

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 8AM TO NOON

MALDEN COUNCIL ON AGING STAFF

Director

781-397-7144

Activities Coordinator
Cheryl Spinella

Office Coordinator
Deborah Camarata

Transportation Dispatchers
Ann Leonard • Donna Baden

Drivers – Shaun O'Donnell
Tom Glynn

Nurses - Mav Tornesello, R.N.
Arlene McGrory, R.N.

PROGRAMS

- Aerobics
- Bingo
- Blood Pressure
- Book Club
- Bowling
- Chair Exercise
- Chinese Outreach
- Computer Classes
- Cribbage
- ESL Classes
- Fabric Art
- Haitian Outreach & ESL
- Knitting & Crocheting
- Line Dancing
- Meal Site (Asian & American)
- Movies
- News of the Day
- Personal Trainer
- Tai Chi
- Texas Hold-Em
- Transportation
- Trips
- Writing Class
- Yoga
- Zumba

*Letter from the Staff of the
Malden Senior Community Center*



March is here and we are slowly moving toward longer hours of daylight, buds blooming and hopefully, NO MORE SNOW!



Some of us blame the winter weather for not exercising. It's too cold to go out, it's too icy, etc. Now is the time to change our attitude. Please come down to the Senior Center and join one of our classes. There is something for everyone!

Our Mission Statement here at the Senior Center is to provide seniors with access to fitness and health activities, socialization, education, transportation and support services to enrich their mind, body, spirit and improve their lives.

The most important part of our Mission Statement is YOU!

We need our seniors, we need your feedback. We want you to live your life to the fullest and encourage you to move, learn and laugh. We respect and care for all of you.

Happy Saint Patrick's Day to Everyone! This day is celebrated on March 17, 2014, the Saints religious feast day. The Irish have observed this day for many years but on this day "Everyone is Irish", so enjoy yourself and be safe.



Thank You For Your Donations!



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 thanks to Lawrence and Elaine Lavargna and Loga Kunarasah.

Irish Balladeer -Paul Carroll

Tuesday, March 4 at 3:30 PM

Back by popular demand from Dublin, Ireland.
Atria/Maplewood Place will sponsor a full Irish Corned Beef and Cabbage Dinner prepared by Chef Jimmy Zammuto. Call 781-397-7144 to reserve your seat.

SENIORS - NEED WORK?

Mondays, from 1:00 PM - 3:50 PM

Suku Menon will hold an information session as to how seniors can be placed in the workforce and earn a stipend under the Senior Community Employment Program. **Walk-in session on Mondays only with a follow up appointment for either a Tuesday or Wednesday.** The Senior Community Service Employment Program (SCSEP) is funded by a U.S. Department of Labor Grant to the Executive Office of Elder Affairs, Commonwealth of Massachusetts and administered by Operation A.B.L.E. of Greater Boston, Inc.

TAX TIME

Every Tuesday until April 8, 2014

9:00 AM, 10:00 AM, 11:00 AM or 12:00 AARP will return to assist seniors with their 2013 tax preparation. Income eligible seniors may sign up. To be eligible for this service you must be a Malden resident, age 60+ with a total income of \$60,000 or less. Please call 781-397-7144 to sign up.

DID YOU KNOW THAT...

Mass. Senior Action Committee meets monthly every fourth Wednesday at 1:30 PM

Open Mic in the Auditorium fourth Tuesday of each month from 1:00 PM to 2:30 PM

Single Life (Single Seniors) meet on Tuesdays, March 11th & 18th from 5:30 PM -6:55 PM

BALLROOM DANCING

Tuesdays 2:10 PM to 4:10 PM Chinese Music
Wednesdays—2:30 PM—3:30 PM

BOOK CLUB

Tuesday, March 18 at 11:00 AM in our Library

Mrs. Kimble by Jennifer Haigh. This is a story about three women who successively marry Ken Kimble. All women believe they found the perfect partner; and all are proven they are wrong.

ENGLISH READING AND WRITING**WITH DEB AND PAM**

Tuesday, from 1:00 to 3:00 PM and will continue every Tuesday and Wednesday until spring time.

Sign up today for the four available seats in this class! Can you read English? Would you like to improve your reading and writing? In this class you will have fun, read books, and increase your confidence in writing and speaking English! Both instructors Deb and Pam were teachers/volunteers at the Immigrant Learning Center. Call to reserve your seat. 781-397-7144.

DO YOU NEED A TELEPHONE?

Lifeline is a federal/state program for low income consumers offering home phones for \$18/month or free wireless service for 250 minutes. Call Mass. Dept. of Telecommunications 1-800-392-6066.

