



THE SENIOR CONNECTION

KEEPING WALTHAM SENIORS INFORMED AND IN TOUCH

JULY 2017

SAVE THE DATE

The annual Health and Resource Fair will be held on Monday, August 28, 2017 at the Embassy Suites on Winter Street. Details will be in the August newsletter.

WOODMAN'S OF ESSEX TUESDAY, AUGUST 8, 2017 TUESDAY, AUGUST 29, 2017

Lunch at Woodman's will feature your choice of a lobster roll, fried clam plate or 1/2 rotisserie chicken with French fries and slaw. After lunch you will have time to browse the gift shop or get an ice cream (on your own). We will stop at Russell Orchards Farm & Winery before heading home. The cost is \$31.00 per person due upon reservation beginning Tuesday, July 11 @ 8:45 AM. The COA bus will depart from the Sacred Heart Church parking lot at 10:30 AM and return around 4:00 PM. Please select one date. You may purchase two tickets. If you would like to go on both trips, place your name on the wait list for your second date.

LECTURE AND BRUNCH AT BRANDEIS UNIVERSITY JULY 11 @ 10:00 AM - NOON

Special invitation for Waltham seniors. Learn about Waltham's healthy aging movement Waltham Connections, and gain information about Brandeis' adult learning programs. This free program includes brunch and a lecture by noted historian Ben Railton on "Three Icons of the Harlem Renaissance." Location is 60 Turner Street, Waltham. Space is limited. Contact Matthew Madeiros, BOLLI Program Coordinator to register. 781-736-2992 or email him at mmedeiros@brandeis.edu.

TAXI VOUCHER PROGRAM

NEW PROGRAM BEGINS JULY 3, 2017

Taxi vouchers are available to Waltham residents age 60+. First time buyers must purchase the vouchers in person with proof of age and residency. A book of 10 vouchers worth \$10.00, cost \$5.00. A discount is offered to Mass Health subscribers. The voucher program begins on July 1st and expires on June 30th of each year. The vouchers are not valid for rides to the airport or cruise ports. You may purchase 6 books of vouchers in the month of July.

HANDYMAN PROGRAM

A volunteer handyman is available to provide free labor to seniors for safety and security related issues such as railings, assist bars, house numbers, door bells, light bulb replacement, door locks, etc. The senior is responsible for the cost of the materials needed for the repair. The handyman does not mow lawns, rake leaves, clean gutters, shovel snow or install air conditioners. Seniors are required to sign a liability release at the time of service. Voluntary contributions to the Waltham Council on Aging are accepted for this service. Call us to place your handyman service order.

FILE OF LIFE

A File of Life card keeps your important information in one handy location. It will list your emergency contacts, medications, health issues, and medical history. It enables medics to obtain your information during an emergency. The card is kept in a red plastic magnetic holder and is placed on your refrigerator. A smaller version is available to keep on your person. This version is required to be with you on COA day trips. File of Life cards are available at the senior center.

