

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 SENIOR CENTER STAFF

Karen Colón Hayes
Director of Human Services and
Community Outreach
khayes@cityofmalden.org

Activities Coordinator
Cheryl Spinella

Office Manager
Deborah Camarata

Front Office Staff
Ann Leonard • Donna Baden

Driver
Jason Law

Programs

- Aerobics
- Billiard (Pool)
- Bingo
- Blood Pressure
- Book Club
- Bowling
- Chair Exercise
- Chinese Outreach
- Core & Balance
- Cribbage
- Fabric Art
- Floor, Core & Strength
- Haitian Outreach & ESL
- Harmonica
- Knitting & Crocheting
- Line Dancing
- Meal Site (Asian & American)
- Movies
- Ping Pong
- Tai Chi
- Transportation
- Trips
- Writing Class
- Yoga
- Zumba Fitness

Letter from the Director

I am excited and honored to introduce myself as the new Director of Human Services and Community Outreach here at the Senior Center.

I have spent my first few weeks getting to know the staff, introducing myself to members, and getting a feel for how the center functions on a daily basis.

I have been actively working with our team to address concerns and look for ways to continue to improve and provide services that benefit our seniors. I am always open to suggestions and invite you to stop in to say hello or drop a suggestion in the box outside the main office - we want to hear from you!

I want to thank everyone for the warm welcome I have received and I look forward to working together while we implement new ideas that will expand on the great programs that we already offer.

I hope to see you all at the **Mayor's Annual Senior Citizens Cookout on Wednesday, August 16th** from **4:00 PM to 6 PM** at Anthony's, located at 105 Canal Street. The event will be held for the benefit of Malden seniors and tickets are required for entry into the event. The free event provides Malden seniors with a fun evening out complete with food, music and raffles.

Tickets will be delivered to seniors residing in elderly housing. Malden seniors who do not live in elderly housing may obtain tickets at the **Malden Senior Community Center, 7 Washington Street** on **Tuesday August 1st from 1:00 PM to 3:00 PM, Wednesday, August 2nd and Thursday, August 3rd from 12:00 PM to 2:00 PM.** Proof of residency/photo identification is required for tickets.

Tickets will not be available at the door. For more information please call 781-397-7000 ext. 2004.

THANK YOU to everyone for your continued support, donations and contributions to the Malden Senior Community Center.

We are grateful and appreciate you!

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

SENIOR CENTER UPDATE

COUNCIL ON AGING

The next Council on Aging meeting is scheduled on
Wednesday, August 2 from 10:30 AM-11:30 AM in
 the Senior Center Dining Room. This meeting takes place
 on the first Wednesday of every month.

CLASSICAL AND JAZZ PIANIST

MARK WEST

Tuesday, August 15 at 2:30 PM

Mark will perform Classical, Romantic and modern works
 as well as pop songs and sing-alongs from the 20th
 Century. Call 781-397-7144 to make a reservation.

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

**SENIORS "GRAHAM CRACKERS" BOWLING
 LEAGUE**

Mondays at 9:45 AM

Candlepin Bowling will begin on **Mondays in September**
 at the **Woburn Bowladrome, 32 Montvale Avenue,
 Woburn.** Come join the fun! For more information,
 please contact Steve Cultera at 781-391-6701.

WE GIVE THANKS

Gracias! Merci Beaucoup! Do Jeh! Xie Xie! Danke!
 Toda! Grazie! Thank You!
 To all who give and support our Center; we are grateful.



**WE ARE OFFERING 2 SEPARATE CLASSES
 FOR READING, WRITING, SPELLING AND
 CONVERSATION. THERE WILL BE A
 BEGINNERS CLASS WITH PAM AND AN
 ADVANCED CLASS WITH DEB.
 SEE BELOW FOR DETAILS:**

CLASSES WITH PAM

Classes will begin Tuesday, September 12

from 10:00 AM -12:00 PM If this sounds good to you
 and you can read and speak English but want to improve
 your skills, this may be the class for you. We will work at
 improving your skills while having fun. If you want to be
 part of this class, please sign up to be tested on **Tuesday,
 September 5 or Wednesday, September 6 from
 11:00 AM-3:00 PM. Testing will be 1/2 hour.** Please
 call 781-397-7144 to sign up for testing.

