

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
- Knitting & Crocheting
- Line Dancing
- Meal Site (Asian & American)
- Movies
- Ping Pong
- Tai Chi
- Transportation
- Trips
- Writing Class
- Yoga
- Zumba Fitness

Letter from the Director

Although it may not seem like it, Spring is here! Whether you are looking forward to Easter, Passover, the Boston Marathon or Earth Day- it's a time to come out from winter hiving. We have some great new events coming up...

Wednesday, April 11th is the 3rd annual Stop the Stigma Day for Malden Overcoming Addiction (MOA). We will be asking people to join us in the online awareness campaign by wearing a turquoise ribbon (provided at the Senior Center) and taking a picture which will be posted on the MOA facebook page. Look for us in the Atrium.

New Intermediate Sewing class! This 5 week course will begin on Thursday, April 19th from 1:00 PM-3:00 PM. Instructor Rochelle Prost will provide materials for this first session. Please call the front office if interested; space is limited.

Senior Charlie Card T-Pass event sponsored by the City of Malden and Senator Jason Lewis will be held here at the Senior Center on Monday, May 14th 10:00 AM- 12:30 PM. Senior Citizens age 65 and older who are interested in applying for an initial Senior Charlie Card should bring a copy of a valid Massachusetts ID or Passport with them to the event. Seniors who are seeking to renew their expired Senior Charlie Card will also be accommodated.

Save the date for our upcoming Health Fair! Wednesday, May 16th 2:30 PM - 4:30 PM in the cafeteria. The goal of this event is to promote a healthy senior community by providing awareness of services that are available to you in Malden and the surrounding areas. Please spread the word!

***The Malden Senior Community Center will be closed on
Monday, April 16 in observance of Patriots' Day.***

***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, April 4 from 10:30 AM -11:30 AM in
 the Senior Center Dining Room. This meeting takes
 place on the first Wednesday of every month.

BOOK CLUB

Tuesday, April 17 at 11:00 AM (Library)

"Lilac Girl" by Martha Hall Kelly

Inspired by the life of a real World War II heroine; this
 debut novel reveals a story of love, redemption and secrets
 that were hidden for decades.

SHOPPING RIGHTS

**Robin Putnam, Research & Special Projects Manager
 Office of Consumer Affairs and Business Regulations
 Commonwealth of Massachusetts**

Tuesday, April 24 at 10:00 AM

This presentation will include information about the
 Office, expressed & implied warranties, return policies,
 defective merchandise, pricing discrepancies and shopping
 online, through the mail or television.

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:
 Lisa M. and Frank J. Sorrento and Jean Lee.

YOU ARE NOT ALONE IN YOUR GRIEF

**Come for SUPPORT, EMPATHY and
 UNDERSTANDING.**

*When a life ends, those living are left to grieve their
 loss. This is often a painful process; it is hard to bear.
 Your grief is as individual as your life. Evidence shows
 coming to be with a group can facilitate the process of
 healing and help one to move forward.*

**Malden Senior Community Center- 7 Washington St.
 Malden MA 02148**

**The 2nd and 4th Monday; each session held from
 1:30 PM- 3:00 PM**

MONDAYS: April 9 & 23 and May 14

**Please RSVP to Nancy Duffy, BC - 617-242-8370
 to pre-register.**

***Sponsored by: Malden Senior Community Center and
 Beacon Hospice, an Amedisys Company.***



Tuesdays at 9:30 AM

Perfect For: Active older adults who are looking for a
 modified Zumba® class that recreates the original moves
 you love at a lower-intensity.

How It Works: The design of the class introduces easy-
 to-follow Zumba® Choreography that focuses on balance,
 range of motion and coordination.

Come ready to sweat and prepare to leave empowered and
 feeling strong.



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

CHAIR MASSAGE

Thursday, April 12 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano

PODIATRIST - NEW DAY

Thursday, April 26 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, April 19 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Mondays, April 9 & 23 from 9:00 AM -12:00
(Please bring your Medicare Card and List of Meds)

**BLOOD PRESSURE WITH
JOYA PEZZUTO, RN**

Thursday, April 12 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, April 9 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.

