

# OUR PLACE, OUR TIME

## A PUBLICATION OF THE MEDFORD COUNCIL ON AGING

MEDFORD SENIOR CENTER, 101 RIVERSIDE AVE, MEDFORD 02155

OPEN MONDAY—FRIDAY 9:00AM to 4:00PM

TELEPHONE: 781-396-6010 FAX: 781-395-8912 CITY HALL T.D.D.: 781-393-2516

WEB SITE: [WWW.Medfordma.org/departments/council-on-aging](http://WWW.Medfordma.org/departments/council-on-aging)

E-MAIL: [Pkelly@medford-ma.gov](mailto:Pkelly@medford-ma.gov) Director: Pamela Kelly



## January 2026



### Chinese New Year 新年快乐

#### Friday January 30th at 12:00noon

#### Tickets are \$4.00 per person and on sale January 6th

Maximum of 2 tickets per person



Chinese New Year 2026, the Year of the Horse is celebrated with vibrant traditions that emphasize energy, freedom, and renewal. Enjoy a traditional Chinese luncheon catered by MVES, and the Boston Golden Age Catering. Entertainment by DJ George Landers, raffles and 50/50 raffles.

We want to Thank our sponsors Joyce Huang, Andreanne, Carol Caradonna, and Teresa Gough for their tremendous support.

### AARP TAX AIDE

You may call for an appointment beginning January 16th. Appointments will begin on **Thursdays from February 12th—April 9th.**

**Appointments are a must; call 781-396-6010.** Please bring to your appointment a copy of last years tax return and 2025 documents.



AARP Foundation Tax-Aide provides tax assistance free of charge with a special focus on taxpayers who are over 60 and have low-to-moderate income. Tax-Aide volunteers are located nationwide and are trained and IRS-certified every year.

Consequently, all taxpayers and spouses WILL need to bring a photo ID to verify their identity. Additionally, taxpayers WILL need to bring their Social Security card or other documents issued by the Social Security Administration such as the SSA-1099 (which shows the social security pension for the year). Space is limited please call for an appointment on or after January 16th.



### Basic First Aid, CPR & Calling 911 Classes

**Tuesdays, January 6th & 13th, 2026 at 1:00pm**  
**Presented by Armstrong ambulance**

We are excited to offer two important safety classes to kick off the NEW YEAR. Armstrong Ambulance will be leading informative, hands-on sessions covering basic first aid, CPR techniques, and how to effectively call 911 during an emergency. These classes are designed for all skill levels and are a great opportunity to build confidence and learn essential lifesaving skills. Call 781-396-6010 to reserve your seat today.

## The Life Changing Benefits of Exercise After Age 60!



As we age, it's normal to not have the stamina and agility we enjoyed in our younger years. But getting older does NOT mean that we must become couch potatoes! According to the Center for Disease Control (CDC), all older adults can benefit from regular, moderate physical activity. This is true even for people with medical conditions such as arthritis, heart disease, obesity, and high blood pressure. Some of the key benefits of regular exercise include preventing bone loss and fractures, relieving osteoarthritis pain, boosting immunity, helping to prevent chronic disease, and improving mood!

Ideally, exercise routines for older adults should incorporate a blend of aerobic exercise, strength/resistance training, and stretching/flexibility exercises. Some great workout options include low-impact yoga, core-strengthening Pilates, various forms of aerobic exercise, and muscle-building strength training.

Sometimes exercise is more enjoyable with a friend. If you lack a fitness partner at home, be sure to check out the many exercise options offered right here at the Senior Center! Participation in these classes provides the social connection and motivation you need to stick with it. Exercising in a group setting also provides an added layer of safety for older adults who require more supervision during activity.

Have a happy and healthy New Year!

Nike

*\*\*\*Before starting any exercise regimen, it's important to talk with your doctor to learn which options are right for your health and activity level. Then, you'll be ready to experience the proven and immense benefits of exercise firsthand.*

### The New Tax Law "OBBBA" made simple Thursday, January 15th at 1:00pm With Peter Suffredini

Please join us at the Medford senior Center as we learn the key provisions of the 2025 Tax Act (OBBBA) and how it impacts individual taxpayers, especially older adults. The presentation will also explain the various tax documents that are needed to prepare your taxes. The event will be presented by Peter suffredini, long time tax preparer at the senior center.

Call to reserve your seat 781-396-6010.

