

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

Jason Law

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

A Letter from the Director, Silvia Banos-Aguayo

On July 4th we will celebrate Independence Day. Let us always be thankful for the freedom and liberties we enjoy in our great country. Thank You” to our brave men and women in the armed forces who have fought on our behalf to ensure we can celebrate on this very special day.

Independence is something we all cherish. Older Americans are living longer and healthier lives. Exercise, healthy eating, relaxation and having fun are all factors that have contributed to our longevity and continued independence. Socializing helps with alleviating depression and has helped to fight Alzheimer’s disease, Depression, and Obesity (<http://www.healthypace.com/depression>). At the Malden Senior Community Center, we offer an array of diverse and fun activities to participate in. Come join us today!

Our Scan card program is now up and running! A very special THANK YOU to Debbie Camarata, Cheryl Spinella and Jamie Whelan from the City’s IT Department for all their hard work and dedication to getting us up and running! We couldn’t have done it without you! If you’re new to our scan card program and need a quick lesson, please see one of our staff members and we will guide you through the process. It literally takes 2 minutes! If you still have not applied to receive your scan card, please see one of the staff. As a reminder, all new applicants must be 60 years of age or older with a valid Massachusetts ID including your current address.

Lastly, a big thank you to Middlesex District Attorney Marian Ryan, Middlesex Sheriff Peter J. Koutoujian, City of Malden Police Chief Kevin Molis and Captain Glenn Cronin, and our wonderful Chinese interpreters from the Chinese Cultural Connection (Christina) and the City of Malden’s Inspectional Services (Emma and Tom) for lending your voices to ensure the message of Fraud Prevention was heard and understood by all who attended.

**We will be closed on Friday, July 1, 2016 and
Monday, July 4, 2016 in Observance of
Independence 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**COUNCIL ON AGING**

There will NOT be a Council on Aging Meeting taking place in July or August 2016. Meetings will resume in September 2016. Thank you for all who attended and participated this past year.

ADVISORY COMMITTEES

As a friendly reminder, we are still collecting names for the Advisory Committees currently being formed at the Center. The committees will address issues such as Diversity, Fundraising, Marketing, and Community Outreach. We are hoping to officially begin holding meetings in September 2016. The meetings will take place once a month for one hour. We will have a kick off meeting on Thursday September 29, 2016 at 1:30 PM in the auditorium. Individual group meeting times will be decided at that time. Please visit the front office to sign up!

SCAN CARDS

The scan card program will officially begin on July 1, 2016. We are still awaiting final confirmation on the status of the activity fees. We will make an official announcement about fees as soon as we hear anything. We have programmed our television in the Atrium to show a continuous brief video that will walk you step by step on how to use the system. Please see any staff member with questions on how to use the system or top sign up.

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 at: <http://www.cityofmalden.org/content/senior-center-newsletter>. If you wish to continue to have the newsletter mailed to your home, the fee is \$10 per year. The check should be made payable to the Malden Senior Community Center. Please feel free to contact the Center if you have any questions. Thank you.

TOMMY RULL - SINGER/ENTERTAINER

“A Musical Journey Through the Years”

Tuesday, July 12 at 3:30 PM

“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.

TUESDAY MONTHLY MOVIE

July 26 at 2:30 PM - Robin Williams Man of the Year
Robin Williams, Christopher Walken

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

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: Chen Ci, Herman Mei, Rochelle Prost, Chiu Shan Leung, Mary Scott and Patricia Doyle.

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, Hallmark Health/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!

Chicken, Spinach & Mozzarella Salad/ Serves 4
Ingredients

1 bag of baby spinach leaves
2 Cups cooked chicken, chopped
(try using an already cooked rotisserie chicken from the grocery store)
2 Cups cherry tomatoes, halved
1 cucumber, sliced
1/2 Cup low-fat Italian dressing
1 Cup low-fat mozzarella shredded cheese

*In a bowl, toss spinach, chicken, tomatoes, & cucumber.

Mix in dressing and sprinkle with cheese. Enjoy!
Calories Per Serving: 300 kcal

BOOK CLUB

Tuesday, July 19 at 11:00 AM (Library)

Meet Ove. He's a curmudgeon - the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines and a short fuse. People call him “the bitter neighbor from hell.” But must Ove be bitter just because he doesn't walk around with a smile plastered on his face all the time? Behind the cranky exterior there is a story of sadness.

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. Certified Healthy Steps Instructor.



FOR ALL OF THE FOLLOWING, YOU MUST CALL FOR APPOINTMENTS

781-397-7144

CHAIR MASSAGE

Thursday, July 14 from 9:30 AM - 11:30 AM
 Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST

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

REFLEXOLOGY

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

SHINE COUNSELOR

Monday, July 11 from 9:00 AM-12:00 PM

BLOOD PRESSURE with JOYA PEZZUTO, RN

Thursday, July 14 from 10:30 AM - 11:30 AM
 Sponsored by Hallmark Health System.

MARY MARINO'S AFFORDABLE HEARING AIDS

Monday, July 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.

