

# 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*

Lots of important things happening in February!

Did you know February is National Heart Month? Use this month to raise awareness about heart disease and how you can prevent it. February is also Black History Month and this year's theme is "African Americans in Times of War;" a time to pause and consider the specific and unique issues faced by African Americans. February is also time to celebrate Chinese New Year. This year is the year of the Dog! People born under this sign are said to be honest, easygoing and helpful to others.

We can't forget Valentine's Day – also called Saint Valentine's Day or the Feast of Saint Valentine which some celebrate as a day of romance. We hope you enjoy whatever it is you celebrate!

On to business. Tax time is quickly approaching and AARP volunteers will be returning to the Center to offer free tax preparation services. Please contact the front office to schedule an appointment. You will also notice the Senior Center parking decals will be expiring soon. Please be on the lookout for further information on the procedure to update.

Last, but certainly not least; the New beginning's Dance was a huge success! Once again, we thank the Nagel family who was in attendance to enjoy the night of memory of their mother, Jessie Nagel.

*The Malden Senior Community Center will be closed on:  
Monday, February 19, 2018 in observance of Presidents' 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 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, February 7 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, February 20 at 11:00 AM (Library)**  
**“The Hate You Give” by Angie Thomas**  
 Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer.

**AARP TAX SERVICE**

**Starting Tuesday, February 13, 2018 at 9:00 AM and every Tuesday until April 10, 2018.**  
 AARP Volunteers will be back in February to prepare your 2017 taxes. Photo ID is required. Please call 781-397-7144 to schedule an appointment.  
**Also, please remember that a Scan Card is necessary to enter the Malden Senior Community Center building.**



**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 Rama and Ravi S. Kuchibhotla, Nancy C. Keating, Chiu Shan Leung, Mary E. Scott, Loga Kunarasah, Kathy Kratz, Mary Peabody, and Massachusetts Senior Action Council, Inc.

The following donation was made to the Senior Center in honor of Jacione (Jessie) Nagel:  
 Henry and Michelle Trammel.  
 Jim and Jodi Kurian

**YOU ARE NOT ALONE IN YOUR GRIEF**

**Join us in 2018**

**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**

**The 2<sup>nd</sup> and 4<sup>th</sup> Monday; each session held from 1:30 PM– 3:00 PM**

**SAVE MONDAY: February 12 & 26, March 12 & 26, April 9 & 23, May 14.**

**Please RSVP to Nancy Duffy, BC - 617-242-8370 to pre-register.**

***Sponsored by: Malden Senior Community Center and Beacon Hospice, an Amedisys Company.***



**NEW EXERCISE CLASS FOR THE NEW YEAR – 2018**

**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.



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

**CHAIR MASSAGE**

Thursday, February 8 from 9:30 AM - 11:00 AM  
Massage fee is \$20 paid directly to Rachel Pizzano

**PODIATRIST - NEW DAY**

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

**REFLEXOLOGY**

Thursday, February 15 from 9:30 AM - 11:30 AM

**NO SHINE COUNSELOR IN  
FEBRUARY**

**BLOOD PRESSURE WITH  
JOYA PEZZUTO, RN**

Thursday, February 8 from 10:30 AM - 11:30 AM  
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE  
HEARING AIDS**

Monday, February 12 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**  
No class for the month of February

**SENIORS "GRAHAM CRACKERS"  
CANDLEPIN BOWLING LEAGUE**

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

**REPRESENTATIVE STEPHEN ULTRINO**  
Thursday, February 8 from 10:00 AM – 11:00 AM  
Held in the Atrium.

**SENATOR JASON LEWIS**  
Friday, February 16 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, February 28 at 1:30 PM



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

- Feb 5: **The von Trapp Family:  
A Life of Music: NR**  
Eliza Bennett, Matthew Macfadyen
- Feb 12: **Nebraska: R**  
Bruce Dern, Will Forte
- Feb 19: **NO MOVIE - HOLIDAY**
- Feb 26: **At First Sight: PG-13**  
Val Kilmer, Mira Sorvino

