



THE SENIOR CONNECTION

KEEPING WALTHAM SENIORS INFORMED AND IN TOUCH

MAY 2017

HUNTINGTON THEATRE: RIPCORD WEDNESDAY, JUNE 14, 2017

This play is a comedy about two women roommates in an assisted living. The cost is \$40.00 per person due upon reservation beginning Tuesday, May 2 @ 8:45 AM. You may purchase two tickets. The COA bus will depart from the Sacred Heart Church parking lot at 1:00 PM and return around 5:00 PM.

DAY TRIP TO MAINE TUESDAY, JUNE 20, 2017

We will have lunch at Jonathan's Restaurant in Ogunquit. Your meal includes a house salad, starch & vegetable, bread, butter, dessert, coffee or tea with an entrée choice of Seafarer's Cache - shrimp, salmon and white fish baked in white wine, lemon and herbed bread crumbs or Broccoli & Cheese Chicken - breaded chicken cutlets with broccoli & cheese sauce. After lunch you will have time to browse the shops in Ogunquit Village. We will stop at Nubble Light/ Cape Neddick Lighthouse, in York before returning home. The cost is \$44.00 per person due upon reservation beginning Tuesday, May 2 @ 8:45 AM.. The 55 passenger coach bus will depart from the Sacred Heart Church parking lot at 10:00 AM and return around 5:00 PM. You may purchase two tickets per person.

MAKE A CUP - TAKE A CUP THURSDAY, MAY 25, 2017

Pots on Wheels is a nonprofit mobile education project. They will be here outside in our parking lot on May 25 from 12:00 - 4:00 PM. FREE! Come and make pottery. Make a cup, decorate a cup, then trade the cup you made for one of the hundreds of finished cups on display in the truck. There will be instructors on hand. The truck gallery will also display pottery made by local artists. Please register.

"AGING IN WALTHAM" WHAT EVERY CAREGIVER AND SENIOR CITIZEN SHOULD KNOW

The sessions will be held on Wednesday evenings from 6:00 - 8:00 PM at the senior center. Please call us to register 781-314-3499. There is no charge. Refreshments will be served.

WEDNESDAY, MAY 3 - LEGAL ISSUES - Estate Planning, Mass Health, and Reverse Mortgages.

WEDNESDAY, MAY 10 - COMMUNITY RESOURCES - Home Care, Adult Day Health, Hospice, Triad.

WEDNESDAY, MAY 17 - HOUSING OPTIONS - From Subsidized Apartments to Assisted Living Facilities to Nursing Homes.

TRIP TO CASTLE ISLAND JUNE 6, 13, 22, 2017

Castle Island offers a variety of recreational activities. You can walk Pleasure Bay Loop (1.84 miles), Castle Island Loop (.79 miles) or just relax and enjoy the spectacular views of Boston Harbor and the planes! You will visit from 11:00 AM - 1:30 PM. Lunch is on your own. Sullivan's snack bar offers seafood, hamburgers, hotdogs, drinks and ice cream. We will stop at Phillips Candy House before returning home. The cost is \$2.00 per person due upon reservation beginning Tuesday, May 2, 2017. Two tickets per person. One date only. The COA bus departs from the Sacred Heart Church parking lot at 10:30 AM and returns around 3:00 PM.

SEAMSTRESS SERVICES

We are now offering alterations by appointment only on the 3rd Tuesday of the month. The next session is May 16th @ 1:00 PM. Call 781-314-3499.

