

FEBRUARY 2012

The Council on Aging Office will be closed on Monday, February 20, 2012 in observance of President's Day. All activities and services will be cancelled.

AARP CHAPTER 3809 INFORMATION

AARP is an advocacy group for those over age 50. The meetings are held on the first Monday of the month (second Monday if it falls on a holiday) at 1:00 PM at the American Legion Post 156, Waverley Oaks Road, Waltham. Dues are \$10 per calendar year and members must belong to the national AARP organization. President ~ Angie Mullaney 781-891-9743. Visitors are welcome.

FUEL ASSISTANCE REMINDER

This program provides home heating assistance between November 1st and April 30th. Eligibility is based on household size and gross annual income of all members 18 years of age and older. Anyone interested in applying should contact Maureen @ 781-314-3301. This program ends April 30, 2012.

MENOTOMY WEATHERIZATION ASSISTANCE PROGRAM

This program services eligible homeowners and tenants twelve months a year at no cost to them with air sealing, insulation and more. All contractors are licensed and insured. The program oversees the entire project from the initial audit through the final quality control inspections after the work has been completed. Eligibility is based on gross family income following the yearly guidelines set by the Federal Low-Income Energy Assistance Program. Contact the Arlington Office at 781-316-3436 for more information.

COMMUNITY PRESERVATION ACT (CPA) EXEMPTIONS FOR SENIORS

This is a 2% surcharge that is applied to your property tax bill to create a fund for Waltham to use towards the preservation of open space, historical assets, affordable housing, and recreation. You may be exempt from the CPA annual tax, (the amount will appear on your third quarter property tax bill), if you meet certain income criteria. Applications for exemptions are available at the Assessor's Office located at City Hall, 610 Main Street. The Assessor's Office will be happy to walk you through the application process and explain every exemption that is offered.

TELEPHONE REASSURANCE PROGRAM

This program provides phone calls to check in on seniors who live alone. It is a two hour a week commitment. Calls can be made from your home. If you are interested in making calls or if you are a senior who would like to receive call, please contact Maureen @ 781-314-3301.

**FRIENDS OF WALTHAM SENIORS
PENNY DRIVE**

The Friends of Waltham Seniors penny drive has collected another \$93.66. Many thanks to all who contributed!

LUNCH / THEATRE ~ THURSDAY, MARCH 1

Lunch is on your own at the Agean Restaurant followed by a performance of "Bakersfield Mist" at the New Repertory Theatre in Watertown. The play is a comedy about a woman who buys a painting in a thrift store to discover that it's worth millions. The cost is \$19.50 (theatre ticket) per person due upon reservation beginning Tuesday, February 7 @ 8:45 AM. The COA bus departs from the Sacred Heart Church parking lot at 11:45 AM and returns around 4:30 PM. One ticket per person.

FLOWER SHOW / LUNCH ~ THURSDAY, MARCH 15

We will visit the Boston Flower Show from 10:00 am - 12:30 PM followed by lunch at Maggiano's at 1:00 PM. Lunch will feature a family style meal. The cost is \$42.00 per person due upon reservation beginning Tuesday, February 7 @ 8:45 AM. The COA bus will depart from the Sacred Heart Church parking lot at 9:15 AM and return around 3:00 PM. One ticket per person.

**"A MEMORY MEAL" at Valentine's Day
THURSDAY, FEBRUARY 9 @ 12:30 PM**

When remembering a loved one who has passed, people often recall the food he or she ate or cooked together, and find it comforting to cook his or her favorite meal or original recipe. Using this form of comfort as a guide, Beacon Hospice is hosting a free pot luck lunch to provide support for families and friends who have lost a loved one. Guests will share dishes inspired by loved ones. Please register by Tuesday, February 7.

PROBATE LAWS ~ MONDAY, FEBRUARY 13 @ 1:00 PM

Attorney Andrea Natsios will be here to discuss the new probate laws. Call to register.

RHEUMATOID ARTHRITIS ~ FRIDAY, FEBRUARY 17 @ 12:00 PM

Are you one of the nearly 1.3 million people in the US living with RA? Alan Marks, MD, will identify the symptoms and challenges of this disease - and what you can do about them. Lunch is provided.