“NEW” LINE DANCING WITH DEBBIE SMALL

Beginners Class starting March 3, 2014

Mondays from 1:00 PM -2:00 PM

If you are new to line dancing, this class is for you! You will learn all the basic steps needed to dance fun, easy line dances. No previous experience is necessary. Line dancing is great exercise for both the mind and body. It's a fun way to burn calories and meet new people, all while listening to a wide variety of great music! Also **“New Time”** for Tuesdays Line Dancing **10:00 AM to 11:00 AM.**

ADVANCED BALANCE AND STRENGTH

Tuesdays and Thursdays at 8:15 AM-Fee is \$3.00 per class and is paid to Sharon Fillyaw at each class.

SENIOR BOWLING LEAGUE

Mondays at 9:30 AM

Call Coordinator Steve Cultrera 781-391-6701.

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



BONE DENSITY

Wednesday, March 26 from 1:00 PM to 3:15 PM

CHAIR MASSAGE

Thursday, March 13 from 9:30-11:30 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

BEGINNER'S COMPUTER CLASSES

Thursdays at 8:30 AM & 9:30 AM

You may sign up for 4 one-hour classes for beginners
8:30 AM or for learning email at 9:30 AM.

HELPING YOU HEAR BETTER

Monday, March 10 from 10:00 AM to 1:00 PM
30 minutes free session with a hearing specialist
from Apex Hearing Care.

PERSONAL TRAINER FOR SMALL GROUP

Every Monday from 9:45 AM to 10:45 AM

PODIATRIST

Monday, March 24, from 1:00 PM - 3:00PM
Fee \$20 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, March 6 from 9:30 AM 11:30AM

SHINE COUNSELOR

Friday, March 21 & 28 from 9:00 AM-11:15
Sue Worrall, SHINE Counselor will provide a
free 45 minute, confidential health insurance
session.

NEWS OF THE DAY

Mondays at 10:30 AM in our Library

ALWAYS WANTED TO WRITE

Mondays at 10:30 AM in our Conference Room

HAITIAN OUTREACH AND ESL

Tuesdays 4:00 PM to 6:30 PM also
Thursdays 12:00 to 3:30 PM

BLOOD PRESSURE

Mondays, Tuesdays and Wednesdays from
9:00 AM to 1:00 PM Come and have your blood
pressure checked with Mav; Thursdays with
Arlene from 12:30 PM to 3:00 PM.

BLOOD SUGAR TESTING

Tuesday, March 11 from 9:00 AM-11:00 AM

CHINESE HISTORY AND LITERATURE

Thursday, March 13 and 27 at 9:30 AM in the
Auditorium

MOVIE IN CHINESE LANGUAGE

The first & third Thursday
each month at 1 PM

MOVIE IN HAITIAN LANGUAGE

Thursday, March 13 from 1:00 to 3:00 PM

MONDAY MOVIES

All Monday movies 1:00 PM Auditorium

- March 3: **Hitch**
Will Smith, Rated PG-13
- March 10: **Monster-in-Law**
Jennifer Lopez, Jane Fonda, PG-13
- March 17: **Forces of Nature**
Sandra Bullock, Ben Affleck, PG-13
- March 24: **The Snows of Kilimanjaro**
Ava Gardner, Gregory Peck, NR
- March 31: **The Family Stone**
Diane Keaton, Sarah J. Parker, PG-13

MONTHLY TUESDAY MOVIE

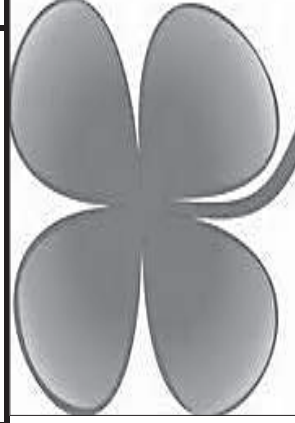
March 25 at 2:30 PM - Love Happens
Jennifer Aniston, Aaron Eckhart, Rated PG-13
A light supper will be served. Please call:
781-397-7144.