MAY 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1. 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>2. 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 11:00 <u>Book to Film</u> 11:00 Walking Club 11-2 Bowling 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>3. 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 11-2 Bowling 11:00 <u>Jay Higgins: Rep from US Congresswoman Katherine Clark's Office</u> 11:30 Poker 12:00 <u>Swedish Meatballs or Turkey & Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce' 6:00 <u>Legal Issues</u></p>	<p>4. SHINE APPOINTMENTS 8:45 Yoga 9:00 <u>Healthy Relationships</u> 9:30 Painting 9:30 <u>BSO</u> 10:00 Exercise Video 10:45 Water Exercise 11:00 Walking Club 11:30 NO Beyond Balance 12:00 <u>Pulled Pork or Chicken Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Healthy Eating Program</u> 2:00 <u>Computer Tutor</u> 2:00 NO Adv. Line Dance 3:00 NO <u>Beg. Line Dance</u></p>	<p>5. SHINE APPOINTMENTS 9:00 NO Zumba Gold 9:00 Ceramics 10:00 <u>Cross Stitch</u> 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: Loving</u> <u>Runtime: 2:03</u></p>
<p>8. 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 <u>1:00 Home Maintenance Tips</u> 1:00 Whist 1:30 NO Dance Exercise</p>	<p>9. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 <u>Sewing</u> 9:45 Tai Chi 10:00 Outdoor Golf 11:00 <u>Meet Reel People</u> 11:00 Walking Club 11-2 Bowling 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>10. 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 11-2 Bowling 11:30 Poker 12:00 <u>Roast Pork or Chicken Salad</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce' 6:00 <u>Community Resources</u></p>	<p>11. SHINE APPOINTMENTS 8:45 Yoga 9:00 <u>Healthy Relationships</u> 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 1:00 Bridge Games 1:00 <u>Arthritis Awareness</u> 1:00 <u>Library Focus Group</u> 2:00 <u>Computer Tutor</u> 2:00 Adv. Line Dance 3:00 <u>Beg. Line Dance</u></p>	<p>12. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 <u>Cross Stitch</u> 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 "Sinatra" Presentation</p>
<p>15 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>Turkey Dinner & Ham Salad</u> 12:00 Hearts 1:00 Whist 1:30 <u>Healthy Cooking #4</u> 1:30 Dance Exercise</p>	<p>16. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 <u>Sewing</u> 9:45 Tai Chi 10:00 Outdoor Golf 11:00 <u>Meet Reel People</u> 11:00 Walking Club 11-2 Bowling 12:00 <u>Sweet & Sour Chicken or Chicken Salad</u> 12:00 <u>Legal Services</u> 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 <u>Seamstress Services</u> 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise</p>	<p>17. 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 11-2 Bowling 11:30 Poker 12:00 <u>Stuffed Peppers or Bologna & Cheese</u> 12:00 Hearts 12:30 <u>Senior Movie Day</u> 1:00 Bingo 1:00 Bocce 6:00 <u>Housing Options</u></p>	<p>18. SHINE APPOINTMENTS 8:45 Yoga 9:00 <u>Healthy Relationships</u> 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:00 Walking Club 11:30 <u>Beyond Balance</u> 12:00 <u>Chicken Parm or Egg Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Hearing Screenings</u> 2:00 <u>Computer Tutor</u> 2:00 Adv. Line Dance 3:00 <u>Beg. Line Dance</u></p>	<p>19. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 <u>Cross Stitch</u> 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>Hearing Aid Clinic</u> 1:00 <u>Archie Richards Sing-A-Long</u></p>
<p>22. 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>Beans & Franks or Turkey & Cheese</u> 12:00 Hearts 1:00 Whist 1:30 Dance Exercise</p>	<p>23. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 <u>Sewing</u> 9:45 Tai Chi 10:00 Outdoor Golf 11:00 <u>Meet Reel People</u> 11:00 Walking Club 11-2 Bowling 12:00 <u>Ziti & Meatballs 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>24. 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 11-2 Bowling 11:30 Poker 12:00 <u>Meatloaf or Ham & Cheese</u> 12:00 Hearts 1:00 <u>Computer Workshop</u> 1:00 Bingo 1:00 Bocce'</p>	<p>25. SHINE APPOINTMENTS 8:45 Yoga 9:00 <u>Healthy Relationships</u> 9:30 Painting 9:30 <u>Pawtucket Red Sox</u> 10:00 Exercise Video 10:45 Water Exercise 11:00 Walking Club 11-2 Bowling 12:00 <u>Turkey ALA King & Roast Beef & Cheese</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Hearing Screenings</u> 1:00 <u>Signs of Addiction</u></p>	<p>26. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 <u>Cross Stitch</u> 10:30 <u>NO Movie with captions</u> 1:00 Walking Club 11:30 Poker 12:00 <u>Fish (Chef's Choice) or Tuna Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 <u>Free Concert</u></p>
<p>29. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 <u>COA Board Mtg.</u> 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>30. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 <u>Sewing</u> 9:45 Tai Chi 10:00 Outdoor Golf 11-2 Bowling 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>31. 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 11-2 Bowling 11:30 Poker 12:00 <u>Swedish Meatballs or Turkey & Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce'</p>	<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>

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

**HOME MAINTENANCE TIPS
MONDAY, MAY 8 @ 1:00 PM**

Chuck, the Director of Maintenance from The Leland Home will be here to share some important spring home maintenance tips. He will talk about smoke detectors, examining your roof shingles and chimney, checking gutters, downspouts, outside faucets, A/C units, concrete walks, wood trim and yard safety. Please register.

**ARTHRITIS AWARENESS
THURSDAY, MAY 11 @ 1:00 PM**

Get pampered, relax, and learn! This session will be offered in English and Spanish. It is designed to benefit those living with Arthritis. You will learn and experience holistic techniques to relieve arthritis pain. Enjoy a warm paraffin treatment, practice exercise and receive a massage and learn how to create your own hand creams. Registration is required. Seating is limited. Sponsored by Tufts Health Plan.

**LIBRARY SERVICES FOCUS GROUP
THURSDAY, MAY 11 @ 9:00-10:00AM**

Help the Waltham Public Library librarians improve their services. Please call to register.

**“SINATRA”
FRIDAY, MAY 12 @ 1:00 PM**

You will see, hear and discuss the life and career of Frank Sinatra. Presented by Bruce Hambro, a history teacher and student of the American entertainment industry. The cost is \$3.00. Please register.

