

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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MAY 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 (Beef Brisket, Pulled Pork, Corn on the cob, Baked Beans, Cole Slaw, Corn Bread, Lemonade, Peach Blueberry Cobbler and more...) An afternoon of Great Country Music presented by Big Smile Entertainment featuring special guest Patricia McLaughlin performing great country female singers like Dolly Parton and Patsy Cline. Greater Medford VNA & Additional Care are proud to be a sponsor of the MSCI Hoe Down BBQ! Buy your tickets today.

- ◆ **Attorney John Donahue** from Gosselin, Moschella, Kyriakidis & Tedesco “Law For Life” - 10:30am on **May 7th**, 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 May 8th**, starting at 10 am Call 781-396-6010 for an appointment. Tri-Cap Legal Services for low-income residents.
- ◆ **Legal Seminar** with Dale Tamburro **May 14th at 1:00pm**, Housing Options for Elders. Home Repair, Long Term Care, Downsizing, Renting, Trusts, learn about little known benefits that can keep you in your home. Call 781-396-6010 to reserve your seat today. Refreshments will be served.
- ◆ **Morning Meditation & Self-Care– May 22** 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.
- ◆ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday **May 6, 20**. 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.
- ◆ **Taking Control of your future– a Legal Checkup–** Join Attorney Neil Winston on May 21st at 1pm, for a free seminar on a wide range of legal issues affecting the lives of seniors. Reserve your seat 781-396-6010.
- ◆ **Protecting Your Nest Egg–** New York Life will be at the Medford Senior Center on June 4th at 1:00pm, to talk to you about Estate Taxes, Probate, Managing Retirement Income and more. Call to reserve your seat today, 781-396-6010.

- ◆ **NEW STROKE SUPPORT GROUP**— will begin June 5th at 1:00pm at the Medford Senior Center. The group is sponsored by Community Rehab Care and Lauren Burdalis. The group is for patients and caregivers. Please stop in all are welcomed.
- ◆ **Diabetes Support Group** will meet May 23rd at 11:00am. New members always welcome. Please come to discuss the updates on Diabetes with Diane Doucette.
- ◆ **Mass Audiology** will offer free hearing screening on June 12 **from 11am to 12n**. Do you experience ringing in your ears? Do you hear better with one ear than the other? Call 781-396-6010 to reserve your free test today.
- ◆ **Dr. Carl Conui Podiatrist** is available for appointments at the Medford Senior Center on June 24 beginning at 1:00pm. Insurance accepted or \$30 for visit. Call 781-396-6010 to set your appointment.
- ◆ **Hallmark Health Annual Health Fair** will be at the Medford Senior Center on **Wednesday May 29**. Mark your calendars today. A box lunch will be served, you must reserve with Fay at **least one day prior**.
 - ◆ **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**

DAY AND OVERNIGHT TRIPS

- ★ **Foxwoods**—\$25.00 per person next trip on **Monday May 13 2013**. The bus will depart at 7:45am. A minimum of 30 passengers required. Future dates: June 10, July 15, August 12, September 16, October 7, and November 4.
- ★ **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
- ★ **Charlie Thomas & the Drifters at the Danversport yacht Club**— Tuesday, June 11th- \$64.00 per person. Meal choice; Chicken or Scrod; also get cheese & crackers, vegetables, mashed potatoes, salad, dessert, coffee/tea; and a wonderful show by the Drifters. Tickets on Sale.
- ◆ **Atlantic City 4days 3 nights** departing Medford **October 1st-4th 2013**. Trip includes deluxe motorcoach transportation, 3 nights at Resorts Hotel & Casino, 3 dinner Buffets, \$70 slot Dollar and much more. \$259 per person based on Double occupancy, \$379 for single. \$50 deposit due at time of booking, final balance due by August 26th. Please see Pam to reserve your seat today and to get a flyer with all the information.