

# OUR PLACE, OUR TIME

## A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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## JULY 2010

Whenever the **outside temperature reaches 90°**, the Senior Center will remain open until 8:00 pm on weekdays *if* persons interested in staying until that later hour call us by **3:00 pm** on the same day. You may reach us at: **781-396-6010**. Please note that we will **not automatically** be open later on those "extreme heat" days, but will be happy to keep the Center open if there are *any* requests.

### July Dinner Movie

The July event, will be sponsored by **Representative Paul Donato on Thursday July 22nd at 3:00pm** This month's **movie** will be *The Young Victoria*. Director Jean-Marc Vallee takes the helm for this look at the turbulent early years of Queen Victoria, who was crowned at the age of 18 and whose ill-fated marriage to Prince Albert would later prompt her into a life of mournful seclusion. This movie is rated PG. **Light dinner** will include Calzones, Beverage, and Dessert. The program is free, tickets available **July 1st Limited to 64 participants**. Please note to all, those attending in **July** will not be eligible for the **August** program.

### **AARP Driver Safety Program**

**Medford Senior Center 101 Riverside Avenue Medford 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.

### Summer Classics Critics Corner

New Movie discussion group featuring classic movies such as Armistead, 13 Days, or your favorite classic, just request it. Paul Heroux, currently in a Harvard Masters program will be the facilitator for this new group.

The movie and discussion group will be held on Friday's beginning on July 9th at 10:30am. Space is limited to 12, so call 781-396-6010 today 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.

**"HAVE YOU READ ANY GOOD BOOKS LATELY"**—with Dorothy Cable beginning on July 12th at 2:30pm. A summer time relaxed but vital reading and writing group. Please call 781-396-6010 to reserve your spot today.

### 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.

**MY GYM:** Tuesday 9—11 See Monday for details

**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.

**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.

**BRIDGE** will begin on July 13th at 1:00pm, please come down and join our new card sharks.

### 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

**MUSEUM MASTERPIECES AND THE LOUVRE**– 1pm– If you can't get to France this summer...here's the solution, join our new video series. This free video presentation consisting of 12 one hour sessions of Fine Arts & Music. Begins on July 7th through September 22 in the Senior Center Library. Space is limited to 12 so call 781-396-6010 to register today.

**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 \$12.00 prepaid for 4 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. Classes are held on Fridays from 10am to 12noon. 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.

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**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.**

## UPCOMING TRIPS

**Foxwoods** only \$25.00 per person, next departure **July 19**, tickets on sale Nonstop bus from Medford to Foxwoods. Future dates Aug 16, Sept. 20, Oct 18, and Nov 15

**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

**Amesbury Playhouse presents Annie**– August 8th tickets only \$39.00 per person includes roundtrip motorcoach, show, and dinner with your choice of entrée. Tickets available on/after July 7th with Eleanor. This trip is partially funded by Office of Community Development

**Maine Lobsterbake at Bill Fosters** August 19 \$62.00 per person, depart Medford at 8:30am from the Medford COA, you'll visit scenic Nubble Light and York Village. Then feast on plenty of delicious clam chowder, fresh steamed mussels, Maine clams, corn on the cob, Maine Potatoes and onions and blueberry cake and loads of fresh lobster (or BBQ chicken if you prefer). Tickets available July 1st.

**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. Complete itinerary available in the office.

**Twin Rivers Casino**– Monday August 30th- \$19.00 per person Special promotion – starring Bobby Justin & Family style luncheon. Motorcoach departs 8:30am from Medford Senior Center. Also includes \$10.00 in free bonus play. Tickets available on/after July 19th.

**White's Restaurant** in Westport MA celebrating Grandparent's Day on Wednesday Sept 8, \$55.00 per person-includes a delicious lunch, family style all you can eat pot roast & turkey, after a fine dinner great entertainment will surely delight you. Tickets available July 1.

**Leaf Peepers Foliage Trip**– Friday October 8th, \$59.00 per person, tour will include a stop at Smith's country Cheese in Winchendon MA, Lunch included at the Inn at East Hill Farm in Troy NH, and end your afternoon with a wagon ride through Alyson's Orchards in Walpole NH with a slice of apple pie. Tickets available on/after July 19th.