CHINESE OUTREACH FOR SENIORS

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

CHINESE HISTORY AND LITERATURE

Thursday, April 19 at 9:30 AM

ENTERTAINMENT - DENISE DOUCETTE

Tuesday, April 17: 2:30 PM - 3:30 PM
Back by popular demand! Denise's love of music is very
apparent while performing; but her greatest motivation is
her love for people!
Call 781-397-7144 to make a reservation.
SPECIAL NOTE: *When a light supper is offered,
attendance to the show is required. Thank you.*

REPRESENTATIVE STEPHEN ULTRINO
Thursday, April 12 from 10:00 AM – 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS

Friday, April 20 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 COUNCIL

Wednesday, April 25 at 1:30 PM



MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)


- April 2: **Safe Haven: PG-13**
 Julianne Hough, Josh Duhamel
- April 9: **Just Go With It: PG-13**
 Adam Sandler, Jennifer Aniston
- April 16: **HOLIDAY - NO MOVIE**
- April 23 : **Love's Kitchen: PG-13**
 Claire Forlani, Dougray Scott
- April 30: **Akeelah and the Bee: PG**
 Angela Bassett, Lawrence Fishburne

MONTHLY MOVIE

Tuesday, April 24 at 2:30 PM
The Book of Henry: PG-13
Naomi Watts, Jaeden Lieberher
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.*

<p><u>Monday</u></p> <p>2</p> <p>8:15 a.m. - Core and Balance 9:30 a.m. - Chair Exercise 9:45 a.m. - Bowling 10:30 a.m. - Always wanted to Write 11:00 a.m. - Gentle Chair Yoga 12:00 p.m. - Mon-Thurs Lunch (MVES) 1:00 p.m. - Movie 1:00 p.m. - Beginners Line Dance 2:00 p.m. - R & R Class</p>	<p><u>Tuesday</u></p> <p>3</p> <p>8:30 a.m. - Core and Balance 9:00 a.m. - Taxes 9:30 a.m. - Zumba Gold 10:00 a.m. - Reading and Writing with Pam 11:00 a.m. - Chinese Line Dance 12:30 p.m. - Tai Chi 1:00 p.m. - Reading and Writing with Deb 1:30 p.m. - Benefits of Meditation 5:00 p.m. - "Let Your Yoga Dance®"</p>	<p><u>Wednesday</u></p> <p>4</p> <p>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 10:30 a.m. - Council on Aging meeting 10:45 a.m. - Yang Style Tai Chi 1:00 p.m. - Reading and Writing with Deb 1:00 p.m. - Advanced Line Dancing</p>	<p><u>Thursday</u></p> <p>5</p> <p>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</p>	<p><u>Friday</u></p> <p>6</p> <p>8:30 a.m. - Combo Exercise 9:00 a.m. - Cribbage 9:30 a.m. - Chair Exercise 9:30 a.m. - Knitting & Crocheting 10:30 a.m. - Zumba Fitness</p>
<p>8:15 a.m. - Core and Balance 9:00 a.m. - Shine Counselor 9:30 a.m. - Chair Exercise 9:45 a.m. - Bowling 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 1:30 p.m. - "Grief" Support Group 2:00 p.m. - R & R Class</p>	<p>8:30 a.m. - Core and Balance 9:00 a.m. - Taxes 9:30 a.m. - Zumba Gold 10:00 a.m. - Reading and Writing with Pam 11:00 a.m. - Chinese Line Dance 12:30 p.m. - Tai Chi 1:00 p.m. - Reading and Writing with Deb 1:30 p.m. - Benefits of Meditation 5:00 p.m. - "Let Your Yoga Dance®"</p>	<p>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 10:30 a.m. - Council on Aging meeting 10:45 a.m. - Yang Style Tai Chi 1:00 p.m. - Reading and Writing with Deb 1:00 p.m. - Advanced Line Dancing</p>	<p>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 10:00 a.m. - Representative Stephen Ultrino 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</p>	<p>8:30 a.m. - Combo Exercise 9:00 a.m. - Cribbage 9:30 a.m. - Chair Exercise 9:30 a.m. - Knitting & Crocheting 10:30 a.m. - Zumba Fitness</p>
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PATRIOTS DAY

