

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

Jason Law

PROGRAMS

- Aerobics
- Billiard (Pool)
- Bingo
- Blood Pressure
- Book Club
- Bowling
- Chair Exercise
- Chinese Outreach
- Computer Classes
- 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

A Letter from the Director, Silvia Banos-Aguayo

March has arrived!

Over the past few weeks, the Malden Senior Center community has shared many wonderful stories about our beloved former Center Shuttle Driver, Tom Glynn. To celebrate his life and his many years of service to the Malden Senior Center, we will be hosting a remembrance and dedication ceremony on Friday, March 17, 2017 at 10:00 AM in the Center's Dining Room. Please stop by the Center and join us for light refreshments and good conversations.

The Center will be hosting an Arts & Crafts Fair! Special thanks go to Pat and Nancy Barkhouse for taking the lead on this event. We're incredibly grateful and excited! The fair will take place on Saturday April, 22, 2017 between 9:00 AM and 3:00 PM at the Senior Center. If you would like to sign up to be a vendor at the Fair, please contact Pat Barkhouse at 617-605-5557. The deadline for signing up is Friday, March 24, 2017 at 5:00 PM.

Do you like knitting? Whether you are a beginner or a more advanced knitter, Noreen Normand's class is for you. Through her thoughtful and effective teaching techniques, many of her students have been able to create beautifully knitted pieces. Please stop by the Center to view their work in the Display Cabinet across from the Atrium. Thank you Noreen for teaching and inspiring us all!

Lastly, there will be a slight change in the Tai Chi class that is facilitated by instructor Bill Barron. He will be teaching his Tuesdays, Tai Chi Class from 12:30 PM to 1:30 PM. He will be adding on a new Meditation section from 1:30 PM until 2:00 PM. Bill and I are super excited to offer this new section. We hope you will enjoy it too!

Let's embrace Spring 2017 in the most unifying and fun ways possible! We look forward to seeing you all at the Malden Senior Community Center!

THANK YOU to everyone for your continued support, donations and contributions to the Malden Senior Community Center
We're grateful and appreciate you!

SENIOR CENTER UPDATE**COUNCIL ON AGING**

The next Council on Aging meeting is scheduled on *Wednesday March 1, 2017 from 10:30 AM-11:30 AM* in the Senior Center Dining Room. This meeting takes place on the first Wednesday of Every month.

ADVISORY COMMITTEES

Advisory Committee meetings will be held on the last Thursday of every month and last for 1 hour. Our next meeting will take place on Thursday March 30, 2017 at 11:30AM. Please visit the front office to sign up if you're interested in attending our next meeting.

SENIOR TRIPS

We will have some updated information on the Senior Trips in the next newsletter. Please stay tuned!

SENIOR LUNCH PROGRAM

As a reminder, if you are interested in participating in the daily Mystic Valley Elder Services Lunch Program at the Senior Center, PLEASE make sure to make your reservation directly with Linda Smigielski by calling 781-397-7144 and ask to be connected to the KITCHEN. The kitchen staff need to request lunches *in advance* and cannot guarantee a lunch to anyone *without* a reservation. If you are not able to make it to the lunch program on the date(s) you requested, PLEASE call the KITCHEN to cancel your lunch reservation. It is important to the kitchen to have as much notice as possible. We thank you for your cooperation!

MONTHLY NEWSLETTER (MONITOR)

You may now find copies of our monthly newsletter available for you at the Center's front office. We will continue to deliver them to our local Malden Senior Housing buildings. You may also find it available online on the City of Malden's website at: <http://www.cityofmalden.org/content/senior-center-newsletter>. If you wish to continue to have the newsletter mailed to your home, we can do so through our new subscription program of \$10 per year. Please make your check payable to the Malden Senior Community Center. Please feel free to contact the Center if you have any questions. Thank you.

ENTERTAINMENT - JENNIFER MELLO

Tuesday, March 14, 2017, 2:30 PM - 3:30 PM
Come join singer/songwriter Jennifer Mello as she performs many of your favorite Irish Songs. Call 781-397-7144 to make a reservation.
SPECIAL NOTE: When a light supper is offered, attendance to the show is required. Thank you.

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. A special thank you to Nancy and Noreen Sweeney and Paul and Marjorie Godding, in memory of Tom Glynn.

CORE AND BALANCE WITH SHARON

Mondays, 8:15 AM - 9:15 AM

Strengthen your muscles and improve all movement. It will help improve balance and stability.

BEGINNERS LINE DANCING WITH CHRIS

Mondays, 1:00 PM - 2:00 PM

Chris Loiacano will be teaching the Beginners Line Dancing Class formerly taught by Emily Brenner. Come join the fun!

ZUMBA FITNESS WITH A LATIN FLAIR

Wednesdays, 9:30 AM - 10:15 AM and

Fridays, 10:30 AM to 11:15 AM

Join Aimee Pinero Borda as she takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

ADVANCED LINE DANCING WITH CHRIS

Wednesdays, 1:00 PM - 2:00 PM

Chris's class will keep you moving with fun dance steps and great music!

**HEALTHY STEPS CLASS
WITH JULIE KAUFMANN**

Thursdays, 1:30 PM - 2:30 PM

Slow, resistant movements that are gentle and easy to do. Sit or stand. All ages, any fitness levels are welcome. Certified Healthy Steps Instructor.

**ADVANCED LINE DANCING
(COUNTRY/WESTERN)**

Thursdays, 2:30 PM - 3:30 PM

Come join Julie Kaufmann for a new spin on Country Line Dancing!

