

# 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

## APRIL 2011

### UPCOMING TRIPS

- ★ **Northern National Parks** September 2-9, 2011 Collette Vacations, package includes 8 days, 11 meals, roundtrip airfare from Boston, transfers, escorted package. And more.
- ★ **WILDWOOD NJ**— May 15– 18th, Join the Senior Center on a fun filled trip to NJ, includes 4 days/ 3 nights roundtrip motorcoach transportation, 3 nights hotel at an oceanfront hotel, 3 breakfasts, 3 dinners, entertainment, visits to Cape May, Sunset beach, Teaberry Antiques, full day in Atlantic City, for only \$269.00 per person based on double.
- ★ **Foxwoods** \$25.00 per person, next departure May 23rd, tickets on sale. Nonstop bus from Medford to Foxwoods. Bus will depart at **8:00am** and leave Foxwoods at 4:30pm Future dates, June 20th, July 18, August 15, Sept 19, Oct 17, and Nov 14th.
- ★ **Join us at Amesbury Playhouse April 17th** for the performance of *Steel Magnolias* a group of gossipy southern ladies; in a small town beauty parlor present a picture of eccentricity. Bus departs at 10:45am Tickets \$39.00 includes bus, choice of lunch entrée and show
- ★ **Chocolate and Wine Tour**, April 28, depart at 8:30am **\$49.00** per person includes a visit to Swan Chocolates with a tour and samples, lunch at **Harts Turkey farm** with all the fixins and complete the day with a stop at picturesque Flaghill Winery in Lee NH for a wine tasting including 5-6 different table wines. Return approx 5:30pm
- ◆ **Vanity Fair Outlets and LL Bean**, Friday May 6th **\$37.00** per person. Bus will depart at 9:00am shop at Vanity Fair in N. Dartmouth, lunch at Old Country Buffet, shop at LLBean
- ◆ **Providence Little Italy**, May 26th **\$49.00 per person**, visit Scialo Bros. Bakery, Cooking demonstration and lunch included at Gepettos “Upscale Grilled Pizzeria” on Federal Hill, enjoy a guided tour of Providence. Return approx 5:30pm
- ◆ **Stoneham Theatre-May 11– 42nd Street- \$30.00** per person. Our van will depart at 11am, stop at a fine Italian restaurant for lunch (pay your own lunch) then onto Theatre for a wonderful show with great seats to this performance.

## HEALTH & WELLNESS

- ♦ **Diabetes Support Group** with Diane Doucette next meeting will be held on April 28th at 11am. Drop in for any questions or concerns.
- ♦ The **Medford Senior Center** next free trip to Whole Foods will be April 21st **at 1pm**, to do your food shopping. Sign up in the office as space is limited to 10.
- ♦ **Whole Foods free** cooking class on **April 29th at 1pm**. Each class will offer a different main ingredient. The class ~**cooking with Japanese Food** ~ will be held at the Senior Center. Please call to reserve your spot today 781-396-6010.
- ♦ **AVIV Homecare** a private duty Homecare Agency is proud to offer **Free Blood Pressure** Clinics at the Medford COA. Clinics will be held by Aviv Homecare's nurse Deb Taylor, RN on Wednesdays 11:30 –12:30 pm.
- ♦ **Retirement Strategy Session:** Christopher Grande will be holding a seminar "**Serious discussion on keeping your financial dignity**" Big changes are coming throughout 2011 and beyond. If you want to maintain a comfortable lifestyle, then you can't afford to miss this event! **April 20, 2011 at 10:00am** at Medford Senior Center Please call 781-396-6010 to reserve your spot today
- ♦ **Salter Health Care** will offer a lecture on the following health topics that are important to all seniors. Please call to sign up 781-396-6010. The lecture will be held at 12:30 at Medford Senior Center. **April 5th– Eye Health April 12th— Irritable Bowel Syndrome**

**HOME MAINTENANCE** Begins April 4th this season. 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.

- ♦ **Massage therapy with Mary Sbuttoni** \$15.00 for 20 minutes. Appointments required with \$5.00 deposit. 72 hour Cancellation policy required **Next dates are April 11, 25th**
- ♦ **Facials by Christine** \$10.00 for 30 minutes. Beginning at 1:00pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. April 4, 11, 25. Rejuvenate, Nourish, and Tone your skin with our green tea facials for the months of March and April. This will leave your skin soft and glowing and feeling refreshed.
- ♦ **Drop-In Center Blood Pressure Clinic** provided by Greater Medford VNA, Thursday, **April 7th from 10:00am to 12:00noon**. All are welcome
- ♦ **AL Anon meetings, Senior Center Library, Mondays, 10:30—11:30 am**
- ♦ **Low Vision Support Group**, Next meeting scheduled on April 15th, new members welcomed

