

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

A Letter from the Director, Silvia Banos-Aguayo

Happy November!

This month we reflect on giving thanks and celebrate our Veterans and their families. We thank you for your many sacrifices and for being the reason we can enjoy many of our freedoms.

The Malden Board of Health is offering their annual FLU CLINIC at the Senior Center on Wednesday, November 4, 2015 from 11:30 AM - 2:00 PM. This is a free clinic offering a high dose flu vaccine for people over the age of 65. There is no co-pay required!

SCAN CARDS UPDATE...

We have received our scan cards! We have identified a few dates for the card distribution. Please remember to bring your PHOTO ID when you stop by to pick up your card. You **MUST** have your PHOTO ID to receive your card. Once we have distributed them, we will host a couple of presentations in December on how to use them. Please stay tuned for these dates in next month's newsletter.

The Dates for the Scan Card distribution will be:

FOR MALDEN RESIDENTS ONLY: Tuesday November 24, 2015 from 3:00 PM -6:00 PM; and Tuesday, December 1, 2015 from 3:00 PM- 6:00PM;
NON- MALDEN RESIDENTS: Tuesday, December 22, 2015 from 3:00 PM - 6:00 PM; and Tuesday, December 29, 2015 from 3:00 PM- 6:00 PM. Please remember that the system itself will not go into effect until January 2016. We will continue to keep you informed on the exact date as we are informed.

IN THE SPIRIT OF GIVING AND HARMONY, I WOULD LIKE TO WISH YOU AND YOURS A VERY SAFE VETERAN'S DAY AND HAPPY THANKSGIVING!

WE WILL BE CLOSED ON THE FOLLOWING DAYS:
WEDNESDAY, NOVEMBER 11, 2015
IN OBSERVANCE OF VETERANS' DAY
WEDNESDAY, NOVEMBER 25, 2015—CLOSING AT NOON
THURSDAY, NOVEMBER 26, 2015
IN OBSERVANCE OF THANKSGIVING
FRIDAY, NOVEMBER 27, 2015

As always, I would like to send a big **THANK YOU** to everyone for your continued support, donations, and contributions to the Malden Senior Community Center. We're grateful and appreciate you!

Senior Center Policy Update:

For the past few months, the Center has been engaged in a series of policy and administrative changes. Your feedback and consideration has made this process a great example of Senior Community Partnership! The newly formed Council on Aging Advisory Board met this past month to discuss and move forward with some recommendations that will assist the Center with being more organized and ensuring the safety of our Seniors as well as creating a much more inclusive and welcoming environment.

The following changes have been confirmed:

- The Age Requirement will be increased from 50 Years of Age to 60 Years of Age beginning November 1, 2015. All patrons who previously signed up will be “grandfathered” in.
- We also discussed incorporating an Activity Policy. This policy will require ALL Activities be led by Certified Instructor or a Volunteer who has been cleared by the City of Malden and approved by the Senior Center Director. It will also provide a time limit of 1 hour per class for most classes.

MUSIC IS LOVE**DAWN KELLEY AND DICK MILLER**

Tuesday, November 17 at 3:30 PM

Come join us for some favorite songs, show tunes, piano, guitar, magic and comedy. A light supper will be served. Please call 781-397-7144 to make a reservation.

SPECIAL NOTE: When a light supper is offered, attendance to the show is required. Thank you!

**AARP FOUNDATION TAX AIDE
FOR 2016**

Volunteer as a Tax Counselor and work with eligible residents in preparing their tax returns. Basic computer skills and some experience in filing your own tax returns are important, along with a willingness to make a significant time commitment to this worthy effort. Training is provided. Please contact Rick Mockler at 781-690-2058 for more information.

CALLING ALL CANDLEPIN BOWLERS!

Mondays at 9:30 AM - Seniors Graham Cracker Bowling League of Malden has kicked off another season of candlepin fun at Ryan’s Family Amusements. Call Steve Cultrera at 781-391-6701 for more information.

SENIOR CENTER CHALLENGE

Monday, November 2, 2015 at 10:30 AM

Please join us for a fun hour of exercise and healthy competition with the Mayor Gary Christenson and members of the City Council! Good times!

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 Harvey and Shirley Kupelnick, Fred and Grace Lau, Rita Hashem, and Catherine Agius.

NEW CLASS**ADVANCED LINE DANCING
(COUNTRY/WESTERN)**

Thursdays, 2:30 PM - 3:30 PM

Come join Licensed and Certified Instructor Julie Kaufmann for a new spin on Line Dancing!

NEW CLASS**MOVEMENT AND STRETCHING CLASS
WITH JULIE KAUFMANN**

Thursdays, 1:00 PM -2:00 PM

Slow, resistant movements that are gentle and easy to do. Sit or stand. All ages, any fitness levels are welcome.

