

# WOBURN COA SENIOR CENTER

Veteran's Memorial Senior Center \* 144 School Street Woburn \* 781-897-5960

Joanne Collins, Director  
Don Olsen, "Friends" Chairperson  
Judy Tanner, Programs/Volunteers  
Ruth Gronemeyer, Outreach

August 2014

Doris Stanton, COA Chair  
Mary O'Connor, Receptionist  
Patti Meehan, Transportation  
Ralph Coakley, Protection Officer

The City of Woburn is committed to full participation of persons with disabilities in our programs, services and activities.

All trips and activities are handicap accessible.

If you require accommodations, please call the Senior Center 5 business days in advance of a trip, so that appropriate arrangements can be made.

\*\*COUNCIL ON AGING PROGRAMS AND NEWSLETTER ARE FUNDED BY THE CITY OF WOBURN,  
THE WOBURN COUNCIL ON AGING (VIA THE EXECUTIVE OFFICE OF ELDER AFFAIRS)

## Outdoor Games At the Woburn Senior Center Mondays and Fridays

10am to Noon  
Every week during the month of August



Games will include:

Shuffleboard

Bocce

Horseshoes

All are welcome to participate  
in this drop-in group

Thank you to  
Mansfield Sales Partners for volunteer  
work to set up this summer program.



Join us for some outdoor "fun in the sun".  
Even in rain, the group will continue to meet  
with an indoor game known as:  
"Ladder Bolos" and assorted board games.



## **Messages from the Director, *Joanne Collins***

### **Family Caregivers May be eligible for financial compensation**

“Caregiver Homes” provides training, support, and financial assistance to caregivers meeting specific requirements. The consumer would be a person who requires 24 hour supervision, needs daily help with personal care and is eligible for Medicaid.

Caregivers may be family members, or anyone willing to live with the consumer and provide around the clock care. For more information regarding meeting the qualifications and the requirements of a paid family caregiver, call 866-797-2333.

Caregivers receive twice a month payment, a professional care team including a Registered Nurse and Care Manager. The caregiver is trained by professionals and make a full-time commitment to caregiving. Caregivers are paid a non-taxable daily stipend depending on the personal care needs of the consumer.

To learn more about “Caregiver Homes of Massachusetts” call 866-797-2333.

The person needing care must be over the age of 16 and financially eligible for Medicaid and need daily help with activities of daily living such as bathing and dressing.

**Detailed information  
is available at the website:  
[www.caregiverhomes.com](http://www.caregiverhomes.com)**





### A Note from Judy Tanner

For information regarding programs that help with expenses such as utility bills, home weatherization, home health care, transportation and food, you can contact the U.S. Administration on Aging at 800-677-1116 or [www.eldercare.gov](http://www.eldercare.gov) and the National Council on Aging at [www.benefitscheckup.org](http://www.benefitscheckup.org)  
AARP also offers information at [www.aarp.org/quicklink](http://www.aarp.org/quicklink)

### We've Added "Gentle Morning Stretch" at 9:15am to start our day right!

Join us for the "Senior Issues" Breakfast/Lecture series Wednesdays  
Breakfast Buffet for those attending the lecture - \$2 served at 9:45am

### Presentation follows at 10:30am

**August 6th - Caregiver Support**

**Presented by: Brightview Country Club Heights**

**August 13th - Singles Vaccine**

**Presented by: CVS Pharmacy**

**August 20th - Trivia**

**Presented by: Sunrise Senior Living of Burlington**

**August 27th - "Name That Tune"**

**Presented by: Lexington/Concord Health Care Centers  
Health Bridge Management**



**"Movie of the Week" - Mondays 10am and also Fridays at 10am**

<b>8/1 "The Town Went Wild"</b>	<b>8/4 "Dean Martin and Jerry Lewis"</b>
<b>8/8 "El Dorado"</b>	<b>8/11 "Caveman"</b>
<b>8/15 "Jack Benny"</b>	<b>8/18 "Red Skelton Collection"</b>
<b>8/22 "Bob Hope Comedy Hour"</b>	<b>8/25 "African Queen"</b>
<b>8/29 "With Six you get Eggroll"</b>	

Thanks goes to "Friends Helping Seniors" for funding the movies and popcorn each week.  
Movies are subject to change due to availability.





