

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

E-MAIL: Pkelly@medford-ma.gov Director: Pamela Kelly



February 2026



VALENTINES PARTY Friday February 13th at 12:00noon

Cost \$5.00 per person tickets available February 3rd

Max 2 tickets per person

Join us for a wonderful afternoon on this celebration of love!

Enjoy a delightful luncheon of Chinese Food, Delicious Desserts, Entertainment by DJ George Landers, and more. A special prize for the longest married couple who are attending the party together. Please make sure you let us know How Many Years married. (no past winners, please), 50/50 raffle and door prizes. SPONSORED in part by Helena Costantino and Regal Care



REGALCARE

AARP TAX AIDE

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.

Hungarian Festival, Friday, February 27th at 12:00 noon

\$2.00 per person tickets available February 9th

Enjoy Hungarian Food of Goulash, sourdough bread,

and Crepes for dessert

entertainment by Judit and her Folk Dance team,

door prizes and raffles

Enjoy an afternoon on a “Tour of Hungary”

Sponsored in part by the E. Cotton Rawls, Jr foundation



Money Management Tips for Senior Citizens



As we age, it becomes increasingly important to manage our finances wisely. Senior citizens face unique challenges when it comes to money management, such as retirement income, healthcare expenses, and estate planning. By adopting smart financial strategies, senior citizens can achieve better financial stability and enjoy their golden years with peace of mind. Consider the following tips:

Budgeting and Expense Tracking: Developing a realistic budget is crucial for senior citizens to understand their income, expenses, and savings. Track monthly expenses diligently, prioritize essential costs, and identify areas where spending can be reduced.

Retirement Income Planning: Evaluate retirement savings, pensions, and social security benefits to determine a sustainable income stream. Seek professional advice to make informed decisions about investments and retirement accounts.

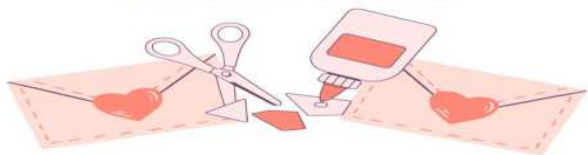
Healthcare and Insurance: Healthcare costs can significantly impact a senior's financial well-being. Understand your health insurance coverage, including Medicare and supplemental plans, as well as state savings benefits you may be entitled to in order to manage medical expenses effectively. Consider long-term care insurance to protect against potential future healthcare needs.

Estate Planning: Create or update a will and establish powers of attorney for both financial and healthcare matters. Consult an attorney to ensure your assets are distributed according to your wishes and to minimize tax liabilities.

Avoiding Financial Scams: Beware of scams targeting senior citizens, such as fraudulent investments, identity theft, and telemarketing scams. Stay vigilant, never share personal information with unknown individuals, beware of phone calls or emails where thieves may impersonate loved ones for financial gain, and seek advice from trusted sources before making any financial decisions.

Reach out to me here at the Senior Center for additional resources and for referrals to financial and legal experts. Remember, effective money management is key to enjoying a **worry-free retirement!**

JOIN NEIGHBORHOOD PACE FOR VALENTINE'S CRAFTING



Where: Medford Senior Center
When: Tuesday, February 10th at **11am**

Medford's LivableStreets

**will be at the Medford Senior Center on
Friday, Feb 20th and Wednesday Feb 25th
from 10:30am to 1:00pm**

How do seniors use transportation in Medford? What are your challenges getting around by foot, car, and public transportation? We want to hear from you! The non-profit organization **LivableStreets Alliance** will be visiting the senior center to hear about your experiences and talk about the role transportation plays in your life. Stop by to say hello, share your story, and ask some questions. No sign up required just drop in.

**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
February 6th and 20th
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 February 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, February 25th 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 February 25th at 10:30am at the senior center, Call 781-395-1683 for immediate questions.



Guitar Classes with Chuck is back 8 week sessions will begin in March Mondays March 16th - May 11th Maximum 8 participants per class

Beginner Class will begin at 1:00pm for 1 hour
Advanced class will begin at 2:00pm for 1 hour

You may bring your own guitar, or we will have guitars for those who need to borrow one for class.

Reserve a seat after February 2nd.



Chocolate Tasting & Talk 101 Thursday, February 26th at 1:00pm

Expect some light learning, some delightful surprises, and plenty of delicious chocolate. We'll also give you a list of the best chocolate makers in your area so you can explore on your own! This presentation is limited to 30 people. Reserve your seat today, 781-396-6010.

Chair Volley Ball Mondays February 9th & 23rd 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.



