

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

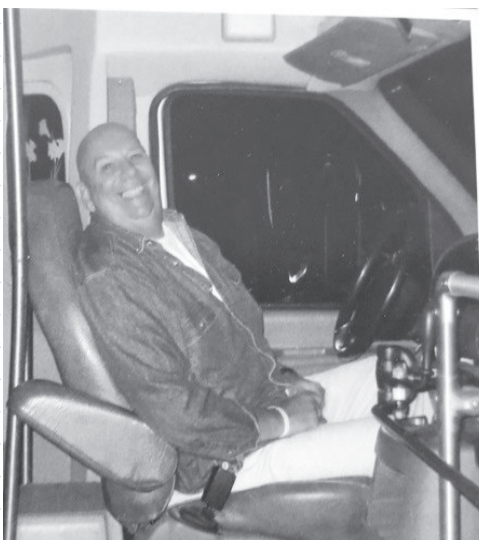
Jason Law

PROGRAMS

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

A Letter from the Director, Silvia Banos-Aguayo

Happy February to All,



As many of you know, last month the Malden Senior Center lost a member of our beloved family, Tom Glynn. Tom served as the Senior Center shuttle driver for 11 years. He was a wonderful person with a witty sense of humor and a unique way of showing his care for everyone he served. Oftentimes, he would whistle tunes down the hall of the Center as he prepared to start his day and his tunes stayed in my mind all day. Deep down, Tom enjoyed his work. We all know how much he truly loved his seniors, he never said no to helping someone out. He was

incredibly helpful to all of the staff and was never hesitant to lend a hand during busy times of the day or during special events. No job was too big or too small for Tom.

I will miss hearing him yelling “Hey curly!” as I walked down the hall. I will miss relying on his incredible knowledge of the City of Malden, the Center, and his historical prospective on life. We will miss you Tom today and always. You remain always in our hearts.

*The Malden Senior Community Center will be closed on
Monday, February 20, 2017 in observance of
Presidents' Day.*

As always 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 UPDATE**COUNCIL ON AGING**

The next Council on Aging meeting will not be meeting in January. Our next COA meeting will be held on *Wednesday February 1, 2017 from 10:30 AM-11:30 AM* in the Senior Center dining room.

ADVISORY COMMITTEES

Advisory Committee meetings will be held on the last Tuesday of every month and last for 1 hour. Our next meeting will take place on Tuesday, February 28, 2017, at 1:30 PM Please visit the front office to sign up if you're interested in attending our next meeting.

SENIOR TRIPS

We will have some updated information on the Senior Trips in the next newsletter. Please stay tuned!

SENIOR LUNCH PROGRAM

As a reminder, if you are interested in participating in the daily Mystic Valley Elder Services Lunch Program at the Senior Center, PLEASE make sure to make your reservation directly with Mary Glynn or Linda Smigielski 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 a 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!

MONTHLY NEWSLETTER (MONITOR)

You may now find copies of our monthly newsletter available for you at the Center's front office.

We will continue to deliver them to our local Malden Senior Housing buildings. You may also find it available online on 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 make your check payable to the Malden Senior Community Center. Please feel free to contact the Center if you have any questions. Thank you.

NO ENTERTAINMENT IN FEBRUARY**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 Jeanne and Tara Gear, Ed Trabucco, Mary Peabody, Kathleen Kratz, Loga Kunarasah, Cynthia Huddy, Thomas and Pamela McCarthy, and Kathleen and William Bateman.

CORE AND BALANCE WITH SHARON

Mondays, 8:15 AM - 9:15 AM

Strengthen your muscles and improve all movement. It will help improve balance and stability.

BEGINNERS LINE DANCING WITH CHRIS

Mondays, 1:00 PM - 2:00 PM

Chris Loiacano will be teaching the Beginners Line Dancing Class formerly taught by Emily Brenner. Come join the fun!

ZUMBA FITNESS WITH A LATIN FLAIR

Wednesdays, 9:30 AM - 10:15 AM and

Fridays, 10:30 AM to 11:15 AM

Join Aimee Pinero Borda as she takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

ADVANCED LINE DANCING WITH CHRIS

Wednesdays, 1:00 PM - 2:00 PM

Chris's class will keep you moving with fun dance steps and great music!

**HEALTHY STEPS CLASS
WITH JULIE KAUFMANN**

Thursdays, 1:30 PM -2:30 PM Slow, resistant movements that are gentle and easy to do. Sit or stand. All ages, any fitness levels are welcome. Certified Healthy Steps Instructor.

