

MALDEN MONITOR

7 WASHINGTON STREET • MALDEN, MA 02148 • (781) 397-7144—FAX # (781) 397-7147

HOURS: MON WED THURS 8 AM TO 4 PM/ TUES 8 AM TO 7 PM; FRI 8 AM TO NOON

MALDEN COUNCIL ON AGING STAFF

Director

Silvia Banos-Aguayo

Activities Coordinator

Cheryl Spinella

Office Coordinator

Deborah Camarata

Front Office Staff

Ann Leonard • Donna Baden

Driver

Tom Glynn

PROGRAMS

- Aerobics
- Bingo
- Blood Pressure
- Book Club
- Bowling
- Bridge
- Chair Exercise
- Chinese Outreach
- Computer Classes
- Cribbage
- Fabric Art
- Haitian Outreach & ESL
- Harmonica
- Knitting & Crocheting
- Line Dancing
- Meal Site (Asian & American)
- Movies
- Ping Pong
- Tai Chi
- Transportation
- Trips
- Writing Class
- Yoga
- Zumba

A Letter from the Director, Silvia Banos-Aguayo

Happy Fall Everyone!

This is my favorite time of year. The weather is comfortable and it's a great time for people to come together to enjoy each other's company. It's also a great time to make sure we are striving to keep ourselves as healthy as possible. In this month's newsletter please note some changes to our Monthly Activity Schedule. While we strive to keep you updated as soon as we hear about any changes, there are times when we might not be able to reach everyone in time to inform you. Please know that we will try our best to communicate cancellations as quickly as possible. If in doubt, please call ahead!

This month we are fortunate to have our wonderful representatives from our neighborhood Walgreens Pharmacy stop by the Senior Center to offer their annual flu clinic. They will be at the Center on Wednesday October 21, 2015 from 10AM – 12PM to provide you with your annual vaccine. Please make sure to call the Center by October 14th to reserve your appointment. The lovely ladies at the front desk will be happy to assist you!

The Center is also happy to welcome TWO wonderful entertainers this month. On Tuesday October 13th we are happy to host *Santon*, a passionate musician, who is totally blind, autistic and cognitively challenged. He also comes highly recommended by our very own Mayor of Malden! Also on October 20th we are excited to host Richard Clark & Lynne McKenney-Lydic in *Two to Tango*, a journey from the dark & stormy war of passion in the 12th Century realm of England's King Henry II, to a contemporary clash of bi-coastal emotional cultures. SPECIAL NOTE: When a light supper is offered attendance to the show is required. Please call 781-397-7144 to make a reservation.

We've made great strides in our monthly Senior Community meetings. Thank you to all who have contributed. This is a great opportunity to bring forth your thoughts and suggestions for the Center. We will be meeting again on Tuesday October 13, 2015 at 1:00 PM in the Auditorium. Please feel free to stop by. ALL ARE WELCOME!

**WE WILL BE CLOSED ON MONDAY, OCTOBER 12, 2015
IN OBSERVANCE OF COLUMBUS DAY**

As always, I would like to send a big THANK YOU to everyone for your continued support, donations, and contributions to the Malden Senior Community Center. We're grateful and appreciate you!

WE GIVE THANKS

Gracias! Merci Beaucoup! Do Jeh! Xie Xie! Danke!
Toda! Grazie! Thank You!

To all who give and support our Center and to these wonderful generous seniors; we are grateful. A special thank you to Ruth Santer, Thomas & Pamela McCarthy.

SANTON - PIANIST

Tuesday, October 13 at 3:30 PM

Santon is a passionate musician, who is totally blind, autistic and cognitively challenged. He will perform extensive repertoire full of musical elements from many cultures and genres. A light supper will be served. Call 781-397-7144 to make a reservation.

RICHARD CLARK - TWO TO TANGO

Tuesday, October 20 at 3:30 PM

Richard Clark & Lynne McKenney Lydick will present a journey from the dark & stormy war of passion in the 12th Century realm of England's King Henry II, to a contemporary clash of bi-coastal emotional cultures. James Goldman's "The Lion in Winter" & Neil Simon's "Visitor from New York." Call 781-397-7144 to make a reservation. **"This program is supported in part by a grant from the Malden Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a State agency."** Also, a special thank you to IORA PRIMARY CARE for sponsoring the dinner. **SPECIAL NOTE:** *When a light supper is offered, attendance to the show is required. Thank you!*

DID YOU KNOW THAT...**Senior Center Community Meeting**

Tuesday, Oct. 13 2015 at 1:00 PM

Harmonica Class for Beginners

Fridays from 11:00 AM to 11:45 AM

Mass. Senior Action Committee

Meets monthly every 4th Wednesday at 1:30 PM

Single Life

Tuesday, Oct. 6 from 5:00 PM - 6:55 PM

CALLING ALL CANDLEPIN BOWLERS!

