



Holland Street  
Ralph & Jenny  
Cross Street

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City of Somerville

Council on Aging

# SCOA News

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

November 2018

# Happy Thanksgiving!

## Mayor's Thanksgiving Dinner

Join Mayor Joseph Curtatone for his Annual Thanksgiving Dinner Friday, November 9th, 2018 at the Holiday Inn, Somerville. The event will be from 4:00 p.m. to 6:00 p.m., doors open at 3:45 p.m. If you would like to attend the dinner please call Josephine at 617-625-6600 x 2300. If you sign up but are unable to attend, please let us know as we have a waiting list for this event.

## Veterans' Day Parade

Mayor Joseph Curtatone and Commissioner of Veterans Services Bryan Bishop announce a brand new ceremony to honor our City's and our nation's Veterans. Please mark your calendars for Sunday, November 4, 2018 at 12:00 p.m. for the rescheduled Veterans Memorial Parade. We also hold a monthly Veterans meeting that informs you of programs and benefits for veterans and their families.

For more information regarding the Veteran's Group or the Veterans Memorial Parade contact the Council on Aging at 617-625-6600 ext. 2300.



## A Message From Our Mayor

Dear Friends,

It seems like just last month I was writing to you all about our upcoming Senior Picnic and summer events, but now here we are approaching November and the holiday season. 2018 is flying by, but we still have so much more to do.

Judging by the events calendar included in this edition of the Newsletter, there are already a lot of fantastic programs and events coming up. I want to highlight just a few so you can be sure to mark your calendars, and follow up.

On Tuesday, November 6, don't forget to cast your vote in the State election. It's important that everyone's voice is heard, whether it's a Presidential election or a municipal election. To gear up for the election, join us on Sunday, November 4 to honor our veterans with the first ever Veterans Memorial Parade in honor of Veterans Month. Our Memorial Day Parade was canceled due to rain, but we'll use the same route on November 4. Finally, don't forget to register for a seat at our annual Thanksgiving dinner at the Holiday Inn on November 9! Make sure you talk to Cindy and the COA staff about getting your spot reserved before they're gone.

Sincerely yours,

A handwritten signature in blue ink that reads "Joseph A. Curtatone". The signature is written in a cursive, flowing style.

Joseph A. Curtatone  
Mayor

### **Executive Director**

Cindy L. Hickey

### **Staff**

Connie Lorenti ▪ Admin/Fiscal Assistant  
Natasha Naim ▪ LICSW Social Worker  
Ashley Speliotis ▪ LICSW Social Worker  
Chris Kowaleski ▪ Health & Wellness Coordinator  
Debby Higgins ▪ Outreach Coordinator  
Delphine Van Roosebeke ▪ Nutritionist  
Maureen Cuff Bastardi ▪ Program Coordinator  
Josephine Raczkowski ▪ Administrative Assistant  
Judy Calvey ▪ Center 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

### **Holland Street Center - Main Office**

167 Holland Street ▪ 617-625-6600, ext. 2300

Fax: 617-625-0688

TTY: 866-808-4851

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.

### **Cross Street Center**

165 Broadway ▪ 617-625-6600, ext. 2335

Fax: 617-625-1414

Monday & Tuesday: 9:00 a.m. to 1:00 p.m.

Thursday: 9:00 a.m. to 3:00 p.m.

Friday: 8:30 a.m. to 1:30 a.m.

### **Ralph & Jenny Center**

9 New Washington Street ▪ 617-666-5223

Fax: 617-666-5223

Tuesday, Wednesday & Thursday: 9:00 a.m. to 2:30 p.m.

## Dollar Days at the Movies

Tuesday, November 13th at 12:00 p.m. Somerville Theatre Davis Square.

We will be showing Chappaquiddick, depicting Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist, Mary Jo Kopechne.

Doors open at 11:30 a.m. The cost is \$1 per person for the movie paid to the theatre. They will have the refreshment stand open to make purchases on your own. For more information or to RSVP call Josie at 617-625-6600 ext. 2300.

