

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

Director

Silvia Banos-Aguayo

Activities Coordinator

Cheryl Spinella

Office Coordinator

Deborah Camarata

Front Office Staff

Ann Leonard • Donna Baden

Driver

Tom Glynn

PROGRAMS

- Aerobics
- Bingo
- Blood Pressure
- Book Club
- Bowling
- Chair Exercise
- Chinese Outreach
- Computer Classes
- Cribbage
- Fabric Art
- Haitian Outreach & ESL
- Harmonica
- Knitting & Crocheting
- Line Dancing
- Meal Site (Asian & American)
- Movies
- Ping Pong
- Pool
- Tai Chi
- Transportation
- Trips
- Writing Class
- Yoga
- Zumba

March 2016 Newsletter

A Letter from the Director, Silvia Banos-Aguayo



As We March into Spring...

I would like to begin this month by remembering the wonderful June Murphy, our friend and long-time volunteer of the Malden Senior Center. June was a member of the Center and a life-long resident of Malden. June always had a smile for everyone and worked hard to help in any way she could. We send our deepest condolences to her family and friends, and a heart-felt thank you to everyone who donated to the Malden Senior Center in her memory. We will miss you June. You will stay forever in our hearts.

Please join us in welcoming back Paul Carroll the Irish Balladeer to entertain you with his wonderful Irish tunes! To make the evening even more enjoyable, we are also very fortunate to have Chef Jimmy Zammuto and staff from Atria Maple Place, back at the Center to serve his finest corned beef and cabbage dinner! **Thank you Atria Maplewood Place for your wonderful contribution to the Malden Senior Center!** Please be advised that a reservation will be required to attend this wonderful event. As a reminder, you **MUST** attend the event to participate in the dinner. Please call 781 -397-7144 to reserve your seat!

MBTA PASSES

The Malden Senior Center will be hosting a Senior Citizen Charlie Cards distribution Day for people aged 65 years of age or older. Please stop by the Senior Center on Tuesday March 22, 2015. We will have 2 time slots available: **10:30 AM – 11:30 AM** or from **1:00 PM- 2:00PM** when you could either apply for a new card, or renew your existing card. **Please make sure to bring a copy of a valid Massachusetts ID or Passport. A Special Thanks to Mayor Christenson and Representative Steve Ultrino for supporting this great event!**

PARKING DECAL DISTRIBUTION

Our Senior Center parking decals will be expiring by the end of March 2016! We will begin distributing new parking decals beginning March 15, 2016 between 2 pm to 6:30 pm and again on March 16, 2016 between 1-3:30pm. To be eligible, you must be a Malden Resident and have a valid driver's license and active car registration with the city of Malden address listed on both documents. Please call the Center with any questions.

Lastly, we would like to thank Bill Nadler from OPERATION A.B.L.E for offering a series for computer classes at the Center! Classes will be held on March 7, 14, 21, and 28. from 10:00 AM to 12:00 PM, 1:00 PM to 2:00 PM and 2:00 PM to 3:00 PM. Please call the Senior Center to reserve your seat!

**A BIG THANK YOU to everyone for your support, donations,
and contributions to the Malden Senior Community Center
We're grateful and appreciate you!**

SENIOR CENTER UPDATE

Restorative Justice Process (Outcomes):

I would like to say a very special **THANK YOU** to everyone who participated in the "Circle" meetings during the past three months. I would like to express a special thank you to Candace Julyan and JJ Durham for leading the meetings. I would also like to thank Mayor Christenson and his staff for the many hours dedicated to this process, along with City Councillor Debbie DeMaria and Mei Hung from the Chinese Cultural Connection.

As many of you may be aware, the Malden Senior Center has been engaged in a Restorative Justice process to discuss some issues experienced at the Center and to come up with some viable solutions to the following areas that need improvement:

Culture Clashes- as it relates to language and behavior.

Communication: The way information is disseminated and translated (or lack of).

Code of Conduct: As it relates to Individual behavior and expectations of shared space

Based on feedback from the "Circle" groups, we will introduce an initiative that was previously discussed last year, the formation of 5 different advisory groups. These groups will serve to provide feedback and ideas to the Council on Aging Board and the Senior Center. These five groups will focus on the following areas of interest: Fundraising, Diversity, Marketing/Community Outreach, Program Planning, and Advocacy. Each group will be made up of 7 members with a leader selected among its members. The leaders will then represent the group and report its activities to the Council on Aging Board members during our regularly scheduled public meetings. Beginning in March, sign-up sheets will be located at the front office to collect names for the groups.

