

# February 2011

**Dallas L. Winchester Senior Center**

(260) 563-4475

Operated by

**Living Well In Wabash COA, Inc.**

A Wabash County United Fund Agency



## Featured Events/Programs:

Winchester Senior Center  
Open Monday—Friday  
8 a.m. - 5p.m.

### Living Well Respite Program to Begin

The Living Well Respite program will provide an opportunity for individuals with mild to moderate memory loss to participate in a social program structured uniquely for them. On Fridays, from 10:00 a.m. to 2:00 p.m., participants will be involved in a structured & supervised environment, including social, therapeutic small group activities. This program will provide an opportunity for caregivers to shop, go to the beauty shop/barbershop or just time to read a book without worrying about their loved one. If you or someone you know might benefit from this new program, please contact Kim Polk at 563-4475 for more information.

### Join Us for Valentine's Day

The Winchester Senior Center, Wabash Community Band and Wabash Dance Band are joining together once again for their annual Sweethearts Concert and Dance. So whether you have that special someone or a group of friends, we would like for you to celebrate Valentine's Day with us! The concert and dance, located at the Winchester Senior Center, 239 Bond Street, will be on Sunday, February 13 at 2:00 p.m. Light refreshments will be provided following the performance.

The event is open to all ages and is free to attend. To help us prepare please call 563-4475 to make your reservations.

#### Inside this issue:

Birthday Party	2
February Film Feature	2
Cheryl's Surprise	2
Mardi Gras 2011	2
Beat the Winter Blues	3
National Wear Red for Heart Health Day	3
Tailgate Information	3

### Mardi Gras 2011

Tuesday, March 8  
1:00 p.m.

Live Entertainment,  
King Cakes, and Much  
More!!

Call 563-4475 to make  
your reservation.

## **February Birthday/ Valentines Day Party 2011**

Do you have a birthday in February? Well, even if you don't, come help us celebrate with those that do! All seniors of Wabash County are invited to join us at the Winchester Senior Center, 239 Bond Street, for our monthly Birthday Party. The party will be on Thursday, February 10 at 1:00 p.m. This month we will be combining the birthday party with our Valentine's Party, so join us for a fun afternoon with wonderful refreshments and you won't be disappointed. To make your reservations please call 563-4475.

## **Connie Squires to Begin Paper Cutting Sessions**

Whether you have already experienced the art of paper cutting or would like to learn something new. We are pleased to announce that Connie Squires will be joining us again here at the Winchester Senior Center to lead her well known art of Paper Cutting. The sessions will be held every Wednesday beginning Wednesday, February 2 at 10:00 a.m. The series will be held through the month of April. The cost for the classes are \$1 per class attended. Please call 563-4475 to make your reservation for the class. If you have any questions please call Megan McKillip at 563-4475.

## **Learn Care Giving Skills that Can Ensure your Own Well-Being**

No two people experience Alzheimer's disease in the same way. As a result, there's no one approach to care giving. Your responsibilities can range from making financial decisions, managing changes in behavior, to helping a loved one get dressed in the morning. Handling these duties is hard work. But by learning care giving skills, you can make sure that your loved one feels supported and is living a full life. You can also ensure that you are taking steps to preserve your own well-being.

We offer a professionally led group for caregivers and others dealing with Alzheimer's disease. Join us for the Caregiver Support Group on Thursday, February 17 @ 6 pm. For more information contact, Kim Polk at 563-4475.

## **Mardi Gras 2011 Celebration**

Mardi Gras 2011 will be in full swing at the Winchester Senior Center on Tuesday, March 8. This year we will be hosting Live entertainment, enjoying freshly baked king cakes and for the big finale, the crowning the king and queen! Join us for lunch at 11:00 by making your reservations at least a day ahead.

You won't want to miss the Mardi Gras 2011 on Tuesday, March 8 at 1:00 p.m.

Call the Winchester Senior Center at 563-4475 to make your reservation today.



## Don't Miss Cheryl's Surprise

On various days throughout each month Cheryl will provide a variety of brain teasers, games, and/or activities before lunch. You never know what you are going to get so you won't want to miss out! Cheryl will be able to only give clues on what kind of activity she is going to be providing. You just have to show up to find out!!



