

# 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

I can't believe October is here already! Don't forget to come by on Halloween, Thursday, October 31<sup>st</sup> between 3:00 PM-5:00 PM to see all the families dressed up and trick-or-treating. The Senior Center is one of the stops for the Chamber event which takes place down Pleasant Street.

October is also a time to acknowledge Indigenous Peoples' Day, a holiday that celebrates and honors the Native Americans and commemorates their shared history and culture. Try reading "*Jingle Dancer*" with a young person and learn together. This is the story of a young Muscogee girl named Jenna who wants to dance at the next powwow. Author Cynthia Leitich Smith is a tribal member of the Muscogee (Creek Nation). She writes fiction for children centered on the lives of modern-day American Indians.

We have a new event to look forward to, the Senior Citizens Police Academy is sponsored by the Malden Police Department and is designed to educate seniors on the operations of the Malden Police Department. Each week participants learn about topics that will educate and reduce the possibility of crime and hopefully improve the quality of life. Classes will meet every Monday from 9:30 AM-10:30 AM for 4 weeks beginning on October 7<sup>th</sup> with a tour of the new Police Station! Meet at the Malden Senior Center Auditorium located at 7 Washington Street. The Academy is led by our Police Chief, Kevin Molis and other Police officers who have expertise in these areas.

\*NOTE adjustment to the SCM Transportation schedule:

- Tuesdays, for Entertainment and monthly Movies, the final pick up is **3:00pm**.
- Thursdays, the final pick up is **3:30pm**.

Last, but certainly not least, let's say a warm good bye and thank you to Nancy McNerney, our Exercise Instructor. Nancy has been such an asset to our Senior's health and well being. She is leaving to pursue a new Venture. We wish her well and we will miss her!

*The Malden Senior Community Center will be closed on  
Monday, October 14, 2019  
in observance of Columbus Day.*

\*\*\*\*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, Oct. 8 at 11:00 AM**

**Tuesday, Oct. 15 at 11:00 AM**

**Monday, Oct. 21 at 11:30 AM**

**Monday, Oct. 28 at 11:30 AM**

### CHAIR MASSAGE

**Thursday, Oct. 24 from 9:30 AM to 11:00 AM**

Fee is \$20 paid directly to Rachel Pizzano

### MARY MARINO'S

#### AFFORDABLE HEARING AIDS

**Monday, Oct. 21 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, Oct. 16 from 12:00 PM to 3:00 PM**

Fee \$25 paid to Dr. Kaplan

### REFLEXOLOGY

**Thursday, Oct. 17 from 9:30 AM to 11:30 PM**

### SHINE COUNSELOR

**Mondays, Oct. 21 & 28 from 9:00 AM -12:00 PM**

Call 781-397-7144 to schedule an appointment. Please bring your Medicare Card and List of Meds.

### MEMORY HEALTH/MUSIC AND ICE CREAM

**Roberta Robinson**, Director of Geriatric Outreach

Cambridge Health Alliance and **DJ, George Landers**

**Tuesday, October 8 from 1:00 PM - 3:00 PM**

Come to this informative presentation and then join the fun with music, dance and ice cream.

*Sponsored by Cambridge Health Alliance*

*Ice Cream provided by*

*The Malden Senior Community Center.*

Please call 781-397-7144 to sign up.

### COFFEE AND CONVERSATION

#### JOSEPHINE ROYAL - MATV

**Thursday, October 17 at 10:30 AM**

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

## Services

### LEGAL SERVICES

**FOSTER, WALKER & DI MARCO, P.C.**

**Wednesday, Oct. 9 from 10:00 AM to 12:00 PM**

**Wednesday, Oct. 23 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.

## Programs and Classes

### CHINESE HISTORY AND LITERATURE

**Thursday, Oct. 17 at 9:30 AM**

### CHINESE OUTREACH FOR SENIORS

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

### BOOK CLUB

**Tuesday, October 15 at 11:00 AM (Library)**

**The Witch Elm by Tana French**

Toby is a happy-go-lucky charmer who's been out celebrating with friends when the night takes a turn that will change his life when he surprises two burglars who beat him and leave him for dead.....

### ALWAYS WANTED TO WRITE

**Mondays at 10:30 AM in the Arts/Crafts Room**

Read what you agonized over: stories, poetry, query letters and synopsis. Please call 781-397-7144 to register.

### PATHWAYS THROUGH GRIEF

**Monday, October 28, November 25 and December 9 & 23 from 1:30 PM to 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.

