

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



March 2026



Celebrate St Patrick's Day Medford Senior Center Luncheon Friday, March 13th at 12:00noon

\$5.00 per person (maximum 2 tickets per person)

Tickets go on sale March 3rd at 9:00am

Enjoy a luncheon of corned beef sliders, Cole slaw, chips, and desserts.
Festive Entertainment with DJ George Landers, Door prizes, & 50/50 raffle
The event is sponsored in part by; **Rosemary Ardagna, Helena Costantino, Rockland Trust Bank and Regal Care** for their generous donations.



Where Each Relationship Matters®

Veterans Wreath-Making Event Friday, March 20th | 1:00 PM – 3:00 PM Led by Veterans Director Veronica Shaw



Join us as we partner with the Medford Veteran's Office to create 40 wreaths that will be laid at Old Salem Cemetery in honor of Patriots Day. All supplies and Refreshments will be

provided. Sign up today to secure your spot 781-396-6010. Your support means the world to our veterans. Let's come together to show our appreciation.

ChairFit Rhythms with Emily Brenner Begins Tuesday March 17th at 9:30am

Chair-Based Fitness to Music with Dance and Strength, Stop by on Tuesday, March 17th at 9:30am to try our new Chair, Weight, Music, and Movement class for all levels and abilities, with upbeat music and easy to follow moves from a chair. Classes will run weekly on Tuesdays from 9:30am to 10:15am. \$3.00 per class Sign up today to try this new class.

Understanding Basic Estate Planning

Join The Law Office of Dale J. Tamburro, PC
Medford Senior Center on Tuesday March 31st at 1:00pm

Understanding Basic Estate Planning Terms and Documentation: The Estate Documents 90% of us need; How to get started: Organizing Paperwork: How are your Assets owned? Estate Planning Terminology; What is Probate and you want to avoid it both while you are alive and after? Top Five misconceptions related to estate and Long Term Care Planning: The ABC's of a Revocable Living Trust: Basics to protect your home if you need Long Term Care or Nursing Home. These are just some of the estate needs that will be focused on. We ask that everyone write down 3 questions, you may have for us, and bring them with you. Reserve a seat today for this FREE workshop 781-396-6010. Refreshments will be provided.



What can a Social Worker do for me?

Greetings! Did you know that March is National Social Work month? As a Social Worker, I thought I'd take a moment to explain more about our role and how we can help. Social Workers have *specialized training* to help a wide variety of people with challenging situations in their everyday lives. We help individuals, groups of people, and communities. You can think of Social Workers as advocates – professionals who support you and work hard to find the best resources for you. Some of us also have advanced education and training that qualifies us to diagnose and treat mental health conditions as well.



Social Work is a broad and diverse profession, and we have roles in nearly every aspect of community life, including: schools, hospitals, mental health centers, substance use clinics, senior centers, prisons, military settings, government agencies, public corporations, private agencies, faith-based settings, and many more (just to name a few!) Social Workers are compassionate people who help in a wide range of situations and populations of people.

Generally speaking, our responsibilities include: identifying people and communities in need of help; performing comprehensive assessments; creating action (treatment) plans to help people adjust to or overcome challenges; researching community resources (housing, public benefits, healthcare, etc.) and completing referrals for help; responding to and providing support during emergencies; and monitoring situations until they are resolved.

Personally speaking, I want you to know that there are so many things I can help you with! Are you facing a stressful situation? Do you need information? Do you need help accessing resources in our community? Would you just like to talk with someone who cares? Please call and schedule an appointment with me today! I would love to help in any way I can.
Happy Social Work Month! Nike

Joyful Voices Chorus With Zofia Tamburini Mondays (twice a month) March 9th & 23rd 2:00pm—3:00pm

My name is Zofia Tamburini. I graduated from the U. Mass Amherst with a BA in Psychology and I am currently working towards a Master of Arts in Music Therapy. Music has always been an essential part of my identity and has shaped my life for as long as I can remember. I began singing at age three and went on to participate in musical theater, school choruses, the Northeast District Chorus, the Handel and Haydn Society, summer programs at Belvoir Terrace and Walnut Hill. I worked with seniors as an activities assistant and have seen the power of music. Everyone is welcome to sing in the chorus, no audition necessary. During rehearsals, we will warm up and work on some vocal technique and breathing. Each month we will prepare a new program of eight to ten songs. Stop in and try our new class!

Community Drumming Circles Friday, March 27th 9:30am—10:30am

Join us for a celebration of rhythm in community! Our experienced instructors will guide you as we explore hand drumming technique, rhythms from West Africa and beyond, games, and exercises in a fun and supportive environment. No experience necessary, Loaner drums provided. Maximum of 18 people, sign up begins March 4th.



