

MALDEN MONITOR

7 Washington Street, Malden, MA 781-397-7144

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

Activities

- Aerobics
- Balance & Strength
- Billiard (Pool)
- Bingo
- Blood Pressure
- Book Club
- Bowling
- Chair Exercise
- Chinese Outreach
- Core & Balance
- Cribbage
- Fabric Art
- Learn to Draw
- Line Dancing
- Movies
- Ping Pong
- Sewing Class
- Tai Chi
- Total Body Conditioning
- Transportation
- Trips
- Water Colors
- Writing Class
- Yoga Chair and Yoga Mat
- Zumba Fitness



Letter from the Director

We have Great News!

SCM Community Transportation, who currently drives our seniors to doctor's appointments and shopping, has added transportation to and from the Senior Center to their contract for services.

SCM Door-to-Door promotes the independence of seniors and persons with disabilities through community-based transportation. Their friendly, safe and reliable services help people maintain healthy, mobile and connected lives. All drivers are trained with the ability to physically support and assist riders who are ambulatory or use wheelchairs and carry riders' parcels and grocery bags as required.

The vans will be making 'runs' from seniors' homes, apartments, assisted living agencies and all Malden Senior Housing to the Malden Senior Community Center. The service will provide scheduled runs which will make it easier to plan your days and weeks. There may be days when you have to wait for the next run and we hope you use this time to take a class you haven't tried, make a new friend, read or play one of the many board games in the library.

First run in the morning starts picking up at 9 AM and should have folks dropped approximately 10:00AM at Senior Center.

Second run in the morning starts picking up at 10:30 AM and should have folks dropped off approximately 11:30 AM at Senior Center.

First run back in the afternoon picks up at the Senior Center at 1:15 PM.

Second run back in the afternoon picks up at the Senior Center at 2:30 PM.

- Final run (On Thursday's for Bingo) will pick up at approximately 3:45 PM.

We are looking forward to working with SCM in an extended capacity. We have a wonderful working relationship and have heard great feedback from seniors. We have confidence that the door-to-door service will be a big improvement especially during the winter months!

CHANGE in Entertainment, Movie and Bingo

To align the schedules to the transportation times; please note the change in times:

- Entertainment will begin at 1:30 PM
- Movie will begin at 1:00 PM
- Bingo will begin at 1:30 PM

****Don't forget to visit and 'like' our Facebook page to get updates on what is happening **** <https://www.facebook.com/MaldenSeniorCommunityCenter/>

THANK YOU to everyone for your continued support, donations and contributions to the Malden Senior Community Center. We are grateful and appreciate you!

Health and Wellbeing

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

BLOOD PRESSURE

Nikki O'Callaghan, RN -Malden Board of Health
Tuesday, August 6 at 1:00 PM
Monday, August 12 at 11:30 AM
Monday, August 19 at 11:30 AM
Tuesday, August 27 at 1:00 PM

NUTRITION AND BLOOD PRESSURE

with Wendy NG, YMCA
Tuesday, August 20 at 10:30 AM

CHAIR MASSAGE

Thursday, August 8 from 9:30 AM to 11:00 AM
Fee is \$20 paid directly to Rachel Pizzano

MARY MARINO'S AFFORDABLE HEARING AIDS

Monday, August 12 from 10:30 AM to 12:30 PM
Schedule appointments (15 minutes). Mary also does walk-ins or you can contact her at 781-249-5330.

PODIATRIST

Wednesday, August 21 from 12:00 PM to 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, August 15 from 9:30 AM to 11:30 PM

SHINE COUNSELOR

Mondays, August 5 from 9:00 AM -12:00 PM
Call 781-397-7144 to schedule an appointment. Please bring your Medicare Card and List of Meds.

READING AND WRITING WITH PAM

Mondays & Thursdays from 10:00 AM – 12:00 PM
Classes will begin on Monday, September 9. If you can read and speak English on an advanced beginner/low intermediate level and want to work on improving your communications skills, please sign up to be tested on Wednesday, September 4 between 10:30 AM and 3:00 PM (30 minute slots). Call 781-397-7144 to register.

READING AND WRITING WITH DEB

Tuesdays & Wednesdays from 1:00 PM - 3:30 PM
Classes will begin on Tuesday, September 10. If you can read and speak English on an intermediate level and want to improve your communication skills, please sign up to be tested on Wednesday, September 4.

