



MAY 2024

SOCIAL SECURITY 101 IN SPANISH WEDNESDAY, MAY 1 @ 11:00 AM

Everything you need to know. (In Spanish) Sabrina Feliciano, Social Security representative will lead this presentation. **Please register.**

TAXES A PRESENTATION IN SPANISH WEDNESDAY, MAY 8 @ 10:30

TAXES: Learn today what you need to do to be ready for next tax season. The AARP Foundation Tax Aide Program assists eligible individuals in satisfying their tax responsibilities by providing free return prep by trained and certified volunteers. Alicia Szendiuch speaks Spanish and is a Tax Aide for the Waltham COA. **Please register.**

La Hora del Café:

WEDNESDAYS, 10:30—11:30 AM

A social hour for Spanish speaking seniors. Come meet old friends and make new ones. Share ideas about activities and events that are of interest and learn important information from invited guests on a variety of topics. **Please register.**

THE WALTHAM CULTURAL COUNCIL PRESENTS "HIP HOP CHAIR DANCE FOR SENIORS!"

THURSDAY, MAY 9TH @ 12:30 PM

There is some evidence that physical activity can slow down the decline of cognitive disabilities and may improve the quality of life. Please join us! MUSIC Dance.edu is offering a (1) hour senior exercise class in your community. "LINE AND CHAIR DANCE FOR SENIORS!" Travel through time and space on the Soul Train and chair dance to wonderful songs. "All Aboard the LINE dance Express". **Please register.**

CARD MAKING CLASS

WEDNESDAY, MAY 1 @ 1:00 —2:30 PM

Come join us as we have fun making cards. Class limit is 15. Please bring your own scissors. and glue. **Please register.**

GERRY BEAUDOIN JAZZ TRIO

FRIDAY, MAY 10 @ 1:00 PM

Gerry Beaudoin is an award-winning jazz guitarist. Come hear this amazing talented group play jazz and old-time standards. Refreshments will be served. **Please register.**

MOTHERS DAY CONTINENTAL BREAKFAST MONDAY, MAY 13 @ 9:30-11:00

Whether you're a mother or a mother-in-law, aunt or grammy or just someone's favorite stand in mom please join us for a Mothers Day Continental Breakfast as we pay tribute to moms everywhere. Limited seats. **Please register.**

"DISABILITY PLACARDS AND PLATES"

WEDNESDAY, MAY 15 @ 1:00 PM

Please join Michele Ellicks, Community Outreach Director for the Registry of Motor Vehicles for an informative presentation on: **Disability Placards and Plates.** Disability placards and plates allow people with disabilities to park vehicles in designated parking spaces and at parking meters. Attendees will learn how to apply for a placard or plate. How to renew an existing placard or plate and, the Do's and Dont's of disability placard and plate use. **Please register.**

DAVID SHIKES—COMEDIAN

FRIDAY, MAY 24 @ 1:00

Join local senior comedian David Shikes for an afternoon of old-fashioned laughs and good times as he takes the stage. **Please register.**

Waltham Council on Aging

488 Main Street • Waltham, MA 02452 / Phone 781-314-3499 • Fax 781-899-7373

Monday, Wednesday, Thursday & Fridays 8:30AM —4:30PM, Tuesdays 8:30AM —7:00 PM

ZOOM NONFICTION BOOK DISCUSSION

TUESDAY, MAY 21 @ 11:00 AM

Marley and Me: Hard copies and audio books will be available at the Waltham Public Library. A zoom link and reminder will be sent to registrants a few days prior to the session. **Please register.**

ENCORE CASINO TRIP—\$37.00 PP

TUESDAY, MAY 21, 2024

TUESDAY, JUNE 11, 2024

TUESDAY, SEPTEMBER 10, 2024

TUESDAY, OCTOBER 8, 2024

The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront. Enter the main floor, open and airy. Try your luck with 2,800 plus slot machines. Enjoy 166 Table games. It all adds up to an exciting, memorable experience. Casino Time: 10:00 am—3:00 pm
Casino Pkg \$20.00 free slot play Deluxe Motorcoach Transportation. **Please register.**

FREE TRIP TO CASTLE ISLAND

THURSDAYS MAY 2nd & 23rd. FULL

THURSAYS JUNE 6th & 20th

Enjoy a visit to Castle Island. You can walk Pleasure Bay Loop (1.84 miles) or Castle Island Loop (.79 miles). There are plenty of benches to sit and relax. Lunch on your own at Sullivan's. They offer a variety of lunch items and ice cream. The van will depart from the Sacred Heart Church parking lot at 10:30 AM and return around 2:30 PM. Sign up date for June is 6/14.
Waltham Residents only. Please register.

