

# 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

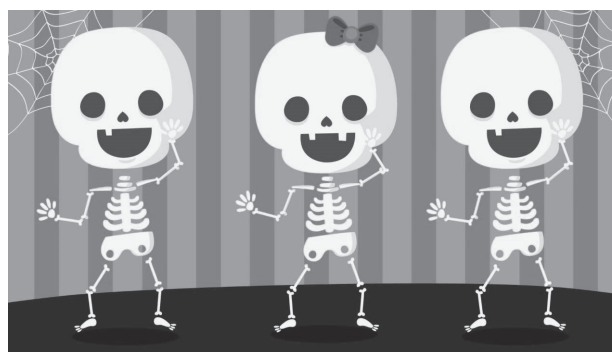
- Aerobics
- Billiard (Pool)
- Bingo
- Blood Pressure
- Book Club
- Bowling
- Chair Exercise
- Chinese Outreach
- Core & Balance
- Cribbage
- Fabric Art
- Floor, Core & Strength
- Harmonica
- Knitting & Crocheting
- Line Dancing
- Meal Site (Asian & American)
- Movies
- Ping Pong
- Tai Chi
- Transportation
- Trips
- Writing Class
- Yoga
- Zumba Fitness

## *Letter from the Director*

October in New England conjures up images of colorful leaves, cool crisp air, apple picking and pumpkin carving. Something you may not know about me- I love to cook! You may notice some special treats during the month of October to celebrate the tastes of fall - be on the lookout!

For those of you who like this SPOOKTACKULAR time of year... please come by for the 14<sup>th</sup> Annual Halloween City Wide Trick or Treat walk down Pleasant Street! The Senior Center will be one of the stops for the children of Malden on Halloween – Tuesday, October 31<sup>st</sup> from 3:00 PM - 5:00 PM. Be sure to stick around and see all the kids in their costumes stop by for treats!

It's sure to be a Boo-tiful Halloween Night...



*The Malden Senior Community Center will be closed on  
Monday, October 9, 2017  
in observance of Columbus Day*

*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, October 4, 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.

**Medicare Open Enrollment**  
**(October 15 - December 7)**

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2018. **During Medicare Open Enrollment** you may change your insurance plan for next year. SHINE Counselors can help you understand your plan changes. *To schedule a SHINE appointment, please call the Malden Senior Community Center at 781-397-7144. or call 1-800-AGE-INFO - (1-800-243-4636) then press or say 3. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.*

**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.

**SENIORS "GRAHAM CRACKERS"**  
**CANDLEPIN BOWLING LEAGUE HAS**  
**MOVED TO A NEW LOCATION.**

**Mondays at 9:45 A.M. Woburn Bowladrome  
 32 Montvale Ave., Woburn. For more information  
 please contact Steve Cultrera 781-391-6701.**

**SENIOR LUNCH PROGRAM**

As a reminder, if you are interested in participating in the daily Mystic Valley Elder Services Lunch Program at the Senior, please make sure to make your reservation directly with 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 all 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!



**ENTERTAINMENT**

**LYNNE MCKENNEY LYDICK AS CLARA BARTON**

**Tuesday, October 17 at 2:30 PM**  
 Clara Barton.....pioneering nurse, educator, founder of the American Red Cross. Join us as Lynne brings this inspirational woman to life.  
 To make a reservation call - 781-397-7144.  
**SPECIAL NOTE: When a light supper is offered, attendance to the show is required. Thank you.**



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

**CHAIR MASSAGE**

Thursday, October 12 from 9:30 AM - 11:00 AM  
Massage fee is \$20 paid directly to Rachel Pizzano

**PODIATRIST**

Monday, October 30 from 12:00 PM - 3:00 PM  
Fee \$25 paid to Dr. Kaplan

**REFLEXOLOGY**

Thursday, October 19 from 9:30 AM - 11:30 AM

**SHINE COUNSELOR**

Monday, October 16 & 23 from 9:00 AM -12:00 PM  
(Please bring your Medicare Card and List of Meds.)

**BLOOD PRESSURE WITH  
JOYA PEZZUTO, RN**

Thursday, October 12 from 10:30 AM - 11:30 AM  
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE  
HEARING AIDS**

Tuesday, October 10 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.

**MONTHLY MOVIE**

Tuesday, October 31 at 2:30 PM  
**The Sixth Sense: PG-13**  
Bruce Willis, Haley Joel Osment  
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, October 17 at 11:00 AM (Library)  
**"Harvard Yard" by William Martin**  
Peter Fallon, the hero of William Martin's bestselling novel  
Back Bay, has found evidence that a priceless treasure—an  
undiscovered Shakespeare play is hidden somewhere in the  
venerable halls of Harvard University. An antiquarian who  
knows many of the school's carefully guarded secrets,  
Fallon understands the powerful implications of the discov-  
ery. As he uncovers rifts between generations, families, and  
lovers, Fallon begins to understand that finding this land-  
mark manifest is a matter of life and death.