**All students must be tested and accepted to class and
 make a commitment to attending class regularly and to
 completing weekly homework assignments.**

CLASSES WITH DEB

Classes will begin Tuesday, September 12

from 1:00 PM - 3:30 PM.

**Please note: Last years students that already
 requested to return to class do not need to be tested.
 We are accepting 2 more applicants.** Please sign up for
 testing on Tuesday, September 5 or Wednesday,
 September 6 from 11:00 AM- 3:00 PM. Testing will be
 1/2 hour. Can you read and write English, but would like
 to improve your communication skills? Please call
 781-397-7144 to sign up for testing.



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

CHAIR MASSAGE

Thursday, August 17 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano

PODIATRIST

Monday, August 28 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, August 10 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, August 7 from 9:00 AM -12:00 PM
(Please bring your Medicare Card and List of Meds.)

**BLOOD PRESSURE WITH
JOYA PEZZUTO, RN**

Thursday, August 10 from 10:30 AM—11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, August 14 from 10:30 AM to 12:30 PM
Mary will schedule appointments (15 minutes each)
and also do walk-ins here at the Center. You can also
contact Mary at 781-249-5330.

MONTHLY MOVIE

Tuesday, August 29 at 2:30 PM
"The Queen" - PG-13

Starring Helen Mirren.

A light supper will be served. Please call 781-397-7144.

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

BOOK CLUB

Tuesday, August 15th at 11:00 AM (Library)

"All the Light We Cannot See" by Anthony Doerr

A blind French girl and a German boy whose paths collide
in occupied France both try to survive the devastation of
World War II.

We Welcome New Members!

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

By appointment only
Please call: 781-397-7144.
Held in the Atrium.

**NO REPRESENTATIVE STEPHEN ULTRINO
IN AUGUST**

SENATOR JASON LEWIS

Friday, August 18 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.

JACKSON STREET PARKING GARAGE

We will validate up to 3 hours of parking for Seniors
that attend the Center. Please bring your ticket to the
front office.

MASS SENIOR ACTION COMMITTEE

Wednesday, August 23 at 1:30 PM

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

August 7: Mr. Church: PG-13
Eddie Murphy, Britt Robertson

August 14: Remember Me: PG-13
Robert Pattinson, Emille De Ravin

August 21: Eddie the Eagle: PG-13
Taron Egerton, Hugh Jackman

August 28: Little Boy: PG-13
Emily Watson, Tom Wilkinson

CHINESE OUTREACH FOR SENIORS

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

CHINESE HISTORY AND LITERATURE

Thursday, August 17 at 9:30 AM

Monday



Tuesday

1

8:30 a.m.- Core and Balance
9:30 a.m.- Chinese Chorus
11:00 a.m.- Chinese Line Dance
12:30 p.m.- Tai Chi
1:30 p.m.- Benefits of Meditation
2:30 p.m.- International Ballroom Dance
5:45 p.m.- "Let Your Yoga Dance®"

Wednesday

2

8:30 a.m.- Balance & Strength
9:00 a.m.- Chinese Outreach
9:30 a.m.- Zumba Fitness
10:00 a.m.- English Conversation Group
10:30 a.m.- Council on Aging Meeting
10:45 a.m.- Yang Style Tai Chi
1:00 p.m.- Advanced Line Dancing

Thursday

3

8:15 a.m.- Core and Balance
9:00 a.m.- Chinese Outreach
9:30 a.m.- Gentle "Mat" Yoga
11:00 a.m.- Gentle "Chair" Yoga
1:00 p.m.- Bingo
2:30 p.m.- Advanced Country Western Line Dance

Friday

4

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.- Billiard (Pool)
10:30 a.m.- Zumba Fitness
11:00 a.m.- Harmonica Class for Beginners

7

8:15 a.m.- Core and Balance
9:00 a.m.- Shine Counselor
9:30 a.m.- Chair Exercise
10:30 a.m.- Always wanted to Write
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

8

8:30 a.m.- Core and Balance
9:30 a.m.- Chinese Chorus
11:00 a.m.- Chinese Line Dance
12:30 p.m.- Tai Chi
1:30 p.m.- Benefits of Meditation
2:30 p.m.- International Ballroom Dance
5:45 p.m.- "Let Your Yoga Dance®"

9

8:30 a.m.- Balance & Strength
9:00 a.m.- Chinese Outreach
9:30 a.m.- Zumba Fitness
10:00 a.m.- English Conversation Group
10:00 a.m.- Fabric Art
10:45 a.m.- Yang Style Tai Chi
1:00 p.m.- Advanced Line Dancing