EMPLOYMENT OPPORTUNITIES

FOR 55+ SENIORS

WEDNESDAY, MAY 22 @ 1:00

The Senior Community Service Employment Program is a federally funded, work-based job training program for job seekers 55 years old and up. Its mission is to help foster economic self-sufficiency through job training and employment for these individuals. Come meet Greg Haig and hear what this program is all about. **Please register.**

WALTHAM CRIME PRESENTATION

WEDNESDAY, MAY 29 @ 1:00

Former criminal law teacher Steve Goodwin will review a **local** case and contrast historical and modern evidence methodology. Audience members will review and discuss a past criminal case in which the reliability of circumstantial evidence and eyewitness testimony will be contrasted. There will be audience discussion and participation. **Please register.**

BENTLEY WALKING GROUP

MOVES OUTDOORS

PLEASE JOIN US AT THE VETERANS FIELD

WEDNESDAY, MAY 8 @ 10:00—11:00 AM

MGH Waltham Physical and Occupational Therapy will be joining the walking group.

MOVIE: THE HOLDOVERS

FRIDAY, MAY 3, 2024

10:30 AM subtitles 1:00 PM no subtitles

Nobody likes teacher Paul Hunham, not his students, not his fellow faculty and not the headmaster, who all find his pomposity and rigidity exasperating. With nowhere to go over Christmas holiday in 1970, Paul remains at the school to supervise a trouble-making student. Joining Paul is head cook Mary, a woman whom recently lost her son in Vietnam. Paul Giamatti, Dominic Sessa, Divine Joy Randolph. R. Comedy/Drama 2h 13m. **Please register.**

MOVIE: CHARIOTS OF FIRE

FRIDAY, MAY 17, 2024

10:30 AM subtitles 1:00 PM no subtitles

During the post-World War 1 era, Britons Harold Abrahams and Eric Liddell are both naturally gifted fast sprinters, but approach running and how it fits into their respective lives differently. Ben Cross, Ian Charleson PG 2h 5m
Please register.

MOVIE: THE BOYS IN THE BOAT

FRIDAY, MAY 31, 2024

10:30 AM subtitles 1:00 PM no subtitles

The Boys in the Boat is a sports drama based on the #1 New York Times Bestselling nonfiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. The inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world. Joel Edgerton, Peter Guinness. PG 13. Biography/Drama/Sport 2h 3m. **Please register.**

**WALTHAM HOUSING FOOD & CARD DRIVE
FOR SENIORS/DISABLED ADULTS
FRIDAY, MAY 17th 2:30-4:40 PM
SATURDAY, MAY 18th 9:00AM-12:00PM**

Please bring a bag of your favorites to share in one of our 4 food pantries. Gift cards (\$20 and up) are greatly appreciated too! All donations can be dropped off at 292 Grove Street on either date.

Waltham Public Housing has 11 buildings offering units for income eligible Seniors and Disabled Adults residing in Waltham. We have 4 pantries.

Pine Street, serving 120 units
Prospect Street, serving 60 units
Grove Street, serving 60 units

Dale Street (2 bldgs.), Serving 36 units
Questions please call Ann Callahan, Service Coordinator. Waltham Housing Authority
@ 781-894-3357 ext. 268.

**FIGHT THE FALL
FALL RISKS & PREVENTION
WEDNESDAY, JUNE 5 @ 1:00 PM**

Falls are a significant concern for older adults, and raising awareness about fall prevention can positively impact your well-being. FYZICAL Therapy & Balance Centers empowers individuals to take control of their well-being to achieve optimal physical health and balance. **Please register.**

**SHREDDING DAY
SATURDAY, JUNE 8 @ 9:00 AM-12:00 PM
HOSTED BY WATERTOWN SAVINGS BANK**

**SCAM SAFETY & AWARENESS
PRESENTATION *held by the*
MIDDLESEX SHERIFF'S OFFICE
WEDNESDAY, JUNE 12 @ 1:00 PM**

L.E.A.R.N. is an initiative of the Middlesex Sheriff's Office focused on educating and informing the public through collaboration, engagement and dialogue around public safety matters. They will be focusing on ongoing scams that residents and their loved ones should be alert to as they go about their daily lives. They also serve as a way for residents to share their own experiences with their neighbors and law enforcement in a safe space. **Please register.**

