SOUTH COUNTY RHODE ISLAND**

Tuesday—August 9, 2005

\$59.00 per person

By Yankee Line Tours

You'll enjoy an 11 mile narrated nautical tour aboard the 65 ft. M/V Southland which will provide some of the most beautiful scenery in all of New England. View such sights as the Historic Point Judith Lighthouse, lush beaches, and the protected waters of the Harbor of Refuge. Luncheon is included at the Coast Guard House which is listed on the National Register of Historic Landmarks. This restaurant offers the freshest in native seafood and unique menu selections in an elegant atmosphere without undue extravagance. After lunch you'll visit the Historic Wickford Village which offers a taste of New England life as it was a century or more ago.

The price of \$59.00 includes:

Deluxe Yankee Line motor coach transportation, one hour and forty-five minute excursion aboard the M/V Southland, complete luncheon at the Coast Guard House in Narragansett with entrée selection of: Chicken Picatta, Sirloin Kebobs, or Linguine with clam sauce, and visit to Wickford Village. Payment is due upon reservation.

*Plan to join us for this wonderful day!*



(Travel—con't)

**THE BEAUTIFUL  
HUDSON VALLEY OF NEW YORK**

October 17-19, 2005

By A Yankee Line, Inc.

Located in southern New York State, the Hudson Rive 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 Rockefellers) 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.*

\*\*\*\*\*

**ADAPTIVE COMPUTER SOLUTIONS**



*Specializing in bsic computer training for people with disabilities*

Become independent through technology with training by Marianne Hughes of Winthrop.

She will set-up a private appointment for you at the Senior Center where she can show you the computer programs that are now available for people with disabilities. You will be amazed!

You can reach Marianne by calling:

617-549-8639 or 617-846-2203

If she's not home, just leave a message, and she will get back to you.

\*\*\*\*\*

**MONEY MANAGEMENT PROGRAM**



**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](http://www.winthropcouncilonaging.com)

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



## SPECIAL EVENTS FOR MAY

### MONDAY

9—9:00-11:00 BLOOD PRESSURES BY  
VNA NURSE, CYNTHIA  
30—MEMORIAL DAY HOLIDAY -  
SENIOR CENTER CLOSED



### TUESDAY—

3—9:00 - 11:00—BLOOD PRESSURES BY  
MICHELLE, RN (1st Tues.)  
24—9:00-1:00—BLOOD PRESSURES BY  
MICHELLE, RN (4th Tues.)

### WEDNESDAY

6—6:15 P.M. INNOVATIONS EXERCISE CLASS  
BEGINS  
11—10:30 COFFEE/CHAT GROUP MEETS- (2nd  
Weds.)  
11—1:00— MOVIE (2nd Weds.)  
18- 10:00—1:00-VISION IMPAIRED GROUP  
MEETING (3rd Weds.)  
18- 12:00 NOON—VOLUNTEER LUNCHEON

### THURSDAY

5—10-12—SHIRT PAINTING WITH RENEE (1st  
Thursday)  
—10:30 RED HAT SOCIETY MEETING  
14—10:30—COA MEETING-(2nd Thurs.)  
26—”SPLIT THE POT” DRAWING

### FRIDAY

13—9:00—FREE HEARING SCREENINGS BY  
JOHN

### SATURDAY

### SUNDAY

MAY 1—ART FESTIVAL 12:00 P.M. TP 5:00 P.M.

8—MOTHER'S DAY  
Happy Mother's Day to all!



### COFFEE/CHAT GROUP

2nd Wednesday of each month from  
10:30—11:30 a.m.

at the Senior Center

May 11, 2005

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



(con't from below)

**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.*

\*\*\*\*\*

**THE WINTHROP "FULL OF LIFE" CENTER**

Seeing that I've been a senior for quite a while, And when anyone suggested the Winthrop Senior Center, I would smile, say thanks, just the same, but I'm not ready at all,



To mingle with the "elderly" and so I would stall, And say maybe some day when I have nothing to do.

Well my life had changed my best friend/cousin had moved away, So when an old friend said come on down and play in our bridge game, I said okay.

I was pleased that she had called me by name. So I went and found a lot of "up" people who were willing to share,

In their "secret" way of keeping happy and letting me know they care,

I took the Creative Writing Course with Mark Wid-ershien, it was really neat,

Brought back some family memories that were really a treat.

One thing led to another and soon I asked to be a "friend".

What a great group, their work to aid the Center never seems to end.

And all the while Nancy, Kathy, Marge and Mickey to name the staff made me feel so welcome and worthwhile and of course we had many a laugh!

And then to make matters even better—an opening on the Council made me apply by letter,

Yes, I was accepted and I really am impressed with the work the Council does,

They really do their best to see that we are getting everything we're due,

They represent you, you, and you.

Don't be like me and miss out on all the fun, Come on down to the Winthrop Senior Center, we'll keep you on the run.

There's exercise, dancing, crafts, conversation, and even meals,

Good company, entertainment, professionals to give you information, (con't above)

And that's a great deal.

Just want to say thanks to each and everyone,

Who made me part of what's really lots of fun.

I wish I'd come sooner but no one should live with regrets, So listen to me and come on down and see how good it gets.

See you there I hope!!!!

Shalom-Peace

Natalie Lichtenstein

P.S. Don's let the name "Winthrop Senior Center" fool you. We really should change the name to the -

**Winthrop Full of Life Center.**

\*\*\*\*\*

**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.



\*\*\*\*\*

**HEY—CHECK OUT OUR VIDEO LIBRARY!**

Just go over to our regular library shelf and there is a listing of all the video's/DVD's that are available.



If you're interested in taking one, just ask the gals at the front desk where you can sign it out. You can only keep the video for a maximum of five days, and must leave your telephone number with us just in case you "forget" to return it.

There will be a \$1.00 charge to take a movie out. All proceeds will go toward the purchases of new DVD's for our library.

\*\*\*\*\*

**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](http://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**