



Somerville Council on Aging

October 2023

A center for learning, wellness and connections.

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Cultural Series
Event

The A&W Ukulele Players

Thursday, October 19th
11:00am



The A&W Ukulele Players are ukulele enthusiasts from all over the Greater Boston area. For the last five years, they have been delighting audiences with their mix of holiday songs and favorites spanning the decades from the 1920s to the 2010s.

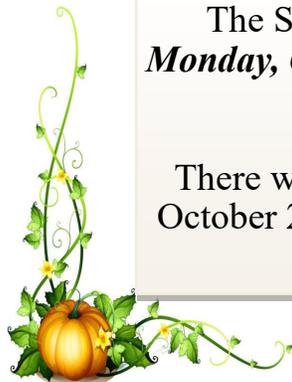
Lunch and performance is brought to you at no cost by Somerville Cambridge Elder Services Multicultural Meal Program.

*Please reserve your spot by calling Debby at
617-625-6600 ext. 2321*

October Notes:

The Somerville Council on Aging will be **closed** on **Monday, October 9th** in observance of Indigenous Peoples' Day.

There will be no Fit-4-Life exercise classes on Monday, October 2nd as we welcome our new Health and Wellness Coordinator, Michelle Deutsch.



**Mayor Ballantyne's
Thanksgiving Luncheon**

Tuesday, November 14th
11:00am-1:00pm
Dilboy Post
351 Summer St
Somerville, MA 02144

Enjoy a Thanksgiving Celebration of turkey,
stuffing and all the fixings!

*Please reserve your spot by calling Debby at
617-625-6600 ext. 2321*



Kiwanis Thanksgiving Dinner

Thursday, November 9th
Doors open at 5:30pm
Highlander Café
at Somerville High School

Enjoy Thanksgiving dinner sponsored by
Somerville Kiwanis and prepared by the
Somerville Culinary Arts program.

*Please reserve your spot by calling Debby at
617-625-6600 ext. 2321*



October Nutrition Class Topic

COMPLEX vs. SIMPLE CARBS



Over the past year, in our weekly nutrition classes, we have touched on each food group, the food label, and how to determine what foods are right for us.

Throughout the month of September we learned about sugar and how it affects our bodies. Sugar is a type of Carbohydrate that is classified as a Simple Carbohydrate. It is a sweet-tasting substance that is added to many foods and drinks to enhance their flavor. This October we will learn more about complex vs. simple carbs.

Mondays -11:00am-12:00pm via ZOOM

Mondays - 12:30pm-1:30pm at Ralph & Jenny Center
October 2nd, 16th, 23rd & 30th

Wednesdays - 10:00am-11:00am at Holland Street
October 4th, 11th, 18th & 25th



For more information or to join any of our Nutrition Classes, please contact
 Mary at 617 625-6600 ext.2316 or headtofitness10@yahoo.com

Knitting Group

Have you ever wanted to learn how to knit, or have you been curious about relearning how to knit? The Somerville Council on Aging's knitting group can help you with learning how to, or improving your knitting skills.

This month we will be learning how to knit mittens.

Classes will be held on ***Tuesdays, October 10th and 24th at 2pm at the Holland St. Center***

Drop in sessions for extra help will be held on ***Tuesdays, October 17th and 31st at 2pm at the Holland Street Center***

To RSVP, please call Natasha at 617-625-6600 ext. 2317 or email, nnaim@somervillema.gov



Ralph and Jenny Senior Center receives a fresh look!

Thank you to Mayor Ballantyne and the Somerville ARPA team who directed funding to the Ralph and Jenny Center for new furniture! Funding was used to purchase new tables for the main center and seating for our waiting area.

Participants now benefit from accessible seating as they wait for their rides at pick up and our lobby has become a great place for a nice chat.

We hope you find the new look more enjoyable and comfortable!



Let's Get Moving!

For additional information regarding our fitness programs,
please contact Michelle at 617-625-6600, ext. 2315

**Fit-4-Life Exercise
at the Holland Street Center**

Mondays
October 16th, 23rd & 30th
at 9:00am
Every Wednesday
at 9:00am

**Fit-4-Life Exercise
at the Holland Street Center**

Mondays
October 16th, 23rd & 30th
at 11:00am
Every Wednesday
at 11:00am

**Virtual Fit-4-Life
Exercise Class**

Every Wednesday & Thursday via Zoom at 1:00pm
Please email Michelle at mdeutsch@somervillema.gov for the
Zoom link.

