



Robert A. DeLeo Senior Center Winthrop Council on Aging

MARCH 2026

Helping to provide quality community services



35 Harvard Street
Winthrop, MA 02152

617-846-8538

COARception@winthropma.gov
www.winthropma.gov/council-aging

Hours

Monday 8:30am - 6:00pm
Tuesday-Thursday 8:30am - 3:30pm
Friday 8:30am - 1:00pm

Staff

Matthew Rodes
Director

Nicole Rizzotto
Assistant Director/
Outreach Coordinator

Rosemary Kaye
Program Coordinator

Patricia Stathopoulos
Senior Clerk

Sheila Hagan
Senior Clerk

Tom Larity
Van Driver

Anthony MacAllister
Van Driver

Council on Aging

Alice Haskell: Chair
Kathleen Driscoll: Secretary
Linda Cronin
Andrea DeSouza
Cynthia Huff
Heather Martin
Mary Vitale

Get the Senior Center's newsletter emailed to you.

Sign-up at:
www.winthropma.gov/subscribe

Cardio Drumming

Monday March 2nd
4:00pm

Sign up at front desk



Cost \$5



Movie Day

Monday March 9th
3:30pm



Jumanji



Sign up at front desk

Paint Night With Dawn

Monday March 16th
4:00pm

Sign up at front desk



Cost \$15

St Patrick's Day Party

Tuesday
March 17th
12PM

Sign up at front desk

Cost \$5

Entertainment by:
John & Lori
Wadkins

Movie Day

Monday March 23rd
3:30pm

Knives Out

Sign up at front desk



Home Tweet Home

Join Bonfiglio Funeral Home at the Winthrop Senior Center to Discuss Funeral Pre-Planning and Paint a Cute Birdhouse

Tuesday March 24th
1:00pm
Senior Center

Sign up at the Front Desk

Staying in your Home



Wednesday March 25th
1:00PM

Senior Center

Join us to learn about how to stay in your home and community with the supports you need.

Ways to avoid admission to a nursing home or other facility.
Where to turn for support during changing health or life circumstances

Sign up at Front Desk

BROKEN JEWELRY WORKSHOP

Monday March 30th
Senior Center
Cost \$10

Create a framed art piece out of broken jewelry with Winthrop Art Association
Maureen McAdams

SUPPLIES NEEDED TO BRING
SCISSORS
Q-TIPS

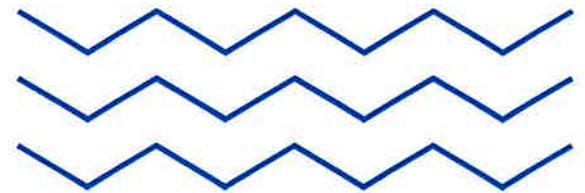
(1) 7X9 FRAME
(1) TUBE OF CLEAR GEL TACKY GLUE
COOKIE SHEET WITH A RIM OR SOMETHING SIMILAR
OPTIONAL: YOUR FAVORITE PIECE OF JEWELRY
Sign up at Front Desk

Nutrition Clinic

Do you have
nutrition questions?

Perhaps you are interested in healthy eating tips, losing weight, gaining weight or specific nutrition questions.

The Mystic Valley Elder Services dietitian will be offering one-on-one sessions to discuss and answers your questions.



Date: April 1, 2026

Call or stop by the office
to sign up.

617-846-8538

Sign up is required.

Sponsored by:



Mystic Valley
Elder Services



MARCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 10:00am-SHINE* 4:00pm- Cardio Drumming*	3 11:00am- Blood Pressures*	4 10:00am-Bereavement & Caregiver Support 1:00pm-Charlie Card Workshop*	5 9:00am-Medical Pedicures* 10:30am-Hearing Screenings* 10:30am-Red Hatters	6
9 10:00am-REIKI* 3:30pm-Movie Day* Jumanji	10	11	12 10:00am-SHINE* 10:30am- COA Meeting	13
16 10:00am-Rep. Turco Office Hours 10:00am-SHINE* 4:00pm-Paint Night* w/ Dawn	17  12:00pm St Patrick's Day Party	18 10:00am-Bereavement & Caregiver Support 10:00am- Charlie Card Workshop* 10:00am- Low Vision Support Group 12:00pm- Winthrop Police Senior Partnership	19 10:30am- Coffee & Conversation (Suffolk County DA)	20
23 10:00am- REIKI* 3:30pm- Movie Day* Knives Out	24 10:00am- Technology Class* 1:00pm- Home Tweet Home*	25 11:30am- MVES Office Hours 1:00pm-Staying in Your Home*	26 10:00am- SHINE*	27
30 3:00pm- Broken Jewelry Workshop*	31 10:30am- Q&A Session with Jay Higgins from Congresswoman Clark's Office			AN ASTERISK (*) INDICATES YOU MUST SIGN UP FOR PROGRAM/MAKE AN APPOINTMENT

