

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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NOVEMBER 2011

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 on Wednesdays 11:00am to 12:00noon November 9th and November 23rd.
- ◆ **YOGA-They say “It’s good for you”.** We say “its fun and we feel better”. Come and join a great group of Medford seniors who participate in yoga classes every Monday afternoon. Yoga is a way to improve your balance, strength, flexibility, and to help us cope with the daily stresses of aging. Our classes include seniors who are 60 to 90. We offer two classes on Monday afternoons; please see the description on page 4.
- ◆ **Interested in a lifestyle of vitality and independence?** Tufts University will be conducting a study aimed at improving the fitness, strength, balance and independence of older adults living at senior living facilities. To learn more and see if you are eligible, come to our information session **November 29th at 1:00pm** at the Medford Senior Center. Refreshments will be served, please call 781-396-6010 to reserve your seat today.
- ◆ **Hallmark Health Series** Keeping the Body and Spirit Alive Monday November 21at 1pm at Medford Senior Center, Guest Speaker Judy Seifert and Kim Talbot, call 781-396-6010 to reserve your seat.
- ◆ **Massage therapy with Mary Sbuttoni** \$15.00 for 20 minutes. Appointments required with \$5.00 deposit. 72 hour Cancellation policy required Next **dates are November 14th and 28th.**
- ◆ **Drop-In Center Blood Pressure Clinic** provided by Greater Medford VNA, Thursday, **November 3rd 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 on November 18th, new members welcomed. The Low Vision support group is sponsored by the Massachusetts Association for the Blind and Visually Impaired. The group is for individuals who are losing their vision and would like to learn from and listen to others’ experiences.

- ◆ **Greater Medford Visiting Nurses Association** sponsors a support group on Wednesday November 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 meet at Medford Senior Center. Support group will provide a forum for people living with Parkinson's disease.
- ◆ **Diabetes Support Group** will not meet in November but will be back on December 22nd at 11:00am. Diane Doucette, PRN, MSN, Certified Diabetic Counselor, please stop in, all new members welcome.
- ◆ Attorney John Gosselin will begin "**Ask a Lawyer**"- Beginning 1pm on **November 30th**, Attorney Gosselin will be available for 15/20 minute free advice and or information.
- ◆ **Whole Foods Cooking Class**—November 18th at 1pm, at the Medford Senior Center. Join Carla for Cooking for Thanksgiving demonstration with a healthy lunch. Sign up in advance is required; please call 781-396-6010.
- ◆ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday **November 7th and 21st at 1pm**. Reflexology provides deep relaxation, strengthens immune system, discharges toxins and improves your health, and so much more. Jane Aire will be at the Medford senior center twice a month on Mondays from 12:30 to 2:30. She will offer 20 minute sessions for \$15.00. A \$5 deposit is required at time of reservation.
- ◆ **Your Blood Pressure: What everyone needs to know** -Would you like to learn more about your blood pressure? Join Candace Quigley, Registered Dietitian, from Mystic Valley Elder Services to learn what your blood pressure numbers should be, how to lower your blood pressure naturally and the effects of high blood pressure on your body. The presentation will be held on **November 7th at 12:30**, please call 781-396-6010 to reserve your seat today.
- ◆ **Representative Donato** will be available for office hours on November 30th beginning at 10:30am
- ◆ **Fall Centerpiece Workshop Tuesday November 22 1:00pm \$18.00, Make it and Take it floral design** Laurie Marino, instructor and designer will teach you step by step to make a long lasting centerpiece using **fresh evergreens, and fresh flowers**. You must register in advance, \$10.00 deposit required, pay the balance when you make your beautiful centerpiece that day. Call 781-396-6010 for more information.
- ◆ **SISTER'S CHRISTMAS CATECHISM** Stoneham Theatre **December 1st, 2011 show \$48.00 per person** Tickets on sale at Senior Center includes show, cocktail reception and raffles Call Arlene 781-396-6010 *MSCI Fundraiser

UPCOMING TRIPS

- ☐ **Foxwoods** \$25.00 per person, next departure **November 14th**, tickets on sale. Nonstop bus from Medford to Foxwoods. Bus will depart at **8:00am** and leave Foxwoods at 4:30pm.
- ☐ **Windsor Place** invites you for a tour and lunch. Monday, November 14th pickup at Medford Senior Center at 11:30am– transportation included. Sign up today, seats are limited to 14.
- ☐ **Mohegan Sun- \$18.00 per person**, Monday November 7th, roundtrip motorcoach from Medford Senior Center, Josephs bus departs 7:30am and the bus will depart the casino at 5pm sharp. Each passenger will receive \$40 package upon arrival. Please have valid photo ID. Future date Dec 5th.
- ☐ **Reagle Music Theatre**–Sunday December 4th, \$32 per person. Bus will depart at 11:30am and return approx 5:00pm. Reagles famed Christmas Spectacular, wonderful way to start the holiday season. Tickets available today
- ☐ **Wrentham Premium Outlets–November 8th**, \$5.00 per person bus departs senior center at 10am and will return approx 5pm. Upon arrival each person will receive a VIP coupon book and a detailed map for their shopping convenience. Tickets available
- ☐ **Salter Healthcare**, Winchester Rehabilitation and Nursing Center, will be offering a senior cooking class and luncheon, **November 3rd** the van will depart from the Medford Senior Center at 11:40am. To make a reservation please call Beverly Stoebel, 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.
- ☐ **White Mountains & Christmas** –December 9th-11th. **\$367.00** per person based on double occupancy. Tour includes motorcoach ride, deluxe accommodations at the White Mountain Hotel & Resort, great meals, Holiday entertainment shows, guided tour, and more.
- ☐ **Southern California & Vegas Adventure–May 18-25 2012** includes 8 days, 11 meals, roundtrip air, tour, hotel, and much more. See Pam for complete itinerary and pricing
- ☐ **Branson Musical Getaway**– September 21-26 2012 includes 6 days, 8 meals, roundtrip air, tour, hotel and much more. See Pam for complete itinerary and pricing.
- ◆ 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.