

# OUR PLACE, OUR TIME

**A PUBLICATION OF THE MEDFORD COUNCIL ON AGING**

MEDFORD SENIOR CENTER, 101 RIVERSIDE AVE, MEDFORD 02155

OPEN MONDAY—FRIDAY 9:00AM to 4:00PM

TELEPHONE: 781-396-6010 FAX: 781-395-8912 CITY HALL T.D.D.: 781-393-2516

WEB SITE: [WWW.Medfordma.org/departments/council-on-aging](http://WWW.Medfordma.org/departments/council-on-aging)

E-MAIL: [Pkelly@medford-ma.gov](mailto:Pkelly@medford-ma.gov) Director: Pamela Kelly



## April 2022



### Spring Luncheon Friday April 22nd at 12:00noon

Sponsors: Representative Paul Donato & City Councilor Rick Caraviello

Tickets are \$2.00 per person available on Monday April 4th  
(2 tickets per person)

Enjoy a light lunch of Chinese Food from May's Cafe,  
entertainment, raffles, and door prizes



### FIGHT HUNGER WITH US!

We will receive a \$1 donation for every \$10.99 Bloomin' 4 Good Bouquet with the red circle sticker sold at our selected Stop & Shop in our selected month.

Benefiting Organization:

Medford Senior Center Food Pantry

Selected Month:

April 2022

Selected Stop & Shop:

Fellsdag, Medford MA

STOP&SHOP

### Pick the Perfect Trust

Join The Law Office of Dale J. Tamburro, PC  
Medford Senior Center on Tuesday April 12th at 1:00pm

Everyone, including the rich and not-so-rich, should have an **estate plan** to ensure that the maximum amount of the estate's **assets** pass to the owner's beneficiaries. Failing to appropriately plan can lead to family conflict, unexpected taxes and higher probate costs, all of which are worth avoiding. Many people think a simple **will** is the answer. Unfortunately, although wills are important estate planning tools, they often aren't enough to do the job. An estate plan of any level of sophistication would include the use of one or more **trusts**, which are often used in conjunction with, or in addition to, a will.

Reserve a seat today for this FREE workshop, call 781-396-6010

One/One individual appointments are available on April 12th beginning at 2:15pm.  
Appointments are required





### Sea Glass Art Class

*Interested in learning how to create some take-home art made out of sea glass? Perfect for decoration, for fun, or as a gift for a friend or family member. No need to bring anything - all materials are provided for you. The sea glass comes from local Essex County beaches. Please sign up in advance. Wednesday April 27th from 10 a.m. to 11 a.m. \$7 per person. Required at time of reservation. Seats are limited please call 781-396-6010*

## Memory Cafe

**1st Wednesday of Each Month 10am-12pm**

Medford Council on Aging Memory Cafe offers information, support, activities & social engagement in a welcoming space for persons & their families living with memory changes.

Free - All Communities Welcome, Refreshments available

Location: Medford Senior Center 101 Riverside Avenue

**Call 781-396-6010 to reserve a seat**



**May 12th, Thursday at 1:00pm**

**Dee Morris, Notable Medford Historian Presents  
Great Eating and Drinking, Restaurants, Bars and Taverns**

Join us for a wonderful presentation on the longest running Medford Restaurant, the local taverns from the past. Food options from early 1900's. You will be viewing some great history of Medford. If you have pictures that may interest the group feel free to bring them along. Reserve a seat by calling 781-396-6010.

***Cooking Demo May 11th at 1:00pm***

***Do you like to cook? Do you need some ideas for quick and easy meals? Come join Pampered Chef Vivian Su from Medford, as she puts together a delicious recipe and shares some food tips. Everyone will get a small tasting of the recipe. Seats are limited, call 781-396-6010 to book today.***

### **Social Work Notes ~ Karlene Bognanni**

Prescription Advantage is a state sponsored prescription drug program by the Commonwealth of Mass Executive Office of Elder Affairs for seniors and people with disabilities. Mass Health members and beneficiaries of the Ma Buy in Program or LIS extra help are not eligible for Prescription Advantage. It is available to Mass. Residents who are 65 or older eligible for Medicare and have a gross household annual income less than 500% of the Federal Poverty Level, or 65 years of age or older and not eligible for Medicare, or under age 65 and meet Mass Health's CommonHealth disability guidelines and maximum income of no more than the Prescription advantage category S2.

