

June is Elder Abuse Awareness Month, dedicated to raising awareness about the abuse, neglect, and exploitation affecting millions of older adults.



Key Facts & Awareness

- **Prevalence:** At least 1 in 10 older adults experience some form of abuse, but only 1 in 14 cases is reported.
 - **Perpetrators:** In nearly 60% of cases, the perpetrator is a family member, with two-thirds being adult children or spouses.
 - **Types of Abuse:** Includes physical, emotional, sexual, financial exploitation, and neglect (including self-neglect).
- Color:** Purple is the designated color to show support.

Warning Signs to Watch For

- **Physical:** Unexplained bruises, broken bones, or abrasions.
 - **Emotional:** Sudden changes in alertness, unexplained withdrawal, or depression.
 - **Financial:** Unexplained, sudden withdrawals or changes in financial accounts.
- Neglect:** Poor hygiene, weight loss, bedsores, or unattended medical needs.

How to Take Action

- **Report Suspicion:** If you suspect elder abuse, contact Adult Protective Services (APS) at 800-922-2275 or local law enforcement.
 - **Stay Connected:** Social isolation is a major risk factor, so check in regularly on older neighbors and relatives.
- Educate:** Share information to help others recognize the signs of abuse.



Community Drumming Circle Friday, June 5th 9:30am—10:30am

Join us for a celebration of rhythm in community! Our experienced instructors will guide you as we explore hand drumming techniques, rhythms from West Africa and beyond, games, and exercises in a fun and supportive environment. No experience necessary, loaner drums provided. Max of 18 people, waitlist only available for June. This program is funded through the Medford Community Fund.

Haitian Senior Social and Activity Group June 12 & 26th from 1:30pm to 2:30pm

Join friends and neighbors to talk and learn about mental health! Mental well-being is just as important as physical health. This interactive group for Haitian Seniors offers a fun opportunity to learn about health awareness, make friends, have a safe place to talk, play games and win prizes as well as discover the senior center and its resources. Please call Medford Connects at 781-420-1704 to register.

**The Medford Senior Center will be closed on
Wednesday, June 17th (observe Bunker Hill Day)
and Friday, June 19th (observe Juneteenth)**



Men's Breakfast and Banter Thursday, June 11th from 9:00am to 10:00am

Join Rafael and Daniel from **The Gables at Winchester**, who will facilitate the men's only breakfast group. This month's topic: **AI**—What is it, and how can we use it on our daily activities. Start your day with a tasty breakfast at the Senior Center. Reserve your seat today, 781-396-6010.



Tuesday, June 9th at 1:30pm Medford Connects Third Party Electric Suppliers

Join us at the Medford Senior Center for an important and informative presentation from the Massachusetts Attorney General's Office on third-party electricity suppliers. Many of these companies advertise savings but can end up charging significantly higher rates than they would with their default utility provider, especially for seniors and residents on fixed incomes. This session will explain how these suppliers operate, common warning signs to watch for, and how to protect yourself from misleading or predatory practices. Don't miss this opportunity to learn how to make informed decisions about your energy service and avoid unnecessary costs. Reserve your seat today 781-396-6010

NEW and ONGOING PROGRAMS

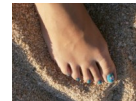
Tech One- on- One & MBTA Charlie Card for Seniors
NEW iPad refresher class begins June 3rd at 10:30am
Wednesdays in June by appointment/sign up with Marc

FREE Tech support one on one assistance with your hand-held gadgets or Charlie Card registration. You must make an appointment in advance, limited time slots available. This is for the senior who has little to no experience working with phones, laptops, iPads. Please reserve today 781-396-6010 for either program.

NEW iPad refresher class with Marc 3 week course starts June 3rd at 10:30am. This class is limited to 5 students, you must bring your own iPad to each class.

