

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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OCTOBER 2010

UPCOMING SENIOR CENTER ACTIVITIES

Medford Senior Citizens', Inc. (MSCI)

FUNDAY FUNDRAISER

Friday, October 22, 2010

12:00 noon—3:00 pm

\$15.00 per person

Lunch: Tuna, Chicken and Turkey Sandwiches, Potato and Macaroni salad

Big Money Bingo, Door prizes, 50/50 Raffle Member Only Surprise Raffle

Tickets on Sale NOW please help support the Medford Senior Center

Halloween Party

Sponsored by Winchester Hospital October 29th from 12noon to 2pm

Please join us for Salad, Ziti and Meatballs, rolls, butter, and dessert

Entertainment provided by DJ Kevin Tibbetts

Raffles and Best Costume Contest. Cost **\$2.00 donation**

The Law office of Dale J. Tamburro will present a FREE seminar on **Trusts, Probate, Mass Health/Medicaid** at 1:00pm on Oct 12th at the Medford Senior Center with a light lunch.

Probate— Why you want to avoid it

Protect you assets if you go to a nursing home

Apply for mass health/Medicaid

Please call 781-396-6010 to reserve your spot today

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

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

Alterations with Carmina, every Friday, 1—2 pm. Excellent work at reasonable prices. Master Tailor Carmina Carbone is fast, efficient, and affordable.

Legal Assistance, TriCAP Atty. Jayna Stafford on Wednesday October 13th starting at 10 am Call 781-396-6010 for an appointment.

Roland's Jewelry Repair, Wednesday, October 20th, 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 October 12th, at 10 am. Private one to one appointments. Please call to reserve 781-396-6010.

Legal Seminar with Dale Tamburro "**Trusts, Probate, Mass Health/Medicaid** on **October 12th Tuesday at 1pm.** Please call to reserve your spot 781-396-6010 light lunch will be served.

Afternoon Movie, **Tuesday October 26th at 1 pm,** FREE 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.

Computer Lab Thursday October 7,14,21,28, with Dorothy Cable as your aide. Please call to reserve your space.

Pet Therapy, Tuesday, October 5th at 11:30-come visit Barbara and JACK, Jack is a certified Pet Therapy Dog.

Wet Felting with Suzanne, new special crafting class only 2 weeks, starts November 9th for 90 minutes each week. \$2.00 donation per class requested. Sign up in advance is required.

MONTHLY MEETINGS At the Senior Center

Medford Senior Citizens', Inc. (MSCI)

October 5th at 9:30am

Council on Aging Board Meeting

October 21st at 10:15am

Open to all seniors

UPCOMING SENIOR TRIPS

Foxwoods only \$25.00 per person, next departure **October 18th**, tickets on sale now. Nonstop bus from Medford to Foxwoods. Future date: Nov 15

Salter Health Care Senior Breakfast October 14th, at the Aberjona Rehab and Nursing Center, \$2.00 donation fee (all money collected will go to the Medford Senior Center) is required and will be collected the day of the breakfast (omelet station) Program is limited to 14 participants The Salter van will pickup at the Medford Senior Center at 9:30am to make a reservation call Beverly 781-994-2122. next date: Nov 4th.

Lawrence Heritage State Park & Lunch at Sal's We will take the Senior Center van and 10 people to the Lawrence Heritage State Park and visitors center on Wednesday October 20th. The 19th century Industrial Age comes to life in "The City of Workers" you will have a guided tour by the director where you will enjoy the history. You will then enjoy family style luncheon at Sal's. Van departs at 9:30 and will return 3:30 Cost **\$15.00 per person** .

Wrentham Premium Outlets Saturday , November 6th **\$5.00 per person**. Bus will depart Medford Senior Center at 10:00 and return approx 5:00pm. Upon arrival at Wrentham outlets each person will receive a VIP coupon book, a detailed map and directory of the shopping center. Tickets available October 4th.

Radio City Rockettes Christmas Spectacular at Providence Performance Arts Center— Friday **November 19th** bus will depart Medford at 9:30am, orchestra seating, Providence place mall visit. \$79.00 per person. Tickets available now. Please stop by for full itinerary.

White Mountains Christmas departing on **December 8th** for 3 days and two nights **\$355.00** per person based on double occupancy. A wonderful time of year to view the white mountains, have fabulous food, entertainment and time to shop. Drop in to see Eleanor about reserving your spot or call 781-396-0377 Limited seats still available.

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Cost \$15.00 per person Tickets available October 1

HEALTH & WELLNESS

FLU CLINICS

Dates and Time: **Wednesday, October 27 9am to 12n** At Medford Housing Authority
121 Riverside Ave 65+ years old

Wednesday, Nov 10, 4:30 to 7pm Medford City Hall, Council Chambers

Please bring all insurance cards with you to the clinic and wear short sleeves.

Volunteers are needed for registration, please call the Medford Board of health at 781-393-2560

Diabetes Support Group with Diane Doucette will resume on October 28th at 11am.
Drop in for any questions or concerns.

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!

Have you ever had polio or know someone who has and would be interested in
speaking on a discussion panel following a documentary about polio eradication? If
so, please contact Mary Sbuttoni at 781-393-9893 ext 2 for more information.

The **Medford Senior Center** will be taking Seniors to Whole Foods once a month **Oct
28th at 1pm**, to do your food shopping. sign up in the office as space is limited to
10.

