

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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MARCH 2011

A choice of TWO YOGA Classes with Peggy

Peggy will offer 2 different classes on Monday beginning on March 7th. The first class will be **Gentle Yoga** beginning at 1:00pm; This new series of Yoga class will incorporate chair, standing, and floor level postures. Breathing and relaxation/mediation will be incorporated into this class.

The second class will be **Chair Yoga** Class will begin at 2pm; this chair yoga class is designed to increase strength and flexibility, to help us cope with daily stress, and to have fun. The class will consist of seated and standing postures. Adaptations for people with arthritis, osteoporosis and back pain will be incorporated into the class.

Each session will be six weeks and each session is \$15.00 prepaid or \$3.00 pay as you go. Reserve your spot today.

Free Transportation to the Medford Public Library Are you interested in going to the Library but you don't have a ride? The Medford Senior Center will take you. We will offer free transportation service departing from the Medford Senior Center at 1:00pm and return at 3:00pm on the following dates; March 17th and March 31st Please sign up in the office or call 781-396-6010 as seats are limited to 10 per date.

Mindful Zumba

Please join Tiffany at the Medford Senior Center for our new exercise program, Mindful Zumba will be a low impact program that will gear towards the seniors abilities. Please join us on Thursdays beginning March 24th at 10:30am at the Medford Senior Center. This 10 week session can be prepaid for \$50.00 for 10 weeks or you can pay each class \$6.00 pay as you go. Tiffany will offer a FREE demonstration class on March 17th at 10:30am. Please call 781-396-6010 and reserve your spot today or stop by and see what this class is all about.

Annual Senior Citizens Luncheon *Celebrating St. Patrick's Day*

Medford Senior Centers Annual Luncheon, this year celebrating the "Wearin' O' the Green" and St. Patrick's Day! First, you will be treated to a luncheon of Corned Beef and Cabbage by Marty's Catering. Music by Irish Ballard singer Paul Carroll for your listening and dancing pleasure! You will also have an opportunity to be eligible for some great door and raffle prizes! The Program is FREE. This Event is sponsored by Stephen M. Lentine, DMD of Medford **WHEN:** Tuesday, March 15th at 12:00 **WHERE:** Senior Center Auditorium **TICKETS AVAILABLE:** On/after March 1st

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: FREE 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

NEW GENTLE YOGA CLASSES, begins March 7th at 1pm. Peggy will offer two different Yoga Classes on Monday. The first class will be Gentle Yoga at 1pm, this will focus on floor, chair, and standing positions. The six week class can be prepaid for \$15.00 or pay \$3.00 pay as you go.

Chair Yoga Class with Peggy Gardiner, 2:00pm for one hour. Next session will began on March 7th. \$3.00 pay as you go, or \$15.00 prepaid for 6 weeks session.

REMEMBER RAG RUGS? FREE CLASS Come on down and learn how to make one 9:30am to 11:00am on Mondays. All you need is 1 yard of cotton fabric, a pair of scissors, and a large crotchet hook, P ,wooden or plastic.

TUESDAYS

LINE DANCING for fun and fitness 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.

BRIDGE every Tuesday at 1:00pm, please come down and join our group of men and women all are welcomed.

INTRODUCTION TO COMPUTERS 11:15am. Fee: \$20.00 for six-week course. Our next course begins on March 1st. 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 March 1st with instructor Martha Herlihy. Familiarity with mouse and keyboard required.

MUSEUM MASTERPIECES – 1pm– Take a visual tour of the Metropolitan Museum of Art , this class will offer you an opportunity to tour, and learn about The world's greatest Museums 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

WEDNESDAYS

ART CLASS with instructor Don Polley, 9:00 – 11:00 am. Ongoing. Fee: \$4.00 per session. Supplies are provided. Paintings with watercolors. New students welcomed

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INTRODUCTION TO WORD & INTERNET 1:00pm Fee: \$20.00 for six-week course which begins on March 2nd with instructor Martha Herlihy. Familiarity with mouse and keyboard required.

THURSDAYS

BOWLING GROUP: meets at Senior Center van departs at 9:00 am. \$7.50 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. New members are welcomed.

PINOCHLE-9:30– 2:30pm Come on down and join our group of card players.

