



DECEMBER 2022

WALTHAM SENIOR HOUSING FOOD DRIVE
FRIDAY, DECEMBER 9 @ 3:00 - 6:00 PM
SATURDAY, DECEMBER 10 @ 9:00 - NOON
DROP OFF AT 282 GROVE STREET
COMMUNITY ROOM

The holiday season is upon us and the WHA needs your help. They currently support 3 food pantries and over 250 seniors/disabled adults. You can support their effort by dropping off donated items from the suggestion list at the Grove Street Community Room on December 9th from 3:00 - 6:00 pm and December 10th from 9:00 am - noon. Here is a list of items needed: gift cards to local grocery stores: Shaw's, Hannaford, Market Basket, Stop & Shop, toilet paper, tissues, dish soap, hand soap, cereal, canned fruits, cookies, crackers, canned or boxed soup, (easy open, low sodium) canned vegetables, tuna, beans, pasta sauce, coffee, tea, peanut butter & jelly. Items must be individual sizes and shelf stable. Other items that would send some holiday cheer are greeting cards, note cards, candy, large print word search books, etc.

KEEFE TECH & CHRISTMAS TREE SHOP
THURSDAY, DECEMBER 22, 2022

We've added a second date for lunch at the East Side Room Restaurant located in the Keefe Regional Technical school in Framingham. Your lunch choice is Baked Stuffed Chicken Supreme or Baked Haddock. The meal includes chef's choice of soup, potato, vegetable, dessert, coffee, tea, soda. After lunch you will visit the Natick Christmas Tree Shop. The cost is \$14.00 per person due upon reservation. The COA vans will depart from the Sacred Heart Church parking lot at 10:45 AM and return around 3:00 PM.

FREE HOLIDAY CONCERT
BOSTON SKYLINE CHORUS
FRIDAY, DECEMBER 2 @ 1:00 PM

Boston Skyline Chorus is a diverse group of women from all walks of life and all ages, who share a love of music, joy in singing and delight in performing. Please register.

FREE HOLIDAY CONCERT: WINTER & WOO
FRIDAY, DECEMBER 9 @ 2:00 PM

Winter and Woo will don their long johns and help Waltham seniors get into the winter season and the holiday spirit. Everything is better with a song! Fa-la-la-la-doo-wah!! Please register.

HOLIDAY LUNCHEON
TUESDAY, DECEMBER 20, 2022

Please join us for a holiday luncheon catered by Maria's Catering. Lunch is at 1:00pm. The doors will open at 12:45pm. The menu includes cheese & crackers, a salad, baked stuffed chicken, mashed potatoes, butternut squash, punch, coffee and dessert. After lunch, entertainment will be provided by The Holiday Victorian Carolers. The cost is \$27.00 per person due upon reservation. If you or someone you know would like to attend but can't afford it, please see Marybeth.

MEDICARE OPEN ENROLLMENT
ENDS DECEMBER 7

Time is running out to make changes for 2023. Call us to schedule an appointment with a SHINE counselor to review your options and see if there is a better plan for next year.

MEDICAL & SHUTTLE VANS UPDATE

Effective November 1st, the medical van will have expanded hours for rides starting with an 8:30am pick up and a 3:30 pm return trip.