Whole Foods cooking class on **Oct 15th at 1pm**. Each class will offer a different main
ingredient. The class **~cooking with Lentils** will be held at the Senior Center.
Please call to reserve your spot today 781-396-6010.

Hallmark Health to sponsor health fair, Join Hallmark Health Systems Lawrence
memorial Hospital of Medford on Saturday Oct 2, at 10am to 2pm at the South
Medford Community Health Fair which will be held at Tufts Park on main Street. For
more information on the health fair call 781-979-3428.

Mass General Hospital will present an Aging Research seminar on Thursday
October 14th at 10:30am at the Medford Senior Center. Mass General hospital
investigates how age can influence the aging of the brain and ultimately the ability to
think. Please call 781-396-6010 to sign up for this informative seminar today.

Winchester Hospital is offering a free osteoporosis screening at the Medford
Senior Center on Tuesday November 9th from 1pm to 3Pm. Sign up in advance is
required, please call 781-396-6010 or stop in the office to reserve your spot today.

Wellness/Empowerment Group with Tufts OT Grad students, join us at the Senior
Center from 1 to 2pm beginning October 7th. Join this group to share ideas on how
to access helpful community transportation issues, or even where to get help with
household maintenance. Or let us know what topics you need help with?
Refreshments will be served. Sign up now.

Memoirs, Memories, and Muffins—October 7th, 9:30am at the Medford Senior Center, come share your stories and memories while enjoying coffee and muffins! Topics will vary from week to week. Join the Tufts OT students, space is limited to 12. Sign up at 781-396-6010.

Ask a Nurse returns, James Yeaton RN will be at the Center twice a week beginning Oct 6th from 11:30-1:30 to talk you about your healthcare concerns. He will also be available for blood pressure checks.

Senior Citizen Health Center of the Lawrence Memorial Hospital Blood Pressure Clinics 781-391-1164 99 Riverside Avenue - October 6th- 1 - 2 pm & October 12th 1– 2pm

Allston Street—Monday October 4th, 1—2pm

Meadow Glen Mall—Tuesday October 5th, 8am to 9am

West Medford Community Center - **October 28th** -12 noon - 1 pm

Senior Health Awareness Series-Topic-Breast Health The Facts and Misconceptions

Speaker– L'Tricia Doris Chery, MD, OBG– Hallmark Health

Date/Time Monday October 18th at 10:00am at the Medford Senior 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 October 4th, 18th**

Facials by Christine \$10.00 for 30 minutes. Beginning at 1:00pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. **October 4,18,25**

Drop-In Center Blood Pressure Clinics provided by Greater Medford VNA, Thursday, **October 7th from 10 am—12 noon.** All are welcomed

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

Low Vision Support Group, will meet at the Medford Senior Center **Friday October 15th**

Greater Medford Visiting Nurses Association will host a support group on **October 6th** for people living with **Parkinson's Disease and other Movement Disorders** from 10:30am to noon. Contact Marie Knasas GMVNA at 781-396-2633 ext 202 for any questions.

What's new in Medicare for 2011? On **October 28** at 10:30am a representative from the SHINE program will update us on changes in Medicare—enrollment dates, health insurance plans and prescription plans. Learn about the preventive benefits that Medicare will cover in 2011 as well as cost savings programs available to those who qualify. Join us for this informative session. Please call 781-396-6010 to reserve your spot today.

The Good The Bad and The Ugly of Nutrition, Salter health care will offer a six week lecture series having to do with essential information about food. Please call to sign

up 781-396-6010.

October 5th— The importance of Fiber

October 12—Heart Healthy Food

October 19—Diabetic Diet Simplified

October 26—How to read food labels and recipe Substitutions

November 9th—Vitamins, Minerals, Herbal supplements and Bone Health

REIKI with Ruthann Graham, RN, BS, on Oct 20th at 12:30, Reiki is a healing energy technique—a complementary form of traditional medicine. It stimulates and strengthens the immune system, increases energy level and enhances the body's ability to heal itself. Question and Answers to follow **seminar**. Sign up is required; please call 781-396-6010 to reserve your spot.

Floor Exercises with Nancy K.

Flexibility, Strength training Thursdays at 2:30pm. Please join Nancy for her new Floor Exercise Class, all levels of experience welcome. **\$4.00** per class pay as you go. Please call 781-396-6010 to reserve your spot or stop by and check out a class today.

COMMUNITY EVENTS

Mobile Post Office

October 1st- Tempone Manor, 22 Allston St., 10—10:30 am; Walkling Ct, 11:00 - 12 noon

October 8th - 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

October 15th - Riverside Towers, 99 Riverside Ave 10 - 10:45; Saltonstall,121 Riverside Ave. 11

Lawrence Memorial Hospital Hosts October Senior Supper, Hallmark Health will hosts its final Senior Supper for the year on Tuesday, Oct 12th at 5:00pm. The topic will be “Exercise and the Elderly” and reservations are required. The evening includes a sit down dinner with a choice of entrees, two sides, a beverage and dessert, blood pressure screenings, and a free raffle for \$4.95. Payment can be made upon arrival. To make reservations and for information call 781-979-3413

Medford Family Network Grandparent Support Group, has begun their 16th year. They are located at the Medford High School and meet on Thursday mornings. The group enjoys meeting with other grandparents and sharing stories about the kids and what it is like to be a caregiver at this time of their life. If you or anyone you know is interested please call 781-393-2106.