WEEKLY

Computer Usage Monday-Thursday 9am-3pm

Friday 9am-12pm



MONDAY

10-11am: Yoga with Trish (\$5)

11:30am-3pm: Game Day: Play Mahjong, Cards, and Cribbage

TUESDAY

9:30-10:30am: Exercise (\$1)

10:30-11:30am: Spanish with Pete

12:30-2:30pm: Art Class with Dawn (\$6)

WEDNESDAY

9:15-10:15am: Yoga with Trish (\$5)

10:30-11:30am: Zumba with Cindy (\$5)

11:45am-12:45pm: Tai Chi/Qi Gong with Cindy (\$5)

12:15pm-1:45pm Italian Class

THURSDAY

9:30-10:30am: Exercise (\$1)

10:30am-11:30am Seaside Tappers

12-12:30pm: Dine in Lunch

12:45-3pm: Bingo

FRIDAY

9:00-10:00am: Yoga with Trish (\$5)

10:00-11:00am: Line Dancing with Diane (\$5)

my seniorcenter™ MONTHLY RAFFLE

Congratulation's to this month's winner:

Irene Mangini

Stop by the front desk to pick up your prize!

Don't forget to check in with your card when you come to the Senior Center. When you check in, you will be entered into the monthly raffle. The winner will be announced in our newsletter.

SENIOR LUNCH PROGRAM

The Senior Center offers in-person dining on Thursdays from 12-12:30pm.

To reserve a lunch, please stop by the front desk or call the Senior Center at 617-846-8538 by 11am the day before.

GRAB-AND-GO LUNCH

Grab-and-Go Lunches are available for pick up Monday – Friday between 11am and 1pm.

To reserve a lunch, please stop by the front desk or call the Senior Center at 617-846-8538 by 11am the day before (for Monday lunch, reservations must be made by 11am on Friday).

Menus are available on our website and in the Senior Center. Please note, lunches cannot be held overnight, they must be picked up on the day it was requested.

MEALS ON WHEELS

If you are interested in receiving Meals on Wheels, please call 781-324-7705.

For more information and to see the monthly Meals on Wheels menu, go to: www.mves.org

REMINDER

INCLEMENT WEATHER POLICY

All senior center activities, programs, and van transportation will be cancelled when the Winthrop Public Schools are closed due to inclement weather.



INDOOR WALKING



JOIN US
Monday, Wednesday, and Friday
10:00am-11:00am
St. Michaels Parish Center Gym



Sign Up at Senior Center Front Desk

Please enter from the front door on Oceanview.
The gym is down the stairs and to the left



Valentine's Day



XOXO

Health and Wellness/Fitness Programming

General Programs/Activities

Blood Pressures

Nurses with the Winthrop Medical Reserve Corps will be here on the 1st & 3rd Tuesday of the month. No appointment required.

Cardio Drumming *Sign Up Required

1st Monday of Every Month. Space is limited sign up is required. 4pm-5pm. Cost: \$5

Exercise Class

This class meets on Tuesdays and Thursdays at 9:30. Cost: \$1

Hearing Screenings with Rogers Hearing***Appointment Required***

Rogers Hearing Solutions will be at the Senior Center to provide no cost hearing screenings, cleanings and checks of hearing aids & minor in-office repair of hearing aids. Call the Senior Center, or stop by the front desk to make an appointment.

Line Dancing with Diane

Fridays at 10:00. Interested in getting some exercise in a fun way? Love moving to the sound of music? If so, come try line dancing! No experience necessary and all are welcome. Cost: \$5.

Medical Pedicures *Appointment Required*

Cost: **\$30 (cash only)**

Barbara Ullman, RN, a registered nurse and pedicurist from Seen Your Feet will be at the Senior Center to do nail clippings on the first Thursday of the month. Call the Senior Center, or stop by the front desk to make an appointment.

Reiki with Stacey *Appointment Required*

We are pleased to offer free 20-minute Reiki Sessions on the second and fourth Mondays of the month between 10:00-1:00. Reiki practitioners use a gentle, non-invasive approach, placing their hands lightly on or just above the body to channel energy. This process is believed to help balance the body's energy flow, encouraging physical, emotional, and mental well-being. It's not a medical treatment but rather a complementary practice that works alongside traditional therapies to enhance overall health. To make an appointment, stop by the front desk or call the Senior Center.

