

October 2010

Dallas L. Winchester Senior Center

(260) 563-4475

Operated by

Wabash County Council on Aging, Inc.

A Wabash County United Fund Agency



Winchester Senior Center
Open Monday—Friday
8 a.m.—4 p.m.

Annual Flu Shot Clinic offered October 7

The Winchester Senior Center's annual Flu Shot Clinic will be held on Thursday, October 7, 2010. The flu vaccination will be free to seniors with your Medicare card. You must present your card that day. Medicare will then be billed for the vaccination. If you do not have Medicare, the vaccination will cost \$ 25. Those with Medicaid coverage will need to pay upfront for the vaccination. Receipts will be available for individuals to submit to their Medicaid insurance providers. The Winchester Senior Center will be offering a Senior Health and Wellness Fair in the spring of 2011. Dates will be determined by January 2011.

Inside this issue:

Birthday Party	2
Paper Cutting with Connie	2
Cooking with Carol	2
SHIP	2
Estate Planning and Tax Consequences	3
Reading with Head Start Children	3
Fire Safety Month	3

Enjoy a Night of Pampering

Ladies, is work stressing you out? Do you ever just need a break for some quality "me" time? Come get refreshed with a night of pampering at the Winchester Senior Center. Our Beauty is Ageless event is here again!! Terri Ahlfeld's Mary Kay makeup team will be available to assist with make up along with a station to get your hair styled by cosmetology students of Heartland Career Center. Photos will be taken by Susan Stewart. Up to 3 people are allowed in each photo. All for just \$20 per person you will receive one 5x7 photo and eight wallets. Additional packages are available for an additional cost. Beauty is Ageless photos are great Christmas gift ideas for mothers, grandmothers or even your spouse. Everyone will be entered in a drawing to win door prizes. Appointments will begin at 5:00 p.m. and be scheduled until 7:00 p.m on Wednesday, October 20. Call Megan McKillip at 563-4475 today to get your appointment with Beauty Is Ageless!

Beauty is Ageless Event

Wednesday, October 20
Appointments begin
at
5:00 p.m.

Call 563-4475 Today to
Make your Appointment!

Wabash Area Community Theater to Perform for Birthday Party

The Wabash Area Community Theater will be performing sections from the upcoming play “Cinderella” for the Winchester Senior Center’s October birthday party. The birthday party will begin at 1:00 p.m. on Thursday, October 14. Cake and ice cream will be served following the performance. You do not have to have a birthday to attend! All seniors are welcome to join us in celebrating those that have birthdays. If you are unable to attend the October birthday party mark your calendar for our November birthday party which will be celebrated on Thursday, November 4. Norwood Health and Rehab will be hosting the party this month. To make your reservation please call 563-4475.

Connie Squires offering Paper Cutting beginning October 12

Connie Squires will be hosting another series of her unique talent of paper cutting . The classes will be offered every Tuesday and Thursday beginning October 12 from 9:00 a.m. to 10:00 a.m. The cost is \$1 per class to help cover the cost of materials. Seating is limited for the class, so make sure to make your reservation today by calling 563-4475. This month Connie will be focusing on Christmas ornaments and cards. Join us every Tuesday and Thursday at 9:00 a.m. to begin making your unique Christmas card or ornament.

Cooking with Carol

Carol Moore our college intern from Ivy Tech will be offering a new cooking for one or two class on Monday, October 8 at 1:00 p.m. The class will consist of tips and tricks to making smaller portions or reusing leftovers from previous meals. This class will be offered one time a month through December. She will also provide tips for alternatives ingredients for certain recipes. Be sure to make your reservation today to reserve your spot in Cooking with Carol on October 8 at 1:00 p.m.

Open Enrollment to Begin for Medicare Plans

Each year Medicare plans change what they cost and what they cover. The Medicare open enrollment period for adding, dropping or changing your prescription drug coverage plan will begin on November 15. During this period of time the Winchester Senior Center has trained SHIP volunteers that will be setting up appointments for assisting individuals with making those changes to your Medicare plan. The open enrollment period will run from November 15 thru December 31, 2010.