**White Mountains Christmas departing** on December 8th for 3 days and two nights. Rates starting at \$355.00 per person based on double occupancy. Drop in to see Eleanor about reserving your spot or call 781-396-0377.

**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.**

**Mobile Post Office:**

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

**July 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

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

**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.

**At the Senior Center**  
**Council on Aging Board Meeting**  
**July 15th at 10:15am~**

**Medford Senior Citizens', Inc.**  
**July 6th at 9:30am**  
**Open to all seniors**

**HOME MAINTENANCE**

Jobs that contribute to home safety are a priority. Fees are based upon a sliding scale, according to income. Yard work will be limited to three times per household for the season. For more information and to schedule service, call 781-396-6010.Funded through a Medford CDBG Human Services Grant.

**Farmers Market coupons** will be distributed on **July 19th at 12:30pm** at the Medford Senior Center. Coupons will be available to the first 65 Medford Senior Residents.

The criteria for the coupons are:

You must be at least 60 years old

Limited income -family size 1- \$1670 a month family size 2- \$2247 a month

Disabled individual under 60, living in elder housing and receiving nutrition program benefits

One coupon booklet per family

Recipient must live in Medford

## HEALTH & WELLNESS

**Senior Citizen Health Center of the Lawrence Memorial Hospital, 99 Riverside Avenue 78 1-391-1164 Blood Pressure Clinics** July 22nd -12noon to 1pm at West Medford Community Center

**Massage therapy with Mary Sbuttoni \$10.00** for 20 minutes. Appointments required with \$5.00 deposit. 72 hour Cancellation policy required Next dates are July 12, 26

**Facials by Christine \$10.00 for 30 minutes.** First appointment at 1:00pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. **July 12, 19, 26**

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

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

**Low Vision Support Group will meet at the Medford Senior Center on July 16th**

**Greater Medford Visiting Nurses Association** will sponsor a support group on **July 7** 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. For any questions contact Marie Knasas for GMVNA at 781-396-2633, ext 202.

**Pet Visitation on July 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.

**A Matter of Balance**—an award-winning program developed by Boston University & The New England Research Institutes, adapted to benefit community-dwelling older adults. A Matter of Balance component include: Group discussions, Mutual problem solving, Exercises to improve strength, coordination and balance, and home safety evaluation. Join us for the last two classes of the 8 week course on **Wednesdays at 10am July 7th, and 14th.**

**Harvard Pilgrim Health Care will be hosting Celebrating 65 at the Medford Senior Center on August 17th from 1pm to 2pm.** Celebrating 65 in a free educational program developed by Harvard Pilgrim Health Care. The seminar is designed to provide reliable, comprehensive retirement information for people between the ages of 55 and 64, to help you take a proactive approach to retirement and plan for a healthy future. Call 781-396-6010 to reserve your spot.

**HELP**—The Medford Council on Aging is looking for help in delivering the Our Place, Our Time newsletter. All you need is a car, and will be willing to volunteer a couple of hours once a month to distribute our newsletters. Please contact us at 781-396-6010 and ask for Arlene and THANK YOU in advance for your help!

**Neighborhood Diabetes** will begin monthly screening at the Medford Senior Center on **July 29th** from 11am to 12noon. Please call 781-396-6010 to sign up or drop in.

## 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, July 14 starting at 10 am** Call 781-396-6010 for an appointment.

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

**Legal Services provided by Dale Tamburro, PC, Tues July 20th, and July 27th at 10 am.** Appointments required. 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.

**Legal Seminar with Dale Tamburro "Asset Protection with Use of Trusts" July 20th Tuesday at 1pm.** Please call to reserve your spot 781-396-6010 light lunch will be served.

**Afternoon Movie, Tuesday July 27th at 1 pm, FREE Movie It's Complicated, starring Meryl Streep, Steve Martin and Alec Baldwin.** An aged, divorced mother becomes "the other woman" in her ex-husband's life when the pair enters into an unexpected affair during an out of town trip. This movie is rated R.

**Computer Lab Thursday, July 1, 8, 15, 22, & 29th** with Dorothy Cable as your aide. Please call to reserve your space.

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.