

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

Summer is approaching and I know I am looking forward to enjoying some sunshine!

Summer is a busy time of year in the City. Some of you may have grandchildren who will be working in the Mayor's Summer Youth Employment Program (MSYEP). As the Human Services Director, I helped organize this program and we recently interviewed over 500 youth and hired approximately 250 who you will see working throughout the City.

SUMMER CONCERTS are scheduled and will take place at the Malden High School Courtyard 6:00 PM-8:00 PM. The Tuesday night line up is as follows:

7/10 - Brothers Walk Band	7/17 - Brewin Brass Band
7/24 - Jimmy Allen Band	7/31 - Bucket of Blues
8/7 - Vintage Vibe	8/14 - Reminisants

I would like to thank everyone who attended the informational forum regarding the fee change policy held on Tuesday, May 22nd in the auditorium of the Senior Center. It was well attended by Seniors, Class Instructors, the Mayor's office, City Council President Debbie DeMaria, Councillor-At-Large Steve Winslow and members from our Council on Aging (COA) Board. We heard lots of ideas and received good feedback. The take away from this meeting was that people generally understood that in order to accommodate *all* of our Seniors with programing, we need to implement a fair and equitable policy that encourages growth without a financial burden to our Seniors. The goal is to supplement the instructor's wage with a small fee from participants (most likely \$2) only for classes that have a **paid** instructor. There is **no fee** to enter our beautiful building and participate in entertainment, movies, book club, craft groups, games, exercise room, etc. That being said, during the meeting, I heard a couple of ideas. I am researching and I encourage anyone who would like more information on these changes to attend our next COA meeting on Wednesday, June 6th at 10:30 AM.

I am also actively pursuing grants, sponsorships and partnerships with local organizations and elected officials to complement our programs with free classes. To date, I have secured 4 FREE exercise classes that will begin after the summer. These classes will be led by trained professionals with extensive experience teaching classes geared toward Seniors with a variety of services. I have also received many requests for an onsite nurse to take blood pressure, glucose checks and help answer medical and medication questions. This will be another addition to our programs obtained through our grant savings.

In addition, we have booked new and exciting entertainment and dinners through the Malden Cultural Council and the Middlesex Deputy Sherriff's Association. Please stay tuned for the upcoming dates in July and August!

Important Information: We are currently using Malden Trans, Inc. for rides to and from the Senior Center.

*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.

Reservations Required-781-397-7144

SENIOR CENTER UPDATE
COUNCIL ON AGING

The next Council on Aging meeting is scheduled on
Wednesday, June 6 from 10:30 AM -11:30 AM in
 the Senior Center Dining Room. This meeting takes
 place on the first Wednesday of every month.

BOOK CLUB

Tuesday, June 19 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
 May 24 through June 28. Please note: must be able to use
 a sewing machine.

READING & WRITING WITH DEB AND PAM

Watch for details in next month’s Monitor.

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:
 First Church in Malden Congregational,
 Virginia and Gerard Ruane, Linda Verity.

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: June 4, 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.***

**MEDICARE COVERAGE OF THE SHINGLES
 VACCINE**

Did you know that all Medicare Part D plans cover a
 shingles vaccine, such as Zostavax or the newly released
 shingles vaccine, Shingrix, which is recommended by the
 Center for Disease Control and Prevention?

The cost for the vaccine will vary for each Part D plan
 and even by the pharmacy where you get the vaccine.
 You can contact your Medicare drug plan or Medicare
 Advantage Plan for more information on which vaccines
 are covered and the co-pay at your preferred pharmacy.

For assistance with any Medicare issue, contact the
 SHINE Program. You can call the Regional SHINE
 Office at Mystic Valley Elder Services at 781-388-4845.
 You can also schedule an appointment with the SHINE
 Representative here at the Senior Center by calling
 781-397-7144 to schedule an appointment.



