FEBRUARY 2017

City of Somerville Council on Aging

167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

Keep Moving!

Many of you may have set resolutions for the New Year and we hope those resolutions or goals are going well. Just in case you have missed your resolution or didn't even start one, it's never too late. Remember, resolutions don't have to be about diet and exercise and they can start anytime during the year. Your resolution could be as simple as reading more books or joining a new social group here at the Council on Aging. It helps to keep your resolutions small at first and remember to celebrate when you do reach your resolution. Still having trouble setting or meeting a resolution, keep in mind the Council on Aging is more than happy to help. The Council on Aging also wants to remind you to keep moving. To keep your muscles strong, you have to keep moving and this is really important during the winter months. Depending on the weather, we tend to sit more during the winter. Try to fight that urge to sit during the gray winter days and just keep moving as much and as safely as possible.

The Fit-4-Life Exercise Show!

If you haven't already seen it, the Fit-4-Life exercise show is playing on the local Somerville city cable channel (Comcast 22, RCN 13). Enjoy moving and exercising at home with Health and Wellness Coordinator Chris Kowaleski as he guides you through twenty minutes of gentle exercises to keep you moving throughout the winter. Also, feel free to join any of our Health and Wellness programs at any time in person. The exercise show plays: Sundays at 4:00pm, Tuesday/Wednesday/ Thursdays at 8:00pm and on Fridays at 4:00pm.

Tia Chi & Yoga

We want to remind everyone that we currently have Tai Chi and Yoga going on at the Holland Street center. Both programs are 5 week series that we hope to keep going throughout the year. Each class series is $20.00 per 5 week session. For more information or to find out when the next 5 week series starts, call Chris at 617-625-6600 ext. 2300 or email at ckowaleski@somervillema.gov

WELCOME!

Message from our Mayor

Dear Friends,

I hope everyone is staying warm during this winter season.

If you need any assistance with food, fuel assistance, or other needs during these cold months, you call one of the social workers at the COA. They will be able to help you with any issue.

I see that there is a program for grandparents to bring their grandchildren to the Holland Street Center for a day of fun; we look forward to meeting all your grandchildren.

Please join the Council on Aging staff at one of the many programs coming to a center near you this month.

Sincerely yours,

Joseph A. Curtatone

Mayor

Contacts & Information

EXECUTIVE DIRECTOR

Cindy L. Hickey

STAFF

Connie Lorenti ▪ Administrative Assistant
Natasha Naim ▪ LCSW, Social Worker
Ashley Speliotis ▪ LICSW Social Worker
Chris Kowaleski ▪ Health and Wellness Coordinator
Debby Higgins ▪ Outreach Coordinator
Maureen Bastardi ▪ Program Coordinator
Josephine Raczkowski ▪ Administrative Assistant
Kim Moss ▪ Ralph and Jenny Director
Judy Calvey ▪ Holland Street Director

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CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335
Monday & Tuesday: 9:00 a.m. to 1:00 p.m.
Thursday: 9:00 a.m. to 3:00 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300
Monday - Thursday: 9:00 a.m. to 3:00 p.m.
Friday: 9:00 a.m. to 1:00 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223
Monday -Thursday 9:00 a.m. to 2:30 p.m.

Main Office

167 Holland Street ▪ 617-625-6600, ext. 2300
Monday, Tuesday, Wednesday: 8:30 a.m. to 4:30 p.m.
Thursday: 8:30 a.m. to 6:30 p.m.
Friday 8:30 a.m. to 1:30 p.m.

Circuit Breaker Tax Credit

The Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents. Adults age 65 and older are eligible to receive this tax credit when your property taxes and half of your water/sewer bills total more than 10% of your income. Or, if you rent an apartment (without a state or federal subsidy) you may get this tax credit if your rent is more than 25% of your income. Even though the credit is based on property taxes, it is the state government, not the city or town, which pays the credit. In 2014, the average credit claimed was $849 and if someone pays little or no state income taxes, then the circuit breaker tax credit may be paid out as a refund check for the amount that exceeds their income tax obligation. Please speak to your tax preparer about applying for this tax credit.

Getting Older is Better Because…..

Simplifying….learned so many shortcuts that makes life so much easier

No weight issue to concern others

More enjoyment in dancing, conversation, friends

FEBRUARY 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Bowling at Flatbreads 10:00 - 3:00 Wacky Wednesday (RJ)	2 10:00 Current Events (H) 10:00 English Conversation (C) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (H, RJ) 12:45 Bingo (H, RJ) 1:00 Arts & Crafts (C) **Powers Music School**	3 10:00 Painting with Linda (H) 11:30 Lunch (H) 11:45 Bingo (H)
6 9:30 Monthly Breakfast at Highlander Café 10:00 English Conversation (C) 11:30 Lunch (C)	7 10:00 English Conversation (C) 10:30 Men's Group (H) 11:30 Lunch (C, RJ) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ)	8 9:00 Bowling at Flatbreads 10:00 - 3:00 Wacky Wednesday (RJ) **Tax Abatement Options Seminar with Mark Levy**	9 10:00 Current Events (H) 10:00 English Conversation (C) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C, H, RJ) 12:45 Bingo (H, RJ) 1:00 Arts & Crafts (C)	10 10:00 Painting with Linda (H) 1:30 Lunch (H) 11:45 Bingo (H)
13 9:00 Bereavement Group (H) 10:00 English Conversation (C) 11:30 Lunch (C) **WHYC**	14 10:00 English Conversation (C) 11:30 Lunch (C, RJ) 12:00 Computer tutorial with Norbert (H) **Cupid Super Bingo**	15 9:00 Bowling at Flatbreads 10:30 Low Vision (H) 10:00 - 3:00 Wacky Wednesday (RJ)	16 10:00 Current Events (H) 10:00 English Conversation (C) 10:00 Blood Pressure Screening (H) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C, H, RJ) 12:45 Bingo (RJ) 1:00 Arts & Crafts (C)	17 10:00 Book Club (H) 11:30 Lunch (H) 11:45 Bingo (H)

