

MALDEN MONITOR

7 Washington Street, Malden, MA 781-397-7144

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

Activities

- Aerobics
- Balance & Strength
- Billiard (Pool)
- Bingo
- Blood Pressure
- Book Club
- Bowling
- Chair Exercise
- Chinese Outreach
- Core & Balance
- Cribbage
- Fabric Art
- Learn to Draw
- Line Dancing
- Movies
- Ping Pong
- Sewing Class
- Tai Chi
- Total Body Conditioning
- Transportation
- Trips
- Water Colors
- Writing Class
- Yoga Chair and Yoga Mat
- Zumba Fitness



Letter from the Director

This summer was filled with lots of exciting activities!

The summer concerts were well attended but this could be the last year we hold them at MHS Courtyard. The **new** City Hall will have an area dedicated to just this type of activity- stay tuned! Our Summer Youth Employees were hard at work all around the City, but we will be missing Wenji, Omar, and Angie who helped out with all sorts of projects in the Senior Center this summer. Good news is you will still see Angie and Wenji who will be volunteering during the school year to continue with Tech Time with Teens!

September is Hispanic Heritage Month and the North Shore Hispanic Association will be hosting a Celebration on Friday, September 20th from 5:30PM-8:30PM in the Malden High School Courtyard. Come and listen to music and enjoy some performances. Admission is FREE but be sure to bring a little cash to purchase some traditional food!

Please join us for end of Summer Blues - Tokyo Tramps in Concert here at the Senior Center! Saturday, September 14th at 7:30 PM. Tickets for general population are \$15 but great news, it's FREE for Seniors and Youth!! East meets West with this blues trio from Japan. Wife and husband team, Yukiko Fuji (bass) and Satoru Nakagawa (guitar) are American roots music born in Boston, its name derived from the Bruce Springsteen song Born to Run. ("Tramps like us, baby we were born to run.") Together with drummer Kosei Fukuyama, they bring their love of the blues in a way that is respectful to the art form and sure to entertain.

*The Malden Senior Community Center will be closed on
Monday, September 2, 2019
in observance of Labor Day.*

****Don't forget to visit and 'like' our Facebook page to get updates on what is happening **** <https://www.facebook.com/MaldenSeniorCommunityCenter/>

THANK YOU to everyone for your continued support, donations and contributions to the Malden Senior Community Center. We are grateful and appreciate you!

Health and Wellbeing

**FOR ALL OF THE FOLLOWING,
CALL FOR APPOINTMENTS - 781-397-7144**

BLOOD PRESSURE

Nikki O'Callaghan, RN -Malden Board of Health

Tuesday, Sept. 3 at 11:30 AM

Monday, Sept. 9 at 11:30 AM

Tuesday, Sept. 17 at 11:30 AM

Monday, Sept. 23 at 11:30 AM

Monday, Sept. 30 at 11:30 AM

CHAIR MASSAGE

Thursday, Sept. 19 from 9:30 AM to 11:00 AM

Fee is \$20 paid directly to Rachel Pizzano

MARY MARINO'S

AFFORDABLE HEARING AIDS

Monday, Sept. 9 from 10:30 AM to 12:30 PM

Schedule appointments (15 minutes). Mary also does walk-ins or you can contact her at 781-249-5330.

PODIATRIST

Wednesday, Sept. 18 from 12:00 PM to 3:00 PM

Fee \$25 paid to Dr. Kaplan

REFLEXOLOGY

Thursday, Sept. 26 from 9:30 AM to 11:30 PM

SHINE COUNSELOR

Mondays, Sept. 16 and 30 from 9:00 AM -12:00 PM

Call 781-397-7144 to schedule an appointment. Please bring your Medicare Card and List of Meds.

KLAUS THE THERAPY DOG

Thursday, September 19 at 10:00 Melanie Fernandes, Community Dev. Mgr. Vitra Health
Come join Klaus, he will bring joy to your day!

