

OUR PLACE, OUR TIME

A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

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March 2016



Republic Parking System DBA Park Medford

Representatives from Park Medford will be available at the Senior Center on Tuesday, March 15 at 11:15am to 12:00noon to answer any questions you may have regarding the Parking Enforcement Program in Medford. Please feel free to bring your questions, concerns and comments. We look forward to meeting you!

Please call 781-396-6010 to reserve a seat today. Refreshments will be served.

AARP TAX AIDE

Will be offered each Thursday from 9:00am to 12:00noon . **Ongoing through April 7th.** **Appointments are a must;** call **781-396-6010**. Please bring to your appointment a copy of last years tax return and 2015 documents. Identity Theft continues to be a nationwide problem. Consequently, all taxpayers and spouses WILL need to bring a photo ID to verify their identity. Additionally, taxpayers WILL need to bring their Social Security card or other documents issued by the Social Security Administration such as the SSA-1099 (which shows the social security pension for the year).



ANOTHER OPTION—The Medford Housing Authority and ABCD are collaborating to assist Medford Housing Authority and Public Housing Residents and Housing Choice Voucher Participants with free tax preparation. To schedule an appointment you must call 781-321-3431, tax prep will take place at 121 Riverside Ave on Wednesdays throughout tax season.

How to Outsmart your Smartphone

With Monica & Lena from Boston University

Tuesdays from 11am to 12noon

Do you have a Smartphone, but you're not sure how to use it? Come learn how to use the features that will help you get the most out of your device and stay connected with your family and friends!

Classes are FREE but don't forget to bring your Smartphone!

The Medford Senior Center will remain open during the building and peace park construction. We will do our best to minimize any inconveniences to our programming.

We expect all the work to be complete by mid-summer 2016.



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Social Work Notes—Karlene Bognanni

For your information, the Medford High School Pool has a senior lap/swim program. The cost for a senior citizen/disabled 6 month pass is \$50.00 for both residents and non-residents. The pool is available for seniors Monday—Friday 7:00am—10:00am and 7:30pm –9:00pm, Saturdays 8:00am—2:30pm
Adult lessons and Aqua Zumba will resume this month for an additional fee. Please contact Community Schools for more information at 781-393-2226.

Volunteer Notes— Arlene Carroll

Friend to Friend Program is Changing, New Program begins March 1st

In the current atmosphere of connectivity, our program will be changing to be able to touch more people. The program will now be a weekly call to call, email to email, or letter to letter, offering contact to participants in the way that works for them!

The goal is to establish a positive relationship using social connectivity for older adults in our community. Whether the participants are homebound or home sick, lonely, temporarily in the hospital, looking for a familiar voice, or want to add a regular social exchange of information into their week, give this program a try.

We will have volunteers from the Senior Center initiating the call, email or note. They will have our newsletter handy and be able to go over the happenings at the Medford Senior Center and throughout the community. They are also a resource to help you navigate your needs, interests or may just be a friendly voice saying hello. CALL NOW 781-396-6010 and ask for Arlene Carroll

Your Living Trust Choices Tuesday, March 15th 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

Congratulations to **Katherine Giangrande** the winner of the January gift certificate. You can be the next winner, just use your Key tag to sign in each time you come to the center and you will automatically be entered. If you haven't received your key tag please come in to the office and get one today.

MUSICAL BINGO

With Arielle & Tori from Tufts University

Tuesdays from 12n to 1pm

Do you like playing Bingo?

Do you like Singing or listening to music?
Come join the fun and play Musical Bingo with us!

There will be a new musical theme each week!

Classes are FREE, but don't forget to bring a brown bag lunch! To reserve a spot call 781-396-6010. Space is limited

HEALTH CARE TRIVIA AT IORA TUESDAY, MARCH 29TH AT 1:00PM

COME JOIN US FOR AN EXCITING FREE HEALTHCARE TRIVIA SESSION. WE WILL SHARE INFORMATION ABOUT OUR CARE MODEL AND YOU WILL GET A CHANCE TO MEET MEMBERS OF THE CARE TEAM.
THE VAN WILL LEAVE FROM THE SENIOR CENTER TO BRING YOU TO OUR MALDEN LOCATION. ONLY 14 SEATS AVAILABLE. RSVP 617-649-2255.

TRIPS, EXCURSIONS, AND GET AWAYS

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



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 **March 17th**. 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.

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.

