

# 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](mailto:khayes@cityofmalden.org)

**Activities Coordinator**  
Cheryl Spinella

**Office Manager**  
Deborah Camarata

**Front Office Staff**  
Ann Leonard • Donna Baden

**Drivers**  
Jason Law and Mohamed Bazir

## 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
- Sewing Class
- Tai Chi
- Transportation
- Trips
- Writing Class
- Yoga
- Zumba Fitness

## *Letter from the Director*

We are looking forward to the weather getting warmer and the season change! Along with the season changing, you may have heard about some new and exciting things happening at the Senior Center.

We would like to give a warm welcome to our new van driver, Mohamed Bazir! Mohamed is a long time Malden resident and comes to us with an extensive history of professional driving – including working for the MBTA’s “The Ride” where he assisted passengers of all abilities and is trained regarding ADA regulations. Having two part time drivers will give us coverage 5 days a week!

We are also happy to announce we have partnered with the Board of Health Department and will be sharing the services of their nurse, Nicole O’Callaghan one day a week. The starting dates are as follow: Tuesday, May 1st, Wednesday, 9th , Monday, 14th, Wednesday, 23th, from 11:00 AM to 1:00 PM.

A few reminders for those of you looking to have your voices heard and to be more involved at the Center. The Council on Aging meets the first Wednesday of the month from 10:30 AM-11:30 AM in the cafeteria. The date is listed in our monitor each month and it is a public meeting open to all.

I have open office hours on Monday, Wednesday and Friday 10:30 AM-11:30 AM in my office. If those hours do not work, you can always email me at [khayes@cityofmalden.org](mailto:khayes@cityofmalden.org) to schedule an appointment or call at 781-397-7144. I make it a point to walk the building each day to check in with people and Debbie and Cheryl are also available to answer your questions- we are happy to help!

An idea came up during this month’s bingo as we said happy birthday to a few seniors. We would like to start a new tradition at the beginning of each month, we will celebrate all the birthdays that fall in that month by singing Happy Birthday and serving a treat! Dates will be announced soon and flyers will be posted.

Last, but not least, we will be redesigning our monitor to add a section for community updates and hopefully our menu for the month. Stay tuned!

We hope to see you all at the Memorial Day Parade which kicks off at 10:00 AM at the corner of Salem, Main and Ferry Street. Check out the City website for details: [www.cityofmalden.org](http://www.cityofmalden.org)

*The Malden Senior Community Center will be closed on  
Friday, May 25 and Monday, May 28, 2018  
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

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**Senior Center Shuttle  
 Curb to Curb** service on  
 Mondays, Tuesdays, Wednesdays, Thursdays  
 and Fridays from your  
 residence to the Senior Center and home again.

**INFORMATIONAL MEETING REGARDING  
 ACTIVITY POLICY CHANGE**

**Tuesday, May 22, at 12:00 Noon.** Questions and  
 answers regarding fee structure..

**SENIOR CENTER UPDATE  
 COUNCIL ON AGING**

The next Council on Aging meeting is scheduled on  
**Wednesday, May 2 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, May 15 at 11:00 AM (Library)**  
**"The Guest Room" by Chris Bohjalian**

When Kristin Chapman agrees to let her husband Richard  
 host his brother's bachelor party; she expects a certain  
 amount of debauchery. She takes their young daughter to  
 Manhattan for the evening leaving her Westchester home  
 to the men and their hired entertainment. What she does  
 not expect is that the entertainment -- two scared young  
 women were brought there by force -- will kill their  
 captors and drive off into the night.

**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:  
 Virginia Doherty, Loga Kunarasah and Mary Scott.

**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**

**1:30 PM – 3:30 PM**

**MONDAYS: May 14, June 4, July 2 and August 6**

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, May 10 from 9:30 AM - 11:00 AM  
Massage fee is \$20 paid directly to Rachel Pizzano

**PODIATRIST**

Thursday, May 24 from 12:00 PM - 3:00 PM  
Fee \$25 paid to Dr. Kaplan

**REFLEXOLOGY**

Thursday, May 31 from 9:30 AM - 11:30 AM

**SHINE COUNSELOR**

Mondays, May 7 & 21 from 9:00 AM -12:00  
(Please bring your Medicare Card and List of Meds)