It helps pay for prescription drugs covered by a Medicare Part D or creditable coverage plan, once in the coverage gap or donut hole, by providing lower copay assistance. Another benefit of Prescription Advantage is that its members have a once only special enrollment time to change their Part D plan before the open enrollment time in October.

You may apply for Prescription Advantage online—[www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org) or by phone 1-800-243-4636 and press 3. If you have any questions about Prescription Advantage, please contact me at the office 781-396-6010.

## NEW and ONGOING PROGRAMSSS

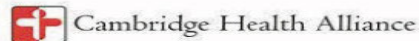
### Calling All Golden Gamers Brain Games Extravaganza! Tuesdays in April 10:30—11:30am



Challenge your brain with Haley and Maryanna from Tufts University OT department. Learn about Tech skills, connect with brains and have some fun. Sign up is limited, reserve a seat call 781-396-6010

### Emotions, Friend or Foe? With Roberta Dignan Robinson Tuesday, April 26, 2022 1:00PM

Join the discussion on the message and value of our emotions. Are our emotions our friends or our foes? Reserve a seat today 781-396-6010



### Tufts University OT Students Bring you Looking Back Wednesdays at 2:00pm

Join us for a weekly writing and art series where we reflect on different periods of life. We'll write stories, do art projects, and have fun!

Sign up in the office or call 781-396-6010



### Sleepless in New England (VIRTUAL) Thursday, April 14, 10 a.m.

We've all suffered with the occasional sleepless night but what happens when that one-night turns into many sleepless nights. Not getting enough sleep causes an increased risk for chronic conditions such as diabetes, cardiovascular diseases, obesity and depression. According to the Center for Disease Control "Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion". Joya Pezzuto, RN will facilitate this 1-hour program providing participants with tips for good sleep hygiene. Please call 781-338-7559 to reserve a seat today



### In-Person Tech Support Medford High school students Naomie, Melanie, Narlee, and Brahmananda April 19<sup>th</sup> & April 21<sup>st</sup>

from 1pm – 2pm at Medford Senior Center

If you have any handheld gadgets that you would like to learn more about,

please call 781-396-6010 to reserve a seat

**A message from the Tech Support Volunteers**

We are a part of the CCSR, with the goal of making the world a better place. Through this project, we will be helping those in our own community become comfortable with social media, and more. The Tech Support Group is an amazing opportunity that we are grateful for!

### FOOD PANTRY April 5th & 19th

The food pantry will be held nearly every other Tuesday from **11:00am to 1:00pm**. The bags will be pre packaged and filled with nonperishable items, produce, dairy and sometimes meat. You must have your **senior center ID** with you to check in. We ask that you bring a clean **re-usable bag** with you, that will be left for the next food pantry. The filled bags are heavy, bring a cart or other means to help carry it home. Any questions call 781-396-6010



### LOW VISION SUPPORT GROUP April 15th, Friday from 10:00am to 12:00noon

The Low Vision Support Group will meet monthly on the third Friday of the month at the Medford Senior Center. The group facilitator is Alan White. The Low Vision support group is sponsored by the Mass Association for the Blind and Visually Impaired. The group is for individuals who are losing their vision and would like to learn from and listen to others. For more information please call 781-396-6010.

# Day trips and getaways

**Shopping trip to Market Basket** - van departs at 9:30am for Market Basket in Chelsea, **Thursday, April 14th**. 1 1/2 hours of shopping time. Reserve your seat today. Limited to 4 bags per person. Max 10 people. Masks are mandatory on all van trips at this time

**Walmart and Iron Town**—Thursday, April 21st —Our van will depart at 10:00am to shop at the Saugus Walmart and then on to Iron Town for a delicious meal (order off the menu). You are responsible to pay your own lunch tab. Sign up begins April 6th. Van is limited to 14 people. Masks are mandatory on all van trips at this time

**Encore Casino**—FREE Van transportation, Tuesday, April 19th. Our van will depart at 10am, drop you at the door and return at 1:30pm. Seats are limited to 14 on the van. Masks are mandatory on all van trips at this time.

