

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

JULY 2011

UPCOMING TRIPS

- ★ **Foxwoods** \$25.00 per person, next departure **July 18th**, tickets on sale. Nonstop bus from Medford to Foxwoods. Bus will depart at **8:00am** and leave Foxwoods at 4:30pm Future dates August 15, Sept 19, Oct 17, Nov 14th.
- ★ **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
- ★ **Maine Lobsterbake at Foster's Downeast**– Friday August 19th, \$62.00 per person. Bus will depart from the Medford COA at 8:30am, visit scenic Nubble Light and York Village, stroll along Ocean Drive. Then feast on plenty of delicious clam chowder, fresh steamed mussels, Maine clams, corn ofn the cob potatoes and onion blueberry cake and loads of fresh lobster (or BBQ chicken if you prefer). On your return drive along the seacoast with a Hampton Beach visit. our expected return time will be at 6:00PM. Tickets available July 11
- ★ **White Mountains & Christmas** –December 9th-11th. \$367.00 per person based on double occupancy. A deposit of \$50.00 per person is required at time of deposit. 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.

Senior Citizen Health Center of the Lawrence Memorial Hospital Blood Pressure Clinics

781-391-1164 West Medford Community Center-July 28 12noon to 1pm

- ◆ **Massage therapy with Mary Sbuttoni** \$15.00 for 20 minutes. Appointments required with \$5.00 deposit. 72 hour Cancellation policy required **Next dates are July 11, July 25**
- ◆ **Facials by Christine** \$10.00 for 30 minutes. Beginning at 1:30pm, cleansing, moisturizing, exfoliation and more. Appointments required with \$5.00 deposit. **July 11, 18, 25** 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, **July 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 July 15th, new members welcomed
- ◆ **Greater Medford Visiting Nurses Association** sponsors a support group on Wednesday **July 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.
- ◆ **Neighborhood Diabetes** will be at the Medford Senior Center on August 24th from 11:00am to 12:00pm ,to check your blood sugar and answer any questions you may have.
- ◆ **Taking Care of Yourself and Others**– Please join the Samaritans on Tuesday July 26th at 1pm for a free program that will help you manage stress effectively and develop coping skills, recognize the symptoms of depression , discover resources to help yourself or a loved one, plus much more. Please call 781-396-6010 to reserve your seat today.
- ◆ **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 Wednesday in July 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.
- ◆ **Legal Assistance, TriCAP Atty. Adrian Walleigh** on **Wednesday July 13th**, starting at 10 am Call 781-396-6010 for an appointment.

- ◆ **Roland's Jewelry Repair, Wednesday, July 13th 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 July 19th beginning at 10:00am.** Private one to one appointments, first session free. Please call to reserve 781-396-6010.
- ◆ Afternoon Movie, **Tuesday July 26th at 1 pm**, FREE Movie *The King's Speech*, back by popular demand. Starring Colin Firth and Geoffrey Rush. This movie is rated R
- ◆ **Computer Lab** Thursdays July 7,14,21,28 Free computer use for one hour begins at 1pm
- ◆ **Pet Therapy**, Tuesday July 19 at 11:30-come visit Barbara and JACK a pet therapy dog.
- ◆ Representative Donato will not be available for office hours in July
- ◆ **July 20th ,1pm Taking control of Your Future Housing Options**, 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.

Join Dale Tamburro at the Medford Senior Center **July 20th 1pm**
Taking control of your Future: Housing Options for Elders

- ◆ Nursing Home protection of your home
- ◆ Homestead
- ◆ Reverse Mortgages
- ◆ Downsizing in General
- ◆ Assisted Living Facilities

Light Lunch will be served, please call 781-396-6010 to reserve your seat

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. All are welcome. Call 781-396-6010 to reserve your seat

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