

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

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

Letter from the Staff at the Malden Senior Community Center



The long awaited month of May has finally arrived. Actually, May was first named for Maia, the Roman goddess of spring and growth and is one of the most beautiful months of the year. Each day continues to get warmer and warmer, gardens begin to sprout, wild flowers start to bloom and grass and trees turn greener by the day. This time of year with all its beauty just lifts your spirit!

Also, in the month of May we have many historic events but the most noteworthy days we observe are: Mothers' Day, Armed Forces Day and Memorial Day. A heartfelt "thank you" to all our Moms, Veterans, Men and Women who make huge sacrifices for the well being and safety of family, friends and country.

Please join us here at the Malden Senior Community Center for our various exercise activities, monthly entertainment, weekly/monthly movies or just for socialization. Remember there is something good in every day.

We will be closed on Monday, May 29, 2017
in observance of Memorial 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, May 3, 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, May 25, 2017**
at 11:30 AM. Please visit the front office to sign up if
you're interested in attending our next meeting.

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 or Mary Glynn
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!

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 Catherine Dean.

ENTERTAINMENT

JACQUELINE AND MICHELE ARONS

Tuesday, May 23, 2017, 2:30 PM - 3:30 PM

A mother and daughter piano and vocal concert duo
performing a mixture of classical, ethnic and American
music. **Thank you to Golden Living/Dexter House for**
sponsoring an ice cream party after the show!
Call 781-397-7144 to make a reservation.

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

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!



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

CHAIR MASSAGE

Thursday, May 25 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST

Monday, May 22 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, May 18 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, May 1 & 15 from 9:00 AM -12:00 PM
(Please bring your Medicare Card and List of Meds.)

**BLOOD PRESSURE with
JOYA PEZZUTO, RN**

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

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, May 8 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, May 30 at 2:30 PM
"Lion" - Starring Dev Patel and Rooney Mara
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, May 16 at 11:00 AM (Library)
"The Silent Sister" by Diane Chamberlain
Riley MacPherson has spent her entire life believing that her older sister Lisa committed suicide as a teenager. It was a belief that helped shape her own childhood and that of her brother. Now, more than twenty years later, her father has passed away and she's in New Bern, North Carolina cleaning out his house when she finds evidence that what she has always believed is not the truth.... Lisa is alive....**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, May 11 from 10:00 AM - 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS

Friday, May 19 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, May 24, 2017 at 1:30 PM

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

- May 1: **Miracles from Heaven: PG**
Jennifer Garner, Kylie Rogers
- May 8: **Florence Foster Jenkins: PG-13**
Meryl Streep, Hugh Grant
- May 15: **Rules Don't Apply: PG-13**
Warren Beatty, Lily Collins
- May 22: **Love and Friendship: PG**
Kate Beckinsale, Chloe Sevigny
- May 29: **HOLIDAY - NO MOVIE**

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

CHINESE HISTORY AND LITERATURE
Thursday, May 25 at 9:30 AM

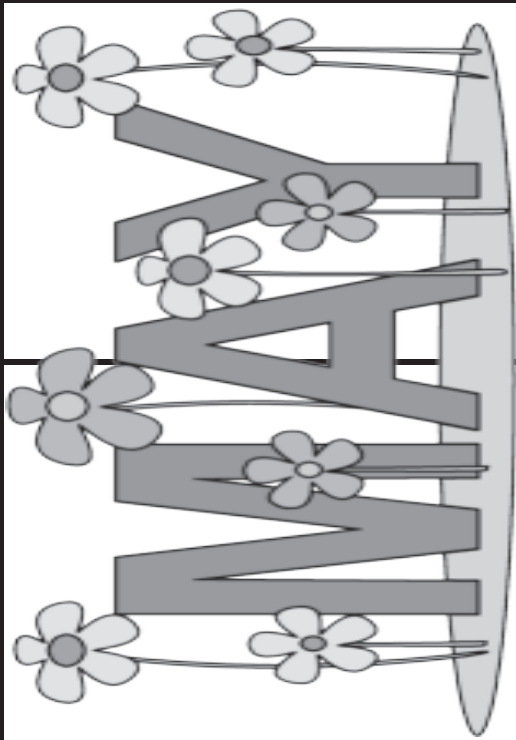
MOVIE IN HAITIAN
Thursday, May 11 from 1:00 PM - 3:00 PM