MEDITATION ~ TUESDAY, FEB. 21 @ 11:00 AM

Learn to relax your nervous system, work toward balancing your blood pressure and build a relationship with your (Chi) life force energy. The cost is \$10.00 due upon reservation.

**A TRIP DOWN MUSICAL MEMORY LANE
FRIDAY, FEBRUARY 24 @ 1:00 PM**

David Polansky will entertain you with his keyboard and trumpet. This interactive show includes singing, impersonations, "stump the audience" and dance. The cost is \$4.00 per person due upon reservation.

**RMV PRESENTS ROAD SCHOLAR
MONDAY, FEBRUARY 27 @ 1:00 PM**

At this safe driving workshop you will review the rules of the road. Other topics include new laws, regulations, and safe driving tips.

BEYOND BALANCE

The next 8 week session begins Thursday, February 2 - March 22, 2012. The cost is \$40 due on the first class. This is a one hour strength training class with a focus on exercises that enhance balance.

DANCEXERCISE

The next 5 week session begins Monday, February 6, - March 12, 2012. The cost is \$20 due on the first class. This class is a mix of line dance, ballroom dance and jazz steps that incorporates stretching, strength training, flexibility and balance.

5-WEEK BASIC COMPUTER I

Learn how to shop for a computer, set it up, use your PC, mouse and printer, sign up for email, access the Internet, and other essential PC skills and programs. The cost is \$30 per person due upon reservation. The class dates are: Wednesday, March 21, 28, April 4, 11, 18 from 1:00-2:30 PM.

5-WEEK BASIC COMPUTER II

This course will cover navigating your PC & configuring it to your needs, demystifying files, folders & directories, intro to Word, Excel and PowerPoint, security, and safe surfing on the Internet. Prerequisites: must have completed Basic Computer I or must know how to use PC and mouse. The cost is \$30 per person due upon reservation. The class dates are: Thursday, March 22, 29, April 5, 12, 19 from 1:00 - 2:30 PM.

ZUMBA GOLD

Zumba Gold is an easy-to-follow low impact dance exercise class. Instructor Justin guides you on a rhythmic journey of Latin and World music as you develop stamina, coordination, fluidity, and range of motion. It's a fitness party held on Tuesday afternoons from 3:00 - 4:00 PM. The cost is \$2.00 per person, per class. TRY IT!

ARE YOU A BREAST CANCER SURVIVOR?

Call the senior center to learn more about a new exercise program.

MOVIE:

Friday, February 3 ~ THE DEBT

10:30 AM with captions, 1:00 PM without captions:

This spy thriller stars Helen Mirren as a retired agent who with her team tracked down a Nazi war criminal in 1966 that was so applauded in history. Now 30 years later the past collides with the present and a new and deadly story begins. 114 mins.

BLOOD PRESSURE CLINICS

Blood Pressure is offered at the Senior Center on Wednesdays. The dates are:

February 1, 8, 15, 22, 29 at 9:00 AM

Blood Pressure is also offered at:

101 Prospect Street on the second Tuesday of the month at 10:00 AM, Grove Street Housing on the second Thursday of the month at 2:00 PM. *Please note that the Blood Pressure offered at 110 Pond St. is discontinued due to low attendance.*

ALZHEIMER SUPPORT GROUP

Wednesday, February 15 at 2:30 PM

BEREAVEMENT SUPPORT GROUP

(registration is required)

Wednesday, February 22 at 2:30 PM

PODIATRY by Dr. Tuler - Call for appointment

Routine visits for nail and callous care.

Wednesday, February 15 at 11:00 -12:45 PM

TAXI VOUCHERS

You may purchase 6 books in February.

SOCIAL SECURITY OFFICE HAS MOVED

Waltham's Social Security Office has moved to 135 Beaver Street. The phone number is 1-877-457-1737.

SNOW EMERGENCY INFORMATION

When Waltham Public Schools are closed due to inclement weather all of our programs and activities are cancelled, including Meals on Wheels.