Mondays at 9:30 AM - Seniors Graham Cracker Bowling League of Malden has kicked off another season of candlepin fun at Ryan's Family Amusements. Call Steve Cultrera at 781-391-6701 for more information.

FLU Vaccine Clinic

Wednesday, October 21, 2015 from 10:00 AM to 12:00 PM Sponsored by Walgreens Pharmacy.

Please bring your insurance information (Medicare Part B, Mass Health, Neighborhood Health, Network Health and all others.) Please call by **October 14** to reserve your appointment: 781 397 7144.

BLOOD PRESSURE with**JOYA PEZZUTO, RN**

Thursday, October 8 from 10:30 AM - 11:30 AM

Sponsored by Hallmark Health System.

DIABETES EDUCATION SESSION

Thursday, Oct. 29 from 9:30 AM - 11:30 AM

Ways to prevent or delay complications from diabetes. Open to all. Cantonese, Mandarin and Vietnamese translation will be available. ***Provided by Joslin Diabetes Center affiliate at Hallmark Health System with a grant from the Adelaide Breed Bayrd Foundation.***

HOW TO GET THE MOST OUT OF YOUR DOCTOR VISITS

Monday, October 26 at 10:30 AM

Join Dr. Nancy Cibotti and Jennifer Taylor from Iora Primary Care to learn how to get more when you see your doctor.

Mary Marino's Affordable Hearing Aids

Monday, October 5 from 10:30 AM to 12:30 PM

Mary will schedule appointments (15 minutes each) and will also do walk-ins. You can also contact Mary at 781-249-5330.

AARP FOUNDATION TAX AIDE FOR 2016

Volunteer as a Tax Counselor and work with eligible residents in preparing their tax returns. Basic computer skills and some experience in filing your own tax returns are important, along with a willingness to make a significant time commitment to this worthy effort. Training is provided. Please contact Rick Mockler at 781-690-2058 for more information.



**FOR ALL OF THE FOLLOWING, YOU
MUST CALL FOR APPOINTMENTS
781-397-7144**

LEGAL ADVICE

Tuesday, Oct. 13 from 2:00 PM - 4:00 PM

CHAIR MASSAGE

Thursday, Oct. 8 from 9:30 AM - 11:30 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST

Monday, Oct. 19 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, Oct. 22 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, Oct. 19 & 26 from 9:00 AM - 10:45 AM
Sue Worrall, SHINE Counselor will provide a free confidential health insurance session.

COMPUTER CLASSES - Thursdays

Beginners - 8:30 AM - 9:30 AM
Email - 9:30 AM - 10:30 AM
You may sign up for 4 one-hour classes

**ADVANCED BALANCE AND STRENGTH
FEE IS \$3.00 PAYABLE TO SHARON**

Wednesdays from 2:15 PM - 3:15 PM

BOOK CLUB

Tuesday, Oct. 20 at 11:00 AM (Library)
"To Kill a Mockingbird" by Harper Lee.
"The plot and characters are loosely based on the author's observations of her family and neighbors, as well as an event that occurred near her hometown in 1936, when she was 10 years old. The novel is renowned for its warmth and humor, despite dealing with the serious issue of rape and racial inequality. The narrator's father Atticus Finch has served as a moral hero for many readers and as a model of integrity for lawyers."

SENATOR JASON LEWIS OFFICE HOUR

Friday, Oct. 16 from 10:00 AM - 11:00 AM
Get to know your State Senator, raise any questions or concerns you may have. Held in the Atrium.

**REPRESENTATIVE FROM
CONGRESSWOMAN KATHERINE
CLARK'S OFFICE**

Tuesday, Oct. 6 from 9:00 AM to 10:00 AM
Held in the Atrium.

