

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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OCTOBER 2013

- ◆ Grandparents Group Planning Meeting Drop-in Format Facilitated by Marie Cassidy and Lee Luongo, MFN Parent Leader **Thursday, October 3 10:00 am - 11:30 am**
Location: 101 Riverside Avenue, Medford Join in this important discussion about the future of the Grandparents group! The group is a support network that provides an avenue for grandparents to meet others who are caring for their grandchild (ren) either on a full or part-time basis and to offer support, ideas and resources. We are also seeking a leader to oversee this new version of the group that may include weekly meetings, specialized workshops and targeted events.
- ◆ **Find out what's New in Medicare for 2014: On October 23 at 10:30am** a representative from SHINE program at Mystic Valley Elder Services will update us on changes in Medicare. You'll be able to schedule an appointment with a SHINE counselor for an individual counseling session at a later date. Please join us for this informative session by calling 781-396-6010 to reserve your seat today
- ◆ **Diabetes Support Group** will meet October 24th at 11:00am new members always welcome. Please come to discuss the updates on Diabetes with Diane Doucette, RN
- ◆ **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 November 18th 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— October 23rd** 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.
- ◆ **Community Rehab Care** invites you to participate in a Stroke Education Series. Please join Michelle Braley, CCC/SLP, Speech Language Pathologist and Kristina Woo, DPT, Physical Therapist for an interactive and engaging presentation on stroke prevention and treatment. Part One will be held **Thursday October 31 at 10:00am**—Defining what a stroke is, Prevention of stroke through healthy lifestyle choices and options. Part Two—**Thursday November 7** at 10:00am Course of Recovery following a stroke, and Information about community resources and support groups. Refreshments will be provided. Please call 781 296-6010 to register today.

- ◆ **Get Healthy this fall with Dr. Tim!** Dr. Tim Bodzioch will be visiting our center on October 29th at 12:30pm to discuss how chiropractic care can help seniors. All attendees are eligible for a free exam, consultation and x-rays at his office, Coupons as well as informative materials will be passed out at the time of the presentation. Call 781-396-6010 to reserve your seat today.
- ◆ Please join Candace Quigley, Registered dietician, LDN on Thursday **October 24th at 11:00am** for a talk on “**Food For your Brain**”, Nourishing our body and brain with a diet chock full of “brain foods” can help deter or even prevent diseases such as dementia. 781-3996-6010 to reserve a seat today.

DAY AND OVERNIGHT TRIPS

- ★ **Foxwoods**—\$25.00 per person next trip on **Monday October 7th**. 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 date November 4. Tickets on sale today
- ◆ Join us for a fun day of shopping at **Merrimack Premium Outlets** in Merrimack NH. **November 11** bus departs at 10:00am be back to Medford approx. 4:00pm Cost \$3.00 per person Tickets available October 11th. Limited to 47 passengers
- ★ **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