READING AND WRITING WITH PAM

Mondays, 11:00 - 1:00 and Thursdays, 12:15 -2:15
Classes will begin on Monday, September 9. If you can read and speak English on an advanced beginner/low intermediate level and want to work on improving your communications skills, **please sign up to be tested on Wednesday, September 4 between 10:30 AM and 3:00 PM (30 minute slots).** Call 781-397-7144 to register.

READING AND WRITING WITH DEB

Tuesdays & Wednesdays from 1:00 PM - 3:30 PM
Classes will begin on Tuesday, September 10. If you can read and speak English on an intermediate level and want to improve your communication skills, **please sign up to be tested on Wednesday, September 4.**

Services

LEGAL SERVICES

FOSTER, WALKER & DIMARCO, P.C.

Wednesday, Sept. 11 from 10:00 AM to 2:00 PM

Wednesday, Sept. 25 from 2:00 PM to 4:00 PM

Schedule a 30 minute free legal consultation with one of the attorneys from Foster, Walker & Di Marco Please call 781-397-7144 to make a reservation.

Note: There will be an Elder Law Presentation on Monday, September 9 at 10:00 AM

Programs and Classes

CHINESE HISTORY AND LITERATURE

Thursday, Sept. 12 at 9:30 AM

CHINESE OUTREACH FOR SENIORS

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

BOOK CLUB

Tuesday, at 11:00 AM (Library)

The Saturday Evening Girls Club by Jane Healey
For four young immigrant women living in Boston's North End in the early 1900's, escaping tradition doesn't come easy. But at least they have one another and the Saturday Evening Girls Club, a Social pottery-making group offering respite from their home lives - and hope for a better future.

ALWAYS WANTED TO WRITE

Mondays at 10:30 AM in the Arts/Crafts Room
Read what you agonized over: stories, poetry, query letters and synopsis. Please call 781-397-7144 to register.

COFFEE AND CONVERSATION

JOSEPHINE ROYAL - MATV

Thursday, Sept. 19 at 10:30 AM

Come join Josephine for great conversation and fun filled activities. Held in the Atrium.

RESPONSIBLE GAMBLING WITH LINH HO

Sponsored by Cambridge Health Alliance

Thursday, Sept. 26 at 10:00 AM

PATHWAYS THROUGH GRIEF

Monday, September 9 & 23, October 28, November 25 and December 9 & 23 from 1:30 PM to 3:30 PM in the Board Room

Come for Support, Empathy and Understanding

When a life ends, those living are let to grieve their loss. This is often a painful process; it is hard to bear. Evidence shows that being with a group can facilitate the process of healing. **Sponsored by Beacon Hospice. Hosted by Malden Senior Community Ctr.**
To participate, please pre-register by calling Nancy Duffy, BC at 617-242-8370.

Meetings

SENATOR JASON LEWIS

Friday, Sept. 13 from 10:00 AM - 11:00 AM
Held in the Atrium.

SARAH GONSENHAUSER FROM *REPRESENTATIVE STEVEN ULTRINO'S OFFICE.

Thursday, Sept. 12 from 10:00 AM - 11:00 AM
You can also call: 617-722-2460 Office of State
Representative Steven Ultrino, 33rd Middlesex District,
State House Room 443, Boston, MA 02133.

Steven.Ultrino@mahouse.gov
sarah.gonsenhauser@mahouse.gov

JONATHON HOUSE MILITARY & VETERANS LIAISON OFFICE OF CONGRESSWOMAN KATHERINE CLARK

Tuesday, Sept. 18 from 1:00 PM - 2:00 PM
Held in the Atrium

MASS SENIOR ACTION COUNCIL

Wednesday, Sept. 25 at 1:30 PM
Held in the Dining Room.

SEPT. 2: LABOR DAY - NO MOVIE

Movies

SEPT. 9: **Pick of the Litter: NR**
Dana Nachman, Don Hardy, Jr.

