

# OUR PLACE, OUR TIME

## A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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## JUNE 2011

**NEW Carolyn's Nature Photography**– June 6th a new photography class will begin 9:30am –11:00am each Monday, \$3.00 per class, limited to 10 students. Call to reserve your seat. Carolyn's gifted eye captures nature's magical moments through her animal and still life photography. Let her teach you how to do the same.

**The Move Maven Upside of Downsizing** Medford Senior Center on Tuesday **June 21st at 1pm** This interactive program will share practical strategies you can use to get rid of stuff and simplify your home, while preserving valuable memories. You'll learn how to decide what to keep, and what to do with everything else. The key to success, of course is getting started, so the program ends with tips for how to begin the process. Refreshments will be served. Please call 781-396-6010 to reserve your seat.

**June Dinner Movie** The June event will be sponsored by **Hon. Michael J. McGlynn**, on **Thursday June 16th at 3:00pm** This month's **movie** will be *The King's Speech*, starring Colin Firth, Geoffrey Rush. This movie has been rated R. **Light dinner** will include Calzones, Beverage, and Dessert. The program is free, tickets available **June 6th.. Limited to 64 participants**. Please note that in the interest of fairness to all, those attending in **June** will not be eligible for the **July** program.

### **Bend and Stretch, Lets Play Ball with Nancy K**

New exercise class on Thursdays at 2:30pm. This class will help with coordination, stretching, hand to eye coordination. Have some fun and lots of laughter. Sign up in Advance \$12.00 prepaid or \$4.00 pay as you go per class begins **June 9th**. All are welcome. Call 781-396-6010 to reserve your seat

### **Wonderful Trees: Medford's Living Legacy**

Medford has earned the title of "Tree City USA" meaning that we actively maintain the trees that are a wonderful part of our daily world. Trees not only help the environment but beautify our streets and private property. Join us **June 14th at 1:00pm** at Medford Senior center for an appreciation and celebration of the trees that are such a great community resource. People are encouraged to bring family photographs of favorite trees. This program is supported in part by a grant from the Medford Arts Council, a local agency supported by the Mass cultural council. **Please call 781-396-6010 to reserve your seat today.**

# HEALTH & WELLNESS

- ◆ **Diabetes Support Group** with Diane Doucette next meeting will be held on June 23rd at 11am. Drop in for any questions or concerns.
- ◆ **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.
- ◆ TRI-Cap Attorney Adrian Walleigh **June 8th** , appointments begin at 10:00am please call the senior center at 781-3960-6010 to set up your appointment today. Adrian will be giving advice and information for low income individuals on most civil matters and representation on family law and evictions.
- ◆ **Senior Health Awareness Series:** How to Effectively Manage your Diabetes. Learn about the A1C blood test. Speaker Sandy Murphy-Sanalfi Adventis, **June 29 at 11:00am** at Medford Senior Center, **Luncheon will served**, please call 781-396-6010 to reserve your seat today.
- ◆ **Massage therapy with Mary Sbuttoni** \$15.00 for 20 minutes. Appointments required with \$5.00 deposit. 72 hour Cancellation policy required **Next dates are June 6th, 20th**
- ◆ **Facials by Christine** \$10.00 for 30 minutes. Beginning at 1:30pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. **June 6, 13, 20,27th**. Rejuvenate, Nourish, and Tone your skin. Stop in to make an appointment today.
- ◆ **Drop-In Center Blood Pressure Clinic** provided by Greater Medford VNA, Thursday, **June 2nd 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 July 15th, new members welcomed
- ◆ **Greater Medford Visiting Nurses Association** sponsors a support group on Wednesday **June 8th** 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.
- ◆ **Neighborhood Diabetes** will be at the Medford Senior Center on June 8th from 11:00am to 12:00pm, to check your blood sugar and answer any questions you may have.

## HOME MAINTENANCE

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.

## UPCOMING TRIPS

- ★ **Foxwoods** \$25.00 per person, next departure **June 20th**, tickets on sale. Nonstop bus from Medford to Foxwoods. Bus will depart at **8:00am** and leave Foxwoods at 4:30pm Future dates July 18, August 15, Sept 19, Oct 17, and Nov 14th.
- ★ **Join us at Amesbury Playhouse June 12th Sunday** for the performance of *One Flew Over the Cuckoos Nest* . A modern day classic of a fraudulent stay at a mental institution by a charming rogue. Bus departs at 10:45am Tickets \$39.00 includes bus, choice of lunch entrée (Prime Rib, Rib Eye, Chicken Cordon Bleu, Baked Scallops, Stuffed Pork Chops and show. Tickets available
- ★ **Charles Riverboat Cruise-Tuesday June 14th**, \$59.00 per person. Bus will depart at 9:00am from senior center. You will cruise with Charles Riverboat Co. for a 75 minute narrated tour, view the USS Constitution, Bunker Hill Monument and more. After our cruise enjoy an included lunch at Cheesecake Factory at Cambridgeside Galleria. You'll be able to choose from several popular entrees. With time to shop. Tickets available
- ★ **Bread & Chocolate Tour**– Thursday **July 14th, \$49.00** per person. Bus will depart at 9:30am from senior center, first visit to *When Pigs Fly Bakery* in Kittery Maine, then a buffet luncheon included at Dunstan School House, all you can eat. After lunch a visit to Len Libby's chocolates in Scarborough. Return approx 5:30pm. Tickets available June 7th
- ★ **Revere Beach Sand Castles**-Friday July 15th, \$3.00 per person. Bus will depart at 10:00am for your short ride to Revere Beach, you will have time to view the wonderful sculpted sand castles, visit the vendors, enjoy the beach and have time for lunch on your own. Tickets available June 3rd.
- ★ **White Mountains & Christmas** –December 9th-11th. Tour includes motorcoach ride, deluxe accommodations at the White Mountain Hotel & Resort, great meals, Holiday entertainment shows, guided tour, and more. See Eleanor for further details on reserving your seat.

Tickets are nonrefundable once issued; if you should need to cancel or change you must notify the office immediately, we will do our best to resell the tickets for you. Some trips are funded in part through a Medford CDBG Grant.

## 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. Call 781-396-6010 for 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. Adrian Walleigh on Wednesday June 8th,** starting at 10 am Call 781-396-6010 for an appointment.
- ◆ **Roland's Jewelry Repair, Wednesday, June 15th 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 June 7th.** Private one to one appointments, first session free. Please call to reserve 781-396-6010.
- ◆ Afternoon Movie, **Tuesday June 28th at 1 pm,** FREE Movie **Country Strong,** starring Tim McGraw, and Gwyneth Paltrow. Rising young singer-songwriter gets involved with a fallen unstable country star, the pair embark on a career resurrection. Rated PG-13.
- ◆ **Computer Lab** Thursdays June 2, 9,16,23,30. Free computer use for one hour begins at 1pm
- ◆ **Pet Therapy,** Tuesday June 7th at 11:30-come visit Barbara and JACK a pet therapy dog.
- ◆ Please join **Representative Paul Donato** on Wednesday June 29th at 10:30AM to discuss any topic that you may have for him.
- ◆ **June 15th, 1pm Basic Estate Planning Seminar,** Join Dale Tamburro at Medford Senior Center to help answer some common questions Please call 781-396-6010 to reserve your seat, a light lunch will be served.

## COMMUNITY EVENTS

### FREE SUMMER CONCERTS

Medford Saving Lives 22nd Anniversary Medford City Hall Plaza 7pm

July 7th Masquerade

July 14 The Continentals

July 21 Ben Rudnick & Friends

July 28 Singing Sgt Dan Clark & Mary

For info call 781-393-2450