



THE SENIOR CONNECTION

KEEPING WALTHAM SENIORS INFORMED AND IN TOUCH

JUNE 2017

ROCKPORT TUESDAY, JULY 18, 2017

Your day begins with lunch at the beautiful restaurant "My Place by the Sea" located at the tip of Bearskin Neck. Your lunch choice is a garden salad or cup of chowder, pan roasted Haddock or penne pasta with marinara sauce and includes dessert, coffee, tea or iced tea. After lunch you will have time to browse the local shops and galleries. This trip requires walking the distance from the bus drop off to the restaurant, about a ten minute walk. The cost is \$48.00 due upon reservation beginning Tuesday, June 6 @ 8:45 AM. The COA bus will depart from the Sacred Heart Church parking lot at 10:00 AM and return around 3:30 PM. You may purchase two tickets per person.

CHEESECAKE FACTORY AND BOSTON DUCK TOUR TUESDAY, JULY 25, 2017

Lunch is on your own at the Cheesecake Factory. You will order off the menu. After lunch the "Duck" tour begins. You will enjoy an 80 minute narrated tour of Boston on an authentic, renovated WWII amphibious landing vehicle called the "Duck". You will see all the places that make Boston famous with a final splashdown into the Charles River. The cost is \$31.00 per person. That covers the cost of the "Duck" tour. Lunch is on your own. Reservations begin Tuesday, June 6 @ 8:45 AM. The COA bus will depart from the Sacred Heart Church parking lot at 10:45 AM and return around 4:00 PM. This trip requires walking 1/2 mile from the restaurant to the Prudential "duck" stop and climbing 8 steps to get on and off the vehicle. You may purchase two tickets per person.

ODYSSEY LUNCH CRUISE TUESDAY, AUGUST 1, 2017

This cruise is aboard the yacht Odyssey, boarding at Rowe's Wharf, Boston. Your boarding time is 11:00 AM, cruise time is 12:00 - 2:00 PM. You will order from a 3 course menu aboard the boat. All beverages other than coffee and tea are available at an additional charge. There is a live DJ who provides entertainment and narrates points of interest during the cruise. This trip requires walking from the bus drop off to the boat with assistance from crew members as needed. The cost is \$47.00 per person due upon reservation beginning Tuesday, June 6 @ 8:45 AM. The COA bus will depart from the Sacred Heart Church parking lot at 10:45 AM and return around 3:00 PM. You may purchase two tickets per person.

VOLUNTEERS NEEDED

We are always in need of drivers to deliver Meals on Wheels. This is a one hour a week commitment to deliver meals by route in specific neighborhoods in Waltham. Each route has approximately 10 stops. You pick the day of the week that works for you. You get the same route each week so you get to know the people on the program. The route can be shared with another person so that the commitment is biweekly. This one hour goes a long way in helping our homebound seniors. It's a perfect volunteer opportunity for a retired person or someone on their lunch hour. For more info contact Debi @ 781-314-3300.

VOLUNTEER TRIP PRIVILEGE

As a volunteer you are entitled to one trip sign up privilege per year. You can purchase your ticket for the trip of your choice prior to the sign up date. This is one small way of saying thank you for all you do for us! See a staff member for help.