**Virtual Exercise, Strength and
Balance**

Mondays with John
October 2nd, 16th, 23rd & 30th via Zoom at 1:00pm
Please email John at jrpecchia@gmail.com for the Zoom link

LGBTQIA+ Exercise Class

Thursdays
October 5th, 19th & 26th at 6:00pm *via Zoom*
October 12th in person at 6:00pm at the Holland St. Ctr.
Please email Michelle at mdeutsch@somervillema.gov for the
Zoom link.

Walking Club

Every Thursday
at 9:00am
Meets at the entrance of Holland St. Center
**Weather permitting*

Yoga

Every Tuesday
at 9:00am and 10:00am at
the Holland St. Center

Tai Chi

Fridays October 6th, 13th, 20th & 27th and at 9:00am
at the Holland St. Center

Music and Movement

Thursday, October 19th at 4:00pm at the
Holland St. Center



Open Enrollment

Open enrollment is here! From October 15th through December 7th Medicare recipients can review their coverage for 2024 and make changes to their health insurance plans.

If you are looking for assistance with reviewing your current plan and learning about different options for health insurance, look no further than the Somerville Council on Aging. SCOA has SHINE certified health insurance counselors available to provide guidance.

*Call either Natasha at 617-625-6600 ext. 2317
or Molly at 617-625-6600 ext. 2318 to schedule an appointment.*

Medicare Open Enrollment Seminar

***Wednesday, October 25th at 11:00am
The Holland Street Center***

Medicare Open Enrollment is from
October 15th - December 7th 2023

Marion Severynse, a SHINE counselor from Minuteman Senior Services will be hosting a seminar to speak about open enrollment, introduce different health insurance options, and will provide an opportunity for you to have your questions answered in a group setting.

*RSVP by contacting Molly Pagliuca
at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov*





Multicultural Meals Program for October

Congratulations to Somerville-Cambridge Elder Services (SCES) who was the recent recipient of American Rescue Plan Act (ARPA) Funding from the City of Somerville. SCES will use this funding to provide free, hot, lunches to Somerville's older adults at both the Holland Street and Ralph and Jenny Senior Centers through June of 2024.

Multicultural lunches will be catered by Somerville businesses and will be served at noon, following BINGO or Special Programming.



Date	Location	Meal
Tuesday, October 3rd	Ralph & Jenny Center	Portuguese - J&J Restaurant
Tuesday, October 10th	Ralph & Jenny Center	Italian - Alfredo's Italian Kitchen
Tuesday, October 17th	Ralph & Jenny Center	Chinese - Greater Boston Chinese Golden Age Center
Tuesday, October 24th	Ralph & Jenny Center	Haitian - Highland Creole Cuisine

Date	Location	Meal
Thursday, October 5th	Holland Street Center	Chinese - Greater Boston Chinese Golden Age Center
Thursday, October 12th	Holland Street Center	Haitian - Highland Creole Cuisine
Thursday, October 19th	Holland Street Center	Portuguese - J&J Restaurant
Thursday, October 26th	Holland Street Center	Italian - Alfredo's Italian Kitchen

All are welcome! Registration is required.
Please call *Debby* at 617-625-6600 ext. 2321

Lunch will be served following bingo at 12:00pm. Grab n' go lunches catered by City Fresh (SCES) will remain available.





Trick or Treat at the COA

CELEBRATE HALLOWEEN AT THE COUNCIL ON AGING!

**TUESDAY, OCTOBER 31ST
10:00AM TO 1:00PM HOLLAND ST. CENTER**

Enjoy music, a costume contest, and trick or treating with the COA staff.

Lunch to be served following Trick or Treat
\$5 per person

RSVP to Debby by calling 617-625-6600 ext. 2321 or
dhiggins@somervillema.gov



LCR Game Day

*Wednesday, October 11th 1:30pm at the
Holland St. Center*

LCR-Left Center Right is a fun, fast-paced dice game that you won't be able to put down! Players roll the dice to determine where they pass their chips. The last player with chips is the winner and wins the center pot.

*RSVP to Debby at 617-625-6600 ext. 2321
or dhiggins@somervillema.gov*

Grab & Go lunch available

LGBTQIA+ Allies Social Group



*Thursday, October 12th
at the Holland Street Center
4:30pm to 6:00 pm*

LGBTQIA+ and allies are welcome.

Come and join us for this social gathering. Meet and mingle with new people. Let us enjoy each other's company. A light dinner will be served.

*RSVP to Maureen at
617-625-6600 ext. 2335 or
mbastardi@Somervillema.gov*

October Double Feature

Friday, October 6th at 10:00am
Holland St. Center

Hocus Pocus

Starring:

Bette Midler, Sarah Jessica Parker, Kathy Najimy

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

Rated PG Running Time 1hour 36 minutes

RSVP to Debby by calling 617-625-6600 ext. 2321 or
 dhiggins@somervillema.gov

\$2 per person for Pizza Lunch.