**MONTHLY MOVIE**  
Tuesday, February 27 at 2:30 PM  
**I Don't Know How She Does It: PG-13**  
Sarah Jessica Parker, Pierce Brosnan  
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.*

Monday

Tuesday

Wednesday

Thursday

Friday



2

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  
10:30 a.m.- Zumba Fitness

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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

9

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  
10:30 a.m.- Zumba Fitness

8

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

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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.- Senator Jason Lewis  
10:30 a.m.- Zumba Fitness

15

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

7

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

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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

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8:30 a.m.- Core and Balance  
9:00 a.m. Taxes  
9:30 a.m. Zumba Gold  
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  
5:00 p.m.- "Let Your Yoga Dance®"

13

8:30 a.m.- Core and Balance  
9:00 a.m. Taxes  
9:30 a.m.- Chinese Chorus  
9:30 a.m. Zumba Gold  
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  
5:00 p.m.- "Let Your Yoga Dance®"

5

8:15 a.m.- Core and Balance  
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.- Movie  
2:00 p.m.- R & R Class

12

8:15 a.m.- Core and Balance  
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  
11:00 a.m.- Gentle Chair Yoga  
12:00 p.m.- Mon-Thurs Friday - 11:00 AM Lunch (MVES)  
1:00 p.m.- Movie  
1:30 p.m. "Grief" Support Group  
2:00 p.m.- R & R Class





19

8:15 a.m.- Core and Balance  
 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.- Movie  
 1:30 p.m. "Grief" Support Group  
 2:00 p.m.- R & R Class

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8:30 a.m.- Core and Balance  
 9:00 a.m. Taxes  
 9:30 a.m.- Chinese Chorus  
 9:30 a.m. Zumba Gold  
 10:00 a.m. Reading and Writing  
   with Pam  
 11:00 a.m.- Book Club  
 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  
 4:00 p.m. Dinner Dance  
 5:00 p.m.- "Let Your Yoga  
   Dance®"

20

8:30 a.m.- Core and Balance  
 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

27

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  
 1:30 Mass Senior Action

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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

22

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  
 12:00 p.m. - Podiatrist  
 1:00 p.m.- Bingo  
 1:30 p.m.- Healthy Steps  
 2:30 p.m.- Advanced Country  
   Western Line Dance

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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.

TWIN RIVERS: \$20.00 per person. Next Date: Monday, March 26th. The bus will depart at 9:45 AM. Future Dates: June 11 and September 17, 2018.

FOXWOODS: \$25.00 per person. Next Date: Tuesday, April 17. The bus will depart at 7:45 AM. Future Dates: July 16 and October 15.

MOHEGAN SUN: \$25.00 per person. Next Date: Monday, May 14. The bus will depart at 7:45 AM. Future dates: August 13 and November 12.

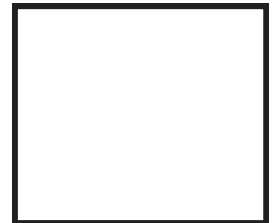
Note: Please remember you will need a valid Photo ID for all Casino Trips!

ST. PATRICK'S LUNCH AND SHOW AT THE AQUA TURF CLUB: Tuesday, March 20 - \$74.00 per person. Includes: roundtrip motor coach to the famous Connecticut Aqua Turf, welcome reception followed by a delicious luncheon and then enjoy a Saint Patrick Show with Pdraig Allen and the McLean Avenue Band. Tickets available.

NEWPORT PLAYHOUSE EXIT LAUGHING: Thursday, April 12 - \$79.00 per person. Includes: motor coach transportation, a fabulous luncheon, Exit Laughing. When the biggest highlight of your life for the past 30 years has been your weekly bridge night out with the girls - what do you do when one of your foursome inconveniently dies: Just wait and find out! Tickets available.

CHICKEN AND SLOTS: Tuesday, April 24 - \$56.00 per person. Start your day at Wright's Farm Restaurant, enjoy a family style dinner, Twin River Casino and receive their casino package and enjoy a few hours of casino fun. Tickets available.

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



*Thank  
you*