SEPT. 16: **Breakthrough: PG**
Chrissy Metz, Josh Lucas

SEPT. 23: **All Saints: PG**
John Corbett, Cara Buono

SEPT. 30: **Searching: PG-13**
John Cho, Debra Messing

NO MONTHLY MOVIE

Entertainment

MARK WEST - PIANIST

Tuesday, Sept. 24 at 1:30 PM (NEW TIME)
Classical and Jazz pianist Mark West will be
performing romantic and modern works as well as
pop songs and sing-alongs from the 20th Century.
Please call 781-397-7144 for reservations. A light
refreshment will be served.

Fun & Games

BINGO

Thursdays at 1:30 PM
Come join the fun and win very useful prizes!

CRIBBAGE

Fridays from 9:00 AM - 11:30 AM in the Cafeteria
Looking for more players! Come join the fun!

SENIORS "GRAHAM CRACKERS" CANDLEPIN BOWLING LEAGUE

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

Gracias! Merci Beaucoup! Do Jeh! Xie Xie!

We Give Thanks

Danke! Toda! Grazie! Thank You!
To all who give and support our Center
we are grateful.

Transportation

SCM Community Transportation, who currently
drives our seniors to doctor's appointments and
shopping, has added transportation to and from the
Senior Center to their contract for services.
Call: 617-625-1191.

We are looking forward to working with SCM in an
extended capacity. We have a wonderful working
relationship and have heard great feedback from sen-
iors.

We have confidence that the door-to-door service will
be a big improvement, especially during the winter
months!

CHANGE in Entertainment, Movie and Bingo

To align the schedules to the transportation times;
please note the change in times:

- Entertainment will begin at 1:30 PM
- Movie will begin at 1:00 PM
Bingo will begin at 1:30 PM