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

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

**REPRESENTATIVE STEPHEN ULTRINO**  
Thursday, Oct. 12 from 10:00 AM– 11:00 AM  
Held in the Atrium.

**SENATOR JASON LEWIS**

Friday, Oct. 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.

**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, October 25 at 1:30 PM

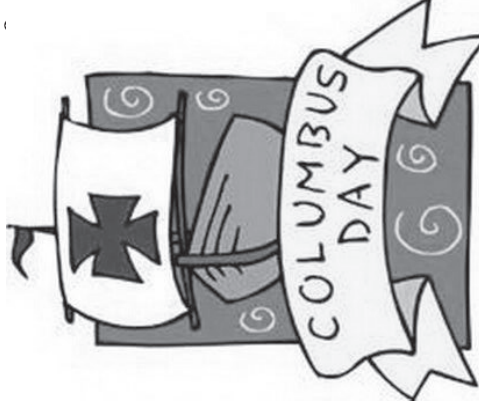
**MONDAY MOVIES**

(All Monday movies 1:00 PM Auditorium)

- Oct. 2: **Going in Style: PG-13**  
Morgan Freeman, Michael Caine
- Oct. 9: **Columbus Day - No Movie**
- Oct. 16: **Death on the Nile: PG**  
Peter Ustinov, Bette Davis
- Oct. 23: **Gaslight: NR**  
Anton Walbrook, Diana Synyard
- Oct. 30: **Corpse Bride: PG**  
Voices: Johnny Depp, Helen B. Carter

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

**CHINESE HISTORY AND LITERATURE**  
Thursday, October 19 at 9:30 AM

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>2</b></p> <p>8:15 a.m.- Core and Balance            9:30 a.m.- Chair Exercise            9:45 a.m. Bowling            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 &amp; R Class</p>	<p><b>3</b></p> <p>8:30 a.m.- Core and Balance            9:30 a.m.- Chinese Chorus            10:00 a.m. Reading and Writing                with Pam            11:00 a.m.- Chinese Line Dance            12:30 p.m.- Tai Chi            1:30 p.m.- Benefits of Meditation            1:00 p.m. Reading and Writing with                Deb            2:30 p.m.- International Ballroom                Dance            5:45 p.m.- "Let Your Yoga                Dance®"</p>	<p><b>4</b></p> <p>8:30 a.m.- Balance &amp; 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            10:45 a.m.- Yang Style Tai Chi            1:00 p.m. Reading and Writing                with Deb            1:00 p.m.- Advanced Line                Dancing</p>	<p><b>5</b></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            1:00 p.m.- Bingo            1:30 p.m.- Healthy Steps            2:30 p.m.- Advanced Country                Western Line Dance</p>	<p><b>6</b></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 &amp;                Crocheting Lessons            10:00 a.m.- Billiard (Pool)            10:30 a.m.- Zumba Fitness            11:00 a.m.- Harmonica Class                for Beginners</p>
<p><b>16</b></p> <p>8:15 a.m.- Core and Balance            9:00 a.m. Shine Counselor            9:30 a.m.- Chair Exercise            9:45 a.m. Bowling            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            2:00 p.m.- R &amp; R Class</p>	<p><b>17</b></p> <p>8:30 a.m.- Core and Balance            9:30 a.m.- Chinese Chorus            10:00 a.m. Reading and Writing                with Pam            11:00 a.m.- Book Club            11:00 a.m.- Chinese Line Dance            12:30 p.m.- Tai Chi            1:00 p.m. Reading and Writing with                Deb            1:30 p.m.- Benefits of Meditation            2:30 p.m.- International Ballroom                Dance  <b>2:30 pm-Entertainment-</b>  <b>Lynne McKenney Lydick</b>            5:45 p.m.- "Let Your Yoga                Dance®"</p>	<p><b>18</b></p> <p>8:30 a.m.- Balance.&amp; 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            10:45 a.m.- Yang Style Tai Chi            1:00 p.m. Reading and Writing                with Deb</p>	<p><b>19</b></p> <p>8:15 a.m.- Core and Balance            9:00 a.m.- Chinese Outreach            9:30 a.m.- Reflexology            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><b>20</b></p> <p>8:30 a.m.- Combo Exercise            9:30 a.m.- Chair Exercise            9:00 a.m.- Cribbage            9:00 a.m.- English to Mandarin            9:30 a.m.- Knitting &amp;                Crocheting Lessons            10:00 a.m.- Billiard (Pool)            10:00 a.m.- Senator Jason                Lewis            10:30 a.m.- Zumba Fitness            11:00 a.m.- Harmonica Class                for Beginners</p>
	<p><b>10</b></p> <p>8:30 a.m.- Core and Balance            9:30 a.m.- Chinese Chorus            10:00 a.m. Reading and Writing                with Pam            10:30 a.m. Mary Marino's                Affordable Hearing Aids            11:00 a.m.- Chinese Line Dance            12:30 p.m.- Tai Chi            1:00 p.m. Reading and Writing with                Deb            1:30 p.m.- Benefits of Meditation            2:30 p.m.- International Ballroom                Dance            5:45 p.m.- "Let Your Yoga                Dance®"</p>	<p><b>11</b></p> <p>8:30 a.m.- Balance &amp; 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            10:45 a.m.- Yang Style Tai Chi            1:00 p.m. Reading and Writing                with Deb            1:00 p.m.- Advanced Line                Dancing</p>	<p><b>12</b></p> <p>8:15 a.m.- Core and Balance            9:00 a.m.- Chinese Outreach            9:30 a.m.- Chair Massage            9:30 a.m.- Gentle "Mat" Yoga            10:00 a.m. Representative                Stephen Ultrino            10:30 a.m. Blood Pressure with                Joya            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><b>13</b></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 &amp;                Crocheting Lessons            10:00 a.m.- Billiard (Pool)            10:30 a.m.- Zumba Fitness            11:00 a.m.- Harmonica Class                for Beginners</p>