**HEALTHY COOKING WORKSHOP #4
MONDAY, MAY 15 @ 1:30 PM**

Join Chef Reva for a cooking demonstration using eggs, a healthy protein choice. You will taste the recipes as she prepares them for you in our kitchen. All of the recipes are low-sodium, heart healthy and low cost. This program is limited to 20. If more than 20 sign up then there will be a lottery. Sponsored by JFCS and Healthy Waltham.

**ARCHIE RICHARDS SING-A-LONG
FRIDAY, MAY 19 @ 1:00 PM
“OLDIES BUT GOODIES”**

Have fun singing old familiar campfire songs. Lyrics will be provided. The cost is \$3.00. Please register.

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.

**COMPUTER TUTOR
THURSDAY, MAY 4,11,18**

One hour appointments are offered from 2:00 - 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.

**ORGANIZING YOUR COMPUTER
WEDNESDAY, MAY 24 @ 1:00 - 3:00 PM**

Is your computer desktop overflowing with so many icons that you're scared to look at it? If you are putting off organizing your computer because you don't know where to start then this workshop is for you. Learn tips and techniques for filing and retrieving your digital life. The cost is \$10.00 per person due upon reservation.

**SIGNS OF ADDICTION
THURSDAY, MAY 25 @ 1:00 PM**

Learn how to help others, and to protect yourself from opioid addiction. Understand signs that someone you know may need help, safe medication disposal, and how to not be victimized by the crimes related to substance abuse. Presented by Stephanie Sunderland-Ramsey, Prevention Program Coordinator, Substance Abuse Prevention Collaborative. Please register.

**FREE CONCERT
FRIDAY, MAY 26 @ 1:00 PM**

Pianist Dianne April plays Broadway, classical, jazz and popular music. Requests taken. Please register.

**MEET “REEL” PEOPLE MOVIE SERIES
TUESDAY, MAY 9, 16, 23, 30 @ 11:00 AM**

May's theme is “The West”. View the film and participate in a follow-up group discussion about the film. 5/9 – High Noon (1952/84 min.); 5/16 - Far and Away (1992/140 min.); 5/23 - Bad Day at Black Rock (1955/81 min.) 5/30 - North to Alaska (1960/120 min.) Please register.

**BOOKS TO FILM GROUP
TUESDAY, JUNE 6 @ 11:00 AM**

Read “The Kite Runner” by Khaled Hosseini (2003/373 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.

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

Free event sponsored by Wingate of Weston. Please register.

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, MAY 5 ~ LOVING ~ The story of Richard & Mildred Loving, a couple whose arrest for interracial marriage in 1960's Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision. Stars Ruth Negga, Joel Edgerton. Rated PG-13; Runtime: 2:03

SEWING CLASS: Tuesday from 9:00 - 11:00
Bring your own sewing machine or use the senior center's machine. The cost is \$3.00 per class.

CROSS STITCH CLASS: Friday from 10:00 - 11:00 AM. The cost is \$3.00 per class.

OUTDOOR GOLF

Outdoor golf is being offered on Monday & Tuesday from 10:00 - 11:00 AM at Stone Meadow Golf, 675 Waltham Street, Lexington. Lessons are free, instructed by Joe DiVico.

FREE SENIOR MOVIE DAY

WEDNESDAY, MAY 17 @ 12:30 PM

Joyce Funeral Home, The Chateau Restaurant, Mount Auburn Hospital and Watertown Savings Bank invite you and your friends to the Embassy Cinema on Pine Street, Waltham, for a viewing of "Gentlemen Prefer Blondes". Admission and refreshments are FREE. Raffle prize and goodie bags to be given away. Reserve your seat by calling Maura at Joyce Funeral Home, between 8:30 - 4:30. 781-894-2895.

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: Tuesday & Wednesday from 11 - 1 @ Community Cultural Center, 510 Moody St. Call for reservation 781-314-3538.

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

COA BOARD MEETINGS: Monday, May 15th @ 10:00 AM.

HEALTHY RELATIONSHIPS: Drop in service. Meet one on one with a Reach advocate to discuss how to recognize elder abuse. Thursday's 9:00 - 10:00 AM.

FITNESS: May 4: No Beyond Balance & Line Dance, May 5: No Zumba

HEARING AID CLINICS: Friday, May 19th. West Newton Hearing offers 10 minute appointments to clean and check pre-existing hearing aids from 1:00- 2:00 PM

HEARING SCREENINGS: Thursday, May 18th. 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: Closed Monday, May 29th for Memorial Day.

LEGAL SERVICES: Tuesday, May 16th. 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 computer class time.

PODIATRIST: Wednesday, May 17th. Dr. Tuler offers routine nail and callus care at the senior center. Appointments offered from 10:00 AM - 12:45 PM.

PUBLIC OFFICIALS: May 3rd. 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: May 16th. 15 min. appointments from 1:00 - 2:00. Price list available at front desk.

TAXI VOUCHERS: You may purchase 4 books of taxi vouchers in the month of May.

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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