



MARCH 2018

ST. PATRICK'S DAY CELEBRATION FRIDAY, MARCH 16, 2018

Join us for our annual corned beef and cabbage luncheon. Entertainment is provided by the Powers Music School. Sponsored in part by the Mass. Cultural Council. The cost is \$5.00 per person due upon registration. Lunch begins at 12:15, concert to follow. A continuous shuttle will be provided from the Sacred Heart Church parking lot at 11:45.

FREE BOILED DINNER AT SHOPPER'S CAFÉ SUNDAY, MARCH 11, 2018

Waltham seniors are invited to Shoppers Café for a free boiled dinner. You may select one seating: 11:30 AM or 1:00 PM. Tickets are required at the door and are available at the senior center.

MUSEUM OF FINE ARTS THURSDAY, APRIL 12, 2018

The trip cost covers admission to the museum. Lunch is on your own at the museum. This cost is \$18.00 per person due upon reservation beginning Tuesday, March 6th at 8:45 AM. The COA bus will depart from the Sacred Heart Church parking lot at 9:30 AM and return around 3:00 PM. You may purchase two tickets.

VANITY FAIR OUTLET MALL - BONWORTH - PEKING GARDEN - TUESDAY, APRIL 24, 2018

We are going to the Vanity Fair Outlets in North Dartmouth for shopping and lunch at the Peking Garden Buffet. Lunch features a Chinese food buffet and a soda for \$11.00 per person. Payment is due upon reservation beginning Tuesday, March 6th at 8:45 AM. The COA bus will depart from the Sacred Heart Church parking lot at 9:00 AM and return around 3:00 PM. You may purchase two tickets. Bonworth is offering a 20% discount on that day.

AGING IN WALTHAM WHAT EVERY CAREGIVER AND SENIOR CITIZENS SHOULD KNOW

**TUESDAY EVENINGS AT WALTHAM
COUNCIL ON AGING - 488 MAIN STREET
6:00 - 8:00 PM**

TUESDAY, MARCH 27 - SCAMS & FRAUD - Scams are a multi-billion dollar crime that often targets seniors. It's a devastating crime that often goes unreported. Learn what the common scams are and how to identify them. Protect yourself from these scammers. Presented by Triad Officer Jon Bailey.

TUESDAY, APRIL 3 - LEGAL ISSUES - Many topics will be discussed including Estate Planning, Mass Health, and reverse mortgages. Speakers include two eldercare attorneys and a reverse mortgage specialist.

TUESDAY, APRIL 10 - COMMUNITY RESOURCES - A panel of experts will explain community based options available to help seniors remain living safely in their homes. Home care, adult day health programs, hospice services, and Springwell will be presented.

TUESDAY, APRIL 17 - HOUSING OPTIONS - All types of housing options will be discussed including home modification, subsidized apartments, assisted living facilities, and nursing homes. Representatives from all of these facilities will be here to present and answer your questions.

We hope you can attend some or all of these sessions. So much comprehensive information will be available to those who are caring for an older person. It is also a good opportunity for those who are not caregivers but would like to learn about planning for your own aging. We are focusing on services and facilities that are based in Waltham. This series is open to anyone, not just Waltham residents. Please register.

