

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

Welcome back sunny June!

We have reached the midpoint of the year!

I wanted to take this opportunity to thank all of our wonderful instructors! Each of you brings something special to Malden. Thank you for your giving spirit and for caring about the seniors at the Center! We appreciate you!

This month, we're happy to welcome back Santon the pianist. He is a passionate artist who brings his gift of music to the Center in a special way. Please join us on Tuesday, June 14 at 3:30 PM to see Santon perform. There will be a light dinner offered and attendance to the show is required to participate in the meal. Please call the Center at 781-397-7144 to make your reservation.

The scan card program will officially begin on July 1, 2016. In preparation for the scan program, the Center staff will be showing a brief video in the Auditorium that will walk you step by step on how to use the system. The two dates selected will be June 22, 2016 and June 29, 2016, both at 1:30 PM in the Auditorium. Please call the Center with any questions.

Lastly, the Center has hired a new van driver. His name is Mr. Jason Law. He will be starting at the Center on Tuesday May 31, 2016. Please join me in welcoming Mr. Law to the Malden Senior Community Center!

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

The Next Council on Aging Meeting will take place on Wednesday, June 8, 2016 from 10:30 AM-11:30 AM in the Dining Room.

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. 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. In preparation for the scan program, the Center staff will be showing a brief video in the auditorium that will walk you step by step on how to use the system. The two dates selected will be June 22, 2016 and June 29, 2016, both at 1:30 PM in the auditorium.

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 out to the Malden Senior Center. Please feel free to contact the Center if you have any questions. Thank you.

PIANIST - SANTON

Tuesday, June 14 at 3:30 PM

Santon is a passionate musician who is totally blind, autistic and cognitively challenged. He will perform an extensive repertoire full of musical elements from many cultures and genres. Call 781-397-7144 to make a reservation.

SPECIAL NOTE: When a light supper is offered, attendance to the show is required. Thank you.

"NEW" COMPUTER CLASS STARTING ON MONDAYS - JUNE 6, 13, 20 & 27

Bill Nadler from OPERATION A.B.L.E. will be offering a series of computer classes at the Senior Center. There will be Three Classes each Monday:

- ◇ **10:00 AM - 12:00 PM - 2 Hour Class**
- ◇ **1:00 PM - 2:00 PM - 1 Hour Class**
- ◇ **2:00 PM to 3:00 PM - 1 Hour Class**

You will learn how to type a letter, make a shopping list and even attach a photo to an email. Just let Bill Nadler know what you would like to do. Please call 781-397-7144 to reserve your seat.

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: Ed Trabucco, Loga Kunarasah, Diane Palumbo and Ruth Santer (In Memory of Kitty Gangemi)

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!

Tasty Tomato-Basil Penne Pasta

Serves 8

One/16oz pkg whole wheat penne pasta

2 fresh tomatoes (chopped)

½ cup Olive oil

2 cloves garlic (minced)

½ cup fresh basil (chopped)

salt & pepper to taste

Cook Pasta. Mix pasta with other ingredients. Enjoy!

Calories Per Serving: **325 kcal**

BOOK CLUB

Tuesday, June 21 at 11:00 AM (Library)

"The Husband's Secret" by Liane Moriarty

"Imagine your husband wrote you a letter, to be opened after his death. Imagine too, that the letter contains his deepest, darkest secret - something with the potential to destroy not only the life you have built together, but the lives of others as well. And then imagine that you stumble across that letter while your husband is still very much alive....."

BEGINNERS LINE DANCING CLASS**WITH EMILY**

Mondays, 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!



FOR ALL OF THE FOLLOWING, YOU MUST CALL FOR APPOINTMENTS

781-397-7144

ATTY. KEN SIMMONS
NO LEGAL ADVICE IN JUNE

CHAIR MASSAGE

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

PODIATRIST

Monday, June 27, from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, June 23 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, June 6 & 20 from 9:00 AM-12:00 PM

BLOOD PRESSURE with
JOYA PEZZUTO, RN

Thursday, June 9 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

MARY MARINO'S AFFORDABLE
HEARING AIDS

Monday, June 13 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

June 28 at 2:30 PM - Brooklyn: PG-13
Saoirse Ronan and Domhnall Gleeson .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.

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, June 7 from 9:00 AM to 10:00 AM
Held in the Atrium.

REPRESENTATIVE STEPHEN ULTRINO

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

SENATOR JASON LEWIS OFFICE HOUR

Friday, June 17 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, June 7th from 5:00 PM - 6:55 PM

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

- June 6: **The Lucky One: PG-13**
Zac Efron, Taylor Schilling
- June 13: **My Sister's Keeper: PG-13**
Cameron Diaz, Abigail Breslin
- June 20: **Lord of the Dance: Dangerous Games**
Michael Flatley
- June 27: **Living with Wolves: NR**
Jim and Jamie Dutcher

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

CHINESE HISTORY AND LITERATURE
Thursday, June 23 at 9:30 AM

MOVIE IN HAITIAN
Thursday, June 9 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)

Monday

Tuesday

Wednesday

Thursday

Friday



1

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

2

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

3

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

7

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®"

8

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
 10:30 a.m. C.O.A. Meeting
 10:45 a.m. Chinese Tai Chi
 1:00 p.m. Reading & Writing

9

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
 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. Advanced Line Dance

10

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

6

8:15 p.m. Advanced Balance and Strength with Sharon
 9:00 SHINE Counselor
 9:30 a.m. Chair Exercise
 10:00 a.m. Computer Class/Operation Able
 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. Computer Class/Operation Able
 1:00 p.m. Movie
 1:00 p.m. Beginners Line Dance
 2:00 p.m. R & R Class with Emily
 2:00 p.m. Computer Class/Operation Able

