

www.LivingWellInWabashCounty.org

**MAY 2011**

**Dallas L. Winchester Senior Center**

(260) 563-4475

**Operated by Living Well In Wabash County COA, 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	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 Wii	9-11:30 Food Pantry 11-* Lunch 12-Euchre \$1

**SPECIAL EVENTS / SERVICES SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
2) 6:00 ZUMBA Wii	3) 10:00 Craft Corner	4) 10:00 *Wii Tournament 10:45 Trivia	5) 1:00 * Cinco de Mayo Fiesta  *SHIP	6) 10:00 *Where does your money go?
9)10:30 Eye Glasses Adjustments by Midwest Eye Consultants 6:00 ZUMBA Wii	10) 10:00 Blood Pressure Checks	11) 10:30 Sing-a-long Hearing Serv. By Appt. 1-877-436-6401	12) 1:00 *Birthday Party  *Prescription Assist.	13) Tailgate Giveaway 11-1 <u>Pantry Closed</u>
16) 10:15 Exercising with Head Start 6:00 ZUMBA Wii	17)  *SHIP	18)  10:00 *Wii Tournament	19) 8:30 *Amish Acres Trip 1:00 *The “Note”ables 6:00 Alzheimer/Dem. Support Group	20)
23) 6:00 ZUMBA Wii	24) 10:00 Blood Pressure Checks  *Prescription Assist	25) 9:00 Senior Health Table 10:00*Senior Health Walk 10:30 Sing-a-long Senior Health/Fitness Day	26)  1:00 *Recipe Exchange Party: Appetizers	27) 10:00 *Indy 500 celebrates 100 yrs.
30) CLOSED for Memorial Day. Sr. Center, Pantry, Wabash County Transit No meals served	31)			

\* By Reservation/Appointment Only

**May 2011**

**Dallas L. Winchester Senior Center**

(260) 563-4475

Operated by

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

A Wabash County United Fund Agency



**Older Americans:**  
connecting the community

**Featured Events/Programs:**

**Lets Celebrate National Older Americans Month**

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

**Inside this issue:**

News from the office of Beverly Ferry 2

National Wii Bowling Tournament 2

Recipe Exchange: Appetizers 2

The “Note”ables Performance 2

Where Does Your Money Go? 3

Health & Wellness 3

Tailgate Information 3

**Amish Acres Trip  
May 19**

**Buses Leave the  
Winchester Senior  
Center, 239 Bond  
Street**

**@  
8:30 a.m.**

**More info on pg. 3**

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities. The Winchester Senior Center is joining the festivities with special activities and events.

The theme of this year’s celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

Contact Maggie at Living Well In Wabash County COA, formerly Wabash County Council on Aging, Inc. to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services and deliver food and nutrition services.

### News from the Office of Beverly Ferry

The 2011 celebration of Older Americans Month focuses on the theme of connecting community. That certainly fits the Winchester Senior Center. The senior center itself is just bricks and mortar. Fellowship with peers is the number one reason seniors cite for attending our senior center. It is you, our "Older Americans", who make it come alive. It takes programming and services to attract seniors to the senior center. Each year, I send letters to about 700 people asking them to financially support these functions. When donors make a gift to the senior center, they are making a gift toward that fellowship with peers and all that makes it possible. The Winchester Senior Center relies on donations to fund 99% of what makes the activities and services you participate in possible. Gifts to the senior center directly fund what our local "Older Americans" to have a senior center with activities and services. In the month of May, I hope each user and everyone who has had a special older person in their life using the senior center will make a contribution to the cost of Winchester Senior Center. Each gift makes a difference.