Complete Mobile Foot Care Services

Foot Care beyond a pedicure
Wednesday, July 22nd by appointment
Join Marie Anderson, a Boston certified footcare specialist & geriatric nurse practitioner with over 30 years experience. Appointments between 10:30am—2:30pm. \$55.00 for initial visit, \$45 for repeat visits payable via cash, credit or check. 45 minute new patient assessment, in-grown nails, cracks, fissure in the skin, fungus, extra dry skin, diabetes, neuropathy, & more. Make your appointment today 781-396-6010



ChairFit Rhythms with Emily Brenner

Tuesdays in June at 9:30am

Chair-Based Fitness to Music with Dance and Strength, Try our new Chair, Weight, Music, and Movement class for all levels and abilities, with up-beat music and easy to follow moves from a chair. Classes will run weekly on Tuesdays from 9:30am to 10:15am. \$3.00 per class. First come for seats.

Guitar Classes with Chuck is back

8 week sessions begins June 1st
Mondays through - July 20th
Maximum 8 participants per class

Beginner Class will begin at 1:00pm for 1 hour. Advanced class will begin at 2:00pm for 1 hour

You may bring your own guitar, or we will have guitars for those who need to borrow one for class. Seats are limited. Beginner class is filled/waitlist available, seats available for the Intermediate; Call 781-396-6010

This program is funded in part through the Medford Community Fund.



Exploring History with Michael Hickey

Thursday, June 18th & 25th
1:00pm at the Senior Center

Join an interactive class centered around discussion, storytelling, oral history, and connecting the past to the present. Discussions will include personal narratives, family history, local history, and current historical events. This class will provide a safe environment where we can share ideas, experiences, and thoughts through collaborative learning. Reserve your seat 781-396-6010.

Join Therapy Gardens

Tuesday, June 30th at 1:00pm
For a talk on Summer Tea Blending

Create your own custom tea blends using seasonal herbs, fruits, and botanicals. A relaxing, flavorful experience perfect for the summer season. Reserve a seat today 781-396-6010, seats are limited to 25.



Silver Solidarity with Nike

Wednesday, June 10th & 24th , 1:00pm to 2:00pm

- ◆ 6/10 —Topic; Tech Check-up (bring your phones, iPads, laptops)
- ◆ 6/24—Topic Resilience & Overcoming Life's Hurdles

This group aims to give older adults a relaxed, safe, and welcoming space to engage with their peers about the benefits and challenges that come along with aging. Participants will learn about available community resources/supports, and are invited to share their own wisdom, experience, and suggestions with each other through this facilitator led discussion. Group is limited to 15. Reserve your seat, 781-396-6010. Funded by Winchester Hospital Grant

Monthly Book Club

Thursday, June 4th at 1:00pm

On June 4th, we will be discussing *The Women*. At this meeting, we will also be passing out our next selection, *?????* **At time of printing book had not been confirmed**, which will be discussed at our July 3rd meeting. Michael Hickey will be facilitating both discussions. Call Paula at 781-396-6012 and reserve your seat today, so we can make sure that we order enough books for the group.

Day trips and getaways

VAN TRIPS

Shopping trip to Market Basket - Van departs at 9:30am for Market Basket, Monday, June 15th. Shopping for 1 1/2 hours. Reserve your seat today. Limited to 4 bags per adult. Max 10 people.

Encore Casino with \$10.00 slot play—FREE Van transportation, Tuesday June 16th. Our van will depart at 10am, drop you at the door and return at 1:30pm. Seats are limited to 14 on the van. For slot play you must have Wynn Rewards card and your government issued ID. Sign up today.

Walmart & Cracker Barrel—Tuesday, June 23rd—Our van will depart at 10am to shop at the Tewksbury Walmart and then on to Cracker Barrel for lunch (order off the menu). You are responsible to pay for your own lunch. Sign up in the office begins June 3rd.

Town Line Bowling Alley & 621 Lunch Monday June 29th at 10:00am \$5.00 per person (pay in advance) The van will depart the Senior Center at 10:00am, return approximately 1:30pm. Lunch will follow at 621 Restaurant, dine off the menu (pay for your own lunch). Seats are limited on van, or drive on your own. Sign up today.

Atria Maplewood Malden—Wed. June 3rd depart at 10:30am for a delicious lunch and tour and activity. Seats are limited to 14, or you can drive on your own (still need to sign up please).