Tai Chi/Chi Gong with Cindy

Wednesdays at 11:45. This class involves slow, flowing movements paired with deep breathing to improve balance, flexibility, and relaxation. It's a gentle, mindful practice that helps boost energy and reduce stress. Cost: \$5.

Yoga with Trish

This class is a fun, gentle form of yoga done mostly while seated. The class meets three days a week on: Mondays (10:00), Wednesdays (9:15), and Fridays (9:00). Cost: \$5

Zumba Gold with Cindy

Join Cindy on Wednesdays at 10:30 for this fun, energizing dance fitness class. Cost: \$5

Art with Dawn

Tuesdays at 12:30. Whether you're a beginner, or have some experience, this class allows you to tap into your creativity. Cost: \$6

Bingo

Thursdays at 12:45. Cards cost: \$2 for the first sheet and \$1 for each additional sheet. Magnetic wands and chips are available at the front desk for \$3 each.

Coffee & Conversation

Join us on the third Thursday of each month at 10:30 for an informal chat, and some coffee and cookies too!

Game Day

Mondays at 11:30. Come play (or learn how to play) mahjong, cribbage and cards. No experience needed; all are welcome!

Italian Class with Michael

Wednesdays at 12:15. Learning Italian opens the door to a rich culture, art, and history. It's a fun and rewarding language to master!

Movie Day***Sign Up Required***

Second Monday of the month at 3:30pm. Come watch a movie with us. Sign up at the front desk.

Public Computer Usage

The Senior Center has a few computers available for public use Monday-Thursday 9:00-3:00 and Fridays 9:00-12:00. (Please note that computer availability is subject to change based on our activity schedule).

Red Hatters

The Red Hatters meet at the Senior center on the first Thursday of the month from 10:30-12:00.

Seaside Tappers

Do you want to have fun? Do you want to do something good for your body? Do you want to do something good for your brain? If your answer is yes, then think about becoming a Seaside Tapper and try tap dancing. No experience necessary. We may have tap shoes in your size to borrow. We tap at the Senior Center on Thursdays at 10:30. Cost: \$5

Spanish with Pete

Tuesdays from 10:30-11:30am. Spanish is one of the most widely spoken languages in the world. Knowing Spanish can help you build relationships with Spanish-speaking friends, and neighbors.

Information Sharing

Office Hours with Representative Turco

Representative Jeffrey Turco and his staff will be holding office hours at the Senior Center on the third Monday* of each month from 10:00-11:30. No appointment required.

*Schedule subject to change due to holidays; call the Senior Center if you would like to confirm when Rep. Turco will be here.

SHINE Counseling

Our SHINE(Serving the Health Insurance Needs of Everyone) Counselors are available to help you with any health insurance questions you have. Appointments are required; to schedule, please stop by the front desk or call the Senior Center.

Support Groups and Services

Bereavement and Caregiver Support Group

The group meets on the first and third Wednesdays of each month. All are welcome to attend.

Legal Aid Group Q&A Session

Attorney Amy G. Ofrias, from Gelineau & Kline, will be at the Senior Center to discuss Elder Law issues. Questions must be submitted in advance by emailing Attorney Ofrias at amy@gelineaukline.com; please put "Winthrop Senior Center" in the subject. Questions can also be dropped off at the front desk.

Low Vision Support Group

The Low Vision Support Group meets at the Senior Center on the third Wednesday of each month from 10am-12pm. All are welcome to attend. The meeting is led by John Morgan.

Mystic Valley Elder Services - Office Hours with a Clinical Caseworker

Are you looking to navigate challenging feelings? Have you been experiencing more stress these days? Do you want to talk about things that bother you? Would you like to connect with a Behavioral Health specialist? The Behavioral Health Outreach for Aging Populations Program is here to help. No appointment needed.

Senior Charlie Card Workshop

Need help applying for your Senior Charlie Card? We can help! Appointment required; call the Senior Center or stop by the front desk to schedule.

Technology Support *Appointment Required*

Volunteers will be available to help you with any tech support you need. Appointment required.

Upcoming Programs

Sign Ups Begin the First Monday of the Month!

MARCH



- March 2nd - Cardio Drumming
- March 9th - Movie Day - "Jumanji"
- March 16th - Paint Night with Dawn
- March 17th - St. Patrick's Day Party
- Last day to sign up will be March 10th**
- March 23rd - Movie Day - "Knives Out"
- March 24th - Home Tweet Home (Birdhouse Painting)
- March 25th - Staying in Your Home with WCOD
- March 30th - Broken Jewelry Workshop
- March 31st - Jay Higgins, Outreach Manager for Democratic Whip Katherine Clark will be here for a Question & Answer session for Winthrop seniors.