MARCH 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>AARP TAX AID PROGRAM MONDAY, TUESDAY AND FRIDAY Feb. 5 - April 13 By appointment only. Call 781-314-3499</p>	<p>SHINE HEALTH INSURANCE COUNSELING 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>1. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:30 Beyond Balance 12:00 <u>Chicken Supreme or Egg Salad w/Garden Salad</u> 12:30 Mah Jong 12:30 Hearts 1:00 Cribbage 1:00 Bridge Games 2:00 <u>Line Dance Practice</u></p>	<p>2. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:30 <u>Movie with captions</u> 11:00 <u>Pickleball @ Community Center</u> 12:00 <u>Hot Dogs & Beans or Tuna Salad</u> 12:30 Mah Jong 12:30 Poker 12:30 Hearts 1:00 Bridge 1:00 <u>Movie: The Light Between Oceans</u></p>
<p>5. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:00 Knitting 10:45 Exercise Video 12:30 Poker 12:00 <u>Honey Dijon Chicken or Bologna & Cheese</u> 12:30 Hearts 1:00 Whist 1:00 Indoor Golf 1:30 Dance Exercise</p>	<p>6. SHINE APPOINTMENTS 8:45 <u>Trip Sign Ups</u> 9:00 Crochet 9:00 NO Sewing 9:45 Tai Chi 11-1 Bowling 11:00 Book to Film 12:00 <u>Sweet & Sour Meatballs or Chicken Salad w/ Garden Salad</u> 12:30 Mah Jong 12:30 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise 3:00 Argentine Tango</p>	<p>7. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:45 Exercise Video 11-1 Bowling 12:30 Poker 12:00 <u>Salisbury Steak or Ham & Cheese</u> 12:30 Hearts 1:00 Bingo 1:00 Bocce'</p>	<p>8. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 11:30 Beyond Balance 10:45 Water Exercise 10:45 <u>Keefe Tech Trip</u> 12:00 <u>Pulled Pork or Egg Salad w/Garden Salad</u> 12:30 Mah Jong 12:30 Hearts 12:45 <u>Self Awareness Class</u> 1:00 <u>Reach 101</u> 1:00 Cribbage 1:00 Bridge Games 2:00 Line Dance</p>	<p>9. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 <u>Indoor Walking Club 1 @ Bentley University</u> 10:30 <u>Movie with captions</u> 11:00 <u>Pickleball @ Community Center</u> 12:00 <u>Fish (Chef Choice) Seafood Salad</u> 12:30 Mah Jong 12:30 Poker 12:30 Hearts 1:00 Bridge 1:00 <u>Movie: Victoria & Abdul</u> Runtime: 1:51</p>
<p>12. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:45 Exercise Video 12:30 Poker 12:00 <u>Chicken Marsala or Bologna & Cheese</u> 12:30 Hearts 1:00 Indoor Golf 1:00 <u>Hearing Aid Clinic</u> 1:00 Whist 1:30 Dance Exercise</p>	<p>13. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 NO Sewing 9:45 Tai Chi 11:00 Film Discussion Group 11-1 Bowling 12:00 <u>BBQ Pork Riblet or Chicken Salad w/ Garden Salad</u> 12:30 Mah Jong 12:30 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise 3:00 Argentine Tango</p>	<p>14. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:45 Exercise Video 11:00 Jay Higgins ~ Rep. for Congresswoman Clark 11-1 Bowling 12:30 Poker 12:00 <u>American Chop Suey or Ham & Cheese</u> 12:30 Hearts 1:00 Bingo 1:00 Bocce 1:00 <u>Computer Workshop</u></p>	<p>15. SHINE APPOINTMENTS 8:45 Yoga 9:15 <u>Boston Flower Show</u> 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> 12:30 Mah Jong 12:30 Hearts 1:00 <u>Hearing Screening</u> 1:00 Cribbage 1:00 Bridge Games 2:00 Adv. Line Dance</p>	<p>16. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:30 NO Movie with captions 11:00 <u>Pickleball @ Community Center</u> 12:00 <u>NO ON-SITE LUNCH</u> 12:15 <u>St. Patrick's Day Celebration</u> 12:30 Mah Jong 12:30 Poker 12:30 Hearts 1:00 Bridge</p> 
<p>19. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 <u>COA Board Mtg</u> 10:00 Knitting 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:45 Exercise Video 12:30 Poker 12:00 <u>Turkey Dinner or Bologna & Cheese</u> 12:30 Hearts 1:00 Indoor Golf 1:00 Whist 1:00 <u>Waltham Connections</u> 1:30 Dance Exercise</p>	<p>20. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 NO Sewing 9:45 Tai Chi 11:00 Film Discussion Group 11-1 Bowling 12:00 <u>BBQ Chicken or Chicken Salad w/ Garden Salad</u> 12:00 <u>Legal Services</u> 12:30 Mah Jong 12:30 Hearts 12:30 Bridge 1:00 Ping Pong 1:00 <u>Seamstress Services</u> 1:30 Chair Yoga 2:00 Water Exercise 3:00 Argentine Tango</p>	<p>21. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:00 <u>Podiatrist</u> 10:45 Exercise Video 11-1 Bowling 12:30 Poker 12:00 <u>Stuffed Peppers or Ham & Cheese</u> 12:30 Hearts 1:00 Bingo 1:00 Bocce</p>	<p>22. SHINE APPOINTMENTS 8:45 Yoga 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:30 Beyond Balance 12:00 <u>Chicken Parm or Egg Salad w/Garden Salad</u> 12:30 Mah Jong 12:30 Hearts 1:00 Cribbage 1:00 <u>Travelogue Galapagos Islands</u> 1:00 Bridge Games 2:00 Adv. Line Dance</p>	<p>23. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:30 <u>Movie with captions</u> 11:00 <u>Pickleball @ Community Center</u> 12:00 <u>Fish (Chef's Choice or Seafood Salad</u> 12:30 Mah Jong 12:30 Poker 12:30 Hearts 1:00 Bridge 1:00 <u>Movie: Battles of the Sexes</u> Runtime: 2:00</p>
<p>26. 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:45 Exercise Video 12:30 Poker 12:00 <u>Cheese Omelet or Bologna & Cheese</u> 12:30 Hearts 1:00 Indoor Golf 1:00 Whist 1:00 <u>Dementia Friendly</u> 1:30 Dance Exercise</p>	<p>27. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 NO Sewing 9:45 Tai Chi 11:00 Film Discussion Group 11-1 Bowling 12:00 <u>Ziti & Meatballs or Chicken Salad w/ Garden Salad</u> 12:30 MahJong 12:30 Hearts 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 2:00 Water Exercise 3:00 Argentine Tango 6:00 <u>Scams & Fraud</u></p>	<p>28. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Exercise Class 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:45 Exercise Video 11-1 Bowling 12:00 <u>Computer Tutor</u> 12:30 Poker 12:00 <u>Shepherds Pie or Ham & Cheese</u> 12:30 Hearts 1:00 Bingo 1:00 Bocce</p>	<p>29. SHINE APPOINTMENTS 8:45 Yoga 9:30 <u>BSO/Maggiano's Trip</u> 9:30 Painting 10:00 Exercise Video 10:45 Water Exercise 11:30 Beyond Balance 12:00 <u>Chicken Supreme or Egg Salad w/Garden Salad</u> 12:30 Mah Jong 12:30 Hearts 1:00 Cribbage 1:00 Bridge Games 2:00 Adv. Line Dance 3:00 Beg. Line Dance</p>	<p>30. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 <u>Indoor Walking Club @ Bentley University</u> 10:30 <u>Movie with captions</u> 11:00 <u>Pickleball @ Community Center</u> 12:00 <u>Hot Dogs & Beans or Tuna Salad</u> 12:30 Mah Jong 12:30 Poker 12:30 Hearts 1:00 Bridge CLOSE AT 2:00PM IN OBSERVANCE OF GOOD FRIDAY</p>