**Comedy Hypnosis with Richard Barker**—\$89.00 per person, Thursday, May 19th includes motor-coach to Castleton in Windham NH, for plated luncheon, and interactive show with Celebrity Hypnotist to the stars. Richards work can be seen on The Today show, The Late Late Show, Entertainment Tonight and more. Tickets on sale.

**Memories of Patsy**—Thursday, June 23rd, \$89.00 per person, includes transportation to Danversport Yacht Club, plated luncheon either stuffed chicken or Baked Schrod, vegetables, dessert and more. The Patsy Cline Tribute show takes you back in time you will hear Crazy, Walkin' After Midnight, I Fall to Pieces and more. Tickets available.

**Newport Playhouse actors present The Carol Burnett Show** – Tuesday, June 28th, \$109.00 per person, includes transportation to Rhode Island, sightseeing drive to view Narraganset Bay and the homes located there. Enjoy a buffet luncheon at Wyndham Hotel, “The Carol Burnett Show” and a cabaret performance. Bus departs at 8:30am and returns approx. 5:30pm. Tickets available April 7th.

**GREASE** at the Lakes Region Summer Music theatre—Thursday, July 14th, \$109.00 per person, includes motor coach depart Medford 9:30am, first stop full course luncheon at Hart's Turkey Farm, followed by a production of Grease. Choice of Roast Turkey/Sirloin Beef/ or Baked Haddock for entrée, please choose at sign up. Back to Medford approx 7:30pm. Tickets available April 20th.

**Icons & Legends Concert at Fosters Lobsterbake**—Thurs., July 21st, \$89.00 per person, includes bus to York Maine for choice of 1.25 pound boiled lobster or 1/2 chicken, clam chowder, steamed mussels, Maine clams, corn on the cob, Potatoes & Onions, dessert, & beverage. Enjoy the biggest hits from Neil Diamond, Carole King, Karen Carpenter, Johnny Cash, Elvis & more performed by Jozay and Patti (Voted Musicians of the Year by Norwegian Cruise Lines). Tickets available April 25th.

**Alaska with Celebrity Cruises on the Solstice September 1, 2022**—Save the date 9 day vacation—The Medford Senior Center will be offering group rates that will include roundtrip air from Boston, one pre-night hotel in Seattle, transportation from airport to hotel, to cruise and return, port charges, government fees, taxes and transfers. Rates will begin at \$2864.00 per person. An initial deposit of \$350.00 per person will be required in order to secure a reservation. Final payments will be due by May 4th, and Passports are Required. Complete itinerary available in the office.

Payments are due in full at time of reservation by cash or check, made payable to **MSCI**. Once tickets are paid in full, refunds are only allowed, if the Tour Operator Cancels, or the Senior Center needs to cancel. COVID mandates and restrictions will continue to be followed by the Tour operator, The vendors, The Senior Center and all Board of Health Recommendations.

## Margaret's Cooking Corner

### Chicken Stir Fry

This recipe contains garlic, ginger, broccoli and hoisin sauce which add flavor to this stir fry. The broccoli adds nutritional power to this very tasty meal. Broccoli is full of sulforaphane which is both an antioxidant and anti-inflammatory agent and studies show eating foods that are high in sulforaphane may protect brain health and cognition.

1 ½ cups Broccoli Florets (fresh – steam until tender but firm and drain. Frozen follow directions on package and drain well)

1 T olive oil

1 skinless-boneless chicken breast half – cut into 1 inch strips

2 cloves garlic minced

1 tsp fresh ginger minced or ½ tsp powdered ginger

1 ½ tsp Hoisin Sauce

1 tsp Chile Paste (optional – adds a spicier taste)

½ cup chicken stock or broth (low sodium)

2T low sodium soy sauce

1T cornstarch

¼ tsp salt ¼ tsp black pepper

Prepare broccoli as directed above and drain well.

Heat oil in skillet over medium heat and sauté pieces of chicken until chicken is no longer pink and juices run clear.

Add in minced garlic and mix in with chicken. Sauté for 1 or 2 minutes just so garlic softens. Stir together the cornstarch, hoisin sauce, soy sauce, ginger, salt, pepper, chili paste, and chicken stock until well blended. Add to the chicken mixture, stirring until well combined 3-4 minutes. Add in broccoli and coat with sauce mixture until well mixed.

Serve over white or brown rice. Enjoy!