14

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/ Pianist "Santon"
 4:30 p.m. Haitian Outreach , ESL and Dominos
 5:45 p.m. "Let Your Yoga Dance®"

15

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. Chinese Tai Chi
 1:00 p.m. Reading & Writing

16

8:15 Advanced Bal. & Strength
 8:30 a.m. .. Computer Classes.
 9:00 a.m. .. Chinese Outreach
 9:30 a.m. .. Computer Classes
 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 & Stretching
 2:30 p.m. Advanced Line Dance

17

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)
 10:45 a.m. Zumba with Judy
 11:00 a.m. Harmonica Class for Beginners

13

8:15 p.m. Advanced Balance and Strength with Sharon
 9:30 a.m. Chair Exercise
 10:00 a.m. Computer Class/Project Able
 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. Computer Class/Operation Able

14

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
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15

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16

8:15 Advanced Bal. & Strength
 8:30 a.m. .. Computer Classes.
 9:00 a.m. .. Chinese Outreach
 9:30 a.m. .. Computer Classes
 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 & Stretching
 2:30 p.m. Advanced Line Dance

17

8:00 a.m. FL-ABS
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 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 2:00 p.m. Computer Class/ Operation Able</p>	<p>20 8:15 p.m. Advanced Balance and Strength with Sharon 9:00 SHINE Counselor 9:30 a.m.Chair Exercise 10:00 a.m. Computer Class/Operation Able 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. Computer Class/Operation Able 1:00 p.m.Movie 1:00 p.m. Beginners Line Dance 2:00 p.m. R & R Class with Emily 2:00 p.m. Computer Class/ Operation Able</p>	<p>21 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. Tai Chi 1:00 p.m. Reading & Writing 2:30 p.m. International Ballroom Dance 4:30 p.m.Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>22 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. Chinese Tai Chi 1:00 p.m. Reading & Writing 1:30 p.m. Scan Card Video 1:30 p.m. Mass Senior Action Group</p>	<p>23 8:15 Advanced Bal. & Strength 8:30 a.m.Computer Classes. 9:00 a.m.Chinese Outreach 9:30 a.m. Chinese History and Literature 9:30 a.m. Reflexology 9:30 a.m.Computer Classes 9:30 a.m. Gentle "Mat" Yoga 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 & Stretching 2:30 p.m. Advanced Line Dance</p>	<p>24 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) 10:45 a.m. Zumba with Judy 11:00 a.m. Harmonica Class for Beginners</p>	<p>25 8:15 Advanced Bal. & Strength 8:30 a.m.Computer Classes. 9:30 a.m. Chair Massage 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.Haitian Outreach ESL and Dominos 1:00 p.m.Bingo 1:30 p.m. Movement & Stretching 2:30 p.m. Advanced Line Dance</p>	<p>26 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. Chinese Tai Chi 1:00 p.m. Reading & Writing 1:30 p.m. Scan Card Video 1:30 p.m. Mass Senior Action Group</p>	<p>27 8:15 p.m. Advanced Balance and Strength with Sharon 9:30 a.m.Chair Exercise 10:00 a.m. Computer Class/ Operation Able 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) 12:00 a.m. Podiatrist 1:00 p.m. Computer Class/Operation Able 1:00 p.m.Movie 1:00 p.m. Beginners Line Dance 2:00 p.m. R & R Class with Emily 2:00 p.m. Computer Class/ Operation Able</p>	<p>28 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 2:30 p.m. Monthly Movie "Brooklyn" 4:30 p.m.Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>29 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. Chinese Tai Chi 1:00 p.m. Reading & Writing 1:30 p.m. Scan Card Video Group</p>	<p>30 8:15 Advanced Bal. & Strength 8:30 a.m.Computer Classes. 9:30 a.m. Chair Massage 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.Haitian Outreach ESL and Dominos 1:00 p.m.Bingo 1:30 p.m. Movement & Stretching 2:30 p.m. Advanced Line Dance</p>	<p>31 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. Tai Chi 1:00 p.m. Reading & Writing 2:30 p.m. International Ballroom Dance 4:30 p.m.Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>32 8:15 p.m. Advanced Balance and Strength with Sharon 9:30 a.m.Chair Exercise 10:00 a.m. Computer Class/ Operation Able 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) 12:00 a.m. Podiatrist 1:00 p.m. Computer Class/Operation Able 1:00 p.m.Movie 1:00 p.m. Beginners Line Dance 2:00 p.m. R & R Class with Emily 2:00 p.m. Computer Class/ Operation Able</p>
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**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.

Lobsterbake/Harbor Cruise Day Trip - 6/23 Thursday - \$99 pp - Lobsterbake at the Clambake Seafood Restaurant! Includes Lobster and Clam Deluxe Lunch, Cruise and Transportation (non-fish option available)

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!

Gloucester Lobsterbake/Harbor Cruise Day Trip - 7/28 Thursday - 85\$pp - Lobsterbake on the cruiseship Beauport Princess! Includes Lobster and Clam Deluxe Lunch and Dancing with a Live Band on the two spacious dance floors (non-fish option available)

Montreal/Quebec Maritime Cruise - Norwegian Cruise Line 9/28-10/7 - Visit, Montreal, Quebec, Sydney, Halifax, St. John, Bar Harbor - see flyer at Senior Center for details! (Note: A Passport is required)

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, Parliment, 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