SEPTEMBER 2019 - Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>LABOR DAY</p>	<p>3</p> <p>8:30 a.m. - NO Gentle "Mat" Yoga \$2.00 per class 9:30 a.m. - Chinese Chorus 9:30 a.m. Zumba Gold \$2.00 per class 11:00 a.m. - Chinese Line Dance 11:30 p.m. Blood Pressure 12:30 p.m. - Tai Chi 1:30 p.m. Beginners Line Dance - \$2.00 per class 3:00 p.m. - "Let Your Yoga Dance®" - \$2.00 per class 3:00 p.m. Bocce</p>	<p>4</p> <p>8:30 a.m. - Balance & Strength \$2.00 per class 9:00 a.m. - Chinese Outreach 9:30 a.m. Zumba Fitness - \$2.00 per class 10:30 a.m. - Traditional Chinese Tai Chi 1:00 p.m. Advanced Line Dancing \$2.00 per class</p>	<p>5</p> <p>8:30 a.m. Total Body Conditioning - \$2.00 per class 9:00 a.m. - Chinese Outreach 9:30 a.m. - Gentle "Mat" Yoga \$2.00 per class 11:00 a.m. - Gentle "Chair" Yoga \$2.00 per class 1:30 p.m. - Bingo 1:00 p.m. Intermediate Sewing 2:30 p.m. - Advanced Country Western Line Dance \$2.00 per class</p>	<p>6</p> <p>8:30 a.m. - Combo Exercise \$2.00 per class 9:00 a.m. - Cribbage 9:30 a.m. - Chair Exercise \$2.00 per class 9:30 a.m. - Knitting Crocheting 10:30 a.m. - Zumba Fitness \$2.00 per class</p>
<p>9</p> <p>8:30 a.m. - Core & Balance \$2.00 per class 9:30 a.m. - Chair Exercise \$2.00 per class 9:45 a.m. Bowling 10:00 a.m. - English Conversation 10:00 a.m. - Elder Law Presentation 10:30 a.m. - Always wanted to Write 10:30 a.m. - Mary Marino's Affordable Hearing 11:00 a.m. - Gentle Chair Yoga \$2.00 per class 11:00 a.m. - Reading and Writing with Pam 11:30 p.m. Blood Pressure 12:00 p.m. Learn to Draw 1:00 p.m. - Movie 1:30 p.m. Acrylics 1:30 p.m. - Pathways Through Grief 2:15 p.m. - R & R Class - (FREE CLASS)</p>	<p>10</p> <p>8:30 a.m. - Gentle "Mat" Yoga \$2.00 per class 9:30 a.m. - Chinese Chorus 9:30 a.m. Zumba Gold \$2.00 per class 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. Beginners Line Dance - \$2.00 per class 3:00 p.m. - "Let Your Yoga Dance®" - \$2.00 per class 3:00 p.m. Bocce</p>	<p>11</p> <p>8:30 a.m. - Balance & Strength \$2.00 per class 9:00 a.m. - Chinese Outreach 9:30 a.m. Zumba Fitness - \$2.00 per class 10:00 a.m. - Legal Services 10:30 a.m. - Traditional Chinese Tai Chi 1:00 p.m. Advanced Line Dancing \$2.00 per class 1:00 p.m. - Reading and Writing with Deb</p>	<p>12</p> <p>8:30 a.m. Total Body Conditioning - \$2.00 per class 9:00 a.m. - Chinese Outreach 9:30 a.m. - Gentle "Mat" Yoga \$2.00 per class 9:30 a.m. Chinese History and Literature 10:00 a.m. - Representative Steven Ultrino 11:00 a.m. - Gentle "Chair" Yoga \$2.00 per class 12:15 p.m. - Reading and Writing with Pam 1:30 p.m. - Bingo 1:00 p.m. Intermediate Sewing 2:30 p.m. - Advanced Country Western Line Dance \$2.00 per class</p>	<p>13</p> <p>8:30 a.m. - Combo Exercise \$2.00 per class 9:00 a.m. - Cribbage 9:30 a.m. - Chair Exercise \$2.00 per class 9:30 a.m. - Knitting Crocheting 10:00 a.m. - Senator Jason Lewis 10:30 a.m. - Zumba Fitness \$2.00 per class</p>
<p>16</p> <p>8:30 a.m. - Core & Balance \$2.00 per class 9:00 a.m. - Shine Counselor 9:30 a.m. - Chair Exercise \$2.00 per class 9:45 a.m. Bowling 10:30 a.m. - Always wanted to Write 11:00 a.m. - Gentle Chair Yoga \$2.00 per class 11:00 a.m. - Reading and Writing with Pam 12:00 p.m. Learn to Draw 1:00 p.m. - Movie 1:30 p.m. Acrylics 2:15 p.m. - R & R Class - (FREE CLASS)</p>	<p>17</p> <p>8:30 a.m. - Gentle "Mat" Yoga \$2.00 per class 9:30 a.m. - Chinese Chorus 9:30 a.m. Zumba Gold \$2.00 per class 11:00 a.m. - Chinese Line Dance 11:00 a.m. Book Club 11:30 p.m. Blood Pressure 12:30 p.m. - Tai Chi 1:00 p.m. - Reading and Writing with Deb \$2.00 per class 1:30 p.m. NO Beginners Line Dance - \$2.00 per class 3:00 p.m. - "Let Your Yoga Dance®" - \$2.00 per class 3:00 p.m. Bocce</p>	<p>18</p> <p>8:30 a.m. - Balance & Strength \$2.00 per class 9:00 a.m. - Chinese Outreach 9:30 a.m. Zumba Fitness - \$2.00 per class 10:30 a.m. - Traditional Chinese Tai Chi 11:00 a.m. Book Club 12:00 p.m. - Podiatrist 1:00 p.m. - Reading and Writing with Deb 1:00 p.m. NO Advanced Line Dance - \$2.00 per class 1:00 p.m. - Jonathon House Military & Veterans Liaison Office of Congresswoman Katherine Clark</p>	<p>19</p> <p>8:30 a.m. Total Body Conditioning \$2.00 per class 9:00 a.m. - Chinese Outreach 9:30 a.m. - Gentle "Mat" Yoga \$2.00 per class 9:30 a.m. - Chair Massage - \$2.00 Fee paid to Rachel Pizzano 10:00 a.m. - Dog Therapy Day 10:30 a.m. Coffee and Conversation 11:00 a.m. - Gentle "Chair" Yoga \$2.00 per class 11:00 a.m. - Klaus The Therapy Dog 12:15 p.m. - Reading and Writing with Pam 1:30 p.m. - Bingo 1:00 p.m. Intermediate Sewing 2:30 p.m. - Advanced Country Western Line Dance</p>	<p>20</p> <p>8:30 a.m. - Combo Exercise \$2.00 per class 9:00 a.m. - Cribbage 9:30 a.m. - Chair Exercise \$2.00 per class 9:30 a.m. - Knitting Crocheting 10:30 a.m. - Zumba Fitness \$2.00 per class</p>