### Start your year with healthy habits With Grace and MSCI Friday, January 9th at 1:00pm

Interactive presentation to create your own Healthy Treats with nuts, granola, and more.  
Space is limited to 30 people  
Reserve your seat today

This event is funded through a Medford Community Grant, written by our MSCI 'friends group'



### Alzheimer's Association Presents 10 Warning signs of Alzheimer's Tuesday Feb 10th at 1:00pm

The 10 Warning Signs of Alzheimer's. Learn how to recognize common signs of the disease in yourself and others and what next steps to take. The Alzheimer's Association® provides care and support to those affected by Alzheimer's and all other dementia through free, high-quality education programs. Reserve your seat today, 781-396-6010.

### TUFTS University OT students are back for classes on January 23rd and 30th Fridays offering two classes

**CRAFTS 10:30am to 11:30am**  
**And**  
**Tufts NEW BRAIN GAMES**  
**1:00pm to 1:45pm**

Seats are limited sign up today for one or both at 781-396-6010



## NEW and ONGOING PROGRAMS

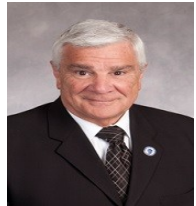
**Tech One-on-One and  
MBTA Charlie Card for Seniors**  
Wednesdays & Thursdays in January  
by appointment with Marc

Do you need a new Senior Charlie Card? Valid for 65+ older adults. Don't have a computer to go online? Call today for a one on one appointment to apply for your **FREE Charlie Card**. You will need to bring with you a government issued photo ID the day of appointment.

**FREE Tech support** one on one assistance with your hand held gadgets. You must make an appointment in advance, limited time slots available. This is for the senior who has little to no experience working with phones, laptops, iPads. Please reserve today 781-396-6010 for either program.

### Complete Mobile Foot Care Services

Foot Care beyond a pedicure  
**Wednesday, January 28th by appointment**  
Join Marie Anderson, a Boston certified footcare specialist & geriatric nurse practitioner with over 30 years experience. Appointments begin at 10:30am—2:30pm. \$55.00 for initial visit, \$45 for repeat visits payable via cash, credit or check. 45 minute new patient assessment, in grown nails, cracks, fissure in the skin, fungus, extra dry skin, diabetes, neuropathy, & more. Make your appointment today 781-396-6010



### Representative Paul Donato

Will be available on January 28th at 10:30am at the senior center, Call 781-395-1683 for immediate questions please call 781-395-1683.

Please view our new website;

<https://www.medfordma.org/departments/council-on-aging>

### Chair Volley Ball Mondays January 12th and 26th 2:00pm Chair Volleyball

Join us for a free fun new class that's a hit at many other senior centers! Chair volleyball is easy to learn, a great new way to stay active, and most importantly—lots of fun.

Sign up today to try one or both dates.



### Silver Solidarity with Nike Wednesday, January 14 & 28th 1:00pm to 2:00pm

This group aims to give older adults a relaxed, safe, and welcoming space to engage with their peers about the benefits and challenges that come along with aging. Participants will learn about available community resources/supports, and are invited to share their own wisdom, experience, and suggestions with each other through this facilitator led discussion.

Group is limited to 15. Reserve your seat today, 781-396-6010.

### Multiple opportunities for you to get your Blood Pressure checked.

#### KNOW YOUR NUMBERS

**Floriana (Lora) Bicchieri** retired nurse will be available most Mondays from 10:30am to 11:30am for Blood Pressure check.

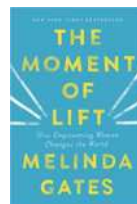
**Andrea** from Medford's BOH will offer BP most Thursdays from 10am to 12noon. Stop by and get your numbers checked.

**Cara Gosselin, RN** from Tufts Medicine, Cara will stop by once a month to take your blood pressure **Thursday, January 15th at 2:00pm**

### Paula's Monthly Book Club Thursday, January 8th at 1:00pm

The first book will be handed out on the 8th, **The Moment of Lift: How empowering Women changes the World by Melinda French Gates**. This is a Goodreads choice Award, Nominee for Readers' Favorite Non-fiction (2029).

The senior center will order the books from the Medford Public Library and distribute them on January 8th.



Call Paula at 781-396-6012 and reserve your seat today, so we can make sure that we order enough books for the group.

