

## OUR PLACE, OUR TIME

# FEBRUARY 2013

- ◆ **HOME MAINTENANCE** will resume in March on Mondays and Tuesdays. Carl will be available to help with home maintenance that will help our seniors stay in their homes longer. Call 781-396-6010 to make your appointment today.
- ◆ **Attorney John Donahue** from “Law for Life” - Beginning 10:30am on **February 12th**, 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 February 13th**, starting at 10 am Call 781-396-6010 for an appointment. Tri-Cap Legal Services for low-income residents.
- ◆ **Legal Services provided by Dale Tamburro, PC, will be available on February 19th** for personal one on one sessions beginning at 10:00am.
- ◆ **Legal Seminar** with Dale Tamburro Feb **19th at 1:00pm, Basic Estate Planning.** Please call to reserve your spot 781-396-6010. Refreshments will be served.
- ◆ **Morning Meditation & Self-Care– February 27th** 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.
- ◆ **Salter Healthcare and Jessie McNeil** will be presenting a series of free nutrition lectures to the Medford Senior Center. The series continues each Tuesday, February 5th at 1pm. Please call 781-396-6010 to reserve your seat today.
  - February 5—Buying and handling of produce– get the most for your money
  - February 12—Learn about natural food sources of various vitamins and minerals
  - February 19—dining out– making the right choices

### Health Seminars and Screenings

- ◆ **Reflexology** with Jane Aire Beckwith, MSt AMTA certified and licensed will be offering reflexology on Monday **February 11, 25th**. 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 11—12 for Blood Pressure checks, questions, and more. February 6, 13, 20, 27. This program is sponsored by Greater Medford Visiting Nurse.
- ◆ **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 free test today.
- ◆ **Dr. Carl Conui Podiatrist** is available for appointments at the Medford Senior Center on Feb 25th beginning at 1:00pm. Insurance accepted or \$30 for visit. Call 781-396-6010 to set your appointment.
- ◆ Join **Chris Grande from Walnut Hill Advisors** at the Medford Senior Center for the Downsizing Workshop. **March 20th** beginning at 1pm. Refreshments will be served. Please call 781-396-6010 to reserve your seat today.

## **ONGOING ACTIVITIES AT THE SENIOR CENTER**

- ◆ **SHINE** each Thursday in February 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, February 20th, 11—12 noon.** John Racicot will help you with your jewelry repair needs. He will also replace batteries in hearing aids.
- ◆ **Pet Therapy**, Come down and visit Barbara and JACK, a pet therapy dog. Tuesday February 5th, at 11:30am.
- ◆ **Representative Donato** will be available February 27th to meet with constituents.
- ◆ **Afternoon Movie**, Tuesday February 26th at 1pm, Free Movie **The Odd Life of Timothy Green**—Happily married couple, Cindy and Jim can't wait to start a family but only dream about what their child would be like. When Timothy shows up on their doorstep one stormy night, Cindy and Jim and their town learn that sometimes the unexpected can bring some of life's greatest gifts. Starring Jennifer Garner and Joel Edgerton. Rated PG