

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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SEPTEMBER 2010

Medford Senior Citizens', Inc. (MSCI)

FUNDAY FUNDRAISER Friday, October 22, 2010 12:00 noon—3:00 pm

\$15.00 per person

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

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

Tickets on Sale Beginning September 3rd at Senior Center

September Dinner & Movie

The September event will be sponsored by the Medford Chamber of Commerce on Thursday September 23rd at 3:00pm. This month's movie will be *Up In The Air*.

Starring George Clooney who makes his living by personally handing out pink slips.

This movie is rated R. Light dinner will follow the movie, Salad with grilled chicken, beverage and dessert. The program is free, tickets available September 1st. Limited to 64 participants.

Home Instead will sponsor A **Revere Beach Slide Show** September 28th at 1pm. **Tickets are free** Refreshments will be served One hour presentation and description of more than 100 beautiful images of historic Revere Beach and its glorious past. Recently designated as a National Historic Landmark, Revere Beach is now officially recognized as "America's First Public Beach" Tickets available September 1st, maximum of two tickets per person please.

AEROBICS will begin with Nancy K. on Thursdays **September 9th at 2pm.** 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 today or stop by the Medford Senior Center to sign up .

The Law office of Dale J. Tamburro will present a FREE seminar on **Housing Options for Elders** at 1:00pm on Sept 21st at the Medford Senior Center with a light lunch. Digging in Forever - Downsizing and Digging in

- Renting and Emphasizing Financial Planning
- Move in with children - Assisted Living Facilities
- Continued Care Communities

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

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.

Yoga and... with instructor Peggy Gardiner. 2:00pm for one hour. This new session will begin on **September 13th** and run for 7 weeks. Please sign up in advance as this class has a maximum of 20 spots. \$3.00 pay as you go, or \$18.00 prepaid for 7 weeks session.

Reading and Writing Book group—with Dorothy Cable at 2:30pm. Please stop in to join

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.

INTRODUCTION TO COMPUTERS 11:15am. Fee: \$20.00 for six-week course which begins on September 14th, Instructor Martha Herlihy will be leading this class. Designed for students with NO computer experience.

INTRODUCTION TO WORD & INTERNET 1:00pm Fee: \$20.00 for six-week course which begins on Sept 14th with instructor Martha Herlihy. Familiarity with mouse and keyboard required.

MUSEUM MASTERPIECES AND THE LOUVRE— 1pm— will offer you an opportunity to tour, and learn about The world's greatest Museum in extreme comfort. Meeting in the library each Tuesday at 1pm. Art from the centuries presented in an engaging DVD series. Space is limited to 12 register today at 781-396-6010, or in the office Begins on September 7th.

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

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MY GYM: Wednesday 9—12 See Monday for details

ZUMBA Newest Exercise class is in full swing. 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

NANCY'S FLOOR EXERCISE CLASS Will begin **September 9th** at 2 pm Fee is \$4.00/class. All levels are welcome. Please call or stop by to reserve your spot today

FRIDAYS

Jewelry & Leathercraft with instructor Yellow Turtle, begins Sept 17th at 10:00am. \$10.00 for the course (4-5 week session). Supplies are extra and can be purchased at a discount by instructor.

Tai ChiChi Kung will begin a new session on September 17th—Ancient form of exercise that improves breathing and posture and releases tension, with instructor Marie Favorito. Discounted rate \$35.00 if paid in advance for 12 week session, or drop in fee of \$5.00 per class.

CERAMICS : Ceramics 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

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.

Classics Critics Corner 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 group. The movie and discussion group will be held on Fridays 9:30am. Space is limited to 12, so call 781-396-6010 today 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

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.

Legal Assistance, TriCAP Atty. Jayna Stafford on Wednesday Sept 8th starting at 10 am Call 781-396-6010 for an appointment.