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 Hong
Huang and Chiu Shan Leung.
CHINESE HISTORY AND LITERATURE

Programs and Classes

Thursday, August 15 at 9:30 AM

CHINESE OUTREACH FOR SENIORS

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

BOOK CLUB

Tuesday, August 20 at 11:00 AM (Library)
The Huntress by Kate Quinn

A historical novel about a battle-haunted English journalist and a Russian female bomber pilot who join forces to track the Huntress, a Nazi war criminal gone to ground in America. In the aftermath of war; the hunter becomes the Huntress.

ALWAYS WANTED TO WRITE

Mondays at 10:30 AM in the Arts/Crafts Room
Read what you agonized over: stories, poetry, query letter and synopsis. Please call 781-397-7144 to register.

COFFEE AND CONVERSATION JOSEPHINE ROYAL - MATV

Thursday, August 15 at 10:30 AM

Come join Josephine for great conversation and fun filled activities. Held in the Atrium.

PATHWAYS THROUGH GRIEF

September 9 & 23, October 28, November 25 and
December 9 & 23

1:30 PM -3:30 PM in the Board Room

Come for Support, Empathy and Understanding

When a life ends, those living are let to grieve their loss. This is often a painful process; it is hard to bear. Evidence shows that being with a group can facilitate the process of healing. *Sponsored by Beacon Hospice. Hosted by Malden Senior Community Ctr.* To participate, please pre-register by calling Nancy Duffy, BC at 617-242-8370.

TECH TIME WITH TEENS

Mondays from 9:00 AM to 10:30 AM

Stop by if you have questions on phones, Facebook and minor computer questions. This is not a formal class.

Meetings

NO COUNCIL ON AGING BOARD MEETING UNTIL FURTHER NOTICE

SENATOR JASON LEWIS

Friday, August 16 from 10:00 AM - 11:00 AM
Held in the Atrium.

DESSERT WITH SENATOR LEWIS

Monday, August 19 at 12:30 PM - Dining Room

NO REPRESENTATIVE STEVEN ULTRINO IN AUGUST

NO MASS SENIOR ACTION COUNCIL IN AUGUST

JONATHON HOUSE

MILITARY & VETERANS LIAISON

OFFICE OF

CONGRESSWOMAN KATHERINE CLARK

Tuesday, August 21 from 1:00 PM - 2:00 PM

LEGAL SERVICES

FOSTER, WALKER & DI MARCO, P.C.

Services

Wednesday August 21 from 2:00 PM to 4:00 PM

Schedule a 30 minute free legal consultation with one of the attorneys from Foster, Walker & Di Marco
Please call 781-397-7144 to make a reservation.

(All Monday movies 1:00 PM in Auditorium)

Movies

AUGUST 5: First Man: PG-13
Ryan Gosling, Claire Foy

AUGUST 12: Wonderstruck: PG
Julianne Moore, Oakes Fegley

AUGUST 19: Crooked House: PG-13
Glenn Close, Terence Stamp

AUGUST 26: Same Kind of Different as Me: PG-13

NO MONTHLY MOVIE

Entertainment

MABEL AND JERRY

by Steve Henderson

Tuesday, August 27 at 1:30 PM (NEW TIME)

These two comical and lovable seniors are on the most hilarious blind date ever. Delightfully honest and cautiously romantic, these two will have you laughing the entire show. Think Romeo and Juliet meet Burns and Allen and you'll be on the right track.

Please call 781-397-7144 for reservations. A light supper will be served. **This program is supported by a grant from the Malden Cultural Council; a Local Agency which is supported by the Massachusetts Cultural Council a State Agency.**

BINGO

Thursdays at 1:30 PM

Fun & Games

Come join the fun and win very useful prizes!

CRIBBAGE

Fridays from 9:00 AM—11:30 AM in the Cafeteria

Looking for more players! Come join the fun!

SENIORS "GRAHAM CRACKERS"

CANDLEPIN BOWLING LEAGUE

Mondays at 9:45 AM - Woburn Bowladrome

32 Montvale Ave., Woburn. For more information contact Steve Cultrera at 781-391-6701.

Transportation

SCM Community Transportation, who currently drives our seniors to doctor's appointments and shopping, has added transportation to and from the Senior Center to their contract for services.

We are looking forward to working with SCM in an extended capacity. We have a wonderful working relationship and have heard great feedback from seniors. We have confidence that the door-to-door service will be a big improvement, especially during the winter months!

