

Monthly Recurring Activities & Services for the Dallas L. Winchester Senior Center

OCTOBER BIRTHDAY PARTY

October Birthdays will be celebrated on **October 13** at 1 pm.

Even if it is not your birthday month, please plan to join us to celebrate! Trubolin + 1, a vocal quartet will perform. Claire Coyne from Lighthouse Mission will speak about her holiday food baskets. Homemade refreshments will be served. Reservations are encouraged

Foot Care

Every Wednesday we offer foot care, by appointment only, to assist you in caring for your "tired dogs". Appointments are required. Cost is \$20. Please bring your own basin and towel.

Commodity Box Distribution

Are you 60 or older? Do you live in Wabash County? Do you struggle to stretch your fixed income? If so, you may qualify for the Commodity Food Distribution for Wabash County older adults. **This does require an application and is based on monthly income. Apply at our Food Pantry during pantry hours.** The next distribution date will be Friday, October 21 at the Winchester Senior Center, 239 Bond St, Wabash.

Pantry Days/Hours

- Monday—Tuesday 3:00-5:30 pm
- Wednesday—Friday 9:00-11:30 am

Tailgate Information

Tailgate: October 14 from 11:00-1:00
--The Pantry is Closed on Tailgate Days--
Please enter thru the Hill Street Park entrance

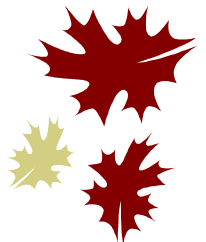
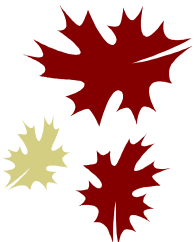
Prescription Assistance

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 for you.

Attention Medicare Recipients

Be on the look out for a letter in the mail regarding the Open Enrollment period for all Medicare recipients. The open enrollment dates have been changed this year so it is very important that you read the letter you will be receiving in the mail. Open enrollment will begin October 15, 2011 and ends December 7.

Operated by Living Well In Wabash County CoA, Inc.
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Dallas L. Winchester Senior Center October 2011 CALENDAR



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 5:30 – Yoga \$7 *Foot Care by Appt.	9-11:30 Food Pantry 9:45 - Low Impact Fitness 11 - *Lunch 6 - Zumba Gold \$7 7:15 - Yoga \$7	9-11:30 Food Pantry 11 - *Lunch 12 - Euchre \$1

SPECIAL EVENTS / SERVICES SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
3) 9:00 Paper Cutting Class	4) 9:30 *Breakfast for your Brain	5) 10:30 Trivia With Lisa	6) * 11:00 am Miller's Luncheon *SHIP	7)
10) 9:00 Paper Cutting Class	11) 9:30 *Breakfast for your Brain 10:00 Blood Pressure Checks	12) 10:30 Sing-a-long Hearing Services by appt. 1-877-436-6401	13) 1:00 pm Birthday Party Celebration	14) 11-1 Tailgate Giveaway <u>Pantry Closed</u>
17) 10:30 On-Site Eye Consultants Here 9:00 Paper Cutting Class	18) 9:30 *Breakfast for your Brain 10:15 Left Right Center *SHIP	19) 10:15 Visit from the Children at Head Start Hearing Services by appt. 1-877-436-6401	18) 9:00 am-5:00 pm County Day Trip - \$25 10:00 Craft Class 6:00 pm Alzheimer/Dementia Support Group	21) 9-11:30 Commodity Box Distribution
24) 9:00 Paper Cutting Class	25) 9:30 *Breakfast for your Brain 8-10:30 Flu Shots 9:30 Blood Pressure Checks	26) 10:30 Sing-a-long *Prescription Assist.	27) 1:00pm Weightlifting Presentation by John Joy	28)
31) 9:00 Paper Cutting Class	*Denotes by Reservation/Appointment Only			