

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

Season Greetings and Happy December One and All,

I feel a deep sense of gratitude for many of the events that took place in 2015, especially for the continued support and feedback from many of our beloved seniors. The past six months have been full of discussions and transitions. Change is NEVER easy, but many times, necessary. It is my hope as we approach the New Year that we can continue to respectfully share our thoughts and opinions in ways that are both productive and helpful to our Center. Over the next month, the Center will be working with a local non-profit to host a few focus groups to gather your input and ideas. We will be posting sign-up sheets and flyers in the front and back of the Center so please keep a lookout for more information. Participation is important and encouraged!

I would like to take this moment to thank the incredible instructors, volunteers and my amazing staff members. Their tireless dedication to the seniors of the Malden Senior Center is to be commended. I am extremely proud and fortunate to be a part of this incredible team!

As with many Council on Aging and Seniors Centers, we strive to offer the best services and programs we can. Your special notes, hugs and continued generosity make this work extremely special and rewarding! A SPECIAL THANK YOU to Kevin Duffy and his family for the very generous donation of the new flat screen television that is now located in the Center's Atrium. We appreciate you and your special dedication to the Malden Senior Center!

WE WILL BE CLOSED ON THE FOLLOWING DAYS:

**THURSDAY, DECEMBER 24, 2015 - CLOSING AT NOON
AND**

**FRIDAY, DECEMBER 25, 2015
IN OBSERVANCE OF THE HOLIDAY SEASON**

**THURSDAY, DECEMBER 31, 2015 - CLOSING AT NOON
AND**

**FRIDAY, JANUARY 1, 2016
IN OBSERVANCE OF NEW YEAR'S DAY**

As always, I would like to send 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 Policy Update:

Over the past month, the Center recently engaged in a series of much needed policy and administrative changes. At the last Senior Community meeting on Tuesday November 10, 2015 we experienced some strong feedback from some of the audience members. Presented at the meeting were some of the recent Council on Aging Advisory Board updates and topics. The information was met by some members of the audience with frustration with the process. Members of the media were called to participate in this private, Senior Center meeting without prior approval from the Director. The meeting took on a life of its own and has now resulted in a community response that is focused on improving communication at the Center.

Over the next month, we will be working with a local non-profit group to host a series of focus groups or "Circles" that will aim to address some of the issues that were presented at the November 10th meeting. We would like to encourage everyone who is interested in participating to please sign up and indicate if you will need translation services to participate. The sign-up sheets will be posted in the front and the back of the Center.

Lastly, we've made great strides with implementing our scan card program. We started distributing the cards on Tuesday, November 24th, and we will continue throughout the month of December. Please remember that you must have your card with you each time you enter the building beginning in 2016. If you haven't received your card please see one of the staff members at the Center.

JUDY AND NICOLE'S
HOLIDAY SEASON PERFORMANCE

Tuesday, December 15 at 3:30 PM

Holiday classics in addition to a sing-a-long with the children's choir from the Immaculate Conception Parish. A light supper will be served. Please call 781-397-7144 to make a reservation.

SPECIAL NOTE: When a light supper is offered, attendance to the whole 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 Timothy Thompson, Loga Kunarasah, Nancy Keating and Noreen and Nancy Sweeney.

NEW CLASS
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!

NEW CLASS
MOVEMENT AND STRETCHING CLASS
WITH JULIE KAUFMANN

Thursdays, 1:30 PM - 2:00 PM

Slow, resistant movements that are gentle and easy to do. Sit or stand. All ages, any fitness levels are welcome.

NEW BEGINNERS LINE DANCING CLASS
WITH EMILY BRENNER

Mondays at 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!

ADVANCED BALANCE AND STRENGTH
FEE IS \$3.00 PAYABLE TO SHARON
Wednesdays from 2:15 PM - 3:15 PM

AARP FOUNDATION TAX AIDE
FOR 2016

Volunteer as a Tax Counselor and work with eligible residents in preparing their tax returns. Basic computer skills and some experience in filing your own tax returns are important, along with a willingness to make a significant time commitment to this worthy effort. Training is provided. Please contact Rick Mockler at 781-690-2058 for more information.



