

# 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
- Zumba

## A Letter from the Director, Silvia Banos-Aguayo

*Spring has sprung and we are excited to welcome back the sun! Welcome Back April!*

I would like to begin this month by thanking Mr. Jack Kelly and his AARP volunteers for their many hours of dedication serving the tax needs of the seniors of the Malden Senior Community Center. We are so grateful for your service and we look forward to working with you again!

Our Senior T-Pass Day was a great success! We served over 100 seniors with renewing or applying for their Senior T- Passes! **Many Thanks** to the wonderful sponsorship and support of Mayor Gary Christenson, Representative Steve Ultrino, Alex Pratt, Aide to Representative Ultrino and Paul Hammersley for photographing our wonderful seniors. Your smiles and patience made the day fly by. Your passes should arrive in the mail in about 3-5 weeks.

SINGER, GUITARIST, SONGWRITER DENISE DOUCETTE will be performing at the Malden Senior Community Center on Tuesday, April 12 at 3:30 PM. We're so excited to have her perform! There will be dinner and an ice-cream party sponsored by Golden Living Dexter House directly after the performance. Thank you Golden Living Dexter House for your kind donation and your commitment to our Center!

We're so excited to move forward with setting up our advisory committees! Are you interested in helping us out at the Senior Center to organize new events and activities or to explore ways to expand our diversity? We would love to welcome you to sign up and begin helping us move forward with making the Malden Senior Community Center a dynamic Center for all. Stop by the Center to learn more!

**We will be closed on  
Monday, April 18, 2016 in observance of  
Patriots' 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

Thank you for your patience as the Center moved forward with having large portions of our roof replaced and repaired. I'm happy to say that the majority of the work is now complete and that the construction-related noise level and parking restrictions have now been resolved. As with all new things, we anticipate there will be a bit of a transition process with minor leaks here and there. If you notice anything unusual, please contact the staff immediately.

As a gentle reminder, we would like to remind everyone about not entering the kitchen area unless you are a designated volunteer, a Senior Center staff member or a Mystic Valley Elder Services staff member.

The next Council on Aging Board Meeting will take place on Wednesday April 6, 2016 from 10:30AM-11:30 AM in the Dining Room.

## 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 :

<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, GUITARIST, SONGWRITER DENISE DOUCETTE

**Tuesday, April 12 at 3:30 PM** Denise's love of music is very apparent while performing, but her greatest motivation is her love for people. Call 781-397-7144 to make a reservation. ***Dinner and ice-cream party sponsored by Golden Living Dexter House. Thank you Golden Living Center - Dexter House. SPECIAL NOTE: When a light supper is offered, attendance to the show is required. Thank you.***

## 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 Susan Fitzpatrick, Matthew and Pamela Preston, Catherine Dean, and the following:

- ◆ Linda Smigielski in memory of Fran Garvey and Dorothy Pizza
- ◆ Lorraine Cantera, in memory of Phyllis Fingerman and June Murphy

## 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!

### Easy Spinach & Tomato Breakfast Omelet (serves 1)

- ◆ 1/3 cup Egg Beaters or other egg substitute
  - ◆ 1 Tbsp. shredded low-fat cheddar cheese
  - ◆ 1/4 cup low-fat cottage cheese
  - ◆ 1 Tbsp. grated parmesan cheese
  - ◆ 1/4 cup diced tomatoes
  - ◆ 1/4 cup diced onions
  - ◆ 1/4 cup chopped spinach
1. **Spray pan with cooking oil. Cook tomatoes and onions over medium heat until tender, adding the spinach last until it is slightly wilted. Pour veggies into a bowl for later use.**
  2. **Spray the pan again and then pour in egg substitute and place back on stove until the bottom of the mixture moves around freely on the pan.**
  3. **As the top of the mixture continues to cook; add cheeses in the middle until melted and then add the veggies.**
  4. **Fold the egg substitute over to finish making your omelet. Calories per serving: 125 kcal**

## BOOK CLUB

**Tuesday, April 19 at 11:00 AM (Library)**

**"The Rosie Project" by Graeme Simsion**

The art of love is never a science. Meet Don Tillman, a brilliant yet socially inept professor of genetics, who's decided it's time he found a wife. In the orderly evidence-based manner with which Don approaches all things, he designs the Wife Project to find his perfect partner: a sixteen page scientifically valid survey.

