

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

Letter from the Director

Happy Birthday America! I hope you all have some plans to celebrate the 4th of July. If you are still looking for something to do, check the City website for upcoming Malden events. The City Councilors celebrate Independence Day at various parks around Malden. Each celebration is a little different, but they are all fun and **free!**

A reminder that the first summer concert is July 10th featuring the Brother's Walk Band! For those of you on facebook, we started a new page where you can view pictures, see our activities and be kept up to date with announcements. Search for us and 'like' our page "**The Official Malden Senior Community Center**".

We have partnered with MATV (Malden's Media Center) for a new **Senior Video Camera Basics Class**. Designed specifically with seniors in mind, you will learn the basics of how to cover an event, pre-production planning, and simple interviewing tips. Included will be a camera demonstration and hands-on practice. The hope is you will be able to film our entertainment here at the Senior Center so others who aren't able to attend can enjoy! There is a \$10.00 fee and the equipment is provided.

We want to thank you for your patience while we sort out our transportation. We have some great ideas that will hopefully be more flexible and easy to access.

We are working hard to incorporate some of the suggestions regarding the fees for classes and will have a plan for implementation worked out before the end of August. Thank you to those who have been working with us to find a solution.

LUNCHEON AND PERFORMANCE by "JOEY VOICES"

Tuesday, July 31 at Noon

Come join Sheriff Koutoujian and his Staff as they prepare a delicious pasta luncheon. Then, sit back and enjoy the show with a performance by "Joey Voices."

*The Malden Senior Community Center will be closing at
12:00 Noon on Tuesday, July 3, 2018
and will be closed all day on Wednesday, July 4, 2018
in Observance of Independence 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

**Senior Center Shuttle
 Curb to Curb**
 service on

Mondays, Tuesdays and Thursdays from your
 residence to the Senior Center and home again.

(Malden Trans, Inc is currently assisting with
 Shuttle Service).

Reservations Required-781-397-7144

SENIOR CENTER UPDATE
COUNCIL ON AGING

**No Council on Aging Board Meeting
 in July 2018**

BOOK CLUB

Tuesday, July 17 at 11:00 AM (Library)
“The Leavers” by Lisa Ho

A novel from the viewpoint of 11-year old Deming who is
 given up for adoption after his mother Polly goes to work
 at a nail bar in the Bronx and never comes back. Deming
 blames himself for his mother’s disappearance. He builds
 a case against her in his mind through his teen years until
 at the age of 21 sets off to look for her.

INTERMEDIATE SEWING CLASS

Thursdays from 1:00 PM - 3:00 PM

Join Rochelle Prost for another 6 week course beginning
 Thursday, July 5 through Thursday, August 2, 2018.
 Please note: Must be able to use a sewing machine.

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.

YOU ARE NOT ALONE IN YOUR GRIEF
**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**

1:30 PM – 3:30 PM

MONDAYS: July 2 and August 6

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

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

READING & WRITING WITH PAM

Mondays & Tuesdays from 10:00 AM - 12:00 PM

Classes will begin on Monday, September 10.

**If you can read and speak English but want to improve
 your skills; this may be the class for you. We will work
 on improving your skills while having fun. Please sign
 up to be tested on Wednesday, September 5 between
 10:30 AM and 3:00 PM. (30 minute slots)**

READING & WRITING WITH DEB

Tuesdays & Wednesdays from 1:00 PM -3:30 PM

**Classes will begin on Tuesday, September 11. Can you
 read and write English but would like to improve your
 communications skills? Please call 781-397-7144 to sign
 up for testing on Wednesday, September 5 between
 10:30 AM and 3:00 PM.**

**All new students must be tested and accepted to class and
 make a commitment to attending class regularly and to
 completing weekly homework assignments.**



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

CHAIR MASSAGE

Thursday, July 26 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano

PODIATRIST

Thursday, July 26 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, July 19 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, July 9 from 9:00 AM -12:00
(Please bring your Medicare Card and List of Meds)

