

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

- Bingo
- Blood Pressure
- Book Club
- Bowling
- Chair Exercise
- Chinese Outreach
- Combo Exercise Class
- Computer Classes
- 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



As the month of February approaches and we leave January behind; we can only hope there is a light at the end of the tunnel. The cold and snowy months of December and January are part of the past and we look forward to a warmer future. As each day passes, we wait for those extra minutes of daylight. We count the days that will bring us closer to Spring when the buds will appear on the trees and flowers will begin to bloom. We would all love springtime and good weather to be here but let us not forget that we are still in the month of February.

What comes to mind at this time is a special celebration this month; namely, "Valentine's Day", a day of love and affection. Sometimes we celebrate this day by sending greeting cards, candy or maybe some beautiful flowers to a special person or friend. Many of us also celebrate being "Single" on Valentine's Day, too.

Why not treat yourself to something special? Make plans with a friend for dinner. Valentine's Day is about feeling good and keeping your spirits lifted. Whatever you decide to do, please know that the doors of the Malden Senior Community Center are open to everyone. Please come and share Valentine's Day with all of us!

*Happy
Valentine's
Day*

CLOSED ON MONDAY, FEBRUARY 17, 2014

IN OBSERVANCE OF PRESIDENTS' DAY

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 Kathy Kratz, Edmund Trabucco and Lorraine Cantera.

DENISE DOUCETTE

Tuesday, Feb. 11 at 3:30 PM

Songs that will warm your heart. A light supper will be served. Call 781-397-7144 to make a reservation.

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

Starting Tuesday, February 11 at 9:00 AM, 10:00 AM, 11:00 AM or 12:00 and every Tuesday until April 8, 2014, AARP will return to assist seniors with their 2013 tax preparation. Income eligible seniors may sign up. Preference is given to Malden residents, age 60+ with a total income of \$60,000 or less. Please call 781-397-7144 to sign up.

TRIP METRO NORTH

If you no longer drive, you can still visit with friends, dine out, and shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This free program from Mystic Valley Elder Services gives you money to reimburse friends, neighbors, and certain family members for taking you anywhere you need or want to go.

DIABETES EDUCATION SESSION

Tuesday, Feb. 25 from 10:00 AM-12:00 This session will focus on prevention and complications of diabetes and will be translated into Cantonese, Mandarin and Vietnamese. Call 781-397-7144 to register.

BOOK CLUB

Tuesday, Feb. 18 at 11:00 AM in our Library
The Immortal Life of Henrietta Lacks by Rebecca Skloot which has been chosen as the feature selection for Malden Reads. Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells were taken without her knowledge and became one of the most important tools in medicine.

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 at 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.

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.

DID YOU KNOW THAT...

Mass. Senior Action Committee meets here on the fourth Wednesday of every month 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 Tuesday, February 18, 2014 from 5:30 PM -6:55 PM

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



781-397-7144

BONE DENSITY

Wednesday, Feb. 19 from 1:00 PM to 3:15 PM

CHAIR MASSAGE

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

LEGAL ADVICE

Tuesday, Feb. 11 from 2:00 PM to 4:00 PM
Half hour appointment with Ken Simmons

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

REFLEXOLOGY

Thursday, Feb. 6 and 27 from 9:30 AM 11:30AM

SHINE COUNSELOR

No dates in February. Sue Worrall will return in
March, 2014.

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

CHINESE HISTORY AND LITERATURE

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

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, Feb. 11 from 9:00 AM-11:00 AM

BALLROOM DANCING

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

MONDAY MOVIES

All Monday movies 1:00 PM Auditorium

Feb. 3: **Bringing Down the House:**

Steve Martin, Queen Latifah, Rated PG-13

Feb. 10: **Good Night and Good Luck:**

Patricia Clarkson, George Clooney, Jeff Daniels, PG

Feb. 17: **Holiday**

Feb. 24: **The Blind Side:** Sandra Bullock, Tim
McGraw, Kathy Bates, Rated PG-13

MONTHLY TUESDAY MOVIE

Feb. 25 at 2:30 PM - **On a Clear Day**

Peter Mullan, Brenda Blethyn, Jamie Sives, Billy
Boyd, Rated PG -13 A light supper will be served.
Please call: 781-397-7144.