**BLOOD PRESSURE WITH  
JOYA PEZZUTO, RN**

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

**MARY MARINO'S AFFORDABLE  
HEARING AIDS**

Monday, May 14 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, May 17 at 9:30 AM

**ENTERTAINMENT - "TO MY DEAREST"**

The Civil War Letters of George & Emily Ward  
Tuesday, May 15 : 2:30 PM - 3:30 PM  
Join Lynne McKenney Lydick and Thomas R. Lydick  
as they share the personal letters of this Worcester  
couple during Civil War time (1861).  
*This program is supported in part by a grant from  
the Malden Cultural Council, a local agency which is  
supported by the Massachusetts Cultural Council, a  
State Agency.* 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, May 10 from 10:00 AM – 11:00 AM  
Held in the Atrium.

**SENATOR JASON LEWIS**

Friday, May 18 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.

**COUNCILLOR RYAN O'MALLEY**

Wednesday, May 16 from 10:00 AM—11:00 AM  
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, May 23 at 1:30 PM


**MONDAY MOVIES**


(All Monday movies 1:00 PM Auditorium)

- May 7:           **The Last Word: R**  
Shirley MacLaine, Amanda Seyfried
- May 14:          **The Showgirl Must Go On: NR**  
Bette Midler
- May 21:          **Gifted: PG-13**  
Chris Evans, Mckenna Grace
- May 28:          **HOLIDAY - NO MOVIE**

**MONTHLY MOVIE**

Tuesday, May 29 at 2:30 PM  
**The Greatest Showman: PG**  
Hugh Jackman, Zac Efron  
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><u>Tuesday</u></p> <p>1</p>	<p><u>Wednesday</u></p> <p>2</p>	<p><u>Thursday</u></p> <p>3</p>	<p><u>Friday</u></p> <p>4</p>										
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<p>28</p> 	<p>29</p> <p>8:30 a.m.- Core and Balance  9:30 a.m.- Chinese Chorus  9:30 a.m. Zumba Gold  11:00 a.m.- Chinese Line Dance  12:30 p.m.- Tai Chi  1:30 p.m.- Benefits of Meditation  <b>2:30 p.m. Monthly Movie.....</b>  <i>The Greatest Showman</i>  5:00 p.m.- "Let Your Yoga  Dance®"</p>	<p>30</p> <p>8:30 a.m.- Balance.&amp; 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. Advanced Line  Dancing</p>	<p>31</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.- Reflexology  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>		

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. Monday, July 16. Bus will depart at 7:45 AM. Future date: Oct. 15

**MOHEGAN SUN:** \$25 per person. Monday, May 14. Bus will depart at 7:45 AM. Future dates: Aug. 13 & Nov. 12

**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.

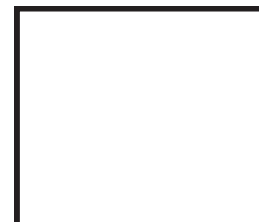
**PICKITY PLACE:** Wednesday, May 16 - \$64 per person. Includes motor coach ride to Mason, NH, explore the diverse gardens from butterfly to kitchen gardens. Visit the 200 year old cottage that was the inspiration for Little Red Riding Hood. Feast on a 5 course lunch. Stop at Bolton Orchards for fresh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

**VERMONT COUNTRY STORE:** Wednesday, May 30 - \$69 per person. Includes luxury motor coach (departs at 8:30 AM), Vermont country store visit stocked with thousands of practical and intriguing necessities and countless antiques from floor to rafters. Enjoy a delicious luncheon at the New England House Restaurant in Brattleboro, Vermont, stop at the Grafton Cheese store for the tastiest cheese.

**NEWPORT RAIL TOUR:** Tuesday, June 5 - \$79 per person. Bus departs at 9:00 AM. Enjoy a scenic tour along Ocean Drive, at 11:00 AM board the dining car for a 90 minute excursion along Narragansett Bay and enjoy a full course luncheon. Visit Brick market Place where a variety of shops and restaurants are waiting for your visit. Tickets available.

**EAGLEMANIA:** Tuesday, June 19 - \$82 per person. Includes motor coach to the Danversport Yacht Club for the world's greatest Eagles tribute show with fabulous seats, plated lunch with dessert and an afternoon of great music. Tickets available.

**Malden Council on Aging**  
**7 Washington Street**  
**Malden, MA 02148**



*Thank  
you*