

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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April 2016

Hallmark Health VNA & Hospice and the Medford Council on Aging will sponsor **We Honor Veterans Program Tuesday, May 10, 2016 at 1:00pm** There will be a presentation of certificates and a pinning ceremony. To receive your pin and certificate please sign up before May 4th at the Medford Senior Center or call 781-396-6010. Refreshments will be served

Parkinson's Support Group Learning How to live with Parkinson's Disease will meet the first Wednesday, April 6th 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 or comments feel free to call the Senior Center at 781-396-6010.

Diabetes Support Group will meet on **April 28th** at 11:00am Please come to discuss the updates on Diabetes with Diane Doucette, RN. For Diane please call 781-396-6437.

ASK A NURSE—Stop by and see 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 11:30am to 12:00n.

FOOD PANTRY for Elders Thursday, **April 7th** 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.

PLEASE NOTE: SPECIAL DATE THIS MONTH

Dale Tamburro from the **Law Office of Dale J. Tamburro, PC** will be available **April 26th** for one/one appointments beginning at 9:30am.

Dale Tamburro on April 26th at 1:00pm —**Understanding Estate Planning from Health Care Proxy to Wills to Trusts to Estate Taxes to massHealth to Certain Insurance Products.**

What steps to take in advance of death or disability? What basic documents are needed?

Why an irrevocable trust? These are some of the questions that Dale Tamburro will help you answer at the next seminar. Call today to reserve a seat 781-396-6010.

THURSDAY APRIL 28th at 1:00pm *The Intern* Ben Whittaker is a 70-year old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin. Starring Robert DeNiro and Anne Hathaway. Rated PG-13

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.

Shopping trip to **Market Basket** in Chelsea -We will be offering our van to take Medford Seniors from the Senior Center to Market Basket in Chelsea **April 21st**. The van will depart at 9:30am with approximately 1 1/2 hours of shopping time. Return to the Senior Center by 12:00noon. Maximum of 10 seniors allowed each trip . You are limited to 4 bags per person.

Newport Playhouse— April 28, Thursday—**One Slight Hitch** \$79.00 per person. Tour includes Ocean drive sightseeing tour, Admission to the show, Full buffet luncheon, and a captivating Cabaret.

Best of Maine Tour May 26th, Thursday - \$59.00 per person, tour includes motorcoach tour, visit to When Pigs Fly, lunch at Clambake Restaurant, stop at Len Libbys Chocolates, scenic trip to York for a visit to Stonewall Kitchen Store. Tickets available.

Newport Flower Show—June 24, Friday—\$79 per person, tour includes motorcoach to the Rosecliff Mansion on Newport's Bellevue Avenue flower show, continue to Scampi Restaurant for a scrumptious lunch, then take in beautiful Ocean Drive before arriving at the Brick Marketplace where a variety of restaurants and shops are available. Tickets available April 25th.

WILDWOOD NJ is back—October 2-5 2016-\$291.00 per person based on double occupancy. Package includes motorcoach, 3 nights oceanfront hotel, most meals, cocktail party, visit to Atlantic City and so much more....Deposit of \$50.00 per person due at booking. Optional insurance \$25.00 per person

Golden Living Lunch and Tour in Malden—We will be offering our van on Tuesday, **April 19th** for a free tour and lunch at the Golden Living Center—Dexter House in Malden. Our van will depart at 11:45am, and is limited to 14 passengers. Please call 781-396-6010 to reserve a seat today.

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

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 9:45am. A minimum of 30 passengers required. Future dates are: June 6, Aug 22, Oct 3. All tickets on sale now

The Medford Senior Center will have a short shutdown period from April 11—April 22nd. During this time we will be able to have limited programming at 121 Riverside Towers First Floor Room (located next door).We will continue to offer lunch and limited programs during the two weeks.Please see daily calendar page 6/7 for schedule. Day trips and off site programming will continue. For any questions please call the office 781-396-6010