Shawsheen Lunch & Shopping at Wal-Mart—March 22nd, Thursday our van will depart at 10:45am. First stop at Shawsheen Technical School for a culinary treat and a visit to the bake shop \$7-\$9 per person to be paid at lunch, depends on what you order off the menu. Space is limited to 14. To sign up you must come in on March 4th. You may only attend once per season

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!

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. Tickets available March 1st.

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.

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 March 7th.

South Dakota—The Black Hills & Badlands—June 7-13 2016—\$2199.00 per person. Includes round-trip air, 7 days escorted tour, 9 meals, hotel transfers and more...Call 781-396-6010 for itinerary.

NOTICE: Tickets must be purchased at time of reservation. Tickets are non-refundable. For complete details about trips hosted by Medford Senior Center, including participant responsibility, a comprehensive Trip Policy outline is posted at the Senior Center and copies available upon request. All participants are required to have Emergency Contact Information on them throughout the trip. Wallet sized File of Life packets are available free, in the office for your convenience! Some trips are funded in part though a CDBG Grant.

Parking for our day trips will be behind the Hyatt Hotel on Riverside Avenue where you will meet the tour escort for special parking flyers, and also be advised on where to park. Any questions please inquire in the COA office.



EXERCISE AND WEEKLY CLASSES

Zumba Classes Mondays and Wednesdays with Emily Brenner

Zumba Gold® Mondays at 10:00am takes the Zumba formula and modifies the moves and pacing to suit the need of the active older member. Cost is \$5.00 per class drop in.

Zumba Let Your Yoga Dance® Wednesdays at 10:00am combines Yoga, dance, breath and energy with great music. This class brings tons of fun and healing to body, mind and spirit. Cost is \$3 per class.

YOGA CLASSES WITH ROSA BROWN Mondays



Gentle Yoga ~12:45 pm for those who want to do seated, standing and floor yoga poses. This is an amazing group of seniors who are willing to stretch in every way. And willing to get down on the floor. \$3.00 per class **Chair Yoga** at 2:00pm. Seated and standing yoga poses that are adapted to the needs of the group. We stretch, strengthen, challenge our balance, and take time to relax. \$3.00 per class.

LINE DANCING for fun and fitness with instructor Charlotte

TUESDAYS 10:00 am – 11:00 am. Ongoing; register at time of class. Fee: \$3.00 per class.

All levels of dance are welcome.



Strength & Balance —with Nancy K

FREE WEDNESDAYS 1 hour class with our instructor Nancy. Focus on your strength and balance. Use of light weights, seated chair program for beginners as well, 2:00pm to 3:00pm. Donations accepted.

Tai Chi Chi Kung FRIDAYS with Marie Favorito

9:45am. An Ancient form of exercise, a gentle way to reduce stress and anxiety while improving balance and flexibility. The low-impact moving meditations include standing and balancing. Tai Chi Chi Kung is excellent fitness activity for beginners and people with health conditions. Everyone needs better balance and muscle control. \$5.00 per class drop in no experience necessary.

Knit and Sew Club Mondays 9:30am—11:00am FREE No instructors just get together with others to knit, sew and socialize.

KNIT & CROCHET FREE Tuesdays, 10:00am. Please join our instructors Dolores for Crochet and Jean for knitting in creating some beautiful handmade creations.

ART CLASS Wednesdays with instructor Don Polley, 9:00 – 11:00 am. Ongoing. Fee: \$4.00 per session. Supplies are provided. New students welcomed.

Mitsy Project Quilting Class Wednesdays at 1:00pm at the Medford Senior Center. Free 8 week quilting class. All age groups are welcome in this inter-generational activity; however only 15 participants can be accommodated with priority being given to blind or visually impaired registrants. Register by calling 781-396-6010. Quilt Kit Cost: Due to the work of volunteers and Medford COA material donors, we are able to provide \$20 worth of free quilt kits for each 8 week session. We are seeking funding for 2016 to enable \$40 worth of free quilt kits.

Adult Coloring—Thursday at 1:00pm—FREE Bring your own coloring book. The latest craze, Adult coloring. Come down to socialize and get creative; Rediscover your childhood fun activity!

Holiday Singers- This group is open to anyone who wants to sing, no audition necessary. Fridays 2:15-3:45pm. On some dates the singers may be off site performing.

CERAMICS: with Rosemary Ardagna from Claydreams of Arlington. Classes are held on Fridays from 10am to 12noon. Cost is \$5.00 per 2 hour class, (cost of pottery piece not included).