Waltham Council on Aging

488 Main Street • Waltham, MA 02452
Phone 781-314-3499 • Fax 781-899-7373

JULY 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3. 9:30 Exercise Class 9:30 <u>NO Bridge Lessons</u> 10:00 Knitting 10:00 Outdoor Golf 11:00 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Chicken Marsala & Bologna & Cheese</u> 12:00 Hearts 1:00 Whist 1:30 <u>No Dance Exercise</u></p>	<p>4. CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p> 	<p>5. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:45 Exercise Video 11:00 Walking Club 11:00 <u>Jay Higgins - Rep. for Congresswoman Clark</u> 11:30 Poker 12:00 <u>American Chop Suey or Ham & Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce'</p>	<p>6. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting/no instructor 10:00 Exercise Video 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Water Exercise</u> 12:00 <u>Swedish Meatballs or Egg Salad w/Garden Salad</u> <u>Onsite lunch - Cookout</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 12:00 Computer Tutor 1:00 Bridge Games 2:00 Line Dance Practice</p>	<p>7. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 <u>NO Movie with captions</u> 1:00 Walking Club 11:30 Poker 12:00 No on-site Lunch <u>Mac & Cheese or Tuna Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 12:30 <u>TROOPER DAN</u></p>
<p>10. 9:30 Exercise Class 9:30 <u>NO Bridge Lessons</u> 10:00 Knitting 10:00 Outdoor Golf 11:00 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Turkey Dinner & Bologna & Cheese</u> 12:00 Hearts 1:00 <u>Hearing Aid Clinic</u> 1:00 Whist 1:30 Dance Exercise</p>	<p>11. SHINE APPOINTMENTS 8:45 <u>Trip sign ups</u> 9:00 Crochet Class 9:00 Sewing 9:45 Tai Chi 10:00 Outdoor Golf 11:00 <u>Book to Film</u> 11:00 Walking Club 12:00 <u>BBQ Chicken or Chicken Salad w/ Garden Salad</u> 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 Ping Pong 1:00 <u>Bracelet Class</u> 1:30 Chair Yoga 2:00 Water Exercise 3:00 <u>Argentine Tango Class</u></p>	<p>12. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:45 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Stuffed Peppers or Ham & Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce' 2:00 Deputy Sheriff's Lunch</p>	<p>13. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting /no instructor 10:00 Exercise Video 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Water Exercise</u> 12:00 <u>Chicken Parm or Egg Salad w/Garden Salad</u> <u>Onsite lunch - Cookout</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 12:00 Computer Tutor 1:00 Bridge Games 2:00 <u>Book Group</u> 2:00 Line Dance Practice</p>	<p>14. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 <u>Movie with captions</u> 1:00 Walking Club 11:30 Poker 12:00 <u>Fish (Chef's Choice) or Seafood Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 <u>Movie: La La Land</u> Runtime: 1:56</p>
<p>17. 9:30 Exercise Class 9:30 <u>NO Bridge Lessons</u> 10:00 Knitting 10:00 Outdoor Golf 11:00 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Cheese Omelet or Bologna & Cheese</u> 12:00 Hearts 1:00 Whist 1:00 <u>Medicare Patrol</u> 1:30 Dance Exercise</p>	<p>18. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 Sewing 9:5 Tai Chi 10:00 Outdoor Golf 10:00 <u>Rockport</u> 11:00 <u>Film Discussion Group</u> 11:00 Walking Club 12:00 <u>Ziti & Meatballs or Chicken Salad w/ Garden Salad</u> 12:00 Mah Jong 12:00 Hearts 12:00 <u>Legal Services</u> 12:30 Bridge 1:00 Ping Pong 1:00 <u>Seamstress Services</u> 1:30 Chair Yoga 2:00 Water Exercise 3:00 <u>Argentine Tango Class</u></p>	<p>19. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:45 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Shepard's Pie or Ham & Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce</p>	<p>20. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting /no instructor 10:00 Exercise Video 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Water Exercise</u> 12:00 <u>Chicken Supreme or Egg Salad w/Garden Salad</u> <u>Onsite lunch - Cookout</u> 12:00 Mah Jong 12:00 Hearts 12:00 Computer Tutor 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Hearing Screenings</u> 2:00 Line Dance Practice</p>	<p>21. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 <u>Movie with captions</u> 1:00 Walking Club 11:30 Poker 12:00 <u>Hot Dogs & Beans or Tuna Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 <u>Movie: Passengers</u> Runtime: 1:56</p>
<p>24. 9:30 Exercise Class 9:30 <u>NO Bridge Lessons</u> 10:00 Knitting 10:00 Outdoor Golf 11:00 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Honey Dijon Chicken or Bologna & Cheese</u> 12:00 Hearts 1:00 Whist 1:00 <u>Credit Card Fraud</u> 1:30 Dance Exercise</p>	<p>25. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 Sewing 9:45 Tai Chi 10:00 Outdoor Golf 10:45 <u>Boston Duck Tour</u> 11:00 <u>Film Discussion Group</u> 11:00 Walking Club 12:00 <u>Sweet & Sour Meatballs or Chicken Salad w/ Garden Salad</u> 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise 3:00 <u>Argentine Tango Class</u></p>	<p>26. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Podiatrist</u> 10:45 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Salisbury Steak or Ham & Cheese</u> 12:00 Hearts 1:00 Hearing Screening 1:00 Bingo 1:00 Bocce</p>	<p>27. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting /no instructor 10:00 Exercise Video 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Water Exercise</u> 12:00 <u>Pulled Pork or Egg Salad w/Garden Salad</u> <u>Onsite lunch - Cookout</u> 12:00 Mah Jong 12:00 Computer Tutor 12:00 Hearts 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Exercise to a Better Life</u> 2:00 Line Dance Practice</p>	<p>28. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 <u>Movie with captions</u> 1:00 Walking Club 11:30 Poker 12:00 <u>Fish (chef Choice) or Seafood Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 <u>Movie: Jackie</u> Runtime: 1:40</p>
<p>31. 9:30 Exercise Class 9:30 <u>NO Bridge Lessons</u> 10:00 Knitting 10:00 Outdoor Golf 11:00 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Chicken Marsala or Bologna & Cheese</u> 12:00 Hearts 1:00 Whist 1:30 Dance Exercise</p>	<p>REGISTRATION Please sign up for all events you wish to attend. This helps us with room set-up, refreshments, and we can notify you if the event is cancelled or changed. Call us at 781-314-3499.</p>	<p>ON-SITE LUNCH PROGRAM Lunch is served daily at 12:00 PM. Reservations are required the day before. The cost is \$4.00 payable on the day you come. The menu is printed on this calendar and is subject to change. Please notify us if you have a food allergy.</p>	<p>SHINE HEALTH INSURANCE COUNSELING SHINE is a free service with highly trained counselors. They offer confidential counseling on all aspects of Medicare and related health insurance programs. Call us to schedule your free SHINE appointment @ 781-314-3499.</p>	<p>IMPORTANT NOTICE If you or someone you know is having financial difficulty such as paying for food, heating bills, rent, etc., please contact Maureen @ 781-314-3301. She may be able to locate the appropriate agency to help you.</p>

