

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

Acting Director
Karen Colón Hayes

Activities Coordinator
Cheryl Spinella

Office Coordinator
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
- Haitian Outreach & ESL
- Harmonica
- Knitting & Crocheting
- Line Dancing
- Meal Site (Asian & American)
- Movies
- Ping Pong
- Tai Chi
- Transportation
- Trips
- Writing Class
- Yoga
- Zumba Fitness

Letter from the Staff

Happy June Everyone!

This month we would like to share a little about “Change” and how it affects all of us. Sometimes “Change” can be a refreshingly different experience and we would welcome that. Other times modifying and adapting to change is hard and it tends to bring out our fear and uncertainty of the unknown. All we are saying is that “Change” is good and is healthy for us, especially if we adjust and adapt in a positive way. Sometimes we just need to change our perceptions and move forward. The Malden Senior Community Center will be experiencing many changes; some you may have already noticed. Let us all stay positive and look forward to our new ventures together. Please remember that we are always here to answer any questions you may have. Communication to us is so important; it helps us understand and exchange information in a positive way.

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

Reservations Required: 781-397-7144

SENIOR CENTER UPDATE

COUNCIL ON AGING

The next Council on Aging meeting is scheduled on
Wednesday, June 7, 2017 from 10:30 AM-11:30 AM
in the Senior Center Dining Room. This meeting takes
place on the first Wednesday of every month.

ADVISORY COMMITTEES

Advisory Committee meetings will be held on the last
Thursday of every month and last for 1 hour. Our next
meeting will take place on **Thursday, June 29, 2017**
at 11:30 AM. Please visit the front office to sign up if
you're interested in attending our next meeting.

SENIOR LUNCH PROGRAM

As a reminder, if you are interested in participating in the
daily Mystic Valley Elder Services Lunch Program at the
Senior Center, PLEASE make sure to make your
reservation directly with Linda Smigielski or Mary Glynn
by calling 781-397-7144 and ask to be connected to the
KITCHEN. The kitchen staff need to request lunches *in*
advance and cannot guarantee a lunch to anyone *without*
a reservation. If you are not able to make it to the lunch
program on the date(s) you requested, PLEASE call the
KITCHEN to cancel your lunch reservation. It is
important to the kitchen to have as much notice as
possible. We thank you for your cooperation!

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 Loga Kunarasah,
Noreen and Nancy Sweeney, Lynda Verity, Rita Hashem
and Catherine Agius.

ENTERTAINMENT
SANTON - PIANIST

Tuesday, June 20 at 2:30 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.

CORE AND BALANCE WITH SHARON

Mondays, 8:15 AM - 9:15 AM

Strengthen your muscles and improve all movement.
It will help improve balance and stability.

BEGINNERS LINE DANCING WITH CHRIS

Mondays, 1:00 PM - 2:00 PM

Chris Loiacano will be teaching the Beginners Line
Dancing Class.. Come join the fun!

ZUMBA FITNESS WITH A LATIN FLAIR

Wednesdays, 9:30 AM - 10:15 AM and

Fridays, 10:30 AM to 11:15 AM

Join Aimee Pinero Borda as she takes the "work" out of
workout, by mixing low-intensity and high-intensity
moves for an interval-style, calorie-burning dance fitness
party.

ADVANCED LINE DANCING WITH CHRIS

Wednesdays, 1:00 PM - 2:00 PM

Chris's class will keep you moving with fun dance steps
and great music!

HEALTHY STEPS 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.

ADVANCED LINE DANCING
(COUNTRY/WESTERN)

Thursdays, 2:30 PM - 3:30 PM

Come join Julie Kaufmann for a new spin on Country
Line Dancing!



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

CHAIR MASSAGE

Thursday, June 22 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST

Monday, June 19 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, June 8 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, June 5 & 19 from 9:00 AM -12:00 PM
(Please bring your Medicare Card and List of Meds.)

**BLOOD PRESSURE with
JOYA PEZZUTO, RN**

Thursday, June 8 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, June 12 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.

