



THE SENIOR CONNECTION

KEEPING WALTHAM SENIORS INFORMED AND IN TOUCH

OCTOBER 2018

KEEFE TECH EAST SIDE ROOM CHRISTMAS TREE SHOP – Natick Store THURSDAY, NOVEMBER 8, 2018

Lunch at the East Side Room features chef's soup, mashed potato and vegetable, dessert and coffee, tea or soda with your choice of pot roast or baked scrod. Shop at the Christmas Tree Shop after lunch. The cost is \$14.00 per person due upon reservation beginning Tuesday, October 2 @ 8:45 AM. The COA bus will depart from the Sacred Heart church parking lot at 10:45 AM and return around 3:30 PM. You may purchase two tickets.

AMOR FLORES FLOWER DESIGN CLASS MONDAY, OCTOBER 22 @ 1:00 - 2:30 PM

You will be guided by a professional designer. You will learn basic floral skills, symmetry, placement and use of color palate to create many types of arrangements. You will take home a beautiful fall tea cup arrangement. Bring your own tea cup, all other materials will be provided. The cost is \$9.00 per person. Instructor: Releigh.

THE COA HAS GONE HOLLYWOOD!

Watch our new cable show called "Aging in Waltham". Learn about a variety of topics as Marybeth Duffy interviews experts in their field. Two episodes have already aired. Refer to The Waltham Channel (WCAC-TV) schedule or stream them on your computer. Watch for the third episode this fall.

SAVE THE DATE FOR THE WALTHAM COUNCIL ON AGING HOLIDAY CRAFT FAIR SATURDAY, NOV. 10 @ 10:00 AM - 3:00 PM

We are looking for experienced crafters to participate. Tables are free for vendors but we ask that you donate an item for our door prize/ raffle. If we receive too many vendor requests then we will hold a lottery. Product samples may be requested. Please contact Maureen @ 781-314-3301 to request a table.

MEDICARE OPEN ENROLLMENT PERIOD IS OCTOBER 15 - DECEMBER 7

During this open enrollment period you will be able to make changes to your Medicare Advantage plans and drug plans for next year. Shine appointments during this time are for open enrollment only. All other insurance needs can be scheduled after December 7th. SHINE provides free & unbiased health insurance counseling for Medicare beneficiaries. Please bring your Medicare Card, a current list of medications, your current health and prescription drug plan cards and benefit information to your appointment. Make your SHINE appointment now!

WATCH OUT FOR SCAMS

As new Medicare cards are being mailed out, watch out for scams. Scam artists try to get personal information by contacting you about your new card. Medicare will never call you uninvited and ask you to give personal or private information. If someone has asked for your personal information, money or threatens to cancel your benefits, don't share anything. Hang up and call MEDICARE @ 1-800-633-4227.

FUEL ASSISTANCE

Any person who received fuel assistance last year will receive the recertification application by mail. This should be filled out and mailed in as soon as possible. If you need assistance checking the documents or if you are age 60+ and would like to apply as a new applicant, please call Maureen for an appointment @ 781-314-3301. This program provides home heating assistance between November and April. Eligibility is based on household size and gross annual income of all members 18 years of age and older.

OCTOBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1. SHINE APPOINTMENTS 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Knitting 10:00 Walking Club @ Bentley University 10:00 Outdoor Golf 10:45 Exercise Video 11:30 Poker 11:30 Hearts 12:00 <u>Ham Steak or Turkey & Cheese</u> 1:00 Whist 1:30 Dance Exercise</p> <p style="font-size: small;">Lunch Week 4</p>	<p>2. SHINE APPOINTMENTS 8:45 <u>Trip Sign Up</u> 9:00 Crochet 9:00 <u>Tai Chi - Beginner</u> 10:00 <u>Tai Chi - Advanced</u> 10:00 Outdoor Golf 11-1 <u>Bowling</u> 11:00 Mah Jong 11:15 <u>Irish & Ceili Dance class</u> 11:30 Hearts 12:00 <u>Ziti & Meatballs or Chicken Salad w/ Garden Salad</u> 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 Gentle Aerobics Class 10:00 Walking Club @ Bentley University 10-12 <u>Flu Clinic</u> 10:45 Exercise Video 11-1 <u>Bowling</u> 11:30 Poker 11:30 Hearts 12:00 <u>Shepherds Pie or Ham & Cheese</u> 1:00 Bingo 1:00 Bocce' 1:00 Drop In for Latino Seniors</p>	<p>4. 8:45 Yoga 9:30 <u>Painting</u> 9:30 <u>Peabody Essex Museum & Lunch @ The Hawthorne Hotel</u> 10:00 Exercise Video 10:45 Water Exercise 11:00 Mah Jong 11:30 <u>NO Beyond Balance</u> 12:00 <u>Computer Tutor</u> 12:00 <u>Chicken Supreme or Egg Salad w/Garden Salad</u> 12:15 Hearts 1:00 Hand & Foot 1:00 Cribbage 1:00 Bridge Game 2:00 <u>NO Line Dance</u></p>	<p>5. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 Walking Club @ Bentley University 10:30 <u>Movie with captions</u> 11:00 Mah Jong 11:30 Poker 11:30 Hearts 12:00 <u>Hot Dogs & Beans or Tuna Salad</u> 1:00 Bridge 1:00 Movie: <u>Won't You Be My Neighbor?</u> Runtime: 1:34</p>
<p>8. <b style="text-align: center;">CLOSED IN OBSERVANCE OF COLUMBUS Day</p>  <p style="font-size: small;">Lunch Week 1</p>	<p>9. SHINE APPOINTMENTS 9:00 Crochet 9:00 <u>Tai Chi - Beginner</u> 10:00 <u>Tai Chi - Advanced</u> 10:00 Outdoor Golf 11-1 <u>Bowling</u> 11:00 Mah Jong 11:15 <u>Irish & Ceili Dance class</u> 11:30 Hearts 12:00 <u>Stuffed Shells or Chicken Salad w/ Garden Salad</u> 12:30 Bridge 1:00 Ping Pong 1:00 <u>Spirited Aging - Part 1</u> 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 Gentle Aerobics Class 10:00 Walking Club @ Bentley University 10:30 - 12:30 <u>Flu Clinic</u> 10:45 Exercise 11-1 <u>Bowling</u> 11:00 <u>Jay Higgins ~ Rep. for Congresswoman Clark</u> 11:30 Poker 11:30 Hearts 12:00 <u>Salisbury Steak or Ham & Cheese</u> 1:00 Bingo 1:00 Bocce' 1:00 Drop In for Latino Seniors 1:00 <u>Fall Photo Workshop</u></p>	<p>11. 8:45 Yoga 8:45 <u>Oral Cancer Screenings</u> 9:30 <u>Painting</u> 10:00 <u>NO Exercise Video</u> 10:15 <u>Tai-Yo-Ba</u> 10:45 Water Exercise 11:00 Mah Jong 11:30 <u>NO Beyond Balance</u> 12:00 <u>Pork Loin or Egg Salad w/Garden Salad</u> 12:15 Hearts 1:00 <u>Mindfulness Workshop</u> 1:00 Hand & Foot 1:00 Cribbage 1:00 Bridge Game 2:00 Line Dance -Advanced 3:00 Line Dance - Beginner</p>	<p>12. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 Walking Club @ Bentley University 10:30 <u>Movie with captions</u> 11:00 Mah Jong 11:30 Poker 11:30 Hearts 12:00 <u>Fish (Chef's Choice) or Seafood Salad</u> 1:00 Bridge 1:00 Movie: <u>Book Club</u> Runtime: 1:44</p>
<p>15. SHINE APPOINTMENTS 9:30 Exercise Class 9:30 <u>NO Bridge Lessons</u> 10:00 <u>COA Board Meeting</u> 10:00 Knitting 10:00 Walking Club @ Bentley University 10:00 Outdoor Golf 10:45 Exercise Video 11:30 Poker 11:30 Hearts 12:00 <u>Chicken Marsala or Turkey & Cheese</u> 1:00 Whist 1:00 <u>Hearing Aid Clinic</u> 1:00 <u>How to Write & Self-Publish</u> 1:30 Dance Exercise</p> <p style="font-size: small;">Lunch Week 2</p>	<p>16. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 <u>Tai Chi - Beginner</u> 10:00 <u>Tai Chi - Advanced</u> 10:00 Outdoor Golf 11-1 <u>No Bowling</u> 11:00 Mah Jong 11:15 <u>Irish & Ceili Dance class</u> 11:30 Hearts 12:00 <u>Legal Services</u> 12:00 <u>Mac & Cheese or Chicken Salad w/ Garden Salad</u> 12:30 Bridge 1:00 Ping Pong 1:00 <u>Seamstress Services</u> 1:00 <u>Spirited Aging - Part 2</u> 1:00 Ping Pong 1:30 Chair Yoga</p>	<p>17. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Gentle Aerobics Class 10:00 Walking Club @ Bentley University 10:00 <u>Podiatrist</u> 10:45 Exercise Video 11-1 <u>Bowling</u> 11:30 Poker 11:30 Hearts 12:00 <u>American Chop Suey or Ham & Cheese</u> 1:00 Bingo 1:00 Bocce 1:00 Drop In for Latino Seniors 1:00 <u>Jewelry Workshop</u></p>	<p>18. 8:45 Yoga 9:30 <u>Painting</u> 10:00 <u>NO Exercise Video</u> 10:15 <u>Tai-Yo-Ba</u> 10:45 Water Exercise 11:00 Mah Jong 11:00 <u>Durgin-Park Trip</u> 11:30 <u>NO Beyond Balance</u> 12:00 <u>Swedish Meatball or Egg Salad w/Garden Salad</u> 12:15 Hearts 1:00 Hand & Foot 1:00 Cribbage 1:00 Bridge Games 1:00 <u>Hearing Screening</u> 2:00 Line Dance - Advanced 3:00 Line Dance - Beginner</p>	<p>19. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 Walking Club @ Bentley University 10:30 <u>Movie with captions</u> 11:00 Mah Jong 11:30 Poker 11:30 Hearts 12:00 <u>Fish Sticks or Tuna Salad</u> 1:00 Bridge 1:00 Movie: <u>RBG</u> Runtime: 1:38</p>
<p>22. SHINE APPOINTMENTS 9:30 Exercise Class 9:30 <u>NO Bridge Lessons</u> 10:00 Knitting 10:00 Walking Club @ Bentley University 10:00 Outdoor Golf 10:45 Exercise Video 11:30 Poker 11:30 Hearts 12:00 <u>Turkey Dinner or Turkey & Cheese</u> 1:00 Whist 1:00 <u>Floral Design</u> 1:30 Dance Exercise</p> <p style="font-size: small;">Lunch Week 3</p>	<p>23. SHINE APPOINTMENTS 9:00 Crochet Class 9:00 <u>Tai Chi - Beginner</u> 10:00 <u>Tai Chi - Advanced</u> 10:00 Outdoor Golf 11-1 <u>Bowling</u> 11:00 Mah Jong 11:15 <u>Irish & Ceili Dance class</u> 11:30 Hearts 12:00 <u>Beef Stew or Chicken Salad w/ Garden Salad</u> 12:30 Bridge 1:00 Ping Pong 1:00 <u>Spirited Aging - Part 3</u> 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 Gentle Aerobics Class 10:00 Walking Club @ Bentley University 10:45 Exercise Video 11-1 <u>Bowling</u> 11:30 Poker 11:30 Hearts 12:00 <u>Stuffed Peppers or Ham & Cheese</u> 1:00 Bingo 1:00 Bocce 1:00 Drop In for Latino Seniors 1:00 <u>Fall Photo Workshop</u></p>	<p>25. 8:45 Yoga 9:30 <u>Painting</u> 10:00 <u>NO Exercise Video</u> 10:15 <u>Tai-Yo-Ba</u> 10:45 Water Exercise 11:00 Mah Jong 11:30 <u>NO Beyond Balance</u> 12:00 <u>Chicken Parm or Egg Salad w/Garden Salad</u> 12:15 Hearts 1:00 Hand & Foot 1:00 Cribbage 1:00 Bridge Games 2:00 Line Dance - Advanced 3:00 Line Dance - Beginner</p>	<p>26. SHINE APPOINTMENTS 9:00 Zumba Gold 9:00 Ceramics 10:00 Walking Club @ Bentley University 10:30 <u>Movie with captions</u> 11:00 Mah Jong 11:30 Poker 11:30 Hearts 12:00 <u>Fish (Chef Choice) or Tuna Salad</u> 1:00 Bridge 1:00 Movie: <u>Heredity</u> Runtime: 2:07</p>
<p>29. SHINE APPOINTMENTS 9:30 Exercise Class 9:30 Bridge Lessons 10:00 Walking Club @ Bentley University 10:00 Outdoor Golf 10:00 Knitting 10:45 Exercise Video 11:30 Poker 11:30 Hearts 12:00 <u>Ham Steak or Turkey & Cheese</u> 1:00 Whist 1:30 Dance Exercise</p> <p style="font-size: small;">Lunch Week 4</p>	<p>30 SHINE APPOINTMENTS 9:00 Crochet Class 9:00 <u>Tai Chi - Beginner</u> 10:00 <u>Tai Chi - Advanced</u> 10:00 Outdoor Golf 11-1 <u>Bowling</u> 11:00 Mah Jong 11:15 <u>Irish & Ceili Dance class</u> 11:30 Hearts 12:00 <u>Ziti & Meatballs or Chicken Salad w/ Garden Salad</u> 12:30 Bridge 1:00 Ping Pong 1:30 Chair Yoga 1:00 <u>Shingles Presentation</u> 2:00 Water Exercise</p>	<p>31. 8:30 Ask Jon Bailey 9:00 Blood Pressure 9:00 Quilting Class 9:30 Gentle Aerobics Class 10:00 Walking Club @ Bentley University 10:45 Exercise Video 11-1 <u>Bowling</u> 11:30 Poker 11:30 Hearts 12:00 <u>Shepherds Pie or Ham & Cheese</u> 1:00 Bingo 1:00 Bocce 1:00 Drop In for Latino Seniors 1:00 <u>Digital Photography - Pt. 1</u></p>	<p style="text-align: center;">REGISTRATION Please sign up for 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. Our number is 781-314-3499.</p>	<p style="text-align: center;">ON-SITE LUNCH 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 the calendar and is subject to change. Please notify us if you have a food allergy.</p>