Men's Breakfast and Banter Thursday, March 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 **The History of Sports** and start your day with a tasty breakfast. Reserve your seat today, 781-396-6010. Wear or bring your favorite Sports item



TUFTS University OT students March 13th only this month Friday offering two classes

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

Seats are limited sign up today
781-396-6010



NEW and ONGOING PROGRAMS

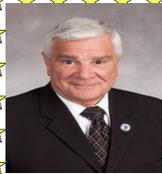
Tech One-on-One and MBTA Charlie Card for Seniors

Wednesdays in March 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, March 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 March 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.



Seats are limited.
Call 781-396-6010

National Grid and ABCD for a utility checkup

Wednesday, March 18th From 10:30 to 3:00pm

National Grid Consumer Advocates will be here to help with options to manage customer energy bills. Advocates will be on site to help customers explore options and determine eligibility for assistance including the following: discount rate, payment plans, budget plan, Arrears Management Program. ABCD will be available to provide information about Home Energy Assistance Program, and share information on how to apply. Residents can get the most out of the event by bringing in recent copies of their gas and electric bills.

Chair Volley Ball

Mondays March 2nd & 16th
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, March 11 and 25th 1:00pm to 2:00pm

- ◆ 3/11/26 Advice to your younger self
- ◆ 3/25/26 Spring Cleaning

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.

How to Write a Legacy Letter at the Library

April 9th, Thursdays—a 5 week program
From 1:00pm to 3:00pm

This course working in conjunction with the MPL is offering a free workshop What is a Legacy Letter, and how to create, and then sharing your letter. The senior center will have 10 spots available, and our van to transport to the library each Thursday. A 5 week commitment is required. Reserve your seat today.

Paula's Monthly Book Club

Thursday, March 5th at 1:00pm

The next book for our group will be The Age of AI and our Human Future, Henry A Kissinger. The senior center will order the books from the Public Library and distribute them on March 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. You must sign up each month.

Day trips and getaways

VAN TRIPS

Shopping trip to Market Basket - Van departs at 9:30am for Market Basket, Thursday, March 12th . 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 March 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 & Olive Garden—Monday, March 23rd—Our van will depart at 10am to shop at the Danvers Walmart and then on to Olive Garden for lunch (order off the menu). You are responsible to pay your own lunch. Sign up in the office begins March 2nd.

Lunch at Bistro 489, Medford Vocational School—Tuesday, March 24th, 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.

Town Line Bowling Alley & 621 Lunch Monday March 30th 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 Elvis—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.

Chips n' Chickens—Thursday, May 14th—\$89.00 per person includes transportation to Wrights Farm Rest. In Harrisville RI. Lunch will be home cooked chicken, baked slow to fall off the bone. Rolls, fries, salad and dessert. Then on to Bally's Twin River Casino, with over 4100 slots, and table games for a 3 hour visit. Depart Medford at 9:30am return approximately 6:30pm. Tickets available March 3rd.

Generation Gap with Don Who? And Aidan Keene at Indian Head—Monday, June 1st, \$119.00 per person includes motorcoach transportation depart Medford at 9:00am enjoy scenic ride to heart of the White Mountains. Hot /Cold Buffet luncheon then a live show with Don and Aidan singing, dancing the best songs from the 50's, 60's and 70's. Return to Medford approx.5:30pm. Tickets available March 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/ Sold Out** 

Taste of Saratoga—July 29—31st from \$789.00 per person dble, includes transportation by motor-coach, 2 nights lodging, 4 meals, reserved seats at Saratoga Raceway, National Museum of racing and Hall of Fame, guided tour of Saratoga, time at the Saratoga Casino, time in Lake George and more.

\$250.00 deposit is due at time of booking, balance is due by May 15th. Sign up today, inquire in office about single rates and complete itinerary.

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. Rates start at **\$3329** per person double. For reservations and further information on deposits and optional insurance contact the Senior Center at 781-396-6010. Complete itinerary and flyer available.

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.** 

Margarets Cooking Corner
March, 2026

INDIVIDUAL BLUEBERRY COBLER

Looking to make an individual dessert? Here is a great recipe for you! The frozen blueberries are sweet and you do not need to defrost them. Enjoy!!

½ cup frozen blueberries

1 tsp flour

1 tsp sugar

Mix these 3 ingredients together in a bowl and spray or butter a small ramekin and place these combined ingredients in the Ramekin.



TOPPING

1 T brown sugar

2 T melted butter

3 T All purpose Flour

2T Oats (quick cooking, rolled or Gluten Free Oats will work)

2T chopped nuts (optional)

Mix all topping ingredients together and then sprinkle over the top of the batter which you have placed in the ramekin.

Bake @ 350 for 15 minutes. Remove from oven and let sit for 15 minutes before serving.