Next Council on Aging Board Meeting will be Wednesday, March 2, 2016 at 10:30 AM

MONTHLY NEWSLETTER (MONITOR)

In an effort to become more environmentally friendly, the Senior Center will be changing the way we disburse our monthly MONITOR newsletters. Each month, we receive back many newsletters that were undeliverable or were stamped with "address unknown." This has become very expensive. Beginning in July 2016 we will no longer be mailing them to everyone on our list. We will have the newsletters available for you at the Center and we will also continue to deliver them to our local Senior Housing buildings. It will also be available on line at the City of Malden's website at <http://www.cityofmalden.org/content/senior-center-newsletter>. If you wish to continue to have the newsletter mailed to your home, we can do so through our new subscription program of \$10 per year. Please feel free to contact the Center if you have any questions. Thank you.

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 thank you to Thomas and Pamela McCarthy, Alexandra Molloy-Heekin and

- Pat Piccione (in memory of June Murphy),
- Linda Smigielski (in memory of June Murphy)
- Mary Hunt (in memory of June Murphy) and
- Mary and Tom Glynn (in memory of June Murphy)

The Malden Senior Center recently partnered with Malden is Moving! to engage Malden senior residents in a "Food Access for Elders in Malden" questionnaire. The results of the Food Access for Elders report resulted in a series of recommendations to help keep our Malden Seniors healthy. Each month Kristen Giuliani RD, LDN, CLC, a North Suburban WIC Senior Nutritionist will be supplying a simple and nutritious recipe that is geared towards the improving your nutritional needs. Please enjoy the recipe and let us know if you like it!

Savory Stuffed Peppers/Serves 4

Ingredients:

- 4 large green peppers
- 1 pound lean turkey, ground
- 1 cup brown rice, uncooked
- 1/2 cup onion (peeled and chopped)
- 1 1/2 cup tomato sauce, no added salt
- 1/2 cup low-fat shredded mozzarella cheese
- Black pepper to taste

1. Cut around the stem of the green peppers. Remove seeds and pulp.
2. Boil green peppers for five minutes. Drain.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff peppers with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over peppers.
6. Sprinkle cheese on top.
7. Cover and bake for 30 minutes at 350 degrees

Per Serving: 450 kcal

Kristen Giuliani, RD, LDN, CLC, North Suburban WIC Senior Nutritionist

IRISH BALLADEER - PAUL CARROLL

Tuesday, March 22 at 3:30 PM Back by popular demand, Irish Balladeer Paul Carroll from Dublin, Ireland will entertain you with Irish tunes! Immediately following the show, **Atria Maplewood Place's Chef Jimmy Zammuto and staff** will serve a corned beef and cabbage dinner! **Thank you Atria Maplewood Place! You must call to reserve a seat - 781 -397-7144. Special Note: When a dinner is offered attendance to the show is required. Thank you.**



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

LEGAL ADVICE - ATTY. KEN SIMMONS
Tuesday, March 15 from 2:00 PM - 4:00 PM

CHAIR MASSAGE
Thursday, March 10 from 9:30 AM - 11:30 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST
Monday, March 28 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY
Thursday, March 17 from 9:30 AM - 11:30 AM

SHINE COUNSELOR
Mondays, March 14 & 28 from 9:00 AM-12:00

**BLOOD PRESSURE with
JOYA PEZZUTO, RN**
Thursday, March 10 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**
Monday, March 14 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.

AARP TAX SERVICE
Jack Kelly and Volunteers from AARP will continue to assist you with your 2015 tax filing every **Tuesday, until April 12, 2016**, Preference will be given to Malden residents, age 60+ with a total income of \$60,000 or less. By Appointment only Photo ID is required. Please call 781-397-7144.

BOOK CLUB
Tuesday, March 15 at 11:00 AM (Library)
"Florence Gordon" by Brian Morton
A wise and entertaining novel about a woman who has lived life on her own terms for seventy-five defiant and determined years, only to find herself suddenly thrust to the center of her family's various catastrophes.

TUESDAY MONTHLY MOVIE
March 29 at 2:30 PM - "GiGi" Louis Jourdan and Leslie Caron A light supper will be served. Please call 781-397-7144 for reservations.
SPECIAL NOTE: When a light supper is offered; attendance to the entire movie is required. Thank you.

**REPRESENTATIVE FROM
CONGRESSWOMAN
KATHERINE CLARK'S OFFICE**
Tuesday, March 1 from 9:00 AM to 10:00 AM
Held in the Atrium.