NS Navigators Baseball game—Tuesday, June 9th \$5.00 per person. Our van will depart at 10:15am for a quick ride to Fraser Field in Lynn, to enjoy a baseball game, lunch of either hamburger or hot dog, bag of chips, water, and an ice-cream. Wear your hat, and bring sunscreen Sign up begins June 1st.

NS Music Theatre On Your Feet, June 10th SOLD OUT

NS Music Theatre presents Joseph and the Amazing Technicolor Dreamcoat, Wednesday, July 15th \$54.00. Our van will depart at 11:00am. First stop Century House for a lunch of your choice (pay for what you order). Then on to NS Music for a 2pm performance. Seats are limited to 14. Tickets go on sale June 9th.

MOTOR COACH TOURS

Country Jamboree at Lake Pearl in Wrentham—Wed., June 24th, \$119.00 per person, includes motorcoach from Medford, plated luncheon with choice of Chicken Parmesan or Vegetable Lasagna, a national touring show enjoying the glory days of country music, featuring greatest hits by Johnny Cash, Brenda Lee, Tammy Wynette, Hank Williams and Glen Campbell and more. Tickets available.

TALL SHIPS – July 16, 2026, Thursday—\$149.00 per person, Celebrate America's 250th Anniversary with us! Includes motorcoach from Medford. Depart at 8:00am. Enjoy an up-close view of these incredible vessels. **Tickets/ Sold Out**

Beach Boys Tribute & Maine Lobsterbake—Wednesday, August 19th \$131.00 pp. Enjoy a motorcoach ride to Foster Clambake Restaurant in York Maine, for a whole boiled lobster and clam bake, then enjoy the summer music from the Beach Boys tribute. Tickets available.

Boston Harbor BINGO Cruise on the Spirit of Boston—Thursday, September 3rd \$131.00 per person includes Motorcoach transportation, 2 hour scenic cruise, gourmet dining, BINGO & Prizes, Lively DJ entertainment and dancing. Tickets on sale, June 15th.

The Drifters, Platters & Corvettes Tribute to the 50's, Thursday, Sept 17th \$122.00 per person includes motorcoach tour to Danversport Yacht Club, plated lunch choice of chicken Parm, or Baked Haddock with potato, vegetable, salad, desserts and a fabulous show. Tickets available June 22nd.

AIRPLANE TOURS

Horses, Bourbons & Barrels Tour - September 23rd –27th, 5 day 4 night package includes roundtrip transfers from Medford, airline tickets to Louisville KY, 4 nights hotel, 12 meals, Tours of Louisville, Louisville Slugger, Claiborne Farm, Cooperage Tour to see Bourbon Barrel creation, Churchill Downs, reserved seating for horse racing, admission to KY horse park with shows, Tours & tastings Heaven Hills, Angels Envy, Buffalo Trace, and Woodford Reserve Distilleries, and more. A tour of a lifetime. Rates start at **\$3329** per person double. For reservations and further information on deposits and optional insurance contact the Senior Center at 781-396-6010. Itinerary and flyer available.

NOTICE: Tickets must be purchased at time of reservation. Tickets are non-refundable. For complete details about trips hosted by Medford Senior Center, including participant responsibility, a comprehensive Trip Policy outline is posted at the Senior Center and copies available upon request. All participants are required to have Emergency Contact Information on them throughout the trip. Wallet sized File of Life packets are available free, in the office for your convenience! Some trips are funded in part through a CDBG Grant. **Please be advised that some trips may involve walking a moderate distance and climbing stairs. For safety reasons this event may not be suitable for individuals using a wheelchair, walker, or rollator. Look for this sign or inquire within the office.**



Margaret's Cooking Corner June, 2026

Chopped Italian Salad- A great summer salad to enjoy for lunch or dinner on a hot summer day.

