

OUR PLACE, OUR TIME

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A PUBLICATION OF THE MEDFORD COUNCIL ON AGING APRIL 2010

Senior Citizens Drop-In Center's 30th Anniversary!

Join us on April 30th at 12:00noon

For a Chinese Food Luncheon (by May's Café), Entertainment, Desserts, Door prizes and Raffles. Tickets are free and will be available on April 1st.
Maximum of two tickets per person

Volunteer Notes— Arlene Carroll

HOME REPAIR PROJECTS with United Methodist Church U.M. Army

Do you need a wheelchair ramp for your home? Some interior or exterior painting done? How about some extra shelving? A screen door? Replacement of rotting or sagging floorboards? Or just a good, thorough house cleaning? These are just some of the tasks that United Methodist youth and their adult mentors will be taking on for your benefit this summer, the week of July 19th—23rd. Program volunteers are trained in safety, skills and teamwork! Applicants must own their own home. If you are interested in participating, please pick up a referral form at the Council on Aging office or call volunteer coordinator Arlene Carroll at: 781-396-6010, on Tuesdays, Thursdays or Fridays, 9:00 am—4:00 pm. Your information will be passed along to UM Army program staff, *who will make all decisions about what jobs are eligible*. The LAST DAY to apply will be MAY 28th; team coordinators will conduct on-site assessments of all jobs accepted on June 26th. Please note that while volunteers are well-trained, there are no guarantees on workmanship! This is our 3rd year participating in this wonderful program.

At the Senior Center

Council on Aging Board Meeting
April meeting cancelled

Medford Senior Citizens', Inc.
April 13th at 9:30am
Open to all seniors

WEEKLY SENIOR CENTER CLASSES
MONDAYS

Wii™ INTERACTIVE VIDEO Wii games include tennis, bowling & golf. Offered 9:30 - 11:00 am. Call to sign up: **781-396-6010 or just drop in.**

MY GYM: Exercise equipment includes an, AB Lounge, Exercycle and two Treadmills. Doctor's note confirming your fitness to use the equipment & a signed liability waiver are required.

Availability of equipment has been expanded per request to Monday 9 - 1 pm, Tuesday 9—11 Wednesday 9—12, and Friday 12 - 3:30 pm.

EXERCISE (Pilates-type) with Instructor Sergio Vinci, 12:45 pm. Ongoing.. Fee: \$3.00 per class. **Auditorium.** Drop ins welcomed

Chair Yoga Classes with Peggy Gardiner This chair yoga series of classes is designed to increase strength and flexibility, to help us cope with daily stress, and to have fun. We will learn balance postures to help prevent falls. Adaptations for people with arthritis, osteoporosis and back pain will be demonstrated. In addition, we will learn some relaxation techniques for healthy hearts. Come to a 6 session class designed to improve your strength and flexibility, and integrate yoga into your every day life. New session begins Monday **March 15th at 2:00pm** Cost \$15.00 for the course prepaid or \$3.00 per session pay as you go.

Creative Reading and Writing with Greg Racine 2:30 pm to 3:30pm at the Senior Center. Seats are available call 781-396-6010 .

TUESDAYS

LINE DANCING with instructor Chiara White, 9:30 – 11:00 am. Ongoing; register at time of class Fee: \$3.00 per class. All levels of dance are welcome.

KNIT & CROCHET ongoing, 10:30 am. \$1.00 suggested donation, We have space for new members. Please join our new teacher Suzanne .

INTRODUCTION TO COMPUTERS with instructor Lisa Donaruma-Shea, 11:15am. Fee: \$20.00 for six-week course. Designed for students with NO computer experience. Call for availability on next session. **Computer/Meeting Room.**

INTRODUCTION TO WORD & INTERNET with Lisa Donaruma-Shea, 1:00pm. Fee: \$20.00 for six-week course. Familiarity with mouse and keyboard required. Call for availability. MY GYM: **Tuesday 9—11 See Monday for details**

WEDNESDAYS

WALKING CLUB with Pamela Kelly, will begin on **April 7th at 9:30am**, sign up now.

ART CLASS with instructor Don Polley, 9:00 – 11:00 am. Ongoing. Fee: \$4.00 per session. Supplies are provided. Paintings with watercolors. Drop ins welcomed

INTRODUCTION TO COMPUTERS with instructor Lisa Donaruma-Shea, 1:00pm. Fee: \$20.00 for six-week course. Designed for students with NO computer experience. Call for availability **of next session.**

INTRODUCTION TO WORD & INTERNET with Lisa Donaruma-Shea, 2:15pm. Fee: \$20.00 for six-week course. Familiarity with mouse and keyboard required. Call for availability

BINGO GAME every week at 1:00 pm in the **Auditorium**. No sign up all are welcomed, 6 cards/\$2.50.