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

FILM DISCUSSION GROUP

TUESDAY, MARCH 13, 20, 27 @ 11:00 AM

This month the theme is "Raising Kids". View the film and participate in a follow-up group discussion.

3/13 - Mrs. Doubtfire (1993/125 min. PG-13)

3/20 - Little Man Tate (1991/ 99 min. PG)

3/27 - Music of the Heart (1999/ 124 min.)

NEW: BOOK CLUB

TUESDAY, APRIL 3 @ 10:15 AM

Read "Hidden Figures" by Margot Lee Shetterly. Participate in a group discussion. Books are available at the circulation desk at the Waltham Public Library. Please register.

BOOKS TO FILM GROUP

TUESDAY, APRIL 3 @ 11:00 AM

Read "Hidden Figures" by Margot Lee Shetterly. 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.

PICKLEBALL

FRIDAYS @ 11:00 AM - 12:30 PM

Pickleball is part tennis, badminton and ping-pong. Pickleball rules are simple and the game is easy to learn. Instruction is being offered at the Community Cultural Center located at 510 Moody Street, beginning Friday, March 2nd. Wear comfortable clothes and sneakers.

DISCOVER GOOGLE APPS.

WEDNESDAY, MARCH 14 @ 1:00 - 3:00 PM

Calendar, Gmail, Docs, Drive, Photos, Maps, Translate. Learn how to use these Google apps to enhance your digital life. \$10 per person due upon registration. Instructor: Bill Wade.

COMPUTER TUTOR

WEDNESDAY, MARCH 28, 2018

One hour appointments are offered from 12:00 - 3:00 @ \$20.00 per hour. Meet one on one with the instructor. Indicate the topic you need help with at registration. Instructor: Howard Loewinger.

RED SOX HOME GAME OPENER

THURSDAY, APRIL 5 @ 2:05 PM

Red Sox vs. Tampa Bay Rays. The opening ceremony begins around 1:30. Hot dogs will be offered at \$1.00 each and will be served around 2:00 PM. Enjoy complimentary soda, peanuts and crackerjacks. This is the only game that we will serve hot dogs. Please place your hot dog order by Tuesday, April 3rd.

REACH 101

THURSDAY, MARCH 8 @ 1:00 PM

Learn how REACH supports seniors. Understand the barriers to safety and security. Discuss ways to be safe. Presented by Pat Cooper and Jyoti John from REACH. Refreshments will be served.

