

January 2011

Dallas L. Winchester Senior Center

(260) 563-4475

Operated by

Living Well In Wabash COA, Inc.

A Wabash County United Fund Agency



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

New Name, Same Great Opportunities

At the November board meeting, the Board of Directors of the Wabash County Council on Aging, Inc. voted to change the name of our organization to Living Well in Wabash County COA, Inc. There will be no changes to the programs, events and services that are offered through the agency or the Dallas L. Winchester Senior Center, which are both located at 239 Bond Street. The name change was not to change the agency but to provide a better description of what we do. You will begin to see changes in January.

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Hanna's Town: By Bill Wimberly

Hanna's Town: A Little World We Have Lost is a social history of Wabash, Indiana, from its earliest formation as a Miami Indian gathering place near an ancient natural spring to its emergence as an economically successful and attractive Hoosier city. Of the books fourteen chapters, the first eight are a chronological account of Wabash's development up to, and including, the great fire of 1870. The remaining chapters are more topical, dealing with aspects of a maturing town. Consideration is given to the condition of town streets, sanitation, commerce, industry, schools, public utilities and private housing. There is also speculation about the effect of topography on Wabash's development---specifically the presence of a 40 - 60 foot high bluff in the middle of town. The book is published by the Indiana Historical Society, Indianapolis. The author, W. William Wimberly II, grew up in Wabash, attending its public schools. He holds a Ph.D. in early American history from Indiana University (1977). He returned in 2003 to live in his home town. Join Bill at the Winchester Senior Center on Tuesday, January 11 at 1:00 p.m. to discuss the social history of our home town.

Call 563-4475 to make your reservation today.

Recipe Exchange Party

Thursday, January 20
1:00 p.m.

Bring your favorite batch of cookies along with your recipe.

(See Pg. 2 for more info)

January Birthday Party

On Thursday, January 13 at 1:00 p.m. Clara Lou, Linda and Ruth have an afternoon filled with fun and laughter for our monthly Birthday Party! If you don't have a birthday in January, join us anyway! The event is open to all seniors of Wabash County! Come meet new and old friends and enjoy great homemade refreshments! Please call 563-4475 to make your reservations for Thursday, January 13 Birthday Party at 1:00 p.m.

Honoring Seniors Who Make a Difference– MLK Day 2011

On Monday, January 17 the Winchester Senior Center and Living Well In Wabash County COA, Inc. will not only be honoring Martin Luther King Day but we will also be honoring Seniors Who Make a Difference. The event will begin at 12:00 noon with a box lunch and continue with the recognition of the Seniors Make a Difference Projects. An individual from the community will then be honored with the Seniors Make a Difference Community Award—to make nominations please call Maggie at 563-4475. The event will conclude with a Making a Difference Activity which will consist of packing care packages for active military men and women from Indiana with Hoosiers Helping Heroes. Reservations are required to attend. To make your reservation for this great event please call the Winchester Senior Center at 563-4475.

Do You Have the Best Cookie Recipe?

It is always nice to share different recipes with friends and family. The Winchester Senior Center will be holding it's first Recipe Exchange Party on Thursday, January 20 at 1:00 p.m. We will be holding various recipe exchange parties throughout the year. This month's theme is Cookies! Bring a batch of your favorite cookies along with copies of your recipes to pass out to everyone that attends the party. We will provide the plates and napkins and drinks! We will also have a contest to see who has the best recipe! Please call 563-4475 to make your reservation for the Cookie Recipe Exchange Party on Thursday, January 20. You won't want to miss this tasty event!

Out with the Old and In with the New - "You" that is!

The Winchester Senior Center provides many different opportunities for active adults to stay healthy, active and involved.

*Wishing to gain more information about health issues? - Check our calendar for numerous educational programs available to learn more about different topics that may arise in our everyday lives.