## Paint Day with Raquel Kaplan

Join us for a fun morning with Raquel Kaplan and paint a masterpiece. No experience is needed.

Wednesday November 14<sup>th</sup>, 9:30 a.m. at the Ralph & Jenny Center, 9 New Washington Street.

The cost is \$10 per person due at time of reservation. Space is very limited. For more information or to register for class call 617-625-6600 ext. 2300.

## Revere Beach “Then & Now” with Bob Upton

This presentation will guide us through the early years of the beach before 1896 until today. This interactive presentation will encourage you to participate and engage. We want to hear about your memories and recollections as we learn all about Revere Beach “Then & Now”!

Thursday, November 29, 2018 10:00 a.m. to 11:00 a.m. at the Holland Street Senior Center, 167 Holland Street.

Bingo and Lunch will follow the presentation. Cost is \$5 per person due at time of registration.



## **The Memory Café will be Dancing in November!**

Special Guest, Julie Kaufmann, will be joining the November Memory Café. Julie will lead us in a fun class of moving to music using props like slinkies, feather boas, and maracas! Julie is a licensed, certified instructor of Healthy-Steps a therapeutic movement and exercise class for people with chronic conditions. She also offers a wide range of dance instruction programs throughout greater Boston including Line Dancing and East Coast Swing. November's Memory Café will be held on November 8<sup>th</sup> at the **Holland Street Senior Center** from 4:30-6:00 p.m. Please call Ashley at extension 2318 to sign up.

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## **De-Cluttering before the Holidays**

The Holidays are right around the corner. For many of us, the holidays season means welcoming family and friends into our home. Here are some quick tips to prepare you and your home before the doorbell rings.

- Less is more! Display only a few holiday decorations. Many decorations may take away, rather than add, from the theme of your home.
  - Consider donating excess holiday decorations to a local charity.
  - Keep gifts in one place. The holidays are chaotic! Keeping gifts in one place, allows us the guarantee that nothing is lost.
  - Come together with conversation. Oftentimes we can simplify stress by simply talking to one another about gifts. Will you exchange gifts, gift cards or donate to charity this year?
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## **Fuel Assistance Program**

Winter is around the corner and will be here faster than you know. Don't spend the winter worrying about how you will heat your home. The City of Cambridge's Fuel Assistance Program helps both residents of Somerville and Cambridge with fuel costs. Starting November 1<sup>st</sup> you can apply for assistance. Please call 617-349-6252 for more information about the program.

## Walking Club

Even though it's November, we still have plenty of nice weather and there is nothing like taking a walk in the fall. As long as the weather is nice, the walking club plans to take as many walks as possible this November and December. Please join us on Monday's at 9:00 a.m. at the Holland Street Center for a 45 minute walk and enjoy the fall weather.

For more information on the Walking Club, contact Chris at 617-625-6600 ext. 2300.

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## Daylight Saving Time Ends

It's time to Fall Back! Daylight Savings Time ends at 2:00 a.m. on Sunday, November 4th. Before you go to bed on Saturday night don't forget to turn all of your clocks and watches back one hour! It may be getting darker earlier but the good news is we gain an hour sleep.

Daylight Savings Time is also a great time to check and replace the batteries in your smoke alarms and carbon monoxide detectors. If you need a smoke detector, there are free and limited smoke detector available for Somerville residents 60 years of age and older. For more information please call Debby at 617-625-6600 ext. 2321.



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## Health & Wellness Fair

With great success, our Annual Health and Wellness Fair was held on October 25<sup>th</sup>. The Fair attracted over 130 participants as well as 17 vendors from the area. Vendors offered services such as blood pressure screenings, flu shots and healthy living tips. The event was a huge success and a fun, social time to learn about health and wellness. We hope to see everyone at the 2019 Annual Nutrition Fair in the spring.

## **Wrentham Outlets**

Sunday, November 11, 2018 - \$10.00 per person

Join the Somerville Council on Aging on this shopping trip. Get your Holiday shopping done early! Lunch is on your own.

