

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

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- ◆ **Legal Assistance, TriCAP Atty. Jayna Stafford on Wednesday September 11th**, starting at 10 am Call 781-396-6010 for an appointment. Tri-Cap Legal Services for low-income residents.
- ◆ **The law Office of Dale J Tamburro** presents a two part seminar beginning on **September 24th** at 1:00pm, Understanding Basic Estate Planning Terms and Documents. The second part will be held on October 22nd at 1:00pm– Benefits of Irrevocable and Revocable Trusts. Call 781-396-6010 to reserve your seat for one or both of the seminars.
- ◆ **Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday **September 9, 23rd**. 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 when making appointment which will be applied to balance.
- ◆ Meet **Donald Loring Brown** author of “The Morphine Dream” at the Medford Senior Center on Thursday **September 5th from 10am to 12noon**. Mr. Brown's background reveals a struggle for self-awareness and a record of overcoming hardships that life has dealt him. This **motivational speaker** will speak on many areas that have fascinated many. Call 781-396-6010 to reserve a seat today.
- ◆ **SunBug Solar September 4th at 11; 30am**-come learn how you can take advantage of a great opportunity to install solar on your home. All non –profit or businesses in Medford can benefit from discounted prices. Medford was selected to participate in a state-sponsored, limited time program that offers great pricing on solar systems. The City's Director of Energy & environment and a representative from the City's selected installer, SunBug Solar, will speak about Solarize Medford and how you can take advantage. Call 781-396-6010 to reserve your seat today.
- ◆ **Please Join “Wynn-for-All”** for a presentation on the Wynn Resort and Casino, **September 18th** at 11:00am at the Medford Senior Center. We want everyone to know that this project will benefit the entire region with great jobs, community improvements and an economic engine that will help the region for generations. Complimentary coffee & muffins will be provided, please call 781-396-6010 to reserve your seat.

- ◆ **Diabetes Support Group** will meet September 26 at 11:00am new members always welcome. Please come to discuss the updates on Diabetes with Diane Doucette, RN.

Health Seminars and Screenings

- ◆ **Ask A Nurse**— Please stop by and see Mary, she will be available Wednesdays from 11—12 for Blood Pressure checks, questions, and more. Sept 4, 11, 18, 25. This program is sponsored by Greater Medford Visiting Nurse.
- ◆ **Mass Audiology** will offer free hearing screening on **October 9th 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 conveniently located at the Medford senior center.
- ◆ **Dr. Carl Conui Podiatrist** is available for appointments at the Medford Senior Center on September 16th at 1:00pm. Insurance accepted or \$30 for visit. Call 781-396-6010 to set your appointment or to answer any of your questions.
- ◆ **Morning Meditation & Self-Care— September 25th** 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.
- ◆ **My Life, My Health**—sign up today for a **free six week workshop!** Begins **September 12** at 10:00am. Chronic disease self management is for anyone living with an on-going medical condition like: Arthritis, Asthma, Cancer, Chronic Back Pain, Chronic Fatigue Syndrome, COPD, Diabetes, Fibromyalgia, Heart Disease, High Blood Pressure, Parkinson's, Stroke and more. This program will run for 6 weeks and be approximately 2 1/2 hours long. Call 781-396-6010 to reserve a seat.
- ◆ **How to get the most out of your Doctor's visit**—join Joya Pezzuto, RN, of Hallmark Health Senior Outreach program for this free seminar on Monday **September 16th** beginning at 1:00pm. Please call 781-396-6010 to reserve your seat today.
- ◆ Join Intercity Home Care **September 11th at 11:00am**, as we observe “**Falls Prevention Awareness Day**” with our local certified trainer of *A Matter of Balance*, Lisa O'Loughlin. She will give us some great tips on how to eliminate fall hazards from our homes and prevent the risk of falling wherever we are. The national council on Aging says “Falls are not a normal part of aging”. Let's prove them right! Light refreshments will be served call 781-396-6010 to reserve your seat.
- ★ **Foxwoods**—\$25.00 per person next trip on **Monday September 16th**. The bus will depart at 7:45am. Upon arrival you will receive \$10 food voucher and \$15 keno match play a minimum of 30 passengers required. Future dates October 7, November 4. Tickets on sale today
- ◆ **Harts Turkey Train Tuesday September 10th-** \$55.00 per person. Motorcoach will depart Medford at 8:30am for a scenic ride to the beautiful White Mountains area.

You will board the Scenic Railroad Dining Car for your train ride and also a delicious full course luncheon featuring Hart's Turkey Farm Roast Turkey with all the trimming. Arrive back home approximately 5:30pm Tickets available

- ★ **White Mountains & Christmas** –December 2nd-4th. \$385.00 per person based on double occupancy. Tour includes motor coach ride, deluxe accommodations at the White Mountain Hotel & Resort, great meals, Holiday entertainment shows, guided tour, and more. See Eleanor for further details on reserving your seat. Deposit of \$50.00 is required at time of reservation; final payment is due by Oct 15th.
- ★ **New Years Eve Day Trip** December 31st, Danversport Yacht Club features “The Italian Crooner” Gian Faraone. **\$73.00 per person** includes transportation, luncheon, show, orchestra, party favors & champagne toast. Meal choice of either boneless breast of chicken or Baked Scrod; plus salad, vegetable, potato, dessert coffee & tea. Tickets available.
- ◆ **SHINE** each Thursday in September 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 **new day and time Thursdays from 12noon to 1pm.** Excellent work at reasonable prices. Master Tailor Carmina Cerbone is fast, efficient, and affordable.
- ◆ **Roland's Jewelry Repair, Wednesday, September 18th from 11—12 noon.** John Racicot will help you with your jewelry repair needs. He will also replace batteries in hearing aids.
- ◆ **Pet Therapy**, with Jack and Barbara will return on September 10th. Stop by and visit with Jack
- ◆ **Representative Paul Donato** will be available September 25th to meet with constituents. Beginning at 10:30am immediate questions and concerns should be directed to his office at 781-395-1683.
- ◆ **Afternoon Movie**, Friday, September 27th at 1pm, Free Movie **Quartet**, Dustin Hoffman directs this drama/comedy. At a home for retired musicians, the concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and former wife of one of the residents. Every diva deserves an Encore. This movie is rated PG-13.
- ◆ **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 1:00pm for our free classic movie series from 1940 and later.
- ◆ **The Carol Burnett Series** will begin on September 6th. We will offer a one hour classic DVD show beginning at 10:00am in our library. **FREE**
- ◆ **CRIBBAGE ANYONE?** Cribbage games on Mondays from 9:30am to 11:30am. Come on down and learn to play or refresh your skills.
- ◆ **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 each Friday at 10:00am. Please join Pamela Kelly for a 45 minute walk—let's exercise, get some fresh air, and enjoy our surroundings. Weather Permitting

MSCI- 2013 Fundraiser Meat Bingo Will be held on Friday October 18 from 6pm to 9pm at the Medford Senior Center **\$3.00 per person admission** Lottery Tree Door Prize 15 games starting from \$1.00 each, 50/50 and Raffle baskets Laugh, Enjoy, Fun, Win Tickets on sale at 101 Riverside Avenue or call 781-396-6010 for more information