

OUR PLACE, OUR TIME

MARCH 2013

HEALTH & WELLNESS

- ◆ **HOME MAINTENANCE** resumes in March. Carl will be available to help with home maintenance that will help our seniors stay in their homes longer. 781-396-6010 for your appointment
- ◆ **Attorney John Donahue** from Gosselin, Moschella, Kyriakidis & Tedesco “Law for Life” - 10:30am on **March 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 March 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 March 19th** for personal one on one sessions beginning at 10:00am.
- ◆ **Legal Seminar** with Dale Tamburro **March 19th at 1:00pm**, Asset Protection, Probate avoidance, Revocable & Irrevocable trusts. Reserve your spot 781-396-6010. Refreshments will be served.
- ◆ **Morning Meditation & Self-Care– March 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.
- ◆ Join Jo-AnnThibault from The Elder Inside on **March 5th** at 1pm Topic “**Organize and De-Clutter**” Too much stuff! We all have it! Think about how you would feel when you sort through your stuff and organized your home, and your life...You’d feel pretty good. Learn tips on how to start the process! Reserve your seat today 781-396-6010, refreshments will be served.

Health Seminars and Screenings

- ◆ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday **March 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. March 6, 13, 20, 27. This program is sponsored by Greater Medford Visiting Nurse.

- ◆ **Mass Audiology** will offer free hearing screening on April 10th 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.
- ◆ 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.
- ◆ Please join Candace Quigley, Registered Dietitian, LDN from Mystic Valley Elder Services for a seminar on **Spring nutrition—April 2nd at 1pm**. Please call 781-396-6010 to reserve your seat today.
- ◆ Hallmark Health and Joya Pezzuto, RN will be offering a free program **Sunny side Up**, Monday, **March 18th from 1:00pm to 2:00pm**. This program will teach you how to wake up on the right side of the bed and how to develop a more positive attitude, which can be beneficial to your health and well being.

TRIPS

- ★ **Foxwoods**—\$25.00 per person will begin on **Monday March 11, 2013**. The bus will depart at 7:45am. A minimum of 30 passengers required. Future dates: April 15, May 13, June 10, July 15, August 12, September 16, October 7, and November 4. Tickets on sale today for all dates.
- ★ **Shawsheen Lunch & shopping at Wal-mart**— March 26th our van will depart at 10:45am. First stop at Shawsheen Technical School for a culinary treat and a visit to the bake shop \$7-\$9 per person to be paid at lunch depends on what you order off menu. Space is limited to 14. Come in and reserve your seat March 5th. This is for first time Shawsheen travelers of the season, please no repeat guests
- ★ **Parkers Maple Barn Luncheon** Friday April 19th- \$49.00 per person. Depart at 9:30am for a delightful day exploring NH best attractions. Enjoy a brunch at Parkers including eggs, bacon, pancake, sausages, and more...After the meal tour and learn how to process Maple Sap into Maple sugar. Then off to Anheuser Busch Brewery, for a tour of the Clydesdale horses and sample of the brewery's products. Return home approx. 5pm. Tickets go on sale March 7th.
- ◆ **The Lobster Roll Cruise**— Ride a Lobster!! Tuesday July 23rd \$57.00 per person, motorcoach will depart 8:00am start with a stop at the Christmas Tree Shop in Hyannis, then onto a 90 minute cruise offering views from the decks of the “lobster roll” a custom built dinner cruise boat. Enjoy the calm waters of Sesuit Harbor and into the serene beauty of Cape cod Bay. Enjoy a choice of Lobster Roll, Roast beef roll up or a vegetarian roll up. In the afternoon, visit Cuffy’s store in West Dennis before heading home. What better way to spend a summer day!! Tickets on sale April 1st.