

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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OCTOBER 2011

Zumba/Let your Yoga Dance® New Class Wednesdays at 10:15am with Emily. This great combination of Zumba and yoga dance is perfect for seniors. As you dance and move through the 7 energy centers, you bring healing, alignment and joy to the body. **Classes are \$3.00**

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.

UPCOMING TRIPS

- ☐ **Foxwoods** \$25.00 per person, next departure **October 17th**, tickets on sale. Nonstop bus from Medford to Foxwoods. Bus will depart at **8:00am** and leave Foxwoods at 4:30pm Future date, Nov 14th.
- ☐ **Collette Tours** will be hosting a scheduled travel talk at the Medford Senior Center on October 12th, 10:30am to talk about upcoming trips, Southern California & Vegas Adventure, and Branson Missouri. Call 781-396-6010 and reserve your seat today to **view** the destinations
- ☐ **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 October 3rd
- ☐ **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. See Eleanor for further details

on reserving your seat. Deposit of \$50.00 person required at time of reservation, final payment is due Nov 1st.

- ☐ **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.
- ☐ **TWIN RIVERS**-October 31st- \$19 per person, bus will depart 9:00am. Tickets available October 3rd

HEALTH & WELLNESS.

- ◆ **What's New In Medicare for 2012?** On October 6, 10:30am a representative from the SHINE program at Mystic Valley Elder Services will update us on changes in Medicare enrollment dates, health insurance plans and prescription plans. The annual open Enrollment is earlier this year starting October 15 and ending Dec 7. During Open enrollment you may enroll in a new plan or change your Medicare coverage for next year. This is your opportunity to review your current coverage. Please reserve your seat today by calling 781-396-6010.
- ◆ **Hallmark Health Series** Vitamins and Aging Monday **October 24th 1pm** –2pm with speaker Jennifer Goldman-Levine who will speak on vitamins and aging and which vitamins improve health conditions. Sign up in advance at 781-396-6010.
- ◆ **Massage therapy with Mary Sbuttoni** \$15.00 for 20 minutes. Appointments required with \$5.00 deposit. 72 hour Cancellation policy required **Next dates are October 17, 31**
- ◆ **Diabetes Support Group** will meet October 27th at 11:00am. Diane Doucette, PRN, MSN, Certified Diabetic Counselor. Please stop in all new members welcomed.
- ◆ **Whole Foods Class**—October 7th at 1pm, at the Medford Senior Center. Join Carla and Mary and watch the movie Super Size Me, a both entertaining and horrifying look at American obesity epidemic. We'll bring our popcorn air popper and some healthy alternatives to butter and salt for you to snack on. Discussion to follow. Please reserve your seat today 781-396-6010
- ◆ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed. 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.
- ◆ Join **Spaulding at Medford** with Gail Breeze on a very important topic; **Bladder Health October 17th** at 10:30am at the Medford senior center.

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

- ◆ **October 19th**, from 10am to 1pm GMVNA will be hosting a Health Fair at the Medford Senior Center, with many vendors offering free blood pressure checks, glucose testing, O2 stats tested, and many more. Sign up in advance 781-396-6010
- ◆ **Legal Assistance, TriCAP Atty. Adrian Walleigh on Wednesday October 12**, starting at 10 am Call 781-396-6010 for an appointment.
- ◆ **Roland's Jewelry Repair, Wednesday, October 12th 11—12 noon**. John Racicot will help you with your jewelry repair needs. He will also replace batteries in hearing aids.
- ◆ **Afternoon Movie, Tuesday October 25th at 1 pm**, FREE Movie *Red*, Based on the cult D.C. comic's graphic novel by Warren Ellis and Cully Hammer Red is an explosive action-comedy starring Bruce Willis, Morgan Freeman, John Malkovich and Helen Mirren. This movie is rated PG-13.
- ◆ **Representative Donato** will be available for office hours on October 26th
- ◆ **Legal Services** provided by Tale Tamburro, PC, Tuesday October 18th at 10:00am. Private one on one appointment, first session free. Call 781-396-6010 for appointment
- ◆ **October 18th, 1pm**— Join Dale Tamburro at Medford Senior Center to help answer some common questions on Basic Estate Planning-. Light lunch will be served call 781-396-6010 to reserve your seat today.

INTRODUCTION TO COMPUTERS 11:15am. Fee: \$20.00 for six-week course which begins on October 12. 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 October 12 with instructor Martha Herlihy. Familiarity with mouse and keyboard required.

Seniors Sing- This group is open to anyone who wants to sing, no audition necessary. Requests are welcome. The program will begin on October 7th and the group will meet every Friday from 2:30-4:00. For more details contact Arlene Carroll or call 781-396-6010 to reserve a spot.

You Decide Exercise with Nancy K. —Group input of what is wanted and needed to succeed in obtaining and maintaining good physical health with the assistance of Personal Trainer/Exercise Motivator, Nancy K. Fee:\$3.00 2:30pm each Thursday.