Dressing:

½ cup olive oil
5 T red wine vinegar
2T Dijon mustard
1 T honey
Salt and pepper to taste
1 tsp garlic powder
¼ cup grated Parmesan cheese



Salad:

15 oz. chickpeas – rinsed and dried
1 small head iceberg lettuce, chopped
1 head romaine lettuce, which you will cut up in small strips

4 oz. Pepperoni slices cut in strips or if you prefer 4 oz. Mortadella which you will cut into small strips
8 oz marinated artichoke hearts
1/3 cup Mini tomatoes cut in half
1 ½ cups chopped mozzarella cheese
1 package garlic and cheese croutons

Whisk together the first 5 dressing ingredients, taste and adjust if necessary.

Mix in the parmesan cheese and whisk thoroughly.

Take the rinsed and dried chickpeas and marinate in 1/3 of the dressing for 1 hr.

In a large bowl, toss the lettuce, salami, artichoke hearts, tomatoes and mozzarella with the remaining 2/3 of the dressing.

Add chickpeas and toss thoroughly. Add croutons to the top and sprinkle with extra parmesan cheese and fresh cracked black pepper and serve.

Find inspiration and improve your cooking skills

Join Judit Gaspar—Nutritionist. Demonstrate preparing nutritious meals from fresh ingredients and you can taste it right there! You will also receive a package with the ingredients to prepare at home.

Friday June 5th at 1:30pm—Transylvanian sauerkraut with beef

Friday, June 26th at 1:30pm—Hungarian Goulash

Space is limited to 15 participants—You may sign up for 1 event per month, you can go on a waitlist for other dates. This program is funded by E. Cotton Rawls, Jr Foundation.



Memory Café

Wednesday, June 3rd 10:00am to 12:00noon

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

Summer Crafts with Grace

Location: Medford Senior Center 101 Riverside Avenue Call 781-396-6010 to reserve a seat

Funded in part by Winchester Hospital Grant

If you are unable to make it in person, call Grace Albert to ask about joining via ZOOM

Nutrition Class—Bone Health

Tuesday, June 2nd at 1:00pm

Presented by Tori Murphy RD at MVES

What role does nutrition play in the prevention or managing of osteoporosis and maintaining bone health?

Calcium, Vitamin D and other nutrients and lifestyle ideas will be discussed.

Handouts and a snack tasting will be provided.

Reserve your seat today, 781-396-6010.



Join John Depascale, Chef from Atria Living of Malden Wed., July 1st at 1:30pm Red, White & Blue Smoothies

This month will feature delicious red, white and blue smoothies, a fun refreshing summer themed demonstration.

Seats are limited to 24, Sign up today!


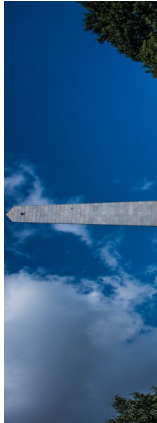


NeighborHealth

Tuesday, June 9th at 11:00am Simplify Your Life with Neighborhood PACE

Mackenzie will discuss how PACE can keep you happy, healthy, active, and independent.

