

# OUR PLACE, OUR TIME

## NOVEMBER 2012

**Annual Holiday Craft Fair** Saturday November 17th from 10am to 3pm At the Medford Senior center FREE Admission **COA white elephant table, craft tables, baked goods table, raffle baskets, children's tables and more** Come on down for a wonderful afternoon of shopping and prizes New Crafters welcome, tables available

- ◆ **Fall Centerpiece Workshop Friday November 16 1:00pm \$19.00**, 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, \$5.00 deposit required, pay the balance when you make your beautiful centerpiece that day. Call 781-396-6010 for more information.

### HEALTH & WELLNESS

- ◆ **Attorney John Donahue** from "Law for Life" - Beginning 10:30am on **November 20th**, 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.
- ◆ **Legal Assistance, TriCAP Atty. Jayna Stafford** on **Wednesday November 14th**, starting at 10 am Call 781-396-6010 for an appointment. Tri-Cap Legal Services for low-income residents.
- ◆ **Dale Tamburro** will present a free seminar on **Mass Health & Medicaid– How to protect your Home and still qualify!** On November 13th at 1pm at the Medford Senior Center. A light lunch maybe served please call to reserve your seat today, 781-396-6010.
- ◆ **Morning Meditation & Self-Care– November 28th** 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 meditation will also be explained \$5.00 for one hour. Please call 781-396-6010 to reserve your seat today.

### Health Seminars and Screenings

- ◆ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday **November 5, 19, 26** . 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. November 7, 14, 21, 28. This program is sponsored by Greater Medford VNA
- ◆ The Elder Insider presents “**Where’s the Care?**”—Wednesday, **Nov 7th** from 1pm to 2pm. How to access the care and resources that are available to you! Are you confused about the many senior services that are available to you? You are not alone! Call today to reserve your seat 781-396-6010
- ◆ **Holiday Cheer & Holiday Fear**— Taking care of our minds and bodies at this time of year. Join Hallmark Health, and Judy Seifert, on Monday **November 19th** from 1pm to 2pm at the Medford Senior Center, on a discussion about caring for ourselves during the holidays, including ideas and exercises for coping and relaxing. Please call 781-396-6010 to reserve your seat today.
- ◆ **December 20th at 10am** for a presentation with **Blue Cross and Blue Shield** of Massachusetts. A brief presentation to explain how Medigap plans and Medicare Advantage plans work with Medicare. Questions on the 2013 benefits can be answered! All are welcome regardless of your insurance coverage. Reserve your seat today by calling 781-396-6010.
- ◆ **Healthy Eating While Dining Out**—Join Candace Quigley, registered dietitian on Monday, **December 10 at 12:30** at the Medford Senior Center. Ever wonder what you can eat at a restaurant and still stay on your eating plan? What items are healthy at the salad bar? What restaurants have healthy choices? Let’s explore these questions together. Call 781-396-6010 to reserve your seat today.
- ◆ **Mass Audiology** will offer a free hearing screening on Thursday **December 6th from 10am to 12n**. Do you experience ringing in your ears? Do you hear better with one ear than the other? Please call 781-396-6010 to reserve your test today.
- ◆ **Salter Healthcare** will be presenting a series of free nutrition lectures to the Medford Senior Center. The series will begin on Tuesday, December 4th at 1pm. Please call 781-396-6010 to reserve your seat today. **December 4th**—Healthy Eats with Healthy Meats   **December 11th**—what do all these numbers mean: Cholesterol, LDL, HDL, and Triglycerides?   **December 18th**—what’s in a nut? Are all nuts healthy?

## TRIPS

- ★ **Foxwoods** only \$25.00 per person, last departure for the season, Nov 12th tickets on sale now. Nonstop bus from Medford to Foxwoods. Bus will depart at 7:45am and leave Foxwoods at 4:30pm.
- ★ **Yuletide Newport**— \$69.00 per person, December 12th motorcoach will depart Medford at 8:30am for a holiday tour combining the beautifully decorated mansions of Newport, RI and the magnificent lightdisplay at LaSalette Shrine. Lunch is included at the Atlantic Beach Club, choice of Baked Scrod or Baked Chicken. Return to Medford approx 7pm. Tickets on sale November 1st.

- ◆ **SHINE** each Thursday in November 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.
- ◆ **Roland's Jewelry Repair, Wednesday, November 14th, 11—12 noon.** John Racicot will help you with your jewelry repair needs. He will also replace batteries in hearing aids for a small charge.
- ◆ **Pet Therapy,** Come down and visit Barbara and JACK, a pet therapy dog. November 13th, at 11:30am.
- ◆ **Representative Donato** will be available November 28th to meet with constituents.
- ◆ **Afternoon Movie,** Tuesday November 27th at 1pm, Free Movie ***The Best Exotic Marigold Hotel***, group of British retirees decide to "outsource" their retirement to less expensive and seemingly exotic India. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. **Rated PG-13.**
- ◆ ***Remember This? 1:00pm*** *Come on down each Wednesday at 1:00pm for our free classic movie series from 1940 and later.*
- ◆ **Book Club** led by Tufts OT graduate program students each Thursday at 1pm in the library. Do you enjoy reading? Want to talk to others who love books.