



# THE SENIOR CONNECTION

KEEPING WALTHAM SENIORS INFORMED AND IN TOUCH

## DECEMBER 2017

### THANK YOU

In December the Council on Aging focuses on thanking all of our volunteers who have very generously helped us this past year. To express our appreciation, we host an invitation only luncheon at The Chateau. We are very thankful every day for our volunteers and this luncheon is one way of showing our gratitude. This past year more than 21,779 hours were contributed by 175 volunteers. Some of the areas where we received significant volunteer efforts were the Meals on Wheels program, Shine counselors, AARP tax preparers, receptionists, hospitality team, handyman services, lunch support and programs support. We would not be able to run 100% if we did not have our dedicated volunteers. If you are interested in becoming a volunteer please give us a call @781-314-3499.

### 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.



### FREE HOLIDAY CONCERT

**FRIDAY, DECEMBER 1 @1:00PM**

Join us for a holiday concert featuring "The Late Risers" a great quartet from the Powers School of Music. They perform holiday classics, traditional jazz, Dixieland, and swing favorite in their signature way. This concert is sponsored in part by a grant from the Waltham Cultural Council, Refreshments will be served. Please register.

### FREE CONCERT

**FRIDAY, DECEMBER 8 @ 1:00PM**

This concert will feature Brian Kane. He is a fantastic jazz player. You will love him!! Refreshment will be served. Sponsored by Waltham Crossings. Please register.

### FREE HOLIDAY CONCERT

**"JUST FOR FUN"**

**FRIDAY, DECEMBER 15 @ 1:00PM**

Enjoy the beautiful acappella voices of 15 women who sing in four-part barbershop harmony. They will perform a wonderful holiday concert for you. Refreshments will be served.

### WALTHAM LODGE OF ELKS #953 SENIOR CITIZENS DINNERS

For 44 years the Waltham Elks have provided free dinners to Waltham seniors. The tradition continues! You may choose one of the following Sunday dates: January 14, February 11, or March 11, 2018. The doors open at 11:30, dinner is served at 12:30. Entertainment is from 12:00 - 4:00. You may pick up your ticket at the senior center beginning Friday, Dec.15, 2017.

### CELEBRATE THE NEW YEAR WITH US!

**FRIDAY, DECEMBER 29 @ 1 :00PM**

Join us in ringing in 2018 with a delicious chicken dinner catered by Maria's. Musical entertainment provided by David Polansky. The cost is \$22.00 per person. You may buy 2 tickets.

