JANUARY 2017

# City of Somerville Council on Aging

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

## Health & Wellness

### Happy New Year!

We hope you have enjoyed the holiday season and the start of the New Year. If you haven't thought about it yet, now is a good time to start a New Year's resolution. The Somerville Council on Aging has many programs that can help you be more healthy, active and social in the New Year. Our theme this year for Health and Wellness is "Just Keep Moving". We are trying hard to keep older adults in the Somerville area moving as much as possible and provide many programs to help keep you going! If you haven't looked at our selection of Health and Wellness activities, now is a good time to start. From Fit-4-Life, to our new Tai Chi class on Monday at 12:00pm, we have a program to help you with your New Year's resolution. Want to just get out and be more social? Look into one of our social groups. Want to get out of town for the day? Sign up for one of our amazing trips and be prepared to have a lot of fun!

### The Fit-4-Life Cookbook!

Again, we are excited to announce that the Fit-4-Life cookbook is here and ready for you to start cooking! With favorite recipes from participants of the Fit-4-Life program and staff from the Council on Aging, the cookbook can be picked up in the Council on Aging office at the Holland Street Center for just $5.00. Pick one up and start creating and enjoying the wonderful smells and tastes in your own kitchen. For questions, please contact Chris at 617-625-6600 ext. 2300

## Diabetes Shoe Clinic

On Tuesday, April 18th the Somerville Council on Aging will be holding a Diabetes Shoe Clinic from 9:00 a.m. to 12:00 p.m. at our Holland Street Center located at 167 Holland Street.

Did you know that you could be eligible for a free pair of diabetes shoes every year? If you have Medicare and Diabetes, please book a ten minute shoe fitting appointment by calling Natasha at 617-625-6600, ext. 2317.

# WELCOME!

## Message from our Mayor

Dear Friends,

I would like to take this opportunity to wish you all a Happy New Year. I hope the year 2017 finds you all happy and healthy.

Please take a moment to peruse the calendar inside and join us for one of our special events or regular groups. This is also the time to make sure that we are looking out for one another; pick a buddy and call them to make sure that they are okay. We also are showing a series of exercise programs on channel 13 or 22. This is a great way to keep the body moving on the days you can't get outside. Join one today!

Again, I wish all of you the happiest of New Years and hope to see you all soon at a Council on Aging event.

Sincerely yours,

Joseph A. Curtatone

## Contacts & Information

### EXECUTIVE DIRECTOR
Cindy L. Hickey

### STAFF
Connie Lorenti ▪ Administrative Assistant
Natasha Naim ▪ LCSW, 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

### BOARD
Suzanne Rinfret ▪ Chair
Roseanne Bent ▪ Vice Chair
Cheryl Horan ▪ Liaison to the Director
Louis Favreau
Eddie Abate
Marie Linscott
Rose Earle
Linda Cohen

### 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.

## Health & Wellness

### The Fit-4-Life Exercise Show!

Back again for the second year, the Fit-4-Life Exercise Show is currently playing on the Somerville City Cable channel, 13 (RCN), 22 (Comcast). 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 theFit-4-Life programs at any time in person. See below for the show schedule. For questions on the program or any of our Health and Wellness programs, contact Chris at 617-625-6600 ext. 2300.

### Therapy Dog Visits!

Did you know that pets can help with stress and increase self-esteem? Last month we started Therapy Dog Visits with Chris Kowaleski and his chocolate lab Dosie at all three of our COA centers. We will be continuing these visits every month throughout the winter and spring. If you miss having a pet, or just want a cuddle, join us on Thursday, January 12th at our Cross Street Center from 11:00 to 11:45am and our Ralph and Jenny center from 12:00 to 1:00pm. They will also be visiting the Holland Street Center on Friday, January 13th from 11:00 to 12:00pm. Feel free to stop by and see Dosie!

