OCTOBER 2016

City of Somerville Council on Aging

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

Health & Wellness Fair

Health and Wellness Fair is Coming!

Be sure to mark your calendars for our annual **Health and Wellness Fair on Thursday, October 20th**. This year's theme - "***Holistic Healthy You—Building Resilience***" reflects the Council on Aging's ongoing commitment to promoting and providing ways for Somerville's older adults to maintain healthy and active lifestyles. During the fair, participants will find information and demonstrations from a variety of providers. "The fair is a really great way for people to connect to healthy resources that are available throughout the community. It's also a way to get folks excited about living healthy and active lives," says Jen Olsen, the Council on Aging's Nutritionist.

As in past years, older adults can obtain a number of different health screenings, including ones for blood pressure and glucose. Throughout the event, which is from 10:00 a.m. to 12:00 p.m. at our Holland Street Center located at 167 Holland Street, there will be random prize drawings, and you must be present to win.

The Health and Wellness Fair is also a good time to get your annual flu shot. There will also be a number of service providers on hand to offer information and advice about health insurance and nutrition.

This wonderful, informative day will begin with a community breakfast at 10:00 a.m. and end with a delicious, nutritious lunch at 12:00 p.m. with Bingo at 12:45 p.m. To attend, you must pre-register by calling (617) 625-6600, ext. 2300.

Health & Human Services

The Somerville Health & Human Services Dept. is pleased to be able to offer HIGH DOSE Flu vaccine for those seniors age 65 and older this coming season. We encouraged and recommend, if you are interested in the High Dose vaccine, to contact their primary care physician and ask if this would be the best choice for this coming Flu season. We will see you at the Council on Aging Health Fair on Thursday, October 20th to provide the vaccine and answer other questions.

WELCOME!

Message from our Mayor

Dear Friends,

October has arrived, bringing with it crisp autumn days and beautiful foliage. The weather is perfect to join "our walking club" for a brisk walk on Monday morning.

The Council on Aging has planned a great fall lineup of trips and special programs. These events are designed to appeal to a wide variety of interests and tastes for all ages.

The Council is especially pleased to be hosting, on October 20th , it's Annual Health Fair! I encourage all to participate in this event, and to become part of the planning of future programs and events for all ages.

I hope to see everyone at the next Council on Aging event and especially at our annual Thanksgiving Dinner.

Sincerely Yours,

Joseph Curtatone

Mayor

Contacts & Information

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Natasha Naim ▪ LCSW, Social Worker

Chris Kowaleski ▪ Health and Wellness Coordinator

Jen Olsen ▪ Nutritionist

Debby Higgins - Outreach Coordinator

Maureen Bastardi ▪ Program Coordinator

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CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335
Monday & Tuesday 9:00 a.m. to 12:30 p.m.
Thursday 9:00 a.m. to 3:00 p.m.

HOLLAND STREET CENTER

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

RALPH & JENNY CENTER

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

Watch the new Fit-4-Life Nutrition Show Coming soon!

This 30-minute show will highlight healthy meals and recipes you can make at home. If there's a recipe, meal, or food item you'd be interested in learning more about, stop by the Fit-4-Life Healthy Living class on Wednesdays at Holland Street and tell us about it!

The first show we will be making a healthy meal by tackling some of the more difficult-to-manage grains and meats that our participants identified: quinoa and seafood! Along side the actual food preparation, we'll share some insight into making healthy and economical food choices, and talk about how to streamline healthy eating so it becomes a pleasure and not a chore!

If you're interested in making this recipe along with us, please find the ingredients and instructions below. Date and time of the first show to be announced.

Featured Meal: Mediterranean Quinoa Shrimp

Shopping List

- 3 cups arugula
- 1 cup quinoa
- 1/3 cup kalamata olives
- 1 15-ounce can of chickpeas (garbanzo beans), drained and rinsed.
- 1 red pepper
- 1 purple onion
- 1/3 cup feta cheese
- 1 lemon
- 2-3 cloves of garlic
- ¼ cup olive oil
- 1 tablespoon balsamic vinegar
- 1 package of frozen shrimp (about 1 pound), thawed, de-tailed and cleaned.
- Spices- basil, thyme

1. Fill a medium saucepan with 3 cups water to boil. When boiling, add quinoa and a pinch of salt. Cover and reduce to a simmer until quinoa is tender- about 15 minutes. Let it cool completely.

