

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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MONDAYS

ZUMBA GOLD– Emily offers a 45 minute program at 10:00am. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the need of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Enjoy the music. Cost is \$5.00 per class drop in.

Gentle Yoga offered Mondays at 12:45 focuses on standing, seated and floor level postures, for strength, flexibility and balance. Prepaid \$25.00 or \$3.00 pay as you go for 10 weeks

Chair Yoga offered Mondays at 2:00 focuses on seated and standing yoga postures. Adaptations are always shown to accommodate conditional like arthritis, osteoporosis and high blood pressure. Prepaid \$25 or \$3.00 pay as you go for 10 weeks.

TUESDAYS

LINE DANCING for fun and fitness with instructor Charlotte, 10:00 – 11:00 am. Ongoing; register at time of class Fee: \$3.00 per class. All levels of dance are welcome.

KNIT & CROCHET ongoing, 10:30 am. \$1.00 per person per class. We have space for new members. Please join our instructor Suzanne in creating some beautiful handmade creations.

INTRODUCTION TO COMPUTERS Fee: \$20.00 for six-week course next session begins January 8th at 11:15am for one hour, this six week course is perfect for the student who has NO computer experience

Computer Internet Fee: \$20.00 for six week course session begins Jan 8th at 1:00pm; this class is for the senior who would like to get more information on how to use the internet. Seats are limited.

BRIDGE every Tuesday at 1:00pm, please come down and join our group of men and women.

WEDNESDAYS

ART CLASS with instructor Don Polley, 9:00 – 11:00 am. Ongoing. Fee: \$4.00 per session. Supplies are provided. Paintings with watercolors. New students welcomed

Zumba/Let your Yoga Dance® 10:00am with Emily. Winter series, pay as you go for \$3.00 per class. A fusion of chakra-yoga and joyful breath-based power movements, combining yoga and user friendly dance with music from all around the world.

Computer Excel Class Fee: \$20.00 for six week course offered Jan 9th at 11:00, this class is for the senior who would like to get more information on how to use excel spread sheets. Seats are limited.

INTRODUCTION TO COMPUTERS Fee: \$20.00 for six-week course will resume January 9th at 11:15am for one hour, this six week course is perfect for the student who has NO computer experience

Strength & Balance– Please join Tavia in a free one hour exercise program focusing on strength and balance. Tavia resumes her weekly classes on Wednesday January 2nd from 2pm to 3pm.

THURSDAYS

EXERCISE (Pilates-type) with Instructor Sergio Vinci, 1:30pm pm. **Fee: \$2.00** per class. Drop ins welcomed. Pilates improves core strength, flexibility, agility and economy of motion.

Chair Aerobics at 2:30pm - Free chair aerobics class each Thursday for the month of January. You will use light weights and bands. **Donations accepted.**

FRIDAYS

Tai Chi Chi Kung 9:45am Ancient form of exercise that improves breathing and posture and releases tension, with instructor Marie Favorito. \$45.00 if paid in advance for 10 week session, or drop in fee of \$5.00 per class.

CERAMICS: Ceramics with Rosemary Ardagna from Claydreams of Arlington. Classes are held on Fridays from 10am to 12noon. Cost is \$5.00 per 2 hour class, (cost of pottery piece is not included)

Holiday Singers- This group is open to anyone who wants to sing, no audition necessary. Requests are welcome. The group will meet every Friday at 2:15pm

HEALTH & WELLNESS

¹⁴/₇ **Attorney John Donahue** from “Law for Life” 10:30am on **January 15th**, 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.

¹⁴/₇ **Legal Assistance, TriCAP Atty. Jayna Stafford** on **Wednesday January 9th**, starting at 10 am Call 781-396-6010 for an appointment. Tri-Cap Legal Services for low-income residents.

¹⁴/₇ **Legal Services provided by Dale Tamburro, PC**, will be available on **January** for personal one on one sessions beginning at 10:30am.

¹⁴/₇ **Morning Meditation & Self-Care– January 23rd** 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.

¹⁴/₇ **FOOD PANTRY** for elders January 10th at 2pm. Elders and adults with disabilities

who are interested in taking part in the food pantry should visit the Medford Senior Center to fill out an application. Participants **must register** prior to visiting the food pantry, and are encouraged to register. Participants qualify based on income, disability, and age.

¹⁴/₇ **Salter Healthcare** will be presenting a series of free nutrition lectures to the Medford Senior Center. The series will continue on Tuesday, January 8th at 1pm. Please call 781-396-6010 to reserve your seat today.