Please call the Winchester Senior Center at 563-4475 to set up your appointment with our SHIP volunteers.

Reading with Head Start

Reading to children has many benefits to it. They include language and speech development, preparing them for school and it helps to increase their vocabulary. The children from the Head Start program will be joining us on Wednesday, October 20 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!



Estate Planning and Tax Consequences

The Winchester Senior Center will be offering an informational seminar on Thursday, October 21 at 1:00 p.m. Among the topics that will be discussed will be Estate Planning and the Tax Consequences. These consequences include Estate Tax, Income Tax and Capital Gains Tax, along with Probate and costs associated with that as well. The elder law attorney will also be discussing a little known benefit for any Veteran who served active duty during any of our wars. So join us on Thursday, October 21.

Fire Safety in October

The Wabash City Fire Department will be joining us on Tuesday, October 26 to hold a discussion about general fire safety. They will also be discussing general maintenance that should be conducted on smoke detectors and other fire safety equipment. The discussion will begin at 10:30 a.m. at the Winchester Senior Center, 239 Bond Street. No reservations are needed to attend.

Chili for Charity Cook-Off



Saturday, October 16 marks the 8th Annual Chili for Charity Cook Off. The event will be held at the Paradise Springs Historical Park and will begin at 12:00. Wabash County Transit will be providing free rides for the event this year. Those who choose to use the free transportation may park at the Wabash High School and the free shuttle service will move people from the off-site location to Paradise Springs. For more information please contact Wabash County Transit at 563-7536.

Healthy Heart, Body and Mind

It's that time of year again. Cold and flu season. Heather Bradley of Angels of Mercy will be joining us on Wednesday, October 6 at 10:30 to discuss preventative tips for staying healthy during the fall season. In conjunction with the healthy heart, body and mind series the Winchester Senior Center will also be offering flu shots on October 7 from 8 a.m. - 10 a.m. No reservations are needed to attend.

Pantry/ Tailgate Information

Tailgate Giveaway:
October 8 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 Megan at the Winchester Senior Center, 563-4475.

www.livingwellinwabashcounty.org

OCTOBER 2010

Dallas L. Winchester Senior Center

(260) 563-4475

Operated by Wabash County Council on Aging, Inc.

A Wabash County United Fund Agency



239 Bond Street
P. O. Box 447
Wabash, IN 46992

Phone:260-563-4475
E-mail: meganmc@livingwellinwabashcounty.org
Website: www.livingwellinwabashcounty.org

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 4:00 Walk `n Talk 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
				1)
4)	5) 10:00 Blood Pressure Chk 11:30 Tyson/Chloe	6) 10:30 Heather Bradley with Angels of Mercy	7) Flu Shots 8:00 - 10:00 11:30 Dog Biscuits *SHIP	8) Tailgate Giveaway 11-1 <u>Pantry Closed</u>
11) 10:30 Eye Glasses Adjustments	12) 9:00 * Paper Cutting 1:00 Senior Club	13) 10:30 Sing-a-long Hearing Serv. by Appt. 1-877-436-6401	14) 9:00 * Paper Cutting 10:00 Craft Corner 1:00 *Birthday Party *Prescription Assist.	15)
18) 1:00 *Cooking with Carol	19) *SHIP 9:00 * Paper Cutting 10:00 Blood Pressure Chk	20) 10:15 Reading with Head Start Beauty Is Ageless By Appointment	21) 9:00 * Paper Cutting 1:00 Elder Law Attorney 6:00 pm Alzheimer/ Dementia Support Group	22) 9:00 Hondo Movie Muffins/Drinks
25) 11:30 Dog Biscuits	26) 9:00 *Paper Cutting 10:30 Fire Safety- Fire Dept. *Prescription Assist.	27) 10:30 Sing-a-long	28) 9:00 * Paper Cutting 10:00 Craft Corner 1:00 AARP	29) 10:30 Reminisce

*** By Reservation/Appointment Only**