**NO BLOOD PRESSURE WITH
JOYA PEZZUTO, RN IN JULY & AUGUST**

**NO MARY MARINO'S AFFORDABLE
HEARING AIDS IN JULY**

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

CHINESE HISTORY AND LITERATURE
Thursday, July 19 at 9:30 AM

SINGER/ENTERTAINER - TOMMY RULL
"A Musical Journey Through the Years"

Tuesday, July 17: 2:30 PM - 3:30 PM
Enjoy the songs of Sinatra, Perry Como, Elvis, Kenny Rogers, Lou Rawls, Louis Armstrong, Paul Anka, Harry Belafonte, Barry Manilow, Nat "King" Cole and many others.

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.

REPRESENTATIVE STEVEN ULTRINO
Thursday, July 12 from 10:00 AM – 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS
Friday, July 20 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.

**NO COUNCILLOR RYAN O'MALLEY
IN JULY AND AUGUST**

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.


**NO MASS SENIOR ACTION COUNCIL
MEETING IN JULY**

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

- July 2: **The Rewrite: NR**
Hugh Grant, Marisa Tomei
- July 9: **Miracles from Heaven: PG**
Jennifer Garner, Kylie Rogers
- July 16: **Home Again: PG-13**
Reese Witherspoon, Nat Wolff
- July 23: **Unconditional: PG-13**
Lynn Collins, Michael Ealy
- July 30: **Raising Helen: PG 13**
Kate Hudson and John Corbett

MONTHLY MOVIE
Tuesday, July 31 at 2:30 PM - **The Glass Castle PG 13**
Brie Larson and Woody Harrelson.
Pizza and Ice Cream sponsored by Dexter House Healthcare. Thank you Dexter House!

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.

<p><u>Monday</u> 2</p> <p>8:15 a.m. - Core and Balance 8:30 English Conversation 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 1:30 p.m. - "Grief" Support Group 2:00 p.m. - R & R Class</p>	<p><u>Tuesday</u> 3</p> <p>8:30 a.m. - Core and Balance 9:30 a.m. Zumba Gold 11:00 a.m. - Chinese Line Dance</p> <p>Senior Center Closed at 12:00 Noon</p>	<p><u>Wednesday</u> 4</p> 	<p><u>Thursday</u> 5</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 1:00 p.m. - Intermediate Sewing Class 1:30 p.m. - Healthy Steps 2:30 p.m. - Advanced Country Western Line Dance</p>	<p><u>Friday</u> 6</p> <p>9:00 a.m. - Cribbage 9:30 a.m. - Chair Exercise 9:30 a.m. - Knitting & Crocheting 10:30 a.m. - Zumba Fitness</p>
<p>9</p> <p>8:15 a.m. - Core and Balance 8:30 English Conversation 9:00 a.m. Shine Counselor 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</p>	<p>10</p> <p>8:30 a.m. - Core and Balance 9:30 a.m. Zumba Gold 11:00 a.m. - Chinese Line Dance 12:30 p.m. - Tai Chi 1:30 p.m. - Benefits of Meditation 5:00 p.m. - "Let Your Yoga Dance®"</p>	<p>11</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 10:30 a.m. - Council on Aging meeting 10:45 a.m. - Yang Style Tai Chi 1:00 p.m. - Advanced Line Dancing</p>	<p>12</p> <p>8:15 a.m. - Core and Balance 9:00 a.m. - Chinese Outreach 9:30 a.m. - Gentle "Mat" Yoga 10:00 a.m. - Representative Steven Ultrino 11:00 a.m. - Gentle "Chair" Yoga 1:00 p.m. - Bingo 1:00 p.m. - Intermediate Sewing Class 1:30 p.m. - Healthy Steps 2:30 p.m. - Advanced Country Western Line Dance</p>	<p>13</p> <p>8:30 a.m. - Combo Exercise 9:00 a.m. - Cribbage 9:30 a.m. - Chair Exercise 9:30 a.m. - Knitting & Crocheting 10:30 a.m. - Zumba Fitness</p>
<p>16</p> <p>8:15 a.m. - Core and Balance 8:30 a.m. English Conversation 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</p>	<p>17</p> <p>8:30 a.m. - Core and Balance 9:30 a.m. - Chinese Chorus 9:30 a.m. Zumba Gold 11:00 a.m. - Chinese Line Dance 11:00 a.m. - Book Club 12:30 p.m. - Tai Chi 1:30 p.m. - Benefits of Meditation 2:30 p.m. Entertainment - Tommy Rull - A Musical Journey Through The Years. 5:00 p.m. - "Let Your Yoga Dance®"</p>	<p>18</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. - Advanced Line Dancing</p>	<p>19</p> <p>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 9:30 a.m. Chinese History and Literature 11:00 a.m. - Gentle "Chair" Yoga 1:00 p.m. - Bingo 1:00 p.m. - Intermediate Sewing Class 1:30 p.m. - Healthy Steps 2:30 p.m. - Advanced Country Western Line Dance</p>	<p>20</p> <p>8:30 a.m. - Combo Exercise 9:30 a.m. - Chair Exercise 9:00 a.m. - Cribbage 9:30 a.m. - Knitting & Crocheting 10:00 a.m. - Senator Jason Lewis 10:30 a.m. - Zumba Fitness</p>