**NEW BEGINNERS LINE DANCING CLASS
WITH EMILY BRENNER**

Mondays at 1:00 PM - 2:00 PM

Come have fun and learn Line Dancing techniques. All are Welcome!

NEW TIME CHANGE!**REJUVENATE AND RELAX WITH EMILY**

Mondays, 2:00 PM - 3:00 PM

Come join us for a low-impact dance fitness/Zumba and Yoga Dance routines, and we finish with stretching and meditation. Welcome!

**ADVANCED BALANCE AND STRENGTH
FEE IS \$3.00 PAYABLE TO SHARON**

Wednesdays from 2:15 PM - 3:15 PM

BOOK CLUB

Tuesday, Nov. 17 at 11:00 AM (Library)

“Invisible Ellen” by Shari Shattuck.



**FOR ALL OF THE FOLLOWING, YOU
MUST CALL FOR APPOINTMENTS**

781-397-7144

NO LEGAL ADVICE THIS MONTH

CHAIR MASSAGE

Thursday, Nov. 12 from 9:30 AM - 11:30 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST

Monday, Nov. 23 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, Nov. 19 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

Monday, Nov. 9, 16, 23 & 30 at 9:00 AM
Sue Worrall, SHINE Counselor will provide a free confidential health insurance session.

COMPUTER CLASSES - Thursdays

Beginners - 8:30 AM - 9:30 AM

Email - 9:30 AM - 10:30 AM

You may sign up for 4 one-hour classes

**BLOOD PRESSURE with
JOYA PEZZUTO, RN**

Wednesday, Nov. 18 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

BOARD OF HEALTH FLU CLINIC

Wednesday, Nov. 4 from 11:30 AM—2:00 PM
The Board of Health is hosting a free clinic offering high dose flu vaccine for people over the age of 65. Standard dose for those under age 65 also available. Please bring insurance cards. (No Copayment) No one will be refused immunizations, regardless of insurance status.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, Nov. 2 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.

SENATOR JASON LEWIS OFFICE HOUR

Friday, November 20 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.

**REPRESENTATIVE FROM
CONGRESSWOMAN KATHERINE**

CLARK'S OFFICE

Tuesday, November 3 from 9:00 AM to 10:00 AM

Held in the Atrium.

DID YOU KNOW THAT...