HEALTH & WELL BEING

Parkinson's Support Group Learning How to live with Parkinson's Disease will meet the first Wednesday, March 2nd 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.

Low Vision Support Group will meet on March 18th at 10:30am. The Low Vision support group is sponsored by the Mass Association for the Blind and Visually Impaired. The group is for individuals who are losing their vision and would like to learn from and listen to others.

Diabetes Support Group will meet on **March 24th** at 11:00am Please come to discuss the updates on Diabetes with Diane Doucette, RN. For Diane please call 781-396-6437.

Mass Audiology will offer free hearing screening on March 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.

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.

Reflexology with Jane Aire Beckwith, MsT AMTA certified and licensed will be offering reflexology on Monday, March 21st. Reflexology provides deep relaxation on your hands or feet, strengthens immune system, and improves your health. Mondays from 12:30 . She offers 20 minute sessions for \$20. \$5 deposit is required when making appointment which is applied to balance.

Join Joya from **Hallmark Health** on Monday **March 28th** at 1pm **Sleepless in New England**. Sleep, like nutrition and physical activity, is an important part of your health and well-being. Sleep loss and untreated sleep disorders can negatively affect your health and everyday life. Please join Joya for a discussion about tips to getting a good night sleep. This program is free. Call 781-396-6010 to reserve a seat today.

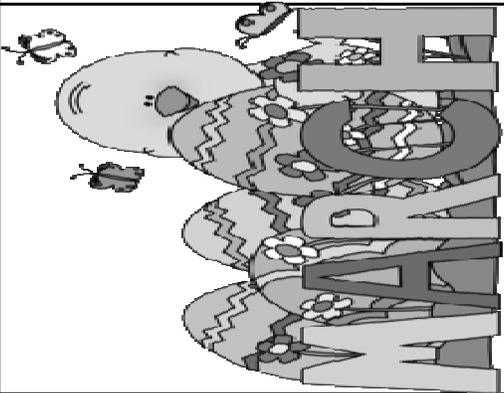
Introducing MASS OPTIONS—Your link to community services—Toll-Free 1-844-422-6277 connections to services for elders and individuals with disabilities—simplified. Trained specialists are available by phone to chat 7 days a week 8am to 8pm. Or visit MassOptions.org

Having Trouble Affording the RIDE? Would you like to get out and about more often, But the \$3.00 fare is just too much? Transportation Assistance is available in Medford through a grant from the Federal Transit Administration (FTA), SCM Community Transportation is providing free trips to RIDE-eligible consumers for whom the current \$3,00 fare is a hardship. Trips are for non-medical purposes only. Contact Mystic Valley elder Services Transportation Coordinator at 781-388-2339. Trips must be scheduled in advance.

Prescription Drug Costs too High? Look into the EXTRA HELP program from the Social Security Administration! You may be eligible to apply for EXTRA HELP in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An EXTRA HELP application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program here. Social Security contact information 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp

