

March 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.

March Movie Feature: Secretariat

Housewife and mother Penny Chenery agrees to take over her ailing father's horse Stables, despite her lack of horse-racing knowledge. Against all odds, Chenery, with the help of veteran trainer Lucien Laurin, manages to navigate the male-dominated business, ultimately fostering the first Triple Crown winner in twenty-five years. Join us at the Winchester Senior Center on Thursday, March 3 at 12:00 for the showing of this truly inspirational movie and free popcorn.

Mardi Gras 2011 Presents: The Swamp Water Stompers

This year at our Mardi Gras Celebration the Winchester Senior Center will be hosting Live entertainment featuring the Swamp Water Stompers, enjoying freshly baked king cakes by the Big Brick House Bakery of Wabash and the crowning of the king and queen! Don't miss our 2011 Mardi Gras Party on Tuesday, March 8 at 1:00 p.m.

Call 260-563-4475 to make your reservation today!

March Birthday Party St. Patty's Day Theme

March's birthday party will be St. Patty's Day themed. Linda and Ruth have a fun afternoon planned on Thursday, March 10 at 1:00 p.m. If you have an instrument to show or play, please be sure to bring it! There will be some unique instruments played during the party. You don't have to be celebrating a birthday to attend, yet we do recommend that you wear your Green!! Call 563-4475 to make your reservations.

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Free Concert

God's Country Gospel
Sunday, April 10
2:00 p.m.

Located at the
Winchester Senior Center
239 Bond Street

If you have any questions
please call 563-4475

What's Cookin'?

Knock, knock. Who's There? Lettuce. Lettuce Who? Lettuce in, it's cold out here!! In other words don't let the cold weather keep you from joining us at our Salad Recipe Exchange Party. As we plan our next Recipe Exchange Party here at the Winchester Senior Center we are adding a few things to the party! This month the theme is "Salads" which could mean anything from Jello Salad to Macaroni Salad to your own famous Greek Salad. Be sure to bring your recipe along with a small portion of your salad to be tasted by the participants. We will provide the plates, napkins and drinks. The Recipe Party will be on Thursday, March 17 at 1:00 p.m. Call 260-563-4475 to make your reservations.

Miller's Merry Manor Luncheon Planned for March 24

As we "Spring" into March, Miller's Merry Manor would like to announce their upcoming luncheon at the Winchester Senior Center, 239 Bond Street! Make your reservations today for the Miller's Merry Manor Luncheon that will be held on Thursday, March 24 at 11:30 a.m. Following the meal, Miller's Merry Manor staff will conduct a game of Bingo complete with Great prizes. Reservations are required and space is limited so please call the Winchester Senior Center at 260-563-4475 to reserve your seat today!



The Benefits of Being Able to Stay in Your Own Home

Marla Rowland with Home Health Care and Hospice will be joining us at the Winchester Senior Center on Tuesday, March 29 at 1:00 p.m. to discuss and explain the benefits of having Home Health Care and Hospice Services available for those in Wabash County. Whether you are recovering from an illness, surgery or an injury, familiar surroundings can often be the best place to recover. And as a patient of Wabash-Miami Home Healthcare and Hospice, you have access to the hospital's resources while remaining in the comfort of your own home. Marla will also be available to take blood pressures for anyone that would like. To make your reservation please call 260-563-4475.

A Nutty Party

Calling all "nuts"! We are Nutty about Peanuts!

So, we are planning a party that's all it's "cracked" up to be.

We "shell" expect you to "planter" yourself here!

Our Peanut Party will begin at 1:00 on Thursday, March 31. Please call 260-563-4475 to make your reservations for this one of a kind party! We will be having light nut refreshments, nutty games and even some peanutty trivia. If you are allergic to peanuts or nuts in general you are still welcome to attend the party. We will have some substitutes available for refreshments. You won't want to miss this Nutty Party!!

Local Help for Those with Medicare

SHIP can help you put all of the pieces together. This program offers free and objective assistance in complete confidence. In March the SHIP counselors will be at the Winchester Seniors Center on Tuesday, March 3 and Thursday, March 15. Appointments are required. Please call 260-563-4475.

Health Talk with Heather

Low Vision will be the topic of discussion at the Winchester Senior Center on Friday, March 25 at 10:30 a.m. Heather will discuss the safety measures that should be taken to help make your environment safe, whether it be in your own home or while you are out in the public. For questions please call the Winchester Senior Center at 260-563-4475.

Paper Cutting Series

Paper cutting Classes will be held every Wednesday through April. March's Dates: Wednesday, March 2, Wednesday, March 9, Wednesday, March 16, Wednesday, March 23, Wednesday, March 30
The cost for the classes are \$1 per class attended. Please call 260-563-4475 to make your reservation for each class.

Living Well Respite

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. Participants will be involved in a structured & supervised environment, including social, therapeutic small group activities. Call Kim Polk, LSW at 563-4475 for more information.

Foot Care Services Available

Foot Care Services are available every Wednesday by Appointment. Jere Hahn trims toenails, soaks your feet, removes calluses and also checks your feet for problem spots. The appointments start at 9:00 a.m. Call the Winchester Senior Center 260-563-4475 to make your appointment.

ZUMBA GOLD

It's Time to Join the Party!
ZUMBA GOLD is a Latin inspired fitness program that incorporates a variety of Latin dance moves. Classes are held every Tuesday and Thursday from 6:00 p.m. - 7:00 p.m. at the Winchester Senior Center, 239 Bond Street. For more information please call 563-4475.

Head Start

Head Start only has a couple more months joining us here at the Winchester Senior Center. Be sure to mark your calendars for the dates they will be joining us: Wednesday, March 16; Wednesday, April 20; and Wednesday, May 11. Each session is at 10:15. Call 260-563-4475 to make your reservation to be a reading instructor.

Pantry/ Tailgate Information

Tailgate Giveaway: March 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, 260-563-4475.

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 6:00 -Zumba 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 Secretariat *SHIP	4)
7)	8)10:00 Blood Pressure Checks 1:00 *Mardi Gras Fat Tuesday	9) 9:15 Snow Dogs Movie 10:00 *Paper Cutting \$1 Hearing Serv. By Appt. 1-877-436-6401	10) 1:00 *Birthday Party *Prescription Assist.	11) Tailgate Giveaway 11-1 <u>Pantry Closed</u>
14) 10:30 Eye Glasses Adjustments by : Midwest Eye Consultants	15) *SHIP	16) 10:00 *Paper Cutting \$1 10:15 *Reading with Head Start	17) 1:00 *Recipe Exchange Party 6:00 Alzheimer/Dem. Support Group St. Patrick's Day	18)
21)	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*Millers Luncheon	25) 10:30 Health Talk with Heather Bradley
28)	29) *1:00 Marla Rowland with Wabash County Hospital	30) 10:00 *Paper Cutting \$1	31) 1:00* A Nutty Party	

*** By Reservation/Appointment Only**