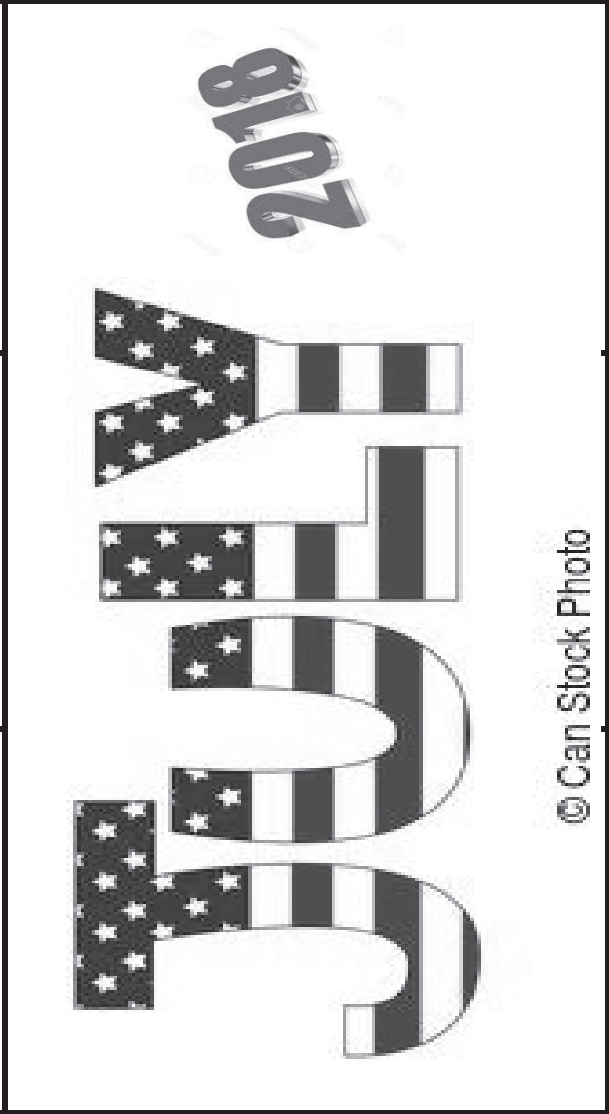
27
 8:30 a.m.- Combo Exercise
 9:30 a.m.- Chair Exercise
 9:00 a.m.- Cribbage
 9:30 a.m.- Knitting & Crocheting
 10:30 a.m.- Zumba Fitness