<p><b>23</b></p> <p>8:15 a.m.- Core and Balance  9:00 a.m. Shine Counselor  9:30 a.m.- Chair Exercise  9:45 a.m. Bowling  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 &amp; R Class</p>	<p><b>24</b></p> <p>8:30 a.m.- Core and Balance  9:30 a.m.- Chinese Chorus  10:00 a.m. Reading and Writing  with Pam  11:00 a.m.- Chinese Line Dance  12:30 p.m.- Tai Chi  1:00 p.m. Reading and Writing with  Deb  1:30 p.m.- Benefits of Meditation  2:30 p.m.- International Ballroom  Dance  5:45 p.m.- "Let Your Yoga  Dance®"</p>	<p><b>25</b></p> <p>8:30 a.m.- Balance. &amp; 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  10:45 a.m.- Yang Style Tai Chi  1:00 p.m. Reading and Writing  with Deb  1:00 p.m.- Advanced Line  Dancing  1:30 Mass Senior Action</p>	<p><b>26</b></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  1:00 p.m.- Bingo  1:30 p.m.- Healthy Steps  2:30 p.m.- Advanced Country  Western Line Dance</p>	<p><b>27</b></p> <p>8:30 a.m.- Combo Exercise  9:30 a.m.- Chair Exercise  9:00 a.m.- Cribbage  9:00 a.m.- English to Mandarin  9:30 a.m.- Knitting &amp;  Crocheting Lessons  10:00 a.m.- Billiard (Pool)  10:30 a.m.- Zumba Fitness  11:00 a.m.- Harmonica Class  for Beginners</p>
<p><b>30</b></p> <p>8:15 a.m.. Core and Balance  9:45 a.m. Bowling  9:30 a.m. Chair Exercise  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  2:00 p.m. R &amp; R Class</p>	<p><b>31</b></p> <p>8:30 a.m.- Core and Balance  9:30 a.m.- Chinese Chorus  10:00 a.m. Reading and Writing  with Pam  11:00 a.m.- Chinese Line Dance  12:30 p.m.- Tai Chi  1:00 p.m. Reading and Writing with  Deb  1:30 p.m.- Benefits of Meditation  <b>2:30 p.m.- Monthly Movie</b>  <b>"The Sixth Sense."</b>  2:30 p.m.- International Ballroom  Dance  5:45 p.m.- "Let Your Yoga  Dance®"</p>			

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.

**BOSTON'S MUSEUM OF FINE ARTS**: Tuesday, Nov. 7th, \$49 per person. Includes motor coach tour of Boston Common, the State House and the Public Gardens. Then enjoy a delicious luncheon at Venezia Restaurant on Boston's Waterfront, choice of entrée, and finally admission to the Museum of Fine Arts to view collections from Europe, Asia, The Americas and more. **Tickets available.**

**CHRISTMAS IN THE WHITE MOUNTAINS**: Monday, Nov. 27th - Wednesday, Nov. 29, 3 days 2 nights tour. Rates start at \$429.00 per adult double. Includes motor coach transportation, 2 nights at White Mountain Hotel, 5 meals, 3 Christmas shows, sleigh ride, shopping, baggage handling, Christmas gift and more. **Reserve your seat today.** \$50.00 per person deposit due today, **final payment due by October 27th.**

**HOLIDAY BOSTON POPS**: Tuesday, December 12th, - \$79.00 per person. Departs Medford at 11:00 AM. Tour includes first balcony seats for 4:00 PM show at the historic Symphony Hall, a delicious full course luncheon at Venezia Restaurant with choice of entrée, luxury motor coach transportation. Arrive home approximately 7:00 PM. **Tickets available October 10th.**

**Malden Council on Aging**  
**7 Washington Street**  
**Malden, MA 02148**



*Thank  
you*