Reserve your seat today, 781-396-6010.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10:00 Cribbage / Dominoes 10:00 Gentle Yoga 10:30 AI-Anon 10:30 Poetry with Carol 11:00 Chair Yoga 12:00 Congregate Lunch 12:30 Whist 12:45 Country Line Dancing 1:00 Beginner Guitar 2:00 Intermediate Guitar 2:00 Chair Volleyball</p> <p>Hot Mixed Bean & Veg Stew Cold Chicken salad sandwich</p>	<p>2 9:30 Chairfit Rhythms 10:00 Knit & Crotchet 10:30 Core & Balance 12:00 Congregate Lunch 1:00 International Culture 1:00 Bone Health Nutrition 1:00 Pride Activity</p> <p>Italian Garden Veg Soup Hot Chicken scallopini Cold Egg salad sandwich</p>	<p>3 9:00 Tech & MBTA support 10:00 Memory Cafe 10:00 Zumba Gold 10:30 Atria Lunch & Tour 10:30 iPad Refresher 11:00 Tai Chi 12:00 Congregate Lunch 1:00 BINGO 1:00 Movie</p> <p>Hot Macaroni & Cheese Cold Roast Beef & Cheese</p>	<p>4 9:30 Spanish Class 10:00 BP with Andreea 10:30 Whist card games 10:30 Core and Balance 11:00 Conversational English 11:30 Lifecare Tabling 12:00 Congregate Lunch 1:00 Monthly Book Club 1:30 Art for Everyone</p> <p>Hot American chop Suey Cold Turkey Pasta Salad</p>	<p>5 9:30 Walking Club 9:30 Community Drumming 10:00 Ceramics 10:30 Latin Dance w/ Judit 11:00 Chinese /English class 12:00 Congregate Lunch 1:30 Cooking w/ Judit</p> <p>Hot Chicken & Rice bake Cold Tuna Salad sandwich</p>
<p>8 10:00 Cribbage / Dominoes 10:00 Gentle Yoga 10:30 AI-Anon 11:00 Chair Yoga 12:00 Congregate Lunch 12:30 Whist 12:45 Country Line Dancing 1:00 Beginner Guitar 2:00 Intermediate Guitar 2:00 Joyful Voices</p> <p>Hot Sweet/Sour meatballs Cold Egg salad sandwich</p>	<p>9 9:30 Chairfit Rhythms 10:00 MSCl Board Meeting 10:00 Knit & Crotchet 10:15 Navigators Game 10:30 Core & Balance 11:00 Food Pantry 11:00 NeighborHealth talk 12:00 Congregate Lunch 1:00 International Culture 1:30 3rd Party Electric Talk</p> <p>Hot Beef Chili, rice, veggies Cold Chef salad with Tuna</p>	<p>10 9:00 Tech & MBTA support 9:00 Men's Breakfast Banter 10:00 Zumba Gold 11:00 NS Music and Lunch 10:30 iPad Refresher 11:00 NS Music/On your Feet 11:00 Legal w/ Jayna 11:00 Tai Chi 12:00 Congregate Lunch 12:30 Jessica from MVES 1:00 BINGO special guest caller 1:00 Silver Solidarity 1:00 Movie</p> <p>Hot Chicken Diane, orzo Cold Turkey & Swiss sandwich</p>	<p>11 9:00 Men's Breakfast club 9:30 Spanish Class 10:00 BP with Andreea 10:30 Whist card games 10:30 Core and Balance 11:00 Conversational English 12:00 Congregate Lunch 1:30 Art for Everyone 1:30 Grief Support</p> <p>Cream of Butternut Soup Hot Roast Turkey, potatoes Cold Chicken Salad sandw</p>	<p>12 9:30 Walking Club 10:00 Ceramics 10:30 Latin Dance w/ Judit 11:00 Chinese /English class 12:00 FEZ Festival 1:30 Haitian Social group GRAB N GO ONLY Roast Beef & Chesse sand</p> 
<p>15 9:30 Market Basket 10:00 Cribbage / Dominoes 10:30 Poetry with Carol 10:30 AI-Anon 12:00 Congregate Lunch 12:30 Whist 12:45 Country Line Dancing</p>	<p>16 9:30 Chairfit Rhythms 10:00 ENCORE Casino 10:00 Knit & Crotchet 10:30 Core & Balance 12:00 Congregate Lunch 1:00 International Culture 1:00 Pride activity</p>	<p>17</p> <p>CLOSED Bunker Hill Day</p> 	<p>18 9:30 Spanish Class 10:00 BP with Andreea 10:00 COA Board Meeting 10:30 Whist card games 10:30 Core and Balance 11:00 Conversational English 12:00 Congregate Lunch</p>	<p>19</p> <p>CLOSED</p> 