JUNE 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>ON-SITE LUNCH PROGRAM</p> <p>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>REGISTRATION</p> <p>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>1. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Pulled Pork or Chicken Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 12:00 Computer Tutor 1:00 Bridge Games 2:00 Adv. Line Dance 3:00 Beg. Line Dance</p>	<p>2. 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 Movie: <u>Patriots Day</u> Runtime: 2:10</p>
<p>5. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:00 Outdoor Golf 10:45 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Baked Chicken & Ham & Cheese</u> 12:00 Hearts 1:00 Whist 1:30 Dance Exercise</p>	<p>6. SHINE APPOINTMENTS 8:45 <u>Trip sign ups</u> 9:00 Crochet Class 9:00 <u>Sewing</u> 9:45 Tai Chi 10:00 Outdoor Golf 10:30 <u>Castle Island</u> 11:00 <u>Book to Film</u> 11:00 Walking Club 12:00 <u>American Chopped Suey or Egg Salad</u> 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise</p>	<p>7. 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 Jay Higgins; Rep. from US Congresswoman Katherine Clark's Office 11:30 Poker 12:00 <u>Roast Pork or Chicken Salad</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce'</p>	<p>8. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Shepard's Pie or Turkey Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 12:00 Computer Tutor 1:00 Bridge Games 2:00 Line Dance - all levels</p>	<p>9. 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 <u>Chef's Choice of Fish or Tuna Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 <u>Mr. Magic</u></p>
<p>12. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:00 Outdoor Golf 10:45 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Turkey Dinner & Ham Salad</u> 12:00 Hearts 1:00 Whist 1:00 <u>Hearing Aid Clinic</u> 1:30 Dance Exercise</p>	<p>13. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 Sewing 9:45 Tai Chi 10:00 Outdoor Golf 10:30 <u>Castle Island</u> 11:00 <u>Meet Reel People</u> 11:00 Walking Club 12:00 <u>Sweet & Sour Chicken or Chicken Salad</u> 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise</p>	<p>14. 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 Bologna & Cheese</u> 12:00 Hearts 1:00 <u>Huntington Theatre Rippcord</u> 1:00 Bingo 1:00 Bocce</p>	<p>15. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Chicken Parm or Egg Salad</u> 12:00 Mah Jong 12:00 Hearts 12:00 Computer Tutor 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Joyce Funeral Home</u> 1:00 <u>Hearing Screenings</u> 2:00 Line Dance - all levels</p>	<p>16. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 <u>NO Movie with captions</u> 11:00 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>Derf McKeeton</u></p>
<p>19. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:00 Outdoor Golf 10:00 <u>COA Board Mtg.</u> 10:45 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Beans & Franks or Turkey & Cheese</u> 12:00 Hearts 1:00 Whist 1:30 Dance Exercise</p>	<p>20. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 Sewing 9:45 Tai Chi 10:00 Outdoor Golf 10:00 <u>Maine trip</u> 11:00 <u>Meet Reel People</u> 11:00 Walking Club 12:00 <u>Ziti & Meatballs or Chicken Salad</u> 12:00 <u>Legal Services</u> 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 Ping Pong 1:00 <u>Seamstress Services</u> 1:30 Chair Yoga 2:00 Water Exercise</p>	<p>21. 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>Meatloaf or Ham & Cheese</u> 12:00 Hearts 1:00 <u>Computer Workshop</u> 1:00 Hearing Screening 1:00 Bingo 1:00 Bocce</p>	<p>22. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:30 <u>Castle Island</u> 10:45 Water Exercise 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Turkey ALA King & Roast Beef & Cheese</u> 12:00 Mah Jong 12:00 Computer Tutor 12:00 Hearts 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Stay Strong with Age</u> 2:00 Line Dance - all levels</p>	<p>23. 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 <u>No onsite Lunch</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 <u>Summer Fling</u></p>
<p>26. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:00 Outdoor Golf 10:45 Exercise Video 11:00 Walking Club 11:30 Poker 12:00 <u>Tuna Noodle or Bologna & Cheese</u> 12:00 Hearts 1:00 Whist 1:30 Dance Exercise</p>	<p>27. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 Sewing 9:45 Tai Chi 10:00 Outdoor Golf 10:30 <u>Castle Island</u> 11:00 <u>Meet Reel People</u> 11:00 Walking Club 12:00 <u>Salisbury Steak or Egg Salad</u> 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise</p>	<p>28. 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>Swedish Meatballs or Turkey & Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce'</p>	<p>29. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 11:00 Walking Club 11:30 Beyond Balance 12:00 <u>Pulled Pork or Chicken Salad</u> 12:00 Mah Jong 12:00 <u>Water Exercise</u> 12:00 Computer Tutor 12:00 Hearts 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Safe Medication Disposal & Addiction</u> 2:00 Line Dance - all levels</p>	<p>30. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 <u>Movie with captions</u> 11:00 Walking Club 11:30 Poker 12:00 <u>Chef's Choice of Fish or Seafood Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 Movie: <u>Hidden Figures</u> Runtime: 2:07</p>

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

4-WEEK LINE DANCE

JUNE 8, 15, 22, 29

All level of dancers are welcome. The class meets on Thursday's from 2:00 - 3:00 PM. The cost is \$20.00 due on the first day.

FREE SHOW: MR. MAGIC FRIDAY, JUNE 9 @ 1:00 PM

This event is sponsored by Wingate of Weston. Enjoy a magic show and refreshments. A continuous shuttle will run from the Sacred Heart Church parking lot beginning at 12:30 PM. Please register.

JOYCE FUNERAL HOME THURSDAY, JUNE 15 @ 1:00 PM

This presentation will discuss the advantages of pre-planning, pre-paying and various options for your funeral. You will have an opportunity to ask questions and learn about different services that are available including concerns about Medicaid eligibility and requirements. Please register.

DERF MCKEETON FRIDAY, JUNE 16 @ 1:00 PM

Come hear the very talented acoustic guitarist and singer in a return engagement. He will play your favorite popular songs. The cost is \$2.00 per person due upon reservation.

STAY STRONG WITH AGE THURSDAY, JUNE 22 @ 1:00 PM

Studies show that we lose 1/2 to 1 percent of our muscle mass each year, starting as early as our thirties. Learn the simple, science proven steps that you can take to preserve your muscles! Much of the advice involves diet! Please register.