DECEMBER 2022


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1. 9:00 Conversational Spanish - Conference Room 10:00 Painting - Activity room 10:00 Mah Jong - Conference room 10:15 Strength Class 10:30 Exercise Video - Classroom 11:00 Mah Jong - Conference room 11:15 Tai-Yo-Ba Class 11:15 <u>Colonial Inn Trip #1</u> 12:30 Card Game: Spades - Activity Room 1:00 Massage for Everyone: follow-up - Classroom 1:00 Cribbage - Activity Room 1:00 Line Dance Advanced 2:00 Line Dance Beginner</p>	<p>2. 9:00 Ceramics - Activity room 9:00 Zumba Class 10:00 Poker - Game room 10:00 Walking Group 10:30 Chess Lessons - Classroom 12:30 Card Game: Spades - Activity Room 1:00 Bridge Instruction/Play - Classroom 1:00 <u>Holiday Concert: Skyline Chorus</u></p>
<p>5. 9:30 Exercise Class 10:00 Knitting - Activity Room 10:00 Outdoor Golf 10:00 Walking Group 10-12 Computer Tutor 10:30 Exercise Video - Classroom 11:30 Poker - Game Room 12:00 Zumba Class 1:00 Whist - Game Room</p>	<p>6. 9:00 Crochet - Activity room 9:00 Tai Chi - Advanced 9:30 Bridge Lessons - Computer room 10:00 Tai Chi - Beginner 11:00 Mah Jong - Conference Room 11:00 - 1:00 Bowling 11:15 Tai-Yo-Ba Class 11:30 Ukulele Lessons - Activity room 12:30 <u>Volunteer Luncheon</u> 1:00 Bridge Game - Game room 1:30 Chair Exercise</p>	<p>7. 9:00 Blood Pressure 9:00 Quilting - Activity room 9:30 Exercise Class 10:00 Walking Group 10:30 Exercise Video - Classroom 11:00 Meditation - Conference room 11:00 - 1:00 Bowling 11:00 <u>Alzheimer Part 4 - "Communication"</u> - Spanish - Classroom 11:30 Poker - Game room 1:00 Bingo - Auditorium</p>	<p>8. 9:00 Conversational Spanish - Conference Room 10:00 Painting - Activity room 10:00 Mah Jong - Conference room 10:15 Strength Class 10:30 Exercise Video - Classroom 11:00 Mah Jong - Conference room 11:15 Tai-Yo-Ba Class 11:15 <u>Colonial Inn Trip #2</u> 12:30 Card Game: Spades - Activity Room 1:00 <u>Photo Workshop</u> - Classroom 1:00 Cribbage - Activity Room 1:00 Line Dance Advanced 2:00 Line Dance Beginner</p>	<p>9. 9:00 Ceramics - Activity room 9:00 Zumba Class 10:00 Poker - Game room 10:00 Walking Group 10:30 Chess Lessons - Classroom 12:30 Card Game: Spades - Activity Room 1:00 Bridge Instruction/Play - Classroom 2:00 <u>Holiday Concert: Winter & Woo</u></p>
<p>12. 9:00 - 4:00 <u>Connections Meeting</u> - Conference Room 9:30 Exercise Class 10:00 Knitting - Activity Room 10:00 Outdoor Golf 10:00 Walking Group 10-12 Computer Tutor 10:30 Exercise Video - Classroom 11:30 Poker - Game Room 12:00 Zumba Class 1:00 Whist - Game Room 1:00 <u>How to Get Back Home Safely</u> - Classroom 1:00 <u>Loss of Spouse Support Group</u> - Activity Room</p>	<p>13. 9:00 Crochet - Activity room 9:00 Tai Chi - Advanced 9:30 Bridge Lessons - Computer room 10:00 Tai Chi - Beginner 11:00 Book Discussion - Zoom 11:00 Mah Jong - Conference room 11:00 - 1:00 Bowling 11:15 Tai-Yo-Ba Class 11:30 Ukulele Lessons - Activity Room 12:00 <u>Alzheimer Part 4 - "Communication"</u> - English - Classroom 12:00 <u>Legal Clinic by phone</u> 1:00 Bridge Game - Game room 1:30 Chair Exercise</p>	<p>14. 9:00 Blood Pressure 9:00 Quilting - Activity room 9:30 Exercise Class 10:00 Walking Group 10:30 Exercise Video - Classroom 11:00 Meditation - Conference room 11:00 - 1:00 Bowling 11:30 Poker - Game room 1:00 Bingo - Game room</p>	<p>15. 