### National Wii Bowling Tournament

For National Older American's Month the Winchester Senior Center will be participating in a National Wii Bowling Tournament during the month of May. All participants must be age 60 or over. The Winchester Senior Center will be playing against Senior Centers from across the United States. Each week scores will be sent in and the top scoring players will be published on the Older American's website. We know there are grandparents out there that enjoy playing Wii with their grandchildren, so please join us in supporting the Winchester Senior Center and help us create a name for Wabash Nationally. The dates that the tournament will take place are Wednesday, May 4 and 18 at 10:00 a.m. Please call Megan at 563-4475 to make your reservation to play in the National Wii Tournament.

### Recipe Exchange Party Theme is Appetizers

For the month of May we will be exchanging recipes for Appetizers. The party will be held on Thursday, May 26 at 1:00 p.m. Be sure to bring a sample of your recipe for all of the participants to taste. You may even bring more than one appetizer if you would like. To make your reservation for the Appetizer Recipe Exchange please call 563-4475. Also, mark the rest of the parties down on your calendar for the following themes left: July: Picnic Desserts; September: Chili; November: Crock Pot Recipes and December: Christmas Recipes. Following the December Recipe Exchange party we will create a cookbook featuring all of the recipes.

### The "Note"ables to Perform on May 19

Help us to celebrate National Older American's month by joining us for an afternoon concert at the Winchester Senior Center. The "Note"ables have been performing for 14 years for their surrounding communities. This group of retirees from Rochester has performed in Wabash many times. The group has a total of eighteen members that enjoy practicing and performing throughout the year. The concert will be a free will donation to attend. The concert will begin at 1:00 p.m. on Thursday, May 19.

### Amish Acres Trip May 19

The trip package includes: transportation to and from Nappanee, a documentary film, house and farm tour, farm wagon ride tour, Thresher's Dinner at the Restaurant Barn and a Theater show at the Round Barn Theater of "The Old Rugged Cross" at 2:00 p.m. Bus will leave at 8:30 a.m. from the Winchester Senior Center, 239 Bond St. Call 563-4475 to reserve your spot.

### Where Does your Money Go?

Has your income or your family situation changed? Learn how to consider how life changes impact your decisions on where your money goes. Attend this 2-part session to better budget and how to spend and save accordingly. Teresa Witkoske, County Extension Director, will be here on May 6 at 10:00 a.m. at the Winchester Senior Center. Please call 260-563-4475 to make your reservation for the class on May 6.

### Senior Health and Fitness Day—May 25

9:00 Senior Health Information Table: Free information that will be available to all seniors.

10:00 Senior Health Walk: Meet at the Winchester Senior Center. Wear your walking shoes!

3:00 Low Impact Fitness: Exercises to help improve your range of motion, balance and endurance! This class is Free to all Seniors.

### Memorial Day Closing

The Winchester Senior Center, Wabash County Transit and Food Pantry will be CLOSED on Monday, May 30 for the Memorial Day Observance. No meals will be served that day as well. All programs and services will resume on Tuesday, May 31. For questions please call the Winchester Senior Center at 260-563-4475.

### Cinco de Mayo Fiesta - May 5

Take a swing at the candy filled piñata on Thursday, May 5. The Winchester Senior Center will be celebrating Cinco de Mayo with Chips 'n Salsa along with other festive activities. The afternoon of fun will begin at 12:00 noon Call the Winchester Senior Center at 563-4475 to make your reservation today for the Cinco de Mayo celebration.

### Birthday Party

Please call 260-563-4475 to make your reservation today for the May Birthday Party on Thursday, May 12 at 1:00 p.m. As always the ladies have an afternoon of fun and laughter planned. If you can not make it to the May Birthday party please mark your calendar for June 9 at 1:00 to help us celebrate June Birthdays.

### Indy 500 Turns 100 Years Old

Join us on Friday, May 27 at 10:00 a.m. to help us get ready for the 2011 Indy 500 Race. We will start the day off with a "Random Chance" walking challenge. Following the challenge we will have a drawing to see who draws the winner of the Indianapolis 500. Please call 563-4475 to make your reservation for the walking challenge.

### Pantry/ Tailgate Information

Tailgate Giveaway: May 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, 260-563-4475.