REPRESENTATIVE STEPHEN ULTRINO
Friday, March 11 from 10:00 AM - 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS OFFICE HOUR
Friday, March 18 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.

DID YOU KNOW THAT. . .
Mass. Senior Action Committee
Meets monthly every 4th Wednesday at 1:30 PM
Single Life
Tuesday, March 1st & March 8th
from 5:00 PM - 6:55 PM

MONDAY MOVIES
(All Monday movies 1:00 PM Auditorium)

- March 7: **Just Go With It: PG-13**
Adam Sandler, Jennifer Aniston
- March 14: **Field of Lost Shoes: PG-13**
David Arquette, Keith David
- March 21: **The Martian: PG-13**
Matt Damon, Jessica Chastain
- March 28: **Charlotte Gray: PG-13**
Cate Blanchett, Billy Crudup

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

CHINESE HISTORY AND LITERATURE
Thursday, March 17 at 9:30 AM
Held in the Auditorium

HAITIAN OUTREACH, ESL & DOMINOS
Tuesdays: 4:30 PM - 6:00 PM
Thursdays: 1:00 PM - 3:00 PM
(except 2nd Thursday)

MOVIE IN HAITIAN
Thursday, March 10 from 1:00 PM - 3:00 PM



Monday

MARCH



2016

7

8:15 p.m. Advanced Balance and Strength with Sharon
9:30 a.m. Bowling
9:30 a.m. ... Chair Exercise
10:00 a.m. Computer Class with Operation Able
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
1:00 p.m. ... Computer Class with Operation Able
2:00 p.m. ... Computer Class with Operation Able
2:00 p.m. R & R Class with Emily

Tuesday

8:30 Advanced Balance & Strength .1
9:00 a.m. Representative from Congresswoman Katherine Clark's Office.
9:00 Taxes
9:30 a.m. Chinese Chorus
11:00 a.m. Chinese Line Dance
12:30 p.m. Beginners Tai Chi
1:00 p.m. Tai Chi
1:00 p.m. Reading & Writing
2:30 p.m. International Ballroom Dance
4:30 p.m. Haitian Outreach , ESL and Domimos
5:00 p.m. Singles Life
5:45 p.m. "Let Your Yoga Dance®"

Wednesday

8:30 a.m. Balance. & Strength
9:00 a.m. ... Chinese Outreach
9:30 a.m. ... Zumba
10:00 a.m. Fabric Art
10:00 a.m. English Conversation Group
10:45 a.m. Chinese Tai Chi
1:00 p.m. Reading & Writing

Thursday

8:15 Advanced Bal. & Strength
8:30 a.m. Computer Classes
9:00 a.m. ... Chinese Outreach
9:30 a.m. ... Computer Classes
9:30 a.m. Gentle "Mat" Yoga
11:00 a.m. Gentle "Chair" Yoga
1:00 p.m. ... Haitian Outreach ESL and Domimos
1:00 p.m. ... Bingo

Friday

8:00 a.m. FL-ABS
8:30 a.m. Combo Exercise
9:00 a.m. Cribbage
9:00 a.m. English to Mandarin
9:30 a.m. Knitting & Crocheting Lessons
9:30 a.m. Chair Exercise
10:00 a.m. Billiard (Pool)
10:45 a.m. Zumba with Judy
11:00 a.m. Harmonica Class for Beginners

8

8:30 Advanced Balance & Strength .8
9:00 Taxes
9:30 a.m. Chinese Chorus
11:00 a.m. Chinese Line Dance
12:30 p.m. Beginners Tai Chi
1:00 p.m. Tai Chi
2:30 p.m. International Ballroom Dance
4:30 p.m. Haitian Outreach , ESL and Domimos
5:00 p.m. Singles Life
5:45 p.m. "Let Your Yoga Dance®"

9

8:30 a.m. Balance. & Strength
9:00 a.m. ... Chinese Outreach
9:30 a.m. ... Zumba
10:00 a.m. Fabric Art
10:00 a.m. English Conversation Group
10:45 a.m. Chinese Tai Chi

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8:15 Advanced Bal. & Strength
8:30 a.m. Computer Classes
9:00 a.m. ... Chinese Outreach
9:30 a.m. ... Computer Classes
9:30 a.m. Chair Massage
9:30 a.m. Gentle "Mat" Yoga
10:30 a.m. Blood Pressure with Joya Pezzuto, RN
11:00 a.m. Gentle "Chair" Yoga
1:00 p.m. ... Movie in Haitian
1:00 p.m. ... Bingo