Add a scoop of vanilla ice cream and you have one great dessert.

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 March 6th at 1:30pm—Irish Boxy—Sausage and Eggs

Friday, March 20th at 1:30pm—Cameroonian Poulet DG (Chicken with Plantains)

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, March 3rd 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,

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

For future programs, if you are unable to make an in person, call Grace to ask about joining via ZOOM

**Lighthouse Rehab & Healthcare
Presents A Cooking Demo with Susan
Thursday, March 19, 2026 at 1:00pm**

Don't miss out on the scrumptious event
Twist on a Caesars Salad
Homemade Dressing
Cranberry & Pineapple Refresher

This program is limited to 20 people.
Sign up begins on March 2nd.



**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
<p>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 2:00 Chair Volleyball</p> <p>Hot Chicken Marsala, orzo Cold Ham & Swiss sandwich</p>	<p>3 10:00 Knit & Crotchet 10:30 Core & Balance 11:00 Food Pantry 12:00 Congregate Lunch 1:00 International Culture</p> <p>Hot Potato Pollock, Cold Chicken Salad sand.</p>	<p>4 9:00 Tech & MBTA support 10:00 Memory Café 10:00 Zumba Gold 12:00 Congregate Lunch 1:00 BINGO 1:00 Movie</p> <p>Hot Chicken meatballs, pasta Cold Tuna Salad sandwich</p>	<p>5 9:00 AARP Taxes 10:00 BP with Andreea 10:30 Core and Balance 12:00 Congregate Lunch 1:30 Art for Everyone 1:00 Paula's book club</p> <p>Hot Beef Pot Roast, carrots Cold Roast Beef & cheese</p>	<p>6 10:00 Ceramics 10:30 Chinese/English class 10:30 Latin Dance w/ Judit 12:00 Congregate Lunch 1:30 Cooking Demo w Judit</p> <p>Lentil Spinach soup Hot Broccoli Egg Bake, Cold Turkey & Swiss sandw</p>
<p>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 Joyful Voices Chorus</p> <p>Hot Bean & Veggie Stew Cold Chicken Curry Salad</p>	<p>10 10:00 MSCJ Board meeting 10:00 Knit & Crotchet 10:30 Core & Balance 11:00 Food Pantry 12:00 Congregate Lunch 1:00 International Culture</p> <p>Italian Garden Veg Soup Hot Chicken scallopini Cold Egg Salad sandwich</p>	<p>11 9:00 Tech & MBTA support 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</p> <p>Hot Chicken & Rice Bake Cold Roast Beef & Cheese</p>	<p>12 9:00 AARP Taxes 9:00 Men's Breakfast/Banter 9:30 Market Basket 10:00 BP with Andreea 10:30 Core and Balance 12:00 Congregate Lunch 1:30 Art for Everyone 1:30 Grief Support</p> <p>Hot Corned Beef Stew Cold Turkey Pasta Salad</p>	<p>13 10:00 Ceramics 10:30 Tufts Crafts 10:30 Chinese/English class 12:St Patrick's Party 12:00 Grab N Go only 1:00 Tufts Brain Games Cold Tuna Salad Sandwich</p> 
<p>16 10:00 Cribbage / Dominoes 10:00 Gentle Yoga 10:30 BP with Lora 10:30 Poetry with Robert 10:30 AI-Anon 11:00 Chair Yoga 12:00 Congregate Lunch</p>	<p>17 9:30 ChairFit Rhythms 10:00 Encore Casino 10:00 Knit & Crotchet 10:30 Core & Balance 11:00 Food Pantry 12:00 Congregate Lunch 1:00 International Culture</p>	<p>18 9:00 Tech & MBTA support 9:30 Winchester meeting 10:00 Zumba Gold 10:30 National Grid/ABCD 11:00 Tai Chi 12:00 Congregate Lunch 1:00 BINGO</p>	<p>19 9:00 AARP Traxes 10:00 BP with Andreea 10:00 COA board meeting 10:30 Core and Balance 12:00 Congregate Lunch 1:00 Lighthouse Cooking</p>	<p>20 10:00 Low Vision support 10:00 Ceramics 10:30 Latin Dance w/ Judit 10:30 Chinese English Class 12:00 Congregate Lunch 1:00 Veterans Wreath Making 1:00 O...</p>