<p>23</p> <p>8:30 a.m.- Core & Balance \$2.00 per class</p> <p>9:30 a.m.- Chair Exercise \$2.00 per class</p> <p>9:45 a.m. Bowling</p> <p>10:00 a.m.- English Conversation</p> <p>10:30 a.m.- Always wanted to Write</p> <p>11:00 a.m.- Gentle Chair Yoga \$2.00 per class</p> <p>11:00 a.m.- Reading and Writing with Pam</p> <p>11:30 p.m. Blood Pressure</p> <p>12:00 p.m. Learn to Draw</p> <p>1:00 p.m.- Movie</p> <p>1:30 p.m. Acrylics</p> <p>1:30 p.m.- Pathways Through Grief 2:15 p.m.- R & R Class - (FREE CLASS)</p>	<p>24</p> <p>8:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</p> <p>9:30 a.m. Zumba Gold \$2.00 per class</p> <p>9:30 a.m.- Chinese Chorus</p> <p>11:00 a.m.- Chinese Line Dance</p> <p>12:30 p.m.- Tai Chi</p> <p>1:00 p.m. - Reading and Writing with Deb</p> <p>1:30 p.m. - Entertainment - Mark West Pianist</p> <p>1:30 p.m. NO Beginners Line Dance - \$2.00 per class</p> <p>3:00 p.m.- "Let Your Yoga Dance@"- \$2.00 per class</p> <p>3:00 p.m. Bocce</p>	<p>25</p> <p>8:30 a.m.- Balance & Strength \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>9:30 a.m.- Zumba Fitness \$2.00 per class</p> <p>10:30 a.m.- Traditional Chinese Tai Chi</p> <p>1:00 p.m. NO Advanced Line Dancing \$2.00 per class</p> <p>1:00 p.m. - Reading and Writing with Deb</p> <p>1:30 p.m. - Mass Senior Action Council</p> <p>2:00 a.m. - Legal Services</p>	<p>26</p> <p>8:30 a.m. Total Body Conditioning- \$2.00 per class</p> <p>9:00 a.m.- Chinese Outreach</p> <p>9:30 a.m.- Gentle "Mat" Yoga \$2.00 per class</p> <p>9:30 a.m.- Reflexology</p> <p>10:00 a.m. - Responsible Gambling</p> <p>11:00 a.m.- Gentle "Chair" Yoga \$2.00 per class</p> <p>1:30 p.m.- Bingo</p> <p>12:15 p.m. - Reading and Writing with Pam</p> <p>1:00 p.m. Intermediate Sewing</p> <p>2:30 p.m.- Advanced Country Western Line Dance \$2.00 per class</p>	<p>27</p> <p>8:30 a.m.- Combo Exercise \$2.00 per class</p> <p>9:00 a.m.- Cribbage</p> <p>9:30 a.m.- Chair Exercise \$2.00 per class</p> <p>9:30 a.m.- Knitting Crocheting</p> <p>10:30 a.m.- Zumba Fitness \$2.00 per class</p>
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September

2019

30

8:30 a.m.- **Core & Balance**
\$2.00 per class

9:00 a.m.- Shine Counselor

9:30 a.m.- **Chair Exercise**
\$2.00 per class

9:45 a.m. Bowling

10:00 a.m.- English Conversation

10:30 a.m.- Always wanted to Write

11:00 a.m.- **Gentle Chair Yoga**
\$2.00 per class

11:00 a.m.- Reading and Writing with Pam

11:30 p.m. Blood Pressure

1:00 p.m.- Movie

1:30 p.m. Acrylics

2:15 p.m.- **R & R Class - (FREE CLASS)**

Motor Coach Trips

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.