2. In a small bowl, whisk together the olive oil, balsamic vinegar, garlic, basil and thyme. Set aside.

3. In a medium sized pan, sauté the red pepper, onion, and leftover garlic in olive oil until onions are translucent. Add the shrimp, and the zest and juice of one lemon and sauté together, let cook for 5 minutes on the stove. Let cool.

4. In a large bowl, bring all ingredients together: arugula, quinoa, chick peas, vegetable and shrimp mixture, and feta cheese. Toss gently together. Drizzle with the olive oil-vinegar mixture and serve at room temperature.

Serves 4 - Per serving: Calories: 505 | Fat: 22 | Carbohydrates: 39 | Protein: 35

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Monthly Breakfast (Culinary Arts) 10:00 Social Service Drop In (C) 10:00 English Conversation (C) 10:30 Moonlighters - Offsite 11:30 Lunch (C)	**4** 9:30 Forming Friendships (H) 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) **Foxwoods**	**5** 9:00 Bowling at Flatbreads 10:00 - 11:30 De-cluttering Kick-Off (H) 11:30 Lunch (RJ) 12:45 Bingo (RJ) **Jersey Boys**	**6** **Fall Foliage Trip** 10:00 Current Event (H) 10:00 English Conversation (C) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C, H) 12:45 Bingo (H) **4:30 - 6:30 Open House (H)**	**7** 11:30 Lunch (H) 11:45 Bingo (H)
10 **All Centers Closed** **Columbus Day**	**11** 9:30 Forming Friendships (H) 10:00 English Conversation (C) 10:30 Low Vision Group (H) 11:30 Lunch (C) 12:00 Computer tutorial with Norbert (H) **Lancaster, PA & Atlantic City Departs**	**12** 9:00 Bowling at Flatbreads 11:30 Lunch (H)	**13** 10:00 Current Events (H) 10:00 English Conversation (C) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C, H) 12:45 Bingo (H)	**14** 11:30 Lunch (H) 11:45 Bingo (H)
17 9:00 Gardening Group (H) 9:30 Veterans Group (H) 10:00 English Conversation(C) 10:30 Moonlighters - Offsite 11:30 Lunch (C) 1:00 Bereavement Support Group (H) **5:30 LGBTQ Event Night (H)** **Turkey Train**	**18** 9:30 Forming Friendships (H) 10:00 English Conversation(C) 11:30 Lunch (C) 11:30 Pizza & Movie (H) 12:00 Computer tutorial with Norbert (H) 6:00 Caregivers Group (H)	**19** 9:00 Bowling at Flatbreads 11:30 Lunch (RJ) 12:45 Bingo (RJ)	**20** **Health Fair Holland Street** **All Other Centers Closed**	**21** 10:00 Book Club (H) 10:00 Watercolor Quilt (H) 11:30 Lunch (H) 11:45 Bingo (H)
24 10:00 English Conversation (C) 10:30 Moonlighters (H) 11:30 Lunch (C) 11:30 Entertainment & Lunch (H)	**25** 9:30 Forming Friendships (H) 10:00 English Conversation (C) 10:00 Housing 101 (H) 11:30 Lunch (C, RJ) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ)	**26** 9:00 Bowling at Flatbreads 11:30 Lunch (RJ) 12:45 Bingo (RJ)	**27** 9:00 Community Food Program (RJ) 10:00 English Conversation (C) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (RJ) - Joint lunch	**28** 10:00 Watercolor Quilt (H) 11:30 Lunch (H) 11:45 Bingo (H)

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	12:45 Super Bingo (RJ)		w/Holland - Portuguese Food 11:30 Lunch (C) 12:45 Bingo (RJ)	
31 10:00 English Conversation (C) 11:30 Lunch (C) 1:00 Bereavement Support Group (H) **WHYC Halloween Celebration**				

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.