Friday, October 20th at 10:00am
Holland St. Center

Hocus Pocus 2

Starring:

Bette Midler, Sarah Jessica Parker, Kathy Najimy

Two young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world.

Rated PG Running Time 1 hour 43 minutes

RSVP to Debby by calling 617-625-6600 ext. 2321 or
 dhiggins@somervillema.gov

\$2 per person for Pizza Lunch.

Bingo at Ralph & Jenny	<u>Tuesdays</u> October 3rd, 10th, 17th & 24th at 10:00am at the Ralph & Jenny Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Bingo at Holland St.	<u>Thursdays</u> October 5th, 12th & 26th at 10:00am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
LCR	<u>Wednesday, October 11th</u> 1:30pm at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Music & Munch	<u>Wednesday, October 11th</u> 12:00pm at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Tech Time - Open Hours	<u>Every Tuesday in October</u> at 10:00am at the Holland St. Center	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Book Club	<u>Friday, October 20th</u> 10:00am at the Holland St. Center or <u>via Zoom</u> <u>Blue Latitudes by Tony Horwitz</u>	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
Movie Day	<u>Friday, October 6th</u> 10:00am at the Holland St. Center <u>Hocus Pocus</u>	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Movie Day	<u>Friday, October 20th</u> 10:00am at the Holland St. Center <u>Hocus Pocus 2</u>	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Knitting Group	<u>Tuesdays, October 10th, 17th, 24th & 31st</u> at 2:00pm at the Holland St. Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov

COA Board of Directors

*Daisy Monsalve
*Pina Mingace
*Marian Bremer

*Edna Murray
*Ronit Prawer

*Neeraj Wadhra
*Maclise Jean

Council on Aging Board Meeting, November 3, 2023 at 11:00am at the Holland Street Center.

Interested in getting more involved with city decision-making? Take a look at these opportunities to join a board or commission! <https://www.somervillema.gov/besomerville> or call 311 for more information.

Coffee & Conversation	<u>Mondays</u> October 2nd, 16th, 23rd & 30th 10:00am at	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Game Hour	<u>Mondays</u> October 2nd, 16th, 23rd & 30th 11:00am at the Ralph & Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Nutrition Classes at the Ralph & Jenny Center	<u>Mondays</u> October 2nd, 16th, 23rd & 30th at 11:00am via <u>Zoom</u> and 12:30pm <u>in person</u> at the Ralph & Jenny Center	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Nutrition Class at the Holland St. Center	<u>Wednesdays</u> October 4th, 11th, 18th & 25th at 10:00am at the Holland St. Center	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Brown Bag Supplemental Food Program	<u>Thursday, October 26th</u> , pick up from 9:00am-noon at the Ralph & Jenny Center	RSVP to Natasha at 617-625-6600 ext. 2317 or mnaim@somervillema.gov
Bowling	<u>Every Wednesday in October</u> 9:00am-11:00am at Flat Bread Pizza in Davis Square	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Veteran's Group	Meets the fourth <u>Tuesday</u> of the month (October 24th) at the Hol- land St. Center at 11:00am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Men's Group	Meets the second <u>Tuesday</u> of the month (October 10th) at the Hol- land St. Center at 10:30am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Project Outlook	Meets the fourth <u>Thursday</u> of the month (October 26th) at the Holland St. Center at 2:00pm	RSVP to Claudia at 857-237-1801 or Molly at 617-625-6600 ext. 2318





KATJANA BALLANTYNE
MAYOR

Council on Aging Flu Clinic

In the United States, as many as 41 million people get sick from the flu each season. Getting a flu shot protects you and those around you from the flu and can help us avoid missing out on fun moments such as spending time with family and friends.



People 65 years and older are at higher risk of developing serious flu complications compared with young, healthy adults. This increased risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease.

In recent years, for example, it's estimated that between 70% and 85% of seasonal flu-related deaths have occurred in people 65 years and older, and between 50% and 70% of seasonal flu-related hospitalizations have occurred among people in this age group.

In addition to getting a flu shot, people 65 years and older should take the same everyday preventive actions the CDC recommends for everyone, including avoiding people who are sick, covering coughs, and washing hands often.

The City of Somerville's Public Health Nurse will be hosting two Flu Clinics this year.

Council on Aging Flu Clinics At the Holland Street Center

*Thursday, October 12th, 1:30 to 4:30 pm
Thursday, October 26th, 1:30 to 4:30 pm*

*For more information or to book an appointment please call the COA
at 617-625-6600 ext. 2300.*