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

CHAIR MASSAGE

Thursday, June 14 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano

PODIATRIST

Thursday, June 28 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, June 7 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Mondays, June 4 & 25 from 9:00 AM -12:00
(Please bring your Medicare Card and List of Meds)

**BLOOD PRESSURE WITH
JOYA PEZZUTO, RN**

Thursday, June 14 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, June 11 from 10:30 AM to 12:30 PM
Mary will schedule appointments (15 minutes each)
and also do walk-ins here at the Center. You can also
contact Mary at 781-249-5330.

CHINESE OUTREACH FOR SENIORS

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

CHINESE HISTORY AND LITERATURE

Thursday, June 21 at 9:30 AM

ENTERTAINMENT

**Delvena Theatre Company presents an interactive
performance of**

Lizzie Borden and the 40 Whacks

Tuesday, June 12: 2:30 PM - 3:30 PM

Lizzie Borden took an axe.....or did she?
YOU DECIDE!

*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, June 14 from 10:00 AM – 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS

Friday, June 15 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.

COUNCILLOR RYAN O'MALLEY

Wednesday, June 20 from 10:00 AM—11:00 AM
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 COUNCIL

Wednesday, June 27 at 1:30 PM

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

- June 4: **The Glass Castle: PG-13**
Brie Larson, Woody Harrelson
- June 11: **I, Tonya: R**
Margot Robbie, Sebastian Stan
- June 18: **Goodbye Christopher Robin: PG**
Domhnall Gleeson, Margot Robbie
- June 25: **Broken Trust: NR**
Tom Selleck, Marsha Mason

MONTHLY MOVIE

Tuesday, June 26 at 2:30 PM

Table 19: PG-13

Anna Kendrick, Lisa Kudrow

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.***

Monday



Tuesday

4

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
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
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

5

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®"

11

8:15 a.m.- Core and Balance
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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

12

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
2:30 p.m. Entertainment - Lizzie Borden and the 40 Whacks
5:00 p.m.- "Let Your Yoga Dance®"

Wednesday



6

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

13

8:30 a.m.- Balance & Strength
9:00 a.m.- Chinese Outreach
9:30 a.m.- Zumba Fitness
10:00 a.m. Councillor Ryan O'Malley
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

Thursday

7

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
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

14

8:15 a.m.- Core and Balance
9:00 a.m.- Chinese Outreach
9:30 a.m.- Gentle "Mat" Yoga
9:30 a.m. Chair Massage
10:00 a.m. Representative Steven Ultrino
10:30 a.m. Blood Pressure with Joya
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

Friday

1

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

8

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

15

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>18</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>19</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.- Book Club 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>20</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 10:00 a.m. Councillor Ryan O'Malley 10:45 a.m.-Yang Style Tai Chi 1:00 p.m. Advanced Line Dancing</p>	<p>21</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. 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>22</p> <p>8:30 a.m.- Combo Exercise 9:30 a.m.- Chair Exercise 9:00 a.m.- Cribbage & Knitting 10:30 a.m.- Zumba Fitness</p>	<p>23</p> <p>8:30 a.m.- Combo Exercise 9:30 a.m.- Chair Exercise 9:00 a.m.- Cribbage & Knitting 10:30 a.m.- Zumba Fitness</p>
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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, June 11. Bus will depart at 9:45 AM. Future date: Sept. 17

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

NEWPORT RAIL TOUR: Tuesday, June 5 - \$79 per person. Bus departs at 9:00 AM. Enjoy a scenic tour along Ocean Drive, at 11:00 AM board the dining car for a 90 minute excursion along Narragansett Bay and enjoy a full course luncheon. Visit Brick market Place where a variety of shops and restaurants are waiting for your visit. Tickets available.

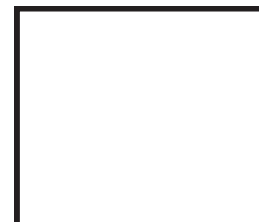
EAGLEMANIA: Tuesday, June 19 - \$82 per person. Includes motor coach to the Danversport Yacht Club for the world's greatest Eagles tribute show with fabulous seats, plated lunch with dessert and an afternoon of great music. Tickets available.

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 June 4.

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 June 14.

Malden Council on Aging
7 Washington Street
Malden, MA 02148



*Thank
you*