26
 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
 11:00 a.m.- Gentle "Chair" Yoga
 12:00 a.m. Podiatrist
 1:00 p.m.- Bingo
 1:00 p.m. Intermediate Sewing Class
 1:30 p.m.- Healthy Steps
 2:30 p.m.- Advanced Country Western Line Dance

25
 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. Advanced Line Dancing

24
 8:30 a.m.- Core and Balance
 9:30 a.m.- Chinese Chorus
 9:30 a.m. Zumba Gold
 11:00 a.m.- Chinese Line Dance
 12:30 p.m.- Tai Chi
 1:30 p.m.- Benefits of Meditation
 5:00 p.m.- "Let Your Yoga Dance®"

23
 8:15 a.m.- Core and Balance
 8:30 a.m. English Conversation
 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 (MOVES)
 1:00 p.m.- Movie
 1:00 p.m. Beginners Line Dance
 2:00 p.m.- R & R Class



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31
 8:30 a.m.- Core and Balance
 9:30 a.m.- Chinese Chorus
 9:30 a.m. Zumba Gold
 11:00 a.m.- Chinese Line Dance
NO MYSTIC VALLEY LUNCH TODAY!
12:00 p.m. - Luncheon and Performance by "Joey Voices"
 12:30 p.m.- Tai Chi
 1:30 p.m.- Benefits of Meditation
2:30 p.m. Monthly Movie - The Circle
 5:00 p.m.- "Let Your Yoga Dance®"

30
 8:15 a.m.- Core and Balance
 8:30 a.m. English Conversation
 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 (MOVES)
 1:00 p.m.- Movie
 1:00 p.m. Beginners Line Dance
 2:00 p.m.- R & R Class

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.

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

TWIN RIVERS: \$20 per person. Monday, Sept. 17. Bus will depart at 9:45 AM.

FOXWOODS: \$25 per person. Monday, July 16. Bus will depart at 7:45 AM. Future date: Oct. 15

MOHEGAN SUN: \$25 per person. Monday, August 13. Bus will depart at 7:45 AM. Future dates: Nov. 12

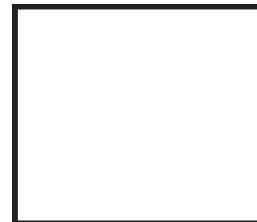
VINE TO WINE DELIGHT: Thursday, July 26 - \$74 per person. Bus departs at 8:00 AM and travel west along the Mohawk Trail to Bernardston, MA where you visit Kringle Candle Store, then enjoy a luncheon at Honora Vineyards restaurant in Vermont with choice of entrée and wine tasting. Travel to Putney, VT and visit Putney Mountain Winery and shop at the Basketville Store. Return home at approximately 6:30 PM. Tickets on sale.

GLOUCESTER LOBSTER CRUISE: Tuesday, August 7 - \$79 per person. Motor coach departs at 10:00 AM. Board the Beauport Princess Cruise Ship for a New England Clam Bake and a 2 1/2 hour cruise. Then head to Salem Willows for some old time arcades, walk the boardwalk or buy some salt water taffy. Tickets available.

BOBBY RYDELL LIVE IN CONCERT: at Venus DeMilo, Swansea MA - Tuesday, August 14 - \$89 per person. Includes transportation, lunch choice of Chicken Parmesan or Baked Scrod, soup, potato, vegetables, breads, dessert, coffee/tea; Show and an afternoon of fun. Tickets available.

KENNY & DOLLY TRIBUTE SHOW - TOGETHER AGAIN AT DANVERSPORT YACHT CLUB on Tuesday, September 11 - \$82.00 per person. This includes your choice of chicken or fish with salad, potato, vegetable, breads, desert, coffee and tea. Performance by Wendy T and Marty Edwards, recreating the magic of Country Music's favorite couple. Tickets on sale July 9.

Malden Council on Aging
7 Washington Street
Malden, MA 02148



*Thank
you*