

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
- Chair Exercise
- Chinese Outreach
- Computer Classes
- Cribbage
- Fabric Art
- Haitian Outreach & ESL
- Harmonica
- Knitting & Crocheting
- Line Dancing
- Meal Site (Asian & American)
- Movies
- Ping Pong
- Pool
- Tai Chi
- Transportation
- Trips
- Writing Class
- Yoga

A Letter from the Director, Silvia Banos-Aguayo

Happy May!

This is Older Americans Month. Each year, the U.S. Administration for Community Living promotes a theme to celebrate seniors “and offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, *‘Blaze a Trail’* emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.”

One of our well respected and locally adored trail blazers was Howard McGowan. He was an active member of the Malden Senior Community Center. He brought about many positive changes for the seniors of Malden and the surrounding communities. Please join us on **May 20th at 10 AM** in the Senior Center Atrium as Mayor Gary Christenson leads us in honoring Mr. Howard McGowan’s memory. We look forward to seeing you then.

As a gesture of our thanks for your continued patronage and support, Councillor Debbie DeMaria and the Senior Center would like to invite everyone to the unveiling our Center’s new *“Thank You”* banner that will be located in the Atrium. Please join us in the Atrium on **Wednesday May 4th at 10:30 AM**.

In the spirit of celebration, we would also like to once again wish Mr. Edmund Trabucco a very Happy 100th Birthday! You continue to inspire us Ed. Thank you for allowing us to celebrate it with you!

Finally, I would like to extend a very heartfelt THANK YOU to Mr. Tom Glynn. Tom recently made the very difficult decision to retire as our Center’s van driver after many dedicated years to the Malden Senior Community Center. He has been a good friend to many of us and a wonderful driver. Personally, it has been a total honor to have worked with Tom these past two years. He always went above and beyond the call of duty for the Center and I will miss working with him.



**We will be closed on
Monday, May 30, 2016 in observance
of Memorial Day.**

**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!**

SENIOR CENTER UPDATE

The Next Council on Aging Meeting will take place on Wednesday May 4, 2016 from 10:30AM-11:30 AM in the Dining Room. Prior to this meeting, Councillor Debbie DeMaria will be dedicating a new THANK YOU wall display in the Center's Atrium.

SCAN CARDS

The scan card program will officially begin on July 1, 2016. We are still awaiting final confirmation on the status of the activity fees. We will make an official announcement about fees as soon as we receive final notification. In preparation for the scan program, the Center staff will be showing a brief video in the auditorium that will walk you step by step on how to use the system. The two dates selected will be June 22, 2016 and June 29, 2016, both at 1:30PM in the auditorium.

MONTHLY NEWSLETTER (MONITOR)

Please remember that beginning in July 2016 we will no longer be mailing newsletters to everyone on our list. We will have the newsletters available for you at the Center and we will also continue to deliver them to our local Senior Housing buildings. It will also be available on line at 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 feel free to contact the Center if you have any questions. Thank you.

SINGER/IMPRESSIONIST**JOEY VOICES**

Tuesday, May 10 at 3:30 PM - Joey will perform his hilarious singing impersonations. Don't miss out! Call 781-397-7144 to make a reservation.

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

"NEW" COMPUTER CLASS STARTING ON MONDAYS - JUNE 6, 13, 20 & 27

Bill Nadler from OPERATION A.B.L.E. will be offering a series of computer classes at the Senior Center. There will be Three Classes each Monday:

- ◇ **10:00 AM - 12:00 PM - 2 Hour Class**
- ◇ **1:00 PM - 2:00 PM - 1 Hour Class**
- ◇ **2:00 PM to 3:00 PM - 1 Hour Class**

You will learn how to type a letter, make a shopping list and even attach a photo to an email. Just let Bill Nadler know what you would like to do. Please call 781-397-7144 to reserve your seat.

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: Mary Scott, Virginia Doherty, Thomas and Pamela McCarthy, Linda Smigielski and Jaye Phillips (In memory of Jo Athridge)

The Malden Senior Center recently partnered with Malden is Moving!

to engage Malden senior residents in a "Food Access for Elders in Malden" questionnaire. The results of the Food Access for Elders report resulted in a series of recommendations to help keep our Malden Seniors healthy. Each month Kristen Giuliani RD, LDN, CLC, a North Suburban WIC Senior Nutritionist will be supplying a simple and nutritious recipe that is geared towards improving your nutritional needs. Please enjoy the recipe and let us know if you like it!