## 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!

## ADVANCED BALANCE AND STRENGTH FEE IS \$3.00 PAYABLE TO SHARON

**Monday from 8:15 PM - 9:15 PM**



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

**LEGAL ADVICE - ATTY. KEN SIMMONS**

Tuesday, April 12 from 2:00 PM - 4:00 PM

**CHAIR MASSAGE**

Thursday, April 14 from 9:30 AM - 11:30 AM

Massage fee is \$20 paid directly to Rachel Pizzano.

**PODIATRIST**

Monday, April 25, from 12:00 PM - 3:00 PM

Fee \$25 paid to Dr. Kaplan

**REFLEXOLOGY**

Thursday, April 21 from 9:30 AM - 11:30 AM

**SHINE COUNSELOR**

Mondays, April 11 & 25 from 9:00 AM-12:00

**BLOOD PRESSURE with**

**JOYA PEZZUTO, RN**

Thursday, April 14 from 10:30 AM - 11:30 AM

Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE**

**HEARING AIDS**

Monday, April 11 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**

April 26 at 2:30 PM - The Intern: PG-13

Robert DeNiro, Anne Hathaway A light supper will be served. Please call 781-397-7144 for reservations.

***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, April 5 from 9:00 AM to 10:00 AM

Held in the Atrium.

**REPRESENTATIVE STEPHEN ULTRINO**

Friday, April 8 from 10:00 AM - 11:00 AM

Held in the Atrium.

**SENATOR JASON LEWIS OFFICE HOUR**

Friday, April 15 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, April 19 from 5:00 PM - 6:55 PM

**MONDAY MOVIES**

(All Monday movies 1:00 PM Auditorium)

April 4: Aloha: PG-13  
Bradley Cooper, Emma Stone

April 11: The Harvey Girls: NR  
Angela Lansbury, Cyd Charisse

April 18 Holiday

April 25: My Girl: PG  
Dan Aykroyd, Jamie Lee Curtis

**CHINESE OUTREACH**

Wednesdays & Thursdays - 9:00 AM to 12:00 PM

**CHINESE HISTORY AND LITERATURE**

Thursday, April 17 at 9:30 AM

Held in the Auditorium

**MOVIE IN HAITIAN**

Thursday, April 14 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)



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>4</b></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</p> <p>Friday - 11:00 AM</p> <p>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 &amp; R Class with Emily</p>	<p><b>5</b></p> <p>8:30 Advanced Balance &amp; Strength</p> <p>9:00 Taxes</p> <p>9:00 a.m. Representative from Congresswoman Katherine Clark's 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 &amp; Writing</p> <p>2:30 p.m. International Ballroom Dance</p> <p>4:30 p.m. Haitian Outreach , ESL and Dominos</p> <p>5:45 p.m. "Let Your Yoga Dance®"</p>	<p><b>6</b></p> <p>8:30 Advanced Balance &amp; 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 &amp; Writing</p>	<p><b>7</b></p> <p>8:30 Advanced Balance &amp; 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 &amp; Stretching</p> <p>2:30 p.m. Advanced Line Dance</p>	<p><b>8</b></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 &amp; 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><b>11</b></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</p> <p>Friday - 11:00 AM</p>	<p><b>12</b></p> <p>8:30 Advanced Balance &amp; Strength</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 &amp; Writing</p> <p>2:00 p.m. Legal Advice</p> <p>2:30 p.m. International Ballroom Dance</p> <p>3:30 p.m. Entertainment</p> <p>Denise Doucette, Singer, Guitarist</p> <p>4:30 p.m. Haitian Outreach , ESL</p>	<p><b>13</b></p> <p>8:30 a.m. Balance. &amp; 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 &amp; Writing</p>	<p><b>14</b></p> <p>8:15 Advanced Bal. &amp; 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. ... Haitian Outreach ESL and Dominos</p> <p>1:00 p.m. ... Movie in Haitian</p>	<p><b>15</b></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. .... Chair Exercise</p> <p>9:30 a.m. .... Knitting &amp; Crocheting Lessons</p> <p>10:00 a.m. Billiard (Pool)</p> <p>10:00 a.m. Senator Jason Lewis</p> <p>10:45 a.m. Zumba with Judy</p> <p>11:00 a.m. Harmonica Class for Beginners</p>

