

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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

AUGUST 2010

ICECREAM SOCIAL and Entertainment Sponsored by **GlenRidge Nursing Care by Revera** August 27th–Friday from 2:00pm to 3:30pm

Enjoy Karaoke entertainment with Dave “Mack” This event is free and is limited to 100 members. Maximum of two tickets per person please. Tickets available August 2nd.

August Dinner & Movie

The August event, will be sponsored by **City Council President Bob Maiocco on Thursday August 26th at 3:00pm** This month’s movie will be ***Crazy Heart***. Award winner Jeff Bridges delivers the performance of a lifetime. The powerful story of a country music stars rocky road to redemption. This movie is rated R. **Light dinner** will include Chinese Food, Beverage, and Dessert. The program is free, tickets available **August 2nd Limited to 64 participants**. Please note to all, those attending in **August** will not be eligible for the **September** program

Make It and Take It Floral Design Workshop. August 12th 1 - 3 pm

Make it and take it in 2 hours seniors \$19.99 Deposit \$10.00 to reserve your space today. Sign up in office. Limited seats.

KEEP THE DATE— Our Annual MSCI Fundraiser will be held on Friday, October 22, 2010 The tickets will go on sale in September for this Funday Fundraiser Event.

Critics Corner

New Movie discussion group featuring Classics such as Casablanca or your bring your own classic favorite. Paul Heroux, currently in a Harvard Masters program will be the facilitator for this new group.

The movie and discussion group will be held each Friday beginning at 9:30am. 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.

**Sergio will be on vacation the month of August and will resume classes on September 13th.

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

QUILTING GROUP will begin meeting, **September 13th 9 - 11 am**

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 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 1:00pm Fee: \$20.00 for six-week course. Familiarity with mouse and keyboard required. Call for availability.

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 September 7th in the Senior Center Library. Space is limited to 12 so call 781-396-6010 to register today.

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*

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

AEROBICS WITH NANCY *Will begin September 9th at 2:30pm* **FLOOR EXERCISE CLASS** *Fee will be \$4.00 for a one hour class.*

FRIDAYS

CERAMICS ARE BACK: Ceramics will be offered by Rosemary Ardagna from Claydreams of Arlington. Class 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.

Summer Classics Critics Corner New Movie discussion group featuring classic movies such as Casablanca, 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 Fridays beginning on July 9th at 9:30am. Space is limited to 12, so call 781-396-6010 today to reserve your spot.

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 **August 16th**, tickets on sale now.
Nonstop bus from Medford to Foxwoods. Future dates Sept. 20, Oct 18, Nov 15

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, blueberry cake and loads of fresh lobster (or BBQ chicken if you prefer). Tickets available.

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. Bus departs at 10:15 am. Tickets available.

Salter Health Care Senior Breakfast September 9th, 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 dates Oct 14 & Nov 4th

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.

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.

UPCOMING SENIOR CENTER ACTIVITIES

At the Senior Center

Council on Aging Board Meeting

NO August meeting

Medford Senior Citizens', Inc.

August 10th at 9:30am

Open to all seniors

Senior Citizen Health Center of the Lawrence Memorial Hospital Blood Pressure Clinics 781-391-1164

22 Allston Street - August 2nd - 1 - 2 pm

Meadow Glen Mall - August 3rd - 8—9 am

99 Riverside Avenue - August 4th and August 10th- 1 - 2 pm

West Medford Community Center - August 26th -12 noon - 1 pm

Massage therapy with Mary Sbuttoni \$10.00 for 20 minutes. Appointments required with \$5.00 deposit. 72 hour Cancellation policy required next **dates are August 9 & 23.**

Facials by Christine \$10.00 for 30 minutes. First appointment at 1:00pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. **August 2, 9, 16, 23, 30.**

Drop-In Center Blood Pressure Clinics provided by Greater Medford VNA, Thursday, **August 5th from 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 August 20th.

Greater Medford Visiting Nurses Association will sponsor a support group on **August 4th** 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 August 10th, 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.

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

BRIDGE every Tuesday at 1:00pm, please come down and join our new card sharks

Alterations with Carmina, every Friday, 1—2 pm. Excellent work at reasonable prices. Master Tailor Carmina Cerbone is fast, efficient, and affordable. She will not be available on August 20th.

Legal Assistance, TriCAP Atty. Jayna Stafford on Wednesday, August 11th starting at 10 am Call 781-396-6010 for an appointment.

Roland's Jewelry Repair, Wednesday, August 18th, 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 August 17th, 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 "Housing Options" August 17th Tuesday at 1pm. Please call to reserve your spot 781-396-6010 light lunch will be served.

Afternoon Movie, Tuesday August 24th at 1 pm, FREE Movie "Did you hear about the Morgan's?", starring Hugh Grant and Sarah Jessica Parker. They've fallen out of love and into witness protection. This comedy is rated PG. All are welcome.

Computer Lab Thursday, **August 5,12,19,26** with Dorothy Cable as your aide. Please call to reserve your space.

Make It and Take It Floral Design Workshop. August 12th 1 - 3 pm Make it and take it in 2 hours Seniors \$18.00 Deposit \$10.00 Sign up in office. Limited seats.

HEALTH & WELLNESS

Lawrence Memorial Hospital hosts the **August Senior Supper on Tuesday, August 10th at 5:00 pm. The topic is “Peripheral Vascular Disease and the Elderly”.**

Reservations are required. Includes dinner, beverage, dessert, free blood pressure screening, a raffle for \$4.95. Payment accepted upon arrival. To make reservations and for information call 781-979-6105.

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.

Neighborhood Diabetes will begin monthly screening at the Medford Senior Center on **August 26th** from 11am to 12noon. Please call 781-396-6010 to sign up or drop in.

Fall Health Fair sponsored by the **Greater Medford VNA** will be held on Thursday, **November 4th**, 9 am - 1 pm. Free information and health care resources will be available, including blood pressure screenings, blood glucose screenings, oxygen level testing and much more. Door prizes will be given out at noon!

COMMUNITY EVENTS

Whenever the **outside temperature reaches 90°**, the Senior Center will remain open **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.

The **Medford Senior Center** will be taking Seniors to Whole Foods once a month beginning on Sept 30th at 1pm, to do your food shopping. You must sign up in the office as space is limited.

Whole Foods will also begin a cooking class on Sept 24th at 1pm. Each class will offer a different main ingredient. The first class ~cooking with Kale will be held at the Senior Center. Please call Arlene for further details at 781-396-6010.

Mobile Post Office:

August 6th - Tempone Manor, 22 Allston St., 10—10:30 am; Walkling Ct, 11:00 - 12 noon

August 13th - 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

August 20th - Riverside Towers, 99 Riverside Ave 10 - 10:45; Saltonstall, 121 Riverside Ave. 11-12