Tasty Tuna Pasta Salad (serves 2)

- ◆ 1 cup whole-wheat rotini pasta
- ◆ 1 cucumber (peeled & chopped)
- ◆ 1 carrot (peeled & chopped)
- ◆ 1 onion (peeled & chopped)
- ◆ 1 red pepper (chopped)
- ◆ 1, 6 ounce can low-sodium chunk light tuna (drained)
- ◆ 1/2 cup light Italian dressing

1. **Cook pasta, drain and rinse**
 2. **In a large bowl, add pasta, vegetables & salad dressing, tossing lightly**
 3. **Stir in tuna**
 4. **Cover bowl and chill in fridge before eating**
- Calories Per Serving: 200 kcal**

BOOK CLUB

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

"Afterheat" a novel by C.D. Collins.

"Afterheat is the term for extreme temperatures generated by nuclear explosions and nuclear reactors. It is a persistent heat that must be removed now and a year from now. Dangerous and explosive, it is a fire that cannot be put out. Like memory."

BEGINNERS LINE DANCING CLASS WITH EMILY

Mondays, 1:00 PM - 2:00 PM - Come have fun and learn Line Dancing techniques. All are welcome!

REJUVENATE AND RELAX WITH EMILY

Mondays, 2:00 PM - 3:00 PM

Come join us for a low-impact dance fitness/Zumba and Yoga Dance routines, and we finish with stretching and meditation. Welcome!



**FOR ALL OF THE FOLLOWING, YOU
MUST CALL FOR APPOINTMENTS**

781-397-7144

NO LEGAL ADVICE FOR MAY AND JUNE 2016

ATTY. KEN SIMMONS

CHAIR MASSAGE

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

PODIATRIST

Monday, May 23, from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

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

SHINE COUNSELOR

Mondays, May 9th and May 16th from 9:00 AM-12:00

**BLOOD PRESSURE with
JOYA PEZZUTO, RN**

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

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, May 9 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.

TUESDAY MONTHLY MOVIE

May 31 at 2:30 PM - Someone Like You: PG-13
Ashley Judd, Hugh Jackman. 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.

**MOVEMENT AND STRETCHING 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.

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

Thursdays, 2:30 PM - 3:30 PM
Come join Licensed and Certified Instructor Julie Kaufmann for a new spin on Line Dancing!

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

Tuesday, May 3 from 9:00 AM to 10:00 AM
Held in the Atrium.

REPRESENTATIVE STEPHEN ULTRINO

Friday, May 13 from 10:00 AM - 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS OFFICE HOUR

Friday, May 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.

DID YOU KNOW THAT...

The Senior Community Center's Newsletter is online.
<http://www.cityofmalden.org/content/senior-center-newsletter>

Mass. Senior Action Committee
Meets monthly every 4th Wednesday at 1:30 PM
Single Life
Tuesday, May 24th from 5:00 PM - 6:55 PM

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

- May 2: When Marnie Was There: PG**
Kasumi Arimura, Sara Takatsuki
- May 9: Thicker Than Water: NR**
Melissa Gilbert, Brian Wimmer
- May 16: Everest: PG-13**
Jason Clarke, Josh Brolin
- May 23: Daddy's Home: PG-13**
Will Ferrell, Mark Wahlberg
- May 30: HOLIDAY - No Movie**

CHINESE OUTREACH

Wednesdays & Thursdays - 9:00 AM to 12:00 PM
NO CHINESE HISTORY AND LITERATURE

MOVIE IN HAITIAN

Thursday, May 12 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)