ZUMBA Newest Exercise class has begun. The class starts at 3:00pm for one hour of exciting moves to Latin music. Come on down to see the newest craze. First session will be held March 24, 31, April 7, 14th. Call for further details

THURSDAYS

Wii™ INTERACTIVE VIDEO 9:30 – 11:00 am. See: Monday for details.

BOWLING GROUP: meets at Senior Center van departs at 9:00 am. \$7.05 for three strings; transportation is limited to 10; you may also drive yourself. Ongoing; sign up in office and specify if you need transportation. **Ryan's Amusements of Malden**.

FRIDAYS

TAI CHI CHI KUNG, at 9:30am, the ancient form of exercise that improves breathing and posture and releases tension, with instructor Marie Favorito. Fees: Discounted rate \$27.00 if prepaid 9 sessions, or drop-in fee of \$5.00 per class. April 2nd, 9th, 16th, 23rd, May 7th, 14th, 21st, 28th, June 4

JEWELRY & LEATHERCRAFT with instructor Yellow Turtle, 10:00 am. \$10.00/course—4 to 5 sessions. Supplies extra but will be purchased at a discount by instructor.

Aerobics with Nancy K. Growing older doesn't mean you have to lose strength or your ability to do everyday tasks. Exercise can help you feel better and enjoy life more, even those of you who think you're too old or too out of shape. Strength, Balance and Endurance. 1:00pm each Friday \$3.00 per class at the Medford Senior Center, drop ins welcomed

Wii Fit (Exercise Program): 2:30—4:00 pm. Call to schedule: **781-396-6010**. Wii Fit offers a terrific workout using the Wii and Fitness Pad.

MY GYM: Friday 12—3:30 pm See Monday for details

NEW Board Games: Board Game Fridays at **1:00pm to 3:00pm**. We have Scrabble, Yahtzee, Checkers, Puzzles and any other games that you may be interested in.

CRAFTING-1pm to 3pm, call Arlene for more details 781-396-6010.

NOTE: All exercise programs are supported in par, through an Executive Office of Elder Affairs grant. The Art class is partially funded through a Medford Cultural Council Grant.

HEALTH & WELLNESS

6th Annual Hallmark Health Senior Citizens' Health Fair

Thursday, April 29th, 10 am—1 pm at the Medford Senior Center

Join us for this comprehensive Health Fair, sponsored by **Hallmark Health**, the **LMH Senior Citizens' Health Center** and the **Council on Aging**. Area health providers will share information on arthritis, cancer, cardiac disease and other health topics. **Health screenings** include:

Most screenings are free. Representatives from the Medford Police and Fire Departments will be available to talk with you about safety issues.

Complimentary continental breakfast in the morning and a boxed lunch will be available. Call or see Fay in the lunch room to reserve your meal in advance (781-396-6010) \$ 1.50 donation.

Diabetes
Hypertension
Hearing
Cholesterol
Oxygen readings

Chiropractic
Blood Sugar
Massage therapy.

Senior Citizen Health Center of the Lawrence Memorial Hospital, 99 Riverside Avenue 781-391-1164

Blood Pressure Clinics

April 5th — 22 Allston Street—1-2pm

April 6th - Meadow Glen Mall -8-9am

April 7th and April 13th —99 Riverside Ave— 1-2pm

April 22nd—West Medford Community Center 12-1pm

Massage therapy with Mary Sbuttoni \$10.00 for 20 minutes. First appointment at 12:30pm. Appointments required with \$5.00 deposit. 72 hour Cancellation policy required April 5th and April 26th.

Facials by Christine \$10.00 for 30 minutes. First appointment at 1:00pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. **April 5th and 26th**

Drop-In Center Blood Pressure Clinics provided by Greater Medford VNA, Thursday, **April 1st at 10 am—12 noon.** Drop ins welcomed

Diabetes Support Group provided by Diane Doucette RN, **April 22nd 11:00am** at the Medford Senior Center in the library. Please drop in

AL Anon meetings, Senior Center Library, Mondays, 10:30—11:30 am

Low Vision Support Group, will meet at the Medford Senior Center on April 16th

Greater Medford Visiting Nurses Association will sponsor a free support group on **April 7th** for people living with **Parkinson's Disease and other Movement**

Disorders the first Wednesday of every month from 10:30am to noon. The group will take place at Medford Senior Center. The support group will provide a forum for people living with Parkinson's Disease. For any questions contact Marie Knasas for GMVNA at 781-396-2633, ext 202.

Pet Visitation on April 13th, 11:30am –12:30pm. Come for a visit and meet Barbara Cracknell and her adorable Australian Shepard named Jack. Jack is a certified Pet Therapy dog.