## Love Stories and Chatting With New Friends?

### Book Club & Chat with Tufts Students!

Weekly on Thursdays, beginning April 14th  
2:00pm—3:00pm

In person at the Medford Senior Center or  
optional ZOOM (you need to sign up with an email)

If interested please email Tufts at  
[advocatesforqualityaging@gmail.com](mailto:advocatesforqualityaging@gmail.com)

Or call the Medford Senior center at 781-396-6010



## Representative Paul Donato

Representative Paul Donato will be available for office hours on Wednesday, **April 27th** at 10:30am at Medford Senior Center or you may call 781-395-1683 for immediate questions or concerns.



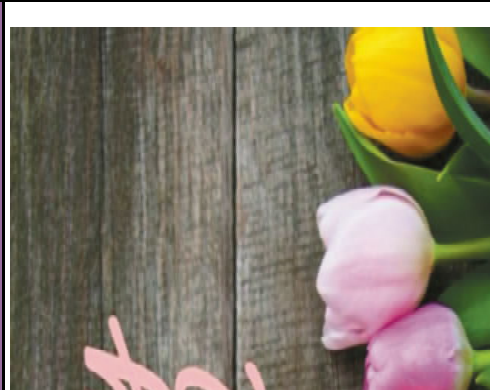
## Cooking Demo by Vivian Su Wednesday, May 11th at 1:00pm



Do you like to cook? Do you need some ideas for quick and easy meals? Come join Pampered Chef Vivian Su from Medford, as she puts together a delicious recipe and share some food tips. Everyone will get a small tasting of the recipe. Seats are limited to 10, sign up begins April 19th.

**Blue Cross Blue Shield of Massachusetts** wants to help you stay well, with a no cost health education webinars brought to you in partnership with the Medford council on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other member while remaining at home. All are welcome—you don't have to be a Blue Cross member to participate. Register for a webinar on a day and time that works best for you.

1. Monday, April 11th—2:00pm—2:30pm; Food and its Healing Effects. Presenters: Luisa Lewis & Tricia Silverman Register now at [bcbsma.info/Apr11](http://bcbsma.info/Apr11)

2. Wednesday, April 27th—10:00am—10:30am; Eight Happiness Boosting Strategies. Presenters: Susan Flanagan & Janet Fontana. Register now at [bcbsma.info/Apr27](http://bcbsma.info/Apr27)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 10:00 Cribbage / Dominoes/ Whist 10:00 Gentle Yoga 10:30 AI-Anon 11:00 Chair Yoga 12:00 Congregate Lunch 2:00 Let Your Yoga Dance</p>	<p>5 10:00 Knitting 10:00 Line Dancing 10:00 Blood Pressure 10:30 Golden Gamers 11:00 Core &amp; Balance 11:00 Food Pantry 12:00 Congregate Lunch 1:00 International Conversat</p>	 <p>6 10:00 Holiday Singers 10:00 Memory Cafe 12:00 Congregate Lunch 12:00 CPA survey &amp; talk 1:00 BINGO 1:00 SHINE by appointment 2:00 Tufts—Looking back</p>	<p>Important Telephone Numbers  COA / Senior Center 781-396-6010  Door to Door Trans. 617-625-1191  MVES / meals on wheels 781-324-7705</p>	<p>1 9:30 Walking Club 9:45 Van to Ceramics 10:00 Tai Chi 12:00 Congregate Lunch 1:00 Mahjong 2:00 Brain Games</p>
<p>11 10:00 Cribbage / Dominoes/ Whist 10:00 Gentle Yoga 10:30 AI-Anon 11:00 Chair Yoga 12:00 Congregate Lunch 2:00 Let Your Yoga Dance</p>	<p>12 10:00 MSCJ Meeting 10:00 Knitting 10:00 Line Dancing 10:00 Blood Pressure 10:30 Golden Gamers 11:00 Core &amp; Balance 12:00 Congregate Lunch 1:00 International Conversat 1:00 Pick The Perfect Trust 2:00 Legal one/one</p>	<p>13 10:00 Holiday Singers 10:00 Parkinson's support 12:00 Congregate Lunch 1:00 BINGO 2:00 Tufts—Looking back</p>	<p>7 9:00 AARP TAXES 10:45 Core &amp; Balance 12:00 Congregate Lunch 1:00 ARTITUDE 1:00 Rediscovering the T</p>	<p>8 9:30 Walking Club 9:45 Van to Ceramics 10:00 Tai Chi 10:30 Computer Classes 12:00 Congregate Lunch 1:00 Mahjong 2:00 Brain Games</p>
<p>14 10:00 Cribbage / Dominoes/ Whist 10:00 Gentle Yoga 10:30 AI-Anon 11:00 Chair Yoga 12:00 Congregate Lunch 2:00 Let Your Yoga Dance</p>	<p>15 9:30 Market Basket 10:00 Tufts Book Club 10:45 Core &amp; Balance 12:00 Congregate Lunch 1:00 ARTITUDE</p>	<p>14 9:30 Market Basket 10:00 Tufts Book Club 10:45 Core &amp; Balance 12:00 Congregate Lunch 1:00 ARTITUDE</p>	<p>15 9:30 Walking Club 9:45 Van to Ceramics 10:00 Low Vision 10:00 Tai Chi 10:30 Computer Classes 12:00 Congregate Lunch 1:00 Mahjong 2:00 Brain Games</p>	<p>15 9:30 Walking Club 9:45 Van to Ceramics 10:00 Low Vision 10:00 Tai Chi 10:30 Computer Classes 12:00 Congregate Lunch 1:00 Mahjong 2:00 Brain Games</p>