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

- Oct. 5: **The Age of Adaline:** PG-13
Ellen Burstyn, Harrison Ford
- Oct. 12: **HOLIDAY**
- Oct. 19: **It Happened One Night:** NR
Clark Gable, Claudette Colbert
- Oct. 26: **The Lakehouse:** PG
Keanu Reeves, Sandra Bullock

TUESDAY MONTHLY MOVIE

Oct. 27 at 2:30 PM - **And So It Goes:** PG-13
Michael Douglas, Diane Keaton. A light supper will be served. Please call: 781-397-7144.

SPECIAL NOTE: *When a light supper is offered attendance to the movie is required. Thank you!*

CHINESE OUTREACH

Wednesdays & Thursdays - 9:00 AM to 12:00 PM

CHINESE HISTORY AND LITERATURE

Thursday, Oct. 15 & 29 at 9:30 AM
Held in the Auditorium

MOVIE IN CHINESE

Thursday, Oct. 15 from 1 PM - 3:00 PM

MOVIE IN HAITIAN

Thursday, Oct. 8 from 1:00 PM - 3:00 PM

HAITIAN OUTREACH AND ESL

Tuesdays 4:00 PM to 5:00 PM
Thursdays 12:30 to 1:30 PM

HAITIAN DOMINOS & CARDS

Tuesdays 5:15 PM—6:30 PM
Thursdays 1:30 PM—3:30 PM
(except the 2nd Thursday)

Monday

9:30 a.m. Bowling
 9:30 a.m. Chair Exercise
 10:30 a.m. Always wanted to Write
 10:30 a.m. Mary Marino's
 Affordable Hearing Aids
 11:00 a.m. ... Gentle Chair Yoga
 12:00 p.m. ... Mon-Thurs
 Friday - 11:00 AM
 Lunch (MVES)
 1:00 p.m. Movie
 1:00 p.m. Beginners Line Dance
 2:00 p.m. R & R Class with Emily

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Tuesday

8:30 Advanced Balance & Strength . 6
 9:00 a.m. Representative from
 Congresswoman Katherine Clark's
 Office.
 9:30 a.m. Chinese Chorus
 11:00 a.m. Chinese Line Dance
 12:30 p.m. Beginners Tai Chi
 1:00 p.m. Tai Chi
 1:00 p.m. Reading & Writing
 2:30 p.m. International Ballroom
 Dance
 4:00 p.m. Haitian Outreach & ESL
 5:00 pm Singles Group
 5:15 p.m. Haitian Dominos & Cards
 5:45 p.m. "Let Your Yoga Dance®"

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Wednesday

8:30 Flex, Stretch & Balance ... 7
 9:00 a.m. Chinese Outreach
 9:30 a.m. Zumba
 10:00 a.m. ... English Conversation
 Group
 10:00 a.m. Fabric Art
 10:45 a.m. Chinese Tai Chi
 1:00 p.m. Reading & Writing
 2:15 p.m. Advanced Balance and
 Strength with Sharon

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Thursday

8:30 a.m. ... Computer Classes
 9:00 a.m. ... Chinese Outreach
 9:30 a.m. ... Computer Classes
 11:00 a.m. Gentle "Chair" Yoga
 12:30 p.m. Haitian Outreach/ESL
 1:00 p.m. Bingo
 1:30 p.m. Haitian Dominos & Cards

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Friday

8:00 a.m. FL-ABS 2
 8:30 a.m. Combo Exercise
 9:00 a.m. Cribbage
 9:00 a.m. English to Mandarin
 9:30 a.m. Knitting &
 Crocheting Lessons
 9:30 a.m. Chair Exercise
 10:00 a.m. Bridge
 10:45 a.m. Zumba with Judy
 11:00 a.m. Harmonica Class for
 Beginners

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Monday

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Columbus Day!



