

# OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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## February 2016

**Your Living Trust Choices Tuesday, February 9th at 1:00pm Medford Senior Center** Join Dale Tamburro, JD Attorney at Law, on Living Trust and Estate Planning. The living Trust is becoming quite a popular estate planning strategy. Let's review some of the basic principles of the living trust.

- Trust creation
- Funding The Trust
- Trusts to Protect Children
- Trusts for Surviving Spouse
- Bypass the Estate Tax
- And so much more

Please call 781-396-6010 to reserve a seat today, refreshments will be served

**Jim Tuberosa**—will be offering an “Old Time Radio Show” at the Senior Center on February 17th from 1pm to 3pm Jim has over 1000 shows like Burns and Allen and Amos ‘n Andy and more! Space is limited reserve a seat by calling 781-396-6010

Join Ernest Lindsay Director from the Medford Veterans Office, Tuesday, Feb 2<sup>nd</sup> beginning at 10:30am – **Veterans Benefits Overview**. Widow Benefits, Disabled Veterans Benefits, Spousal Benefits .Please call 781-396-6010 to reserve a seat today.

**Parkinson's Support Group Learning How to live with Parkinson's Disease** will meet the first Wednesday, February 3rd at 10:30am. Kimberly Arouth, BSN, from Greater Medford VNA will be leading the group. This group welcomes patients and families to join. Light refreshments are served. For questions feel free to call the Senior Center at 781-396-6010.

**ASK A NURSE**—Nisha Patel, RN. She is available most Wednesdays from 11am to 12noon for blood pressure checks, questions, and more. Program is sponsored by Greater Medford VNA. The first Wednesday of the month Nisha will be available from 11:30 to 12:00n.

Join Joya from **Hallmark Health** on Monday **February 22nd** at 1pm **Managing Stress for Heart Health**. At some point, we've all dealt with stress, but a constant feeling of being “stressed out” can affect our health and wellness. Some side effects of stress may include high blood pressure, sleep difficulties, fatigue, headaches, and stomach upset. While stress is a normal part of life feeling stressed-out isn't. Come Join us for a discussion on how stress effects the body and ways you can learn to manage it. This program is free. Call 781-396-6010 to reserve a seat today. Program is sponsored by Hallmark Health System Aging in Balance.

**FOOD PANTRY** for Elders Thursday, February 11th at 2pm. Elders and adults with disabilities who are interested in taking part in the food pantry should visit the Medford Senior Center to fill out an application. Participants must register prior to visiting the food pantry and qualify based on income, disability, and age. Stop by the center or call 781-396-6010 for an application.

**Jayna Stafford from Pro Bono Legal Services**—will be available on Wed, Feb 10th beginning at 10:30am for appointments . Jayna will be available to assist in your housing questions. Call to make an appointment 781-396-6010

**FREE Afternoon Movie Tuesday February 23rd at 1:00pm *A Walk In The Woods***

Robert Redford, Nick Nolte, and Emma Thompson star in this comedy adventure. Celebrated writer Bill Bryson challenges himself to hike the Appalachian Trail, from Georgia to Maine. He hopes to find peace and tranquility but he is joined by his long lost former friend Katz, a down on his luck serial philanderer, who is trying to stay one step ahead of the law. Rated PG-13

**Reflexology** with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday, Feb 8th. Reflexology provides deep relaxation on your hands or feet, strengthens immune system, and improves your health. She offers 20 minute sessions for \$20. \$5 deposit is required when making appointment which is applied to balance.

**HOME MAINTENANCE with Craig.** Jobs that contribute to home safety are a priority. Fees are based upon a sliding scale according to income. Do you need the batteries changed in your smoke detectors? How about grab bars put up in your bathroom. That pesky light bulb that has blown out but is too high to reach! For more information and to schedule service, call 781-396-6010. Funded through a Medford CDBG Human Services Grant.

**Representative Paul Donato** will be available at the Senior Center on February 24th for office hours beginning at 10:30am. For immediate questions or concerns please call his office at 781-395-1683.

**SHINE (Serving the Health Insurance Needs of Everyone)** Wednesdays in February from 2:00pm to 4:00pm. Gerry Smith will be available by appointment on Wednesdays to help you with all your health insurance needs. Call 781-396-6010 for appointment.

**Alterations** with Carmina will be available each Friday in February from 1pm to 2pm. Excellent work at reasonable prices. Master Tailor Carmina Cerbone is fast, efficient, and affordable. Cash only.

**Roland's Jewelry Repair**, Wednesday February 17th 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 on February 9th at 11:30. Benefits of *Pet Therapy*. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant benefits. Physical Health: lowers blood and more. Stop by and visit with Jack

**Surprise Surprise Open your Eyes**—Let's see what DVD will be shown this week—Fridays beginning at 10:00am—FREE MOVIE most Fridays— Golden Girls/Lawrence Welk/Carol Burnette/Spencer Tracey and Katherine Hepburn and so many more

**CRIBBAGE ANYONE?** cribbage games on Mondays from 9:30am to 11:30am. Come on down and learn to play or refresh your skills.

**PINOCHLE**-9:30– 3:30pm Come on down each Thursday and join our group of card players.

**POKER**– 1:00pm-3:30pm Monday, Tuesday, Thursday, Fridays. Dealers choice, all are welcome

**BRIDGE** Monday and Tuesday at 1:00 pm, please come down and join our group of men and women. We have space available for you. Whether you are new to the game or have been playing forever, you will enjoy playing with our group.

**Canasta**— Do you want to try your hand at Canasta? Need to refresh your skills—don't worry the players are here to help. Mondays from 1:00 to 3:45pm.

**Mahjongg**— Fridays at 1:30 to 3:45— Looking to join a great group or to learn the game, stop by. Chinese game played, usually by four people, with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games such as gin rummy.

**Parker's Sugar Maple Barn Luncheon**—March 23rd, Wednesday-\$59.00 per person. Explore NH best attractions, travel to Mason NH and Parker's for an authentic Maple Sugar Feast, then travel to Winchendon for a visit to Smith's Country cheese shop for a tour and cheese tasting. Tickets available Feb 8th.

**Stoneham Theatre** April 13, 2016—**Sweet Charity**—Group tickets available at the Medford Senior Center. \$37.00 for show ticket only or \$40.00 for show ticket and van transportation. Performance begins at 2pm Tickets available now!

**Stoneham Theatre** May 13, 2016-**Loretta LaRoche**—Life is short: Wear Your Party Pants. Group tickets available at the Medford Senior Center. \$40.00 per ticket for show only or \$42.00 for ticket and roundtrip van transportation. Performance begins at 2pm. Tickets available February 9th.

**Foxwoods**—\$25.00 per person next departure on Monday March 21st. The bus will depart at 7:45am. A minimum of 30 passengers required. Future dates are; May 16th, July 18th, Sept 19th, November 14. Tickets on sale now

**Mohegan Sun**—\$25.00 per person next date on Monday April 11th. The bus will depart at 7:45am. A minimum of 30 passengers required. Future Dates are; Aug 15, Oct 17. All tickets on sale now

**Twin Rivers**—\$20.00 per person next date on Monday April 4th. The bus will depart at 9:30am. A minimum of 30 passengers required. Future dates are; June 6, Aug 22, Oct 3. All tickets on sale now