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

LEGAL ADVICE - ATTY. KEN SIMMONS
Tuesday, December 8 from 2:00 PM - 4:00 PM

CHAIR MASSAGE
Thursday, Dec. 10 from 9:30 AM - 11:30 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST
Monday, December 28 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY
Thursday, Dec. 17 from 9:30 AM - 11:30 AM

SHINE COUNSELOR
Mondays, Dec. 7 & 14 from 9:00 AM - 12:00 PM
Sue Worrall, SHINE Counselor will provide a free confidential health insurance session.

**BLOOD PRESSURE with
JOYA PEZZUTO, RN**

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

**MARY MARINO'S AFFORDABLE
HEARING AIDS**
Monday, December 14 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.

BOOK CLUB
Tuesday, Dec. 15 at 11:00 AM (Library)
"The Invention of Wings" by Sue Monk Kidd.
Hetty "Handful" who has grown up as a slave in early nineteenth century Charleston, recalls the night her mother told her that her ancestors in Africa could fly over trees and clouds. That day, Handful's mother, Charlotte gave her daughter the gift of hope - the possibility that someday she might regain her wings and fly to freedom.

SENATOR JASON LEWIS OFFICE HOUR
Friday, Dec. 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.

**REPRESENTATIVE FROM
CONGRESSWOMAN KATHERINE
CLARK'S OFFICE**
Tuesday, December 1 from 9:00 AM to 10:00 AM
Held in the Atrium.

DID YOU KNOW THAT...
Mass. Senior Action Committee
Meets monthly every 4th Wednesday at 1:30 PM
Single Life
Tuesday, December 1st and 8th from 5:00 PM - 6:55 PM

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

Dec. 7: **A Borrowed Identity, NR**
Tawfeek Barhom, Yael Abecassis
Dec. 14: **The Christmas Card, NR**
John Newton, Edward Asner
Dec. 21: **Love's Christmas Journey, NR**
Natalie Hall, JoBeth Williams
Dec. 28: **Ballet 422**
New York City Ballet, Justin Peck

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

CHINESE HISTORY AND LITERATURE
Thursday, December 10 & 24 at 9:30 AM
Held in the Auditorium

MOVIE IN CHINESE
Thursdays, Dec. 3 & 17 from 1:00 PM - 3:00 PM

MOVIE IN HAITIAN
Thursday, December 10 from 1:00 PM - 3:00 PM

HAITIAN OUTREACH, ESL & DOMINOS
Tuesdays 4:30 PM to 6:00 PM
Thursdays 1:00 to 3:00 PM
(except the 2nd Thursday)



Photo Courtesy: Wikimedia Commons



7

9:00 a.m. 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 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 with Emily

Tuesday

1

8:30 Advanced Balance & Strength
 9:00 a.m. Representative from
 Congresswoman Katherine Clark's
 Office.
 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 & Writing
 2:30 p.m. International Ballroom
 Dance
 3:00 pm Scan Card/Malden
 Residents Only
 4:30 p.m. Haitian Outreach ,ESL
 and Dominos
 5:00 pm Singles Group
 5:45 p.m. "Let Your Yoga Dance®"

8

8:30 Advanced Balance & Strength
 9:00 a.m. Representative from
 Congresswoman Katherine Clark's
 Office.
 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 & Writing
 2:00 p.m. Legal Advice
 2:30 p.m. International Ballroom
 Dance
 4:30 p.m. Haitian Outreach ,ESL
 and Dominos
 5:00 pm Singles Group
 5:45 p.m. "Let Your Yoga Dance®"

Wednesday

2

8:30 Balance & Strength
 9:00 a.m.Chinese Outreach
 9:30 a.m.Zumba
 10:00 a.m.English Conversation
 Group
 10:00 a.m. Fabric Art
 10:45 a.m. Chinese Tai Chi
 1:00 p.m. Reading & Writing
 2:15 p.m. Advanced Balance and
 Strength with Sharon

