

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

Happy March everyone!

Unfortunately, it looks like Punxsutawney Phil saw his shadow which means we may be in for another six weeks of winter--let's hope he was wrong! In any case, please continue to take precautions to avoid falls.

March also brings some special days. International Women's Day is March 8th and to celebrate, the American Association for Arab Woman is hosting their 6th Annual International Women's Day Celebration . "Inspire Change" on Saturday, March 10th from 3:00 PM-6:00 PM at the Senior Center. Be sure to also look around the center where we will be hanging flyers highlighting women in history during the month of March.

Saturday, March 17th is Saint Patrick's Day. If we catch you wearing green on Friday March 16th you will be awarded with a lucky gold chocolate coin!

To celebrate, back by popular demand, we will have Jennifer Mello singing your favorite Irish Songs on March 20th – be sure to sign up at the front office.

Hang in there, spring will be here soon!



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, March 7 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, March 20 at 11:00 AM (Library)
"Alias Grace" by Margaret Atwood

This story fictionalizes the notorious 1843 murders of
 Thomas Kinnear and his housekeeper Nancy Montgomery
 in upper Canada. Two servants of the Kinnear household,
 Grace Marks and James McDermott were convicted of the
 crime. McDermott was hanged and Marks sentenced to
 life in prison.

WATER: THE WOW DRINK!

Monday, March 5 at 12:30 PM

Join Candace Quigley, Registered Dietitian from MVES
 for a presentation where we will sample great tasting
 Water and discuss how to keep your body working at its
 best.

HEALTHY STEPS CLASS WITH JULIE

Thursdays at 1:30 PM

Healthy Steps Class uses smooth, slow, resistant move-
 ments that are gentle and easy to do. It can be done sitting
 or standing. Any fitness level welcome.

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 Century Auto Collision & Service
 Center, Inc., D.N. Brother, Inc., GF Restaurants Group,
 Inc., Kim Long Market LLC, Thomas & Pamela
 McCarthy, Fanny M. Phung, Station Bistro & KTV,
 Wai Investment Realty Trust and Y&P Company, Inc.

YOU ARE NOT ALONE IN YOUR GRIEF

Join us in 2018

**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: March 12 & 26, April 9 & 23, 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, March 8 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano

PODIATRIST - NEW DAY

Thursday, March 29 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, March 15 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Mondays, March 19 & 26 from 9:00 AM -12:00
(Please bring your Medicare Card and List of Meds)

**BLOOD PRESSURE WITH
JOYA PEZZUTO, RN**

Thursday, March 8 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, March 12 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, March 15 at 9:30 AM

ENTERTAINMENT - JENNIFER MELLO

Tuesday, March 20: 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.**

REPRESENTATIVE STEPHEN ULTRINO
Thursday, March 8 from 10:00 AM – 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS
Friday, March 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.

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, March 28 at 1:30 PM



MONDAY MOVIES
(All Monday movies 1:00 PM Auditorium)

- Mar. 5: **The Shack: PG-13**
Sam Worthington, Octavia Spencer
- Mar. 12: **Bernie: PG-13**
Jack Black, Shirley MacLaine
- Mar. 19: **Victoria & Abdul: PG-13**
Judi Dench, Ali Fazal
- Mar. 26: **Swing Vote: PG-13**
Kevin Costner, Paula Patton

MONTHLY MOVIE

Tuesday, March 27 at 2:30 PM
Golden Years: NR
Virginia McKenna, Bernard Hill
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.**

Monday

Tuesday

Wednesday

Thursday

Friday



2

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

1

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

9

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

8

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

16

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

15

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
 9:00 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

7

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

6

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®"

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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

13

8:30 a.m.- Core and Balance
 9:00 a.m. Taxes
 9:30 a.m.- Chinese Chorus
 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®"

5

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)
 12:30 p.m. "Water" Presentation
 1:00 p.m.- Movie
 1:00 p.m. Beginners Line Dance
 2:00 p.m.- R & R Class

12

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
 10:30 a.m. Mary Marino's Affordable Hearing Aids
 11:00 a.m.- Gentle Chair Yoga
 12:00 p.m.- Mon-Thurs Lunch (MVES)
 Friday - 11:00 AM
 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>19</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 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</p>	<p>20</p> <p>8:30 a.m.- Core and Balance 9:00 a.m. Taxes 9:30 a.m.- Chinese Chorus 9:30 a.m. Zumba Gold 10:00 a.m. Reading and Writing with Pam 11:00 a.m.- Book Club 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. Entertainment - Jennifer Mello 5:00 p.m.- "Let Your Yoga Dance®"</p>	<p>21</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 10:45 a.m.- Yang Style Tai Chi 1:00 p.m. Reading and Writing with Deb 1:00 p.m. Advanced Line Dancing</p>	<p>22</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>23</p> <p>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</p>
<p>26</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 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>27</p> <p>8:30 a.m.- Core and Balance 9:00 a.m. Taxes 9:30 a.m.- Chinese Chorus 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 2:30 p.m.- Monthly Movie "Golden Years" 5:00 p.m.- "Let Your Yoga Dance®"</p>	<p>28</p> <p>8:30 a.m.- Balance.& Strength 9:00 a.m.- Chinese Outreach 9:30 a.m.- Zumba Fitness 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 Mass Senior Action</p>	<p>29</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 12:00 p.m.- Podiatrist 1:00 p.m.- Bingo 1:30 p.m.- Healthy Steps 2:30 p.m.- Advanced Country Western Line Dance</p>	<p>30</p> <p>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</p>

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!

ST. PATRICK'S LUNCH AND SHOW AT THE AQUA TURF CLUB: Tuesday, March 20 - \$74.00 per person.. Departs 8:30 AM Includes: roundtrip motor coach to the famous Connecticut Aqua Turf, welcome reception followed by a delicious luncheon and then enjoy a Saint Patrick Show with Pdraig Allen and the McLean Avenue Band. Tickets available.

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*