<p>18</p> <p>CLOSED FOR PATRIOTS DAY</p> 	<p>19</p> <p>10:00 ENCORE CASINO 10:00 Knitting 10:00 Line Dancing 10:00 Blood Pressure 10:30 Golden Gamers 11:00 Core &amp; Balance 11:00 Food Pantry 12:00 Congregate Lunch 1:00 Tech Support 1:00 International Conversat</p>	<p>20</p> <p>10:00 Holiday Singers 12:00 Congregate Lunch 1:00 BINGO 2:00 Tufts—Looking back</p>	<p>21</p> <p>10:00 Walmart &amp; Iron Town 10:00 Tufts Book Club 10:45 Core &amp; Balance 12:00 Congregate Lunch 1:00 ARTITUDE 1:00 COA Board Meeting 1:00 Tech Support</p>	<p>22</p> <p>9:30 Walking Club 9:45 Van to Ceramics 10:00 Veterans Support 10:30 Computer Classes 12:00 SPRING LUNCHEON</p> 
<p>25</p> <p>10:00 Cribbage / Dominoes/ Whist 10:00 Gentle Yoga 10:30 AI-Anon 11:00 Chair Yoga 12:00 Congregate Lunch 2:00 Let Your Yoga Dance</p>	<p>26</p> <p>10:00 Knitting 10:00 Line Dancing 10:00 Blood Pressure 10:30 Golden Gamers 11:00 Core &amp; Balance 12:00 Congregate Lunch 1:00 International Conversat 1:00 Emotions Friend or Foe</p>	<p>27</p> <p>10:00 Holiday Singers 10:00 Sea Glass Art 10:30 Rep. Paul Donato 12:00 Congregate Lunch 1:00 BINGO 2:00 Tufts—Looking back</p>	<p>28</p> <p>10:00 Tufts Book Club 10:45 Core &amp; Balance 12:00 Congregate Lunch 1:00 ARTITUDE</p>	<p>29</p> <p>9:30 Walking Club 9:45 Van to Ceramics 10:00 Tai Chi 10:30 Computer Classes 12:00 Congregate Lunch 1:00 Mahjong 2:00 Brain Games</p>

**SUPPORT OUR ADVERTISERS!**



# IN PERSON PROGRAMS

**CRIBBAGE DOMINOES OR WHIST?** Game Day on Mondays from 10:00am to 12:00n. Come on down and learn to play or refresh your skills.

**Gentle Yoga with Rosa** Mondays at 10:00am—45 minute class for those who want seated, standing, and floor yoga poses. This is an amazing group of seniors who are willing to stretch, and able to get down on the floor mats. \$5.00 per person.

**Chair Yoga with Rosa** Mondays at 11:00am - 45minute seated and standing yoga poses that are adapted to the needs of the group. We stretch, strengthen, challenge our balance, take time to relax. \$3.00 per person.

