

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

JUNE 2010

MEDFORD SENIOR CENTER, 101 RIVERSIDE AVENUE, MEDFORD 02155 TELEPHONE: 781-396-6010
FAX: 781-395-8912 CITY HALL T.D.D.: 781-393-2516 WEB SITE: WWW.MEDFORD.ORG
E-MAIL: MEDFORDCOA@VERIZON.NET

Meetings At the Senior Center

Council on Aging Board Meeting
June 24th at 10:15am

~

Medford Senior Citizens', Inc.
June 8th at 9:30am
Open to all seniors

AARP Driver Safety Program Medford Senior Center 101 Riverside Avenue Medford MA Tuesday July 20, 2010 from 10am to 3pm

The AARP Driver Safety Program has offered safety refresher courses since 1979 to more than 11 million graduates. The aim is for older drivers to better understand the updated technologies in new vehicles, provide a refresher on the rules of the road, and learn strategies to compensate for age-related changes in vision, hearing, or response time. There is NO TEST to take and NO ACTUAL DRIVING. A certificate of completion will be awarded to each participant. **Cost \$12.00 for AARP members; \$14 for non-AARP members** All participants must pre-register by July 9th by calling Medford Senior Center at 781-396-6010. Bring a lunch, or you may pre-order a lunch at the Senior center for \$1.50.

Medford Saving Lives 22nd Anniversary Free Summer Concerts

City Hall Plaza Thursday Evenings 7pm to 9pm. For information call 781-393-2450.
July 1st– Barry Mooney and Friends July 8th– The Ben Rudnick Band
July 15th–Jimmy Geany July 22nd– Dan and Mary Clark
If there is rain, it will be located at the Senior Center.

Zumba Come on and join the FUN !!! Wednesdays 3:00pm to 4:00pm What's really hot at the Senior Center these days? It's a new class called ZUMBA, the latest in the exercise category that specializes in Latin music and dance moves.

It's like an "exercise in disguise," Sandra is a professional dancer/teacher and has her certificate in teaching special fitness to older adults. Come on and "move to the beat!" The session can be prepaid \$15.00 for 5 weeks if paid in full by June 2nd. or \$5.00 pay as you go. Drop ins welcomed.

Discover the Joy of Chocolate The Medford Senior Center will be hosting a tasty Dove Chocolate discoveries party on **Friday June 18th from 2pm to 4pm**. Space is limited to 20 people. This is a fundraiser event. You will be able to purchase chocolates for gifts, or for yourself. Sugar-Free chocolates, Dark Chocolates, Girls night out chocolate, Sipping chocolates, Truffle Fudge Brownie Mix, Chocolate Mousse, Chocolate Molds and more. Party will be limited to first 20 people who sign up, sign up begins June 1st. **\$10.00 nonrefundable** deposit required, which will be applied towards your purchase.

MBTA will be at the Medford Senior Center on Thursday July 15th 1:00pm to 4:00pm

New Senior CharlieCard ID's will be processed for customers exchanging their old Senior ID's (issued before May 2005) and to first-time Senior customers (65+ with proof of age). Please call 781-396-6010 to reserve your spot.

WEEKLY SENIOR CENTER CLASSES

MONDAYS

Wii™ INTERACTIVE VIDEO WiiT 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, Exercycle and two Treadmills. Doctor's note confirming your fitness to use the equipment & a signed liability waiver are required. 9am to 1pm

EXERCISE (Pilates-type) with Instructor Sergio Vinci, 12:45 pm. Ongoing. Fee: \$3.00 per class. Drop ins always welcomed. Pilates improves core strength, flexibility, agility and economy of motion. It can even help alleviate back pain and other chronic ailments.

Chair Yoga Classes with Peggy Gardiner We will learn balance postures to help prevent falls. Adaptations for people with arthritis, osteoporosis and back pain will be demonstrated. We will learn some relaxation techniques for healthy hearts. Come to the final session of the season designed to improve your strength and flexibility, and integrate yoga into your every day life. Cost \$15.00 for the course prepaid or \$3.00 per session pay as you go. **June 7, 14, 21, 28th**

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 instructor Suzanne in creating some beautiful handmade creations.

WEDNESDAYS

WALKING CLUB with Pamela Kelly each Wednesday morning 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

MY GYM: *Wednesday 9—12 See Monday for details*

Matter of Balance from 10am to 12noon– *FREE eight week award winning course. Components include group discussions, mutual problem solving, exercise to improve strength coordination and balance and home safety evaluation.*

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. Each Wednesday, drop ins welcomed. \$5.00 pay as you go or \$15.00 prepaid for 5 weeks.

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.**

PINOCHLE-9:30– 2:30pm looking to join a group of card sharks? Come on down and try Pinochle

FRIDAYS

Ceramics are back: Ceramics will be offered by Rosemary Ardagna from Claydreams of Arlington. Class will be held on Fridays beginning on June 4th from 10am to 12n. Cost is \$5.00 per 2 hour class, (cost of pottery piece is not included) Space is limited to 10 please call to reserve your spot.

