

# OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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## AUGUST 2011

### UPCOMING TRIPS

- ★ **Foxwoods** \$25.00 per person, next departure August 15 , tickets on sale. Nonstop bus from Medford to Foxwoods. Bus will depart at **8:00am** and leave Foxwoods at 4:30pm Future dates, Sept 19, Oct 17, and Nov 14th.
- ★ **Twin River Casino** \$16.00 per person, **August 29th**, the bus will depart at 9:00am and return approximately 5:30pm. Tickets available Tuesday August 2nd. Please remember you will need to have a valid photo ID at Twin Rivers.
- ★ **Salter Healthcare**, Aberjona Rehabilitation and Nursing Center, will be offering a senior breakfast, **September 18th** the van will depart from the Medford Senior Center at 9:30am. To make a reservation please call Beverly Stobel, director of marketing at 781-994-2122. \$2.00 donation fee is required and will be collected the day of the program. All donations will go directly to the Medford Senior Center. Available to the first 12 seniors only.
- ★ **Elizabeth Stewart Gardener Museum and Lunch**– Motorcoach will depart from Medford Senior Center; enjoy a wonderful visit to the Museum and then a fabulous buffet luncheon at Fire & Ice. \$56.00 per person. Tickets available August 15th
- ★ **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. Deposit of \$50.00 person required at time of reservation, final payment is due by November 1st.

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.

### HEALTH & WELLNESS

- ◆ **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 **August 10th**, 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
- ◆ **Greater Medford Visiting Nurses Association** sponsors a support group on Wednesday **August 3rd** 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.
- ◆ **Give the Gift of Preparedness to your loved ones!** In the event of an emergency could those who need it locate your important information in 5 minutes or less? Join us on Wednesday September 28th at 5:30pm when author Gwen Morgan will talk about her organizational guidebook titled the 'What if...Workbook' which keeps all your essential information and personal wishes written down and documented in one place. This is an event for seniors, caregivers, and families of seniors. Please call 781-396-6010 to reserve your seat today. The first 5 people to sign up receive a free workbook. Sponsored by Home Instead Senior Care of Lexington, Refreshments will be served
- ◆ Attorney John Gosselin will begin **"Ask a Lawyer"**- Beginning 1pm on **August 9th** and **August 16th**, Attorney Gosselin will be available for 15/20 minute free advice and or information. Please call 781-396-6010 to reserve your time today.

## UPCOMING SENIOR CENTER ACTIVITIES

**Planning to Downsize in Retirement?** Join Chris Grande for a Pizza luncheon & Discussion at Medford Senior center **Aug 10th at 11am** to learn about the choices you face. Why do people stay in their homes so long?

- ◆ If I decide to stay in my home what steps should I take?
- ◆ What do I do with all my "Stuff???"

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

### **Farmers Market coupons are here Friday August 5th at 12:30pm**

Coupons worth \$25.00 (limit one per family) will be distributed at the Medford Senior Center. To be eligible you must be: Medford Residents

1. At least 60 years old, or disabled individuals under 60 living in elderly housing

and receiving nutrition program benefits

2. Have income under \$1671/ 1 person or \$2247 for 2 people or be receiving benefits from SSI, Sec 8, Food Stamps or Fuel assistance

**August Dinner Movie** The August event will be sponsored by **Medford Chamber of Commerce** on Thursday August 18th at 3:00pm. This month's movie will be *The Tourist*. Frank (Johnny Depp) an American on vacation in Italy is befriended by Elide (Angelina Jolie) a woman with a secret. This movie is rated PG13. Light dinner, beverage and dessert will be served. Tickets available August 2nd. **Limited to 64 participants**. Please note to all, those attending in **August** will not be eligible for the September program.

**Courtyard Nursing Care Center** will host **Make Your Own Sundae** on Friday September 16th at 1:30pm; join us for music, and fun. Tickets are free and will be available on August 22nd maximum of 2 tickets per person

**SISTER'S CHRISTMAS CATECHISM** Stoneham Theatre **December 1st, 2011 show** \$48.00 per person Tickets on sale at Senior Center includes show, reception and raffles Call Arlene 781-396-6010 \*MSCI Fundraiser

**VIVA Italia!** MSCI Annual Fundraiser will be held Friday September 30th beginning at 12:00noon **\$20.00 per person** Enjoy an authentic Italian dinner catered by Medford Deli with Caesar Salad, Ziti, Sauce & chicken parmigiana, rolls and butter. Dessert; Cannoli's and Italian Pastries. Enjoy Big Smile entertainment, with all your favorites which include: O sole O Mio, Santa Lucia, That's Amore and Arriverderci Roma and more. The event will include raffles, 50/50 and lots of fun. Tickets go on sale August 15th at 10:00am Funds provide the continuation and enhancement of existing programs while also allowing new programs to be available to the seniors of Medford.

Please join **Glen Ridge** Nursing Facility at the Medford Senior center on **August 25th at 1:30pm** for an Ice-cream Social, DJ entertainment and sing along. This event is free and limited tickets will be available on August 8th (maximum 2 tickets per person). Glen Ridge will have a special giveaway.

A special Thank you goes out to Shaw's, Pepsi, and Frito Lay and of course all the Medford residents who purchased Pepsi and Frito Lay products at Medford's Shaw's between March 25, 2011 and May 9 2011. The Medford Senior Center is the recipient of a \$750.00 donation.

Find our newsletter online at **[www.seekandfind.com](http://www.seekandfind.com)** and put in the zip code to read online