**FREE HARP CONCERT
"ODE TO SPRING"**

FRIDAY, JUNE 7 @ 1:00 PM

Susan plays her harp for family, friends and seniors in the area. She loves sharing her music. Her purpose is to spread a little joy and peace to others. **Please register.**

**WATCH CITY SINGERS FREE CONCERT
THURSDAY, JUNE 13 @ 1:00—2:00**

The Watch City Singers have been practicing and rehearsing for 2 months now, and they are ready for you. You are warmly invited to attend the Watch City Singers performance of fun songs with people who are delighted to sing for you. **Please register.**

REAGLE MUSIC THEATRE

The Waltham Council on Aging and the Reagle Music Theatre of Greater Boston have teamed up to give you both wonderful musical performances and a great savings on tickets. The COA will have 20 tickets available for purchase at over a 30% discount. Tickets are \$34.00 pp (normally \$49.00) for the following shows. You are welcome to pick up a ticket for a non senior as well. This process allows us no service fees. **Pre-registration is required and payment is due at registration.**

Rogers and Hammersteins's South Pacific

Sunday, June 16 @ 2:00 pm

All Shook Up

Sunday, July, 14 @ 2:00 pm

An American in Paris

Sunday, August 18 @ 2:00 pm

**2LIFE COMMUNITIES LELAND HOUSE
FRIDAY, JUNE 21 1:00—ENGLISH
FRIDAY, JUNE 21 3:00 SPANISH**

Please join a representative from 2Life Communities to learn about the new senior housing development on the site of the former Leland Home. Leland House will consist of 68 affordable apartments in a beautiful new 3-story building. Come learn about the application process and income guidelines along with the building timeline. **Please register.**

**WHAT IS DEHYDRATION?
WEDNESDAY, JUNE 26 @ 1:00 PM**

What is dehydration? What are the symptoms? How to prevent it and what are the treatment options! Get these answers plus more helpful information by participating in our Dehydration Presentation by Deaconess Abundant Life Services. **Please register.**

ONGOING PROGRAMS AND SERVICES

TRANSPORTATION - The COA van provides transportation to medical appointments and grocery shopping. This service is available in Waltham only, during business hours. Limited transportation to the Senior Center is available upon request and availability. Taxi vouchers can be purchased at half price.

MEALS ON WHEELS - Home delivered meals available Monday - Friday. Either covered by Springwell or private pay.

SHINE - Insurance counseling for Medicare recipients. (serving health insurance needs of elders)

INCOME TAX PREPARATION - Provided by AARP volunteers.

INFORMATION AND REFERRAL - Legal services, home care information, assistance with nursing homes and assisted living facilities, financial assistance, housing options, mental health and substance abuse.

MEDICAL EQUIPMENT LOAN PROGRAM - Walkers, transport chairs, commodes, tub seats, etc.

BLOOD PRESSURE AND PODIATRY CLINICS

SUPPORT GROUPS - Bereavement and Caregivers.

TELEPHONE REASSURANCE PROGRAM - "Phone Friends"

EDUCATION - Presentations, computer classes and tutoring.

VOLUNTEER OPPORTUNITIES - Meals on Wheels, grocery shopping, phone reassurance, staff support, classes or presentations in your area of expertise.

TRIAD PROGRAM - Assistance from the Waltham Police Department.

MONTHLY NEWSLETTER - Call us to have the newsletter emailed to you or register for mail delivery.

FITNESS PROGRAMS: All fitness classes cost \$4.00 per person, per class. Check the calendar for the class schedule.

- **CHAIR EXERCISE** - Great for range of motion. It is designed to improve your strength, flexibility and balance while breathing deeply to reduce stress.
- **EXERCISE** - Develop cardiovascular strength and entire body strength. Resistance bands are incorporated to develop flexibility and pliability.
- **STRENGTH CLASS** - A full body weight lifting class that will improve muscular strength, bone density, and tender ligament health.
- **TAI CHI** - Good for balance and energy. It involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. It is low impact. The class is designed to help older adults increase flexibility and balance.
- **TAI-YO-BA** - Based on functional fitness and physical therapy exercises. Routines switch weekly increasing the transmission from the brain to the body that helps with coordination. More coordination equals less falls.
- **WALKING GROUP** - 1 Hour outdoor track walking at the Veterans Memorial Field, 385 Forest St., Waltham. Starting in September the group will walk the indoor track at Bentley University Dana Athletic Center, 450 Beaver Street, Waltham. Free.
- **ZUMBA** - Offers elements of Latin music and easy to follow steps that will develop stamina, coordination, fluidity and range of motion.