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.

Are you interested in Bridge? Call Pam to see if we can get a new group together 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

- ◆ **Senior Citizen Health Center of the Lawrence Memorial Hospital, 99 Riverside Avenue 781-391-1164 Blood Pressure Clinics**

June 1st - Meadow Glen Mall -8-9am

June 2nd and June 8th —99 Riverside Ave— 1-2pm

June 7th — 22 Allston Street—1-2pm

June 24th—West Medford Community Center 12-1pm

- ◆ **Senior Health Awareness Series**, Join Hallmark Health and Joan Farren on **June 10th** at 11:00am for a presentation on **Safe Steps** 12 minute video for Seniors about safeguarding your home and preventing falls. Please call 781-396-6010 to reserve your spot today.
- ◆ **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 June 7, 21
- ◆ **Facials by Christine \$10.00 for 30 minutes.** First appointment at 1:00pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. **June 7, 14, 21, 28**
- ◆ **Drop-In Center Blood Pressure Clinics** provided by Greater Medford VNA, Thursday, **June 3rd at 10 am—12 noon.** Drop ins welcomed
- ◆ **Diabetes Support Group** provided by Diane Doucette RN, **June 24th, 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 June 18th**
- ◆ **Greater Medford Visiting Nurses Association** will sponsor a free support group on **June 2nd** 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.
- ◆ **Clinical Research in Parkinson's Disease. Who Cares and Why You should.** Thursday **June 3rd , 10am to 12noon** at The Jenks Senior Center in Winchester MA. For more information and to RSVP, please contact the APDA at 800-651-8466.
- ◆ **Pet Visitation on June 15th, 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.
- ◆ **ACUPUNCTURE–** Thursday June 10th at 11:00am– Tom Riordan from Back to Balance will be offering **free** Acupuncture at the center. Call and schedule your appointment.

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. Master Tailor Carmina Cerbone is fast, efficient, and affordable.
- ◆ **Legal Assistance, TriCAP Atty. Jayna Stafford on Wednesday , June 9th** starting at 10 am Call 781-396-6010 for an appointment.
- ◆ **Roland's Jewelry Repair, Wednesday, June 16th, 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 is available through the summer. Call 781-396-6010 for an appointment. Carl is here to help with your small home improvement needs.
- ◆ **Legal Services provided by Dale Tamburro, PC, Tues June 15, and June 22nd at 10 am.** Appointments needed. Please call 781-396-6010.
- ◆ **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.
- ◆ **HOUSING OPTIONS— on June 15th** at 1:00pm Attorney Dale Tamburro will present a seminar on housing options. Please call to reserve your spot 781-396-6010 light lunch will be served.
- ◆ **Afternoon Movie, Tuesday June 29th at 1 pm, FREE Movie Amelia,** starring Hillary Swank and Richard Gere, in the life of famed aviator Amelia Earhart—who made history in 1932 by becoming the first woman ever to fly solo across the Atlantic. Movie is rated PG
- ◆ **Hairdressing Shop for Men & Women,** Monday, June 28th beginning at 10 am. Appointments and deposit of \$5.00 is required. We will transport you back & forth to **Wet Cuts** on Boston Ave.
- ◆ **Computer Lab Thursday, June 3, 10, 24th** 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 June 24th at the Senior Center at 5 pm.
- ◆ **Representative Paul Donato** Office Hours June 30th at 10:30am at the Senior Center. Appointments are available.
- ◆ **Friday Afternoon crafting** 1pm to 3pm for more info call Arlene at 781-396-6010.

UPCOMING TRIPS

- ★ **Foxwoods** only \$25.00 per person, next departure June 21st, tickets on sale now. Nonstop bus from Medford to Foxwoods. Future dates July 19, Aug 16, Sept. 20, Oct 18, Nov 15
- ★ **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 on sale now
- ★ **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 now
- ★ **Maggiano's Restaurant & Isabella Stewart Gardner Museum**– Friday, **July 23rd**, \$59.00 per person. Package includes roundtrip motorcoach depart Medford 10:45am, family style lunch at Maggianos, afternoon visit to Isabella Stewart Gardner Museum, return approx. 4:15pm Tickets available now. Itinerary available in the office
- ★ **New England Patriot's Place**– Tuesday, **August 24th** day trip to visit Patriots Hall of Fame, Meal & Show at Showcase Live, and Time for shopping. Depart from Medford at 9:00am return approx. 4:30pm \$81.00 per person—Choice of Entrée Baked Ham Steak or Baked new England Haddock, Bistro Salad, Potato, Vegetable, Rolls, Cheesecake, coffee, tea, soft drinks. Tickets available on or after June 14th. Complete itinerary available in the office.

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.

