

# 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*

Season Greetings!

Whether you celebrate Christmas, Hanukkah, Kwanzaa, or the Winter Solstice, December is certainly a month for festivity! Most of us look forward to time-honored traditions and gatherings with loved ones, but for some, this time can be isolating. If you know of a senior that may need a little extra support, think about bringing them to the Center for some socialization!

November was a busy time with lots of exciting things happening. Our New Van is here and it will be on the road just in time for winter. Our goal is to have both vans available for transportation to the Center. We know parking is always a struggle, so we are working on a plan for a 'shuttle bus' to the parking garage and MHA apartments.

A big **THANK YOU** to Lester and Peggy Morovitz of Malden Taxi & Malden Trans. Inc. for their generous donation of \$10,000 to the Human Services Department. This will go a long way helping families with emergency situations throughout the year. We would also like to thank Tom Feagley and the Bread of Life for the food donations from Wegmans. Our seniors have been enjoying every bite!

In lieu of a Holiday party, we decided to bring in the New Year with a *New Beginning...* Let's celebrate with a Dinner Dance on Tuesday, January 23<sup>rd</sup> 2018 at 4:00 PM - 6:00 PM in the Cafeteria! Please sign up at the main office (781)397-7144 to reserve a seat (*space is limited*).

***The Malden Senior Community Center will be closed on:***

***Friday, December 22 and Monday, December 25***

***in observance of Christmas and***

***Friday, December 29 and Monday, January 1***

***in observance of New Year's 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  
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**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, December 6, 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 Virginia Doherty.

**The following donations were made to the Senior  
 Center in honor of Jacione (Jessie) Nagel:**

Monowara Begum, M.D.  
 Faye B. Haynes  
 James Zachariah Kurian  
 Denise D. and Ronald C. Shepherd  
 Sharon Sprague

**YOU ARE NOT ALONE IN YOUR GRIEF**

**Join us in 2018**

**Come for SUPPORT, EMPATHY and  
 UNDERSTANDING.**

*When a life ends, those living are left to grieve their  
 loss. This is often a painful process; it is hard to bear.  
 Your grief is as individual as your life. Evidence shows  
 coming to be with a group can facilitate the process of  
 healing and help one to move forward.*

**Malden Senior Community Center- 7 Washington St.  
 Malden MA 02148**

**The 2<sup>nd</sup> and 4<sup>th</sup> Monday; each session held from  
 1:30 PM– 3:00 PM**

**SAVE MONDAY: January 8 & 22, February 12 & 26,  
 March 12 & 26, April 9 & 23, May 14.**

Please RSVP to Nancy Duffy, BC - 617-242-8370  
 to pre-register.

*Sponsored by: Malden Senior Community Center and  
 Beacon Hospice, an Amedisys Company*

**Change in Day & Time**  
**ENTERTAINMENT - TOMMY RULL**

**Thursday, December 14 at 2:30 PM**  
**Join Tommy as he performs his “December Holiday  
 Show” - Classic Christmas Songs and “A Musical  
 Journey Through the Years.” Please call to make a  
 reservation - 781-397-7144.**

**Light supper sponsored by Spaulding Outpatient  
 Center of Malden. Thank you Spaulding!**

**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, December 21 from 9:30 AM - 11:00 AM  
Massage fee is \$20 paid directly to Rachel Pizzano

**PODIATRIST**

Thursday, December 21 from 12:00 PM - 3:00 PM  
Fee \$25 paid to Dr. Kaplan

**REFLEXOLOGY**

Thursday, December 14 from 9:30 AM - 11:30 AM

**SHINE COUNSELOR**

Monday, December 4 & 11 from 9:00 AM -12:00  
(Please bring your Medicare Card and List of Meds.)

**BLOOD PRESSURE WITH  
JOYA PEZZUTO, RN**

Thursday, December 14 from 10:30 AM - 11:30 AM  
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE  
HEARING AIDS**

Monday, December 11 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, December 26 at 2:30 PM  
**Surviving Christmas: PG-13 -**  
Ben Affleck, James Gandolfini  
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, December 19 at 11:00 AM (Library)  
"The Dinner" by Herman Koch  
Two couples meet for dinner but it's not as simple as catch-  
up over food. They have to discuss a crime both their sons  
recently committed and what they are going to do about it.

**SENIORS "GRAHAM CRACKERS"  
CANDLEPIN BOWLING LEAGUE**

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

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

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

**REPRESENTATIVE STEPHEN ULTRINO**  
Thursday, Dec. 14 from 10:00 AM – 11:00 AM  
Held in the Atrium.

**SENATOR JASON LEWIS**

Friday, Dec. 15 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, December 27 at 1:30 PM

