

# OUR PLACE, OUR TIME

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## FEBRUARY 2011

### HEALTH & WELLNESS

**Hallmark Health** will be hosting a six-week community workshop at the Medford Senior Center each Monday beginning on **March 7th from 9:30am to 12:00**. My Life, My Health. Chronic Disease Self-Management Program is designed to give adults with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their healthcare. Please call 781-396-6010 to reserve your seat today. Refreshments will be provided.

**Senior Health Awareness Series-Stroke Prevention, Signs and Symptoms, Risk Factors** Speaker- to be announced **February 15th at 10:00am at the Medford Senior Center**, please call to reserve your space today, 781-396-6010.

**Drop-In Center Blood Pressure Clinics** provided by Greater Medford VNA, Thursday, **February 3rd from 10:00am to 12:00noon**. All are welcomed

**Aviv HomeCare** will be sponsoring a **Free Bystander CPR training class** on February 17th from 12:30 to 2:30pm. The program was developed to raise awareness that 75% of all sudden cardiac arrests happen at home and that being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one. Please take advantage of this great opportunity. Call 781-396-6010 to reserve your spot today.

### TAXI BOOKS

Reminder the Senior Center sells taxi books for our seniors' convenience. You can save 20% and pay only \$8.00 per book for \$10.00 of value. No expiration date on the taxi books. We would like to Thank Malden/Medford Taxi for their continuing work with the community. Please pick up your taxi booklet at the Medford Senior Center Monday—Friday 9am-4pm.

## UPCOMING TRIPS

**FREE scrap booking class at AC Moore** will be held on March 10 at 1pm. The Medford Senior Center can provide transportation for the first 10 people. The class can hold 15 seniors. All supplies will be provided. This class will be one hour long.

**Northern National Parks September 2-9, 2011** with Collette Vacations, package includes 8 days, 11 meals, roundtrip airfare from Boston, transfers, escorted package. Please see Pam for complete itinerary.

**WILDWOOD NJ– May 15– 18th**, Join the Medford Senior Center on a fun filled trip to NJ, includes 4 days/ 3nights roundtrip motorcoach transportation, 3 nights hotel at an oceanfront hotel, 3 breakfasts, 3 dinners, nights of entertainments, visits to Cape May, Sunset beach, Lighthouse, Teaberry Antiques, full day in Atlantic City, all this for only \$269.00 per person based on double occupancy. \$50.00 deposit due at time of booking, final due by March 18, 2011.

**Foxwoods** only \$25.00 per person, next departure **April 11th**, tickets on sale now. Nonstop bus from Medford to Foxwoods. Bus will depart at 8:00am and leave Foxwoods at 4:30pm Future dates May 23rd, June 20th, July 18, August 15, Sept 19, Oct 17, and Nov 14th.

## UPCOMING SENIOR CENTER ACTIVITIES

**BINGO:** Each Wednesday begins at 1:00pm \$2.50 for 11 games, Coffee, and dessert

**BRIDGE** every Tuesday at 1:00pm, please come down to play or learn the game

**Legal Assistance, TriCAP Atty. Jayna Stafford on Wednesday February 9th**, starting at 10 am Call 781-396-6010 for an appointment.

**Legal Services provided by Dale Tamburro, PC, Tues February 15th, at 10 am.** Private one to one appointments, first session free. Please call to reserve 781-396-6010.

**Legal Seminar** with Dale Tamburro **“What is Elder Law”**. **February 15th at 1:00pm.** Please call to reserve your spot 781-396-6010 light lunch will be served.

Afternoon Movie, **Tuesday February 22nd at 1 pm**, FREE Movie **Leap Year**, A woman heads to Ireland in order to force her boyfriend to accept her wedding proposal by scheduling it on leap day, the only time he couldn't refuse due to the country's tradition in this Spyglass Entertainment romantic comedy. Starring Amy Adams and Matthew Goode Rated PG. Popcorn will be served

Please Join **Representative Donato** on Wednesday March 2nd at 10:30am to discuss any topic that you may have.

## AARPTAX AID 2011

This year's group of tax preparers, trained in the latest tax updates by the AARP, includes: Coordinator **Peter Suffredini, Charles Hartjes, Tom Crowe and Barbara Adams**. The program will continue to be offered each **Thursday from 9:00am to 1:00pm** (last apptmt at 12:00)

Start Date **February 9th until April 7th**. Appointments are a **MUST**; call 781-396-6010. Please bring to your appointment a copy of last years return and all 2010 tax documents.

**Floor Exercises with Nancy K. Exercise Motivator Flexibility, Strength training. Thursdays at 2:30pm.** Please join Nancy for her Floor Exercise Class, all levels of experience are welcome. **FREE CLASSES FOR THE MONTH OF FEBRUARY.** Please call 781-396-6010 to reserve your spot or stop by and check out a class today.

**We need to keep our bodies moving, lets try this class to shed some of our holiday pounds.**

## *Valentine's Day Party!*

**Bring your sweetie, or come and find a new one at this celebration of love! First, you will enjoy a sumptuous lunch of Pasta, Salad, Bread, Beverage and Desserts. The entertainment will be George Saterial, Magic's only two-time gold medal winner. There will be a special prize for the couple attending who have been married the longest (no past winners please)! Tickets on Sale NOW**

**WHEN:** Thursday February 10th at 12:00 noon. **COST:** \$5.00 per person, tickets available now!

**Sponsored in part by ABC Home Healthcare Professionals, a full service home healthcare organization locally owned and operated by nurse practitioners and geriatric care managers. For more information call ABC Home Healthcare at 781-245-1880**

## **Dale Tamburro Elder Law Attorney**

### **What is Elder Law**

**February 15th at 1:00pm**

How do you protect your property and other assets from a prolonged stay at a nursing home?

What should you be doing now? What could you be doing now?

What are the benefits and disadvantages of being married in respect to protecting your home?

If you are diagnosed with a long term condition what should you do? These are some of the questions he will answer on Feb 15th, please call 781-396-6010 to reserve your seat today a light lunch will be served.