Join Public Harmony on Friday Feb 20th At the Senior Center

Public Harmony is a Tufts University student organization that unites music and service, bringing student musicians into the community to perform at venues including senior centers, assisted living facilities, and shelters in Tufts' surrounding communities. Its purpose is to increase access to live music where opportunity is limited, while offering members the chance to collaborate and perform with like-minded peers. Reserve a seat today.

Silver Solidarity with Nike Wednesday, February 11 and 25th 1:00pm to 2:00pm

- ♦ 2/11/26 Arts & Crafts Project
- ♦ 2/25/26 Medicare Advantage Plan Open Enrollment

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, 781-396-6010.

Paula's Monthly Book Club Thursday, February 5th at 1:00pm

The second book for our group will be Shanghai Girls a 2009 historical novel by Lisa See. The senior center will order the books from the Public Library and distribute them on Feb 5th.

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, February 11th . 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 February 17th. 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 & North Ave diner—Wednesday, February 25th—Our van will depart at 10am to shop at the Reading Walmart and then on to North Ave Diner for lunch (order off the menu). You are responsible to pay your own lunch. Sign up in the office begins February 6th.

Town Line Bowling Alley & 621 Lunch Monday February 23 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.

MOTOR COACH TOURS


Viva Las Vegas—Thursday, April 16th—\$123.00 per person includes transportation to Castleton Banquet Center Windham NH, plated luncheon choice of Chicken Parm or Vegetable Lasagna, and a fabulous presentation of Dan Fontaines Viva Las Vegas Tribute Show. Tickets are available Feb 6th.

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 on the Spirit of Boston while cruising along as the history-rich Tall Ships drift by. Tickets on sale, maximum 2 tickets per person. Tickets are nonrefundable. Headcount is due by April 7th, 50 passenger maximum on this event. 

AIRPLANE TOURS

Horses, Bourbons & Barrels Tour - September 26 –30th, 5 day 4 night package includes roundtrip transfers from Medford, airline tickets to Louisville KY, 4 nights hotel, 12 meals, Tours of Louisville, Louisville Slugger, Claiborne Farm, Cooperage Tour to see Bourbon Barrel creation, Churchill Downs, reserved seating for horse racing, admission to KY horse park with shows, Tours & tastings Heaven Hills, Angels Envy Buffalo Trace, and Woodford Reserve Distilleries, and more. A tour of a lifetime. For reservations and further information on deposits and optional insurance contact Pamela Kelly.

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 through a CDBG Grant.

Please be advised that some trips may involve walking a moderate distance and climbing stairs. For safety reasons this event may not be suitable for individuals using a wheelchair, walker, or rollator. Look for this sign or inquire within the office. 

Men's Breakfast and Banter Thursday, Feb 12th from 9:00am to 10:00am



Join Rafael and Daniel from The Gables at Winchester, who will facilitate the men's only breakfast group. This month's topic **Men's Health**, and start your day with a tasty breakfast. Reserve your seat today, 781-396-6010.

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.

Margarets Cooking Corner

February, 2026

Cabbage Soup (High Protein)

Thank you, Candy, our newly retired front desk volunteer, for this great recipe! This soup is loaded with compounds that speed fat burn (24) grams protein for each serving) Total recipe serves 4.

3Tbs. olive oil
1 yellow onion, chopped
3 cups chopped veggies – 1 cup celery, 1 ½ cup carrots and ½ cup red bell pepper)
2 tsp. minced garlic
1/2 tsp. Italian seasoning
4 cups chicken bone broth or stock
2 cups chopped cabbage (Savoy cabbage is suggested or the regular cabbage that will also work)
1 (15 oz) cans white beans (drained and rinsed)
1 lbs shredded cooked chicken

In a large pot, sauté garlic, onion and veggies in oil until soft.
Add seasoning plus salt and pepper to taste.
Add broth and cabbage and simmer 45 minutes. Stir in chicken and beans and simmer 10 minutes longer.
Serve with a little grated parmesan over the top of the soup and you have a delicious and nutritious meal.



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 February 6th at 1:30pm—Grilled chicken with Quinoa salad

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, February 4th 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.

Valentine 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.



Silver Edge Transition Services

Downsizing—Where to start?

Thursday, March 5th at 1:00pm

Thinking about downsizing or moving and don't know where to start? Come and meet with Ida and Sally from Silver Edge Transition Services who can answer all your questions about estate sales, preparing your home for sale and moving peacefully into your new place.