MOVIE IN CHINESE LANGUAGE

The first & third Thursday each month at 1 PM

MOVIE IN HAITIAN LANGUAGE

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

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



Monday

3

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 S.C. Employment Program
1:00 p.m.Movie

Tuesday

4

8:15 Advanced Balance & Strength
9:00 a.m. Blood Pressure
9:30 a.m.....Chinese Chorus
9:30 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
6:00 p.m.“Let Your Yoga Dance®”

Wednesday

5

8:30 Flex-Stretch & Balance
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 Dance

Thursday

6

8:15 Advanced Balance & 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. Reflexology
11:00 a.m. Gentle “Chair” Yoga
12:00 p.m. Haitian Outreach/ESL
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

Friday

7

8:00 a.m.....FL-ABS
8:30 a.m.....Combo Exercise
9:00 a.m.....English to Mandarin
9:30 a.m.....Chair Exercise
9:30 a.m.....Cribbage
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

10

9:00 a.m.....Blood Pressure
9:30 a.m.....Chair Exercise
9:30 a.m. Bowling
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 S.C. Employment Program
1:00 p.m.Movie

11

8:15 Advanced Balance & Strength
9:00 a.m..... Taxes
9:00 a.m. Blood Pressure & Sugar
9:30 a.m.....Chinese Chorus
9:30 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
2:00 p.m. Legal Advice
2:10 p.m. Chinese Ballroom Dance
3:30 p.m. Entertainment
Denise Doucette
4:00 p.m. Haitian Outreach & ESL
6:00 p.m.“Let Your Yoga Dance®”

12

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
2:30 p.m. Chinese Dance

13

8:15 Advanced Balance & Strength
8:30 a.m... Computer Classes
9:00 a.m... Chinese Outreach
9:00 a.m... ESL Classes
9:30 a.m. Chair Massage
9:30 a.m... Computer Classes
9:30 a.m. Gentle “Mat” Yoga
9:30 .Chinese History & Literature
11:00 a.m. Gentle “Chair” Yoga
12:00 p.m. Haitian Outreach/ESL
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

14

8:00 a.m.....FL-ABS
8:30 a.m..... Combo Exercise
9:00 a.m.....English to Mandarin
9:30 a.m.....Chair Exercise
9:30 a.m.....Cribbage
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

17

Holiday Presidents Day



18

8:15 Advanced Balance & Strength
9:00 a.m..... Taxes
9:00 a.m. Blood Pressure
9:30 a.m. Chinese Chorus
9:30 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
5:30 p.m. Singles Life
6:00 p.m.“Let Your Yoga Dance®”

19

8:30 Flex-Stretch & Balance
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
2:30 p.m. Chinese Dance

20

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
11:00 a.m. Gentle “Chair” Yoga
12:00 p.m. Haitian Outreach/ESL
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

21

8:00 a.m. FL-ABS
8:30 a.m.....Combo Exercise
9:00 a.m..... English to Mandarin
9:30 a.m..... Chair Exercise
9:30 a.m..... Cribbage
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

8:00 a.m. **28** FL-ABS ...
 8:30 a.m. Combo Exercise
 9:00 a.m. English to Mandarin
 9:30 a.m. Chair Exercise
 9:30 a.m. Cribbage & Crocheting Lessons
 10:00 a.m. Billiard (Pool)
 10:00 a.m. Bridge
 10:45 a.m. Combo Zumba/Yoga Dance

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 .Chinese History & Literature
 9:30 a.m. ... Computer Classes
 9:30 a.m. ... Reflexology
 9:30 a.m. Gentle "Mat" Yoga
 11:00 a.m. Gentle "Chair" Yoga
 12:00 p.m. Haitian Outreach/ESL
 1:00 p.m. ... Bingo
 1:30 p.m. ... Sit, Stand, Walk to Music
 2:45 p.m. Line Dancing

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
 1:30 p.m. Mass Senior Action
 2:30 p.m. Chinese Dance

25
 8:15 Advanced Balance & Strength
 9:00 a.m. Taxes
 9:00 a.m. Blood Pressure
 9:30 a.m. Chinese Chorus
 9:30 a.m. Line Dancing
 10:00 Diabetes Education Session
 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 - "On a Clear Day"
 4:00 p.m. Haitian Outreach & ESL
 6:00 p.m. "Let Your Yoga Dance®"

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



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Foot Thought:

Arthritic foot ailments can be avoided with early diagnosis.

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

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City of Malden, MA



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Anthony Spadafora, Director

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count on.



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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.

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A Division of Visiting Angels

**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 SHOW

Thursday, March 13, 2014 - \$58 pp

Romance in the Gardens

Seaport Hotel and Lunch at Not Your Average Joe's.

TULIP CHINESE BUFFET AND WGBH

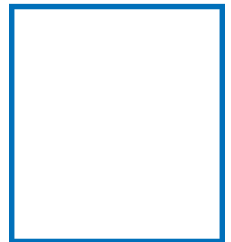
TELEVISION TOUR

Wednesday, April 9, 2014 - \$38 pp

BERMUDA CRUISE

May 23-30, 2014 - This replaces previously advertised Cruise. See Lorraine Cantera for details.

Malden Council on Aging
7 Washington Street
Malden, MA 02148



*Thank
you*