10

8:15 a.m.- Core and Balance
9:00 a.m.- Chinese Outreach
9:30 a.m.- Gentle "Mat" Yoga
9:30 a.m.- Reflexology
10:30 a.m. Blood Pressure with Joya
11:00 a.m.- Gentle "Chair" Yoga
1:00 p.m.- Bingo
1:30 p.m.- Healthy Steps
2:30 p.m.- Advanced Country Western Line Dance

11

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.- Billiard (Pool)
10:30 a.m.- Zumba Fitness
11:00 a.m.- Harmonica Class for Beginners

14

8:15 a.m.- Core and Balance
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

15

8:30 a.m.- Core and Balance
9:30 a.m.- Chinese Chorus
11:00 a.m.- Book Club
11:00 a.m.- Chinese Line Dance
12:30 p.m.- Tai Chi
1:30 p.m.- Benefits of Meditation
2:30 p.m.- International Ballroom Dance
**2:30 pm-Entertainment-
Mark West/Classical and Jazz
Pianist.**
5:45 p.m.- "Let Your Yoga Dance®"

16

8:30 a.m.- Balance & Strength
9:00 a.m.- Chinese Outreach
9:30 a.m.- Zumba Fitness
10:00 a.m.- English Conversation Group
10:00 a.m.- Fabric Art
10:45 a.m.- Yang Style Tai Chi
1:00 p.m.- Advanced Line Dancing

17

8:15 a.m.- Core and Balance
9:00 a.m.- Chinese Outreach
9:30 a.m.- Chair Massage
9:30 a.m.- Gentle "Mat" Yoga
9:30 a.m.- Chinese History and Literature
11:00 a.m.- Gentle "Chair" Yoga
1:00 p.m.- Bingo
1:30 p.m.- Healthy Steps
2:30 p.m.- Advanced Country Western Line Dance

18

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
10:00 a.m.- Billiard (Pool)
10:00 a.m.- Senator Jason Lewis
10:30 a.m.- Zumba Fitness
11:00 a.m.- Harmonica Class for Beginners

25
 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.- Billiard (Pool)
 10:30 a.m.- Zumba Fitness
 11:00 a.m.- Harmonica Class for Beginners



24
 8:15 a.m.- Core and Balance
 9:00 a.m.- Chinese Outreach
 9:30 a.m.- Gentle "Mat" Yoga
 11:00 a.m.- Gentle "Chair" Yoga
 1:00 p.m.- Bingo
 1:30 p.m.- Healthy Steps
 2:30 p.m.- Advanced Country Western Line Dance

31
 8:15 a.m.- Core and Balance
 9:00 a.m.- Chinese Outreach
 9:30 a.m.- Gentle "Mat" Yoga
 9:30 a.m.- Chair Massage
 11:00 a.m.- Gentle "Chair" Yoga
 1:00 p.m.- Bingo
 1:30 p.m.- Healthy Steps
 2:30 p.m.- Advanced Country Western Line Dance

23
 8:30 a.m.- Balance.& Strength
 9:00 a.m.- Chinese Outreach
 9:30 a.m.- Zumba Fitness
 10:00 a.m.- English Conversation Group
 10:00 a.m.- Fabric Art
 10:45 a.m.- Yang Style Tai Chi
 1:00 p.m.- Advanced Line Dancing
 1:00 p.m. Mass Senior Action

30
 8:30 a.m.- Balance.& Strength
 9:00 a.m.- Chinese Outreach
 9:30 a.m.- Zumba Fitness
 10:00 a.m.- English Conversation Group
 10:00 a.m.- Fabric Art
 10:45 a.m.- Yang Style Tai Chi
 1:00 p.m.- Advanced Line Dancing

22
 8:30 a.m.- Core and Balance
 9:30 a.m.- Chinese Chorus
 11:00 a.m.- Chinese Line Dance
 12:30 p.m.- Tai Chi
 1:30 p.m.- Benefits of Meditation
 2:30 p.m.- International Ballroom Dance
 5:45 p.m.- "Let Your Yoga Dance®"

29
 8:30 a.m.- Core and Balance
 9:30 a.m.- Chinese Chorus
 11:00 a.m.- Chinese Line Dance
 2:30 p.m.- *Monthly Movie "The Queen"*
 2:30 p.m.- International Ballroom Dance
 5:45 p.m.- "Let Your Yoga Dance®"