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20 **President's Day** **All Centers Closed**	**21** 10:00 English Conversation (C) 11:30 Lunch (C, RJ) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ) 6:00 Caregivers Support (H)	**22** 9:00 Bowling at Flat-breads **Grandparent's Day**	**23** 9:00 Community Food Program (RJ) 10:00 Current Events (H) 10:00 English Conversation (C) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C) 11:30 Lunch (RJ) Joint lunch with Holland 12:45 Bingo (RJ) 1:00 Arts & Crafts (C) **Supper & Bingo**	**24** 11:30 Lunch (H) 11:45 Bingo (H)
27 9:00 Bereavement Group (H) 9:30 Veteran's Group (H) 10:00 English Conversation (C) 11:30 Lunch (C)	**28** 10:00 Senior Housing 101 (H) 10:00 English Conversation (C) 11:30 Lunch (C) 11:30 Pizza & Movie (H) 12:00 Computer tutorial with Norbert (H)			

Notice: Trips must be purchased at the time of reservation. Trips are non-refundable. Trip Policy and our Standards of Independence are posted at all centers. All participants are required to have an Emergency Contact Information Form filled out prior to the trip or activity.
Some trips are funded through grants and are for Somerville residents only!!
Parking for overnight trips is allowed at the Ralph & Jenny Center only.
To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

SNOW STORM POLICY

If schools are closed the senior centers are closed. The office will be open unless there is a snow emergency.

Group Information

ARTS & CRAFTS
Every Thursday
1:00 to 2:30 P.M.
Cross
Maureen Bastardi

BOOK CLUB
3rd Friday of every month
10:00 to 11:00 A.M.
Holland
Self-facilitates

BEREAVEMENT SUPPORT GROUP
Bi-monthly on Mondays
1:00 to 2:00 P.M.
Holland
Natasha Naim

CAREGIVER SUPPORT
3rd Tuesday of every month
6:00 to 7:30 P.M.
Holland
Natasha Naim

COMPUTER TUTORIAL
Every Tuesday: 12:00 to 1:00 P.M.
Every Thursday: 1100 A.M. to 12:00 P.M.
Holland
Barbara Marshall / Norbert DeAmato

CURRENT EVENTS
Every Thursday
10:00 to 11:00 A.M.
Holland
Natasha Naim

ENGLISH CONVERSATIONS
Every Monday, Tuesday & Thursday
10:00 to 11:00 A.M.
Cross
Maureen Bastardi /Sandy Francis

GARDENING
2nd Monday of every month
9:00 to 10:00 A.M.
Holland
Holland - Vilma Sullivan

LGBTQ ADVISORY
Quarterly
4:30 to 5:30 P.M.
Holland
Debby Higgins

LOW VISION SUPPORT
2nd Tuesday of every month
10:30 to 11:30 A.M.
Holland
Natasha Naim

MEN'S GROUP
1st Tuesday of every month
10:30 to 11:30 A.M.
Holland
Norbert DeAmato

MOONLIGHTERS
Every Monday
10:30 to 11:30 September to June
Holland
Jimmy DelPonte

SENIOR HOUSING 101
Last Tuesday of every month
10:00 to 11:30 A.M.
Holland
Natasha Naim

VETERANS GROUP
3rd Monday of every month
9:30 to 10:30 A.M.
Holland
Norbert DeAmato

Weekly Exercise Class Schedule

Mondays:
9:15 Keep Moving Walking Club (H) (on Hiatus till spring)
10:00 Bike Club (H) (Weather dependent – call for information)
12:00 Tai Chi (H) (5 week series - call for information)
1:00 Fit-4-Life Group C (H)
4:00 Ageless Grace (H) (5 week series – call for information)

Tuesdays:
9:15 Strengthening - $3 per class (H)
11:15 Fit-4-Life (C)
6:00 LBT Fit-4-Life* (H)

Wednesdays:
8:45 Fit-4-Life Group A (H) – Exercise
9:00 Fit-4-Life Group B (H) - Nutrition
10:00 Fit-4-Life Group B (H) – Exercise
10:00 Fit-4-Life Group A (H) – Nutrition
12:00 Fit-4-Life Group C (H) – Nutrition
1:00 Fit-4-Life Group C (H) – Exercise
5:15 Zumba for All - $3 per class (H)

Thursdays:
9:00 Yoga (H) (5 week series – call for information)
9:30 Strengthening - $3 per class (RJ)
11:15 Fit-4-Life (C)
6:00 LBT Fit-4-Life*(H)

Fridays:
8:45 Fit-4-Life Group A (H) - Exercise
10:00 Fit-4-Life Group B (H) – Exercise
10:00 Fit-4-Life Group A (H) - Nutrition

*All Fit-4-Life classes are $10 per month and require pre-registration
One-on-one nutrition is on hiatus until further notice.

Holland Street Center= (H) Ralph & Jenny Center= (JR) Cross Street Center=(C)

LGBTQ Happenings

Somerville Council on Aging LGBTQ Group

2017 Advisory Dates 4:30-5:30 p.m. at 167 Holland Street
March 13th
July 10th
October 16th

2017 Event Dates
April 27th – LGBTQ Health Fair at the Holland Street Center 4:30-6:00 p.m.
June 2nd – Dance @ The Holiday Inn 6:00 p.m.
September 18th- TBA
December 18th - TBA

For more information contact Debby Higgins, Outreach Coordinator at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov

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