SENIOR VAN TRANSPORTATION

The Senior Van operates Monday 8:45-5:30 Tuesday-Thursday from 8:45am-3:00pm and Fridays from 8:45am-12:30pm. **You must make your appointment for a ride at least two days in advance**, however, you may schedule up to two weeks in advance of your appointment.

Extra stops will be an additional price and must be scheduled in advance. All prices listed below are round-trip.

NOTE: Monday after 3PM are Winthrop ONLY. Friday Trips are LOCAL ONLY meaning destinations must be in Winthrop, East Boston, or Revere.

Grocery Shopping:

Market Basket (Chelsea): Mondays at 8:45am
Market Basket (Revere): Tuesdays & Fridays at 8:45am

Stop & Shop/Target/Dollar Store (Revere): Thursdays at 8:45am and Wednesdays at 12:30pm.

DESTINATION	FEE	DESTINATION	FEE
Local (Winthrop)	Free	Walmart (Lynn)	\$8
MGH	\$5	Encore Casino	\$10
Revere Beach		Whidden Hospital	\$10
Stop & Shop/ Target	\$5	Meadow Glenn/ Medford Area	\$12
Beth Isreal	\$7	Melrose- Wakefield Hospital	\$12
Chelsea	\$7	Stoneham	\$14
EBNHC		Extra Stops	\$1 Each
MGH Broadway, Revere	\$8		
MGH/MB Chelsea			
North Gate/MB Revere	\$8		

6 SENIOR CENTER TRIPS

For more detailed information on any of the trips below (including itinerary and meal choices), stop by the Senior Center to pick up a flyer or go to: www.winthropma.gov/council-aging/trips

Trips with All Around New England

For trips below, you can sign up at the front desk of the Senior Center. Payment: cash or checks made payable to: Friends of the WCOA.

Please See Trip Bulletin Board for All Around New England Trips.

Casino Trips

For trips below, you can sign up at the front desk of the Senior Center. All casino trips cost \$45 per person. Payment: cash or checks made payable to: Friends of the WCOA.



Wednesday May 27th - Foxwoods

Bus leaves at 7:30am and returns at 3:30pm

Trips with Best of Times Travel

For trips below, must sign up online. Go to www.winthropma.gov/council-aging/trips for links to the Best of Times "We Travel" portal. If you need assistance, stop by the front desk of the Senior Center, or call us at: 617-846-8538.

FOR MORE INFORMATION ON THESE TRIPS, PLEASE SEE OUR FLYERS LOCATED ON THE TRIP BULLETIN BOARD OR ONE OF THE FOLDERS LOCATED IN OUR LOBBY

Alaska Land & Cruise- August 11-26th, 2026

Price based on rooms see flyer



Senior Center Trip

Cancellation Policies

Please refer to each trip flyer for specific cancellation deadlines. Cancellations made after the posted deadline will only be refunded if a replacement participant can be found. No refunds will be issued for no-shows on the day of the trip.

The Travel Group TROPICANA ATLANTIC CITY



MARCH 30th - APRIL 1st, 2006
3 Days/ 2 Nights
on the famous Boardwalk in Atlantic City, NJ

PACKAGE INCLUDES:

- Roundtrip Motorcoach Transportation
- 2 Nights at the TROPICANA RESORT CASINO
- \$50.00 in SLOT BONUS!
- \$50.00 Food (\$20, \$20 and \$10 increments)
- *27 Restaurants to choose from
- 2 Fantastic evening shows begin at 8:00 PM
- #1 Country Legends Band * Top Rated
- #2 Rock Around the Clock 50's & 60's (with Vegas performers)
- Occupancy Taxes
- Hotel Baggage Handling
- Drivers Gratuity

\$350 Double

\$340 Triple \$450 Single

Prices are Per Person

\$50 Deposit at sign up

Balance due 2/28/26

Cancellation protection available

\$39 pp at sign up only **

Make checks payable to:

Friends of WCOA



Bus Departs
Winthrop Senior
Center at 7:00am



LINDA RONSTADT TRIBUTE

W/ Tristan McIntosh from
American Idol

Tuesday May 5th, 2026
Aqua Turf Club
Southington, CT.

The afternoon will include a delicious family style luncheon followed by an unforgettable performance by American Idol finalist, Tristan McIntosh. Songs will include classics "You're No Good" "That'll be The Day" "Blue Bayou" and many more!

Package Includes
Roundtrip Transportation
Plated Family Style Meal
Linda Ronstadt Tribute
Meal Taxes and Gratuities



Bus Departs
Winthrop Senior Center
at 8:45am



There is no parking in the Senior Center parking lot if you are going on a trip. Please park on the street, or in the parking spaces around the ball field.

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