

COUNCIL ON AGING

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Winthrop Senior Citizen News

JULY 2006

FAX 617- 846-9663/E-MAIL-nwilliams@town.winthrop.ma.us
"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
The Town's official web-site: www.town.winthrop.ma.us

STAFF

Nancy Williams-Director
Marge Beaudry-Transportation
Coord.
Kathy Dixon-Outreach &
Activities Coord.
Ruth Hames—Staff Asst.
Ernie Lessard &
Al Espinola—Van drivers

DIRECTOR'S MESSAGE

Dear friends:

I would like to take this opportunity to thank Marc Wallerice and his crew from the Winthrop Market Place for donating a more than generous gift certificate for our "Groceries Galore Raffle. The raffle was a huge success, and we also would like to thank all the people that purchased tickets. Thanks for your support!

Finally, the warmer weather is here. Stay cool, and enjoy the summer activities.
Happy 4th of July to all!



Nancy Williams
Director

A VISIT WITH DR. PAUL McGEE

Wednesday—July 12, 2006
10:30 at the Senior Center

Dr. Paul C. McGee of McGee Family Chiropractic will be at the Senior Center on Wednesday—July 12th to discuss the benefits of Chiropractic care and will also demonstrate using a patient under his care. This will give you an example of how patients are actually treated in his office. If you have any questions for Dr. McGee, plan to come down and speak to him personally and obtain information that can help you to feel better.



TAX LIABILITY PROGRAM

Applications for the Senior Citizen Volunteer Service/Tax Liability Program will be available in August. The taxpayer must be 60 years of age or older during the tax year when the volunteering is completed and the tax reduction credited. More information to follow.



SENIOR CENTER YARD SALE

Saturday—August 12, 2006

9:00 a.m.—2:00 p.m.



We will accept donations of: new clothing, small furniture pieces, household items, small appliances, new & used bric-a-brac.

The Yard Sale Committee does a great job each year of putting this event together which turns out to be a financially successful fundraiser.

Light refreshments will be available too!

So, if it's a really hot day, come down to our yard sale, buy some "attic" treasures, and cool down inside our lovely air conditioned building.

COME AND MEET KAREN BERNSTEIN AND HER WONDERFUL BORDER COLLIE, MEG

Wednesday—July 26, 2006
1:00 p.m. at the Senior Center



Meg is a very gentle Border Collie that loves people and has an interesting history. She worked as a geese dog at the Winthrop Golf Club and lived on site there until a year and a half ago. When she "retired", local resident, Karen Bernstein adopted her. Since that time, she has become a pet therapy dog that has been screened through the Pets and People Foundation, and also has started playing competitive Frisbee and has begun agility classes. *Sounds like we could take some classes from Meg!*

We are thrilled to have Karen and Meg coming to the Senior Center. Please save this date, as this will be an interesting and enjoyable get-together!



NEWS FROM THE TRAVEL COMMITTEE...



DAY TRIPS TO:

NEXT DAY TRIP TO FOXWOODS

Monday—August 7, 2006

The price is the same—\$23.00. Leave the Senior Center at 7:00 a.m. and return about 6-6:30 p.m. for a full day of gambling fun. As always, you will receive some extra's upon arrival. Sign-up now!

DAY TRIP TO SUFFOLK DOWNS

**Wednesday—August 16, 2006
\$27.00**

Leave the Senior Center at 11:00 a.m. For Suffolk Downs. When you arrive, you will enjoy a wonderful buffet which will consist of:

Soup, salad, entrees of Baked Boston Scrod, Chicken Cordon Bleu, Macaroni & Cheese, Shepherd's Pie, rice pilaf, fresh vegetables, rolls & butter, carrot cake, seasonal fresh fruit, coffee & tea. Wow! You can eat a little bit of everything....

Then try your luck at the races! Included in the price of \$27.00 - Bus transportation, buffet, clubhouse admission, daily racing program, betting explanation, a race named for your group, trophy presentation to the winning jockey of your race and an 8x10 color photograph of the presentation.



This trip will prove to be loads of fun! You may sign-up now. Wait list only!

DAY TRIP TO THE BACK ROADS OF SOUTHERN NEW HAMPSHIRE

**Thursday—September 14, 2006
\$50.00 per person
By Brush Hill Tours**

Your motor coach will depart from the Senior Center at 8:15 am.....