"Before placing your order, please inform your server if a person in your party has a food allergy"

**FREE 8-WEEK ARGENTINE TANGO CLASS
TUESDAY, JULY 11 - AUGUST 29 from 3 - 4 PM**

Please note: The printed newsletter listed the wrong time; the correct time is 3 - 4 PM.

This beginner level class will focus on fundamental steps and dance floor etiquette. The format will be relaxed and enjoyable and the music will be authentic. Apart from the social rewards, the physical and mental benefits include improved balance and memory. The instructor, Steven Adcock, is a Waltham resident and senior. He has danced professionally for over 40 years. No previous experience is required. No partner necessary. Please wear clean comfortable street shoes (not sneakers). Please register.

**EXPRESS BRACELET CLASS
TUESDAY, JULY 11 @ 1:00 PM**

Make a fun summer bracelet. A variety of beads will be available. Stretch bracelets only. All supplies are provided. Cost is \$5.00 per bracelet. A sample bracelet is on display at the front desk. Registration required.

**BOOK GROUP
THURSDAY, JULY 13 @ 2:00 PM**

Experience a story with the Waltham Public Library. Join the whole city of Waltham as we engage in conversation and programming designed to delve deeper into a story, start a dialogue, uncover new perspectives, and bring people together in an entertaining and enriching way. On Thursday, July 13th, the library will host a book group at the senior center. This group will focus on Mary Shelley's classic book Frankenstein. The library will be supplying copies of the book to the senior center for you to read. The book discussion will be led by Waltham Public Library staff.

**SENIOR MEDICARE PATROL
MONDAY, JULY 17 @ 1:00 PM**

Learn how to prevent, detect, and report health care errors, fraud and abuse. Presented by Patricia McMillen, a representative of the Massachusetts Senior Medicare Patrol. Please register.

**CREDIT CARD FRAUD
MONDAY, JULY 24, 2017 @ 1:00 PM**

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present on credit card skimming devices. Learn how to spot skimming devices found at gas stations and ATMs. You will hear information about the Consumer Affairs Office and what they do. Sponsored by the Watertown Savings Bank. Please register.

**EXERCISE YOUR RIGHT TO A BETTER LIFE
THURSDAY, JULY 27 @ 1:00 PM**

Yes, exercise is good for your body, but did you know it can improve your mood? Learn senior exercise myths, what 8 household objects make great exercise tools, and the best exercises for those over 50. Learn them from an experienced personal trainer who focuses on seniors. Sponsored by Right at Home. Please register.

**COMPUTER TUTOR
THURSDAY, JULY 6, 13, 20, 27**

One hour appointments are offered from 12:00 - 4:00 @ \$20.00 per hour due upon registration. Meet one on one with the instructor. Indicate the topic you need help with at registration. Instructor: Howard Loewinger.

**FILM DISCUSSION GROUP PREVIOUSLY
KNOWN AS MEET "REEL" PEOPLE
TUESDAY, JULY 18 & 25 @ 11:00 AM**

July's theme is "Medical Science". View the film and participate in a follow-up group discussion about the film. 7/18 - "Frankenstein" by Mary Shelley (1931/120 min.); 7/25 - "Invisible Man" by H. G. Wells (1933/) Please register.