### READING AND WRITING WITH DEB

**Tuesdays & Wednesdays from 1:00 PM – 3:30 PM**

If you can read and speak English on an intermediate level and want to improve your communications skills; please call 781-397-7144 to register for an interview.

## Meetings

### SENATOR JASON LEWIS

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

### SARAH GONSENHAUSER FROM REPRESENTATIVE STEVEN ULTRINO'S OFFICE.

Thursday, Oct. 10 from 10:00 AM - 11:00 AM

You can also call: 617-722-2460 Office of State  
Representative Steven Ultrino, 33rd Middlesex District,  
State House Room 443, Boston, MA 02133.

Steven.Ultrino@mahouse.gov  
sarah.gonsenhauser@mahouse.gov

### JONATHON HOUSE MILITARY & VETERANS LIAISON OFFICE OF CONGRESSWOMAN KATHERINE CLARK

Wednesday, Oct. 9 from 10:00 PM - 11:00 PM  
Held in the Atrium

### MASS SENIOR ACTION COUNCIL

Wednesday, Oct. 23 at 1:30 PM  
Held in the Dining Room.

## Movies

(All Movies begin at 1:00 PM in the Auditorium)

OCT. 7: Leave No Trace: PG  
Ben Foster, Thomasin McKenzie

OCT. 14: COLUMBUS DAY - NO MOVIE

OCT. 21: Poms: PG-13  
Diane Keaton, Rhea Perlman

OCT. 28: Aladdin: PG  
Will Smith, Mena Massoud

### MONTHLY MOVIE

Tuesday, Oct. 29 at 1:00 PM - The Commuter: PG - 13  
Liam Neeson, Vera Farmiga  
Please call 781-397-7144 to sign up. Refreshments will be  
served. Attendance to the movie is required. Thank you.

## Entertainment

### DENISE DOUCETTE

Tuesday, Oct. 22 at 1:30 PM (NEW TIME)  
Denise will perform the music of Patsy Cline, set to  
a love story that runs like a soap opera (written by  
Denise) that she will act out while singing various  
Patsy Cline songs. Please call 781-397-7144 for  
reservations. Light refreshments will be served.

## Fun & Games

### BINGO

Thursdays at 1:00 PM  
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.

## 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.

## 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.  
Call: 617-625-1191.

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 and Movie  
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