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8:00 a.m. FL-ABS
8:30 a.m. Combo Exercise
9:00 a.m. Cribbage
9:00 a.m. English to Mandarin
9:30 a.m. Knitting & Crocheting Lessons
9:30 a.m. Chair Exercise
10:00 a.m. Representative Stephen Ultrino
10:00 a.m. Billiard (Pool)
10:45 a.m. Zumba with Judy
11:00 a.m. Harmonica Class for Beginners

15

8:30 Advanced Balance & Strength
9:00 Taxes
9:30 a.m. Chinese Chorus
11:00 a.m. Book Club
11:00 a.m. Chinese Line Dance
12:30 p.m. ... Beginners Tai Chi
1:00 p.m. Reading & Writing
1:00 p.m. Tai Chi
2:00 pm. Parking Decal distribution
2:30 p.m. International Ballroom Dance
2:00 p.m. Legal Advice

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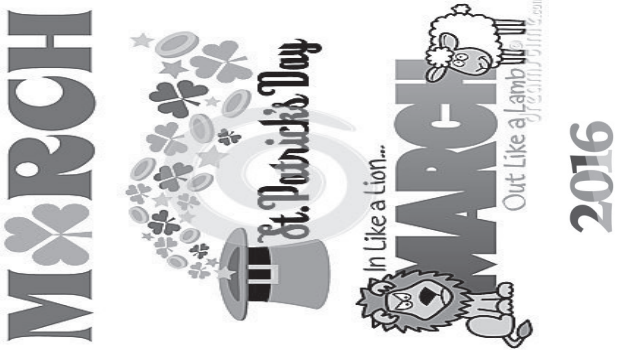
8:30 a.m. Balance. & Strength
9:00 a.m. ... Chinese Outreach
9:30 a.m. ... Zumba
10:00 a.m. Fabric Art
10:00 a.m. English Conversation Group
10:45 a.m. Chinese Tai Chi
1:00 p.m. Reading & Writing
1:00 pm. Parking Decal distribution

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8:15 Advanced Bal. & Strength .
8:30 a.m. ... Computer Classes.
9:00 a.m. ... Chinese Outreach
9:30 a.m. ... Computer Classes
9:30 a.m. Reflexology
9:30 a.m. Gentle "Mat" Yoga
9:30 a.m. ... Chinese History and Literature Discussion
11:00 a.m. Gentle "Chair" Yoga
1:00 p.m. ... Haitian Outreach ESL and Domimos
1:00 p.m. ... Bingo
1:30 p.m. Movement & Stretching

18

8:00 a.m. FL-ABS
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'
10:45 a.m. Zumba with Judy
11:00 a.m. Harmonica Class for Beginners