# Day trips and getaways

## VAN TRIPS

**Shopping trip to Market Basket** - Van departs at 9:30am for Market Basket, Wednesday, January 7th . Shopping for 1 1/2 hours. Reserve your seat today. Limited to 4 bags per adult. Max 10 people.

**Encore Casino with \$10.00 slot play**—FREE Van transportation, Tuesday January 13th. Our van will depart at 10am, drop you at the door and return at 1:30pm. Seats are limited to 14 on the van. For slot play you must have Wynn Rewards card and your government issued ID. Sign up today.

**Walmart & Prince Pizza**—Wednesday, January 21st—Our van will depart at 10am to shop at the Saugus Walmart and then on to Prince Pizza for lunch (order off the menu). You are responsible to pay your own lunch. Sign up in the office begins January 6th.

**Town Line Bowling Alley & 621 Lunch** Monday January 26th at 10:00am \$5.00 per person (pay in advance) The van will depart the senior center at 10:00am, return approximately 1:30pm. Lunch will follow at 621 Restaurant (next door) dine off the menu (pay your own ). Seats are limited on van or drive on your own. Sign up today.

**Lunch at Bistro 489**, Medford Vocational School—Thursday, January 29th, van departs at 11:15am. Enjoy a lunch off the menu of choices and add desserts, coffee and tea, created by the students and chefs, Seats are limited to 14, however you can drive on your own as well. Prices will reflect what you order, paid direct at the Bistro, Cash, or Debit Card will be accepted at the school. Reserve your seat today.

## MOTOR COACH TOURS

**TALL SHIPS ARE COMING— July 16, 2026, Thursday—\$149.00 per person**, Celebrate America's 250th Anniversary with us! includes motorcoach from Medford depart at 8:00am enjoy an up-close view of these incredible vessels—cruising, with panoramic Harbor views. Enjoy a delicious buffet, while cruising along as the history-rich Tall Ships drift by. Tickets go on sale January 22nd, maximum 2 tickets per person. Tickets are nonrefundable. Headcount is due by April 7th, 50 passenger maximum on this event for Medford.

**Please stay tuned for our Spring, Summer and Fall Trips to be advertised soon.**

NOTICE: Tickets must be purchased at time of reservation. Tickets are non-refundable. For complete details about trips hosted by Medford Senior Center, including participant responsibility, a comprehensive Trip Policy outline is posted at the Senior Center and copies available upon request. All participants are required to have Emergency Contact Information on them throughout the trip. Wallet sized File of Life packets are available free, in the office for your convenience! Some trips are funded in part though a CDBG Grant.

**Men's Breakfast and Banter**  
**Thursday, January 8th**  
**from 9:00am to 10:00am**

- New men's only group at the senior center for a continental breakfast , coffee, & conversation
- This program will meet once a month.
- Sign up in the office today.
- This month we will open the conversation to topics that interest you.
- Reserve your seat today.



**LAW OFFICE OF DALE J. TAMBURRO,**  
**Tuesday, February 24th at 1:00pm**  
**Mass Health Plus**

**Join Attorney Tamburro on February 24th for an informative talk on MASSHEALTH Plus. Do not wait until you are in a crisis, to learn about what MassHealth covers.**

**Please call 781-396-6010 to reserve a seat today.**



**Our Mission Statement:** The general mandate of the COA is to be the primary advocate for Medford's older adults. The COA evaluates, promotes, encourages and provides new and existing services that are intended to enhance the quality of the lives of elder residents.



## **Margarets Cooking Corner**

**January, 2026**

### **High Protein Honey Mustard Chicken Bowl**

– Makes 2 servings

Start your New Year with this very easy and healthy recipe which I know you will enjoy!

2 chicken breasts – cut into bite sized pieces  
2T olive oil  
2T Dijon mustard  
2 T honey (can use hot honey if preferred)  
1 tsp garlic salt  
1 tsp paprika  
1-2 cups broccoli (steamed but still a little crispy)  
1 cup white rice (cooked following directions on package)



Cut chicken breasts into bite sized pieces  
Add olive oil, mustard, honey, garlic salt, and paprika to chicken pieces and let marinate 1 hour.

Sauté chicken in a little olive oil until cooked through and lightly browned.  
Remove chicken from pan and put aside.  
Using individual bowls, divide the cooked rice between the bowls and also the broccoli.

Top the bowls with divided chicken in each bowl.