# October 2019 - Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>8:30 a.m. - Core &amp; Balance- with Judy Moore- \$2.00 per class</b>  <b>9:30 a.m.- Chair Exercise \$2.00 per class</b>            9:30 a.m. - Senior Citizens Police Academy            9:45 a.m. Bowling            10:00 a.m.- English Conversation            10:30 a.m.- Always wanted to Write  <b>11:00 a.m.- Gentle Chair Yoga \$2.00 per class</b>            11:00 a.m.- Reading and Writing with Pam            12:00 p.m. Learn to Draw            1:00 p.m.- Movie            1:30 p.m. Acrylics  <b>2-15 p.m.- R &amp; R Class - (FREE CLASS)</b></p>	<p><b>1</b>  <b>8:30 a.m. - Gentle "Mat" Yoga \$2.00 per class</b>            9:30 a.m.- Chinese Chorus  <b>9:30 a.m. Zumba Gold \$2.00 per class</b>            11:00 a.m.- Chinese Line Dance            12:30 p.m.- Tai Chi  <b>\$2.00 per class</b>            1:00 p.m. - Reading and Writing with Deb  <b>1:30 p.m. Beginners Line Dance - \$2.00 per class</b>  <b>3:00 p.m.- "Let Your Yoga Dance®"- \$2.00 per class</b></p>	<p><b>2</b>  <b>8:30 a.m.- Balance, Strength &amp; Flex with Aimee Pinero Borda \$2.00 per class</b>            9:00 a.m.- Chinese Outreach  <b>9:30 a.m. Zumba Fitness - \$2.00 per class</b>            10:30 a.m.- Traditional Chinese Tai Chi            1:00 p.m. - Reading and Writing with Deb  <b>1:00 p.m. Advanced Line Dancing \$2.00 per class</b></p>	<p><b>3</b>  <b>8:30 a.m. Total Body Conditioning- \$2.00 per class</b>            9:00 a.m.- Chinese Outreach  <b>9:30 a.m.- NO Gentle "Mat" Yoga \$2.00 per class</b>  <b>11:00 a.m. - NO Gentle "Chair" Yoga \$2.00 per class</b>            12:15 p.m. - Reading and Writing with Pam            1:00 p.m.- Bingo  <b>1:00 p.m. Intermediate Sewing \$2.00 per class</b>  <b>2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</b></p>	<p><b>4</b>  <b>88:30 a.m.- Combo Exercise - with Judy Moore</b>            9:00 a.m.- Cribbage  <b>9:30 a.m.- Chair Exercise \$2.00 per class</b>            9:30 a.m.- Knitting Crocheting  <b>10:30 a.m.- Zumba Fitness \$2.00 per class</b></p>
<p><b>7</b>  <b>8:30 a.m. - Core &amp; Balance- with Judy Moore- \$2.00 per class</b>  <b>9:30 a.m.- Chair Exercise \$2.00 per class</b>            9:30 a.m. - Senior Citizens Police Academy            9:45 a.m. Bowling            10:00 a.m.- English Conversation            10:30 a.m.- Always wanted to Write  <b>11:00 a.m.- Gentle Chair Yoga \$2.00 per class</b>            11:00 a.m.- Reading and Writing with Pam            12:00 p.m. Learn to Draw            1:00 p.m.- Movie            1:30 p.m. Acrylics  <b>2-15 p.m.- R &amp; R Class - (FREE CLASS)</b></p>	<p><b>8</b>  <b>8:30 a.m. - Gentle "Mat" Yoga \$2.00 per class</b>            9:30 a.m.- Chinese Chorus  <b>9:30 a.m. Zumba Gold \$2.00 per class</b>            11:00 a.m.- Chinese Line Dance            11:00 p.m. Blood Pressure            12:30 p.m.- Tai Chi  <b>\$2.00 per class</b>            1:00 p.m. - Memory Health/Music and Ice Cream            1:00 p.m. - Reading and Writing with Deb  <b>1:30 p.m. Beginners Line Dance - \$2.00 per class</b>  <b>3:00 p.m.- "Let Your Yoga Dance®"- \$2.00 per class</b></p>	<p><b>9</b>  <b>8:30 a.m.- Balance, Strength &amp; Flex with Aimee Pinero Borda \$2.00 per class</b>            9:00 a.m.- Chinese Outreach  <b>9:30 a.m. Zumba Fitness - \$2.00 per class</b>            10:00 a.m. - Legal Services            10:30 a.m.- Traditional Chinese Tai Chi  <b>1:00 p.m. Advanced Line Dancing \$2.00 per class</b>            1:00 p.m. - Reading and Writing with Deb  <b>10:00 p.m. - Jonathon House Military &amp; Veterans Liaison Office of Congresswoman Katherine Clark</b></p>	<p><b>10</b>  <b>8:30 a.m. Total Body Conditioning- \$2.00 per class</b>            9:00 a.m.- Chinese Outreach  <b>9:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</b>            10:00 a.m. - Sarah Gonsenhausner from Representative Steven Ultrino  <b>11:00 a.m.- Gentle "Chair" Yoga \$2.00 per class</b>            12:15 p.m. - Reading and Writing with Pam            1:00 p.m.- Bingo  <b>1:00 p.m. NO Intermediate Sewing \$2.00 per class</b>  <b>2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</b></p>	<p><b>11</b>  <b>8:30 a.m.- Combo Exercise - with Judy Moore \$2.00 per class</b>            9:00 a.m.- Cribbage  <b>9:30 a.m.- Chair Exercise \$2.00 per class</b>            9:30 a.m.- Knitting Crocheting            10:00 a.m. Senator Jason Lewis  <b>10:30 a.m.- Zumba Fitness \$2.00 per class</b></p>
<p><b>14</b>  </p>	<p><b>15</b>  <b>8:30 a.m. - Gentle "Mat" Yoga \$2.00 per class</b>            9:30 a.m.- Chinese Chorus  <b>9:30 a.m. Zumba Gold \$2.00 per class</b>            11:00 a.m.- Chinese Line Dance            11:00 a.m. Book Club            11:00 p.m. Blood Pressure            12:30 p.m.- Tai Chi  <b>\$2.00 per class</b>            1:00 p.m. - Reading and Writing with Deb  <b>1:30 p.m. NO Beginners Line Dance - \$2.00 per class</b>  <b>3:00 p.m.- "Let Your Yoga Dance®"- \$2.00 per class</b></p>	<p><b>16</b>  <b>8:30 a.m.- Balance, Strength &amp; Flex with Aimee Pinero Borda \$2.00 per class</b>            9:00 a.m.- Chinese Outreach  <b>9:30 a.m. Zumba Fitness - \$2.00 per class</b>            10:30 a.m.- Traditional Chinese Tai Chi            12:00 p.m. - Podiatrist            1:00 p.m. - Reading and Writing with Deb  <b>1:00 p.m. NO Advanced Line Dance - \$2.00 per class</b></p>	<p><b>17</b>  <b>8:30 a.m. Total Body Conditioning \$2.00 per class</b>            9:00 a.m.- Chinese Outreach  <b>9:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</b>            9:30 a.m. Chinese History and Literature            9:30 a.m.- Reflexology            10:30 a.m. Coffee and Conversation  <b>11:00 a.m.- Gentle "Chair" Yoga \$2.00 per class</b>            12:15 p.m. - Reading and Writing with Pam            1:00 p.m.- Bingo  <b>1:00 p.m. Intermediate Sewing \$2.00 per class</b>  <b>2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</b></p>	<p><b>18</b>  <b>8:30 a.m.- Combo Exercise - with Judy Moore</b>            9:00 a.m.- Cribbage  <b>9:30 a.m.- Chair Exercise \$2.00 per class</b>            9:30 a.m.- Knitting Crocheting  <b>10:30 a.m.- Zumba Fitness \$2.00 per class</b></p>