Medford's File of Life Program is hosting a "File of Life Information and Update Event" to be held on April 15, 2010 from 2:00pm to 3:30pm at the Senior Center. The event will include greetings from City Officials and emergency responders, information and distribution of File of Life Packets, and review and updates to existing packet holders. Bring your medications or list of medications and Mass College of Pharmacy students will review and answer any questions you may have. Hallmark VNA & Hospice will provide blood pressure screenings and Mystic Valley Elder Services will distribute resource information. Volunteers will be available to assist with filling out or updating the FOL information cards. Light refreshments sponsored by Care Connections/ Intercity Home Care will be served. Reserve your seat by calling 781-396-6010

Are you at least 60 and have a problem with your in-home caregiving services? Do you know someone who does? If so, please call us! 1-800-243-4636 (1-800-AGE-INFO)

Ask A Nurse— Euriane Santos will be available in April to answer any questions you may have regarding your health. She will also be available to take your Blood Pressure. Call or check the bulletin board for her dates.

Please join Mt Auburn Hospital at the Medford Senior Center on **April 6th at 11:00am** for the presentation of safe medication management for seniors at home. For many seniors, medication management is difficult and complex. In this step by step presentation you will learn how to be successful in managing your medications. Successful medication management is often the key to being able to stay at home safely. Let us teach you how to develop a simple system that will help you stay on track and maintain compliance with your medications. Please call to reserve your spot at 781-396-6010.

Hallmark Health Presents AARP Driver Safety Program Saturday April 10, 2010 10:00am to 3:00pm Melrose Wakefield Hospital Perkins Hall 585 Lebanon Street Melrose MA For drivers over the age of 50 \$12.00 for AARP members; \$14 for non members There is NO TEST taken with this course. A certificate of completion will be awarded to each participant. For more information or to register please call 781-338-7572

SilverSneakers Event brought to you by MG Fitness and the Medford Council on Aging. **April 20th at 1:45pm**, at the Medford Senior Center Auditorium. Come down and learn more about physical fitness, the SilverSneakers fitness program and all the amenities available to you at MG Fitness. Participate in a demo class, meet the fitness instructors and mingle with others who share your interest in a healthy lifestyle. You can bring a friend. Please call 781-396-6010 to reserve your spot.

UPCOMING SENIOR CENTER ACTIVITIES

LUNCH: Daily Call at least 24 hrs prior to reserve your meal. \$1.50 suggested donation

BINGO: Each Wednesday begins at 1:00pm \$2.50 for 11 games, Coffee, and dessert

Pinochle every Thursday from 10:00am to 2:00pm Come on down

POKER every afternoon from 1:00pm to 3:00pm. All are welcome.

Alterations with Carmina, every Friday, 1—2 pm. Excellent work at reasonable prices.

Legal Assistance, TriCAP Atty. Jayna Stafford on Wednesday , April 14th starting at 10 am Call 781-396-6010 for an appointment.

Roland's Jewelry Repair, Wednesday, April 21st, 11—12 noon. John Racicot will help you with your jewelry repair needs he will also replace batteries in hearing aids.

Home Maintenance Program -The program will begin again on April 5th. Call 781-396-6010 for an appointment. Carl is back to help with your small home improvement needs.

Legal Services provided by Dale Tamburro, PC, Tues April 6th at 10 am. Appt needed.

SHINE Counselor, Carla Brockway will be taking appointments each **Wednesdays** from 1:30—3:30 pm. Please make your appointment in the office or by calling 781-396-6010.

Trust Basics— on April 27th at 1:00pm Attorney Dale Tamburro will present a seminar on trust basics answering common questions such as what a trust is and how it could be benefit you, trustee selection/responsibilities, when you should get a trust, the difference between revocable and irrevocable trust, cost to create, how trusts help if you are disabled, put in nursing home or pass away and much more. Please call to reserve your spot 781-396-6010 light lunch will be served.

Afternoon Movie, Tuesday April 27th at 1 pm, Movie is **The Blindside** starring academy award winner Sandra Bullock. Rated PG13, FREE

Hairdressing Shop for Men & Women, Monday, April 26th beginning at 10 am. Appointments and deposit of \$5.00 is required. We will transport you back & forth to **Wet Cuts** on Boston Ave.

Writing to Remember: A Memoir Writing Group at the Medford Senior Center. Tufts School of Occupational Therapy and the COA is offering a weekly memoir writing group **Tuesdays 12:30pm** . Journals are provided. Sign up at Senior Center as space is limited.

Computer Lab Thursday, April 1st, 8th, 15th, 22nd, 29th with Dorothy Cable as your aide Please call to reserve space is limited. 1:00pm to 2:00pm or 2:00pm to 3:00pm

Councilors Camuso and Maiocco—Office hours April 22nd at the Senior Center at 5 pm.

Representative Paul Donato Office Hours April 28th at 10:30am at the Senior Center. Appointments are available.

Friday Afternoon crafting has begun. 1pm to 3pm for more info call Arlene at 781-396-6010.