MINDFUL ZUMBA with Tiffany, 10:30am for one hour; 10 week session \$50.00 prepaid or \$6.00 pay as you go, New session begins on March 24th. Join us for a demonstration class on March 17th at 10:30am.

EXERCISE (Pilates-type) with Instructor Sergio Vinci, 12:45 pm. **New Lower Fee: \$2.00 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.

Floor Exercises with Nancy K. -Flexibility, Strength training. Thursdays at 2:30pm. Please join Nancy for her Floor Exercise Class, all levels of experience are welcome. \$3.00 per class. Please call 781-396-6010 to reserve your spot or stop by and check out a class today.

FRIDAYS

Tai Chi Chi Kung—Ancient form of exercise that improves breathing and posture and releases tension, with instructor Marie Favorito. Meet each Friday at 9:30am for one hour. Prepay \$35.00 or \$5.00 pay as you go. Please call or stop in to reserve your spot today, 781-396-6010. Drop Ins welcomed

CERAMICS : Ceramics with Rosemary Ardagna from Claydreams of Arlington. Classes 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 781-396-6010 to reserve your spot.

JEWELRY & LEATHERCRAFT with instructor Yellow Turtle, 10:00 am. \$10.00/course—4 to 5 sessions. Supplies extra but may be purchased at a discount through the instructor. Please come down and learn how to make some wonderful jewelry or to create some wonderful gifts with leather.

HEALTH & WELLNESS

- ◆ **Diabetes Support Group** with Diane Doucette next meeting will be held on March 24th at 11am. Drop in for any questions or concerns.

- ◆ **Neighborhood Diabetes** will be at the Medford Senior Center on March 30th from 11:00am to 12:00 , check your blood sugar, monitors and answer any questions you may have.
- ◆ The **Medford Senior Center** next free trip to Whole Foods will be March 31st **at 1pm**, to do your food shopping. Sign up in the office as space is limited to 10.
- ◆ **Whole Foods** free cooking class on **March 25th at 1pm**. Each class will offer a different main ingredient. The class **~cooking with Soy~** will be held at the Senior Center. Please call to reserve your spot today 781-396-6010.
- ◆ **REIKI** with Ruthann Graham, RN, BS, on March ?? at 11:00am, Reiki is a healing energy technique. It stimulates and strengthens the immune system . The cost for 10 minutes will be \$5.00 and sessions will be once a month. Sign up is required; please call 781-396-6010 to reserve your spot today.
- ◆ **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 or Thursdays from 11:30 –1pm. The dates for March will be: March 2, 10, 16, 24, 30
- ◆ Please join Mt Auburn Hospital pharmacists and students at the Medford Senior Center on **March 22nd for the MEDICATION REVIEW “Brown Bag Event”**. This will be available for the first 12 seniors that reserve their spot by calling 781-396-6010. You will need to bring all your medications with you. Appointments will begin at 1pm and will be scheduled each half hour.
- ◆ The Medford High School Alumni Band will be performing at the Medford Senior Center on **March 18th** for our lunch time enjoyment. The band will perform from 11:45am to 12:45pm. If you would like to come and enjoy lunch please make sure that you make a reservation by March 17th at 11:00am to reserve your seat for this **free musical entertainment**. The Medford Alumni Band was organized in 1993 by Marsha Caron, who still leads the group today.
- ◆ **Senior Citizen Health Center of the Lawrence Memorial Hospital Blood Pressure Clinics 781-391-1164** 99 Riverside Avenue - March 2nd- 1 - 2 pm & March 8, 1– 2pm Allston Street—Monday **NO MARCH DATES**
Meadow Glen Mall—Tuesday March 1, 8am to 9am
West Medford Community Center-March 24, 12noon to 1pm
- ◆ **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.
- ◆ **Massage therapy with Mary Sbuttoni** \$15.00 for 20 minutes. Appointments

required with \$5.00 deposit. 72 hour Cancellation policy required **Next dates are March 14, 28th**