27
 8:30 a.m.- Combo Exercise
 9:30 a.m.- Chair Exercise
 9:00 a.m.- Cribbage
 9:30 a.m.- Knitting & Crocheting
 10:30 a.m.- Zumba Fitness

26
 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
 12:00 p.m. Podiatrist
 1:30 p.m.- Healthy Steps
 2:30 p.m.- Advanced Country Western Line Dance

25
 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. Reading and Writing with Deb
 1:00 p.m. Advanced Line Dancing
 1:30 p.m. Mass Senior Action Council

24
 8:30 a.m.- Core and Balance
 9:30 a.m.- Chinese Chorus
 9:30 a.m. Zumba Gold
 10:00 a.m. Reading and Writing with Pam
 10:00 a.m. Shopping Rights Presentation
 11:00 a.m.- Chinese Line Dance
 12:30 p.m.- Tai Chi
 1:00 p.m. Reading and Writing with Deb
 1:30 p.m.- Benefits of Meditation
2:30 p.m. Monthly Movie.....
The Book of Henry
 5:00 p.m.- "Let Your Yoga Dance®"

23
 8:15 a.m.- Core and Balance
 9:00 a.m. Shine Counselor
 9:30 a.m.- Chair Exercise
 9:45 a.m. Bowling
 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
 1:30 p.m. "Grief" Support Group
 2:00 p.m.- R & R Class



30
 8:15 a.m.- Core and Balance
 9:30 a.m.- Chair Exercise
 9:45 a.m. Bowling
 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

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.

Note: Please remember you will need a valid Photo ID for all Casino Trips!

TWIN RIVERS: \$20 per person. Monday, June 11. Bus will depart at 9:45 AM. Future date: Sept. 17
FOXWOODS: \$25 per person. Tuesday, April 17. Bus will depart at 7:45 AM. Future dates: July 16 & Oct. 15
MOHEGAN SUN: \$25 per person. Monday, May 14. Bus will depart at 7:45 AM. Future dates: Aug. 13 & Nov. 12

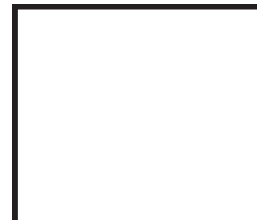
NEWPORT PLAYHOUSE EXIT LAUGHING: Thursday, April 12 - \$79.00 per person. Includes: motor coach transportation, Departs at 9:00 AM. A fabulous luncheon, Exit Laughing. When the biggest highlight of your life for the past 30 years has been your weekly bridge night out with the girls - what do you do when one of your foursome inconveniently dies: Just wait and find out! Tickets available.

CHICKEN AND SLOTS: Thursday, April 26 - \$56.00 per person. Departs 10:00 AM. Start your day at Wright's Farm Restaurant, enjoy a family style dinner, Twin River Casino and receive their casino package and enjoy a few hours of casino fun. Tickets available.

BOSTON DUCK TOUR: Friday, May 11 - \$84.00 per person. Includes motor coach travel to Boston where you will tour the Boston Common and Public Gardens. A full course luncheon at "No Name" restaurant located on the fish Pier and then enjoy a narrated tour aboard the Boston Duck boat. Tickets available: March 1.

PICKITY PLACE: Wednesday, May 16 - \$64 per person. Includes motor coach ride to Mason, NH, explore the diverse gardens from butterfly to kitchen gardens. Visit the 200 year old cottage that was the inspiration for Little Red Riding Hood. Feast on a 5 course lunch. Stop at Bolton Orchards for fresh produce and baked goods. Tickets available March 5.

Malden Council on Aging
7 Washington Street
Malden, MA 02148



*Thank
you*