WEEKLY EXERCISE AND NUTRITION CLASS SCHEDULE

Monday: Keep Moving Walking Club - 9:15 a.m. (H) / Fit-4-Life Group C - 1:00 p.m. (H) / Ageless Grace - 4:00 P.M. (H)

Tuesday: Strengthening - 9:15 a.m. - $3 per class (H) / Fit-4-Life - 11:15 a.m. (C) / LBT Fit-4-Life, 6:00 p.m. (H)

Wednesdays: Fit-4-Life - Group A (exercise) - 8:45 a.m. / Group B (nutrition) - 9 a.m./ Group B (exercise) - 10:00 a.m. (H) / Group C (nutrition) - noon (H) / Group C (exercise) - 1:00 p.m. (H) / Zumba 4 All - 5:15 p.m. - $3/class (H)

Thursdays: Yoga - 9:00 a.m. (H) / Strengthening - 9:30 a.m. - $3 per class (RJ) / Fit-4-Life - 11:15 a.m. (C) / LBT Fit-4-Life, 6:00 p.m. (H)

Fridays: Fit-4-Life - Group A - 8:45 a.m. (H) / Fit-4-Life - Group B - 10:00 a.m. (H) /Group A (nutrition) 10:00 a.m. (H)

*All Fit-4-Life classes are $10 per month and require pre-registration

One on one nutrition is on hiatus until further notice

KEY TO ABBREVIATIONS

H: HOLLAND STREET **C: CROSS STREET CENTER** **RJ: RALPH & JENNY CENTER**

Words of Wisdom from our Seniors

We just started a fun activity at the center this month called "Getting Older is Better Because…." We asked seniors to finish this sentence. Here are a few responses we have received.

Getting Older is Better Because …..

I'm still here!

I have my income for myself, I can shop for myself & me only.

I don't have to work, I can be lazy, do what I want & hang out with the Seniors!

You can come and go as you please, do whatever you want, just enjoy life.

Let us know why "Getting Older is Better" and stay tuned for more responses in upcoming newsletters.

Health & Wellness

Ageless Grace

Ageless Grace, the Council on Aging's new Fitness class for the body and mind, has started its next 5 week series on Sept. 26th. Please feel free to join at any time. The classes are held on Mondays at 4:00pm at the Holland St. Center. The Ageless Grace program is an innovative wellness and fitness program done seated in a chair to upbeat music. Classes are playful, imaginative and different every time. All the movements are designed to focus on the healthy longevity of the body and the brain. Contact Chris at 617-625-6600 ext. 2315 for more information and to sign up. Cost is $20.00 for 5 classes!

Yoga

Save the date! The next 5 week Yoga series started on Thursday, September 15th from 9:00 to 10:00 a.m. Please feel free to join at any time. This low-impact and easy-to-follow paced program lets you stretch and relax to help start your day. Contact Chris at 617-625-6600 ext. 2315 for more information and to sign up. Cost is $20.00 for 5 classes!

Weaving Without A Loom

Last month, local artist, Jodi Colella joined a very enthusiastic group of older adults at our Cross Street Center to teach a workshop entitled "Weaving Without A Loom."

Using everyday materials and a simple weaving technique we started to create a personal tapestry. Some people brought in a meaningful textile such as an old t-shirt and Jodi showed us how to prepare it for weaving. We worked individually on our own swatches and talk about combining them into a larger piece in the future. Jodi provided us with simple looms, fibers and a lot of patience.

Everyone was so excited about weaving and doing it again in the future as well as expressing their desire to have some sort of arts and crafts club that the Council on Aging has decided that every Thursday at our Cross Street Center we will have an Arts & Crafts group. The group meets every Thursday at our Cross Street Center located at 165 Broadway from 1:00 p.m. to 2:30 p.m.

In addition to weaving the group will be using a unique technique to paint rocks and shells, using watercolor pencils and we will be sharing with each other various arts and crafts techniques we already partake in on our own such as needlepoint.

To sign up for the Arts & Crafts group please call Maureen Bastardi at 617-625-6600, ext. 2335.

Medicare **O**pen **E**nrollment

Medicare Open Enrollment is from October 15th to December 7th. This is the time of year for Medicare recipients to change their plans. You can change your Medicare Advantage Plan, Medigap plan or your Part D drug plan. It is also the time of year where plans themselves change. You may be happy with the plan your currently have, but your plan may change in terms of what it covers and how much it costs. The plan that worked for you this year may not actually be the best fit next year. It is important to look at all notices you receive from your health insurance company and fully understand the changes that are being made. If you receive a notice and don't understand what's happening or if you want to compare plans, please call the Somerville Council on Aging and speak to Natasha Naim.

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