## Ice Cream Social

**Tuesday, August 5th  
11am**

**In the Front Lobby**

**Sponsored by:  
Lexington/Concord  
Health Care Centers Health Bridge  
Management**



## “How Technology Benefits Seniors”

**Thursdays at 11am**

**This summer**

**our computer class will focus on the program: Excel**

**The program will focus on making a basic household budget using the Excel program. No prior knowledge of Excel is required.**

Join us for this free of charge course.

Offered every Thursday at 11am

During the month of August:

8/7 - Calculations (Addition/Subtraction)

8/14 - Additional Table for Taxable Items

Interaction between tables

More Calculations

8/21 - Additional Table for Miscellaneous Items

Interaction between tables

More Calculations

8/28 - More Calculations



**Four week class with Winchester Hospital  
Meeting at the Woburn Senior Center  
Mondays - 10am to 11am**

**“Success with Heart Failure”**

**August 4th  
August 11th  
August 18th  
August 25th**



**This class is limited to ten participants  
Prior registration is required by calling:  
781-897-5960**

**This workshop is offered free of charge  
Thanks to Winchester Hospital**

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. Volunteers serve as a Tax Counselor and work with eligible residents in preparing their tax returns. Basic computer skills and some experience in filing your own tax returns are important, along with a willingness to make a significant time commitment to this worthy effort. Training is provided. Please fill out an application to become a part of this invaluable team:

[http://www.aarp.org/money/taxes/info-2006/volunteer\\_aarp\\_tax\\_aide.html](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html)

For questions and additional information, please contact Rich Mockler at 781-690-2058 or [massd9dc@gmail.com](mailto:massd9dc@gmail.com)

# August Daily Schedule

## Monday

- 8:30am to 4:30pm - Computer Room Open
- 9:15am- Gentle Morning Stretch (Meets in Conference Room)
- 9am to Noon - Taxi Tickets 781-897-5970
- 9:30am - Zumba in the Dining Room
- 10am to Noon - Outdoor games (bocece, shuffleboard)
- 10am & 1:30pm - Movies (See Page 3 for Schedule)
- 10am to 2pm - Golden Gift Shop Open
- 10am - Scrabble and Mahjong
- 11:45am - Walking Club
- 12:30pm - Exercise with Marlene
- 12:30pm to 4:30pm - Pool Table Available
- 1pm - Whist

Please note:  
The Taxi Office is open 9am to Noon Monday through Thursday.  
Call 781-897-5970.

## Tuesday

- 8:30am to 4:30pm - Computer Room Open
- 9am to Noon - Taxi Tickets 781-897-5970
- 9:15am - Gentle Morning Stretch (Meets in Board Room)
- 10am - Quilting/Knitting/Crocheting
- 10am to 2pm - Golden Gift Shop Open
- 10:30am - Scrapbook Drop-in (bring your photos to organize)
- 10:30am - Senior Singers
- 12:30pm to 4:30pm - Pool Table Available
- 1pm - Line Dancing
- Beginner Italian (Classes resume September 9th)
- Advanced Italian (Classes resume September 9th)

## Wednesday

- 9am to Noon - SHINE (Health Insurance Needs) 781-897-5960
- 9am to Noon - Taxi Tickets 781-897-5970
- 9:15am - Gentle Morning Stretch (meets in the Dining Room Today)
- 9:45am - "Senior Issues" Breakfast/Lecture (Page 3 for details)
- 10am - Bowling at the Woburn Bowl-a-Drome
- 10am to 2pm - Golden Gift Shop Open
- 11:45am - Walking Club
- Noon to 2pm - Computer/Internet Instruction with Volunteers