### **Find inspiration and improve your cooking skills**

**Join Judit Gaspar—Nutritionist. Demonstrate preparing nutritious meals from fresh ingredients and you can taste it right there. You will also receive a package with the ingredients to prepare at home.**

**Friday January 2nd at 1:30pm—Mexican Beef Tostado**

**Friday, January 16th at 1:30pm— Vegetable Stir fry with shrimp & Chinese fried rice**

**Friday, January 23rd at 1:30pm— Grilled chicken lo mein w/ vegetables**



***Space is limited to 15 participants—You may sign up for 1 event per month, you can go on a waitlist for other dates.*** This program is funded by E. Cotton Rawls, Jr Foundation

## **Memory Café**

**Wednesday, January 7th 10:00am to 12:00noon**

Medford Council on Aging Memory Cafe offers information, support, activities & social engagement in a welcoming space for persons & their families living with memory changes.

Resources and information for the Caregiver as well.

Crafts with Grace, & Live Guitar music with Chuck

Location: Medford Senior Center 101 Riverside Avenue Call 781-396-6010 to reserve a seat

**If you are unable to make an in person, call Grace Albert to ask about joining via ZOOM**

### **Dee Morris Presents**

**Dear Friends: Our Animal Buddies**

**Tuesday, February 17th at 1:00pm**

Animals have always been part of our world, often providing us with a means of transportation or, at the very least, with a strong back to carry needed goods. The concept of “having a pet” is different. Pets become members of the family because they keep us company and also comfort us in times of loneliness or stress. This program explores the unique relationship between these animals and their people. Starting with the 1880s and moving up to our own day, we will celebrate our dear friends, the pet that given us so much. Reserve your seat today 781-396-6010.




### **Bone Density Strengthening Class**



**Wednesdays**

**IS ON HOLD FOR JANUARY**

The class is on hold as we are looking for a new instructor. Please know that we are doing our best to hire the most qualified applicant.

Meanwhile, please try one of our other many exercise classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WELCOME TO:</p> <h1>January</h1>		<p><b>Important Telephone Numbers</b>  <b>COA / Senior Center</b>  <b>781-396-6010</b></p> <p><b>Magan Transportation</b>  <b>Pre-register 617-792-2853</b>  <b>Book ride 781-666-8626</b></p> <p><b>Door to Door Trans.</b>  <b>617-625-1191</b></p> <p><b>MVES / Meals On Wheels</b>  <b>781-324-7705</b></p> <p><b>Suggested Donation for Lunch \$2.00</b></p>	<p>1 CLOSED</p> 	<p>2 10:00 Latin Dance with Judit  10:00 Ceramics  10:30 Conversational English  12:00 Congregate Lunch  1:00 Movie Classics  1:30 Cooking Demo</p> <p>Hot Shepherds Pie, veggie  Cold Egg salad sandwich</p>
<p>5 10:00 Cribbage / Dominoes  10:00 Gentle Yoga  10:30 BP with Lora  10:30 AI-Anon  11:00 Chair Yoga  12:00 Congregate Lunch  12:30 Whist  12:45 Line Dancing</p> <p>Hot Chicken Cacciatore/pasta  Cold Turkey &amp; Swiss sandwich</p>	<p>6 10:00 Knit &amp; Crotchet  10:30 Core &amp; Balance  11:00 Food Pantry  12:00 Congregate Lunch  1:00 International Culture  1:00 First Aid/CPR, 911</p> <p>Hot Pollock, sweet potato  Cold chicken salad sand</p>		<p>8 9:00 Men's Breakfast  9:00 Tech &amp; MBTA  9:30 Beginner Spanish  10:00 Whist  10:00 BP with Andrea  10:30 Core and Balance  12:00 Congregate Lunch  1:30 Art for Everyone  1:00 Paula's book club  1:30 Grief Support</p> <p>Hot Honey balsamic chicken  Cold Roast beef &amp; cheese</p>	<p>9 10:00 Latin Dance Class  10:00 Ceramics  10:30 Conversational English  12:00 Congregate Lunch  1:00 Movie Classics  1:00 Healthy Treats</p> <p>Hot Bean &amp; Spinach stew  Cold Chef Salad, orzo</p>
<p>12 10:00 Cribbage / Dominoes  10:00 Gentle Yoga  10:30 BP with Lora  10:30 AI-Anon  11:00 Chair Yoga  12:00 Congregate Lunch  12:30 Whist</p>	<p>13 10:00 MSCI meeting  10:00 ENCORE casino  10:00 Knit &amp; Crotchet  10:00 BP with Cathy  10:30 Core &amp; Balance  12:00 Congregate Lunch</p>	<p>14 9:00 Tech &amp; MBTA support  10:00 Zumba Gold  11:00 Legal with Jayna  12:00 Congregate Lunch  12:30 Jessica from MVES  1:00 BINGO</p>	<p>15 9:00 Tech &amp; MBTA  9:30 Beginner Spanish  10:00 COA Board meeting  10:00 Whist  10:00 BP with Andrea  10:30 Core and Balance</p>	<p>16 10:00 Low Vision Support  10:00 Latin Dance  10:00 Ceramics  10:30 Conversational English  12:00 Congregate Lunch  1:00 Movie Classics</p>