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- Movie will begin at 1:00 PM
- Bingo will begin at 1:30 PM

AUGUST 2019 - Activity Calendar



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>5</p> <p>8:30 a.m.- Core & Balance \$2.00 per class</p> <p>9:00 a.m.- Shine Counselor</p> <p>9:00 a.m. Tech Time with Teens</p> <p>9:30 a.m.- Chair Exercise \$2.00 per class</p> <p>10:00 a.m.- English Conversation</p> <p>10:30 a.m.- Always wanted to Write</p> <p>11:00 a.m.- Gentle Chair Yoga \$2.00 per class</p> <p>12:00 p.m. Learn to Draw</p> <p>1:00 p.m. Movie</p> <p>1:30 p.m. Water Colors</p> <p>2:15 p.m.- R & R Class - (FREE CLASS)</p>	<p>6</p> <p>8:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</p> <p>9:30 a.m.- Chinese Chorus</p> <p>9:30 a.m. Zumba Gold \$2.00 per class</p> <p>11:00 a.m.- Chinese Line Dance</p> <p>12:30 p.m.- Tai Chi</p> <p>1:00 p.m. Blood Pressure \$2.00 per class</p> <p>1:30 p.m. Beginners Line Dance - \$2.00 per class</p> <p>3:00 p.m.- "Let Your Yoga Dance®"- \$2.00 per class</p> <p>3:00 p.m. Bocce</p>	<p>7</p> <p>8:30 a.m.- Balance & Strength \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>10:30 a.m.- Traditional Chinese Tai Chi</p> <p>1:00 p.m. Advanced Line Dancing \$2.00 per class</p>	<p>1</p> <p>8:30 a.m. Total Body Conditioning- \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>9:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</p> <p>9:30 a.m.- Chair Massage-\$20.00 Fee paid to Rachel Pizzano</p> <p>11:00 a.m.- Gentle "Chair" Yoga \$2.00 per class</p> <p>1:30 p.m.- Bingo</p> <p>1:00 p.m. Intermediate Sewing</p> <p>2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</p>	<p>2</p> <p>9:00 a.m.- Cribbage</p> <p>9:30 a.m.- Chair Exercise \$2.00 per class</p> <p>9:30 a.m.- Knitting Crocheting</p> <p>10:30 a.m.- Zumba Fitness \$2.00 per class</p>
<p>12</p> <p>8:30 a.m.- Core & Balance \$2.00 per class</p> <p>9:00 a.m. Tech Time with Teens</p> <p>10:30 a.m.- Always wanted to Write</p> <p>10:30 a.m. Mary Marino's Affordable Hearing</p> <p>11:00 a.m.- Gentle Chair Yoga \$2.00 per class</p> <p>11:30 p.m. Blood Pressure</p> <p>12:00 p.m. Learn to Draw</p> <p>1:00 p.m.- Movie</p> <p>1:30 p.m. Water Colors</p> <p>2:15 p.m.- R & R Class - (FREE CLASS)</p>	<p>13</p> <p>8:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</p> <p>9:30 a.m.- Chinese Chorus</p> <p>9:30 a.m. Zumba Gold with Emily \$2.00 per class</p> <p>11:00 a.m.- Chinese Line Dance</p> <p>12:30 p.m.- Tai Chi</p> <p>1:30 p.m. Beginners Line Dance - \$2.00 per class</p> <p>3:00 p.m.- "Let Your Yoga Dance®"- \$2.00 per class</p> <p>3:00 p.m. Bocce</p>	<p>14</p> <p>8:30 a.m.- Balance & Strength \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>10:30 a.m.- Traditional Chinese Tai Chi</p> <p>1:00 p.m. Advanced Line Dancing \$2.00 per class</p>	<p>8</p> <p>8:30 a.m. Total Body Conditioning- \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>9:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</p> <p>9:30 a.m.- Chair Massage-\$20.00 Fee paid to Rachel Pizzano</p> <p>11:00 a.m.- Gentle "Chair" Yoga \$2.00 per class</p> <p>1:30 p.m.- Bingo</p> <p>1:00 p.m. Intermediate Sewing</p> <p>2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</p>	<p>9</p> <p>9:00 a.m.- Cribbage</p> <p>9:30 a.m.- Chair Exercise \$2.00 per class</p> <p>9:30 a.m.- Knitting Crocheting</p> <p>10:30 a.m.- Zumba Fitness \$2.00 per class</p>
<p>19</p> <p>8:30 a.m.- Core & Balance \$2.00 per class</p> <p>9:00 a.m. Tech Time with Teens</p> <p>10:30 a.m.- Always wanted to Write</p> <p>10:30 a.m. Mary Marino's Affordable Hearing</p> <p>11:00 a.m.- Gentle Chair Yoga \$2.00 per class</p> <p>11:30 p.m. Blood Pressure</p> <p>12:00 p.m. Learn to Draw</p> <p>1:00 p.m.- Movie</p> <p>1:30 p.m. Water Colors</p> <p>2:15 p.m.- R & R Class - (FREE CLASS)</p>	<p>15</p> <p>8:30 a.m. Total Body Conditioning with Emily - \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>9:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</p> <p>9:30 a.m.- Chair Massage-\$20.00 Fee paid to Rachel Pizzano</p> <p>11:00 a.m.- Gentle "Chair" Yoga \$2.00 per class</p> <p>1:30 p.m.- Bingo</p> <p>1:00 p.m. Intermediate Sewing</p> <p>2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</p>	<p>16</p> <p>8:30 a.m.- Balance & Strength \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>10:30 a.m.- Traditional Chinese Tai Chi</p> <p>1:00 p.m. Advanced Line Dancing \$2.00 per class</p>	<p>15</p> <p>8:30 a.m. Total Body Conditioning with Emily - \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>9:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</p> <p>9:30 a.m.- Chair Massage-\$20.00 Fee paid to Rachel Pizzano</p> <p>11:00 a.m.- Gentle "Chair" Yoga \$2.00 per class</p> <p>1:30 p.m.- Reflexology</p> <p>10:30 a.m. Coffee and Conversation</p> <p>11:00 a.m.- Gentle "Chair" Yoga \$2.00 per class</p> <p>1:30 p.m.- Bingo</p> <p>1:00 p.m. Intermediate Sewing</p> <p>2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</p>	<p>16</p> <p>8:30 a.m.- Combo Exercise \$2.00 per class</p> <p>9:00 a.m.- Cribbage</p> <p>9:30 a.m.- Chair Exercise \$2.00 per class</p> <p>9:30 a.m.- Knitting Crocheting</p> <p>10:00 a.m.- Senator Jason Lewis</p>