SELF AWARENESS CLASS

THURSDAY, MARCH 8 @ 12:45 PM

This one hour class is designed as a practical and basic introduction to self-defense for seniors. Learn how to move effectively and maintain balance. Learn the principles of punches, kicks and grabs and how to use pressure points on vital body areas in your self defense. \$5.00 per person due upon reservation. Taught by Black Belt Instructor Louise Carbone.

WALTHAM CONNECTIONS

MONDAY, MARCH 19 @ 1:00 PM

Hear what has been learned from research and action in the first year of Waltham Connections. How are Waltham seniors, community agencies, and government doing in making the city more age-friendly? How can we be more inclusive of all Waltham seniors? What are the biggest challenges that lie ahead? Presented by Maria DiMaggio, Marybeth Duffy and Walter Leutz. Please register.

TRAVELOGUE

THURSDAY, MARCH 22 @ 1:00 PM

Priscilla Elliott was recently inspired to meet giant tortoises in the Galapagos Islands, with a group led by a Harvard professor and family friend. After visiting Ecuador, she cruised for 5 days in protected Galapagos National Park areas. Come see photos from her adventures. Please register.

"COME 2 B DEMENTIA FRIENDLY"

MONDAY, MARCH 26 @ 1:00 PM

This presentation will explain how every community can become dementia friendly and what makes a community dementia friendly. You will hear the efforts and success stories of communities in Metro West. Presented by Tammy Pozerycki, Owner of Pleasantries, Adult Day and Consulting Services. Please register.

MINDFULNESS

MONDAY, APRIL 2 @ 1:00 PM

Mindfulness promotes non-judgmental awareness of the present moment, and fosters calm, better concentration and more openness. Learn how to be kinder to yourself and others, more confident and less judgmental. Presented by Matt Carriker, Protestant Chaplain at Brandeis University and Spiritual Director at Agape Spiritual Community in Waltham. Please register.

10-WEEK LINE DANCE BEGINS!

Improve your memory, balance, cardiovascular system and vertigo. The cost is \$35.00 for 10 weeks due on the first day. Advanced students meet from 2:00 - 3:00 PM, beginners meet from 3:00 - 4:00 PM. The dates are March 15, 22, 29, April 12, 29, 26, May 10, 17 & 24, 31. New students are welcome! Instructor: Stacey Tully.

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, MARCH 2 ~ THE LIGHT BETWEEN OCEANS ~ A lighthouse keeper and his wife living off the coast of western Australia raise a baby they rescue from a drifting row boat. Stars: Michael Fassbender, Alicia Vikander, Rachel Weisz. Rated PG-13: Runtime: 2:00.

FRIDAY, MARCH 9 ~ VICTORIA & ABDUL ~ Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim. Stars: Judi Dench, Al Fazal, Tim Pigott-Smith. Rated: PG-13: Runtime: 1:51.

FRIDAY, MARCH 23 ~ BATTLE OF THE SEXES The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs. Stars: Emma Stone, Steve Carell and Andrea Riseborough. Rated PG-13. Runtime: 2:00.

IMPORTANT NOTICE

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

INDOOR WALKING CLUB FOR SENIORS

Indoor walking takes place on Monday, Wednesday and Friday from 10:00 - 11:00 AM at the Bentley University Dana Athletic Center located at 450 Beaver Street. Parking is located at the back of the building and you enter from the back parking lot.

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.

COA BOARD MEETINGS: Mon. **3/19/2018 @ 10:00 AM.**

COMPUTER TUTOR: Wednesday, **3/28/18** - 12- 3 PM. Meet one on one for one hour with instructor: Howard Loewinger. \$20

CROCHET CLASS: Instructor out until further notice.

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

FITNESS: 10-weeks of line dance begins on March 8th.

HEARING AID CLINICS: Monday, **3/12/2018** ~ West Newton Hearing offers 10 minute appointments to clean and check pre-existing hearing aids from 1:00- 2:00 PM

HEARING SCREENINGS: Thursday, **3/15/2018** ~ 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 close at 2:00PM on Friday 3/30/2018 in observance of Good Friday

LEGAL SERVICES: Tuesday, **3/20/2018** ~ Metro West Legal offers 15 minute appointments at the senior center from 12:00 - 2:00 PM to meet with an attorney.

PODIATRIST: Wednesday, **3/21/2018** ~ 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, **3/14/2018 @ 11:00 AM.**

SEAMSTRESS SERVICES: Tuesday, **3/20/2018** ~ 15 min. appointments at the Sr. Center from 1:00 - 2:00.

SEWING CLASS: Instructor out until further notice.

TRIAD: 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 March.