<p>12:30 Whist 12:45 Line Dancing 2:00 Chair Volleyball</p> <p>Hot Hot dog, beans, veggies Cold Tortellini salad, roll</p>	<p>1:00 International Culture 1:00 First Aid/CPR, 911</p> <p>Cream of Mushroom soup Hot chicken Souvlaki, orzo</p>	<p>1:00 Movie 1:00 OBBB TAX Talk 1:00 Silver Solidarity</p> <p>Hot stuffed shells, roll Cold Roast beef &amp; cheese</p>	<p>12:00 Congregate Lunch 1:30 Art for Everyone 2:00 LGBTQ+ meeting 2:00 BP with Cara</p> <p>Hot Meatloaf, potatoes, roll Cold chicken salad, orzo</p>	<p>1:30 Cooking Demo w Juait</p> <p>Hot Macaroni &amp; Cheese Cold Turkey &amp; Swiss sandwich</p>
<p>19 CLOSED</p> 	<p>20 10:00 Knit &amp; Crotchet 10:30 Core &amp; Balance 11:00 Food Pantry 12:00 Congregate Lunch 1:00 International Culture</p> <p>Hot chicken stir fry, rice Cold Turkey salad sand</p>	<p>21 9:00 Tech &amp; MBTA support 10:00 Walmart/Prince Pizza 10:00 Zumba Gold 12:00 Congregate Lunch 1:00 BINGO 1:00 Movie</p> <p>Hot Frittata, potatoes, bread Cold chicken Caesar salad</p>	<p>22 9:00 Tech &amp; MBTA 9:30 Beginner Spanish 10:00 Whist 10:00 BP with Andrea 10:30 Core and Balance 12:00 Congregate Lunch 1:30 Art for Everyone</p> <p>Cream Butternut soup Hot Broccoli stuffed chicken Cold Tuna Salad sandwich</p>	<p>23 10:00 Latin Dance 10:30 Tufts Crafts 10:30 Veterans coffee Hour 10:00 Ceramics 10:30 Conversational English 12:00 Congregate Lunch 1:00 Tufts Brain Games 1:30 Cooking Demo - Judit</p> <p>Hot Roast Turkey, stuffing Cold Roast beef &amp; cheese</p>
<p>26 10:00 Bowling/621 Lunch 10:00 Cribbage / Dominoes 10:00 Gentle Yoga 10:30 BP with Lora 10:30 Al-Anon 11:00 Chair Yoga 12:00 Congregate Lunch 12:30 Whist 12:45 Line Dancing 2:00 Chair volleyball</p> <p>Hot Baked Ziti, beans, roll Cold Asian chicken salad</p>	<p>27 10:00 Knit &amp; Crotchet 10:30 Core &amp; Balance 12:00 Congregate Lunch 1:00 International Culture 1:00 Legal Medicare Plus</p> <p>Potato Leek Soup Hot BBQ Pulled Pork Cold Egg Salad sandwich</p>	<p>28 9:00 Tech &amp; MBTA support 10:00 Jewelry Making Grace 10:00 Zumba Gold 10:30 Mobile Foot Care 10:30 Rep. Paul donato 12:00 Congregate Lunch 1:00 BINGO 1:00 Movie 1:00 Silver Solidarity</p> <p>Hot Greek chicken, orzo Cold Turkey Pasta salad</p>	<p>29 9:00 Tech &amp; MBTA 9:30 Beginner Spanish 10:00 BP with Andrea 10:00 Whist 10:30 Core and Balance 11:15 Bistro 489 Luncheon 12:00 Congregate Lunch 1:30 Art for Everyone</p> <p>Hot Black Bean chili, veggie Cold Roast beef &amp; cheese</p>	<p>30 10:30 Tufts Crafts 10:00 Ceramics 10:30 Conversational English 12:00 Chinese New Year 1:00 Tufts Brain Games 11:00 GRAB N GO Only Cold Italian Tuna salad</p> 