Senior Center Community Meeting

Tuesday, November 10 at 1:00 PM

Mass. Senior Action Committee

Meets monthly every 4th Wednesday at 1:30 PM

Single Life -

Tuesday, November 3 from 5:00 PM - 6:55 PM

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

Nov. 2: **You Can't Take it With You: NR**

Jean Arthur, James Steward

Nov. 9: **Barbary Coast: NR**

Miriam Hopkins, Edward G. Robinson

Nov. 16: **St. Vincent: PG-13**

Bill Murray, Melissa McCarthy

Nov. 23: **Into the Woods: PG**

Anna Kendrick, Johnny Depp

Nov. 30: **Much to do About Nothing: PG-13**

Michael Keaton, Denzel Washington

CHINESE OUTREACH

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

CHINESE HISTORY AND LITERATURE

Thursday, November 12 at 9:30 AM

Held in the Auditorium

MOVIE IN CHINESE

Thursday, Nov. 5 & 19 from 1 PM - 3:00 PM

MOVIE IN HAITIAN

Thursday, November 12 from 1:00 PM - 3:00 PM

HAITIAN OUTREACH AND ESL

Tuesdays 4:00 PM to 5:00 PM


Thursdays 12:30 to 1:30 PM

HAITIAN DOMINOS & CARDS

Tuesdays 5:15 PM—6:30 PM

Thursdays 1:30 PM—3:30 PM

(except the 2nd Thursday)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 a.m. Bowling 9:30 a.m. ... Chair Exercise 10:30 a.m. Always wanted to Write 10:30 a.m. Mary Marino's Affordable Hearing Aids 10:30 a.m. Challenge with Mayor 10:30 a.m. Senior Exercise Challenge 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 with Emily</p>	<p>3</p> <p>8:30 Advanced Balance & Strength 9:00 a.m. Representative from Congresswoman Katherine Clark's Office. 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 4:00 p.m. Haitian Outreach & ESL 5:00 pm Singles Group 5:15 p.m. Haitian Dominos & Cards 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>4</p> <p>8:30 Flex, Stretch & Balance 9:00 a.m. Chinese Outreach 9:30 a.m. Zumba 10:00 a.m. . English Conversation Group 10:00 a.m. Fabric Art 10:45 a.m. Chinese Tai Chi 11:30 a.m. Board of Health Flu Clinic 1:00 p.m. Reading & Writing 2:15 p.m. Advanced Balance and Strength with Sharon</p>	<p>5</p> <p>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 12:30 p.m. Haitian Outreach/ESL 1:00 p.m. Bingo 1:00 p.m. Movement & Stretching 1:00 p.m. Movie in Chinese 1:30. Haitian Dominos & Cards 2:30 p.m. Advanced Line Dance</p>	<p>6</p> <p>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</p>
<p>9</p> <p>9:30 a.m. Bowling 9:30 a.m. ... Chair Exercise 9:00 a.m. Shine Counselor 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 2:00 p.m. R & R Class with Emily</p>	<p>10</p> <p>8:30 Advanced Balance & Strength 9:00 a.m. Representative from Congresswoman Katherine Clark's Office. 9:30 a.m. Chinese Chorus 11:00 a.m. Chinese Line Dance 12:30 p.m. Beginners Tai Chi 1:00 p.m. Senior Center Community Meeting 1:00 p.m. Tai Chi 1:00 p.m. Reading & Writing 2:30 p.m. International Ballroom Dance 4:00 p.m. Haitian Outreach & ESL 5:15 p.m. Haitian Dominos & Cards 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>11</p> 	<p>12</p> <p>8:15 Advanced Bal. & Strength 8:30 a.m. Computer Classes 9:00 a.m. ... Chinese Outreach 9:30 a.m. Chair Massage 9:30 a.m. ... Computer Classes 9:30 a.m. Gentle "Mat" Yoga 9:30 a.m. ... Chinese History and Literature Discussion 11:00 a.m. Gentle "Chair" Yoga 12:30 p.m. Haitian Outreach/ESL 1:00 p.m. Movement & Stretching 1:00 p.m. ... Bingo 1:00 p.m. ... Movie in Haitian 2:30 p.m. Advanced Line Dance</p>	<p>13</p> <p>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</p>
<p>16</p> <p>9:30 a.m. Bowling 9:30 a.m. ... Chair Exercise 9:00 a.m. Shine Counselor 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</p>	<p>17</p> <p>8:30 Advanced Balance & Strength 9:30 a.m. Chinese Chorus 11:00 a.m. Chinese Line Dance 11:00 a.m. Book Club 12:30 p.m. Beginners Tai Chi 1:00 p.m. Reading & Writing 1:00 p.m. Tai Chi 2:30 p.m. International Ballroom Dance 3:30 p.m. "Music is Love" Dawn Kelly and Dick Miller 4:00 p.m. Haitian Outreach & ESL</p>	<p>18</p> <p>8:30 a.m. Balance & Strength 9:00 a.m. Chinese Outreach 9:30 a.m. Zumba 10:00 a.m. . English Conversation Group 10:30 a.m. Blood Pressure with Joya Pezzuto, RN 10:45 a.m. Chinese Tai Chi 1:00 p.m. Reading & Writing 2:15 p.m. Advanced Balance and Strength with Sharon</p>	<p>19</p> <p>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 9:30 a.m. Reflexology 11:00 a.m. Gentle "Chair" Yoga 12:30 p.m. Haitian Outreach/ESL 1:00 p.m. Movement & Stretching 1:00 p.m. ... Bingo 1:00 p.m. Movie in Chinese 1:30 p.m. Haitian Dominos & Cards</p>	<p>20</p> <p>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. Representative from Senator Jason Lewis' Office 10:45 a.m. Zumba with Judy 11:00 a.m. ... Book Club</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

Contact Sharon/Esor Travel for more information 857-272-5363.

Mohegan Sun Casino Day Trip: \$29 pp \$54 (\$27/for two) includes Buffet, Gambling Voucher, RT Transportation. (Date TBD, call for detail)

Trump Taj Mahal Casino Atlantic City NJ: 11/4-11/6: \$189 pp/do Includes \$60 Gambling Voucher, Hotel, RT Transportation, and Trip Escort.

BarbaraStreisand/Dean Martin Tribute at Venus de Milo Lounge, Swansea, MA: Thursday, 11/12 - \$89, RT Coach, Luncheon and Show.

White Mountains: 11/20-11/22 - \$399 pp/do Includes Tours, Show, Meals, Hotel, RT Transportation and Trip Escort.

Charles Dickens' A Christmas Carol: Tuesday,12/1 - \$89pp Sheraton Four Points, Norwood: Includes Coach Transportation, Luncheon and Show.

Christmas/Rockette Show (Hudson Valley &NYC): 12/6-12/7 Sun-Mon-\$399pp/do - Tour Lyndhurst Castle & Union Church , Christmas Show @ Westchester Theatre, Radio City Music Hall Show, 1 Night Hotel Sheraton, 2 Meals, Coach RT Transportation, Vouchers.

New Year's Eve Day Trip: 12/31 - Call for Details.

"Dream Trip": 2 Backstage & VIP Access Tickets for to Set of Ellen Degeneres Show - Meet Ellen! Call 857-272-5363 for Details.

See flyers at the Senior Center for more information. Pickup at 156 Highland Ave., Malden (former Ravi's Restaurant).

Malden Council on Aging
7 Washington Street
Malden, MA 02148