Reserve your seat today, Coffee and Refreshments will be available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Cribbage / Dominoes 10:00 Gentle Yoga 10:30 Poetry with Robert 10:30 BP with Lora 10:30 AI-Anon 11:00 Chair Yoga 12:00 Congregate Lunch 12:30 Whist 12:45 Line Dancing Hot Meatball sub w/ cheese Cold Turkey & Swiss sand	3 10:00 Knit & Crotchet 10:30 Core & Balance 11:00 Food Pantry 12:00 Congregate Lunch 1:00 International Culture 1:00 Hot Vegetable frittata Cold Chef salad w/ tuna	4 9:00 Tech & MBTA support 10:00 Memory Café 10:00 Zumba Gold 12:00 Congregate Lunch 1:00 BINGO 1:00 Movie Hot Potato Pollock, veggies Cold chicken salad sandwich	5 9:00 Tech & 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 Minestrone Soup Hot Pot Roast, mash potato Cold Egg Salad sandwich	6 10:00 Latin Dance with Judit 10:00 Ceramics 10:Chinese/English class 10:30 Tufts Crafts 12:00 Congregate Lunch 1:00 Brain Games 1:30 Cooking Demo w Judit Hot chicken a la king, noodle Cold Ham & Swiss sandwich
9 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 2:00 Chair Volleyball Hot Macaroni & Cheese Cold Tuna Salad sandwich	10 10:00 MSCI Board meeting 10:00 Knit & Crotchet 10:30 Core & Balance 11:00 Neighborhood Crafts 12:00 Congregate Lunch 1:00 International Culture 1:00 Alzheimer's 10 signs Cream of Tomato Soup Hot chicken & rice bake Cold Roast beef & cheese	11 9:00 Tech & MBTA support 9:30 Market Basket 10:00 Zumba Gold 11:00 Legal with Jayna 12:00 Congregate Lunch 12:30 Jessica from MVES 1:00 BINGO 1:00 Movie 1:00 Silver Solidarity Hot Sloppy Joe, potato tots Cold Hummus, quinoa, Pita	12 9:00 AARP Taxes 9:00 Men's Breakfast/Banter 9:00 Tech & MBTA 9:30 Beginner Spanish 10:00 Whist 10:00 BP with Andrea 10:30 Core and Balance 12:00 Congregate Lunch 1:00 Health Plan Options 1:30 Art for Everyone 1:30 Grief Support Hot Cheese Ravioli Alfredo Cold Turkey & Swiss sand	13 10:00 Ceramics 10:30 Chinese/ English class 12:00 Valentine's Party 12:00 Grab N Go only Cold Chicken romaine salad 
16 CLOSED 	17 10:00 Encore Casino 10:00 Knit & Crotchet 10:30 Core & Balance 10:00 BP with Jill 11:00 Food Pantry 12:00 Congregate Lunch 1:00 International Culture	18 9:00 Tech & MBTA support 10:00 Zumba Gold 12:00 Congregate Lunch 1:00 BINGO 1:00 Movie Hot Potato Pollock, veggies Cold chicken salad sandwich	19 9:00 AARP Traxes 9:00 Tech & MBTA 9:30 Beginner Spanish 10:00 COA board meeting 10:00 Whist 10:30 Core and Balance 12:00 Congregate Lunch	20 10:00 Latin Dance with Judit 10:00 Low Vision support 10:00 Ceramics 10:30 Livable streets 10:30 Tufts Crafts 10:30 Conversational English 12:00 Congregate Lunch



1:00 International Cuisine
1:00 Our Animal Buddies
Hot Lasagna, green beans
Cold Calif chicken salad

Hot Beer Sirogahori, noodles
Cold Roast beef & cheese

12:00 Congregate Lunch
1:30 Art for Everyone
2:00 LGBTQ+ group
2:00 BP with Cara
Hot Turkey pot pie, potatoe
Cold Tuna Salad sandwich

12:00 Congregate Lunch
1:00 Brain Games
1:30 Public Harmony Music
Italian garden vegetable soup
Hot Pollock scampi sauce
Cold Med Turkey pasta salad

23
10:00 Bowling
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
Hot Unstuffed pepper casserole
Cold Turkey calas sandwich

24
10:00 Knit & Crotchet
10:30 Core & Balance
12:00 Congregate Lunch
1:00 International Culture
1:00 Legal MassHealth
Cream of Broccoli soup
Hot Chicken w/ sauce
Cold

25
9:00 Tech & MBTA support
10:00 Walmart & N Ave Diner
10:00 Zumba Gold
10:30 Rep. Paul Donato
10:30 Footcare with Marie
10:30 Livable streets
12:00 Congregate Lunch
1:00 BINGO
1:00 Movie
1:00 Silver Solidarity
Hot Lentil stew, veggies
Cold Chef salad w/ ham

26
9:00 AARP Taxes
9:00 Tech & MBTA
9:30 Beginner Spanish
10:00 Whist
10:00 BP with Andrea
10:30 Core and Balance
12:00 Congregate Lunch
1:00 Chocolate Tasting
1:30 Art for Everyone
Hot Pork, red bliss potatoes
Cold Chicken curry salad

27
10:00 Veterans Coffee
10:00 Ceramics
10:30 Chinese/English class
12:00 Grab N Go Only
Cold Roast beef 7 cheese
12:00 Hungarian Festival



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.