<p>Monday</p> <p>8:15 p.m. Advanced Balance and Strength with Sharon</p> <p>9:30 a.m. Bowling</p> <p>9:30 a.m. Chair Exercise</p> <p>10:30 a.m. Always wanted to Write</p> <p>11:00 a.m. Gentle Chair Yoga</p> <p>12:00 p.m. Mon-Thurs Friday - 11:00 AM Lunch (MVES)</p> <p>1:00 p.m. Movie</p> <p>1:00 p.m. Beginners Line Dance</p> <p>2:00 p.m. R & R Class with Emily</p>	<p>2</p> <p>8:30 Advanced Balance & Strength</p> <p>9:00 a.m. Representative from Congresswoman Katherine Clark' Office</p> <p>9:30 a.m. Chinese Chorus</p> <p>11:00 a.m. Chinese Line Dance</p> <p>12:30 p.m. Beginners Tai Chi</p> <p>1:00 p.m. Tai Chi</p> <p>1:00 p.m. Reading & Writing</p> <p>2:30 p.m. International Ballroom Dance</p> <p>4:30 p.m. Haitian Outreach , ESL and Domimos</p> <p>5:45 p.m. "Let Your Yoga Dance®"</p>	<p>Tuesday</p> <p>8:30 Advanced Balance & Strength</p> <p>9:00 a.m. Chinese Outreach</p> <p>9:30 a.m. Zumba</p> <p>10:00 a.m. Fabric Art</p> <p>10:00 a.m. English Conversation Group</p> <p>10:30 Council on Aging Board Meeting</p> <p>10:45 a.m. Chinese Tai Chi</p> <p>1:00 p.m. Reading & Writing</p>	<p>3</p> <p>8:30 Advanced Balance & Strength</p> <p>9:00 a.m. Representative from Congresswoman Katherine Clark' Office</p> <p>9:30 a.m. Chinese Chorus</p> <p>11:00 a.m. Chinese Line Dance</p> <p>12:30 p.m. Beginners Tai Chi</p> <p>1:00 p.m. Tai Chi</p> <p>1:00 p.m. Reading & Writing</p> <p>2:30 p.m. International Ballroom Dance</p> <p>4:30 p.m. Haitian Outreach , ESL and Domimos</p> <p>5:45 p.m. "Let Your Yoga Dance®"</p>	<p>4</p> <p>8:30 Advanced Balance & Strength</p> <p>9:00 a.m. Chinese Outreach</p> <p>9:30 a.m. Zumba</p> <p>10:00 a.m. Fabric Art</p> <p>10:00 a.m. English Conversation Group</p> <p>10:30 Council on Aging Board Meeting</p> <p>10:45 a.m. Chinese Tai Chi</p> <p>1:00 p.m. Reading & Writing</p>	<p>5</p> <p>8:30 Advanced Balance & Strength</p> <p>8:30 a.m. Computer Classes</p> <p>9:00 a.m. Chinese Outreach</p> <p>9:30 a.m. Computer Classes</p> <p>9:30 a.m. Gentle "Mat" Yoga</p> <p>11:00 a.m. Gentle "Chair" Yoga</p> <p>1:00 p.m. Bingo</p> <p>1:00 p.m. Haitian Outreach ESL and Dominos</p> <p>1:30 p.m. Movement & Stretching</p> <p>2:30 p.m. Advanced Line Dance</p>	<p>6</p> <p>8:00 a.m. FL-ABS</p> <p>8:30 a.m. Combo Exercise</p> <p>9:00 a.m. Cribbage</p> <p>9:00 a.m. English to Mandarin</p> <p>9:30 a.m. Knitting & Crocheting Lessons</p> <p>9:30 a.m. Chair Exercise</p> <p>10:00 a.m. Billiard (Pool)</p> <p>10:45 a.m. Zumba with Judy</p> <p>11:00 a.m. Harmonica Class for Beginners</p>	<p>7</p> <p>8:30 Advanced Balance & Strength</p> <p>9:00 a.m. Representative from Congresswoman Katherine Clark' Office</p> <p>9:30 a.m. Chinese Chorus</p> <p>11:00 a.m. Chinese Line Dance</p> <p>12:30 p.m. Beginners Tai Chi</p> <p>1:00 p.m. Tai Chi</p> <p>1:00 p.m. Reading & Writing</p> <p>2:30 p.m. International Ballroom Dance</p> <p>3:30 p.m. Entertainment Joey Voices</p> <p>4:30 p.m. Haitian Outreach , ESL and Domimos</p> <p>5:45 p.m. "Let Your Yoga Dance®"</p>	<p>8</p> <p>8:15 p.m. Advanced Balance and Strength with Sharon</p> <p>9:00 SHINE Counselor</p> <p>9:30 a.m. Bowling</p> <p>9:30 a.m. Chair Exercise</p> <p>10:30 a.m. Always wanted to Write</p> <p>10:30 a.m. Mary Marino's Affordable Hearing</p> <p>11:00 a.m. Gentle Chair Yoga</p> <p>12:00 p.m. Mon-Thurs Friday - 11:00 AM Lunch (MVES)</p> <p>1:00 p.m. Movie</p> <p>1:00 p.m. Beginners Line Dance</p> <p>2:00 p.m. R & R Class with Emily</p>	<p>9</p> <p>8:15 p.m. Advanced Balance and Strength with Sharon</p> <p>9:00 SHINE Counselor</p> <p>9:30 a.m. Bowling</p> <p>9:30 a.m. Chair Exercise</p> <p>10:30 a.m. Always wanted to Write</p> <p>10:30 a.m. Mary Marino's Affordable Hearing</p> <p>11:00 a.m. Gentle Chair Yoga</p> <p>12:00 p.m. Mon-Thurs Friday - 11:00 AM Lunch (MVES)</p> <p>1:00 p.m. Movie</p> <p>1:00 p.m. Beginners Line Dance</p> <p>2:00 p.m. R & R Class with Emily</p>	<p>10</p> <p>8:30 Advanced Balance & Strength</p> <p>9:00 a.m. Representative from Congresswoman Katherine