<p>Lunch (MVES) 1:00 p.m. ... Movie 1:00 p.m. Beginners Line Dance 2:00 p.m. R &amp; R Class with Emily</p>	<p>and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>8:30 a.m. Balance. &amp; Strength <b>20</b> 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Zumba 10:00 a.m. Fabric Art 10:00 a.m. ... English Conversation Group 10:45 a.m. Chinese Tai Chi 1:00 p.m. Reading &amp; Writing</p>	<p>1:00 p.m. ... Bingo 1:30 p.m. Movement &amp; Stretching 2:30 p.m. Advanced Line Dance</p>	<p>8:00 a.m. .... FL-ABS <b>22</b> 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 &amp; Crocheting Lessons 10:00 a.m. Billiard (Pool) 10:45 a.m. .... Zumba with Judy 11:00 a.m. Harmonica Class for Beginners</p>
<p>.....<b>18</b> </p>	<p>8:30 Advanced Balance &amp; Strength <b>19</b> 9:30 a.m. .... Chinese Chorus 11:00 a.m. Chinese Line Dance 11:00 a.m. Book Club 12:30 p.m. .... Beginners Tai Chi 1:00 p.m. Tai Chi 1:00 p.m. Reading &amp; Writing 2:30 p.m. International Ballroom Dance 4:30 p.m. Haitian Outreach , ESL and Dominos 5:00 p.m. Single Life 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>8:15 Advanced Bal. &amp; Strength . <b>21</b> 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 9:30 a.m. .... Chinese History and Literature Discussion 11:00 a.m. Gentle "Chair" Yoga 1:00 p.m. ... Haitian Outreach ESL and Dominos 1:00 p.m. ... Bingo 1:30 p.m. Movement &amp; Stretching 2:30 p.m. Advanced Line Dance</p>	<p>8:30 a.m. Balance. &amp; Strength <b>20</b> 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Zumba 10:00 a.m. Fabric Art 10:00 a.m. ... English Conversation Group 10:45 a.m. Chinese Tai Chi 1:00 p.m. Reading &amp; Writing</p>	<p>8:00 a.m. .... FL-ABS <b>22</b> 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 &amp; Crocheting Lessons 10:00 a.m. Billiard (Pool) 10:45 a.m. .... Zumba with Judy 11:00 a.m. Harmonica Class for Beginners</p>
<p>.....<b>25</b> 8:15 p.m. Advanced Balance and Strength with Sharon 9:00 SHINE Counselor 9:30 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 &amp; R Class with Emily</p>	<p>8:30 Advanced Balance &amp; Strength <b>26</b> 9:30 a.m. .... Chinese Chorus 11:00 a.m. Chinese Line Dance 12:30 p.m. .... Beginners Tai Chi 1:00 p.m. Tai Chi 1:00 p.m. Reading &amp; Writing 2:30 p.m. International Ballroom Dance 2:30 p.m. Monthly Movie "The Intern" 4:30 p.m. Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>8:30 a.m. Balance. &amp; Strength <b>27</b> 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Zumba 10:00 a.m. Fabric Art 10:00 a.m. ... English Conversation Group 10:45 a.m. Chinese Tai Chi 1:00 p.m. Reading &amp; Writing 1:30 p.m. Mass Senior Action</p>	<p>8:15 Advanced Bal. &amp; Strength . <b>28</b> 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 and Dominos 1:00 p.m. ... Bingo 1:30 p.m. Movement &amp; Stretching 2:30 p.m. Advanced Line Dance</p>	<p>8:00 a.m. .... FL-ABS <b>29</b> 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 &amp; Crocheting Lessons 10:00 a.m. Billiard (Pool) 10:45 a.m. .... Zumba with Judy 11:00 a.m. Harmonica Class for Beginners</p>

**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.**

**April Day Trip to a Taping of The View, ABC television show. Date: TBD Note this trip will have a very early pick up time and return late evening. Your \$89 payment reserves your spot. Note: State ID required for Admission to the show. Call 857-272-5363 for details.**

**Moulin Rouge Parisian Show: "L'Opera Burlesque" - Tuesday, April 19, 2016 Lantana's Randolph: \$89 pp Includes Lunch, Show & Transportation.**

**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).**

**Washington, DC: Thurs., April 28 - Sun., May 1 \$519 dbl. pp Includes Round Trip Transportation, Admission to Vietnam & WWII Memorial, The New Air & Space Museum @ Dulles, Lincoln, Jefferson, MLK Memorials, Arlington Ntl. Cemetery, JFK, RFK & EMK gravesites, Tomb of Unknown Soldier: Courtyard Marriott, 6 Meals, 2 Dinners, 1 Lunch 3 Breakfasts, Round Trip Coach.**

**New York City: Sat.. May 7th to Mon. May 9th. 3 days 2 nights - \$519 pp Double/Triple-\$799 pp Single- Admission to Statue of Liberty/Ellis Island Tour and 9/11 Memorial, Includes RT Transportation, Hotel & Breakfasts.**

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