<p>1:00 Beginner Guitar 2:00 Intermediate Guitar 2:00 Chair Volleyball</p> <p>Hot Cheese Omelet, potatoe Cold Tuna Salad sandwich</p>	<p>Lentil Spinach Soup Hot Lasagna Roll w/ sauce Cold Roast Beef & cheese</p>		<p>1:00 History w/ Michael H 1:30 Art for Everyone 2:00 LGBTQ+</p> <p>Hot Sausage, peppers, onions Cold Turkey & Swiss sandw.</p>	
<p>22 10:00 Cribbage / Dominoes 10:30 AI-Anon 12:00 Congregate Lunch 12:30 Whist 12:45 Country Line Dancing 1:00 Beginner Guitar 2:00 Intermediate Guitar 2:00 Joyful Voices</p> <p>Hot Chicken Cacciatore Cold Turkey & Swiss sandw</p>	<p>23 9:30 Chairfit Rhythms 10:00 Knit & Crotchet 10:00 Walmart & Lunch 10:30 Core & Balance 11:00 Food Pantry 12:00 Congregate Lunch 1:00 International Culture</p> <p>Hot Potato Pollock & lemon Cold Chicken salad</p>	<p>24 TBA Country Jamboree Trip 9:00 Tech & MBTA support 10:00 Zumba Gold 10:30 Rep. Paul Donato 10:30 iPad Refresher 12:00 Congregate Lunch 1:00 BINGO 1:00 Silver Solidarity 1:00 Movie</p> <p>4:00 LGBTQ+ Tea Dance at Wakefield Senior Center</p> <p>Hot Beef Burgundy, potatoes Cold Italian Tuna salad sandw.</p>	<p>25 9:30 Spanish Class 10:00 BP with Andreea 10:30 Whist card games 10:30 Core and Balance 11:00 Conversational English 12:00 Congregate Lunch 1:00 History w/ Mike H 1:30 Art for Everyone</p> <p>Tuscan Soup Hot Swedish meatballs Cold Roast Beef & Cheese</p>	<p>26 9:30 Walking Club 10:00 Ceramics 10:00 Veterans Talk 10:30 Latin Dance w/ Judit 11:00 Low Vision Off Site 11:00 Chinese /English class 12:00 Congregate Lunch 12:15 Listening Table 1:30 Cooking w/ Judit 1:30 Haitian Social group</p> <p>Hot Bean & Spinach stew Cold Veg. Chef Salad</p>
<p>29 10:00 Bowling/Lunch 621 10:00 Cribbage / Dominoes 10:00 Gentle Yoga 10:30 AI-Anon 11:00 Chair Yoga 12:00 Congregate Lunch 12:30 Whist 12:45 Country Line Dancing 1:00 Beginner Guitar 2:00 Intermediate Guitar</p> <p>Hot Hot Dog, beans, veggie Cold Tortellini salad, roll</p>	<p>30 9:30 Chairfit Rhythms 10:00 Knit & Crotchet 10:30 Core & Balance 12:00 Congregate Lunch 1:00 International Culture 1:00 Tea Blending Talk 1:00 Pride Activity</p> <p>Cream of Mushroom Soup Hot chicken Souvlaki Cold Tuna Salad sandwich</p>		<p>Important Telephone Numbers COA / Senior Center 781-396-6010</p> <p>Magan Transportation Pre-register 617-792-2853 Book ride 781-666-8626</p> <p>Door to Door Trans. 617-625-1191</p> <p>MVES / Meals On Wheels 781-324-7705</p> <p>Suggested Donation for Lunch \$2.00</p>	

ACTIVITIES

MONDAYS

10:00 am Cribbage/Dominoes - open to all

10:00 am Gentle Yoga with Rosa \$5.00 per class NO class on June 15

10:30 am POETRY with Carol will be held on June 1st and June 15th at 10:30am.

11:00 am Chair Yoga with Rosa \$3.00 per class. NO class on June 15

12:30 pm Whist ALL levels welcomed.

12:45 pm Country Line Dancing with Julie Kaufmann \$3.00 per class.

2:00pm Chair Volleyball Free lots of laughs, and try something new June 1st & 15th.

2:00pm Joyful Voices FREE CHOIR Mondays twice a month with Zofia—June 8th & 22nd. Please stop by

TUESDAYS

9:30am ChairFit Rhythms-with Emily, Chair based fitness to music with dance and strength, \$3.00 per person 45 minute class. First come for seats, sign up not required.

10:00am Knit & Crochet FREE class, Yarn and needles available.

10:30am Core and Balance with Sheri \$3.00 per class Limit of 54 people in the class.