Clark' Office</p> <p>9:30 a.m. Chinese Chorus</p> <p>11:00 a.m. Chinese Line Dance</p> <p>12:30 p.m. Beginners Tai Chi</p> <p>1:00 p.m. Tai Chi</p> <p>1:00 p.m. Reading & Writing</p> <p>2:30 p.m. International Ballroom Dance</p> <p>3:30 p.m. Entertainment Joey Voices</p> <p>4:30 p.m. Haitian Outreach , ESL and Domimos</p> <p>5:45 p.m. "Let Your Yoga Dance®"</p>	<p>11</p> <p>8:30 Advanced Balance & Strength</p> <p>9:00 a.m. Chinese Outreach</p> <p>9:30 a.m. Zumba</p> <p>10:00 a.m. Fabric Art</p> <p>10:00 a.m. English Conversation Group</p> <p>10:30 Council on Aging Board Meeting</p> <p>10:45 a.m. Chinese Tai Chi</p> <p>1:00 p.m. Reading & Writing</p>	<p>12</p> <p>8:30 Advanced Balance & Strength</p> <p>8:30 a.m. Computer Classes</p> <p>9:00 a.m. Chinese Outreach</p> <p>9:30 a.m. Computer Classes</p> <p>9:30 a.m. Gentle "Mat" Yoga</p> <p>9:30 a.m. Chair Massage</p> <p>10:30 a.m. Blood Pressure with Joya Pezzuto, RN</p> <p>11:00 a.m. Gentle "Chair" Yoga</p> <p>1:00 p.m. Bingo</p> <p>1:00 p.m. Movie in Haitian</p> <p>1:30 p.m. Movement & Stretching</p> <p>2:30 p.m. Advanced Line Dance</p>	<p>13</p> <p>8:00 a.m. FL-ABS</p> <p>8:30 a.m. Combo Exercise</p> <p>9:00 a.m. Cribbage</p> <p>9:00 a.m. English to Mandarin</p> <p>9:30 a.m. Knitting & Crocheting Lessons</p> <p>9:30 a.m. Chair Exercise</p> <p>10:00 a.m. Representative Stephen Ultrino</p> <p>10:00 a.m. Billiard (Pool)</p> <p>10:45 a.m. Zumba with Judy</p> <p>11:00 a.m. Harmonica Class for Beginners</p>	<p>14</p> <p>8:15 Advanced Bal. & Strength</p> <p>8:30 a.m. Computer Classes</p> <p>9:00 a.m. Chinese Outreach</p> <p>9:30 a.m. Computer Classes</p> <p>9:30 a.m. Gentle "Mat" Yoga</p> <p>9:30 a.m. Reflexology</p> <p>11:00 a.m. Gentle "Chair" Yoga</p> <p>1:00 p.m. Haitian Outreach ESL and Dominos</p> <p>1:00 p.m. Bingo</p> <p>1:30 p.m. Movement & Stretching</p>	<p>15</p> <p>8:00 a.m. FL-ABS</p> <p>8:30 a.m. Combo Exercise</p> <p>9:00 a.m. Cribbage</p> <p>9:00 a.m. English to Mandarin</p> <p>9:30 a.m. Knitting & Crocheting Lessons</p> <p>9:30 a.m. Chair Exercise</p> <p>10:00 a.m. Representative Stephen Ultrino</p> <p>10:00 a.m. Billiard (Pool)</p> <p>10:45 a.m. Zumba with Judy</p> <p>11:00 a.m. Harmonica Class for Beginners</p>	<p>16</p> <p>8:15 p.m. Advanced Balance and Strength with Sharon</p> <p>9:00 SHINE Counselor</p> <p>9:30 a.m. Bowling</p> <p>9:30 a.m. Chair Exercise</p> <p>10:30 a.m. Always wanted to Write</p> <p>11:00 a.m. Gentle Chair Yoga</p> <p>12:00 p.m. Mon-Thurs Friday - 11:00 AM Lunch (MVES)</p> <p>Denise Doucette, Singer, Guitarist</p>	<p>17</p> <p>8:30 Advanced Balance & Strength</p> <p>9:30 a.m. Chinese Chorus</p> <p>11:00 a.m. Chinese Line Dance</p> <p>11:00 a.m. Book Club</p> <p>12:30 p.m. Beginners Tai Chi</p> <p>1:00 p.m. Tai Chi</p> <p>1:00 p.m. Reading & Writing</p> <p>2:30 p.m. International Ballroom Dance</p> <p>3:30 p.m. Entertainment Denise Doucette, Singer, Guitarist</p>	<p>18</p> <p>8:30 a.m. Balance & Strength</p> <p>9:00 a.m. Chinese Outreach</p> <p>9:30 a.m. Zumba</p> <p>10:00 a.m. Fabric Art</p> <p>10:00 a.m. English Conversation Group</p> <p>10:45 a.m. Chinese Tai Chi</p> <p>1:00 p.m. Reading & Writing</p>	<p>19</p> <p>8:15 Advanced Bal. & Strength</p> <p>8:30 a.m. Computer Classes</p> <p>9:00 a.m. Chinese Outreach</p> <p>9:30 a.m. Computer Classes</p> <p>9:30 a.m. Gentle "Mat" Yoga</p> <p>9:30 a.m. Reflexology</p> <p>11:00 a.m. Gentle "Chair" Yoga</p> <p>1:00 p.m. Haitian Outreach ESL and Dominos</p> <p>1:00 p.m. Bingo</p> <p>1:30 p.m. Movement & Stretching</p>	<p>20</p> <p>8:00 a.m. FL-ABS</p> <p>8:30 a.m. Combo Exercise</p> <p>9:00 a.m. Cribbage</p> <p>9:00 a.m. English to Mandarin</p> <p>9:30 a.m. Knitting & Crocheting Lessons</p> <p>9:30 a.m. Chair Exercise</p> <p>10:00 a.m. Representative Stephen Ultrino</p> <p>10:00 a.m. Billiard (Pool)</p> <p>10:45 a.m. Zumba with Judy</p> <p>11:00 a.m. Harmonica Class for Beginners</p>
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**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