**Combo Dance Fitness/Let Your Yoga Dance® with Emily Brenner**—Mondays, at 2:00pm We warm up with fun dance fitness songs, then move through our seven energy centers (chakras) with a full Let Your Yoga Dance® experience. This class brings fun, fitness, and well being to the mind, body, and heart. All levels welcome. \$3/person. Please call 781-396-6010 to reserve your spot, max 25 per class.

**KNIT & CROCHET FREE** Tuesdays, 10:00am. Please join our facilitator Jean for knitting and crocheting fun! All skill levels are welcome. The group is always willing to help beginners.

**LINE DANCING for fun and fitness with instructor Charlotte** - Tuesdays, from 10:00am to 11:00am \$3.00 per person, all levels of dance are welcome. Have fun learning some new moves.

**Core and Balance with Sharon** Tuesdays at 11:00am \$5.00 per class *Join Sharon once again for an invigorating chair exercise program.* 45 minute class

**International Conversation with Ariane** available in person on Tuesdays at 1:00pm The program will be available each Tuesday. Join Ariane for 90 minutes of conversation and presentations.

**Holiday Singers** Wednesdays, 10:00am to 11:30am Join Janet Casey and our singers each Wednesday. Experience not required, all are welcome. The class will be limited to 25 people at this time.

**BINGO**—Wednesdays begins at 1:00pm—11 Games—\$2.50 per person.

**Core and Balance with Sharon** Thursdays, at 10:45 \$3.00 per class **Join Sharon for an invigorating chair exercise program.**

**Artitude with Debbie Corleto**—Thursdays at 1:00pm. The free class will explore different Art media. We may work in Acrylics, Watercolor, Graphite, Pastels, Colored pencil, Crayons and more. To join a class please call 781-396-6010. Class is offered in person and with option of virtual through Zoom.

**CERAMICS WITH ROSEMARY at CLAY DREAMS Fridays, 10:00am – 12noon** van will depart the Senior Center at 9:45 am for free transportation (if needed) to ClayDreams in Arlington, to join Rosemary for a 2 hour ceramics class. \$6.00 per class payable at ClayDreams. Ceramic piece will be additional, the cost is based on what you choose from store. Sign up in advance by calling 781-396-6010. Transportation will return to Medford senior center approx. 12:00 noon.

**Tai Chi Chi Kung with Marie Favorito - Fridays at 10:00am, \$5.00 per person.** Tai chi is an ancient Chinese tradition that, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. No class April 22nd.

**Brain Games**—Free Brain Games and Puzzles, lots of laughs; with Dawn Lewis most **Fridays from 2 pm—3pm** Reserve a seat 781-396-6010 today. No class April 22nd

**Walking Club**—Join Pam Kelly on Friday mornings at 9:30am for a brisk 45 minute walk. Walking boosts brain power, drives creativity, improves self confidence, and reduces stress. Join us.

**Mahjong is back**—most Fridays from 1:00pm to 3:00pm—Looking to join a great group or to learn the game, stop by. A game played, usually by four people, with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games such as gin rummy.

**COMMUNITY PICKLEBALL TIME** Looking to play more pickleball? Tennis Court 1 & 2 (lined for pickleball) at Dugger Park is reserved for pickleball on each morning from 8:30am-11:00am throughout the Spring Drop into this FREE program and meet fellow pickleball players for pick up games. Players must provide their own equipment including pickleball nets.

**Bocce Courts** at 121 Riverside Ave, next to the Senior Center. Kate Quinn will teach Wednesdays 3pm beginning April 27th new players how to play bocce including the rules of the game. Through social interaction with other participants, we hope you will continue to play the game with new friends. free to Medford Residents but registration is required.





The Commonwealth of Massachusetts  
HOUSE OF REPRESENTATIVES  
*Supporting Medford Seniors*  
**PAUL J. DONATO**  
Second Assistant Majority Leader

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617-722-2180

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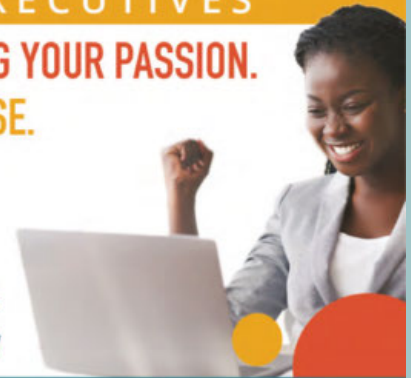


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## Information and Resources

**Al-Anon Support group**—10:30am to 11:30 am meet in person in our Library on Monday mornings  
**BLOOD PRESSURE CLINIC** available most Tuesdays from 10am to 12noon, with Sara Harris  
Medford Public Health Nurse drop ins welcomed.

