

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

Letter from the Director

November is the month of Thanksgiving, so I would like to start off with thanking the staff and volunteers who work hard each and every day to make this Center the very best it can be! I would also like to thank you all for being patient and adjusting to some new and exciting things happening at the Center.

You may have noticed the group of Malden High School students from the PACE program who are in the Atrium each Wednesday from 12:45 PM-1:30 PM. They want to meet members of the Senior Center and make connections by talking, playing board games, doing crafts or anything else you might suggest. So far it's been going great- please come by and join them!

Another new idea- I have set up standard 'office hours' on Monday, Wednesday and Friday from 10:30am-11:30am. This will make it easier for you to speak with me if you have questions or concerns. As my position has me out and about in the community, I want to be sure I make myself available to meet with you.

Cold weather is right around the corner- I hope you took advantage of the flu clinic held here at the Center.

Last, but not least, rumor has it we may have our new van by the end of this month! Stay tuned...

The Malden Senior Community Center will be closed on:

Friday, November 10 in observance of Veterans' Day

and

Thursday, November 23 and Friday, November 24

in observance of Thanksgiving.

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, November 1, 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.

Medicare Open Enrollment
(October 15 - December 7)

It’s that time of year! If you have a **Medicare
 Prescription Drug Plan** or a **Medicare Advantage Plan**
 (HMO, PPO), you will receive information from your
 plan by the end of September. Please **understand** and
save this information regarding **changes** in your plan for
 2018. **During Medicare Open Enrollment** you may
 change your insurance plan for next year.
 SHINE Counselors can help you understand your plan
 changes. *To schedule a SHINE appointment, please call
 the Malden Senior Community Center at 781-397-7144.*
 or call 1-800-AGE-INFO - **(1-800-243-4636)** then press
 or say **3**. If you get the SHINE answering machine,
 leave your name and number. A counselor will call you
 back, as soon as possible.

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 Elaine and Lawrence Lavargna.
 and Noreen M. & Nancy Sweeney

**The following donations were made to the Senior
 Center in honor of Jacione (Jessie) Nagel:**

Craig R. & Caryn B. Caffarelli
 Sam M. & Regina G. Kyle
 Rama S. Sodum
 Margaret M. Rooney
 Beverly Wiggins

SENIOR LUNCH PROGRAM

As a reminder, if you are interested in participating in the
 daily Mystic Valley Elder Services Lunch Program at the
 Senior, please make sure to make your reservation directly
 with 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!

Change in Day & Time

ENTERTAINMENT - DENISE DOUCETTE

Monday, November 20 at 1:00 PM
 Come join Denise as she performs the “Sound of Music”.
 Denise’s love of music is very apparent while performing,
 but her greatest motivation is her love for people.
 Call to make a reservation - 781-397-7144.
**SPECIAL NOTE: When a light supper is offered,
 attendance to the show is required. Thank you.**

ENTERTAINMENT - ME2

CLASICAL MUSIC ORGANIZATION

FREE CONCERT - NO REGISTRATION REQUIRED

Monday, November 13 at 7:30 PM
 Me2 (“me, too”) is the world’s only classical music
 organization created for individuals living with mental
 illness and the people who support them. Our mission is
 to erase the stigma surrounding mental illness through
 supportive classical music ensembles and inspiring
 performances. Please join us for an hour of great music
 and conversation!

*Me2’s presenting sponsor for Additional support
 provided by the 2017-2018 season is Sunovion
 Massachusetts Cultural Council.*



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

CHAIR MASSAGE

Thursday, November 16 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano

PODIATRIST

Monday, November 27 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, November 9 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, Nov. 6, 13, 20 and 27 from 9:00 AM -12:00 PM
(Please bring your Medicare Card and List of Meds.)

**BLOOD PRESSURE WITH
JOYA PEZZUTO, RN**

Thursday, November 9 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, November 13 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.

MONTHLY MOVIE

Tuesday, November 28 at 2:30 PM
Glen Campbell: I'll Be Me: PG
Glen Campbell and Bruce Springsteen
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, November 21 at 11:00 AM (Library)
"Ordinary Grace" by William Kent Krueger
A young man, a small town and a murder in the summer
of 1961. We Welcome New Members!

**SENIORS "GRAHAM CRACKERS"
CANDLEPIN BOWLING LEAGUE HAS
MOVED TO A NEW LOCATION.**

Mondays at 9:45 A.M. Woburn Bowladrome
32 Montvale Ave., Woburn. For more information
please contact Steve Cultrera 781-391-6701.

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

By appointment only
Please call: 781-397-7144.
Held in the Atrium.