Waltham Council on Aging

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

# DECEMBER 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>ON-SITE LUNCH PROGRAM</b></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><b>SHINE HEALTH INSURANCE COUNSELING</b></p> <p>SHINE is a free service with highly trained counselor They offer confidential counseling on all aspects of Medicare and related health insurance programs. Call us to schedule your free SHINE appointment.</p>	<p><b>Happy Hanukkah</b></p> 		<p>1. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 No <u>Movie with captions</u> 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 Holiday Concert: <u>The Late Risers</u></p>
<p>4. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:45 Exercise Video 11:30 Poker 12:00 <u>Cheese Omelet or Bologna &amp; Cheese</u> 12:00 Hearts 1:00 Whist 1:30 Dance Exercise</p>	<p>5. SHINE APPOINTMENTS 9:00 Crochet 9:00 NO Sewing 9:45 Tai Chi 11-1 Bowling 11:00 Book to Film 12:00 <u>Ziti &amp; Meatballs or Chicken Salad w/ Garden Salad</u> 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 12:00 Computer Tutor 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise 3:00 Argentine Tango Class</p>	<p>6. 8:30 NO Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Indoor Walking Club @ Bentley College Athletic Center</u> 10:45 Exercise Video 11:00 Jay Higgins~Rep. for Congresswoman Clark 11-1 Bowling 11:30 Poker 12:00 <u>Shepard's Pie or Ham &amp; Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce</p>	<p>7. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 11:30 NO Beyond Balance 10:45 Stoneham Trip 10:45 Water Exercise 12:00 <u>Chicken Supreme or Egg Salad w/Garden Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 1:00 Bridge Games 2:00 No Advanced Line Dance 3:00 No Beginner Line Dance</p>	<p>8. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 No <u>Movie with captions</u> 11:30 Poker 12:00 <u>Hot Dogs &amp; Beans or Tuna Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 Holiday Concert: <u>Brian Kane</u></p>
<p>11. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:45 Exercise Video 11:30 Poker 12:00 <u>Honey Dijon Chicken or Bologna &amp; Cheese</u> 12:00 Hearts 1:00 <u>Hearing Aid Clinic</u> 1:00 Whist 1:30 Dance Exercise</p>	<p>12. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 NO Sewing 9:45 Tai Chi 11:00 Film Discussion Group 11-1 <u>Bowling</u> 12:00 <u>Sweet &amp; Sour Meatballs or Chicken Salad w/ Garden Salad</u> 12:00 Computer Tutor 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise 3:00 Argentine Tango Class last class - holiday break</p>	<p>13. 8:30 No Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Indoor Walking Club @ Bentley College Athletic Center</u> 10:45 Exercise Video 11-1 Bowling 11:30 Poker 12:00 <u>Salisbury Steak or Ham &amp; Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce</p>	<p>14. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:30 Beyond Balance 12:00 <u>Pulled Pork or Egg Salad w/Garden Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 <u>Joint Protection</u> 1:00 Cribbage 1:00 Bridge Games 2:00 No Advanced Line Dance 3:00 No Beginner Line Dance</p>	<p>15. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 No <u>Movie with captions</u> 11:30 Poker 12:00 <u>Fish (Chef Choice) Seafood Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 Holiday Concert: <u>Just for Fun</u></p>
<p>18. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:00 <u>COA Board Mtg.</u> 10:45 Exercise Video 11:30 Poker 12:00 <u>Chicken Marsala or Bologna &amp; Cheese</u> 12:00 Hearts 1:00 Whist 1:30 Dance Exercise</p>	<p>19. SHINE APPOINTMENTS 9:00 NO Crochet Class 9:00 NO Sewing 9:45 Tai Chi 11:00 Film Discussion Group 11-1 Bowling 12:00 <u>Legal Services</u> 12:00 <u>BBQ Pork Riblet or Chicken Salad w/ Garden Salad</u> 12:00 Computer Tutor 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 3:00 No Argentine Tango Class</p>	<p>20. 8:30 No Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Podiatrist</u> 10:00 <u>Indoor Walking Club @ Bentley College Athletic Center</u> 10:45 Exercise Video 11-1 Bowling -last day 11:30 Poker 12:00 <u>American Chop Suey or Ham &amp; Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce</p>	<p>21. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:30 Beyond Balance 12:00 <u>Swedish Meatballs or Egg Salad w/Garden Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 <u>Hearing Screening</u> 1:00 Cribbage 1:00 Bridge Games 2:00 No Advanced Line Dance 3:00 No Beginner Line Dance</p>	<p>22. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 <u>Movie with captions</u> 11:30 Poker 12:00 <u>Mac &amp; Cheese or Tuna Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 <u>Movie: A Heavenly Christmas</u> Runtime: 2hr TV-G</p>
<p>25.  <b>CLOSED IN OBSERVANCE OF CHRISTMAS DAY</b></p> 	<p>26. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 NO Sewing 9:45 Tai Chi 11:00 Film Discussion Group 11-1 No Bowling 12:00 <u>BBQ Chicken or Chicken Salad w/ Garden Salad</u> 12:00 Computer Tutor 12:00 Mah Jong 12:00 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 <u>No Water Exercise</u> 3:00 No Argentine Tango</p>	<p>27. 8:30 No Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Indoor Walking Club @ Bentley College Athletic Center</u> 10:45 Exercise Video 11-1 No Bowling 11:30 Poker 12:00 <u>Stuffed Peppers or Ham &amp; Cheese</u> 12:00 Hearts 1:00 Bingo 1:00 Bocce</p>	<p>28. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:45 <u>No Water Exercise</u> 11:30 <u>No Beyond Balance</u> 12:00 <u>Chicken Parm or Egg Salad w/Garden Salad</u> 12:00 Mah Jong 12:00 Hearts 1:00 Cribbage 1:00 Bridge Games 2:00 No Advanced Line Dance 3:00 No Beginner Line Dance</p>	<p>29. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:30 No <u>Movie with captions</u> 11:30 Poker 12:00 NO ON SITE LUNCH 12:00 Mah Jong 12:00 Hearts 1:00 Bridge 1:00 <u>New Year's Celebration</u></p>