MONTHLY MOVIE

Tuesday, June 27 at 2:30 PM
"La La Land" - Starring Ryan Gosling & Emma Stone
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.*

BOOK CLUB

Tuesday, June 20 at 11:00 AM (Library)
"The Year We Disappeared" by Cylin and John Busby
A Father - Daughter Memoir
Cylin and John Busby share the challenges they faced after their family was forced into hiding to protect themselves from a killer who had already shot John, a police officer, and was determined to finish the job.

**REPRESENTATIVE FROM
CONGRESSWOMAN KATHERINE CLARK'S
OFFICE**

By appointment only. Please call: 781-397-7144.
Held in the Atrium.

REPRESENTATIVE STEPHEN ULTRINO
Thursday, June 8 from 10:00 AM - 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS

Friday, June 16 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.

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
Wednesday, June 28 at 1:30 PM

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

- June 5: Fences: PG-13
Denzel Washington, Viola Davis
- June 12: The Meddler: PG-13
Susan Sarandon, Rose Byrne
- June 19: The Way Way Back: PG-13
Steve Carell, Toni Collette
- June 26: Up: PG
Voices: Ed Asner, John Ratzenberger

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

CHINESE HISTORY AND LITERATURE
Thursday, June 22 at 9:30 AM



Monday

Tuesday

Wednesday

Thursday

Friday

Hella June

COVERS FOR FACEBOOK
GET COVERS.COM

2
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)
10:30 a.m. . Zumba Fitness
with Aimee
11:00 a.m. Harmonica Class
for Beginners

1
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
skills
1:00 p.m. ... Bingo
1:30 p.m. Healthy Steps
2:30 p.m. Advanced Country
Western Line Dance

5
8:15 a.m.. Core and Balance
9:30 a.m. Chair Exercise
9:00 a.m. Shine Counselor
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 with
Chris
2:00 p.m. R & R Class with Emily

6
8:30 a.m. Core and Balance
9:30 a.m. Chinese Chorus
11:00 a.m. Chinese Line Dance
12:30 p.m. Tai Chi
1:30 p.m. Benefits of Meditation
2:30 p.m. International Ballroom
Dance
5:45 p.m. "Let Your Yoga Dance®"

7
8:30 a.m. Balance & Strength
9:00 a.m. ... Chinese Outreach
9:30 a.m. Zumba Fitness
with Aimee
10:00 a.m. . English Conversation
Group
10:30 a.m. Council on Aging
Meeting
10:45 a.m. Yang Style Tai Chi
1:00 p.m. Advanced Line
Dancing with Chris

8
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
10:00 a.m. Representative
Stephen Ultrino
10:30 a.m. Blood Pressure with
Joya Pezzuto, RN
11:00 a.m. Gentle "Chair" Yoga
skills
1:00 p.m. ... Bingo
1:30 p.m. Healthy Steps
2:30 p.m. Advanced Country
Western Line Dance

9
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12
8:15 a.m.. Core and Balance
9:30 a.m. Chair Exercise
10:30 a.m. Always wanted to Write
10:30 a.m. Mary Marino's
Affordable Hearing Aids
11:00 a.m. . Gentle Chair Yoga
12:00 p.m. . Mon-Thurs
Friday - 11:00 AM
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Dancing with Chris

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1:00 p.m. ... Bingo
1:30 p.m. Healthy Steps
2:30 p.m. Advanced Country
Western Line Dance

16
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
with Aimee
10:30 a.m. . Zumba Fitness
for Beginners