Foxwoods Casino Day Trip: TBA-\$29 pp \$54 (\$27 for two) Buffet,
Gambling Voucher, Round Trip Transportation. Call 857-272-5363 to register.

Bermuda Cruise-8 days/7nights -6/5-6/12 all inclusive Norwegian Cruise Lines-
from \$1199-See flyer at the Senior Center for details.

Lobsterbake/Harbor Cruise Day Trip: Thursday, June 23 - \$99 pp
Lobsterbake at the Clambake Seafood Restaurant. Includes Lobster and Clam
Deluxe Lunch, Cruise & Transportation (non-fish option available).

Venus de Milo/Swansea Presents: The Highwaymen, Thursday, June 23
\$89 pp (Tribute show: Dolly Parton, Waylon Jennings, Johnny Cash,
Reba McEntire & Willie Nelson). Includes Transportation, Lunch & Show.
Note: Due to scheduling issues; this trip is the same day as Lobsterbake

Spirit of Boston Day Cruise: Thursday, July 26 - \$79 pp Includes
Transportation, Cruise, Luncheon, Entertainment and Dancing!

Montreal/Quebec Maritime Cruise—Norwegian Cruise Line September 28
Thru October 7. Visit Montreal, Quebec, Sydney, Halifax, St. John, Bar Harbor -
See Flyer at Senior Center for details. Note: Passport Required.

Iceland Tour: 5 Days/3 Nights \$1799 pp/\$350 deposit - October 6– 10.
All Inclusive Air, Hotel 3 Breakfasts, 1 Dinner, Tour Guide. Visit: Reykjavik,
Parliament, the Blue Lagoon, National Museum, the Northern Lights and much
more! Note: Passport Required.

Contact Sharon/Esor Travel for more information at 857-272-5363.
Pickup @ 156 Highland Avenue, Malden (El Potro Rest.) unless otherwise noted.
Parking available for \$5 per day at El Potro Restaurant Parking Lot.

Malden Council on Aging
7 Washington Street
Malden, MA 02148