(con't above)

First stop—Apple Hill Farm. Choose from a variety of different apples of the season plus many other goodies available at the farm stand! Then you'll be off to lunch at Lake Shore Farm which is a lovely country inn set on a beautiful lake serving home cooked family style meals. Your menu will feature an all you can eat turkey dinner with all the fixing's. After lunch, you'll travel to Barrington, NH and visit Calef's Country Store. It's just as special today as it was in 1869 when Mary Calef opened its' doors. Your last stop will be at the Salmon Falls Stoneware & Pottery Outlet. You'll find pottery made at the turn of the last century. The charm of the work is that each pot, individually made and hand decorated, has its own special character. Spend some time in the pottery outlet with some great bargains. Sounds like a wonderful time. Full payment is due upon reservation.



OVER NIGHT TRIP:

A TASTE OF VERMONT

Foliage Fan Fare

September 30—October 1, 2006

Saturday & Sunday

**Price—\$199.00 pp Double/Triple
\$299.00—Single**

Located in Killington Vermont, the Summit is one of central Vermont's finest four-season resorts. First stop in Killington will be at The Grist Mill on Summit Pond for lunch where you will enjoy a hearty meal. After lunch enjoy a Gondola ride to the top of Killington Peak which offers majestic views. At the hotel, learn how to cook with maple syrup and enjoy complimentary hors d'oeuvres, wine, & beer—dinner with entertainment will follow. The next morning enjoy a hearty breakfast off the menu. Then enjoy a short ride to Billings Farm & Museum in Woodstock and a stop to Woodstock Historic Village. After departing Woodstock, there will be a stop for lunch on your own, and then we'll head home with great memories of a "Taste of Vermont. Great time! A \$50.00 deposit is due upon sign-up.

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.



MUSIC APRECIATION CLASSES ARE BACK!

Our first Music Appreciation held in June was a huge success. Marc is so knowledgeable about music that he is a wealth of information. Marc Widershein, violinist, will be at the Senior Center Thursday-July 20, 2006 at 1:00 to share with you his vast knowledge of music in all areas. Please save these dates, as you won't want to miss his interpretations of many musical pieces, listening to some fabulous music which might include his own violin playing, along with his humor and wit.



VITAL NUMBERS

- Elder Affairs: -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—	\$3.00 round trip
NORTHGATE	7.00 "
WALMART	7.00
REVERE MGH	4.00
SHAW'S/STOP&SHOP	4.00
CHELSEA B I...6.00 & CHELSEA MGH	7.00
EBNH	7.00
MELROSE/WAKEFIELD	16.00
SQUARE ONE MALL	8.00
WHIDDEN HOSPITAL	7.00

*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
LAUREL GREENWOOD, MENTAL HEALTH
COUNSELOR—.....(By appt.-Mondays only)
AEROBIC DANCE CLASS WITH ERNIE.10:30
SENIOR LUNCH PROGRAM.....12:00
BINGO.....1:00
LINEDANCING WITH LOU...(Jan.-May) 7:00pm

TUESDAYS

TAI CHI.....9:30
BOWLING.....10:00
BLOOD PRESSURES BY SANDY (4th Tues.)10-12
SEWING CLASS/CROCHET & KNITTING.10:00
ARTS & CRAFTS.....10:00
SENIOR LUNCH PROGRAM.....12:00
CARDS.....1:00

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
SING-A-LONG WITH SANDRA (3rd Weds...1:00
AEROBICS & FITNESS FOR BEGINNER.6:15PM
TOPS MEETING.....6:30 PM
QUILTING GROUP (Meets 3rd Weds.)....7:00

THURSDAYS

CHI BALL WELLNESS CLASS.....8:45
SHIRTPAINTING CLASS...1st Thurs.....10-1
RED HATTERS MEETING-(1st Thurs.)..10:30
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

Dates for summer art classes—Friday—June 2nd,
July 14th, and August 11th. September classes
Back to every Friday.

SPECIAL PROGRAMS FOR JULY

MONDAY

12-10:00-11:00 BLOOD PRESSURES
BY VNA NURSE, CYNTHIA (2nd Mon.)
LAUREL GREENWOOD, MENTAL HEALTH
COUNSELOR (Ms. Greenwood will see you on
any Monday by making a scheduled appt.)