January 8– Nutritional and medicinal uses of herbs

January 15—Health benefits of vinegar– vinegar tasting

January 22– Learn about Food Safety at home

January 29—what are antioxidants? Learn about their functions and sources

SUPPORT GROUPS

¹⁴/₇ **AL Anon meetings, Senior Center Library, Mondays, 10:30—11:30 am**

¹⁴/₇ **Diabetes Support Group** will meet January 24th at 11:00am. New members always welcome. Please come to discuss the updates on Diabetes with Diane Doucette, RN.

Health Seminars and Screenings

¹⁴/₇ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday **January 7, 28th**. 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.

¹⁴/₇ **Ask A Nurse**– Please stop by and see Mary, she will be available on most Wednesdays from 11—12 for Blood Pressure checks, questions, and more. January 2, 9,16,23,30. This program is sponsored by Greater Medford Visiting Nurse.

¹⁴/₇ **Mass Audiology** will offer every other month free hearing screening on the 2nd Wednesday beginning February 13th **from 11am 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.

¹⁴/₇ **Home Again Health Care** of Woburn will be offering a seminar on **Winter Woes, January 31** from 11am to 12n at the Medford Senior Center. Winter maybe a wonderland, but it's also the deadliest time of year for those of us who live in the North. Falls, heart attacks, and back injuries are more common in the winter. There's flu to contend with, too. Come hear Carol Bailey from Home Again Health Care in Woburn talk about all the potential problems of winter in New England and ways to avoid them. Reserve your seat today by calling 781-396-6010.

¹⁴/₇ **Dr. Carl Conui Podiatrist** is available for appointments at the Medford Senior Center on January 28th beginning at 1:00pm. Insurance accepted or \$30 for visit. Call 781-396-6010 to set your appointment.

¹⁴/₇ **Health and Wellness BINGO with Joya Pezzuto at Hallmark Health** – Tuesday January 15th beginning at 1:00pm– attendees will learn about blood pressure and

stroke by playing bingo it's an easy way for those involved to interact, learn how to stay healthy, and win small prizes. Refreshments will be served. Please call and reserve your seat 781-396-6010, seats are limited.

ONGOING ACTIVITIES AT THE SENIOR CENTER

¹⁴/₇ **BINGO:** Each Wednesday begins at 1:00pm; \$2.50 for 11 games, coffee, and dessert

¹⁴/₇ **SHINE** each Thursday in January 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.

¹⁴/₇ **Alterations with Carmina every Friday, 1—2 pm.** Excellent work at reasonable prices. Master Tailor Carmina Cerbone is fast, efficient, and affordable.

¹⁴/₇ **Roland's Jewelry Repair, Wednesday, January 16, 11—12 noon.** John Racicot will help you with your jewelry repair needs. He will also replace batteries in hearing aids.

¹⁴/₇ **Pet Therapy,** Come down and visit Barbara and JACK, a pet therapy dog. January 15, 11:30am.

¹⁴/₇ **Representative Donato** will be available January 30th to meet with constituents.

¹⁴/₇ **Whole Foods** will return for a cooking demonstration on Friday **January 18th** at 1pm. Please join Carla for interesting tidbits and learn about new ingredients. Call to reserve your seat.

¹⁴/₇ **Afternoon Movie,** Tuesday January 29th at 1pm, Free Movie **The Campaign—** Long term congressman Cam Brody (Will Ferrell) commits a major public gaffe before an upcoming election, a pair of CEO's plot to put up a rival candidate Marty Huggins (Zach Galifinakis) at first an unlikely choice, but with help he becomes a contender. Rated PG-13

¹⁴/₇ **Weight Loss Support Group** will meet each Friday at 1pm. \$1.00 per meeting. Informal group sessions offering private weigh ins, recipe ideas, and support.

¹⁴/₇ **Remember This? 1:00pm** Come on down each Thursday at 1:00pm for our free classic movie series from 1940 and later.

¹⁴/₇ **Dean Martin Variety Show** is returning on Friday January 4th. We will offer a one hour classic DVD show beginning at 10:00am in our library, all welcome.

¹⁴/₇ **CHESS anyone?** - We are offering a new activity, CHESS. If you are interested meet with Norman on Tuesdays beginning January 8th at 1pm.

TAXI BOOKS Reminder the Medford Senior Center sells taxi books for our senior's convenience. You can save 20% and pay only \$8.00 per book for \$10.00 of value. No expiration date on the taxi books. We would like to Thank Malden/Medford Taxi for their continuing work with our Community.