ON GOING PROGRAMS AND SERVICES

BILLIARDS - Daily - Drop-in - Open play.

BINGO - Wednesday: 1:00 - 3:30

BLOOD PRESSURE - Wednesday: 9:00 -10:00 Drop-in. Nurses Office.

BOCCE' - Daily - Drop-in - Open play.

BOOK DISCUSSION - Third Tuesday of the month at 11:00. Non-fiction group meets via Zoom. To become part of the group, register with us. After registration, the group leader will contact you.

BOWLING - Tuesday & Wednesday: 11:00 - 1:00 - Registration Required - Cultural Community Center, 510 Moody St. - 781-314-3475

BRIDGE LESSONS - Tuesday: 9:30 -11:30 - Drop-in. \$10 per lesson.

CANASTA - Thursday: 1:00 - 3:00 - For anyone who knows how to play the game. No instruction offered.

CHROME BOOK LOAN PROGRAM - Borrow a tablet from the senior center for two months. One hour of instruction is included. No internet required; it's built into the tablet. Call 781-314-3499 to reserve.

COMPUTER USAGE - Drop-in to use the computers. Some exceptions apply.

CONVERSATIONAL SPANISH - Thursday: 9:00 - 10:00 - Drop-in - Free, weekly class to introduce the Spanish language in a conversational setting.

CRIBBAGE– Thursday: 1:00—4:00 Drop in

HEARING CLINIC - Last Monday of the month: 1:30 - 2:30 - West Newton Hearing offers free 10 min. appointments to clean and check pre-existing hearing aids or a screening.

LEGAL SERVICES - 3rd Tuesday of the month: 12:00 - 2:00 - Metro West Legal offers free 15-minute phone appointments with an attorney.

LUNCH - Every Wednesday: 12:00 - Reservations are due by Tuesday at 9:30. A \$2.50 contribution is appreciated. The menu is listed on the calendar page.

MEDITATION - Every Wednesday: 11:00 - 12:00 No charge.

MEXICAN TRAIN DOMINOES - Thursday: 12:00 - 3:00. For anyone who knows how to play the game.

MOVIES - 10:30 with subtitles - 1:00 no subtitles. To enjoy a bag of popcorn you must register in advance!

PING PONG - Daily - Drop-in - Open play.

PICKLEBALL - Friday: 11:00 - 11:30 - Beginners instruction - 11:35 - 12:30 -Intermediate, no instruction. Registration required. Cultural Community Center, 510 Moody St. 781-314-3475

PODIATRIST - Wednesday - Dr. Tuler offers routine nail and callus care at the senior center. Monthly service. Appointment required. \$35 cash or check made payable to Dr. Tuler.

PUBLIC OFFICIALS - 4th Wednesday of the month: 10:00 - 12:00 - Drop-in. Senior Constituent Service Rep. Jay Higgins from Congresswoman Katherine Clark's Office is here to help you with any federal benefits or government programs.

PEQUOSETTE QUILT GUILD - Second Monday of the month: 7:00 - 8:30PM. New quilters welcome. For more info call Bonnie at 781-314-3499.

RUMMIKUB - Monday: 1:00 - 4:00 - Play with 2 or 4 players. Like gin rummy with tiles and more strategy.

SUPPORT GROUP - Loss of Spouse - Second Monday of the month: 1:00 - 2:00. For anyone who has endured the loss of a spouse and are seeking support.

TARGET SHOPPING - Weekly Friday afternoon shopping. Pick-ups begin @ 11:45. Registration required.

TAXI VOUCHERS - You may purchase 6 books of vouchers each month.

VETERAN'S SERVICES - Last Wednesday of the month: 12:30 - 1:30 - Drop-in. Meet one-on-one with Mike Russo, Director of Veteran's Services.



RED SOX OPENING DAY HOT DOGS, PEANUTS & CRACKER JACKS

Thank you all for joining us for a great start to the baseball season at our Red Sox Opening Day barbecue. The weather was perfect and the company was even better.

Thank you to Rick Pizzi and Pizzi Farms for their dedication to our seniors.

We look forward to more exciting events in the future.



COUNCIL ON AGING
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