# ACTIVITIES

## MONDAYS CLOSED January 19th No Classes

**10:00 am Cribbage/Dominoes - open to all**

**10:00 am Gentle Yoga with Rosa \$5.00 per class**

**10:30 am NO POETRY in January**

**10:30 am Blood Pressure with Lora**

**11:00 am Chair Yoga with Rosa \$3.00 per class**

**12:30 pm Whist ALL levels welcomed**

**12:45 pm Country Line Dancing with Julie Kaufmann \$3.00 per class**

## TUESDAYS

**10:00am Knit & Crochet FREE**

**10:30am Core and Balance with Sheri \$3.00 per class Limit of 54 people in the class.**

**1:00pm International Culture** offering conversation and topics from countries around the world with Ariane FREE.

## WEDNESDAYS

**10:00am Zumba Gold with Emily, \$3.00 per class, all are welcome**

**9:00am MBTA senior charlie card support and 1/1 tech help** by appointment

**1:00pm BINGO—\$3.00 for 11 games.**

**1:00pm Free Movie** in our library (most Wednesdays)

**2:00pm Bone Density Class ON HOLD**

## THURSDAYS

**10:00am WHIST—** card games

**10:00am BP** with Andrea from the city of Medford Board of Health

**10:30am iPad class** series with Marc, sign up is required

**10:30am Core and Balance with Sheri \$3.00 per class . Limit of 54 people in the class.**

**1:30pm ART for Everyone with Tom, Free class, sign up today.** In person or via zoom. Please call our office if you would like to take this class from home on Zoom.

## FRIDAYS

**10:00am Free Latin Dance Class** with Judit

**10:00am Ceramics with Rosemary at Clay Dreams** Arlington \$6.00 for 2 hour class (ceramic piece additional fee to be paid direct). If transportation needed, sign up at the senior center 781-396-6010.
















Van will depart at 9:45am. You may drive yourself to Clay Dreams.

**10:30am—Conversational English Class with Janice** - Class designed specifically for older adults each Friday. This class offers a friendly and relaxed environment where you can practice speaking English, engage in lively discussions, and build your confidence. Reserve a seat today!








































































































































### **LGBTQ+ Meet & Greet Thursday, January 15th 2:00pm—3:00pm**

Please join LGBTQIA+ members at the Medford MCOA/Senior Center. This monthly group meets the third Thursday from 2pm to 3pm. Join Janice Cole our facilitator, for our group talk once a month. The doors are open for all.





**Spanish Class with Gabriela**  
**6 week series begins January 8th - Feb 12th**  
**Thursdays, 9:30am—10:15am**



Have you always wanted to learn Spanish but felt unsure about your ability to do so? Don't worry—this beginner-level, conversational class with Gabriela is designed just for you! Class size is limited to 8 participants to ensure personalized attention, so a commitment to attend all sessions is required. Sign up today at 781-396-6010





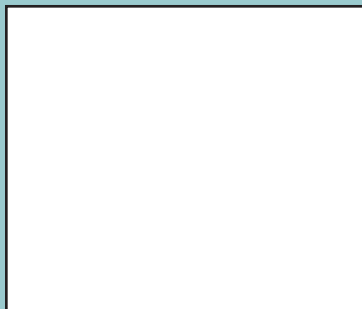
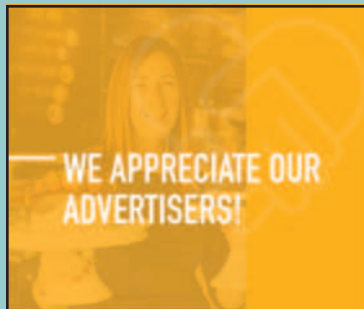
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## Information and Resources

**Al-Anon Support group**—10:30am to 11:30 am meet in person in our Library on Monday mornings

**VETERANS Coffee Hour**—January 23rd at 10:00am at the Senior Center Join Leo Mingace, and Medford's Veterans Director, Veronica Shaw, for our veterans coffee hour with resources and information for any veteran or family member. All are welcomed.