**SHINE (Serving Health Insurance Needs for Everyone)** Appointments with Leslie Barrett will continue to be held over the telephone. Appointments will be available for Wednesday, April 6th. Please call 781-396-6010.

**VETERANS Discussion group** Friday, April 22nd at 10:00am Are you a Veteran or widow of a Veteran, and are in need of information, resources and support. Monthly discussion group will meet at the Medford Senior Center for coffee, resources and information. All are welcome

**Parkinson's Support Group Wednesday April 13th at 10:00am** Join Kim Arouth in our discussion of relevant topics associated with PD as well as techniques of managing day to day. There are no greater experts than those individuals and their caregivers who live with PD. I look forward to moderating an invigorating discussion as well as scheduling surprise guests. The group is open to all those living with PD and their caregivers. We will meet the second Wednesday of each month. Please call 781-396-6010 to reserve your seat today

**HOME MAINTENANCE CALLING ALL MEDFORD RESIDENTS 60+.** The Medford Senior Center can help you with small jobs that contribute to home safety. Do you need the batteries changed in your smoke detectors? The pesky lightbulbs that are in the ceiling fixture out again? No job too small. To schedule service, call **781-396-6010**. Funded through a Medford CDBG Human Services Grant.

### Free Computer Classes are Back

Beginning Friday April 8th a 4 week beginners class will be offered  
10:30am—11:30am

Seats are limited Sign up begins today

This class requires you to attend all 4 weeks, best for the person who has very limited knowledge on using a computer. Tufts Volunteers will be hosting this 4 week session.



### Rediscovering the T

**MBTA Travel Training and you  
Medford Senior Center, 101 Riverside Ave.  
Thursday, April 7, 2022, 1 pm**

Rediscovering the T is a presentation by MBTA Travel Training about the safe use of the MBTA by older adults. Topics include safety, paying one's fare, accessibility of vehicles and stations, trip planning, asking for help, how to apply for a Senior CharlieCard, the new Green Line Extension, and more. The presentation also provides information about other transportation options, including The RIDE. We encourage people to plan for retirement from driving. Individual Travel Training for the T is also available. Participants will have an opportunity to ask questions. Reserve a seat 781-396-6010



### TECH TIME WITH TUFTS

Available Mondays, Tuesdays, Wednesdays, and Thursday throughout April by appointment

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Medford Council on Aging, Medford

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### Mystic Valley Elder Services' TRIP Metro North Program

If you're 60+ or an adult living with disabilities, don't drive and public transportation isn't an option, you can still get to appointments, visit friends, dine out, and have a full life with TRIP. This FREE program gives you money to reimburse friends, neighbors, and certain relatives, for taking you anywhere you want to go. Call 781-388-4819 to learn more

### Join members of the CPA on Wednesday April 6th - 12noon at the Medford Senior Center

In 2015 Medford voters adopted the Community Preservation Act (CPA) which raises approximately \$2 million per year, especially to be used for open space and recreation, historic preservation, and affordable housing. Some CPA projects you may have noticed around the community include the Condon Shell, Bocce courts at Medford Housing Authority, the tennis courts at Duggar Park, a new roof on the Royall House Slave Quarters, and many more. As residents and taxpayers of Medford, CPA is *your* fund. Each year the Community Preservation Committee gathers ideas from residents to guide how the money is spent. **Please join us for a presentation about what we have accomplished through this program up to now, and tell us what the needs are in your neighborhood.**

**Medford Council On Aging  
101 Riverside Avenue  
Medford, MA 02155**

## MEETINGS

**Medford Council on Aging  
COA Board Meeting  
Thursday, April 21st at  
1:00pm**

**MSCI Board Meeting  
Tuesday, April 12th  
at 10:00am**

**Due to Covid these meetings may  
change to a virtual setting**

To view our newsletter online please go to **[www.mycommunityonline.com](http://www.mycommunityonline.com)**

Then enter **Medford Council on Aging** for latest edition

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