Time for Spring Cleaning!

Due to popular demand the Medford Council on Aging will holding an indoor Yard sale at the Medford Senior Center, 101 Riverside Avenue. The date is Saturday May 29th from 10am to 2pm. Tables are available for \$20.00 on a first come first serve basis. When signing up in the main office, please be sure to inform our staff about what you will be selling. Bring anything and everything from trinkets and treasures to trombones! The only exclusion is food. In a hard economy, this is a good way to get some excellent deals! For more details or to reserve a table, please call the office 781-396-6010. We will be accepting donations beginning April 1st.
\$5.00 discount if you had a table last year.

UPCOMING TRIPS

Foxwoods only \$25.00 per person, next departure April 12th, tickets on sale now. Nonstop bus from Medford to Foxwoods. Future dates May 10, June 21, July 19, and August 16

Salter Healthcare— Senior Breakfast **April 8th**, at the Aberjona Rehab and Nursing Center, \$2.00 donation fee (all money collected will go directly to the Medford Senior Center) is required and will be collected the day of the breakfast (omelet station) Program is limited to 14 participants each date Transportation provided by Salter Health Care meet at Center at 9:30am To make a reservation call Beverly at 781-994-2122. Future date May 13, & June 10

Ellis Island & Liberty Island NYC/NJ Saturday **May 15, 2010** One day trip \$75.00/person Ferry ride to the island, visit to Immigration Museum. Enjoy seeing where your family may have entered the U.S. Full payment due at reservation. Tickets available now.

Twin River Special— Monday June 28th, \$23.00 per person. Bus departs from Medford Senior center at 9:00am. Receive \$10.00 cash and \$7.00 food credit. Tickets available April 1st.

Old Deerfield Summer Craft Fair— Sunday, June 20th—\$32.00 per person. Bus departs Medford Senior Center at 9:00am , enjoy wonderful variety of crafts including quilts, baskets, wood carvings, pottery, dolls, dried flower arrangements, and more. Tickets available April 1st.

Tickets are nonrefundable once purchased. Please let the office know if you need to cancel and we will make every effort to resell the ticket for you.

COMMUNITY EVENTS

Councilor Marks Office Hours April 21st at 5:30 pm at Medford City Hall council room

Elliott club will be holding all luncheons at Anthony's in Malden from 11am until 2:30pm

Cost is \$13.00 members and \$14 for guests. April 14th— Best Bonnet for the Ladies and Gents, for more information contact Phyllis Drexler at 781-438-3687. Future Dates: May 12, June 9

Mobile Post Office:

April 2nd— Tempone Manor, 22 Allston St., 10—10:30 am; Walkling Ct, 11:00 - 12

April 9th— 42 Water St, 10—10:30 am ; Weldon Manor, 35 Bradlee Rd.,10:45-11:15 am Senior Center, 101 Riverside Ave., 11:30—noon

April 16th— Riverside Towers, 99 Riverside Ave 10 - 10:45; Saltonstall, 121 Riverside Ave.11-12

Lawrence Memorial Hospital will resume the second season of its successful Senior Supper Series on **Tuesday April 13th at 5:00pm** in the cafeteria at Lawrence Memorial Hospital of Medford. The evening includes a sit down dinner with a choice of entrees, two sides, a beverage and dessert, free blood pressure screenings, a free raffle and an informational talk for only \$4.95.

The speaker at the April event will be Samir Patel, MD, who will discuss “Your Healthy Mind.” Space is limited and reservations are required. To make reservations and for information call:781-979-6105

Oldies Night to benefit the Medford Vocational Technical High School. May 8, 2010 Location: Chevalier TheaterSponsored by Alumni & Friends of the Medford Vocational Technical School.Groups: Charlie Thomas and The Drifters, The Shirelles with Shirley Allston Reeves, Jay Siegel and The Tokens, The Toys with Barbara Harris and comedian Paul DeAngelo

A very Special Thank You to **Whole Foods** at Mystic Valley Parkway in Medford, for their generous Donation. On March 9th Whole Foods held a 5% day to support Medford Senior Citizens Inc. 5% of the total store sales will be donated to our organization. We Thank Whole Foods, and all the shoppers who helped MSCI.

Coming in May **Strawberry Festival** Sponsored by the Winchester Hospital. **Friday, May 28th at 12:00noon**, Lunch, Entertainment (the Dynamic Duo), Desserts, Everything Strawberry!!Tickets will be available on **May 3rd**. Tickets are free and are first come first serve. Maximum of two tickets per person please

CALL out for all local Senior Artists.....If you would like to display your paintings at the Senior Center, or would like to assist the center in putting together a collection for a fundraiser, please call Arlene Carroll at 781-396-6010.

Rotary Lights Up Medford

Reminder, pick up your light bulbs on Saturday April 10 at the Medford Senior Center between 10am and 12noon.