

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

DECEMBER 2011

Christmas Centerpiece Workshop Monday Dec 13th 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.

Basic Estate Planning with Dale Tamburro December 7th at 11:00am
Sign up in advance is required; a light lunch will be served

HEALTH & WELLNESS

- ◆ **AVIV Homecare** a private duty Homecare Agency is proud to offer **Free Blood Pressure Clinics** at the Medford COA. FREE Clinics will be held on Wednesdays 11:00am to 12:00noon December 14, 28th.
- ◆ **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.
- ◆ **Hallmark Health Series** Monday December 19th at 1pm at Medford Senior Center, Guest Speaker Tim Busick, PT, Rehab Manager for Hallmark Health VNA and Hospice will give a talk on how to maintain mobility along with helpful tips on do's and don'ts to maintaining healthy bones, 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 December 12th**
- ◆ **Drop-In Center Blood Pressure Clinic** provided by Greater Medford VNA, Thursday, **December 1st from 10:00am to 12:00noon**. All are welcome
- ◆ **Greater Medford Visiting Nurses Association** sponsors a support group on Wednesday December 7th 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 meet **December 22nd** at 11:00am. Diane Doucette, PRN, MSN, Certified Diabetic Counselor, please stop in, all new members welcome.
- ◆ **Whole Foods Cooking Class**—December 2nd at 1pm, at the Medford Senior Center. Join Carla for cooking 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 **December 5th, 19th at 1pm**. Reflexology provides deep relaxation on your hands or feet, 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.
- ◆ **Ten of the Greatest Myths about Breast Cancer**—Please join Rebecca Yang, director of the Comprehensive Breast Health Center at Lahey Clinic North Shore on **Wednesday January 25th** at 11am at the Medford Senior Center. She will answer questions and perform Risk Assessment evaluations in participants. Please sign up in advance by calling 781-396--6010.

DAY AND OVERNIGHT TRIPS

- ☒ **Mohegan Sun- \$18.00 per person**, Monday December 5th, 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.
- ☒ **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.
- ☒ **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.
- ☒ **Salter Healthcare**, Winchester Rehabilitation and Nursing Center, will be offering a senior cooking class and luncheon, **January 12th** 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.
- ☒ **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.
- ◆ **LUNCH:** noontime meals are served each weekday, lunch program is run in cooperation with Mystic Valley Elder Services. Please call at least a day prior to reserve your meal, \$1.50 meal donation is requested.
 - ◆ **BINGO:** Each Wednesday begins at 1:00pm; \$2.50 for 11 games, coffee, and dessert
 - ◆ **SHINE** each Thursday in December from 2:00pm to 4:00pm, Barbara McGonagle 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 December 14th,** starting at 10am Call 781-396-6010 for an appointment. Tri-Cap Legal Services for low-income residents
 - ◆ **Roland's Jewelry Repair, Wednesday, December 14th, 11—12 noon.** John Racicot will help you with your jewelry repair needs. He will also replace batteries in hearing aids.
 - ◆ **Computer Lab** Thursdays December 1, 8,15,22,29,Computer use for one hour begins at 1pm
 - ◆ **Pet Therapy,** Barbara and JACK a pet therapy dog. December 14th at 11:30am
 - ◆ **Afternoon Movie,** Tuesday December 27th at 1pm, Free Movie **ZOOKEEPER**, The animals at the Franklin Park Zoo love their kindhearted caretaker, Griffin Keyes. Finding himself more comfortable with a lion than a lady, Griffin decides the only way to get a girl in his life is to leave the zoo, comedy Rated PG-13
 - ◆ **Legal Services provided by Dale Tamburro, PC, Tues December 13th at 10 am.** Private one to one appointments, first session free. Please call to reserve 781-396-6010.
 - ◆ **Legal Seminar** with Dale Tamburro “**Basic Estate Planning**”. **December 7th at 1:00pm.** Please call to reserve your spot 781-396-6010 light lunch will be served.