9:00 Conversational Spanish - Conf. Room 10:00 Painting - Activity room 10:00 Mah Jong - Conference Room 10-2 <u>Yarn Sale</u> 10:15 Strength Class 10:30 Exercise Video - Classroom 10:45 <u>Keefe Tech Trip #1</u> 11:00 Mah Jong - Conference room 11:15 Tai Yo Ba Class 12:30 Card Game: Spades - Activity Room 1:00 <u>Mindfulness Workshop</u> - Classroom 1:00 Cribbage - Activity Room 1:00 Line Dance Advanced 2:00 Line Dance Beginner</p>	<p>16. 9:00 Ceramics - Activity room 9:00 Zumba Class 10:00 Poker - Game room 10:00 Walking Group 10:30 Chess Lessons - Classroom 10:30: Movie with Captions 12:30 Card Game: Spades - Activity Room 1:00 Bridge Instruction/Play - Classroom 1:00 <u>Movie: The Man Who Invented Christmas</u> Runtime: 1:44</p>
<p>19. 9:30 Exercise Class 10:00 Knitting - Activity Room 10:00 Outdoor Golf 10:00 Walking Group 10-12 Computer Tutor 10:30 Exercise Video - Classroom 11:30 Poker - Game Room 12:00 Zumba Class 1:00 Whist - Game Room</p>	<p>20. 9:00 Crochet - Activity room 9:00 Tai Chi - Advanced 9:30 Bridge Lessons - Computer room 10:00 Tai Chi - Beginner 11:00 Mah Jong - Conference room 11:00 - 1:00 Bowling 11:15 Tai-Yo-Ba Class 11:30 Ukulele Lessons - Activity Room 12:45 <u>Holiday Luncheon</u> 1:00 Bridge Game - Game room 1:30 Chair Exercise</p>	<p>21. 9:00 Blood Pressure 9:00 Quilting - Activity room 9:30 Exercise Class 10:00 <u>Podiatrist</u> 10:00 Walking Group 10:30 Exercise Video - Classroom 11:00 Meditation - Conference room 11:00 - 1:00 Bowling 11:30 Poker - Game room 1:00 Bingo - Auditorium</p>	<p>22. 9:00 Conversational Spanish - Conference Room 10:00 Painting - Activity room 10:00 Mah Jong - Conference Room 10:15 Strength Class 10:30 Exercise Video - Classroom 10:45 <u>Keefe Tech Trip #2</u> 11:00 Mah Jong - Conference room 11:15 Tai Yo Ba Class 12:30 Card Game: Spades - Classroom 1:00 Cribbage - Classroom 1:00 Line Dance Advanced 2:00 Line Dance Beginner</p>	<p>23. 9:00 Ceramics - Activity room 9:00 Zumba Class 10:00 Poker - Game room 10:00 Walking Group 10:30 Chess Lessons - Classroom 10:30 No Movie with Captions 12:30 Card Game: Spades - Activity Room 1:00 Bridge Instruction/Play - Classroom 1:00 <u>Movie in Spanish: Feliz Christmas Merry Navidad</u> Runtime: 1:30</p>
<p>26. CLOSED IN OBSERVANCE OF CHRISTMAS! </p>	<p>27. 9:00 Crochet - Activity room 9:00 Tai Chi - Advanced 9:30 Bridge Lessons - Computer room 10:00 Tai Chi - Beginner 11:00 Mah Jong - Conference room 11:15 Tai-Yo-Ba Class 11:30 <u>No Ukulele Lessons</u> - Activity Room 1:00 Bridge Game - Game room 1:30 Chair Exercise</p>	<p>28. 9:00 Blood Pressure 9:00 Quilting - Activity room 9:30 Exercise Class 10:00 Walking Group 10:30 Exercise Video - Classroom 11:00 Meditation - Conference room 11:30 Poker - Game room 12:30 <u>Veteran's Services</u> 1:00 Bingo - Auditorium</p>	<p>29. 9:00 Conversational Spanish - Conference Room 10:00 Painting - Activity room 10:00 Mah Jong - Conference Room 10:15 Strength Class 10:30 Exercise Video - Classroom 11:00 Mah Jong - Conference room 11:15 Tai Yo Ba Class 12:30 Card Game: Spades - Classroom 1:00 Cribbage - Classroom 1:00 <u>Happiness in the Senior Years</u> - Classroom 1:00 Line Dance Advanced 2:00 Line Dance Beginner</p>	<p>30. 9:00 Ceramics - Activity room 9:00 Zumba Class 10:00 Poker - Game room 10:00 Walking Group 10:30 Chess Lessons - Classroom 10:30 Movie with Captions 12:30 Card Game: Spades - Activity Room 1:00 Bridge Instruction/Play - Classroom 1:00 <u>Movie: Top Gun: Maverick</u> Runtime: 2:10</p>