1:00pm International Culture offering conversation and topics from countries around the world with Ariane.

WEDNESDAYS Senior Center Closed on Wednesday June 17th

9:00am MBTA senior charlie card support and 1/1 tech help by appointment.

10:30am iPad refresher series with Marc, limited to 5 people, please bring your own iPad, 3 week series.

10:00am Zumba Gold with Emily, \$3.00 per class, all are welcome.

11:00am Tai Chi—new class for free, sign up in advance. No Class June 24th

1:00pm BINGO—\$3.00 for 11 games. Special caller Mayor Breanna Lungo Koehn June 10th.

1:00pm Free Movie in our library (most Wednesdays).

THURSDAYS

10:30am WHIST— card games available for any level of play.

10:00am BP with Andreea from the city of Medford Board of Health, most Thursdays.

10:30am Core and Balance with Sheri \$3.00 per class . Limit of 54 people in the class.

11:00am Conversational English as Second Language Thursdays June 4, 11, 18, 25, Join Judy to enhance your English speaking skills.

1:30pm ART for Everyone , Free class, sign up today. In person or via zoom. Please call our office if you would like to take this class from home on Zoom.

FRIDAYS Senior Center Closed on Friday June 19th

9:30am Pam's walking club (weather permitting) for a brisk 45 minute walk around the city.

10:30am Free Latin & Ballroom Dance Class w/ Judit Learn Latin and Ballroom Dances. June 5, 12, & 26th

10:00am Ceramics with Rosemary at Clay Dreams Arlington \$6.00 for 2 hour class (ceramic piece additional fee to be paid direct). If transportation needed, sign up at the Senior Center 781-396-6010. Van will depart at 9:45am. You may drive yourself to Clay Dreams.

11:00am— Chinese English Class - Class designed specifically for older adults each Friday. This class offers a friendly and relaxed environment where you can practice speaking English, engage in lively discussions, and build your confidence. Reserve a seat today. New class is limited to 6 students!

Saturdays at Medford High School—Pickleball 10:00am—11:30am visit www.MedfordRecreation.org

LGBTQ+ Meet & Greet **Thursday, June 18th 2pm—3pm**

Join LGBTQIA+ members at the Medford MCOA/Senior Center. Join Janice Cole our facilitator, for our group talk once a month. The doors are open for all. Funded by Winchester Hospital Grant. Celebrate Pride Month with the Medford Senior Center for Pride activities, June 2nd, 16th & 30th 1:00pm to 2:00pm.



Spanish Class with Gabriela **June 4th—July 23rd** **New 8 week session** **9:30am—10:15am**

Have you always wanted to learn Spanish but felt unsure about your ability to do so? This beginner-level, conversational class with Gabriela is designed just for you! Class size is limited to 8 participants to ensure personalized attention. A commitment to attend all sessions is required. This session is full, waitlist only at this time. Sign up today at 781-396-6010.



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Walgreens

Clinical Trials

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We offer different participation formats such as in-store, virtual, at-home, or hybrid options, allowing participants to choose the best option for their needs and schedules. Insurance is generally not required to participate in a clinical trial through Walgreens.



Walgreens Clinical Trials

Location: 215 Beach St • Malden, MA

Phone: 339-203-9336



Data rates may apply.

Get one-on-one help with your Medicare questions

I'm Addison Crawford, a licensed sales agent in Massachusetts, Ohio, Connecticut. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

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crawford

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Healthy older adults (ages 60+) needed for a research study on emotional processing.



We are researchers at Boston College who are interested in how the brain processes emotional information. We use the noninvasive method of electroencephalography (EEG) to look at brain activity.

You will be compensated for your time

For more information, including study eligibility and location details, please contact us.

Email: canlab@bc.edu | Phone: 617-552-6949

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Annual fees apply.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Medford Council on Aging, Medford

06-5133

Information and Resources

Al-Anon Support group—10:30am to 11:30 am meet in person in our Library on Monday mornings
VETERANS Coffee Hour—Friday, June 26th at 10:00am at the Senior Center Join Leo Mingace, and Medford's Veterans Director, Veronica Shaw, for our veterans coffee hour with resources and information for any veteran or family member.