# August 2014 Special Events

## Friday, August 1st

1:30pm - North Suburban Organ Society (\$3 payable to the group)

## Monday, August 4th

10am - Open Council on Aging Meeting - All are welcome  
 10am to Noon - "Outdoor Games" Mondays and Fridays all month  
 10am to 11am - "Success with Heart Failure" (limited to 10 participants)  
 11:30am - Open Transportation Committee Meeting

## Tuesday, August 5th

11am - Health Bridge sponsors: Ice Cream Social (in the front lobby)

## Wednesday, August 6th

9:30am to 10:30am - Blood Pressure Clinic (also 8/27)  
 11:30am - Friendly Visitor Meeting  
 Noon - Diabetic Support Group

## Thursday, August 7th

10am - "Friends Helping Seniors" Open Meeting - all are welcome  
 10am - Video: "How we Learn - Integrating Different Domains"  
 11am - Summer Technology Session: **EXCEL** every Thursday

## Monday, August 11th

10am - Veteran's Social Hour with Larry Guisepppe (Veteran's Office)  
 10am to 11am - "Success with Heart Failure" (limited to 10 participants)

## Tuesday, August 12th

10am - Collette Travel Presentation in the Library  
 10:30am - Open Building Safety Committee Meeting

## Thursday, August 14th

10am - Computer Tablet demonstration

## Monday, August 18th

10am to 11am - "Success with Heart Failure" (limited to 10 participants)  
 1:30-2:30pm - Open Office Hour with Rep. Jim Dwyer

## Tuesday, August 19th

Legal appointments; Low Vision support and Book Club will not meet  
 10:30am - Open COA Building Committee Meeting

## Wednesday, August 20th

Wednesday, August 20th

12:30pm - Exercise with Marlene  
2:30pm to 4:30pm - Pool Table Available  
1pm to 4:30pm - Woodcarving in the Ceramics Room

**Thursday**

9am to Noon - Taxi Tickets 781-897-5970  
9:15am - Gentle Morning Stretch (Meets in the Conference Room)  
10am to 2pm - Golden Gift Shop Open  
10am - Brain Health Video Series (see page 10 for schedule)  
10am - Chair and Gentle Yoga  
10am to Noon - Computer/Internet Instruction  
10:30am - "Arm-Chair Travel"  
11am - "How Technology Benefits Seniors" - EXCEL training classes  
11:30am - "Core Balance with Sharon" - Meet in the Game Room  
Noon - "Hand and Foot" Card Game  
12:30pm - Chess  
1pm - Drawing/painting

**Friday**

9am to Noon - SHINE (Serving Health Insurance Needs of Elders)  
9am - Haircuts (appointments 781-245-6605) - 8/8 & 8/22  
9:15am - Gentle Morning Stretch (Meets in the Conference Room)  
Please note: Zumba will now only meet on Mondays  
10am - Movies (See Page 3 for Schedule)  
10am to Noon - Outdoor Games (bocce, shuffleboard, horseshoes)  
No summer classes - T'AI CHI begins again September 26th  
1pm - Cribbage  
12:30pm - BINGO (8/8 & 8/22)

Podiatrist by appointment - call 781-897-5960

9am to 10am - Open office hour with Senator Ken Donnelly  
"Writing Your Memoirs" with Marie Coady (call for summer details)

**Thursday, August 21st**

Miracle Ear appointments today - Call 781-897-5960  
10am - Video: "How we learn - Choosing Learning Strategies"  
11am - Technology Summer Session: EXCEL every Thursday  
12:30pm - Senior Friendship Circle moves to 3rd Thursday of the month

**Monday, August 25th**

10am to 11am - "Success with Heart Failure" (limited to 10 participants)

**Wednesday, August 27th**

9:30am to 10:30am - Blood Pressure Clinic in the Dining Room

**Thursday, August 28th**

10am - Video: "How We Learn - Source Knowledge and Learning"  
10am to 11am - Open Office with Natalie Kaufman (Rep. for K. Clark)  
11am - Technology Summer Session: EXCEL every Thursday