The Medford Council on Aging has a limited number of **durable equipment items for loan** on short and long term basis. Please contact the office at 781-396-6010 to borrow any of the items listed; Canes, Walkers, Wheelchairs and sometimes Rollators. Another alternative is the Masons in Action , at 500 West Cummings Park Suite 1150 Woburn MA telephone 781-322-1052, open Saturdays from 9am to 12noon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p>  <p>VOTING DAY</p> <p>Smartphone Musical Bingo</p>	<p>2</p> <p>9:00 Art Class 10:00 Zumba/Yoga 10:30 Parkinson's Meeting 11:30 Ask-A-Nurse 12:00 Congregate Meal 1:00 Bingo 1:00 Quilting 2:00 SHINE</p> <p>Seafood Chowder-Creole fish w/ brown rice, kidney beans & broccoli Or Roast beef sandwich-Peaches</p>	<p>3</p> <p>9:00 AARP Taxes 9:30 Pinochle 12:00 Congregate Meal 1:00 Coloring Class 1:00 Poker</p> <p>Lentil spinach soup-Roast pork w/ apple glaze w/butternut squash & green beans Or Garden salad w/ chicken breast.</p>	<p>4</p> <p>9:45 Tai Chi 10:00 Ceramics 10:00 DVD's Of Yesteryear 12:00 Congregate Meal 1:00 Alterations 1:00 Poker 1:00 Weight Loss 1:30 Mahjongg 2:15 Holiday Singers</p> <p>Tortellini w/pesto cream sauce w/ garden salad & roast eggplant medley Or Tuna salad sandwich-Fruit loaf for dessert</p>
<p>7</p> <p>9:30 Knit & Sew 9:30 Cribbage 10:00 Zumba Gold 12:00 Congregate Meal 12:45 Yoga (Gentle) 1:00 Poker/Canasta 2:00 Yoga (chair)</p> <p>Beef vegetable soup-Greek chicken w/ couscous w/vegetables Or Roast Beef sandwich-Fresh fruit</p>	<p>8</p> <p>9:30 MSCI Meeting 10:00 Line Dancing 10:00 Knit & Crochet 11:00 Smart Phone 11:30 Pet Therapy 12:00 Congregate Meal 12:00 Musical Bingo 1:00 Poker</p> <p>Tomato soup-Salmon filet w/ honey mustard sauce-cabbage & carrots & rice Or Ham salad w/ veg. salad-Mixed fruit</p>	<p>9</p> <p>9:00 Art Class 10:00 Zumba/Yoga 10:30 Legal w/Jayna 11:00 Mass Audiology 11:30 Ask-A-Nurse 12:00 Congregate Meal 1:00 Bingo 1:00 Quilting 2:00 SHINE 2:00 Strength & Balance</p> <p>Corn chowder-Stuffed pepper w/ peas & mushrooms w/creamy Polenta Or Vegetarian chef salad-Applesauce</p>	<p>10</p> <p>9:00 AARP Taxes 9:30 Pinochle 12:00 Congregate Meal 1:00 Coloring Class 1:00 Poker 2:00 Food Pantry</p> <p>Lentil stew w/herbed brown rice, broccoli & tossed salad Or Chicken salad sandwich - Sherbet for dessert</p>	<p>11</p> <p>9:45 Tai Chi 10:00 Ceramics 10:00 DVD's Of Yesteryear 12:00 Congregate Meal 1:00 Alterations 1:00 Poker 1:00 Weight Loss 1:30 Mahjongg 2:15 Holiday Singers</p> <p>Vegetable barley & spinach soup Or Whole grain lasagna w/ marinara sauce Or seafood salad sandwich-Apple</p>
<p>14</p> <p>9:30 Knit & Sew 9:30 Cribbage 10:00 Zumba Gold 12:00 Congregate Meal 12:30 Rep. Barbar 12:45 Yoga (Gentle) 1:00 Poker/Canasta 2:00 Yoga (chair)</p> <p>Tomato basil soup-Sweet potato fish filet w/butternut squash & broccoli Or Roast beef sandwich-</p>	<p>15</p> <p>9:30 Legal One on One 10:00 Line Dancing 10:00 Knit & Crochet 11:00 Smart Phone 11:15 Parking Talk 12:00 Congregate Meal 12:00 Musical Bingo 1:00 Poker 1:00 Legal Seminar</p> <p>Cr. Of broccoli soup-Chicken pataka w/ red bliss potatoes Or Tuna salad sandwich-Lemon pudding</p>	<p>16</p> <p>9:00 Art Class 10:00 Zumba/Yoga 11:00 Jewelry Repair 11:30 Ask-A-Nurse 12:00 Congregate Meal 1:00 Bingo 1:00 Quilting 1:00 Old Time Radio 2:00 SHINE 2:00 Strength & Balance</p> <p>Beef & bean soup-Stuffed shells w/ marinara sauce w/spinach & chickpeas Or Curry chicken salad-</p>	<p>17</p> <p>9:00 AARP Taxes 9:30 Pinochle 9:30 Market Basket 10:15 COA Meeting 12:00 Congregate Meal 1:00 Coloring Class 1:00 Poker</p>  <p>Corned beef mustard glaze w/ turnips carrots, cabbage & boiled potatoes Or Seafood salad sandwich-</p>	<p>18</p> <p>9:45 Tai Chi 10:00 Ceramics 10:30 Low Vision Support 12:00 Congregate Meal 1:00 Alterations 1:00 Poker 1:00 Weight Loss 1:30 Mahjongg 2:15 Singers Off site</p> <p>It. Garden vegetable soup. Veggie burger w/American cheese w/ baked beans Or Mediterranean</p>