*SPECIAL NOTE: When a light supper is offered
you must attend the event or movie. Thank you!*

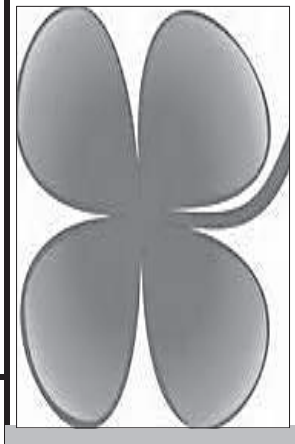



| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|--|---|---|---|
| 9:00 a.m.....Blood Pressure 3 9:30 a.m.....Chair Exercise 9:30 a.m.....Bowling 9:45 a.m.....Personal Trainer 10:30 a.m.Always wanted to Write 10:30 a.m...“News” of the Day 11:00 a.m...Gentle Chair Yoga 12:00 p.m.....Mon-Thurs Friday - 11:00 AM. Lunch (MVES) :00 p.m.....Movie 1:00 S.C. Employment Program 1:00 p.m. Beginners Line Dance | 8:15 Advanced Balance & Strength . 4 9:00 a.m.....Blood Pressure 9:00 a.m.....Taxes 9:30 a.m.....Chinese Chorus 10:00 a.m.....Line Dancing 11:00 a.m.....Chinese Line Dance 12:30 p.m.....Beginners Tai Chi 1:00 p.m.....Tai Chi 1:00 p.m.....Texas Hold-Em 1:00 English Reading & Writing 2:10 p.m. Chinese Ballroom Dance 3:30 p.m.....Irish Balladeer- Paul Carroll 4:00 p.m. Haitian Outreach & ESL 6:00 p.m.“Let Your Yoga Dance®” | 8:30 Flex-Stretch & Balance..... 5 9:00 a.m.....Blood Pressure 9:00 a.m.....Chinese Outreach 9:30 a.m.....Zumba 10:00 a.m. Fabric Art 10:00 a.m....ESL Level I 10:00 a.m....ESL Level II 10:45 a.m.... Chinese Tai Chi 12:30 p.m....Line Dancing 1:00 English Reading & Writing 2:30 p.m. Chinese Ballroom Dance | 8:15 Advanced Balance & Strength . 6 8:30 a.m. ...Computer Classes 9:00 a.m. ...Chinese Outreach 9:00 a.m. ... ESL Classes 9:30 a.m. ...Computer Classes 9:30 a.m. Gentle “Mat” Yoga 9:30 a.m....Reflexology 11:00 a.m. Gentle “Chair” Yoga 12:00 p.m. Haitian Outreach/ESL 12:30 p.m. Blood Pressure 1:00 p.m. ...Movie in Chinese 1:00 p.m. ...Bingo 1:30 p.m. ...Sit, Stand, Walk to Music 2:45 p.m. Line Dancing | 8:00 a.m. FL-ABS 7 8:30 a.m. Combo Exercise 9:00 a.m.....English to Mandarin 9:00 a.m. Cribbage 9:30 a.m. Chair Exercise 9:30 a.m. Knitting & Crocheting Lessons 10:00 a.m. ... Billiard (Pool) 10:00 a.m. ... Bridge 10:45 a.m. ... Combo Zumba/Yoga Dance |
| 9:00 a.m.....Blood Pressure..... 10 9:30 a.m. Bowling 9:30 a.m....Chair Exercise 9:45 a.m. Personal Trainer 10:00 am Helping you Hear Better 10:30 a.m.Always wanted to Write 10:30 a.m...“News” of the Day 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 S.C. Employment Program 1:00 p.m. Beginners Line Dance | 8:15 Advanced Balance & Strength 11 9:00 a.m. Blood Pressure & Sugar 9:00 a.m.....Taxes 9:30 a.m.....Chinese Chorus 10:00 a.m.....Line Dancing 11:00 a.m.....Chinese Line Dance 12:30 p.m.....Beginners Tai Chi 1:00 p.m.....Tai Chi 1:00 p.m.....Texas Hold-Em 1:00 English Reading & Writing 2:10 p.m. Chinese Ballroom Dance 4:00 p.m. Haitian Outreach & ESL 5:30 p.m.....Singles Life 6:00 p.m.“Let Your Yoga Dance®” | 8:30 a.m. Balance & Strength 12 9:00 a.m.....Blood Pressure 9:00 a.m.....Chinese Outreach 10:00 a.m. Fabric Art 10:00 a.m....ESL Level I 10:00 a.m....ESL Level II 10:45 a.m.... Chinese Tai Chi 12:30 p.m....Line Dancing 1:00 English Reading & Writing 1:00 p.m. Bone Density 2:30 p.m. Chinese Ballroom Dance | 8:15 Advanced Bal. & Strength 13 8:30 a.m. Computer Classes 9:00 a.m. ...Chinese Outreach 9:00 a.m. ...ESL Classes 9:30 a.m. ...Computer Classes 9:30 a.m. Gentle “Mat” Yoga 9:30 a.m. Chair Massage 9:30 a.m Chinese History & Literature 11:00 a.m. Gentle “Chair” Yoga 12:00 p.m. Haitian Outreach/ESL 12:30 p.m. Blood Pressure 1:00 p.m. ...Bingo 1:00 p.m. ...Movie in Haitian 1:30 p.m. ...Sit, Stand, Walk to Music 2:45 p.m. Line Dancing | 8:00 a.m. FL-ABS 14 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. ... Bridge 10:45 a.m. ... Combo Zumba/Yoga Dance |
| 9:00 a.m.....Blood Pressure..... 17 9:30 a.m....Chair Exercise 9:30 a.m. Bowling 9:45 a.m. Personal Trainer 10:30 a.m.Always wanted to Write 10:30 a.m...“News” of the Day 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 S.C. Employment Program 1:00 p.m. Beginners Line Dance | 8:15 Advanced Balance & Strength 18 9:00 a.m.....Taxes 9:00 a.m.....Blood Pressure 9:30 a.m.....Chinese Chorus 10:00 a.m.....Line Dancing 11:00 a.m. Book Club 11:00 a.m Chinese Line Dance 12:30 p.m.....Beginners Tai Chi 1:00 p.m.....Tai Chi 1:00 p.m.....Texas Hold-Em 1:00 English Reading & Writing 2:10 p.m. Chinese Ballroom Dance 4:00 p.m. Haitian Outreach & ESL | 8:30 Flex-Stretch & Balance.... 19 9:00 a.m.....Blood Pressure 9:00 a.m.....Chinese Outreach 9:30 a.m.....Zumba 10:00 a.m. Fabric Art 10:00 a.m....ESL Level I 10:00 a.m....ESL Level II 10:45 a.m.... Chinese Tai Chi 12:30 p.m....Line Dancing 1:00 English Reading & Writing 2:30 p.m. Chinese Ballroom Dance | 8:15 Advanced Bal. & Strength . 20 8:30 a.m. ...Computer Classes. 9:00 a.m. ...Chinese Outreach 9:00 a.m. ...ESL Classes 9:30 a.m. ...Computer Classes 9:30 a.m. Gentle “Mat” Yoga 11:00 a.m. Gentle “Chair” Yoga 12:00 p.m. Haitian Outreach/ESL 12:30 p.m. Blood Pressure 1:00 p.m. ...Movie in Chinese 1:00 p.m. ...Bingo 1:30 p.m. ...Sit, Stand, Walk to Music Music 2:45 p.m. Line Dancing | 8:00 a.m. FL-ABS 21 8:30 a.m.,.....Combo Exercise 9:00 a.m. English to Mandarin 9:00 a.m. Cribbage 9:00 a.m.Shine Councilor 9:30 a.m.....Chair Exercise 9:30 a.m. Knitting & Crocheting Lessons 10:00 a.m. ... Billiard (Pool) 10:00 a.m. ... Bridge 10:45 a.m. ... Combo Zumba/Yoga Dance |