HAITIAN OUTREACH, ESL & DOMINOS

Tuesdays: 4:30 PM - 6:00 PM
Thursdays: 1:00 PM - 3:00 PM

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1</p> <p>8:15 a.m.. Core and Balance 9:00 a.m. Shine Counselor 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</p>	<p>2</p> <p>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 1:00 p.m. Reading, Writing and Communication skills 1:30 p.m. Benefits of Meditation 2:30 p.m. International Ballroom Dance 4:30 p.m. .Haitian Outreach , ESL and Dominos 5:45 p.m. “Let Your Yoga Dance®”</p>	<p>3</p> <p>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 10:30 a.m. Council on Aging Meeting 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</p>	<p>4</p> <p>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 skills 1:00 p.m. ...Haitian Outreach ESL and Dominos 1:00 p.m. ...Bingo 1:30 p.m. Healthy Steps 2:30 p.m. Advanced Country Western Line Dance</p>	<p>5</p> <p>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) 10:30 a.m. ...Zumba Fitness with Aimee 11:00 a.m. Harmonica Class for Beginners</p>
<p>8</p> <p>8:15 a.m.. Core and Balance 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) 1:00 p.m.Movie 1:00 p.m. Beginners Line Dance with Chris 2:00 p.m. R & R Class with Emily</p>	<p>9</p> <p>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 1:00 p.m. Reading, Writing and Communication skills 1:30 p.m. Benefits of Meditation 2:30 p.m. International Ballroom Dance 4:30 p.m. .Haitian Outreach , ESL and Dominos 5:45 p.m. “Let Your Yoga Dance®”</p>	<p>10</p> <p>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 10:30 a.m. Council on Aging Meeting 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</p>	<p>11</p> <p>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 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</p>	<p>12</p> <p>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) 10:30 a.m. ...Zumba Fitness with Aimee 11:00 a.m. Harmonica Class for Beginners</p>
<p>15</p> <p>8:15 a.m.. Core and Balance 9:00 a.m. Shine Counselor 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</p>	<p>16</p> <p>8:30 a.m. Core and Balance 9:30 a.m..... Chinese Chorus 11:00 a.m Chinese Line Dance 11:00 a.m. Book Club 12:30 p.m. Tai Chi 1:00 p.m. Reading, Writing and Communication skills 1:30 p.m. Benefits of Meditation 2:30 p.m. International Ballroom Dance 4:30 p.m. .Haitian Outreach , ESL and Dominos 5:45 p.m. “Let Your Yoga Dance®”</p>	<p>17</p> <p>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 10:45 a.m. Yang Style Tai Chi 1:00 p.m. Advanced Line Dancing with Chris 1:00 p.m. Reading, Writing and Communication skills</p>	<p>18</p> <p>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 9:30 a.m. Reflexology 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</p>	<p>19</p> <p>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) 10:00 a.m. Senator Jason Lewis 11:00 a.m. Harmonica Class for Beginners</p>