Fruit snack loaf	<p>21</p> <p>7:45 Foxwoods Trip 9:30 Knit & Sew 9:30 Cribbage 10:00 Zumba Gold 12:00 Congregate Meal 12:30 Reflexology 12:45 Yoga (Gentle) 1:00 Poker/Canasta 2:00 Yoga (chair)</p> <p>Beef stroganoff w/buttered noodles & green beans Or Chicken salad sandwich w/lo mein pasta-Fresh fruit</p>	<p>22</p> <p>10:00 Line Dancing 10:00 Knit & Crochet 10:45 Shawsheen 11:00 Smart Phone 12:00 Congregate Meal 12:00 Musical Bingo 1:00 Poker 1:00 MOVIE</p> <p>Cr of carrot soup-Fish Florentine w/ whipped potatoes, collard greens-onions Or Ham & Swiss cheese -Pears</p>	Applesauce	<p>23</p> <p>9:00 Art Class 9:30 Parker's Sugar Maple 10:00 Zumba/Yoga 11:00 Ask-A-Nurse 12:00 Congregate Meal 1:00 Bingo 1:00 Quilting 2:00 SHINE 2:00 Strength & Balance</p> <p>Chicken orzo soup-Eggplant Parmesan over penne pasta Or BBQ chicken sandwich -Fruit flavored yogurt</p>	<p>24</p> <p>9:00 AARP Taxes 9:30 Pinochle 11:00 Diabetes Support Group 12:00 Congregate Meal 1:00 Coloring Class 1:00 Poker 1:00 CDBG Public Meeting</p> <p>Split pea soup-Chicken a La King w/orzo pilaf or Cottage cheese & fruit plate w pasta vegetable salad-Chef's choice</p>	tortellini salad-Fresh fruit	<p>25</p> <p>9:45 Tai Chi 10:00 Ceramics 10:00 DVD's of Yesterday 12:00 Congregate Meal 1:00 Alterations 1:00 Poker 1:00 Weight Loss 1:30 Mahjongg</p> <p>Vegetarian chili w/brown rice, carrots, tossed salad Or Seafood salad sandwich-Tropical fruit</p>	<p>28</p> <p>9:30 Knit & Sew 9:30 Cribbage 10:00 Zumba Gold 12:00 Congregate Meal 12:45 Yoga (Gentle) 1:00 Poker/Canasta/ 2:00 Yoga (chair) 1:00 HH-Sleepless in New England</p> <p>Mushroom barley soup-Chicken picatta w/red bliss potatoes Or Roast beef & Swiss cheese sandwich-Mixed fruit.</p>	<p>29</p> <p>10:00 Line Dancing 10:00 Knit & Crochet 11:00 Smartphone 12:00 Musical Bingo 12:00 Congregate Meal 1:00 Poker 1:00 IORA Trivia offsite</p> <p>It. Garden vegetable soup-Pot roast w/gravy w/mashed potatoes Or Tuna salad sandwich Birthday Cake for dessert</p>	<p>30</p> <p>9:00 Art Class 10:00 Zumba/Yoga 10:30 Rep. Paul Donato 11:30 Ask-A-Nurse 12:00 Congregate Meal 1:00 Bingo 1:00 Quilting 2:00 SHINE 2:00 Strength & Balance</p> <p>Hot dog w/baked beans & cole slaw Or Chicken salad sandwich w/carrot pineapple salad-Banana for dessert</p>	<p>31</p> <p>9:00 AARP Taxes 9:30 Pinochle 12:00 Congregate Meal 1:00 Coloring Class 1:00 Poker</p> <p>Chicken vegetable soup-Tortellini w/meat sauce w/zucchini & red peppers Or Chef's salad w/ham-Vanilla pudding w/Topping</p>	<p>IMPORTANT TELEPHONE NUMBERS</p> <p>Council on Aging Office 781-396-6010</p> <p>SCM Transportation 617-625-1191</p> <p>MVES 781-324-7705</p>
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Law Offices
of
Thomas F. Colonna

FREE CONSULTATIONS
Medford Square, 16 Bradlee Road
Call: 781-395-2834
Email: svalentino@colonnalaw.com

ELDER LAW
* Wills, Trusts, Estate Planning
INJURIES

- * Slip & Falls
- * Car Accidents
- * Medical Malpractice

LET US PLACE YOUR AD HERE.

FOOD PANTRY for Elders Thursday, March 10th 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.

LEGAL SERVICES

Dale Tamburro from the **Law Office of Dale J. Tamburro, PC** will be available **March 15th** for one/one appointments beginning at 9:30am.

Dale Tamburro on March 15th at 1:00pm —**Living Trust and Estate Planning**. The Living trust is a popular estate planning strategy. It includes many features that are helpful during life and in your estate. Dale will review some of the basic principles of the living trust. The seminar will include Trust creation, Trusts for creative spenders, Trusts for Surviving Spouse and more. Call today to reserve a seat 781-396-6010.