**LOW VISION SUPPORT GROUP** January 16th, Friday at 10:00am The Low Vision Support Group will meet monthly at Medford Senior Center. The facilitator is Alan White, and is sponsored by the Mass Association for the Blind and Visually Impaired. For information 781-396-6010.

**Grief Support Thursday, January 8th from 1:30pm - 3:00pm** Monthly Grief support Group will meet the 2nd Thursday of each month, to offer conversation and support. Join Janice (facilitator) at the senior center. Reserve a seat today 781-396-6010 walkins always welcomed.

**HOME MAINTENANCE CALLING ALL MEDFORD RESIDENTS 60+.** The Medford Senior Center can help you with small jobs that contribute to home safety. Do you need the batteries changed in your smoke detectors? Replace your alarms that are more than 10 years old. Call us to climb the ladder and fix the hard to reach fixtures. No job too small. To schedule service, call **781-396-6010**. Funded through a Medford CDBG Human Services Grant.



### **FREE Latin Dance Classes** Fridays, January 2nd, 9th, 16th, 23rd 10:00am to 11:00am

Join Judit for a fun learning experience. Whether you want to learn the Latin dances, socialize, or have a good workout, you will have it all in one class. Cha-cha, Samba, Rumba, Salsa, Merengue, Tango are a few dances on the list!

No partner and no experience necessary.

This program is funded by E. Cotton Rawls, Jr Foundation

### **Jewelry Making with Grace**

**Wednesdays, January 14th, and 28th**  
**10:00am—11:00am**

This new free craft program is available to the first 8 participants, you may only sign up for one class per month.



All supplies will be provided by the senior center.

### **FOOD PANTRY** **January 6th & 20th**

The food pantry will be held nearly every other Tuesday from **11:00am to 1:00pm**. The bags will be pre-packaged and filled with nonperishable items, produce, dairy and sometimes meat.

You must have your **SENIOR CENTER ID** with you to check in. We ask that you bring a clean **re-usable bag** with you that will be left for the next food pantry. The filled bags are heavy, bring a cart or other means to help carry it home. Any questions call 781-396-6010.



### **Jayna Stafford, Director of Legal Services** **Wednesday, January 14th**

Appointments available from 11am—1pm

To prevent homelessness before it happens, Housing Families provides free legal service to help clients stay in their homes. Services may include advocacy, representation in court, referrals, and legal advice, all in an effort to achieve greater housing equity and well-being for all. Please call 781-396-6010 for a 30-minute appointment.

### **Come meet Jessica Phelan, LSW from MVES** **Wednesday January 14th, 12:30—1:30**

Mystic Valley Elder Services offers a wide array of services and supports including behavioral health. Jessica can refer a person to support groups, one-on-one therapy, or any other services that would benefit a person's overall well-being. Come stop by and chat with Jessica, no appointment is needed!!



Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead Senior Care® can help.

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### Get one-on-one help with your Medicare questions

I'm Addison Crawford, a licensed sales agent in Massachusetts, Ohio, Connecticut. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

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**Addison Crawford**  
Licensed Sales Agent  
**380-710-9726, TTY 711**  
[arcrawford15@gmail.com](mailto:arcrawford15@gmail.com)  
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### Did you know that **1 in 10 Massachusetts residents** has unclaimed property waiting for them?

It could be an old bank account, a forgotten insurance policy, uncashed checks, or even a safe deposit box you didn't know existed.

Visit [Findmassmoney.gov](http://Findmassmoney.gov) or call our office at **617-367-0400**.

✓ Official State Program    ✓ Easy-to-Follow Instructions

This information is provided as a public service. Searching state unclaimed property databases is always free. Never pay anyone to search on your behalf.



## Mystic Valley Elder Services' TRIP Metro North Program

If you're 60+ or an adult living with disabilities, don't drive and public transportation isn't an option, you can still get to appointments, visit friends, dine out, and have a full life with TRIP. This FREE program gives you money to reimburse friends, neighbors, and certain relatives, for taking you anywhere you want to go. Call 781-388-4819 to learn more.



**Stop by the Center and see all the exciting things happening in 2026!**

## Winter Reminders

**The COA/Senior Center follow the guidelines as the Medford Public Schools. If they are closed due to Snow or severe weather then we are closed as well.**



**Medford Council On Aging  
101 Riverside Avenue  
Medford, MA 02155**

## MEETINGS

**COA Board Meeting  
Thursday January 15th  
At 10:00am**

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**MSCI Board Meeting  
Tuesday January 13th  
at 10:00am**

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