ALZHEIMER'S AND DEMENTIA SERIES PART 4

"EFFECTIVE COMMUNICATION"

WEDNESDAY - 12/7 @ 11:00 AM - SPANISH

TUESDAY - 12/13 @ 12:00 PM - ENGLISH

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages. Get tips to better communicate with people living with the disease. Presented by the Alzheimer's Association. Please register.

DIGITAL PHOTOGRAPHY GROUP

THURSDAY, DECEMBER 8 @ 1:00

The group will meet to plan their outdoor photo activities. New members are always welcome! Please register.

LOSS OF SPOUSE SUPPORT GROUP

DECEMBER 12 @ 1:00 PM

This monthly support group meets on the second Monday of the month at the senior center from 1:00 - 2:00 PM. All who have endured the loss of their spouse and are seeking support are invited to attend. Facilitated by Robert Hagopian, Bereavement Coordinator for the Greater Boston Area for Care Dimensions. Please register.

HOW TO GET BACK HOME SAFELY

Navigating the Hospital/Rehab to Home Transition

MONDAY, DECEMBER 12 @ 1:00

This presentation will focus on practical guidance to ensure you are able to navigate the hospital/rehab environment following a planned or unexpected hospital/rehab admission. You will leave with a clear understanding of how to make a transition plan and ensure you get back home safely after a visit to the hospital/rehab. Presented by Rafael Wainhaus, LCSW, Executive Director of Waltham Crossings. Please register.

YARN SALE

THURSDAY, DECEMBER 15, 2022

On Thursday, December 15th from 10am - 2pm, members of the knitting group will be selling yarn and tools at great prices. The proceeds of the sale go to support the senior center.

HAPPINESS IN THE SENIOR YEARS

What It Looks Like and How to Achieve It

THURSDAY, DECEMBER 29 @ 1:00 PM

There have been several recent studies that have addressed the issue of happiness for seniors. One of the core results of the studies is that it is never too late to increase your happiness in life. There are certain attitudes and strategies that seniors can use to enhance their happiness in their senior years. This presentation will examine the blocks to happiness that are most common and how to remove them. Presented by Henry Quinlan. Please register.

ALUMINUM TABS COLLECTED

The COA is helping the Waltham Garden Club collect aluminum can tabs. Drop your tabs in the container located in the game room. They will be collected by Garden Club member, Shakeh Iskenderian. She will donate them to The Shriners.

FINANCIAL DIFFICULTY

If you or someone you know is having financial difficulty paying for food, rent, heat, etc., please contact us at 781-314-3301. We may be able to locate the appropriate resources to help you. If financial hardship prevents you from participating in any of our programs, please contact Marybeth Duffy at 781-314-3497.

HOME FUEL ASSISTANCE PROGRAM

This 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 age 18 years of age and older. If you would like to apply as a new applicant, please call for an appointment. 781-314-3301.

FRIDAY, DECEMBER 16 - THE MAN WHO INVENTED CHRISTMAS

- The journey that led to Charles Dickens' creation of "A Christmas Carol", a timeless tale that would redefine Christmas. Stars Dan Stevens, Mark Schrier. Rated PG, Runtime: 1:44 - Holiday refreshments will be served.

FRIDAY, DECEMBER 23 - FELIZ CHRISTMAS MERRY NAVIDAD

- After her husband's murder, a woman takes her son to her hometown in Mexico. Will he discover the true meaning of Christmas? Stars: Tere Tarin, Angelina Cruz. Rated: G, Runtime: 1:30. This Latino Christmas Classic will be shown in Spanish. Holiday refreshments will be served.

FRIDAY, DECEMBER 30 - TOPGUN: MAVERICK

After 30 years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. Stars Tom Cruise, Jennifer Connelly. Rated PG-13, Runtime: 2:10.

5-WEEK UKULELE LESSONS FOR BEGINNERS JANUARY 3, 10, 17, 24, 31

Learn to play the ukulele. Lessons are offered on Tuesdays @ 11:30 - 12:30. The cost is \$20.00 per person due upon registration. You will need to have a soprano or concert ukulele, a tuner and stand. You will receive the music instruction and songs for each lesson. If you need financial help purchasing a ukulele, please call Marybeth.

SENIOR CONNECTION
SENIOR CENTER ON-GOING PROGRAMS & SERVICES

AFRICAN/UGANDAN OUTREACH WORKER: Anisha Namagembe: drop-in hours: Tuesday's 11:00 AM - 3:00 PM.

BILLIARDS: Daily - Drop-in - Open play

BINGO: Wednesday: 1:00 - 3:30pm

BLOOD PRESSURE: Wednesday - 9:00-10:00am Drop-in. Nurses Office.