Jayna Stafford from Pro Bono Legal Services—will be available on Wed, March 9th beginning at 10:30am for appointments. Provides no cost legal representation, advocacy, brief advice, information, and referrals to low-income people who would otherwise struggle to gain access to legal services. Call 781-396-6010 for appointment



Afternoon Movie Tuesday March 22nd at 1:00pm *Love The Coopers*

Charlotte Cooper has one simple holiday wish—for her family to have the memory of a perfect Christmas. But four generations of the Cooper Clan gathering under the same roof is anything but perfect. Comfort and joy won't come easy, tons of snow, food will fly and unexpected guests will join. Starring Alan Arkin, John Goodman, Diane Keaton, Marisa Tomei. Rated PG-13

SENIOR DINING PROGRAM MENU SPECIAL Let's all wear our Green to celebrate the Luck of the Leprechaun, St. Patrick's Day Special luncheon with Mystic Valley Elder Services on Thursday, March 17th at 12:00. An added dessert will end this delicious lunch. Mystic Valley Elder Services will be serving corned beef with mustard glaze, turnips, carrots, cabbage and boiled potatoes, or if you prefer a cold option of seafood salad (see menu on calendar).

Reservations required with Fay at least 48 hours in advance. A suggested donation \$2.00 per person.



MSCI will be offering the monthly raffle basket drawing. Tickets available Tuesdays and Wednesdays only 10-2pm

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.

Discounted Taxi Booklets

Available for purchase at the Medford Senior Center
Purchase a booklet for \$8.00 and receive \$10.00 in value

Representative Paul Donato

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



Representative Christine Barber

Will be at the senior center on Monday March 14th from 12:30 to 2:00pm to answer any questions or concerns that you may have. No appointment needed just stop in

ONGOING ACTIVITIES

- **LUNCH:** Noontime meals are served each weekday, lunch program is run in cooperation with Mystic Valley Elder Services. Please call at least a day prior by 12 noon to reserve your meal, \$2.00 suggested donation.
- **BINGO:** Each Wednesday begins at 1:00pm; \$2.50 for 11 games, coffee, and dessert.
- **SHINE** (Serving the **H**ealth **I**nsurance **N**eeds of **E**veryone) Wednesdays in March 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 March 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 March 16th 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 March 8th at 11:30am. 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 pressure 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
- **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.
- **Treadmills and Stationary Bike** - We offer the use of the exercise equipment on Mondays 9-4, Tuesdays 12-4, Wednesdays 12-4. You must have a Dr's note allowing use of the exercise equipment. Please check with the office for availability.
- **Jim Tuberosa**—will be offering an "**Old Time Radio Show**" at the Senior Center on **March 16th** at 1pm. 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



THE CARD SHARKS

- **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
- **Canasta** Mondays from 1:00 to 3:45pm— Do you want to try your hand at Canasta? Need to refresh your skills—don't worry the players are here to help. At the Medford Senior Center .
- **Mahjongg**— Fridays at 1:30pm to 3:45pm— Looking to join a great group or to learn the game, stop by. A 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.
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Mobile Food Market Saturday, March 12th, 2016 1 to 2pm (weather permitting)

Location North Suburban (Malden) WIC Program 239 Commercial Street Malden

Donations will consist of fresh produce, dairy products and other refrigerated food items. Offered FREE of charge

Please bring a grocery cart or reusable shopping bags to transport food home

A shuttle will be provided from Medford City Hall beginning at 11:30am

Pre-registration is required. Please call 781-393-2439

Postcards from Heaven with Spirit Medium Maureen Hancock at Chevalier Theatre

March 26th show begins at 6:30pm.

Special **Senior Rate \$20.00** per person General Seating

Call or stop by the Medford Senior Center 781-396-6010 to reserve a spot now.

To view our newsletter online please go to **www.ourseniorcenter.com**

Then enter **Medford Council on Aging** for latest edition

* **BAD WEATHER POLICY:** Don't forget, if the Medford Public Schools *
* are closed the Medford Senior Center is closed. When in doubt call the of- *
* fice at 781-396-6010. *



Medford Council On Aging
101 Riverside Avenue
Medford, MA 02155

MEETINGS

Medford Council on Aging
COA Board meeting
March 17th at
10:15am

~

Medford Senior Citizens INC.
(MSCI) meeting
March 8th at 10:00am