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

## **2018 PARKING STICKER PROGRAM FRIDAY, DECEMBER 1**

Parking stickers for 2018 will go on sale beginning Friday, December 1, 2017. Stickers are for Waltham residents age 62 and older. You must show us a driver's license and your car registration at the time of purchase. The vehicle does not have to be registered in Waltham, but you must be a resident of Waltham. Stickers are not issued for commercial vehicles. The cost is \$5.00. The parking sticker entitles you to park up to 12 hours in all the municipal parking lots except the library lot and Church Street lot which are lots with a 2 hour maximum limit. Even with a senior parking sticker, no one is allowed to park for more than 24 hours in one parking space. The only exception is during an emergency ban. Then you will need to move your vehicle 24 hours after the ban is lifted.

### **GREAT GIFT IDEA: A YEARLY NEWSLETTER SUBSCRIPTION**

To receive the "Senior Connection" newsletter by mail for one year send us a check made payable to the City of Waltham for \$6.00 to cover the postage. Include the name and mailing address of the senior recipient. Send your check to the Waltham Council on Aging, 488 Main Street, Waltham, MA 02452. The newsletter is also available at the senior center, city hall, library, local churches, grocery stores, and many doctor's offices and pharmacies throughout the city. It is available on the website at [www.city.waltham.ma.us](http://www.city.waltham.ma.us), or to receive the newsletter by email, please email Elaine Corbett, newsletter editor at [ecorbett@city.waltham.ma.us](mailto:ecorbett@city.waltham.ma.us).

### **TRANSPORTATION UPDATE**

Great news! We have a new van! We are now taking reservation for medical appointments. We have hired a temporary bus driver. Grocery shopping is back on the schedule: Mondays, Wednesday and Fridays.

**EFFECTIVE IMMEDIATELY:** Springwell has reinstated their medical transportation program for trips outside of Waltham. Call them at 617-926-4100 with 3 days notice to schedule a ride.

### **FUEL ASSISTANCE REMINDER**

The Fuel Assistance Program provides home heating assistance for Waltham residents age 60+ from November-April. Eligibility is based on household size and gross income of all members 18 years of age and older. For more information contact Maureen @ 781-314-3301. For Fuel Assistance for Waltham residents under age 60 there is an intake site in Waltham. Contact Watch, 25 Crescent Street, #201, Waltham.

## **FILM DISCUSSION GROUP TUESDAY, DECEMBER 12,19,26 @ 11:00 AM**

This month our theme is "Extended Families". View the film and participate in a follow-up group discussion. Showing on: 12/12-A Family Thing (1996/119 min. PG-13); 12/19 - Baby Boom (1987/110 min. PG); 12/26 It happened on Fifth Avenue (1947/116 min.) Please register.

### **BOOKS TO FILM GROUP TUESDAY, JANUARY 2 @ 11:00 AM**

Read "Still Alice" by Lisa Genova (2014/293 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.

### **FREE ON-GOING ARGENTINE TANGO CLASSES - TUESDAY'S 3:00 - 4:00 PM**

This beginner class focuses on fundamental steps and dance floor etiquette. Note: classes will continue through Tuesday, December 12th then will go on a holiday break. See the January newsletter for the winter schedule.