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Thursday

8:15 Advanced Bal. & Strength 8
 8:30 a.m. Computer Classes
 9:00 a.m. ... Chinese Outreach
 9:30 a.m. Gentle "Mat" Yoga
 9:30 a.m. Chair Massage
 9:30 a.m. ... Computer Classes
 10:30 a.m. Blood Pressure with
 Joya Pezzuto, RN
 11:00 a.m. Gentle "Chair" Yoga
 12:30 p.m. Haitian Outreach/ESL
 1:00 p.m. ... Bingo
 1:00 p.m. ... Movie in Haitian

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Friday

8:00 a.m. FL-ABS 9
 8:30 a.m. Combo Exercise
 9:00 a.m. Cribbage
 9:00 a.m. English to Mandarin
 9:30 a.m. Knitting &
 Crocheting Lessons
 9:30 a.m. Chair Exercise
 10:00 a.m. Bridge
 10:45 a.m. Zumba with Judy
 11:00 a.m. Harmonica Class for
 Beginners

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Thursday

8:15 Advanced Bal. & Strength . 15
 8:30 a.m. ... Computer Classes.
 9:00 a.m. ... Chinese Outreach
 9:30 a.m. ... Chinese History and
 Literature Discussion
 9:30 a.m. Gentle "Mat" Yoga
 9:30 a.m. ... Computer Classes
 11:00 a.m. Gentle "Chair" Yoga
 12:30 p.m. Haitian Outreach/ESL
 1:00 p.m. Movie in Chinese
 1:00 p.m. ... Bingo
 1:30 p.m. Haitian Dominos & Cards

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Friday

8:00 a.m. FL-ABS 16
 8:30 a.m. Combo Exercise
 9:00 a.m. Cribbage
 9:00 a.m. English to Mandarin
 9:30 a.m. Chair Exercise
 9:30 a.m. Knitting &
 Crocheting Lessons
 10:00 a.m. Representative from
 Senator Jason Lewis' Office
 10:00 a.m. Bridge
 10:45 a.m. ... Zumba with Judy
 11:00 a.m. Book Club
 11:00 a.m. Harmonica Class for
 Beginners

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<p>.....19.....</p> <p>9:30 a.m. Bowling 9:30 a.m. Shine Counselor 9:30 a.m.Chair Exercise 10:30 a.m.Always wanted to Write 11:00 a.m. ...Gentle Chair Yoga 12:00 p.m. ...Mon-Thurs Friday - 11:00 AM Lunch (MVES) 12:00 p.m. Podiatrist 1:00 p.m.Movie 1:00 p.m. Beginners Line Dance 2:00 p.m. R & R Class with Emily</p>	<p>8:30Advanced Balance & Strength20 9:30 a.m. Chinese Chorus 11:00 a.m. Book Club 11:00 a.m. Chinese Line Dance 12:30 p.m.Beginners Tai Chi 1:00 p.m. Reading & Writing 2:30 p.m. International Ballroom Dance 3:30 p.m. Richard Clarke - "Two To Tango" 4:00 p.m. Haitian Outreach & ESL 5:15 p.m.Haitian Dominos & Cards 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>8:30 Flex, Stretch & Balance. 21 9:00 a.m. Chinese Outreach 9:30 a.m.Zumba 10:00 a.m. Fabric Art 10:00 a.m.English Conversation Group 10:00 a.m. Flu Clinic 10:45 a.m.Chinese Tai Chi 1:00 p.m. Reading & Writing 2:15 p.m. Advanced Balance and Strength with Sharon</p>	<p>8:15 Advanced Bal. & Strength . 22 8:30 a.m. Computer Classes. 9:00 a.m. Chinese Outreach 9:30 a.m. Reflexology 9:30 a.m. Gentle "Mat" Yoga 9:30 a.m. Computer Classes 11:00 a.m. Gentle "Chair" Yoga 12:30 p.m. Haitian Outreach/ESL 1:00 p.m. . Bingo 1:30 p.m.Haitian Dominos & Cards</p>	<p>8:00 a.m.FL-ABS 23 8:30 a.m. Combo Exercise 9:00 a.m. Cribbage 9:00 a.m. English to Mandarin 9:30 a.m. Chair Exercise 9:30 a.m. Knitting & Crocheting Lessons 10:00 a.m. Bridge 10:45 a.m. Zumba with Judy 11:00 a.m. Harmonica Class for Beginners</p>
<p>.....26.....</p> <p>9:30 a.m. Bowling 9:30 a.m.Chair Exercise 9:30 a.m. Shine Counselor 10:30 a.m. How to get the most out of your Doctor Visits 10:30 a.m.Always wanted to Write 11:00 a.m. ..Gentle Chair Yoga 12:00 p.m. ...Mon-Thurs Friday - 11:00 AM Lunch (MVES) 1:00 p.m.Movie 1:00 p.m. Beginners Line Dance 2:00 p.m. R & R Class with Emily</p>	<p>8:30Advanced Balance & Strength27 9:30 a.m. Chinese Chorus 11:00 a.m. Chinese Line Dance 12:30 p.m.Beginners Tai Chi 1:00 p.m. Reading & Writing 2:30 p.m. International Ballroom Dance 2:30 p.m. Monthly Movie " And So It Goes" 4:00 p.m. Haitian Outreach & ESL 5:15 p.m.Haitian Dominos & Cards 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>8:30 Flex, Stretch & Balance. 28 9:00 a.m. Chinese Outreach 9:30 a.m.Zumba 10:00 a.m. Fabric Art 10:00 a.m.English Conversation Group 10:45 a.m.Chinese Tai Chi 1:00 p.m. Reading & Writing 1:30 p.m. Mass Senior Action 2:15 p.m. Advanced Balance and Strength with Sharon</p>	<p>8:15 Advanced Bal. & Strength . 29 8:30 a.m. Computer Classes. 9:00 a.m. Chinese Outreach 9:30 a.m.Chinese History and Literature Discussion 9:30 a.m. Gentle "Mat" Yoga 9:30 a.m. Diabetes Education Session 9:30 a.m. Computer Classes 9:30 a.m. Chinese History and Literature Discussion 11:00 a.m. Gentle "Chair" Yoga 12:30 p.m. Haitian Outreach/ESL 1:00 p.m. . Bingo 1:30 p.m.Haitian Dominos & Cards</p>	<p>8:00 a.m.FL-ABS 30 8:30 a.m. Combo Exercise 9:00 a.m. Cribbage 9:00 a.m. English to Mandarin 9:30 a.m. Chair Exercise 9:30 a.m. Knitting & Crocheting Lessons 10:00 a.m. Bridge 10:45 a.m. Zumba with Judy 11:00 a.m. Harmonica Class for Beginners</p>