## National Wear Red Day

Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an "older man's disease." To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created *Go Red For Women* – a passionate, emotional, social initiative designed to empower women to take charge of their heart health.

Show your support for women and wear Red on Friday, February 4.



## Prescriptions Assistance

Do you need assistance with paying for your prescriptions and you are not on Medicare or Medicaid? Make an appointment with our prescription Assistance counselor by calling 563-4475. They will be able to assist you in searching for different options that may be available to you. If you have access to the internet you can also check out the website [www.needymeds.org](http://www.needymeds.org) for a variety of options.

## Beat the Winter Blues

The Holidays are over, now what?? Statistics show that humans start to get lonely and depressed during the months of February and March. Heather Bradley with Angels of Mercy will be at the Winchester Senior Center on Friday, February 4 at 10:00 a.m. to show us how to Beat the Winter Blues!! We all know it's not fun being "blue" so join us at 10:00 to find out how we can beat the blues together!

## February Film Feature

On Thursday, February 3 there will be a Valentine's Matinee. The film that will be shown will be *The Notebook*. *The Notebook* is a 2004 romantic drama film based on the novel by Nicholas Sparks. The movie stars Ryan Gosling and Rachel McAdams as a young couple who fall in love during the early 1940s. Their story is narrated from the present day by a senior played by James Garner, telling the tale to a fellow nursing home resident, played by Gena Rowlands. The movie will be played on February 3 at 12:00. Refreshments and drinks will be provided.

## Pantry/ Tailgate Information

Tailgate Giveaway:  
February 11 from 11:00-1:00

Please enter through the Hill Street Park entrance.

\_\_\_\_The Pantry is Closed on Tailgate Days\_\_\_\_

### Pantry Hours

Monday-Tuesday 3:00-5:30 p.m.  
Wednesday—Friday 9:00-11:30

For more information, please call Maggie at the Winchester Senior Center, 563-4475.

www.LivingWellInWabashCounty.org

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**WINCHESTER SENIOR CENTER DAILY PROGRAM/SERVICES SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
9:45 Low Impact Fitness 11 – * Lunch 12-Euchre \$1 3-5:30 Food Pantry	9-Bingo \$1 11-* Lunch 12-Penny Bingo 3-5:30 Food Pantry 6:00Zumba Gold \$7	9-11:30 Food Pantry 11-* Lunch 12-Euchre \$1 3-Low Impact Fitness *Foot Care by Appt.	9-11:30 Food Pantry 9:45 Low Impact Fitness 11-* Lunch 6:00 Zumba Gold \$7	9-11:30 Food Pantry 11-* Lunch 12-Euchre \$1

**SPECIAL EVENTS / SERVICES SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
	1)	2) 10:00 *Paper Cutting \$1 10:30 Trivia with Nadine	3) 12:00 The Notebook *SHIP	4) 10:00 Beat the Winter Blues
7)	8)10:00 Blood Pressure Checks	9) 10:00 *Paper Cutting \$1 10:30 Sing-a-long Hearing Serv. By Appt. 1-877-436-6401	10) 1:00 *Birthday/ Valentine’s Day Party *Prescription Assist.	11) Tailgate Giveaway 11-1 <u>Pantry Closed</u>
14)	15) *SHIP 10:00 Left Right Center	16) 10:00 *Paper Cutting \$1 10:15 *Reading with Head Start	17) 6:00 Alzheimer/ Dementia Support Group	18) 10:00 Southern Care—Kokomo
21) 10:30 Eye Glasses Adjustments 11:30 Dog Biscuit Baking	22) 10:00 Blood Pressure Checks *Prescription Assist.	23) 10:00 *Paper Cutting \$1 10:30 Sing-a-long	24) 10:00 Craft Corner 11:30 Dog Biscuit Baking	25)
28)	<b>Don’t Forget:</b>  	<b>Sunday, February 13</b> <b>2:00 p.m.</b> <b>*Community Band</b> <b>Valentine’s Concert and</b> <b>Dance at the</b> <b>Winchester Sr. Center</b>		

**\* By Reservation/Appointment Only**