<p>19</p> <p>8:30 a.m. – Core & Balance \$2.00 per class 9:00 a.m. Tech Time with Teens 9:30 a.m. – Chair Exercise \$2.00 per class 10:00 a.m.- English Conversation 10:30 a.m.- Always wanted to Write 11:00 a.m. – Gentle Chair Yoga \$2.00 per class 11:30 p.m. Blood Pressure 12:00 p.m. Learn to Draw 12:30 Dessert with Senator Lewis 1:00 p.m.- Movie 1:30 p.m.- Water Colors 2:15 p.m. – R & R Class - (FREE CLASS)</p>	<p>20</p> <p>8:30 a.m. – Gentle “Mat” Yoga \$2.00 per class 9:30 a.m. Zumba Gold with Emily \$2.00 per class 9:30 a.m.- Chinese Chorus 10:30 a.m. Nutritional Seminar and Blood Pressure 11:00 a.m. Book Club 11:00 a.m.- Chinese Line Dance 12:30 p.m.- Tai Chi 1:30 p.m. Beginners Line Dance - \$2.00 per class 3:00 p.m.- “Let Your Yoga Dance®”- \$2.00 per class 3:00 p.m. Bocce</p>	<p>21</p> <p>8:30 a.m. – Balance & Strength \$2.00 per class 9:00 a.m.- Chinese Outreach 9:30 a.m. – Zumba Fitness \$2.00 per class 10:30 a.m. – Traditional Chinese Tai Chi 12:00 p.m. – Podiatrist 1:00 p.m. Advanced Line Dancing \$2.00 per class 1:00 p.m. – Jonathon House Military & Veterans Liaison Office of Congresswoman Katherine Clark 2:00 p.m. – Legal Services</p>	<p>22</p> <p>8:30 a.m. Total Body Conditioning- \$2.00 per class 9:00 a.m.- Chinese Outreach 9:30 a.m. – Gentle “Mat” Yoga \$2.00 per class 11:00 a.m. – Gentle “Chair” Yoga \$2.00 per class 1:30 p.m.- Bingo 1:00 p.m. Intermediate Sewing 2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</p>	<p>23</p> <p>8:30 a.m. – Combo Exercise \$2.00 per class 9:00 a.m.- Cribbage 9:30 a.m. – Chair Exercise \$2.00 per class 9:30 a.m.- Knitting Crocheting 10:30 a.m. – Zumba Fitness \$2.00 per class</p>
<p>26</p> <p>8:30 a.m. – Core & Balance \$2.00 per class 9:00 a.m. Tech Time with Teens 9:30 a.m. – Chair Exercise \$2.00 per class 10:00 a.m.- English Conversation 10:30 a.m.- Always wanted to Write 1:00 p.m.- Movie 1:30 p.m.- Water Colors 2:15 p.m. – R & R Class - (FREE CLASS)</p>	<p>27</p> <p>9:30 a.m. Zumba Gold \$2.00 per class 9:30 a.m.- Chinese Chorus 11:00 a.m.- Chinese Line Dance 12:30 p.m.- Tai Chi 1:00 p.m. Blood Pressure 1:30 p.m. Beginners Line Dance - \$2.00 per class 1:30 Entertainment—Mabel and Jerry by Steve Henderson 3:00 p.m.- “Let Your Yoga Dance®”- \$2.00 per class 3:00 p.m. Bocce</p>	<p>28</p> <p>8:30 a.m. – Balance & Strength \$2.00 per class 9:00 a.m.- Chinese Outreach 9:30 a.m. – Zumba Fitness \$2.00 per class 10:30 a.m. – Traditional Chinese Tai Chi 1:00 p.m. Advanced Line Dancing \$2.00 per class</p>	<p>29</p> <p>8:30 a.m. Total Body Conditioning- \$2.00 per class 9:00 a.m.- Chinese Outreach 1:30 p.m.- Bingo 1:00 p.m. Intermediate Sewing 2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</p>	<p>30</p> <p>8:30 a.m. – Combo Exercise \$2.00 per class 9:00 a.m.- Cribbage 9:30 a.m. – Chair Exercise \$2.00 per class 9:30 a.m.- Knitting Crocheting 10:30 a.m. – Zumba Fitness \$2.00 per class</p>