<p>Friday - 11:00 AM Lunch (MVES) 1:00 p.m. ... Movie 1:00 p.m. Beginners Line Dance 1:00 p.m. Computer Class with Operation Able 2:00 p.m. Computer Class with Operation Able 2:00 p.m. R & R Class with Emily</p>	<p>4:30 p.m. Haitian Outreach, ESL and Domimos 5:45 p.m. "Let Your Yoga Dance®"</p>		<p>2:30 p.m. Advanced Line Dance</p>	
<p>.....21..... 8:15 p.m. Advanced Balance and Strength with Sharon 9:30 a.m. Bowling 9:30 a.m. ... Chair Exercise 10:00 a.m. Computer Class with Operation Able 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 1:00 p.m. Computer Class with Operation Able 2:00 p.m. Computer Class with Operation Able 2:00 p.m. R & R Class with Emily</p>	<p>8:30 Advanced Balance & Strength 22 9:00 Taxes 9:30 a.m. Chinese Chorus 10:30- 11:30 a.m MBTA distribution of passes 11:00 a.m Chinese Line Dance 12:30 p.m. Beginners Tai Chi 1:00 p.m. Reading & Writing 1:00 - 2:00 p.m. MBTA distribution of passes 2:30 p.m. International Ballroom Dance 3:30 p.m. Entertainment Paul Carroll-Irish Balladeer 4:30 p.m. Haitian Outreach, ESL and Domimos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>8:30 a.m. Balance.& Strength 23 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Zumba 10:00 a.m. Fabric Art 10:00 a.m. English Conversation Group 10:45 a.m. Chinese Tai Chi 1:00 p.m. Reading & Writing 1:30 p.m. Mass Senior Action</p>	<p>8:15 Advanced Bal. & Strength . 24 8:30 a.m. ... Computer Classes. 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Computer Classes 9:30 a.m. Gentle "Mat" Yoga 11:00 a.m. Gentle "Chair" Yoga 1:00 p.m. ... Haitian Outreach ESL and Domimos 1:00 p.m. ... Bingo 1:30 p.m. Movement & Stretching 2:30 p.m. Advanced Line Dance</p>	<p>8:00 a.m. FL-ABS 25 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) 10:45 a.m. Zumba with Judy 11:00 a.m. Harmonica Class for Beginners</p>
<p>.....28..... 8:15 p.m. Advanced Balance and Strength with Sharon 9:00 SHINE Counselor 9:30 a.m. Bowling 9:30 a.m. ... Chair Exercise 10:00 a.m. Computer Class with Operation Able 10:30 a.m. Always wanted to Write 11:00 a.m. Gentle Chair Yoga 12:00 a.m. Podiatrist 12:00 p.m. Mon-Thurs Friday - 11:00 AM Lunch (MVES) 1:00 p.m. ... Movie 1:00 p.m. Beginners Line Dance 1:00 p.m. Computer Class with Operation Able 2:00 p.m. Computer Class with Operation Able 2:00 p.m. R & R Class with Emily</p>	<p>8:30 Advanced Balance & Strength 29 9:00 Taxes 9:30 a.m. Chinese Chorus 11:00 a.m Chinese Line Dance 12:30 p.m. Beginners Tai Chi 1:00 p.m. Reading & Writing 2:30 p.m. International Ballroom Dance 2:30 p.m. Monthly Movie "GiGi" 4:30 p.m. Haitian Outreach, ESL and Domimos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>8:30 a.m. Balance.& Strength 30 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Zumba 10:00 a.m. Fabric Art 10:00 a.m. English Conversation Group 10:45 a.m. Chinese Tai Chi 1:00 p.m. Reading & Writing</p>	<p>8:15 Advanced Bal. & Strength . 31 8:30 a.m. ... Computer Classes. 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Computer Classes 9:30 a.m. Gentle "Mat" Yoga 11:00 a.m. Gentle "Chair" Yoga 1:00 p.m. ... Haitian Outreach ESL and Domimos 1:00 p.m. ... Bingo 1:30 p.m. Movement & Stretching 2:30 p.m. Advanced Line Dance</p>	 <p>MARCH St. Patrick's Day In Like a Lion... Out Like a Lamb MARCH 2016</p>

**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

SENIORS ON THE ROAD

April Day Trip to a Taping of "The View"/"The Chew" - \$89 pp, Includes Show, Buffet Lunch, R/T Trans., as of printing—date is not determined. Please call 857-272-5363 for more info. Note: To hold a spot, full payment must be received.

The Young Irishers: Thursday, March 10, 2016 - Venus De Milo, Swansea, MA - former Lead Dancer Siobhan Manson of "Riverdance", \$89 pp Includes Lunch, Show and Transportation. No Refunds after February 10, 2016.

Mohegan Sun Casino Day Trip: Friday, April 1, \$29 pp/\$27 for two or more. Includes: Buffet, Gaming Voucher, R/T Transportation W/Movie.

Moulin Rouge Parisian Show: "L'Opera Burlesque" - Tuesday, April 19, 2016 Lantana's Randolph: \$89 pp Includes Lunch, Show & Transportation.

Washington, DC: Thurs., April 28 - Sun., May 1 \$519 dbl. pp Includes Round Trip Transportation, Admission to Vietnam & WWII Memorial, The New Air & Space Museum @ Dulles, Lincoln, Jefferson, MLK Memorials, Arlington Ntl. Cemetery, JFK, RFK & EMK gravesites, Tomb of Unknown Soldier: Courtyard Marriott, 6 Meals, 2 Dinners, 1 Lunch 3 Breakfasts, Round Trip Coach.

New York City: Sat.. May 7th to Mon. May 9th. 3 days 2 nights - \$519 pp Double/Triple-\$799 pp Single- Admission to Statue of Liberty/Ellis Island Tour and 9/11 Memorial, Includes RT Transportation, Hotel & Breakfasts.

Contact Sharon/Esor Travel for more information at 857-272-5363. Pickup @ 156 Highland Avenue, Malden (El Potro Rest.) unless otherwise noted. Parking available for \$5 per day at El Potro Restaurant Parking Lot.

Malden Council on Aging
7 Washington Street
Malden, MA 02148