READING, WRITING AND COMMUNICATION SKILLS WITH DEB & PAM

Classes will begin Tuesday, September 13 from 1:00 PM - 3:00 PM. Classes will be held on Tuesdays and Wednesdays from 1:00 PM -3:00 PM thereafter. Students must attend both days. Students will be tested on Tuesday, September 6 from 1:00 PM -3:30 PM, Wednesday, September 7 from 11:30 AM - 3:00 PM and if needed; Thursday, September 8 from 11:30 AM - 3:00 PM. Testing will be 1/2 hour . Can you read and write English, but would like to improve your communication skills? Former students will not need to be tested. Call 781-397-7144 to sign up for testing.

ADVANCED LINE DANCING (COUNTRY/WESTERN)

Thursdays, 2:30 PM - 3:30 PM
 Come join Julie Kaufmann for a new spin on Country Line Dancing!

REPRESENTATIVE FROM CONGRESSWOMAN KATHERINE CLARK'S OFFICE

Tuesday, July 5 from 9:00 AM to 10:00 AM
 Held in the Atrium.

REPRESENTATIVE STEPHEN ULTRINO

Friday, July 8 from 10:00 AM - 11:00 AM
 Held in the Atrium.

SENATOR JASON LEWIS OFFICE HOUR

Friday, July 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>

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

Meets monthly every 4th Wednesday at 1:30 PM
Single Life
Tuesday, July 5 from 5:00 PM - 6:55 PM

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

- July 4: NO MOVIE - HOLIDAY**
- July 11: Moonrise Kingdom: PG-13**
 Jared Gilman, Kara Hayward
- July 18: Big Stone Gap: PG-13**
 Ashley Judd, Patrick Wilson
- July 25: Finding Normal: NR**
 Candace Cameron Bure, Trevor St. John

CHINESE OUTREACH

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

CHINESE HISTORY AND LITERATURE


Thursday, July 21 at 9:30 AM

MOVIE IN HAITIAN

Thursday, July 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>5</p> <p>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 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>6</p> <p>8:30 a.m. Balance & Strength 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. Traditional Tai Chi 1:00 p.m. Reading & Writing</p> | <p>7</p> <p>8:30 Advanced Balance & 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 11:00 a.m. Gentle "Chair" Yoga 12:15 p.m. Traditional Tai Chi 1:00 p.m. ..Bingo 1:00 p.m. ..Haitian Outreach ESL and Dominos 1:30 p.m. Movement & Stretching 2:30 p.m. Advanced Line Dance</p> | <p>8</p> <p>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. Representative Stephen Ultrino 10:00 a.m. Billiard (Pool) 10:45 a.m. Zumba with Judy 11:00 a.m. Harmonica Class for Beginners</p> |
| <p>11</p> <p>8:15 p.m. Advanced Balance and Strength with Sharon 9:00 SHINE Counselor 9:30 a.m. Chair Exercise 10:30 a.m. Mary Marino's Affordable Hearing 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>12</p> <p>8:30 Advanced Balance & Strength 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 3:30 pm Entertainment - Tommy Rull 4:30 p.m. .Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p> | <p>13</p> <p>8:30 a.m. Balance & Strength 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. Traditional Tai Chi 1:00 p.m. Reading & Writing</p> | <p>14</p> <p>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. Chair Massage 10:30 a.m. Blood Pressure with Joya Pezzuto, RN 11:00 a.m. Gentle "Chair" Yoga 12:15 p.m. Traditional Tai Chi 1:00 p.m. ...Movie in Haitian 1:00 p.m. ..Bingo 1:30 p.m. Movement & Stretching 2:30 p.m. Advanced Line Dance</p> | <p>15</p> <p>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. Senator Jason Lewis 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

Mohegan Sun/Foxwoods Casino Day Trip: TBA - \$29 pp \$54 (\$27 for two) Buffet, Gambling Voucher, Round Trip Transportation call 857-272-5363 to register.

Venus de Milo/Swansea Presents - The Highwaymen, 6/23 Thursday - \$89 pp (Tribute Show/ Dolly Parton, Waylon Jennings, Johnny Cash, Reba McEntire & Willie Nelson) Includes Transportation, Lunch and Show. (Note: due to a date change this trip is the same day as the Lobsterbake).

Big Bands Matinee Show - Tuesday 7/19 \$79: Tommy Dorsey, Glenn Miller, Benny Goodman Tribute, Luciano's Lake Pearl/Wrentham: Includes Transportation, Luncheon and Show.

Spirit of Boston Day Cruise - 7/26 Thursday \$79 pp Includes - Transportation, Cruise, Luncheon, Entertainment and Dancing!

Motown Revue- Venue de Milo, Swansea: Wednesday, 9/21—\$89, Includes Round Trip Transportation, Lunch (w/Meal Choice) and Show. Tribute to Marvin Gaye, The Temptations, Gladys Knight and The Pips, Smokey Robinson, The Supremes and More!

Iceland Tour! 5 days/3 nights \$1799 pp - 10/6-10/10 - \$350 deposit. All Inclusive of Air/Hotel 3 breakfasts, 1 Dinner, Tour Guide - Visit: Reykjavik, Parliament, the Blue Lagoon, National Museum, the Northern Lights and much more! (Note: A Passport is required)

Contact Sharon/Esor Travel for more information 857-272-5363, pickup @ 156 Highland Ave, Malden (El PotroRest) unless otherwise noted.

Malden Council on Aging
7 Washington Street
Malden, MA 02148

