

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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SEPTEMBER 2012

Vieni con me! "Come with me" Medford Senior Citizens Inc. (MSCI) is hosting our annual fundraiser ~ **Celebration of Italy~ Authentic Italian food, Entertainment, Guest Speaker Mr. James DiPrima, Door prizes, 50/50 raffle and several Italian dessert tables for a *taste of Italy*. October 19, 2012 Friday beginning at 12noon Tickets are \$20.00 per person** Tickets will be on sale beginning Sept 4th.

Computer Classes Begin Sept 18th and 19th Have you always wanted to take a computer class but didn't think you would understand? Our computer class is designed just for you! Martha is the perfect teacher for seniors with no experience or needs a little help in getting onto the internet. \$20 for 6 week class call 781-396-6010 today

- ◆ **Attorney John Donahue** from "Law for Life" - Beginning 10:30am on **September 11th**, Attorney Donahue will be available for 15/20 minute sessions, free advice and or information. Do you have questions about a will that was executed years ago? Have you recently undergone a major life change? Are you looking for information regarding Medicaid applications? Call for an appointment 781-396-6010.
- ◆ **YOGA CLASSES Begin Sept 10th** Would you like to improve your balance and flexibility? Would you like to lower your blood pressure, reduce stress in your life and sleep better? Recent studies show that YOGA done on a regular basis can help you. Yoga is also recommended for people with arthritis, high blood pressure and osteoporosis. AND it's fun! Come and join a great group of seniors.
- ◆ **Dale Tamburro** will present a free seminar on **Housing Options for Elders** on September 18th at 1pm at the Medford Senior Center. Topics will include downsizing and digging in, Renting and Emphasizing Financial Planning, Move in with Children, Assisted Living Facilities, Continued Care Communities and more. A light lunch will be served please call to reserve your seat today, 781-396-6010.
- ◆ **Morning Meditation & Self-Care– September 26th** at 9:00am. Mary Sbuttoni will lead this group starting with a warm up/self care technique to relax and release tension, and a meditation and mindfulness exercise. The basics of mediation will also be explained \$5.00 for one hour. Please call 781-396-6010 to reserve your seat today.
- ◆ **Tara E. DeChristofaro**, Register of the Probate and Family court for Middlesex County, will be at the **Medford Senior Center on September 11 at 1:00pm**. She

will present an informative overview of the new Mass Uniform code, which took effect on March 31, 2012, which will have an impact on Medford Seniors and their families now, and in the coming years. The new code offers new options to the public and provides for a faster, less complicated and less expensive procedure to probate a will, or if there is no will, to administer one's estate. Reserve your seat today by calling 781-396-6010.

- ◆ **The Aging Brain** Exercise your Memory beginning Wednesday Sept 12th at 10:30am; the session will help us improve our memory function and make everyday activities productive. This program will be presented by DVD and a discussion will follow.
- ◆ **Making the Right Decisions**— Please join Chris Grande on Tuesday September 25th at 1pm. Topics will include basic estate planning, IRA mistakes to avoid, social security, options if you get sick, and whether or not downsizing makes sense. Please call 781-396-6010 to reserve your seat.

Health Seminars and Screenings

- ◆ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday **September 10, 24th**. Reflexology provides deep relaxation on your hands or feet, strengthens immune system, and improves your health. Mondays from 12:30 to 2:30. She offers 20 minute sessions for \$15. \$5 deposit is required.
- ◆ **Ask A Nurse**— Please stop by and see Mary, she will be available on most Wednesdays from 10—12 for Blood Pressure checks, questions, and more. September 5, 12, 19, 26. This program is sponsored by Greater Medford Visiting Nurse.
- ◆ **Slips, Trips, and Falls**— Monday September 17th 1:00pm to 2:00pm—learning a few simple steps can help you prevent accidents. Join Joya Pezzuto, RN nurse at the Hallmark Health Senior Outreach Program, and discover ways to keep yourself safe from slips, trips, and falls. Free give a ways and more, sign up today 781-396-6010.
- ◆ Don't wait until it's too late! **Medicare's Open Enrollment** period is October 15—December 7. Find out what's new in Medicare for 2013. Come to the SHINE presentation on Wednesday October 3 at 11am. Sign up today by calling 781-396-6010.
- ◆ **New England Eye Institute** will offer a Mobile Eye Clinic on Monday October 22nd from 9:30am to 2:45pm. They mobile clinic will provide comprehensive eye care services and low vision rehabilitation. Each appointment will take 45/60 minutes per person. They will bill your insurance; if you are uninsured or underinsured they can help with payments. Co-pay may also be charged. Please call 781-396-6010 to reserve your time today.
- ★ **TWIN RIVER**— Monday October 1, \$24 per person. Bus will depart at 9:00am for a

day of casino gaming excitement and big money simulcast racing action. Depart Twin River at 3:30 and arrive home approx 5:00pm. Tickets go on sale Wednesday Sept 5th.

- ★ **Foxwoods** only \$25.00 per person, next departure Sept 17th, tickets on sale now. Nonstop bus from Medford to Foxwoods. Bus will depart at 7:45am and leave Foxwoods at 4:30pm. Future dates Oct. 22, Nov 12th.

- ◆ **Wildwood NJ**– Sept 24-27, \$315.00 per person. 3 nights and 4 day package includes deluxe motor coach, 3 nights Port Royal Resort, breakfast, dinners, 1 full day in Atlantic city, and more. Deposit of \$50.00 per person due at time of booking. Seats are limited get your deposit in today!!!

- ◆ **Winnepesaukee Scenic Railroad “Turkey Train”**- Thursday October 25th, \$40.00 per person. Bus will depart Medford at 9:00am first stop Christmas Tree Shop for great bargains! Board the train in Meredith NH at 1:00pm for a 2 hour scenic train ride with a full Turkey Dinner with all the fixings. Tickets available Sept 6th.

- ★ **White Mountains & Christmas** –December 5th-7th. \$385.00 per person based on double occupancy. A deposit of \$50.00 per person is required at time of deposit. Tour includes motor coach 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.