9

8:30 Flex, Stretch & Balance
 9:00 a.m.Chinese Outreach
 9:30 a.m.Zumba
 10:00 a.m.English Conversation
 Group
 10:00 a.m. Fabric Art
 10:45 a.m. Chinese Tai Chi
 1:00 p.m. Reading & Writing
 2:15 p.m. Advanced Balance and
 Strength with Sharon

Thursday

3

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
 1:00 p.m. Bingo
 1:00 p.m. Movie in Chinese
 1:00 p.m. Haitian Outreach ,ESL
 and Dominos
 1:30 p.m. Movement & Stretching
 2:30 p.m. Country Western -
 Advanced Line Dance

10

8:15 Advanced Bal. & Strength
 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 Discussion
 10:30 a.m. Blood Pressure with
 Joya Pezzuto, RN
 11:00 a.m. Gentle "Chair" Yoga
 1:00 p.m. . Bingo
 1:00 p.m. . Movie in Haitian
 1:30 p.m. Movement & Stretching
 2:30 p.m. Country Western-
 Advanced Line Dance

Friday

4

8:00 a.m. FL-ABS
 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
 9:30 a.m. Chair Exercise
 10:00 a.m.Billiard (Pool)
 10:45 a.m. Zumba with Judy
 11:00 a.m. Harmonica Class for
 Beginners

11

8:00 a.m. FL-ABS
 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
 9:30 a.m. Chair Exercise
 10:00 a.m. Billard (Pool)
 10:45 a.m. Zumba with Judy
 11:00 a.m. Harmonica Class for
 Beginners

14

9:00 a.m. Shine Counselor
 9:30 a.m. Bowling
 9:30 a.m.Chair Exercise
 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

15

8:30 Advanced Balance & Strength
 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. Reading & Writing
 1:00 p.m. Tai Chi
 2:30 p.m. International Ballroom
 Dance
 3:30 p.m. "Holiday Performance"
 Judy Doucette and
 Nicole Penico Maccioni

16

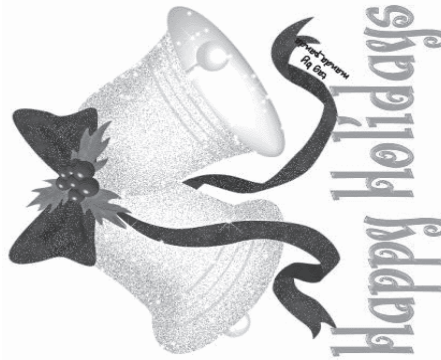
8:30 a.m. Balance & Strength
 9:00 a.m.Chinese Outreach
 9:30 a.m.Zumba
 10:00 a.m.English Conversation
 Group
 10:45 a.m. Chinese Tai Chi
 1:00 p.m. Reading & Writing
 2:15 p.m. Advanced Balance and
 Strength with Sharon

17

8:15 Advanced Bal. & Strength
 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. Movie in Chinese
 1:30 p.m. Movement & Stretching
 1:00 p.m. Haitian Outreach ,ESL
 and Dominos

18

8:00 a.m. FL-ABS
 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. Representative from
 Senator Jason Lewis' Office
 10:45 a.m. Zumba with Judy
 11:00 a.m. Harmonica Class for
 Beginners