**Friday, August 30th**

Noon - Monthly Birthday Party



12:30pm - Exercise with Marlene

2:30pm to 4:30pm - Pool Table Available

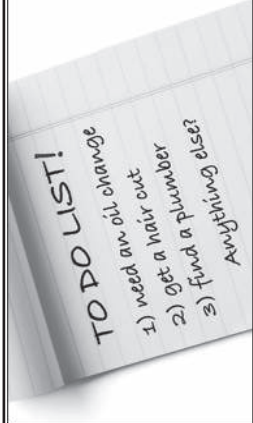
1pm to 4:30pm - Woodcarving in the Ceramics Room

**Thursday**

9am to Noon - Taxi Tickets 781-897-5970  
9:15am - Gentle Morning Stretch (Meets in the Conference Room)  
10am to 2pm - Golden Gift Shop Open  
10am - Brain Health Video Series (see page 10 for schedule)  
10am - Chair and Gentle Yoga  
10am to Noon - Computer/Internet Instruction  
10:30am - "Arm-Chair Travel"  
11am - "How Technology Benefits Seniors" - EXCEL training classes  
11:30am - "Core Balance with Sharon" - Meet in the Game Room  
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10am to Noon - Outdoor Games (bocce, shuffleboard, horseshoes)  
No summer classes - T'AI CHI begins again September 26th  
1pm - Cribbage  
12:30pm - BINGO (8/8 & 8/22)



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## **A HUGE THANK YOU TO:**

- The many helping hands for the Mayor's Senior Red Sox Day.
- Robin Brown for offering the summer "EXCEL" series on Thursdays.
- Winchester Hospital for offering the "Success with Heart Failure" workshop.
- Lahey Clinic and the Woburn YMCA for offering the recent "Yesterday and Today" program.
- John Denney for offering the recent Job Loss Support group.
- The Woburn Cultural Council for funding upcoming programs.
- Grace Chapel for making beautiful greeting cards for our veterans.
- Mr. Charlie's for the donation of ice cream toward recent events.
- AARP for offering the Smart Driving Class in July.
- Our volunteers helping seniors to learn the use of computers.
- Mansfield Sales Partners for their assistance with the "Summer Outdoor Games" project.



## **Computer Tablet Demonstration**

Thursday, August 14th at 10am

And

Thursday, August 21st at 10am



Drop by and learn the basics  
of using a computer tablet



**The “Woburn Elder Abuse Prevention Project”**  
Is welcoming new volunteers to be involved with an outreach program with a goal of assisting seniors with awareness, prevention and reporting.

If you would like to volunteer to be a part of this important ongoing project, please contact Judy Tanner at 781-897-5963 or email: JTanner@cityofwoburn.com

To reach the Nutrition Program at Minuteman Senior Services, 26 Crosby Drive in Bedford, call 781-221-7083 or 888-222-6171

For information regarding the “**Meals on Wheels**” program or for information regarding reserving a lunch at the Woburn Senior Center call 781-221-7083.

**Volunteer Drivers are always needed to deliver meals**



**Some fabulous “Friends” overnight trips are offered:**

Break for Moose; Wildwood Crest and Cape May; Memorials - Normandy and Paris; Tuscany; New York Cruise to “Nowhere”; NYC Rockettes; Lake George; Saratoga Springs; Atlantic City; New England Patriots

**And Council on Aging Day trips:**

Spirit of Boston; Isles of Shoals; Fosters Clambake Restaurant York Maine; Quabbin Reservoir; Danversport Yacht Club; Turkey Dinner Train; Fall Foliage; The Lettermen at Mohegan; Apple Barn Orchard; Sicilian Tenors Foxboro and more!

- (see brochures in the front lobby).