- ♦ **Greater Medford Visiting Nurses Association** sponsors a support group on Wednesday April **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. The group will meet at Medford Senior Center. Support group will provide a forum for people living with Parkinson's disease.
- ♦ **You're only as old as your Arteries!** Did you know that you can slow down how fast your arteries age? Join Candace Quigley, Registered Dietitian, from MVES for a presentation on what you can do to have healthy arteries. Handouts will be provided on **April 1st at 12:30pm**.
- ♦ New England Rehab will be offering a **Free Balance Training and Fall Prevention Screening** on **April 7th** at 11:00am at Medford Senior Center, please call 781-396-6010 to reserve your seat. Have you had a fall or near fall recently? Do you have a fear of falling? Do you feel unsteady on your feet? If you answered "yes" to any of these questions please join us.
- ♦ **The Top Ten Tips for Aging Well from the American Geriatrics Society Foundation** on Wed. **April 6th at 10:30am** Join Jack Cross from Home Instead Senior Care of Lexington. Refreshments will be served. Please call 781-396-6010 to reserve your seat
- ♦ **Legal Services provided by Dale Tamburro, PC, Tues April 12th at 10 am.** Private one to one appointments, first session free. Please call to reserve 781-396-6010.
- ♦ Afternoon Movie, **Tuesday April 19th at 1 pm**, FREE Movie **Wall Street, Money Never Sleeps** To take down a merciless finance executive, a young trader agrees to a disgraced Wall Street legends proposal in exchange for the man to be reunited with his daughter, the trader's fiancée. Starring Michael Douglas. Rated PG-13.
- ♦ **Computer Lab** Thursday April 7,14,21,28 with Dorothy Cable as your aide.
- ♦ **Pet Therapy**, Tuesday April 12th at 11:30-come visit Barbara and JACK a pet therapy dog.
- ♦ Please join **Representative Paul Donato** on Wednesday April 27 at 10:30AM to discuss any topic that you may have for him.
- ♦ **April 21st, 1pm Revocable and Irrevocable Trust Seminar**, Join Dale Tamburro at Medford Senior Center to help answer some common questions such as what is a trust and how it could benefit you. Please call 781-396-6010 to reserve your seat, a light lunch will be served.

### **RTE 93 Bridge Work**

Information for all the Residents that live and or abut Rte 93. Briefing for all the residents who will be affected by the Rte 93 bridge work that begins this summer.

Open Meeting to all Residents **April 5th at 1:30pm at the Medford Senior Center**

Please call 781-396-6010 to reserve your seat today.

### **EXCEL For beginners**

**A new class will begin on April 19th at 11:15am.\$20.00 for a six week course.**

**Seats are limited please sign up today** Excel is an electronic spreadsheet program that can be used for storing, organizing and manipulating data.

### **Senior Citizens Drop-In Center's 31st Anniversary!**

**Join us on Thursday April 28th at 12:00noon For a Chinese Food Luncheon (by May's Café), Entertainment, Desserts, Door prizes and 50/50 raffle. Tickets are \$2.00 per person and will be available on April 4th. Maximum of two tickets per person Sponsored in part by Glen Ridge Nursing Facility**

### **Retirement Strategy Session: Serious discussion on keeping your financial dignity**

Big changes are coming throughout 2011 and beyond. If you want to maintain a comfortable lifestyle, then you can't afford to miss this event! **April 20, 2011 at 10:00am at Medford Senior Center** Please call 781-396-6010 to reserve your spot today Christopher Grande will be holding this seminar

**Shaw's, Pepsi, and Frito Lay** has partnered to select Medford Senior Citizens Inc. (MSCI) to be the recipient of a donation. For every purchase between 3/25/11 and 5/9/11, 1% of Frito and Pepsi purchases will be donated, up to a maximum value of \$750.00. So please stop by **Shaw's** and make your purchase of soda and chips and know that you will be donating to MSCI. Tell your friends and family every purchase counts. Thank You

### **Stories of Medford Come View the DVD** Please join us at the Medford Senior Center

Tuesday April 26th at 1:00pm The 'Stories of Medford' is a 20 minute compilation of people's pictures and remembrances of Medford and Medford life from the years past. It brings us through the neighborhoods of Medford looking at businesses, well known people, buildings, sports, restaurants, and the faces of Medford. Refreshments will be served Please call 781-396-6010 to reserve your seat today

### **Dance Caliente** May 24th 1:00pm 45 minute interactive/ Dance Performance

Refreshments \$2.00 per person tickets available April 11

Partially funded through Medford cultural Council & the Mass Cultural Council

**Find our newsletter online at [www.seekandfind.com/bulletins](http://www.seekandfind.com/bulletins)**