<p>1:00 p.m.Movie 1:00 p.m. Beginners Line Dance 2:00 p.m. R & R Class with Emily</p>	<p><i>Nicole I uncoo-maggo</i> 4:30 p.m. Haitian Outreach ,ESL and Dominos 5:45 p.m. “Let Your Yoga Dance®”</p>	<p>8:30 Advanced Balance & Strength 22 9:30 a.m. Chinese Chorus 11:00 a.m. Chinese Line Dance 12:30 p.m.Beginners Tai Chi 1:00 p.m. Reading & Writing 2:30 p.m. International Ballroom Dance 3:00 pm Scan Card/Non Malden Residents Only 4:30 p.m. Haitian Outreach ,ESL and Dominos 5:45 p.m. “Let Your Yoga Dance®”</p>	<p>2:30 p.m. Country Western- Advanced Line Dance</p>	<p>.....21 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 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 with Emily</p>	<p>8:30 a.m. Balance.& Strength 23 9:00 a.m. Chinese Outreach 9:30 a.m.Zumba 10:00 a.m.English Conversation Group 10:45 a.m. Chinese Tai Chi 1:00 p.m. Reading & Writing 1:30 p.m. Mass Senior Action 2:15 p.m. Advanced Balance and Strength with Sharon</p>	<p>8:15 Advanced Bal. & Strength . 24 8:30 a.m. Computer Classes. 9:00 a.m. Chinese Outreach 9:30 a.m. Chinese History and Literature Discussion 9:30 a.m. Computer Classes 9:30 a.m. Gentle “Mat” Yoga 11:00 a.m. Gentle “Chair” Yoga</p> <p style="text-align: center;">12:00 PM Closing</p>	<p style="text-align: center;">25</p> 
<p>.....28 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 p.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 with Emily</p>	<p>8:30 Advanced Balance & Strength 29 9:30 a.m. Chinese Chorus 11:00 a.m. Chinese Line Dance 12:30 p.m.Beginners Tai Chi 1:00 p.m. Reading & Writing 2:30 p.m. International Ballroom Dance 3:00 pm Scan Card/Non-Malden Residents Only 4:30 p.m. Haitian Outreach ,ESL and Dominos 5:45 p.m. “Let Your Yoga Dance®”</p>	<p>8:30 a.m. Balance.& Strength 30 9:00 a.m. Chinese Outreach 9:30 a.m.Zumba 10:00 a.m.English Conversation Group 10:45 a.m. Chinese Tai Chi 1:00 p.m. Reading & Writing 2:15 p.m. Advanced Balance and Strength with Sharon</p>	<p>8:15 Advanced Bal. & Strength . 31 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</p> <p style="text-align: center;">12:00 PM Closing</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

**Contact Sharon/Esor Travel for more information
857-272-5363.**

Mohegan Sun Casino Day Trip: \$29 pp \$54 (\$27 for two), Buffet,
Gambling Voucher, RT Transportation (Date TBD - Call for details)

Charles Dickens' A Christmas Carol: Tuesday, 12/1 - \$89 pp Sheraton
Four Points, Norwood: Coach Transportation, Holiday Luncheon, Show.

Boston Pops Christmas Show: Saturday, 12/5 - \$129 pp, Venezia
Waterfront Luncheon and Show @ Symphony Hall.

Christmas/Rockette Show (Hudson Valley & NYC): 12/6-12/7
Sun-Mon-\$399 pp/do - Tour Lyndhurst Castle & Union Church, Christmas
Show @ Westchester Theatre, Radio City Music Hall Show, 1 Night Hotel
Sheraton, 2 Meals, Coach RT Transportation, Vouchers.

New Year's Eve Day Trip featuring Lydia Harrell. Plus dancing to the
lovely singer orchestra. \$89 pp, No Refunds- includes Transportation,
Luncheon, Show, Orchestra, Party Favors and Champagne Toast.

"The Young Irelanders: March, 2016 - Date TBA—Venus De Milo,
Swansea, MA - former lead dancer of "Lord of the Dance", \$89 pp
Includes Lunch, Show and Transportation.

New York: Statue of Liberty, Ellis Island and the 9/11 Memorial - April,
2016 (Date TBA) call for details - 89 pp Includes Round Trip
Transportation, Admission to the Statue of Liberty/Ellis Island Tour and
Admission to the 9/11 Memorial. (Note: this day trip will arrive back in
Malden at 10:30 PM).

See flyers at the Senior Center for more information. Pickup at 156
Highland Ave., Malden (former Ravi's Restaurant).

Malden Council on Aging
7 Washington Street
Malden, MA 02148