- ◆ **Facials by Christine** \$10.00 for 30 minutes. Beginning at 1:00pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. March 14, 28 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 Clinics** provided by Greater Medford VNA, Thursday, **March 3rd from 10:00am to 12:00noon**. All are welcomed
- ◆ **AL Anon meetings, Senior Center Library, Mondays, 10:30—11:30 am**
- ◆ **Low Vision Support Group**, Next meeting scheduled on March 18th, new members welcomed
- ◆ **Greater Medford Visiting Nurses Association** will sponsor a support group on Wednesday **March 2nd** 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 take place at Medford Senior Center. The support group will provide a forum for people living with Parkinson's Disease.
- ◆ Join **Candace Quigley**, Registered Dietitian, LDN from Mystic Valley Elder Services she will be hosting a nutrition presentation on **April 1st at 12:30pm**. Please reserve your seat today by calling 781-396-6010.
- ◆ Blue Cross Blue Shield of Massachusetts will be at the Medford Senior Center on **March 16th at 6pm**, offering a free seminar on **Health Plan Options for Retirees**. This is a comprehensive worksite seminar that helps people who will soon retire understand their non-group health coverage options. If interested please call 781-396-6010 to sign up today.

UPCOMING TRIPS

- ◆ **FREE scrap booking class at AC Moore** March 10 at 1pm. The Medford Senior Center can provide transportation for the first 10 people. All supplies will be provided.
- ◆ **Shawsheen Technical School**, A special lunch and shopping at Wal-Mart, Friday March 18th , van will depart senior center at 10:30am. Space is limited to 10 people. Lunch will run approximately \$6.00-\$8.00 depending on what you pick from the Menu.
- ◆ **Salter Health Care Senior Breakfast** March 24th, at the Aberjona Rehab and Nursing Center, \$2.00 donation fee (money collected will go to Medford Senior Center) required and will be collected the day of the breakfast . Salter van will pickup at the Medford Senior Center at 9:30am, to reserve call Beverly 781-994-2122. Future dates will be April 21st, and May 19th.
- ★ **Northern National Parks** September 2-9, 2011 Collette Vacations, package includes 8 days, 11 meals, roundtrip airfare from Boston, transfers, escorted

package. See Pam for itinerary.

- ★ **WILDWOOD NJ**– May 15– 18th, Join the 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, entertainment, visits to Cape May, Sunset beach, Teaberry Antiques, full day in Atlantic City, for only \$269.00 per person based on double. Final due March 18
- ★ **Foxwoods** \$25.00 per person, next departure **April 11th**, tickets on sale. 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, 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.
- ★ **Chocolate and Wine Tour**, April 28, depart at 8:30am \$65.00 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 Tickets available March 1st
- ◆ **Cookie and Story Swap** at the Medford Senior Center! Winter is a time for tea and stories. Come share memories of your family, culture, holidays and life events. The group will be facilitated by Tufts University Occupational Therapy Students. Sessions will be held on Tuesdays from 2-3pm from February 15th to April 12th. Please sign up by calling 781-396-6010.

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
- ◆ **POKER** every afternoon from 1:00pm to 3:00pm. All are welcome
- ◆ **BRIDGE** every Tuesday at 1:00pm, please come down to play or learn the game
- ◆ **SHINE** every Thursday from 2:00pm to 4:00pm, Barbara McGonigle will be available by appointment to help you with all your health insurance needs. Please call 781-396-6010 to make your appointment.
- ◆ **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 March 9th,**

starting at 10 am Call 781-396-6010 for an appointment.

- ◆ **Roland's Jewelry Repair, Wednesday, March 16th, 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 March 8th at 10 am.** Private one to one appointments, first session free. Please call to reserve 781-396-6010.
- ◆ **Afternoon Movie, Tuesday March 29 at 1 pm,** FREE Movie **SALT**, Before becoming a CIA officer, Evelyn Salt (Angelina Jolie) swore an oath to duty, honor, and country. She will prove loyal to these when a defector accuses her of being a spy. Rated PG-13.
- ◆ **Computer Lab** Thursday March 3, 10, 17, 24,31 with Dorothy Cable as your aide.
- ◆ **Pet Therapy**, Tuesday March 22nd at 11:30-come visit Barbara and JACK a pet therapy dog.
- ◆ Please join Representative Paul Donato on Wednesday March 2nd, and March 31st at 10:30AM to discuss any topic that you may have for him.

MEETINGS AT THE MEDFORD SENIOR CENTER

**Council On Aging Board Meeting
Inc. (MSCI)**

March 17th at 10:15am

Medford Senior Citizens'

March 8th at 9:30am

Find our newsletter online at www.seekandfind.com/bulletins