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|--|---|--|--|---|
| <p>5:30 p.m. Singles Life 6:00 p.m. "Let Your Yoga Dance®"</p> <p>24 9:00 a.m. Blood Pressure 9:30 a.m. Chair Exercise 9:30 a.m. Bowling 9:45 a.m. Personal Trainer 10:30 a.m. Always wanted to Write 10:30 a.m. "News" of the Day 11:00 a.m. Gentle Chair Yoga 12:00 p.m. Mon-Thurs Friday - 11:00 AM. Lunch (MVES) 1:00 p.m. Podiatrist 1:00 p.m. Movie 1:00 S.C. Employment Program 1:00 p.m. Beginners Line Dance</p> | <p>25 8:15 Advanced Balance & Strength 9:00 a.m. Blood Pressure 9:00 a.m. Taxes 9:30 a.m. Chinese Chorus 10:00 a.m. Line Dancing 11:00 a.m. Chinese Line Dance 12:30 p.m. Beginners Tai Chi 1:00 p.m. Open Mic 1:00 p.m. Tai Chi 1:00 p.m. Texas Hold-Em 1:00 English Reading & Writing 2:10 p.m. Chinese Ballroom Dance 2:30 p.m. Monthly Movie - Love Happens 4:00 p.m. Haitian Outreach & ESL 6:00 p.m. "Let Your Yoga Dance®"</p> | <p>26 8:30 a.m. Balance & Strength 9:00 a.m. Blood Pressure 9:00 a.m. Chinese Outreach 9:30 a.m. Zumba 10:00 a.m. Fabric Art 10:00 a.m. ESL Level I 10:00 a.m. ESL Level II 10:45 a.m. Chinese Tai Chi 12:30 p.m. Line Dancing 1:00 English Reading & Writing 1:00 p.m. Bone Density 1:30 p.m. Mass Senior Action 2:30 p.m. Chinese Ballroom Dance</p> | <p>27 8:15 Advanced Bal. & Strength 8:30 a.m. Computer Classes 9:00 a.m. Chinese Outreach 9:00 a.m. ESL Classes 9:30 a.m. Computer Classes 9:30 a.m. Gentle "Mat" Yoga 9:30 a.m. Chinese History & Literature 11:00 a.m. Gentle "Chair" Yoga 12:00 p.m. Haitian Outreach/ESL 12:30 p.m. Blood Pressure 1:00 p.m. Bingo 1:30 p.m. Sit, Stand, Walk to Music 2:45 p.m. Line Dancing</p> | <p>28 8:00 a.m. FL-ABS 8:30 a.m. Combo Exercise 9:00 a.m. Shine Councilor 9:00 a.m. English to Mandarin 9:00 a.m. Cribbage 9:30 a.m. Chair Exercise 9:30 a.m. Knitting & Crocheting Lessons 10:00 a.m. Billiard (Pool) 10:00 a.m. Bridge 10:45 a.m. Combo Zumba/Yoga Dance</p> |
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March