LOW VISION SUPPORT GROUP June 26th, Friday at 10:00am The Low Vision Support Group will have an offsite luncheon . The facilitator is Alan White, and is sponsored by the Mass Association for the Blind and Visually Impaired. For information 781-396-6010.

Grief Support Thursday, June 11th from 1:30pm - 3:00pm Monthly Grief support Group will meet the 2nd Thursday of each month, to offer conversation and support. Join Janice (facilitator) at the Senior Center. For information call 781-396-6010. Funded by Winchester Hospital Grant.

HOME MAINTENANCE CALLING ALL MEDFORD RESIDENTS 60+. The Senior Center can help you with small jobs that contribute to home safety. Do you need the batteries changed in your smoke detectors? Replace your alarms that are more than 10 years old? Call us to climb the ladder and fix the hard to reach fixtures. No job too small. To schedule service, call **781-396-6010**. Funded through a Medford CDBG Human Services Grant.



In collaboration with Mystic Valley Elder Services,
Tai Chi for Health
Wednesdays, May 13th –July 15th at 11:00am

Cho Chau Li experienced in Tai chi will be the new instructor offering an 8 week session, Sign up in advance is required.

June 3rd, 10th

July 1st, 8th, 15th

This session is filled,
waitlist only available



The MBTA mobility Center will be presenting
On Tuesday, July 7th at 1:00pm
How to use MBTA resources to plan your trip

Topics covered will include how to use MBTA resources to plan your trip, accessibility features on MBTA services, and available services if your trip extends outside the MBTA service area.

Following the presentation, presenters will stay to assist individuals who may qualify for the Blind Access Pass and/or Senior CharlieCard or other reduced fare programs to complete their applications (government-issued phot ID with date of birth required for Senior ID.

Reserve your seat today 781-396-6010.



FOOD PANTRY June 9th & 23rd

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.

New Join the Listening Table June 26th Friday from 12:15pm to 1:00pm

The listening Table is a community gathering where people come together to listen to records, share stories, and connect over the songs that shaped their lives. Bring a record (if you have a favorite). Drop the needle. Let the music do the talking. Swabarna, a West Medford resident and lifelong vinyl enthusiast, hosts the new program. Reserve a seat today.

Jayna Stafford, Director of Legal Services Wednesday, June 10th

Appointments available from 11am—1pm

To prevent homelessness before it happens, Housing Families provides free legal service to help clients stay in their homes. Services may include advocacy, representation in court, referrals, and legal advice, all in an effort to achieve greater housing equity and well-being for all. Please call 781-396-6010 for a 30-minute appointment.

**Come meet Jessica Phelan, LSW from MVES
Wednesday June 10th, 12:30pm—1:30pm**
Mystic Valley Elder Services offers a wide array of services including behavioral health support. Jessica can refer a person to support groups, one-on-one therapy, or any other services that would benefit a person's overall wellbeing. Come stop by and chat with Jessica, no appointment is needed!!

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead Senior Care® can help.

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Searching for unclaimed property in your state is always free.

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.

Multiple opportunities for you to get your Blood Pressure checked.

Andreea from Medford's BOH will offer BP most **Thursdays** from 10am to 12noon. Stop by and get your numbers checked.

Cara Gosselin from Tufts Medicine will be available on **Thursday June 18th** at 2:00pm

Medford Council On Aging
101 Riverside Avenue



MEETINGS

COA Board Meeting
Thursday June 18th
At 10:00am

~
MSCI Board Meeting
Tuesday June 9th
at 10:00am



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Medford Senior Center

<https://www.medfordma.org/departments/council-on-aging/>

medfordseniors@gmail.com

SEE YOU THERE!



Medford Senior Center
101 Riverside Ave, Medford, MA, 02155

Representative Paul Donato Wednesday, June 24th at 10:30am

Will be available Wednesday June 24th at 10:30am at the Medford Senior Center, Call 781-395-1683 for immediate questions.



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<https://mycommunityonline.com/organization/medford-council-on-aging>
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