BOCCIE: Daily - Drop-in - Open play

BOOK DISCUSSION: 12/20/22 ~ The Non-fiction group meets via Zoom on the third Tuesday of each month at 11:00am. To become part of the group, register with us. After registration, the group leader will contact you.

BOWLING: Tuesday & Wednesday: 11:00am - 1:00 pm Cultural Community Center, 510 Moody St. The Fall program ends 12/21/22. 781-314-3475

BRIDGE LESSONS: Tuesday 9:30 - 11:30am. Drop-in. \$10 per lesson with Bernice King. Activity Room.

CHESS LESSONS: Friday 10:30 - 11:30 am. Drop-in. \$10 per lesson with Jeffrey Kostant. Classroom. On-going.

CHROME BOOK LOAN PROGRAM: This program allows you to borrow a tablet from the senior center for two months. One hour of instruction is included. You don't need the internet; it's built into the tablet. For more information call Debbie at 781-314-3499.

COMPUTER TUTOR: If you need help with computers, tablets, and phones call the senior center to make an appointment with a computer tutor. \$20 per hour.

COMPUTER USAGE: Daily drop-in to use the computers except when there is a computer class or exercise session. See calendar.

CONVERSATIONAL SPANISH: Thursday 9:00 - 10:00 am. Drop-in. Free, weekly class to introduce the Spanish language in a conversational setting. Conference Room

FITNESS UPDATES:

GOLF - OUTDOOR: April - November: Monday @ 10:00 - 11:00am. Stone Meadow Golf, 675 Waltham St., Lexington. Instructor: Joe DiVico

HEARING CLINIC: No December clinic due to the holidays. West Newton Hearing offers free 10 min. appointments from 1:30 - 2:30pm to clean and check pre-existing hearing aids or determine if your hearing is normal (screening).

HOLIDAYS: We will be closed on Monday, December 26th in observance of Christmas.

LEGAL SERVICES: Tuesday, 12/20/22~ Metro West Legal offers free 15-minute phone appointments from 12:00 - 2:00pm with an attorney. Monthly service.

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

MEDITATION: Every Wednesday 11:00am - 12:00pm. No charge. Conference Room.

MOVIES: Movies are shown at 10:30 (with subtitles) and 1:00 (no subtitles). To enjoy a bag of fresh popped popcorn you must register in advance!

PING PONG: Daily - Drop-in - Open play.

PICKLEBALL: Friday's, 11:00am - 11:30 Beginners Instruction; 11:30 - 12:30 Intermediate and experience play, no instruction. Held at the Community Center, 510 Moody St. Fall program ended Nov. 18th. Next program: Spring 2023.

PODIATRIST: Wednesday, 12/21/22 ~ Dr. Tuler offers routine nail and callus care at the senior center. Monthly service. Appointment required. Nurse's Office. \$30 cash or check made payable to Dr. Tuler.

PUBLIC OFFICIALS: Jay Higgins from Congresswoman Katherine Clark's Office will help you with a federal agency. Call 781-915-4841 or email at Jay.higgins@mail.house.gov

PEQUOSETTE QUILT GUILD: ~ 12/12/22 ~ Monthly meetings are held on the second Monday of the month from 7:00 - 8:30pm. New quilters welcome. For more info call Bonnie at 781-314-3499.

SPANISH OUTREACH WORKER: Laura San Juan: drop-in hours: Wednesdays 10:00 - 11:00 AM

TAXI VOUCHERS: You may purchase 6 books of vouchers in December.

VETERAN'S SERVICES: Wednesday, 12/28/22 Monthly drop-in; 12:30 - 1:30pm. Meet one-on-one with Mike Russo, Director of Veteran's Services.

WALKING GROUP: Monday, Wednesday, Friday: 10 - 11. Bentley University Dana Athletic Center. 450 Beaver St. Parking is located in the back of the building. Enter from the back parking lot.

PODIATRIST FEE INCREASE

Dr. Tuler offers monthly routine nail and callus care appointments at the senior center. The cost will increase to \$35.00 in January 2023. Payments can be made in cash or check payable to Dr. Tuler.

CANASTA UPDATE

The Canasta group will meet in the game room every Thursday at 1:00 - 3:00 pm, beginning January 5, 2023. This is for anyone who knows how to play the game. No instruction is offered. New players welcome!

Marybeth Duffy, LICSW - Director

Elaine Corbett - Editor - Senior Connection

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