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

Thursdays, 2:30 PM - 3:30 PM

Come join Julie Kaufmann for a new spin on Country Line Dancing!

**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.**



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

CHAIR MASSAGE

Thursday, February 16 from 9:30 AM - 11:00 AM
Massage fee is \$20 paid directly to Rachel Pizzano.

PODIATRIST

Monday, February 27 from 12:00 PM - 3:00 PM
Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, February 9 from 9:30 AM - 11:30 AM

SHINE COUNSELOR

NO APPOINTMENTS IN FEBRUARY

**BLOOD PRESSURE with
JOYA PEZZUTO, RN**

Thursday, February 9 from 10:30 AM - 11:30 AM
Sponsored by Hallmark Health System.

**MARY MARINO'S AFFORDABLE
HEARING AIDS**

Monday, February 13 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.

MONTHLY MOVIE

Tuesday, February 28 at 2:30 PM

“Lovely, Still”: PG

Martin Landau, Ellen Burstyn

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, February 21 at 11:00 AM (Library)

“The Red Notebook” by Antoine Laurain

Heroic bookseller Laurent Letellier comes across an abandoned handbag on a Parisian street. There’s nothing in the bag to indicate who it belongs to, although there’s all sorts of other things in it. Without even a name to go on, and only a few of her possessions to help him, how is he to find one woman in a city of millions?

We Welcome New Members!

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

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

REPRESENTATIVE STEPHEN ULTRINO
Thursday, February 9 from 10:00 AM - 11:00 AM
Held in the Atrium.

SENATOR JASON LEWIS

Friday, February 17 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, February 22, 2016 at 1:30 PM

MONDAY MOVIES

(All Monday movies 1:00 PM Auditorium)

February 6: **Ghostbusters: PG -13**
Melissa McCarthy, Kristen Wiig

February 13: **Elsa & Fred: PG -13**
Shirley MacLaine, Christopher Plummer

February 20: **HOLIDAY - NO MOVIE**

February 27: **Stardust: PG -13**
Claire Danes, Michelle Pfeiffer, and Robert DeNiro

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

CHINESE HISTORY AND LITERATURE
Thursday, February 16 at 9:30 AM

MOVIE IN HAITIAN
Thursday, February 9 from 1:00 PM - 3:00 PM

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

Monday

2017



FEBRUARY

6

8:15 a.m.. Core and Balance
 9:30 a.m..... Chair Exercise
 9:45 a.m. Bowling/Woburn, MA
 10:30 a.m. Always wanted to Write
 12:00 p.m. .Mon-Thurs
 Friday - 11:00 AM
 Lunch (MVES)
 1:00 p.m. ... Movie
 2:00 p.m. ... R & R Class with Emily

Tuesday

7

8:30 a.m. Core and Balance
 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 and
 Communication skills
 2:30 p.m. International Ballroom
 Dance
 4:30 p.m. Haitian Outreach , ESL
 and Dominos
 5:45 p.m. "Let Your Yoga Dance@"

Wednesday

1

8:30 a.m. Balance & Strength
 9:00 a.m. ... Chinese Outreach
 9:30 a.m. ... Zumba Fitness
 with Aimee
 10:00 a.m. . English Conversation
 Group
 10:00 a.m. Fabric Art
 10:30 a.m. Council on Aging
 Board Meeting
 10:45 a.m. Yang Style Tai Chi
 1:00 p.m. Reading, Writing and
 Communication skills
 1:00 p.m. Advanced Line
 Dancing with Chris

Thursday

2

8:15 a.m. Core and Balance
 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. ...Bingo
 1:00 p.m. ...Haitian Outreach
 ESL and Dominos
 1:30 p.m. Healthy Steps
 2:30 p.m. Advanced Country
 Western Line Dance

Friday

3

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)
 10:30 a.m. . Zumba Fitness
 with Aimee
 11:00 a.m. Harmonica Class
 for Beginners

8

8:30 a.m. Balance & Strength
 9:00 a.m. ... Chinese Outreach
 9:30 a.m. ... Zumba Fitness
 with Aimee
 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, Writing and
 Communication skills

8

8:30 a.m. Balance & Strength
 9:00 a.m. ... Chinese Outreach
 9:30 a.m. ... Zumba Fitness
 with Aimee
 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, Writing and
 Communication skills