Important Telephone Numbers
COA / Senior Center
781-396-6010
Magan Transportation
Pre-register 617-792-2853
Book ride 781-666-8626
Door to Door Trans.
617-625-1191
MVES / Meals On Wheels
781-324-7705
Suggested Donation for Lunch \$2.00

ACTIVITIES

MONDAYS CLOSED February 16th No Classes

10:00 am Cribbage/Dominoes - open to all

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

10:30 am POETRY with Robert February 2nd

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

2:00pm Chair Volleyball twice a month, Free lots of laughs, and try something new Feb 9th & 23rd

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)

THURSDAYS

10:00am WHIST— card games

10:00am BP with Andrea from the city of Medford Board of Health, most Thursdays

10:30am Tech Time with Marc

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 Learn the latin Dances, Cha-Cha, Samba Rumba

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—NEW Chinese English Class with Pearl Lin- 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 New class is limited to 6 students!

LGBTQ+ Meet & Greet Thursday, February 19th 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 April 2—May 21st New 8 weeks session 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



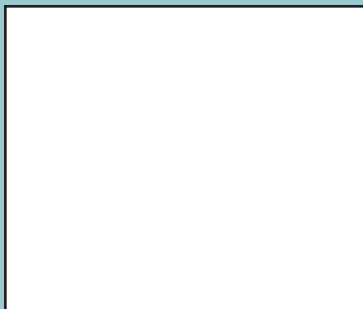
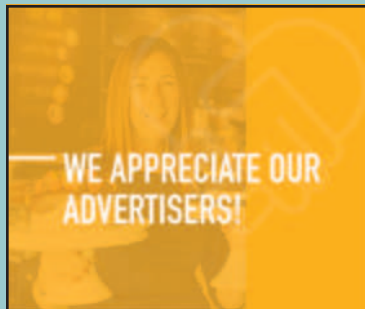
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Data rates may apply.

Healthy older adults (ages 60+) needed for a research study on emotional processing.



We are researchers at Boston College who are interested in how the brain processes emotional information. We use the noninvasive method of electroencephalography (EEG) to look at brain activity.

You will be compensated for your time

For more information, including study eligibility and location details, please contact us.

Email: canlab@bc.edu | **Phone:** 617-552-6949



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Medford Council on Aging, Medford

06-5133

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—February 27th 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 February 20th, 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, February 12th 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. For information call 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.



Blue Cross Blue Shield of Ma Presents Health Plan Options Thursday, February 12th at 1:00pm

Are you ready for the Medicare Annual Election October 15th—December 7th? Do you still want to make a change to your Medicare Advantage Plan between January 1 and March 31st? This 45 minute session is geared toward individuals on Medicare or approaching Medicare. It reviews the differences between Medigap and Medicare Advantage plans and explains when enrollees can switch plans. All are invited to attend regardless of insurance coverage. We will review the different types of plans and discuss what to consider when making a health plan choice. 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, February 19th at 2:00pm**

FOOD PANTRY

February 3rd and February 17th

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, February 11th

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 February 11th, 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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📅 Every Thursday

Pickup Locations & Times:

12:37 PM – Tempone Apartments
2 Allston Street, Medford, MA

12:40 PM – Riverside Towers
99 Riverside Avenue, Medford, MA

🚗 Drop-Off:

Stop & Shop
700 Fellsway, Medford, MA

🕒 Return Trip:

2:15 PM – Depart Stop & Shop
Return to Tempone Apartments and Riverside Towers



Stop by the Center and see all the exciting things happening in 2026!
Please view our new website;

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

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.

Medford Council On Aging
101 Riverside Avenue
Medford, MA 02155

MEETINGS

COA Board Meeting
Off site
Thursday Feb 19th
At 10:00am

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MSCI Board Meeting
Tuesday February 10th
at 10:00am

To view our newsletter online please go to

<https://mycommunityonline.com/organization/medford-council-on-aging>

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This newsletter is supported in part with funding provided by the Massachusetts Executive Office of Aging & Independence.