**SENIORS "GRAHAM CRACKERS"
CANDLEPIN BOWLING LEAGUE HAS
MOVED TO A NEW LOCATION.**

**Mondays at 9:45 A.M. Woburn Bowladrome
32 Montvale Ave., Woburn. For more information
please contact Steve Cultrera 781-391-6701.**



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

CHAIR MASSAGE

Thursday, March 16 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST

Monday, March 27 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, March 9 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, March 27 from 9:00 AM—12:00 PM
(Please bring your Medicare Card and List of Meds.)

**BLOOD PRESSURE with
JOYA PEZZUTO, RN**

Thursday, March 9 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, March 13 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.

MONTHLY MOVIE

Tuesday, March 28 at 2:30 PM
"Picture Perfect" - PG
Jennifer Aniston and Kevin Bacon
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, March 21 at 11:00 AM (Library)
"The Life We Bury" by Allen Eskens
College student Joe Talbert has the modest goal of completing a writing assignment for an English class. His task is to interview a stranger and write a brief biography of the person. With deadlines looming, Joe heads to a nearby nursing home to find a willing subject. There he meets Carl Iverson and soon nothing in Joe's life is ever the same.
We Welcome New Members!

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

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

REPRESENTATIVE STEPHEN ULTRINO
Thursday, March 9 from 10:00 AM - 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS

Friday, March 17 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, March 22, 2017 at 1:30 PM

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

March 6 : St. Vincent: PG-13
Bill Murray, Melissa McCarthy

March 13 : Wild Oats: PG-13
Shirley MacLaine, Jessica Lange

March 20: 5 Flights Up: PG-13
Michael Cristofer, Diane Keaton

March 27 : Who Gets the Dog?: PG
Alicia Silverstone, Ryan Kwanten

CHINESE OUTREACH FOR SENIORS
Wednesdays & Thursdays - 9:00 AM to 12:00 PM

CHINESE HISTORY AND LITERATURE
Thursday, March 23 at 9:30 AM

MOVIE IN HAITIAN

Thursday, March 9 from 1:00 PM - 3:00 PM

HAITIAN OUTREACH, ESL & DOMINOS
Tuesdays: 4:30 PM - 6:00 PM
Thursdays: 1:00 PM - 3:00 PM
(except 2nd Thursday)

Monday

8:15 a.m.. Core and Balance
 9:30 a.m. Chair Exercise
 9:45 a.m. Bowling/Woburn, MA
 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 with
 Chris
 2:00 p.m. R & R Class with Emily

Tuesday



8:30 a.m. Core and Balance
 9:00 am Taxes
 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 and
 Communication skills
 2:30 p.m. International Ballroom
 Dance
 4:30 p.m. .Haitian Outreach , ESL
 and Dominos
 5:45 p.m. "Let Your Yoga Dance@"

Wednesday

8:30 a.m. Balance & Strength
 9:00 a.m. Chinese Outreach
 9:30 a.m. Zumba Fitness
 with Aimee
 10:00 a.m. ... English Conversation
 Group
 10:00 a.m. Fabric Art
 10:30 a.m. Council on Aging
 Board Meeting
 10:45 a.m. Yang Style Tai Chi
 1:00 p.m. Reading, Writing and
 Communication skills
 1:00 p.m. Advanced Line
 Dancing with Chris

8:30 a.m. Balance & Strength
 9:00 a.m. Chinese Outreach
 9:30 a.m. Zumba Fitness
 with Aimee
 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 with Chris
 1:00 p.m. Reading, Writing and
 Communication skills

Thursday

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

8:15 a.m. Core and Balance
 8:30 a.m. Computer Classes
 9:00 a.m. Chinese Outreach
 9:30 a.m. Reflexology
 9:30 a.m. Computer Classes
 9:30 a.m. Gentle "Mat" Yoga
 10:00 a.m. Representative
 Stephen Ultrino
 10:30 a.m. Blood Pressure with
 Joya Pezzuto, RN
 11:00 a.m. Gentle "Chair" Yoga
 skills
 1:00 p.m. . Bingo
 1:00 p.m. . Movie in Haitian
 1:30 p.m. Healthy Steps
 2:30 p.m. Advanced Country
 Western Line Dance

Friday

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

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
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 9:30 a.m. Chair Exercise
 9:45 a.m. Bowling/Woburn, MA
 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)

8:30 a.m. Core and Balance
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 9:30 a.m. Chinese Chorus
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 12:30 p.m. Beginners Tai Chi
 1:00 p.m. Tai Chi
 1:00 p.m. Reading, Writing and
 Communication skills
 2:30 p.m. International Ballroom
 Dance

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 9:30 a.m. Zumba Fitness
 with Aimee
 10:00 a.m. ... English Conversation
 Group
 10:00 a.m. Fabric Art
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 1:00 p.m. Advanced Line
 Dancing with Chris

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 9:00 a.m. Chinese Outreach
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 9:30 a.m. Gentle "Mat" Yoga
 11:00 a.m. Gentle "Chair" Yoga
 1:00 p.m. . Bingo
 1:00 p.m. . Haitian Outreach ESL
 and Dominos

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. Senator Jason Lewis
 10:00 a.m. Billiard (Pool)
 10:30 a.m. Zumba Fitness
 with Aimee

**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

2016 TAX TIME

AARP TAX SERVICE

Jack Kelly from AARP has returned to the Center with volunteers to prepare 2016 taxes. **Ongoing tax preparation will continue every Tuesday beginning at 9:00 AM until April 11, 2017.** Preference will be given to Malden residents, age 60 and over with a total income of \$60,000 or less. **Photo ID is required. Malden Senior Community Center Scan Card also required.**

Although many Seniors may feel they do not need to file taxes, there may be special credits available such as the Massachusetts "circuit breaker" which compares income to taxes or rent paid and may provide tax relief.

Please call 781-397-7144 to schedule an appointment.

Malden Council on Aging
7 Washington Street
Malden, MA 02148