**MONDAY MOVIES**

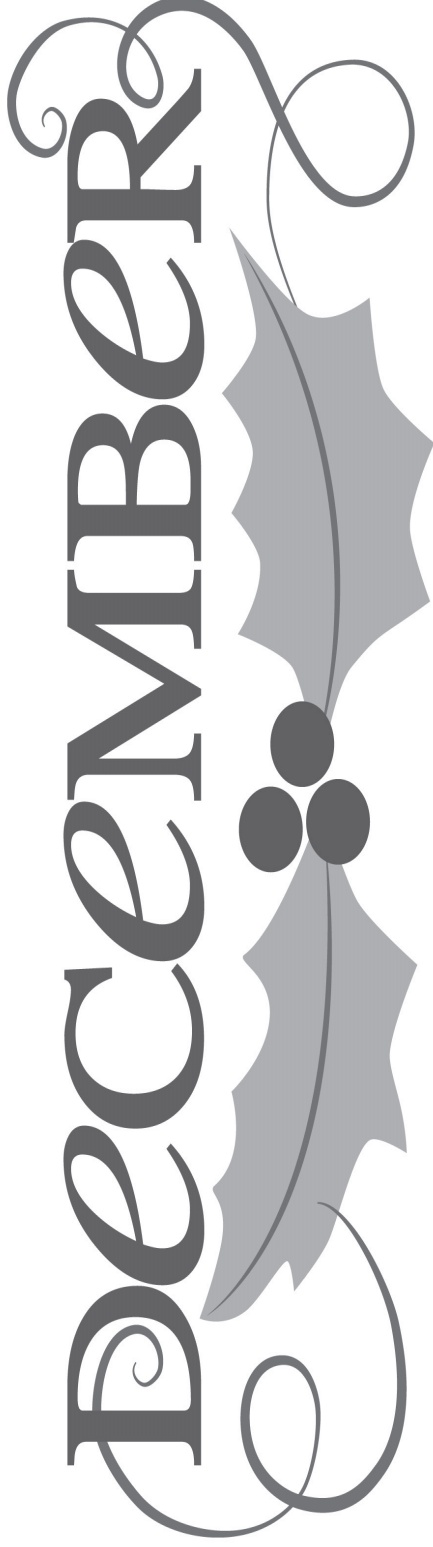
(All Monday movies 1:00 PM Auditorium)

- Dec. 4: Waffle Street: NR  
Danny Glover, James Lafferty
- Dec. 11: Call Me Mrs. Miracle: NR  
Doris Roberts, Jewel Staite
- Dec. 18: The Good Witch's Gift: NR  
Catherine Bell, Chris Potter
- Dec. 25: No Movie– Happy Holidays

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

**CHINESE HISTORY AND LITERATURE**  
Thursday, December 21 at 9:30 AM

# DECEMBER



<p><b>Friday</b> <b>1</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 10:30 a.m.- Zumba Fitness</p>	<p><b>4</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>5</b></p> <p>8:30 a.m.- Core and Balance 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>6</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 meeting 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>7</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>8</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 10:30 a.m.- Zumba Fitness</p>	<p><b>13</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.- Advanced Line Dancing</p>	<p><b>14</b></p> <p>8:15 a.m.- Core and Balance 9:00 a.m.- Chinese Outreach 9:30 a.m.- Gentle "Mat" Yoga 9:30 a.m.- Reflexology 9:30 a.m.- Chinese History and Literature 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 <b>2:30 pm Entertainment - Tommy Rull - Holiday Show</b></p>	<p><b>15</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 10:00 a.m.- Senator Jason Lewis 10:30 a.m.- Zumba Fitness</p>	<p><b>11</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 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 &amp; R Class</p>
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# Senior Center Closed!

**21**

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  
 9:30 a.m.- Chinese History and Literature  
 11:00 a.m.- Gentle "Chair" Yoga  
 12:00 p.m. - Podiatrist  
 1:00 p.m.- Bingo  
 1:30 p.m.- Healthy Steps  
 2:30 p.m.- Advanced Country Western Line Dance

**20**

8:30 a.m.- Balance.& 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.- Advanced Line Dancing

**19**

8:30 a.m.- Core and Balance  
 9:30 a.m.- Chinese Chorus  
 11:00 a.m.- Book Club  
 11:00 a.m.- Chinese Line Dance  
 12:30 p.m.- Tai Chi  
 1:30 p.m.- Benefits of Meditation  
 2:30 p.m.- International Ballroom Dance  
 5:45 p.m.- "Let Your Yoga Dance®"

**18**

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 Lunch (MOVES)  
 1:00 p.m.- Movie  
 1:00 p.m.- Beginners Line Dance  
 2:00 p.m.- R & R Class

**29**

# Senior Center Closed!

**28**

8:15 a.m.- Core and Balance  
 9:00 a.m.- Chinese Outreach  
 1:00 p.m.- Bingo  
 1:30 p.m.- Healthy Steps  
 2:30 p.m.- Advanced Country Western Line Dance

**27**

8:30 a.m.- Balance.& Strength  
 9:00 a.m.- Chinese Outreach  
 9:30 a.m.- Zumba Fitness  
 10:00 a.m.- Fabric Art  
 10:45 a.m.- Yang Style Tai Chi  
 1:00 p.m.- Advanced Line Dancing  
 1:30 Mass Senior Action

**26**

8:30 a.m.- Core and Balance  
 9:30 a.m.- Chinese Chorus  
 11:00 a.m.- Chinese Line Dance  
 12:30 p.m.- Tai Chi  
 1:30 p.m.- Benefits of Meditation  
 2:30 p.m.- *Monthly Movie Surviving Christmas*  
 2:30 p.m.- International Ballroom Dance  
 5:45 p.m.- "Let Your Yoga Dance®"

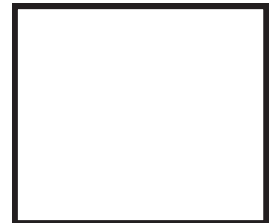
**25**

www.shutterstock.com - 350681249

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.

**Please stay tuned for Spring trips.**

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



*Thank  
You*