21
 8:15 a.m.- Core and Balance
 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)
 1:00 p.m.- Movie
 1:00 p.m.- Beginners Line Dance
 2:00 p.m.- R & R Class

28
 8:15 a.m.- Core and Balance
 9:30 a.m.- Chair Exercise
 10:30 a.m.- Always wanted to Write
 11:00 a.m.- Gentle Chair Yoga
 12:00 a.m.- Podiatrist
 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

We are excited to announce that the Malden Senior Community Center is partnering with the Medford Council on Aging/ Medford Senior Center for all future trips. Please call 781-396-0377.

For complete details about the trips hosted by Medford Senior Center, including participant responsibility, a comprehensive Trip Policy outline is posted at the Medford Center and copies are available upon request. All participants are required to have Emergency Contact Information on them throughout the trip. *NOTE:* Tickets must be purchased at time of reservation. Tickets are non-refundable. All payments must be made in cash or check made payable to the Medford Senior Center. *NOTE:* 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 be advised on where to park. Any questions please inquire in the Medford COA office.

TWIN RIVERS: Monday, August 14th, \$20 per person. Bus will depart at 9:45 AM. Future Date: **October 16th**

FOXWOODS: Monday, November 13th, \$25 per person. Bus will depart at 7:45 AM.

MOHEGAN SUN: Monday, September 11th, \$25 per person. Bus will depart at 7:45 AM.

***** A Minimum of 30 passengers is required for casino trips. Please remember you will need valid photo ID for all casino trips.**

LOWELL SPINNERS BASEBALL GAME: Thursday, September 7th, \$15.00 per person. Includes roundtrip motor coach bus departs at 9:30 AM, ticket to the game vs Vermont Lake Monsters, hot dog, beverage, ice cream, program and a whole lot of fun. **Tickets available.**

NEWPORT PLAYHOUSE AND LOBSTERFEST LUNCHEON: Monday, Sept 18th, \$99.00 per person. Includes roundtrip motor coach to Newport Playhouse & Cabaret enjoy a delicious lobster with all the fixins, after lunch sit back and take in the Playhouse "Self Help" a married couple cast themselves as self-help gurus. Their lives unravel in a farce as they try to conceal a body. **Tickets available.**

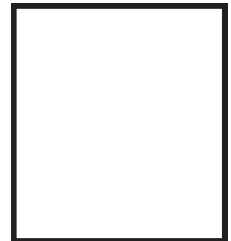
NH FALL FOLIAGE: Tuesday, October 3rd, \$75 per person. Includes motor coach transportation, first stop Granite State Candy Shoppe, for homemade chocolates, candies and nuts prepared daily and a behind the scenes guided tour. Next enjoy a luncheon at the Common Man Restaurant, for a wonderful meal of either apple walnut chicken or baked haddock, salad, breads, mashed potato, vegetable, dessert and coffee, next a visit to Meadow Ledge Farm in Loudon NH, best cider donuts around, and enjoy a tractor ride through the orchard, some hot apple cider, a cider donut. **Tickets available.**

NH TURKEY TRAIN: Friday, October 13th, \$69.00 per person. Includes a tour to the White Mountains of New Hampshire, enjoy the changing colors of the season, then board the scenic railroad dining car where you will be served a delicious full course luncheon from Hart's Turkey Farm. **Tickets available August 15th.**

PROVIDENCE LITTLE ITALY TOUR: Tuesday, October 24th, \$76.00 per person. Bus departs at 9:00am for a ride to Providence's Federal Hill. First stop at Scialo's Bakery enjoy coffee and treats, then a delicious lunch at Cassarino's Restaurant. A choice of chicken parmigiana, penne primavera, or baked scrod, along with bruschetta and cannoli. After lunch a 90-minute guided city tour. **Tickets available August 7th**

BOSTON'S MUSEUM OF FINE ARTS: Tuesday, Nov 7th, \$49 per person. Includes motorcoach tour of Boston Common, the State House and the Public Gardens. Then enjoy a delicious luncheon at Venezia Restaurant on Boston's Waterfront, choice of entrée, and finally admission to the Museum of Fine Arts to view collections from Europe, Asia, The Americas and more. **Tickets available August 28th**

Malden Council on Aging
7 Washington Street
Malden, MA 02148



*Thank
you*