**BOOKS TO FILM GROUP
TUESDAY, AUGUST 1 @ 11:00 AM**

Read "The Namesake" by Jhumpa Lahiri (2004/291 pages). View the film at 11:00 AM then participate in a group discussion comparing the book with the film. Books are available at the circulation desk at the Waltham Public Library. Please register.

JULY & AUGUST COOK OUTS

Every Thursday during July & August we will offer lunch that will be cooked on the outdoor grill. Your choice is a hot dog, hamburger or cheeseburger. It includes a chef's choice of salad, chips, dessert and a soda. Lunch reservations are required.

TAI CHI SUMMER CLASSES: Tuesday Tai Chi class will be offered during the month of July. New students are welcome!

MONDAY AM EXERCISE CLASS: - No instructor for the Monday morning exercise class during July & August. An exercise video will be available.

THURSDAY WATER EXERCISE CLASS NEW TIME: The new time is 12:00 PM beginning June 29 through Labor Day.

PAINTING: Thursday painting class will suspend for July & August. Students can still use the room during the scheduled class time.

BRIDGE LESSONS: No lessons July & August.

SENIOR CONNECTION

MOVIES & POPCORN

Movies are shown on Fridays at 1:00 PM. The same movie is shown with subtitles at 10:30 AM. To enjoy a bag of fresh popped popcorn you must register in advance!

FRIDAY, JULY 14 ~ LA LA LAND ~ A jazz pianist falls for an aspiring actress in Los Angeles. Stars Ryan Gosling, Emma Stone. Rated PG-13; Runtime: 1:56.

FRIDAY, JULY 21 ~ PASSENGERS ~ A spacecraft traveling to a distant colony planet and transporting thousands of people has a malfunction in its sleep chamber. As a result, two passengers are awakened 90 years early. Stars Jennifer Lawrence, Chris Pratt, Michael Sheen. Rated PG-13; Runtime: 1:56.

FRIDAY, JULY 28 ~ JACKIE ~ Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children, and define her husband's historic legacy. Stars Natalie Portman, Peter Sarsgaard, Greta Gerwig. Rated: R; Runtime: 1:40.

DURABLE MEDICAL EQUIPMENT

We are no longer accepting standard walkers, crutches and transport chairs. We will accept rollator walkers (walkers with wheels and a seat), standard wheelchairs, shower chairs, transfer shower chairs and commodes. We have a large supply of men's and women's incontinence products. Please check with us before you buy them.

**COUNCIL ON AGING
488 MAIN STREET
WALTHAM, MA 02452-6131**

SENIOR CENTER NOTES:

BLOOD PRESSURE: Offered every Wednesday from 9:00-10:00 AM and at 101 Prospect St. on the second Tuesday of the month at 10:00 AM.

BOWLING: There will be no bowling in July & August.

BRIDGE PLAY & LESSONS: No classes in July & August.

COA BOARD MEETINGS: No board meetings in July & August.

FITNESS: July 3 - NO instructor for Dance Exercise class. An exercise video of a previous instructor is available.

HEARING AID CLINICS: Monday, July 10th ~ West Newton Hearing offers 10 minute appointments to clean and check pre-existing hearing aids from 1:00- 2:00 PM

HEARING SCREENINGS: Thursday, July 20th ~ West Newton Hearing offers 10 minute appointments from 1:00-2:00 PM to determine if your hearing is normal or if a full hearing evaluation is needed.

HOLIDAYS: We will be closed on Tuesday, July 4th.

LEGAL SERVICES: Tuesday, July 18th ~ Metro West Legal offers 15 minute appointments at the senior center from 12:00 - 2:00 PM to meet with an attorney.

OPEN COMPUTER LAB: The computers are available Monday-Friday, 8:30-4:30 but not during a computer class.

PODIATRIST: Wednesday, July 26th ~ Dr. Tuler offers routine nail and callus care at the senior center. Appointments offered from 10:00 AM - 12:45 PM.

PUBLIC OFFICIALS: July 5th ~ Meet with Jay Higgins from U.S. Congresswoman Katherine Clark's Office. He will offer drop in office hours to meet with seniors on the 1st Wednesday of the month @ 11:00 AM.

SEAMSTRESS SERVICES: Tuesday, July 18th ~ 15 min. appointments from 1:00 - 2:00.

TAXI VOUCHERS: You may purchase 6 books of taxi vouchers in the month of July.

TRIAD: Drop in service. Meet one on one with Officer Bailey. Wednesday's 8:30 - 10:00 AM.

Marybeth Duffy, LICSW - Director

Elaine Corbett - Editor - Senior Connection

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