<p><b>21</b></p> <p>8:30 a.m.- <b>Core &amp; Balance- with Judy Moore-</b> \$2.00 per class  <b>9:30 a.m.- Chair Exercise</b> \$2.00 per class            9:00 a.m.- Shine Counselor            9:30 a.m. - Senior Citizens Police Academy            9:45 a.m. Bowling            10:00 a.m.- English Conversation            10:30 a.m.- Always wanted to Write            10:30 a.m.-Mary Marino's Affordable Hearing  <b>11:00 a.m.- Gentle Chair Yoga</b> \$2.00 per class            11:00 a.m.- Reading and Writing with Pam            11:30 p.m. Blood Pressure            12:00 p.m. Learn to Draw            1:00 p.m.- Movie            1:30 p.m. Acrylics  <b>2:15 p.m.- R &amp; R Class - (FREE CLASS)</b></p>	<p><b>22</b></p> <p>8:30 a.m.- <b>Gentle "Mat" Yoga</b> \$2.00 per class  <b>9:30 a.m. Zumba Gold</b> \$2.00 per class            9:30 a.m.- Chinese Chorus            11:00 a.m.- Chinese Line Dance            12:30 p.m.- Tai Chi  <b>\$2.00 per class</b>            1:00 p.m. - Reading and Writing with Deb            1:30 p.m. - Entertainment - Denise Doucette  <b>1:30 p.m. Beginners Line Dance - \$2.00 per class</b>  <b>3:00 p.m.- "Let Your Yoga Dance®"- \$2.00 per class</b></p>	<p><b>28</b></p> <p>8:30 a.m.- <b>Core &amp; Balance- with Judy Moore-</b> \$2.00 per class            9:00 a.m.- Shine Counselor            9:30 a.m. - Senior Citizens Police Academy  <b>9:30 a.m.- Chair Exercise</b> \$2.00 per class            9:45 a.m. Bowling            10:00 a.m.- English Conversation            10:30 a.m.- Always wanted to Write  <b>11:00 a.m.- Gentle Chair Yoga</b> \$2.00 per class            11:00 a.m.- Reading and Writing with Pam            11:30 p.m. Blood Pressure            1:00 p.m.- Movie            1:30 p.m. Acrylics  <b>2:15 p.m. - Pathways Through Grief - (FREE CLASS)</b></p>
<p><b>23</b></p> <p>8:30 a.m.- <b>Balance, Strength &amp; Flex with Aimee Pinero Borda</b> \$2.00 per class            9:00 a.m.- Chinese Outreach  <b>9:30 a.m.- Zumba Fitness</b> \$2.00 per class            10:30 a.m.- Traditional Chinese Tai Chi  <b>1:00 p.m. Advanced Line Dancing</b> \$2.00 per class            1:00 p.m. - Reading and Writing with Deb            1:30 p.m. - Mass Senior Action Council            2:00 a.m. - Legal Services</p>	<p><b>24</b></p> <p>8:30 a.m. <b>Total Body Conditioning-</b> \$2.00 per class            9:00 a.m.- Chinese Outreach  <b>9:30 a.m.- Gentle "Mat" Yoga</b> \$2.00 per class  <b>9:30 a.m.- Chair Massage-\$20.00</b>  <b>Fee paid to Rachel Pizzano</b>  <b>11:00 a.m.- Gentle "Chair" Yoga</b> \$2.00 per class            1:00 p.m.- Bingo            12:15 p.m. - Reading and Writing with Pam  <b>1:00 p.m. Intermediate Sewing</b>  <b>2:30 p.m.- Advanced Country Western Line Dance</b> \$2.00 per class</p>	<p><b>30</b></p> <p>8:30 a.m.- <b>Balance, Strength &amp; Flex with Aimee Pinero Borda</b> \$2.00 per class            9:00 a.m.- Chinese Outreach  <b>9:30 a.m.- Zumba Fitness</b> \$2.00 per class            10:30 a.m.- Traditional Chinese Tai Chi  <b>1:00 p.m. Advanced Line Dancing</b> \$2.00 per class            1:00 p.m. - Reading and Writing with Deb</p>
<p><b>25</b></p> <p>8:30 a.m.- <b>Combo Exercise - with Judy Moore</b>            9:00 a.m.- Cribbage  <b>9:30 a.m.- Chair Exercise</b> \$2.00 per class            9:30 a.m.- Knitting Crocheting  <b>10:30 a.m.- Zumba Fitness</b> \$2.00 per class</p>	<p><b>31</b></p> <p>8:30 a.m. <b>Total Body Conditioning-</b> \$2.00 per class            9:00 a.m.- Chinese Outreach  <b>9:30 a.m.- Gentle "Mat" Yoga</b> \$2.00 per class  <b>11:00 a.m.- Gentle "Chair" Yoga</b> \$2.00 per class            1:00 p.m.- Bingo            12:15 p.m. - Reading and Writing with Pam  <b>1:00 p.m. NO Intermediate Sewing</b>  <b>2:30 p.m.- Advanced Country Western Line Dance</b> \$2.00 per class</p>	<p><b>29</b></p> <p>8:30 a.m.- <b>Gentle "Mat" Yoga</b> \$2.00 per class  <b>9:30 a.m. Zumba Gold</b> \$2.00 per class            9:30 a.m.- Chinese Chorus            11:00 a.m.- Chinese Line Dance            12:30 p.m.- Tai Chi  <b>\$2.00 per class</b>            1:00 p.m. - Reading and Writing with Deb  <b>1:00 p.m. Monthly Movie - The Commuter</b>  <b>1:30 p.m. Beginners Line Dance - \$2.00 per class</b>  <b>3:00 p.m.- "Let Your Yoga Dance®"- \$2.00 per class</b></p>
<h1 style="color: gold;">2019</h1>		