### **WALKING CLUB UPDATE**

On Wednesday's in December the indoor walking club will be held at the indoor track at Bentley College Dana Athletic Center, 450 Beaver Street at 10:00 - 11:00 AM. Parking is located in the back of the building and you enter from the back parking lot. This will replace the walk at the Community Center on Moody St.

### **JOINT PROTECTION TECHNIQUES THURSDAY, DECEMBER 14 @1:00PM**

Arthritic aches and pain can affect your daily life. But there are simple ways to protect your joints, reduce strain and improve how you function each day. Joint protection is a proven strategy to help you manage arthritic pain and perform daily activities more easily. Sponsored by Meadowgreen Rehab Manager, Michelle Davis. Please register.

### **FOOD DRIVE**

We would like to thank everyone who donated to our food drive in November. It was very successful and we made a generous contribution to the Sacred Heart Church Food Pantry.



# 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, DEC. 22~A HEAVENLY CHRISTMAS~

Upon her untimely death, a workaholic who never put much value into the joy of Christmas finds herself recruited to be a Christmas Angel and is assigned a hard luck case that she accidentally falls in love with. Rated PG-TV-G: Runtime: 2 hr.

## **IMPORTANT NOTICE**

If you or someone you know is having financial difficulty paying for food, heat, rent, etc., please contact Maureen @ 781-314-3301. She may be able to locate the appropriate agency to help you.

## **NEIGHBORLY CONCERNS**

If you worry about the well-being of your elderly neighbor, please alert us. We can make a home visit to ensure that they are safe. They can be informed about community services. We can provide friendly phone calls as well. Call us if you haven't seen them in a few days. Your call can remain anonymous.

## **SNOW EMERGENCY**

When schools are closed due to inclement weather all of our programs and activities are cancelled including Meals on Wheels. The office will remain open for staff only. A complete listing of school closings will be on your TV news station.

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

## SENIOR CENTER NOTES:

**BLOOD PRESSURE:** At the senior center 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 11-1. @ Community Center, 510 Moody St. Call 781-314-3538 for reservation. December 20th is the last day offered until mid January.

**COA BOARD MEETINGS:** Mon. 12/18/2017 @ 10:00 AM.

**COMPUTER TUTOR:** Tuesday's 12:00 - 3:00 PM. Meet one on one for one hour with Howard Loewinger. \$20

**BRIDGE PLAY & LESSONS:** Monday 9:30 - 11:30 AM. Drop in. \$10 per lesson with Bernice King.

**FITNESS:** 12/7 & 12/28: No Beyond Balance. 12/26 & 12/28: No Water Exercise.

**HEARING AID CLINICS:** Monday, 12/11/17~ West Newton Hearing offers 10 minute appointments to clean and check pre-existing hearing aids from 1:00- 2:00 PM

**HEARING SCREENINGS:** Thursday, 12/21/17 ~ 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 on Monday, 12/25/17 in observance of Christmas and Monday, 1/1/2018 in observance of New Years. All programs/services will be cancelled.

**LEGAL SERVICES:** Tuesday, 12/19/17 ~ Metro West Legal offers 15 minute appointments at the senior center from 12:00 - 2:00 PM to meet with an attorney.

**PODIATRIST:** Wednesday, 12/20/17 ~ Dr. Tuler offers routine nail and callus care by appointment at sr. center.

**PUBLIC OFFICIALS:** Drop in service. Meet with Jay Higgins from U.S. Congresswoman Katherine Clark's Office on Wednesday, 12/6/17 @ 11:00 AM.

**SEAMSTRESS SERVICES:** Tuesday, 12/19/17 ~ 15 min. appointments at sr. center from 1:00 - 2:00.

**SEWING CLASS:** Instructor out until further notice.

**TRIAD:** No service in December. Drop in service. Meet one on one with Officer Bailey. Wednesday's 8:30-10:00 AM.

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

Marybeth Duffy, LICSW - Director

Elaine Corbett - Editor - Senior Connection

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