Roland's Jewelry Repair, Wednesday, Sept 22nd, 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 September 14th, 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**" **September 21st Tuesday at 1pm.** This seminar will cover downsizing, renting, moving in with children, assisted living facilities, continued care communities and more. Please call to reserve your spot 781-396-6010 light lunch will be served.

Afternoon Movie, **Tuesday September 7th at 1 pm,** FREE Movie **DEAR JOHN** based on the novel by Nicholas Sparks, Dear John tells the story of John Tyree, a young soldier home on leave, and Savannah Curtis, the idealistic college student he falls in love with during her spring vacation. Over the next 7 years, the couple is separated by John's increasingly dangerous deployments. This movie is rate PG-13 All are welcome.

Computer Lab Thursday, **September 2,9,16,23,30th** with Dorothy Cable as your aide. Please call to reserve your space.

Calling all Knitters & Crocheters! Do you like to knit, crochet and/ or quilt childrens items? The knitting Connection is looking for YOU! We will provide the yarn, needles, and patterns for free. All you need to do is make the items, email for pickup or drop them off at the Medford Senior Center. How simple is that? No monthly meetings, no set patterns, just the joy of being able to provide colorful and warm items for children. No items are sold! If you would like to join this great project, please contact Sue at knittingconnection@hotmail.com or visit the web page www.theknittingconnection.org for more information.

KEEP THE DATE—Saturday **November 13th** —The Medford Senior Center will hold the Annual Holiday Fair. We are looking for white elephant donations for the event, please drop off your donations to the senior center Monday—Friday 9am to 4pm.

UPCOMING TRIPS

Foxwoods only \$25.00 per person, next departure **September 20th**, tickets on sale now. Nonstop bus from Medford to Foxwoods. Future dates Oct 18, Nov 15

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 . The Salter van will pickup at the Medford Senior Center at 9:30am to make a reservation call Beverly at 781-994-2122. Future dates October 14th and 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.

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. Rates starting at \$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 and picking up a flyer with more information.

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.

HEALTH & WELLNESS

Pet Visitation on **Sept 7th**, 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.

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

99 Riverside Avenue - September 14th- 1 - 2 pm

West Medford Community Center - September 23rd -12 noon - 1 pm

Senior Health Awareness Series-Topic-Cholesterol Facts How to lower cholesterol, Good cholesterol versus Bad cholesterol. Question and answer period will follow discussion. Speaker– Barbara Wilson RD– Hallmark Health Date/Time Tuesday September 21st 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 September 13th, 27th**

Facials by Christine \$10.00 for 30 minutes. Beginning at 1:00pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. **September 13, 20, 27th**

Drop-In Center Blood Pressure Clinics provided by Greater Medford VNA, Thursday, **September 2nd 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 **Friday September 17th.** New members always welcomed.

Greater Medford Visiting Nurses Association will sponsor a support group on **Sept 1st** 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 questions contact Marie Knasas for GMVNA at 781-396-2633 ext 202.

Acupuncture FREE session with Tom Riordan on Thursday Sept 9th 11:00am call to reserve your spot **Neighborhood Diabetes** will begin monthly screening at the Medford Senior Center on **September 23rd** 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!

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.

Hearing Center of New England will be at the Medford Senior Center on **September 15th** from 11am to 12noon to clean and check your hearing aids and to talk about hearing loss, prevention and changes to the new hearing aids. Please call to reserve your seat today 781-396-6010.

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.

COMMUNITY EVENTS

Mobile Post Office:

Sept 3rd- Tempone Manor, 22 Allston St., 10—10:30 am; Walkling Ct, 11:00 - 12 noon

Sept 10th - 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

Sept 17th - Riverside Towers, 99 Riverside Ave 10 - 10:45; Saltonstall, 121 Riverside Ave. 11-12

At the Senior Center

Council on Aging Board Meeting

September 16th at 10:15am

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Medford Senior Citizens', Inc.

September 7th at 9:30am

Open to all seniors