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BUSINESS
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Cambridge Health Alliance

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Foot Thought:

Arthritic foot ailments can be avoided with early diagnosis.

Diabetes, arthritis, ingrown nails, fungal nails, heel pain

253 Salem Street, Malden, MA 02148

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Introducing a plan that can give you more than you would expect, Tufts Health Plan Senior Care Options (HMO-SNP) is a plan for seniors with \$0 out-of-pocket costs. It combines Medicare and MassHealth Standard benefits including dental care, transportation and extras like a care manager. Call to learn if the Tufts Health Plan SCO is right for you.

TUFTS Health Plan Senior Care Options

Call us toll-free at
1-855-670-5938 (TTY 1-855-670-5940).

Or visit www.thmp.org/sco.

Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.
(From Oct. 1 - Feb. 14 representatives are available
7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

H2256_S_2014_35 Accepted

City of Malden, MA



STEVEN ULTRINO, Ed.D.
Councillor - Ward Two
Malden Government Center
200 Pleasant St., Rm 609
Malden, MA 02148
Tel: 617-733-7352
Fax: 781-397-7004
ultrinos@msn.com

A. J. Spadafora Funeral Home



Anthony Spadafora, Director

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**COUNCIL ON AGING (COA)
TRANSPORTATION PROGRAM**

**FREE Service for
Malden Senior Citizens—Reservations
Required 781-397-7144**

For a more efficient, smoother operation, we are *requiring* that you call at a minimum of one day ahead of time (Friday before noon for Mondays).

- * **Medical Appointments**
Curb to Curb service for Medical appointments in Malden, Melrose, Medford and Stoneham.
- **Senior Center Shuttle**
Curb to Curb service on Mon, Tues and Thurs from your residence to the Senior Center, and home again.
- **Shopping**
Grocery Shopping from Malden's Senior Residences and home again.

CALL MVES for information on the TRIP Program 781-324-7705

SENIORS ON THE ROAD

Please call Lorraine Cantera at 781-322-0114 to schedule or cancel your trip. Pick up a flyer with tour details and pick up times at the Senior Center.

FLOWER AND GARDEN SHOW

Thursday, March 13, 2014, \$33 pp without lunch, \$58 with lunch. Romance in the Garden.

CHINESE BUFFET AT TULIPS AND WGBH TOUR

Wednesday, April 9, 2014, \$38 pp

DEBBIE REYNOLDS IN CONCERT at Mohegan Sun

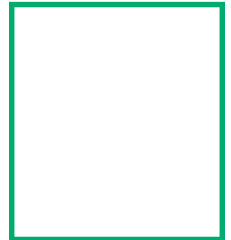
Tuesday, April 15, 2014, \$75 pp

Includes show, transportation, \$20 free slot play or Free Bet, \$10 meal voucher good at any eating facility at Mohegan Sun.

THE BOSTON POPS FEATURING THE CIRQUE DE LA SYMPHONIE - (First appearance in Boston)

Saturday, May 17, 2014, \$68 pp, Children under 12 \$34 pp

Malden Council on Aging
7 Washington Street
Malden, MA 02148



*Thank
you*