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

FLU CLINICS AT THE SENIOR CENTER

Sponsored by Osco Pharmacy & CVS. Drop in. Bring your Medicare card. Part B will cover the shot.

WEDNESDAY, OCTOBER 3: 10:00 - 12:00

WEDNESDAY, OCTOBER 10: 10:30 - 12:30

MINDFULNESS MONTHLY WORKSHOP

THURSDAY, OCTOBER 11 @ 1:00 PM

This free monthly workshop will engage in and practice a variety of mindful and contemplative practices. Facilitated by Rev. Matt Carriker, Protestant Chaplain at Brandeis University and Pastor at Agape Spiritual Community in Waltham. Please register.

HOW TO WRITE & SELF PUBLISH A NOVEL, AUTOBIOGRAPHY, MEMOIR, & MORE MONDAY, OCTOBER 15 @ 1:00 PM

Henry Quinlan, a publisher with more than 40 years of publishing experience, will demonstrate how to self-publish your story for under \$10.00 when you, as an author, use available technology to self-publish and to place it on Amazon for sale. Please register.

SPIRITED AGING - 3 PART SERIES

TUESDAYS: OCTOBER 9, 16, 23 @ 1 - 2:30 PM

For the first time in history most of us can expect to live into our 80s or longer. In this 3-part series, participants will have the opportunity to share experiences of what helps bring meaning and purpose to their lives. Discussion may include the ways in which people deal with the challenges of growing older, illness, and loss. Resources and support will be provided to help us live our later years with spirit, resilience, and wisdom. Facilitated by Marjorie Sokoll & Barbara Sternfield of Jewish Family & Children's Service, Waltham. Please register.

FREE - FALL PHOTO WORKSHOP

OCTOBER 10, 24 @ 1:00 - 2:30 PM

NOVEMBER 7, 28 @ 10:00 - 11:30 AM

Using your digital camera, you will develop a photo montage of the Fall season. This workshop will include classroom meetings and individual/group outings as we explore Fall with a camera. Any digital camera - DSLR, point and shoot, or smartphone can be used. Each classroom meeting will include a brief presentation on one aspect of photography. You will have an opportunity to share your Fall photos with the group. A \$10.00 material fee will be collected at the first meeting. Facilitated by Rose Wade.

SAVE THE DATE FOR THE MBTA SENIOR CHARLIE CARD AT THE SENIOR CENTER FRIDAY, NOVEMBER 16 @ 1:00 - 3:00 PM

Save yourself a trip to Downtown Crossing! Applicants must be 65 (or turning 65 within two months). Please bring a photo ID that includes a birthdate. We will take your picture and send it along with the completed application to the MBTA. Processing a new card takes 2-6 weeks. Waltham residents only.

FREE ORAL CANCER SCREENINGS

THURSDAY, OCTOBER 11 @ 8:45 - 9:45 AM

Dental Hygienists from Mt. Ida College will be here to perform the screenings. They will offer 15 min. appointments. Please register.

JEWELRY WORKSHOP

WEDNESDAY, OCTOBER 17 @ 1:00 - 3:00 PM

You will learn how to assemble a beaded necklace. Methods and tools will be explained. All supplies provided. A sample necklace is on display at the front desk. The cost is \$12.00 per person due upon reservation. Instructor: Eileen Facenda.

DIGITAL PHOTOGRAPHY 2-PART WORKSHOP PART 1 - WEDNESDAY, OCTOBER 31 - 1-3 PM

Intro to Digital Photography. Bring your digital camera or cell phone. Part 1 will introduce the basic vocabulary of digital photography as well as the essential controls to use your camera beyond auto mode.