## New Winter Parking Regulations

# JANUARY 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2<br>**All Centers Closed**<br>**City Holiday** | 3<br>10:00 English Conversation (C)<br>10:30 Men's Group (H)<br>11:30 Lunch (C, RJ)<br>12:00 Computer tutorial with Norbert (H)<br>12:45 Bingo (RJ) | 4<br>10:00 - 3:00 Wacky Wednesday<br>11:30 Lunch (RJ)<br>12:45 Bingo (RJ) | 5<br>10:00 Current Events (H)<br>10:00 English Conversation (C)<br>11:30 Lunch (H, RJ)<br>12:45 Bingo (H, RJ)<br>1:00 Arts & Crafts (C) | 6<br>11:30 Lunch (H)<br>11:45 Bingo (H) |
| 9<br>10:00 English Conversation (C)<br>11:30 Lunch (C)<br>4:30 LGBTQ Advisory Group (H)<br>**Atlantic City** | 10<br>10:00 English Conversation (C)<br>10:30 Low Vision Support (H)<br>11:30 Lunch (C, RJ)<br>12:00 Computer tutorial with Norbert (H)<br>12:45 Bingo (RJ)<br>**Atlantic City** | 11<br>9:00 Bowling at Flatbreads<br>10:00 - 3:00 Wacky Wednesday<br>11:30 Lunch (RJ)<br>12:45 Bingo (RJ) | 12<br>10:00 Current Events (H)<br>10:00 English Conversation (C)<br>11:00 Computer tutorial with Barbara (H)<br>11:30 Lunch (C, H, RJ)<br>12:45 Bingo (H, RJ)<br>1:00 Arts & Crafts (C)<br>4:30 - 6:00 Planning for the Future (H) | 13<br>11:30 Lunch (H)<br>11:45 Bingo (H) |
| 16<br>**All Centers Closed**<br>**Martin Luther King, Jr. Day** | 17<br>10:00 English Conversation (C)<br>11:30 Lunch (C, RJ)<br>12:00 Computer tutorial with Norbert (H)<br>12:45 Bingo (RJ)<br>6:00 Caregivers Support (H) | 18<br>9:00 Bowling at Flatbreads<br>10:00 - 3:00 Wacky Wednesday<br>11:30 Lunch (RJ)<br>12:45 Bingo (RJ)<br>**Author, Juliette Fay** | 19<br>10:00 Current Events (H)<br>10:00 English Conversation (C)<br>10:00 Blood Pressure Screening (H)<br>11:00 Computer tutorial with Barbara (H)<br>11:30 Lunch (C, H, RJ)<br>12:45 Bingo (RJ)<br>1:00 Arts & Crafts (C) | 20<br>10:00 Book Club (H)<br>11:30 Lunch (H)<br>11:45 Bingo (H) |

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| **23**<br>9:30 Veteran's Group<br>10:00 English Conversation (C)<br>11:30 Lunch (C) | **24**<br>10:00 English Conversation (C)<br>11:30 Lunch (C)<br>11:30 Pizza & Movie (H) (RJ at Holland for movie)<br>12:00 Computer tutorial with Norbert (H) | **25**<br>9:00 Bowling at Flat-breads<br>10:00 - 3:00 Wacky Wednesday<br>11:30 Lunch (RJ)<br>12:45 Bingo (RJ)<br>4:30 Bingo (H) | **26**<br>9:00 Community Food Program (RJ)<br>10:00 Current Events (H)<br>10:00 English Conversation (C)<br>11:00 Computer tutorial with Barbara (H)<br>11:30 Lunch (C)<br>11:30 Lunch (RJ) Joint lunch with Holland<br>12:45 Bingo (RJ)<br>1:00 Arts & Crafts (C) | **27**<br>10:00 Painting with Linda (H)<br>11:30 Lunch (H)<br>11:45 Bingo (H) |
| **30**<br>10:00 English Conversation (C)<br>11:30 Lunch (C) | **31**<br>10:00 Senior Housing 101 (H)<br>10:00 English Conversation (C)<br>11:30 Lunch (C, RJ)<br>12:00 Computer tutorial with Norbert (H)<br>12:45 Bingo (RJ)<br>**Culinary Arts** | | | |

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 News

Our next ***LGBTQ Advisory Group*** will meet on January 9th in the conference room of our Holland Street Center at 4:30 p.m. to 5:30 p.m. Meetings usually last one hour. We are always looking for new members and would love for you to come and join us in the discussions important to the LGBTQ senior community. Members of the community are always welcome to participate in programming. We are looking to fill a few positions of our Advisory Committee.

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**167 Holland Street**
**Somerville, MA 02144**
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