Check in time is at 10:00 a.m. at the Holland Street Center and we will be returning around 5:00 p.m. For more info call Connie.

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## **Festival of Trees**

Join us as we enjoy the 25th Annual Festival of Trees in Methuen Sunday November 18, 2018. We will have a buffet lunch at The Chateau Restaurant. \$30 per person. First Come First Serve.

Check in time is at 12:00 p.m. at the Holland Street Center and will be returning around 5:00 p.m.

For more information or to sign up call 617-625-6600 ext. 2300.

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## **Atlantic City**

Are you feeling lucky! Then join us as we travel down to Resorts Casino in Atlantic City, New Jersey January 14 – 16, 2019 (Monday-Wednesday).

The resort is located on the boardwalk in Atlantic City. It has world-class restaurants, non-stop entertainment, a dazzling array of shops. You will find all this and more!!!

The cost for the trip \$189.00 pp Double / \$269.00 Single.  
Deposit of \$100.00 pp due on or before November 1, 2018

Trip Includes: Motorcoach Transportation, 2 Nights Lodging at the Resorts, \$25.00 Slot Dollars, 2/\$25.00 meal credits and a show ticket if available.

# November 2018

Mon

Tue

Wed

Thu

Fri

Mon	Tue	Wed	Thu	Fri
<b>Calendar shows sample events for the month. Please contact the COA at 617-625-6600 ext. 2300 for information on all events.</b>			<b>1</b> <i>Holland St. &amp; R &amp; J Bingo</i>	<b>2</b> <i>Lunch &amp; Bingo @ Holland St. 11:00 a.m.</i>
<b>5</b> <i>Lancaster, PA Trip Begins</i>	<b>6</b> <i>Election Day  Holland St. Closed</i>	<b>7</b> <i>Bowling 9:00 a.m.</i>	<b>8</b> <i>Country Western Line Dancing 10:00 a.m.</i>	<b>9</b> <i>Mayor's Thanksgiving Dinner</i>
<b>12</b> <i>Veterans Day All Centers Closed</i>	<b>13</b> <i>Davis Sq. Movie Chappaquiddick 12:00 p.m.</i>	<b>14</b> <i>LGBTQ Lunch 11:30 a.m.</i>	<b>15</b> <i>Brown Bag @ R &amp; J 8:30 a.m.</i>	<b>16</b> <i>Book Club 10:00 a.m.</i>
<b>19</b> <i>No Programing Lunch Only</i>	<b>20</b> <i>No Programing Lunch Only</i>	<b>21</b> <i>No Programing Lunch Only</i>	<b>22</b> <i>Thanksgiving All Centers Closed</i>	<b>23</b> <i>All Centers Closed</i>
<b>26</b> <i>Tai Chi 11:30 a.m. @ Holland St.</i>	<b>27</b> <i>Lunch &amp; Bingo @ R &amp; J</i>	<b>28</b> <i>Fit-4-Life Nutrition</i>	<b>29</b> <i>Revere Beach "Then &amp; Now"</i>	<b>30</b> <i>Lunch &amp; Bingo @ Holland St. 11:00 a.m.</i>

*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.



## Spotlight On



**Officer Maryann Manfra** is the epitome of Community Policing. As one Police Officer said, “these are big shoes we are going to have to fill”. I am sure you have seen Officer Manfra out and about in Somerville. Perhaps it was with a 5<sup>th</sup> grader learning how to ride their bike or helping a Veteran solve a problem. Or, perhaps you saw her while walking her beat in Davis Square; greeting the homeless with a kind word or lending an ear to see how someone’s day was going. Officer Manfra was an essential teammate here at the Senior Center, not only helping to resolve many issues, but to lend a smile and a hand while walking an older adult to the lunch room. We will surely miss Officer Manfra and wish her the best in her retirement.



City of Somerville

### **Council on Aging**

167 Holland Street

Somerville, MA 02144

617-625-6600 ext. 2300

[www.somervillema.gov/departments/health-and-human-services/council-aging](http://www.somervillema.gov/departments/health-and-human-services/council-aging)



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