*Is your goal for the new year to get fit?— join us every Monday or Thursday at 9:45 or Wednesday at 3:00 for our Low Impact Fitness Class. This one hour class will help each individual increase mobility, range of motion and toning of muscles. Or if you are feeling a little more advanced be sure to join us every Tuesday and Thursday evening at 6:00 p.m. for Mandi's ZUMBA GOLD class. This class will be sure to get you in shape and feel good! Your first class is free.

*Thinking of getting involved in the community?— The Winchester Senior Center offers a variety of ways you can volunteer in the community. Contact Maggie at 563-4475 for more information.

Wabash County Hospital Update

Marilyn Custer-Mitchell, President and CEO of the Wabash County Hospital, will be joining us on Tuesday, December 18 at the Winchester Senior Center, 239 Bond Street, to provide updates on the new Wabash County Hospital decisions. To make your reservation please call 563-4475. The Wabash County Hospital will be providing education on various topics monthly at the Winchester Senior Center. For more information please call 563-4475.

When Bad Weather Hits

When bad weather hits, be sure to listen to the radio to make sure the Senior Center will be open. Road conditions, icy sidewalks, icy parking lots or no electricity at Winchester Senior Center can make closing the center a necessity.

Closing Announcements

We will use local radio stations, FM 95.9 & FM 105.9 to inform you of closings for:

- Winchester Senior Center
- Area V Lunch Site
- Wabash County Transit
- The Food Pantry at the Winchester Sr. Center

Foot Care Services Offered

Jere Hahn provides foot care services every Wednesday at the Winchester Senior Center, 239 Bond Street, by appointment.

All for only \$20 your feet will be soaked, toenails trimmed, calluses reduced, and feet checked for problem spots.

(You will need to provide your own basin and towel)

To make an appointment please call the Winchester Senior Center at 563-4475.



Jan. Movie Feature: *Eat Pray Love*

Liz Gilbert (Julia Roberts) is a modern women on a quest to marvel and travel the world while rediscovering and reconnecting with her true inner self. In her exotic travels she learns the simple pleasures of nourishment by eating in Italy, power of prayer in India and the balance of peace and love in Bali. This movie is based on an inspiring true story. Join us on Thursday, January 6 at 12:00 for free popcorn and drinks!

Reading with Head Start

The children from the Head Start program will be joining us on Wednesday, January 19 at 10:15 a.m. for Story Time. Do you have children's books that they would enjoy? Feel free to bring children's books and join us for a fun morning of reading to the Head Start children! Please call 563-4475 to sign up to be a reader. If you can not make it to the January 19th session, please mark on your calendar the Wednesdays of February 16, March 16, April 20 and May 11.

Pantry/ Tailgate Information

Tailgate Giveaway:

January 14 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

JANUARY 2011

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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 6:00 ZUMBA GOLD	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	9-11:30 Food Pantry 11-* Lunch 12-Euchre \$1

SPECIAL EVENTS / SERVICES SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
3)	4) 10:00 Blood Pressure Checks	5) 10:30 Trivia with Nadine	6) 12:00 Eat Pray Love Movie *SHIP	7)
10) 10:30 Eye Glasses Adjustments by Midwest Eye Consultants	11) 1:00*Hanna's Town With Bill Wimberly	12) 10:30 Sing-a-long Hearing Serv. By Appt. 1-877-436-6401	13) 1:00 *Birthday Party *Prescription Assist.	14) Tailgate Giveaway 11-1 <u>Pantry Closed</u>
17) *Seniors Make a Difference MLK 2011 Low Impact Fitness and Euchre Canceled Martin Luther King Day	18) 10:00 Blood Pressure Checks *SHIP 1:00*WCH Updates	19) 10:15 *Reading with Head Start	20) 1:00 *Recipe Exchange Party 6:00 Alzheimer/ Dementia Support Group	21)
24)	25) *Prescription Assist.	26) 10:30 Sing-a-long	27)	28)10:00 Palliative Care Informational Presentation by Family Hospice
31) 11:30 Dog Biscuit Baking				

*** By Reservation/Appointment Only**