<p>8:15 a.m.. Core and Balance 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 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 with Chris 2:00 p.m. R & R Class with Emily</p>	<p>22</p>	<p>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 1:00 p.m. Reading, Writing and Communication skills 1:30 p.m.Benefits of Meditation 2:30 p.m. International Ballroom Dance 2:30 pm-Entertainment- Jacqueline and Michele Arons 4:30 p.m. Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>23</p>	<p>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 10:45 a.m. Yang Style Tai Chi 1:00 p.m. Reading, Writing and Communication skills 1:00 p.m. Advanced Line Dancing with Chris 1:30 pm Mass Senior Action</p>	<p>24</p>	<p>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 10:45 a.m. Yang Style Tai Chi 1:00 p.m. Reading, Writing and Communication skills 1:00 p.m. Advanced Line Dancing with Chris 1:30 pm Mass Senior Action</p>	<p>25</p>	<p>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 with Aimee 11:00 a.m. Harmonica Class for Beginners</p>	<p>26</p>	<p>8:30 a.m. Core and Balance 8:30 a.m. ...Computer Classes. 9:00 a.m. ...Chinese Outreach 9:30 a.m. Chair Massage 9:30 a.m. ...Computer Classes 9:30 a.m. Gentle "Mat" Yoga 9:30 a.m. Chinese History and Literature 11:00 a.m. Gentle "Chair" Yoga 11:30 a.m. Advisory Committee Meeting 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</p>	<p>27</p>	<p>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 10:45 a.m. Yang Style Tai Chi 1:00 p.m. Advanced Line Dancing with Chris</p>	<p>28</p>	<p>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 pm Monthly Movie "Lion" 2:30 p.m. International Ballroom Dance 4:30 p.m. Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>29</p>	<p>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 10:45 a.m. Yang Style Tai Chi 1:00 p.m. Advanced Line Dancing with Chris</p>	<p>30</p>	<p>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 10:45 a.m. Yang Style Tai Chi 1:00 p.m. Advanced Line Dancing with Chris</p>	<p>31</p>
--	------------------	---	------------------	--	------------------	--	------------------	---	------------------	---	------------------	---	------------------	---	------------------	---	------------------	---	------------------



☺ 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.

LORETTA LAROCHE: The Joy of Stress, Wednesday, May 10th at Stoneham Theatre- \$40.00 per person for Orchestra seating. Our van will take the first 14 passengers who need transportation or purchase your tickets and drive on your own. Tickets available .

MOHEGAN SUN: \$25.00 per person, **Monday, May 15th.** Bus will depart at 7:45AM. Future date: **Sept 11th.**
***** A Minimum of 30 passengers is required for casino trips.** Please remember you will need valid photo ID at all casino trips.

MERRIMACK PREMIUM OUTLET SHOPPING: Friday, June 2nd, \$3.00 per person. Motorcoach will depart at 10:00 AM; 3.5 hours of shopping and dining time with 100+ stores to visit. Tickets on sale.

TWIN RIVERS: Monday, June 12th, \$20.00 per person. Bus will depart at 9:45 AM. Future date: **Oct 16th**

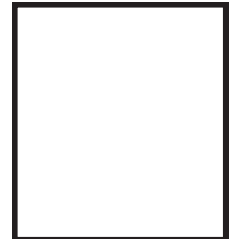
FOXWOOD: Monday, July 17th, \$25.00 per adult. Bus will depart at 7:45 AM. Future date: **Nov 13th**

TALL SHIPS ARE COMING TO BOSTON: Tuesday, June 20th– \$69 per person. Join our group to view the 2017 Tall Ship Regatta. You will view them close up on a narrated sightseeing cruise aboard the Provincetown II after a visit to Quincy Market and the beautiful Rose Kennedy Greenway. Tickets on sale.

REAGLE MUSIC THEATRE PRESENTS SHOWBOAT: Thursday, July 13th \$20 per person includes ticket and transportation via our van. Van departs center at 11:00am. Lunch on your own at Chateau in Waltham. Limited seats **Sign up begins May 22nd.**

CAPE COD CANALS 105TH ANNIVERSARY TOUR: Tuesday, July 25th—\$79 per person includes motorcoach to Sandwich on the Cape. Visit the Sandwich Glass museum, view real glass blowing artisans creating pieces of art. Then off to Daniel Webster Inn for a Grand Buffet, follow that with a two hour narrated cruise of the Cape Cod Canal. Tickets available.

Malden Council on Aging
 7 Washington Street
 Malden, MA 02148



*Thank
 you*