FREE SUMMER FLING FRIDAY, JUNE 23 @ 1:00 PM

Enjoy a meal provided by Waltham Crossings featuring pot roast, creamy garlic mashed potatoes and steamed carrots. Entertainment features John Kelley, a bass player and talented singer. This event is sponsored by the ESP Provider Group. A continuous shuttle will be offered from the Sacred Heart Church parking lot at 12:30 PM. Please register.

SAFE MEDICATION DISPOSAL & ADDICTION THURSDAY, JUNE 29 @ 1:00 PM

You will learn ways to help others and ways to protect yourself from opioid addiction, and how to safely dispose of medication. Learn signs that someone we know may need help and how not to be victimized by the crimes related to substance use. Please register.

TROOPER DAN

FRIDAY, JULY 7 @ 12:30 PM

In a return engagement, Sgt. Daniel Clark will perform his patriotic concert in honor of Independence Day. Lunch will feature BBQ chicken, pasta salad, tossed salad, corn bread, dessert and coffee. Lunch will be served at 12:30 PM, concert to follow. The cost is \$9.00 per person due upon reservation. A continuous shuttle will run from the Sacred Heart Church parking lot beginning at 12:00 PM.

FREE LUNCH WEDNESDAY, JULY 12 @ 2:00 PM

Enjoy a roasted chicken meal with salad and dessert. Sponsored by the Middlesex County Deputy Sheriff's Association. A continuous shuttle will run from the Sacred Heart Church parking lot beginning at 1:30 PM.

COMPUTER TUTOR THURSDAY, JUNE 1, 8, 15, 22, 29

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.

MEET "REEL" PEOPLE MOVIE SERIES TUESDAY, JUNE 13, 20, 27 @ 11:00 AM

June's theme is "road films". View the film and participate in a follow-up group discussion about the film. 6/13 - Harry and Tonto (1974/115 min.); 6/20 - The Straight Story (1999/112 min.); 6/27 - Wild Hogs (2007/100 min.) Please register.

BOOKS TO FILM GROUP TUESDAY, JULY 11 @ 11:00 AM

Read "Coma" by Robin Cook (1977/306 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.

SENIOR 8- BALL POOL LEAGUE JUNE 8 - AUGUST 30

A summer league will be held at the Complete Gamester, 411 Waverley Oaks Road, on Thursdays at 11:00 AM. The cost is \$5.00 per week per person. Line up a partner or one will be assigned. For more info call 781-893-9505.

WATCH WHAT YOU CLICK ON! DON'T BE SCAMMED!

Learn how to recognize scams in your email. This one day workshop will be offered on Wednesday, June 21 from 1:00 - 3:00 PM. The cost is \$10.00 due upon reservation.

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, JUNE 2 ~ PATRIOTS DAY ~ The story of the 2013 Boston Marathon bombing and the aftermath, which includes the city-wide manhunt to find the terrorists responsible. Stars Mark Wahlberg, Michelle Monaghan. Rated R; Runtime: 2:10.

FRIDAY, JUNE 30 ~ HIDDEN FIGURES ~ The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. Stars Taraji Henson, Octavia Spencer. Rated PG; Runtime: 2:07.

IMPORTANT NOTICE

Doctors and doctors' offices have notified The Centers for Medicare & Medicaid Services that they are receiving prescription renewal requests from unfamiliar, out-of-state pharmacies. When doctors realize the requests are for prescriptions or supplies their patients do not receive, they deny the requests. As always, Medicare beneficiaries are strongly encouraged to review their quarterly Medicare Summary Notice and their Medicare Explanation of Benefits to ensure Medicare is billed accurately. If you have any questions about prescriptions, doctors, pharmacies or services listed on the benefit statements, members can call their plan or 1-800-Medicare.

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 June.

BRIDGE PLAY & LESSONS: Monday's from 9:30 - 11:30 AM. Drop in. \$10 payable at each lesson you attend.

COA BOARD MEETINGS: Monday, June 19th @ 10:00 AM.

HEALTHY RELATIONSHIPS: This drop in service had ended. Thank you, Nancy Storer, Elder Services Community Advocate for REACH Beyond Domestic Violence.

FITNESS: Thursday's water exercise class time will change to 12:00 PM - 1:00 PM beginning June 29 - Labor Day.

HEARING AID CLINICS: Monday, June 12th. West Newton Hearing offers 10 minute appointments to clean and check pre-existing hearing aids from 1:00- 2:00 PM

HEARING SCREENINGS: Thursday, June 15th. 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: There are no legal holidays in June.

LEGAL SERVICES: Tuesday, June 20th. 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, June 21st. Dr. Tuler offers routine nail and callus care at the senior center. Appointments offered from 10:00 AM - 12:45 PM.

PUBLIC OFFICIALS: June 7th. 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, June 20th. 15 min. appointments from 1:00 - 2:00.

TAXI VOUCHERS: You may purchase 4 books of taxi vouchers in the month of June. They expire June 30, 2017. Be careful not to over buy. We can't buy back unused vouchers.

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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