PART 2 - WEDNESDAY, NOVEMBER 7 - 1-3 PM

Smart Phone Photography. Part 2 will introduce you to the composition, exposure control and other features of camera apps. The cost is \$20.00 per person due upon registration. Instructor: Bill Wade

SHINGLES PRESENTATION

TUESDAY, OCTOBER 30 @ 1:00 PM

Come hear about Shingrix, the new shingles vaccine. Find out why this vaccine is different than Zostavax, the old shingles vaccine. Should you get immunized with this new version? The vaccine is covered by some insurances. A test claim will be submitted. If you want the vaccine based on the copay, it will be available after the presentation. Presented by Aline Keomurjian, Pharmacist, Star/Osco.

NEW FITNESS CLASS: TAI-YO-BA

The class will meet on Thursday's @ 10:15 - 11:15 AM beginning **October 11th**. The name comes from Tai-Chi, Yoga, Balance. Light soothing music is used during the class and flow movements together (Tai-Chi), focus on stretching and posture (yoga), functional fitness to increase the body's functionality (balance). It consists of seated, standing, and mobile exercises. Everything can be modified to suit an individual needs. The cost is \$3.00 per class. Instructor: Cameron Bergeron.

TAI-CHI & CHI KUNG

NEW BEGINNER & ADVANCED CLASS

Effective Tuesday, October 2nd, Tai Chi will offer a beginner class and advanced class. Beginners will meet on Tuesdays from 9-10 am, advanced 10-11. The cost is \$3.00 per class. Tai Chi and Chi Kung are good for balance and more energy. It is a low-impact activity suitable for people of all ages and most states of health, including those who have long been sedentary or "hate" exercise. Instructor: Marie Favorito.

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, OCTOBER 5 - WON'T YOU BE MY NEIGHBOR?

- An exploration of the life, lessons, and legacy of children's television host, Fred Rogers. Rated PG-13. Runtime: 1:34.

FRIDAY, OCTOBER 12 - BOOK CLUB - Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. Rated PG-13. Runtime: 1:44.

FRIDAY, OCTOBER 19 - RBG - The life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg. Rated PG. Runtime: 1:38.

FRIDAY, OCTOBER 26 - HEREDITARY - After the family matriarch passes away, a grieving family is haunted by tragic and disturbing occurrences, and begin to unravel dark secrets. Rated R. Runtime: 2:07

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

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: Bowling will start up in October. Tuesday & Wednesday @ 11-1 @ Community Center, 510 Moody St. Call 781-314-3538 for reservations. No Bowling 10/16.

BRIDGE PLAY & LESSONS: Monday 9:30 - 11:30. Drop in. \$10 per lesson with Bernice King. There will be no class on 10/15 & 10/22.

COA BOARD MEETINGS: Monday, 10/15/18 @ 10:00 AM

COMPUTER TUTOR: Thursday, 10/4/18 ~12-3 PM. Meet one on one for one hour with instructor: Howard Loewinger. \$20.

FITNESS: No Beyond Balance 10/4, 10/11, 10/18, 10/25.

Thursday: 10:00 AM Exercise Video is cancelled as of 10/11/18.

GOLF - OUTDOOR: Monday and Tuesday from 10:00 AM -12:00 PM at Stone Meadow, 675 Waltham Street, Lexington.

HEARING AID CLINICS: West Newton Hearing offers 10 min. appointments to clean and check pre-existing hearing aids from 1:00-2:00 PM. Next appointment **12/10/2018**

HEARING SCREENINGS: 10/18/2018 ~ West Newton Hearing offers 10 min. appointments from 1:00-2:00 PM to determine if your hearing is normal or if a full hearing evaluation is needed.

HOLIDAYS: We are closed on Monday 10/8/18 in observance of Columbus Day. All programs and services will be cancelled.

LEGAL SERVICES: Tuesday, 10/16/2018 ~ Metro West Legal offers 15 minute appointments at the senior center from 12:00 - 2:00 PM to meet one on one with an attorney.

PICKLEBALL: No games in October.

PODIATRIST: Wednesday, 10/17/18 ~ Dr. Tuler offers routine nail and callus care by appointment at senior center.

PUBLIC OFFICIALS: Drop in. Wednesday, 10/10/18 @ 11:00 - 12:00. Meet one on one with Jay Higgins from U.S. Congresswoman Katherine Clark's Office.

SEAMSTRESS SERVICES: Tuesday, 10/16/18 ~ 15 min. appointments at the senior center from 1:00 - 2:00 PM.

TRIAD: Drop in. Meet one on one with Officer Bailey. Wednesdays 8:30-10:00 AM.

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

Marybeth Duffy, LICSW - Director

Elaine Corbett - Editor - Senior Connection

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