<p>12:00 Congregate Lunch 12:30 Whist 12:45 Line Dancing 1:00 Beginner Guitar 2:00 Intermediate Guitar 2:00 Chair Volleyball</p> <p>Hot Sweet & Sour meatballs Cold Egg Salad sandwich</p>	<p>1:00 International Culture Hot Beef chili, rice, roll Cold Chef Salad w/ tuna</p>	<p>1:00 BINGO 1:00 Movie Hot Chicken Diane, orzo Cold Turkey & Swiss sandw.</p>	<p>1:30 Art for Everyone 2:00 LGBTQ+ group 2:00 BP with Cara Cream of Butternut Soup Hot Turkey, gravy, potatoes Cold Chicken Salad sandw.</p>	<p>1:30 Cooking Demo w Judit Hot Pollock, brown rice, Cold Roast Beef & Cheese</p>	
<p>23 10:00 Walmart & Olive Garden 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 1:00 Beginner Guitar 2:00 Intermediate Guitar 2:00 Joyful Voices Choir</p> <p>Hot Cheese Omelet, Sausage Cold Tuna Salad sandwich</p>	<p>24 9:30 ChairFit rhythms 10:00 Knit & Crotchet 10:30 Core & Balance 11:00 Food Pantry 11:15 Bistro 489 12:00 Congregate Lunch 1:00 International Culture Hot Beef shepherds Pie Cold Roast Beef & Cheese</p>	<p>25 9:00 Tech & MBTA support 10:00 Zumba Gold 10:30 Rep. Paul Donato 10:30 Footcare with Marie 11:00 Tai chi 12:00 Congregate Lunch 1:00 BINGO 1:00 Movie 1:00 Silver Solidarity Hot Pork, sweet potatoes Cold Chicken Romaine Salad</p>	<p>26 9:00 AARP Taxes 10:00 BP with Andreea 10:30 Core and Balance 12:00 Congregate Lunch 1:30 Art for Everyone Hot Chicken sauté veggies Cold Turkey & Swiss sandw</p>	<p>27 9:30 African Drumming 10:00 Veterans Coffee 10:00 Ceramics 10:30 Latin Dance w/ Judit 10:30 Chinese/English class 12:00 Congregate Lunch 1:00 Movie Lentil Spinach Soup Hot Lasagna Roll, veggies Cold Egg Salad sandwich</p>	
<p>30 10:00 Bowling / 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 1:00 Beginner Guitar 2:00 Intermediate Guitar</p> <p>Hot Chicken Cacciatore Cold Turkey & Swiss sand.</p>	<p>31 9:30 ChairFit Rhythms 10:00 Knit & Crotchet 10:30 Core & Balance 12:00 Congregate Lunch 1:00 International Culture 1:00 Legal Estate Planning Hot Potato Pollock, potato Cold Chicken salad sand.</p>				<p>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</p>

ACTIVITIES

MONDAYS

- 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 1st and 3rd Mondays going forward
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
2:00pm CHOIR twice a month—new Program

TUESDAYS

- 9:30am ChairFit Rhythms-with Emily, Chair based fitness to music with dance and strength, \$3.00 per person 45 minute class. Sign up today New class begins on March 17th
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
11:00am Tai Chi—new class for free, sign up in advance. First class is March 18th
1:00pm BINGO—\$3.00 for 11 games.
1:00pm Free Movie in our library (most Wednesdays)

THURSDAYS

- 10:00am WHIST— card games on Hold until after April 9th
10:00am BP with Andrea from the city of Medford Board of Health, most Thursdays
10:30am Tech Time with Marc on Hold until after April 9th
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

- 10:30am 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, March 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

A decorative border consisting of a row of globe icons at the top, a row at the bottom, and vertical columns of globe icons on the left and right sides.



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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—March 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. Join us March 20th to make wreaths, All are welcomed.

LOW VISION SUPPORT GROUP March 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, March 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.



In collaboration with Mystic Valley Elder Services,
Tai Chi for Health is back in Medford
Beginning on Wednesday,
March 18th at 11:00am

Cho Chau Li experienced in Tai chi will be the new instructor offering an 8 week session, each Wednesday through May 8th on Wednesdays.

Sign up in advance is required.



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, March 19th at 2:00pm**

FOOD PANTRY March 10th and 24th

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.

AARP TAX AIDE

Appointments are **Thursdays through April 9th. Appointments are a must; at this time all appointments are booked.** Please bring to your appointment a copy of last years tax return and 2025 documents.

Jayna Stafford, Director of Legal Services
Wednesday, March 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 March 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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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



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 medfordseniors@gmail.com

SEE YOU THERE!



Medford Senior Center
101 Riverside Ave, Medford, MA, 02155

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.



Daylight Savings
Begins on
Sunday March 8th.

Medford Council On Aging
101 Riverside Avenue
Medford, MA 02155



MEETINGS

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

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

To view our newsletter online please go to
<https://mycommunityonline.com/organization/medford-council-on-aging>

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Receive the newsletter via email! medfordseniors@gmail.com Email us your name, address telephone number, and email to begin to receive your monthly newsletter.

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