9

8:15 a.m. Core and Balance
 8:30 a.m. Computer Classes
 9:00 a.m. ..Chinese Outreach
 9:30 a.m. Reflexology
 9:30 a.m. . Computer Classes
 9:30 a.m. Gentle "Mat" Yoga
 10:00 a.m. Representative
 Stephen Ultrino
 10:30 a.m. Blood Pressure with
 Joya Pezzuto, RN
 11:00 a.m. Gentle "Chair" Yoga
 skills

10

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)
 10:30 a.m. . Zumba Fitness
 with Aimee
 11:00 a.m. Harmonica Class
 for Beginners

10

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)
 10:30 a.m. . Zumba Fitness
 with Aimee
 11:00 a.m. Harmonica Class
 for Beginners

13

8:15 a.m.. Core and Balance
 9:30 a.m..... Chair Exercise
 9:45 a.m. Bowling/Woburn, MA
 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 a.m. ... Movie

14

8:30 a.m. Core and Balance
 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 and
 Communication skills
 2:30 p.m. International Ballroom
 Dance
 4:30 p.m. Haitian Outreach , ESL
 and Dominos

15



8:30 a.m. Balance & Strength
 9:00 a.m. ... Chinese Outreach
 9:30 a.m. ... Zumba Fitness
 with Aimee
 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, Writing and
 Communication skills

16

8:15 a.m. Core and Balance
 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
 11:00 a.m. Gentle "Chair" Yoga
 1:00 p.m. ...Bingo
 1:00 p.m. Haitian Outreach
 skills

17

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. Senator Jason Lewis
 10:00 a.m. Billiard (Pool)
 10:30 a.m. Zumba Fitness
 with Aimee
 11:00 a.m. Harmonica Class
 for Beginners

<p>1:00 p.m. ... Movie 2:00 p.m. R & R Class with Emily</p>	<p>5:45 p.m. "Let Your Yoga Dance®"</p>	<p>ESL and Dominos 1:30 p.m. Healthy Steps 2:30 p.m. Advanced Country Western Line Dance</p>	<p>11:00 a.m. ... Harmonica Class for Beginners</p>
<p>20</p> 	<p>21</p> <p>8:30 a.m. Core and Balance 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. Tai Chi 1:00 p.m. Reading, Writing and Communication skills 2:30 p.m. International Ballroom Dance 4:30 p.m. Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>22</p> <p>8:30 a.m. Balance & Strength 9:00 a.m. ... Chinese Outreach 9:30 a.m. ... Zumba Fitness with Aimee 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, Writing and Communication skills 1:30 pm Mass Senior Action</p>	<p>23</p> <p>8:15 a.m. Core and Balance 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. ... Bingo 1:00 p.m. ... Haitian Outreach ESL and Dominos 1:30 p.m. Healthy Steps 2:30 p.m. Advanced Country Western Line Dance</p>
<p>27</p> <p>8:15 a.m. Core and Balance 9:30 a.m. Chair Exercise 9:45 a.m. Bowling/Woburn, MA 10:30 a.m. Always wanted to Write 11:00 a.m. ... Gentle Chair Yoga 12:00 p.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 with Chris 2:00 p.m. R & R Class with Emily</p>	<p>28</p> <p>8:30 a.m. Core and Balance 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 and Communication skills 1:30 p.m. Advisory Meeting 2:30 pm <i>Monthly Movie</i> "Lovely Still" 2:30 p.m. International Ballroom Dance 4:30 p.m. Haitian Outreach , ESL and Dominos 5:45 p.m. "Let Your Yoga Dance®"</p>	<p>24</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 & Crocheting Lessons 10:00 a.m. Billiard (Pool) 10:30 a.m. Zumba Fitness with Aimee 11:00 a.m. Harmonica Class for Beginners</p>	<p>2017</p>  <h1>FEBRUARY</h1>

**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

2016 TAX TIME

AARP TAX SERVICE

Jack Kelly from AARP will be back in February with
volunteers to prepare your 2016 taxes. **Starting
Tuesday, February 7, 2017 at 9:00 AM and every
Tuesday until April 11, 2017 AARP will return to
assist seniors with their 2016 tax preparation.** Pref-
erence will be given to Malden residents, age 60 and
over with a total income of \$60,000 or less. **Photo ID
is required.**

**Although many Seniors may feel they do not need to
file taxes, there may be special credits available such
as the Massachusetts "circuit breaker" which
compares income to taxes or rent paid and may
provide tax relief.**

**Please call 781-397-7144 to schedule an
appointment.**

Malden Council on Aging
7 Washington Street
Malden, MA 02148