**COUNCIL ON AGING (COA)
TRANSPORTATION PROGRAM**

FREE SERVICE for MALDEN SENIORS

**City of Malden Senior Transportation Program
with "Door to Door Transportation by SCM"
Reservations Required
617-625-1191**

Medical and Supermarket Shopping on
Mondays, Tuesdays, Wednesdays, Thursdays
and Fridays from 9:00 AM—4:00 PM

Senior Center Shuttle Curb to Curb
service on Monday, Tuesdays and Thursdays
from your residence to the Senior Center and
home again.

Reservations Required: 781-397-7144

SENIORS ON THE ROAD

Contact Sharon/Esor Travel for more information 857-272-5363.
Pickup at 156 Highland Ave., Malden (former Ravi's Restaurant)
See flyers at the Senior Center for more information.

Break for Moose at Grand Resort Hotel, ME: Thursday, 10/8- 10/10
\$419 do: Fall Foliage, Gondola Ride to top of North Peak, Moose Tour,
River Fall Festival, Meals and Round Trip Coach.

Foxwood/Tanger Outlet Day Trip: Wed. 10/16 \$29 (2 go for \$54!)
Includes Lunch Buffet and Gaming Voucher and Tanger Coupon Book!

Trump Taj Mahal: 11/1-11/3: \$189 pp/do Includes \$60 Gambling Voucher,
Hotel, Round Trip Transportation, and Trip Escort.

BarbaraStreisand/Dean Martin Tribute at Venus de Milo Lounge,
Swansea, MA: Thursday, 11/12 Thurs. - \$89, RT Coach, Luncheon and
Show

White Mountains: 11/20-11/22 - \$399 pp/do Includes Tours, Show, Meals,
Hotel, Round Trip Transportation and Escort

Charles Dickens' A Christmas Carol: 12/1 Tuesday- \$89pp Sheraton Four
Points, Norwood: Coach Transportation, Holiday Luncheon, Show

Boston Pops Christmas Show: 12/5 - \$129.00pp - Transportation, Venezia
Waterfront Luncheon and Show @Symphony Hall..

Christmas/Rockette Show (Hudson Valley & NYC): 12/6-12/7 Sun-Mon-
\$399pp/do - Tour Lyndhurst Castle & Union Church , Christmas Show @
Westchester Theatre, Radio City Music Hall Show, 1 Night Hotel
Sheraton, 2 Meals, Coach RT, Vouchers

Malden Council on Aging
7 Washington Street
Malden, MA 02148