TUESDAY—

4- 4th OF JULY HOLIDAY—SENIOR CENTER
CLOSED

25—10:00-12:00—BLOOD PRESSURES BY
SANDY, RN (4th Tuesday)

WEDNESDAY

1:00— MOVIE (2nd Weds.) No movie for July
& August. Movies will resume in September.

12-10:30-DISCUSSION WITH DR. PAUL
MCGEE, CHIROPRACTOR

19-10:30-BANKERS LIFE & CASUALTY PRES-
ENTATION

19-1:00—SING-A-LONG WITH SANDRA
(3rd Weds.)

19—10:00—1:00-VISION IMPAIRED GROUP
MEETING (3rd Weds.)

20-1:00—MUSIC APPRECIATION

26-1:00—MEET BORDER COLLIE, MEG

THURSDAY

20-9:30 BULL N' CLAW DAY TRIP

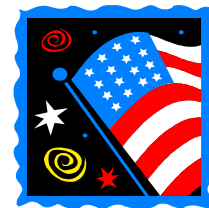
6—10-12—SHIRT PAINTING WITH RENEE (1st
Thursday)

6—10:30 RED HAT SOCIETY MEETING
(1st Thursday)

13—10:30—COA MEETING-(2nd Thurs.)

27—”SPLIT THE POT” DRAWING
(Last Thursday of the month)

FRIDAY



Free Hearing Screenings

By John from Audibel

Friday—August 11, 2006

9:00 a.m. at the Senior Center

Call the Senior Center at

617-846-8538 to schedule an appointment.



TV RAFFLE

Sponsored by the Friends of the Council on Aging.....
Beautiful 20" Toshiba TV with a DVD player

Tickets are \$1.00 each or 6/\$5.00
You have plenty of time to buy tickets as the TV won't be raffled until our big dinner/show on October 21, 2006.

All proceeds to benefit the Senior Center.
Thanks "Friends"!

BANKERS LIFE & CASUALTY PRESENTATION....



Wednesday—July 19, 2006

10:30 a.m.

Join Jim Collins and Jamie Markewicz of Bankers Life and Casualty on July 19th. They will be presenting an informal discussion on topics that affect you now and possibly in the future:

Long Term Care Insurance—What is it and do I need it?

How to protect your savings from inflation and tax's,

How to safe guard your savings and investments from risk and losses,

Medicare supplements and Prescription Drug Plans,

How to guaranty that your children will get everything that you leave to them.

Join Jim and Jamie for any informational morning as they will provide you with straight answers and easy to understand examples.

Light refreshments will be served.

In memory of our dear friends and former Council on Aging members,
Pearl Sabat
&
Arthur Stone

ANYONE INTERESTED IN STARTING UP ANOTHER WALKING CLUB?



We've had a few inquiries from several of our Senior Center participants about possibly starting up another Walking Club. Several years ago we had one, and the group used to meet at various locations two or three days a week in the mornings. Then off they would go, and walk around Winthrop, chat, and walk-off extra weight and stress. Can't beat it especially on a nice sunny day!

So, let the staff know, if you're interested in becoming "fit as a fiddle" and getting on board with (we hope) an all, new Walking Club!

MUSIC APPRECIATION WITH MARC WIDERSHIEN

Thursday—July 20, 2006

& August 2, 2006

1:00

If you missed the first Music Appreciation, don't miss this one! All in attendance at the last appreciation class, enjoyed it immensely. Marc Widershien has such a vast knowledge of music, and his violin performances are a joy to listen to. So, plan to join us on July 20th and August 2nd for a musical trip down memory lane.



Light refreshments will be served.

MARK TWAIN PROGRAM

Thursday—August 16, 2006

11:00 a.m.

A solo performance by Richard Clark

Funded by: the Winthrop Cultural Council

Join us for a delightful look at the life and work of America's foremost humorist. This on person play is full of wit and wisdom and the special brand of storytelling that made him a legend in his time.

Richard Clark has spent recent years professionally in New York Theater and television. His credits include—"The Kennedy of Massachusetts", "Guiding Lights", "As the World Turns", and "Saturday Night Live".

Mr. Clark has also appeared in many regional theaters including major roles in "Inherit the Wind", "One Flew Over the Cuckoo's Nest", "The Crucible", "The Foreigner", "To Kill a Mockingbird", and "Who's Afraid of Virginia Woolf".

Don't miss this truly remarkable performance by Mr. Clark who is a truly wonderful performer.

Light refreshments will be served sponsored by the Council on Aging.

