

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

MEDFORD SENIOR CENTER, 101 RIVERSIDE AVENUE, MEDFORD 02155 TELEPHONE: 781-396-6010
FAX: 781-395-8912 CITY HALL T.D.D.: 781-393-2516 WEB SITE: WWW.MEDFORD.ORG
E-MAIL: MEDFORDCOA@VERIZON.NET

APRIL 2013

Medford Senior Citizens, Inc (MSCI) FUNDRAISER“Friends of the Medford Senior Center” June 21st, 12noon to 3pm Western Ho Down BBQ \$20.00 per person Lots of food, fun and entertainment by Big Smile entertainment.

- ◆ **HOME MAINTENANCE** 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 **April 9th**, 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 April 10th**, 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 April 16** for personal one on one sessions beginning at 10:00am.
- ◆ **Legal Seminar** with Dale Tamburro April **16th at 1:00pm**, you have Questions, Dale will have your answers—Seminar Reserve your spot 781-396-6010. Refreshments will be served.
- ◆ **Morning Meditation & Self-Care– April 24th** 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.
- ◆ **Hallmark Health Annual Health Fair** will be at the Medford Senior Center on Wednesday May **29**. Mark your calendars today. Free Health Screenings, File of Life/Medication Review, Hearing Test, Blood Pressure, BMI, Oxygen, Bone Density, Pulmonary, Community Resources, Education Materials, Give –a-ways and more.

Health Seminars and Screenings

- ◆ **Diabetes Support Group** will meet April 25th at 11:00am. New members always welcome. Please come to discuss the updates on Diabetes with Diane Doucette, RN.
- ◆ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday **April 8, 22** . 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. April 3, 10, 17, 24. 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.
- ◆ **Dr. Carl Conui Podiatrist** is available for appointments at the Medford Senior Center on April 29th beginning at 1:00pm. Insurance accepted or \$30 for visit. Call 781-396-6010 to set your appointment.
- ◆ 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.
- ◆ Please join Roberta Robinson from CHA on **PACE. Wednesday April 10th** at 1:00pm at the Medford Senior Center. This program will talk about all inclusive care for the Elderly—a health care plan that covers all health & health related services, including transportation to medical appointments. Who Qualifies? Is there a Cost? Call today to reserve your seat 781-396-6010 and get your answers. Refreshments will be served.

DAY AND OVERNIGHT TRIPS

- ★ **Foxwoods**—\$25.00 per person will begin on **Monday April 15, 2013**. The bus will depart at 7:45am. A minimum of 30 passengers required. Future dates: May 13, June 10, July 15, August 12, September 16, October 7, and November 4.
- ★ **Mohegan Sun- \$20.00** per person, Monday May 6th. Bus will depart at 7:45am and return approximately 6:30pm. Each passenger will receive a \$35.00 package upon arrival at the casino. The package consists of a \$15 meal voucher and \$20 free bet. Tickets available April 5th.
- ★ **Cruising the Charles**— May 16—\$59.00 per person. Motorcoach will depart 9:00am from the Medford COA, take a short tour through Boston, and enjoy a delicious lunch at the Cheesecake Factory, narrated Charles Riverboat cruise. Tickets available

April 3rd.

- ★ **Charlie Thomas & the Drifters at the Danversport yacht Club**– Tuesday, June 11th- \$64.00 per person. Meal choice; Chicken or Scrod; cheese & crackers, vegetables, mashed potatoes, salad, dessert, coffee/tea; and a wonderful show by the Drifters. Tickets on Sale April 2nd.
- ◆ **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.

ONGOING ACTIVITIES AT THE SENIOR CENTER

- ◆ **LUNCH:** Noontime meals are served each weekday, lunch program is run in cooperation with Mystic Valley Elder Services. Please call at least a day prior to reserve your meal, \$2.00 meal donation.
- ◆ **BINGO:** Each Wednesday begins at 1:00pm; \$2.50 for 11 games, coffee, and dessert
- ◆ **SHINE** each Thursday in April 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, April 17th, 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 April 2nd, at 11:30am.
- ◆ **Representative Paul Donato** will be available April 24th to meet with constituents. Immediate questions and concerns should be directed to his office at 781-395-1683.
- ◆ **Afternoon Movie,** Tuesday April 23rd at 1pm, Free Movie **Anna Karenina** is a 2012 British romantic drama film directed by Joe Wright and adapted by Tom Stoppard

from Leo Tolstoy's 1877 novel of the same name. The film depicts the tragedy of married Russian aristocrat and socialite Anna Karenina and her affair with the affluent Count Vronsky. Keira Knightley stars in the lead role as Karenina, while Jude Law and Aaron Taylor-Johnson appear as Alexei Karenin and Vronsky, respectively. **Rated R**

- ◆ **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.
- ◆ **PINOCHLE**-9:30– 3:30pm Come on down each Thursday and join our group of card players.
- ◆ ***Remember This? Each Thursday at 1:30pm for our free classic movie series from 1940 and later.***
- ◆ **CRAFTING**-1pm to 3pm most Fridays, call Arlene for more details 781-396-6010.
- ◆ **CHESS** - *If you are interested meet with Norman on Tuesdays at 1pm.*
- ◆ **CRIBBAGE ANYONE?** *We will offer cribbage games on Mondays from 9:30am to 11:30am.*
- ◆ **Notary Service** is offered each Wednesday from 9am to 10am at the senior center. Mr. Nadarajah will offer this free service to Medford Residents. Keep in mind if your Notary needs are time sensitive, you may want to call the Senior Center to confirm that he is in.
- ◆ Walking Club is back beginning on April 19 at 10:00am. Please join Pamela Kelly for a 45 minute walk—let's exercise, get some fresh air, and enjoy our surroundings.