## 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.

### CASINO TRIPS

**TWIN RIVER: Monday, November 18th.** \$20.00 per person. Bus will depart from Hyatt at 9:45 AM - nonstop to Twin Rivers, receive a food voucher and a \$10.00 match play.

**FOXWOODS: Monday, December 9th.** \$25 per person. Bus will depart from Hyatt at 7:45 AM - nonstop to Foxwoods, receive \$10.00 food credit and \$15 Keno play.

**MOHEGAN: Monday, October 21st.** \$25 per person. Bus will depart from Hyatt at 7:45 AM - nonstop to Mohegan, receive \$15 food credit, \$15 free bet.

*Tickets are 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.*

### MOTOR COACH DAY TRIPS

**Johnny Mathis Christmas-Ultimate Tribute starring David Robbins "Mirror of Mathis": Tues. Dec. 3rd,** \$88 per person. Motorcoach to Danversport Yacht Club for an afternoon of some big hits like "Chances Are" "What will Mary Say" and many Christmas favorites. A plated luncheon with choice of stuffed chicken breast or baked scrod, vegetables, potato, salad, dessert and more. Tickets available.

**White Mountain Hotel Christmas: Monday, Dec 9 - Wednesday, Dec 11th.** 3 days /2 nights \$529.00 per person double. Includes roundtrip motorcoach, 2 nights deluxe room at White Mountain Hotel, 5 meals, 3 different Christmas shows, guided sightseeing tour, time to shop at tax free outlets, all baggage handling and more. Deposit 100.00 pp due today. Final payment due by Nov 20th. Seats are limited but are still available. Stop by today for itinerary.

**Holiday Boston Pops: Wednesday, Dec 11—**\$114.00 per person. Includes motorcoach departure at 11:30 AM. First stop Venezia Restaurant overlooking the harbor for a full course luncheon; choice of chicken parmigiana or baked haddock. Then off to Symphony Hall for a 4:00 PM performance where Keith Lockhart and Santa will entertain you! Tickets available.

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