**For details regarding upcoming trips, contact Doris Stanton at 781-897-5962, or visit the Woburn Senior Center for brochures.**

The City of Woburn is committed to full participation of persons with disabilities in our programs, services and activities. All trips and activities are handicap accessible. If you require accommodations, please call the Senior Center 5 business days in advance of a trip, so that appropriate arrangements can be made. Information on International Trips is available. If you require special accommodations, please contact the trip sponsor directly, as soon as possible.



Over 60 resource representatives will be on hand for:

**The Annual  
Fall Festival  
Health and Resource Fair**

Friday, September 19th  
9am to Noon

If you would like to volunteer to assist with this very special event, please sign up in the front lobby.

Congresswoman Katherine Clark’s Woburn liaison, Natalie Kaufman, will hold office hours at the Council on Aging on the 4th Thursday of every month from 10am to 11am. Constituents may visit at their convenience during the designated hour on a first-come, first-served basis. No appointment is necessary. Any constituent who is unable to attend the office hour may make an appointment for a more convenient time by calling 781-396-2900.

**The Open Office Hour will take place:  
Thursday, August 28th  
10am to 11am**

Free Brain Health Video Series  
Continues:  
**Thursdays at 10am**



# “HOW WE LEARN”

- 8/7 Integrating Different Domains of Learning
- 8/14 Cognitive Constraints on Learning
- 8/21 Choosing Learning Strategies
- 8/28 Source Knowledge and Learning

## Join us Daily 9:15am

### “Gentle Morning Stretch” with Judy

Many of these exercises can be done while seated, making this appropriate for everyone.

You are welcome one day a week, or everyday, according to your own schedule. Just drop in any day you wish.



**All are welcome!  
No charge  
No prior registration**

### Prostate Cancer Blood Collection Study



We are looking for donors who have Prostate Cancer or have been treated for Prostate Cancer and have a very low or still elevated PSA value. Are you willing to give blood samples and earn \$50 for your time? You may qualify for a study at OPKO Diagnostics (Woburn, MA) that requires 30-60 minutes of your time. We will ask you to donate venous blood (similar to a medical test) as well as blood drawn from finger-sticks. You may be asked to volunteer for follow-up visits which would also pay \$50. For more information and to schedule an appointment, please call Becky at 781-933-8012 ext. 162 or email to [donors@opko.com](mailto:donors@opko.com).

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# WOBURN SENIOR CENTER

144 School Street  
WOBURN, MASSACHUSETTS 01801  
(781) 897-5960

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## THE NEWSLETTER BY MAIL FOR \$6 FOR THE NEXT YEAR

Send a check payable to  
“Friends Helping Seniors”  
Woburn Senior Center: Attention Newsletter  
144 School Street,  
Woburn MA 01801  
As always, the newsletter will also be available,  
free of charge, if you prefer to pick one up at the  
Senior Center.

### Senior News Subscription Form

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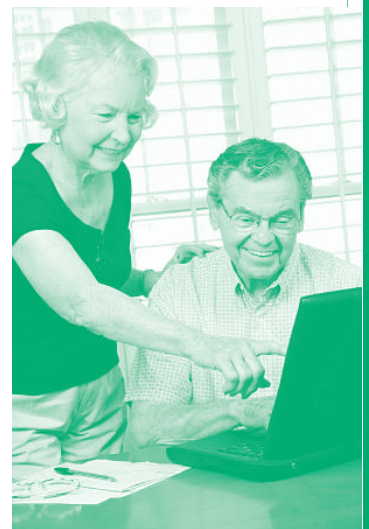
\_\_\_\_ New—Subscriptions received this  
month valid August 2014 to July 2015

\_\_\_\_ Renewal (enclose Address Label)

\_\_\_\_ Cash \_\_\_\_\_ Check

## Individual Computer/Internet Instruction

Wednesdays  
Noon to 2pm  
And  
Thursdays  
10am to Noon



Senior Center Hours:  
**8:30am to 4:30pm**  
**Monday through Friday**

Please visit our websites:  
[www.cityofwoburn.com/seniors](http://www.cityofwoburn.com/seniors)  
or  
[www.seekandfind.com](http://www.seekandfind.com)