Motor Coach Trips

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, **Nov. 18.** Bus will depart from Hyatt at 9:45 AM -nonstop to Twin Rivers, receive a food voucher and a \$10.00 match play.

MGM SPRINGFIELD: \$25.00 per person, **August 12.** Bus will depart from Hyatt at 7:45 AM -nonstop to MGM receive \$20.00 in slot play.

FOXWOODS: \$25.00 per person. **Sept. 16.** Bus will depart from Hyatt at 7:45 AM-nonstop to Foxwoods, receive \$10.00 food credit and \$15 Keno play. Future date: **December 9th.**

MOHEGAN: \$25 per person, **Oct. 21.** Bus will depart from Hyatt at 7:45am—nonstop to Mohegan, receive \$15 food credit, \$15 free bet. **Tickets are on sale for all departure dates.**

Tickets on sale for all departure dates. Please remember you need a valid photo ID with you for all casinos. A minimum of 30 passengers is required for casino trips to receive the bonus package.

Take Me out to the Ballgame—Pawsox game: Thursday, August 15th—\$20.00 per person. Includes motor coach departs at 10:30AM, ticket to the ball game (excellent seats), \$7.00 ballpark credit per person to use on food, or concessions. **Tickets available.**

Diamond's & Pearls, Cash & Kings The Ultimate Tribute Show—Tuesday, August 27th \$88 per person. Includes motor coach to Lake Pearl in Wrentham, a plated luncheon with choice of stuffed chicken or Baked Scrod, the biggest hits from Neil Diamond, Carole King, Janis Joplin, Johnny Cash and more.... **Tickets on sale.**

Vermont Foliage Spectacular: Tuesday, September 17—\$69 per person. Depart at 8:00 AM. Enjoy the roads heading west along the Mohawk Trail to Vermont. First stop a luncheon at the New England House Restaurant in Brattleboro, VT. Your choice of Salmon, Chicken or Pot Roast. Travel scenic Molly Start Trail. **Tickets available.**

King Arthur Fall Foliage Trip with Queechee Gorge: Sept. 24 - \$115 per person. Join us on a unique and culturally rich day trip during peak foliage season. Head north to Vermont, first stop Queechee Gorge for amazing views, then head to Simon Pearce and enjoy a fantastic meal at the Mill Restaurant with local ingredients and choice of Salmon or Lamb Burger. After a guided tour of the factory and glass blowing, then on to King Arthur Factory. Enjoy pastries being made and browse the gift shop. **Tickets on sale.**

NH Foliage Splendor: Friday, October 4, \$90 per person. **Tickets available on August 21.**

White Mountain Hotel Christmas: Dec. 9 - Dec. 11 - \$529 per person.

Call for 781-396-0377 for more information.

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