CASINO TRIPS

TWIN RIVER-\$20.00 per person November 18th , Bus will depart from Hyatt at 9:45am—nonstop to Twin Rivers, receive a food voucher and a \$10.00 match play.

FOXWOODS-\$25 pp Sept 16 , Bus will depart from Hyatt at 7:45am—nonstop to Foxwoods, receive \$10.00 food credit and \$15 Keno play. Future date December 9th

MOHEGAN-October 21st \$25 pp , Bus will depart from Hyatt at 7:45am—nonstop to Mohegan, receive \$15 food credit, \$15 free bet.

Tickets are on sale for all departure dates. Please remember you need a valid photo ID with you for all casinos. A minimum of 30 passengers is required for casino trips to receive the bonus package.

MOTOR COACH DAY TRIPS

Vermont Foliage Spectacular-September 17th—\$69 per person— depart at 8:00am enjoy the roads heading west along the Mohawk Trail to Vermont. First stop a luncheon at the New England House Restaurant in Brattleboro Vt, Your choice of Salmon, Chicken, or Pot Roast. Next travel along scenic Molly Stark Trail to view sugar maples and picturesque stops , and a visit to the Red Apple Farm. Tickets available.

King Arthur Fall Foliage Trip with Queechee Gorge-Sept. 24th—\$115 per person, Join us on a unique and culturally rich day trip during the peak of the fall foliage season. Head north to Vermont , first stop Queechee Gorge for amazing views, then head to Simon Pearce and enjoy a fantastic meal at the Mill restaurant, with local ingredients and choice of Salmon or Lamb Burger. After a guided tour of the factory and some glass blowing in progress, then on to King Arthur Factory, enjoy pastries being made and browse the gift shop. Tickets on sale.

NH Foliage Splendor-Friday, October 4th—\$90.00 per person, join us for the first stop at the Granite State Candy Shoppe in Concord NH, behind the scenes guided tour of the candy making process, and taste some samples and time for shopping. Next onto the Common Man for lunch, choice of chicken or haddock, then off to Meadow Ledge Farm for a tractor ride through the orchard, some apple cider and apple cider donuts. Tickets available

Johnny Mathis Christmas-Ultimate tribute starring David Robbins "Mirror of Mathis"—Tues. Dec. 3rd, \$88 per person, Motorcoach to Danversport Yacht Club for an afternoon of some big hits like "Chances Are" "What will Mary Say" and all of the Christmas favorites. A plated luncheon with choice of stuffed chicken breast or Baked Scrod, vegetables, potato, salad, dessert and more...tickets available Sept 9th.

White Mountain Hotel Christmas— Dec 9—Dec 11th—3 days /2 nights \$529.00 per person double, includes roundtrip motorcoach, 2 nights deluxe room at White Mountain Hotel, 5 meals, 3 different Christmas shows, guided sightseeing tour, time to shop at tax free outlets, all baggage handling and more. Deposit 100.00 pp due today. Final payment due by Nov 20th. Seats are limited but are still available Stop by today for itinerary.

Holiday Boston Pops—Dec 11—\$114.00 per person includes motorcoach departure at 11:30am , first stop Venezia restaurant overlooking the harbor for a full course luncheon, then off to Symphony Hall for a 4:00pm performance where Keith Lockhart and Santa will entertain you! Tickets available Sept 24th.

Malden Council on Aging
7 Washington Street
Malden, MA 02148