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for Beginners

<p>19</p> <p>8:15 a.m.. Core and Balance 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) 12:00 a.m. Podiatrist 1:00 p.m. ... Movie 1:00 p.m. Beginners Line Dance with Chris 2:00 p.m. R & R Class with Emily</p>	<p>20</p> <p>8:30 a.m. Core and Balance 9:30 a.m. Chinese Chorus 11:00 a.m. Book Club 11:00 a.m. Chinese Line Dance 12:30 p.m. Tai Chi 1:30 p.m. Benefits of Meditation 2:30 p.m. International Ballroom Dance 2:30 pm-Entertainment- Santon-Pianist 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>21</p> <p>8:30 a.m. Balance.& Strength 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Zumba Fitness with Aimee 10:00 a.m. . English Conversation Group 10:45 a.m. Yang Style Tai Chi 1:00 p.m. Advanced Line Dancing with Chris</p>	<p>22</p> <p>8:15 a.m. Core and Balance 89:00 a.m. Chinese Outreach 9:30 a.m. Chair Massage 9:30 a.m. Gentle "Mat" Yoga 9:30 a.m. Chinese History and Literature 11:00 a.m. Gentle "Chair" Yoga 1:00 p.m. ... Bingo 1:30 p.m. Healthy Steps 2:30 p.m. Advanced Country Western Line Dance</p>	<p>23</p> <p>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) 10:30 a.m. Zumba Fitness with Aimee 11:00 a.m. Harmonica Class for Beginners</p>
<p>26</p> <p>8:15 a.m.. Core and Balance 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 with Chris 2:00 p.m. R & R Class with Emily</p>	<p>27</p> <p>8:30 a.m. Core and Balance 9:30 a.m. Chinese Chorus 11:00 a.m. Chinese Line Dance 12:30 p.m. ... Tai Chi 1:30 p.m. Benefits of Meditation 2:30 pm Monthly Movie "La La Land 2:30 p.m. International Ballroom Dance 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>28</p> <p>8:30 a.m. Balance.& Strength 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Zumba Fitness with Aimee 10:00 a.m. . English Conversation Group 10:45 a.m. Yang Style Tai Chi 1:00 p.m. Advanced Line Dancing with Chris 1:30 pm Mass Senior Action</p>	<p>29</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 11:30 a.m. Advisory Committee Meeting 1:00 p.m. ... Bingo 1:30 p.m. Healthy Steps 2:30 p.m. Advanced Country Western Line Dance</p>	<p>30</p> <p>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) 10:30 a.m. Zumba Fitness with Aimee 11:00 a.m. Harmonica Class for Beginners</p>

We are excited to announce that 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.

MERRIMACK PREMIUM OUTLET SHOPPING: Friday, June 2nd, \$3.00 per person. Motorcoach will depart at 10:00 AM; 3.5 hours of shopping and dining time with 100+ stores to visit. Tickets on sale.

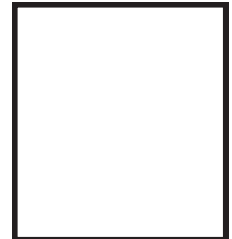
CAPE COD CANALS 105TH ANNIVERSARY TOUR: Tuesday, July 25th, \$79 per person includes motorcoach to Sandwich on the Cape. Visit the Sandwich Glass museum, view real glass blowing artisans creating pieces of art. Then off to Daniel Webster Inn for a Grand Buffet, follow that with a two hour narrated cruise of the Cape Cod Canal. Tickets available.

GLOUCESTER LOBSTER CRUISE: Friday, August 4th, \$79.00 per person includes motor coach transportation, board the Beauport Princess for a delicious Clam Bake buffet, narrated sightseeing 2 1/2 hours aboard the ship, enjoy jazz music, salty sea breeze, and wonderful food. Stop at the Salem visitors center upon your return for a history of the area. **Tickets available June 8th.**

LOWELL SPINNERS BASEBALL GAME: Thursday, September 7th, \$15.00 per person, includes roundtrip motor coach bus departs at 9:30am, ticket to the game vs Vermont Lake Monsters, hot dog, beverage, ice cream, program and a whole lot of fun. **Tickets available June 5th.**

WASHINGTON DC: Friday, September 15th - Tuesday, September 19th, Rates from \$499 per person, double occupancy. Deposit of \$75 will hold your seat. Includes motor coach transportation, 4 nights lodging, 8 meals, admission to George Washington's Mt. Vernon Estate, two guided tours of Washington, DC, WWII Memorial, Capital Hill, Embassy Row, Korean War Memorial and the Smithsonian. Confirmed admission to the African American Museum of History.

Malden Council on Aging
7 Washington Street
Malden, MA 02148



*Thank
you*