REPRESENTATIVE STEPHEN ULTRINO
Thursday, Nov. 9 from 10:00 AM – 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS

Friday, Nov. 17 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, November 29 at 1:30 PM

MONDAY MOVIES

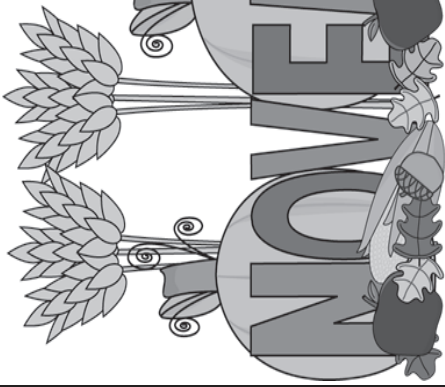
(All Monday movies 1:00 PM Auditorium)

- Nov. 6: NO MOVIE - VOTING SET-UP
- Nov. 13: An Old Fashioned Thanksgiving
Jacqueline Bisset, Tatiana Maslany
- Nov. 20: NO MOVIE - ENTERTAINMENT
- Nov. 27: The Family Man: PG-13
Nicolas Cage, Tea Leoni

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

CHINESE HISTORY AND LITERATURE
Thursday, November 16 at 9:30 AM

Monday



6
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- No Movie- Voting Set-up
2:00 p.m.- R & R Class

Tuesday



7
8:30 a.m.- Core and Balance
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.- International Ballroom
Dance
5:45 p.m.- "Let Your Yoga
Dance®"

Wednesday

1
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
10:45 a.m.- Yang Style Tai Chi
1:00 p.m. Reading and Writing
with Deb
1:00 p.m.- Advanced Line
Dancing

Thursday

2
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

Friday

3
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
10:00 a.m.- Billiard (Pool)
10:30 a.m.- Zumba Fitness
11:00 a.m.- Harmonica Class
for Beginners

13
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
12:00 p.m.- Mon-Thurs
Friday - 11:00 AM
Lunch (MVES)
1:00 p.m.- Movie
2:00 p.m.- R & R Class
7:30 PM - Entertainment
ME2 - Free Concert

14
8:30 a.m.- Core and Balance
9:30 a.m.- Chinese Chorus
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.- International Ballroom
Dance
5:45 p.m.- "Let Your Yoga
Dance®"

8
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

9
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
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


10
**SENIOR
CENTER
CLOSED**

17
8:30 a.m.- Core and Balance
9:00 a.m.- Chinese Outreach
9:30 a.m.- Chair Massage
9:30 a.m.- Gentle "Mat" Yoga
9:30 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

16
8:15 a.m.- Core and Balance
9:00 a.m.- Chinese Outreach
9:30 a.m.- Chair Massage
9:30 a.m.- Gentle "Mat" Yoga
9:30 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

15
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

17
8:30 a.m.- Combo Exercise
9:30 a.m.- Chair Exercise
9:00 a.m.- Cribbage
9:00 a.m.- English to Mandarin
9:30 a.m.- Knitting &
Crocheting
10:00 a.m.- Billiard (Pool)
10:00 a.m.- Senator Jason
Lewis
10:30 a.m.- Zumba Fitness
11:00 a.m.- Harmonica Class
for Beginners

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|---|---|
| <p>24</p> <p>SENIOR CENTER CLOSED</p> | |
| <p>23</p>  | <p>30</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>22</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>29</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>21</p> <p>8:30 a.m.- Core and Balance 9:30 a.m.- Chinese Chorus 10:00 a.m. Reading and Writing with Pam 11:00 a.m.- Book Club 11:00 a.m.-Chinese Line Dance 1:00 p.m. Reading and Writing with Deb 2:30 p.m.- International Ballroom Dance 5:45 p.m.- "Let Your Yoga Dance®"</p> | <p>28</p> <p>8:30 a.m.- Core and Balance 9:30 a.m.- Chinese Chorus 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 Glen Campbell: I'll Be Me." 2:30 p.m.- International Ballroom Dance 5:45 p.m.- "Let Your Yoga Dance®"</p> |
| <p>20</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.- Entertainment - Denise Doucette 1:00 p.m.- Beginners Line Dance 2:00 p.m.- R & R Class</p> | <p>27</p> <p>8:15 a.m.. Core and Balance 9:00 a.m. Shine Counselor 9:45 a.m. Bowling 9:30 a.m. Chair Exercise 10:30 a.m. Always wanted to Write 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 2:00 p.m. R & R Class</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.

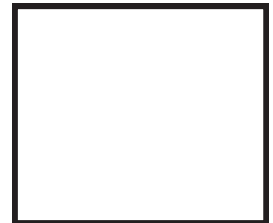
FOXWOODS: Monday, Nov. 13th, \$25.00 per person. Bus will depart at 7:45 AM. Please remember you will need a valid photo ID for all casino trips.

CHRISTMAS IN THE WHITE MOUNTAINS:

Monday, Nov. 27th -Wednesday, Nov. 29, 3 days 2 nights tour. Rates start at \$429.00 per adult double. Includes motor coach transportation, 2 nights at White Mountain Hotel, 5 meals, 3 Christmas shows, sleigh ride, shopping, baggage handling, Christmas gift and more. **Reserve your seat today. \$50.00 per person Final payment due by October 27th.**

Please stay tuned for Spring trips.

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



*Thank
you*