



APRIL 2024

2024 WALTHAM POLICE PUBLIC SAFETY SURVEY

The Waltham Police Department would greatly appreciate your feedback on their 2024 Public Safety Survey. Would you be willing to take a few moments of your time so they can better serve this amazing community. Your feedback is important to them. Thank you for your time.

<http://forms.gle/zHn1noBhu1g2XUt88>

RHODE ISLAND HOME & GARDEN SHOW AND BRUNCH AT THE BREAKFAST PLACE CAFÉ LOCALE THURSDAY, APRIL 4 @ 9:00 AM WAIT LIST ONLY

KEEFE TECH EAST SIDE ROOM SHOPPERS WORLD—SHOPPING THURSDAY, APRIL 11 @ 10:30 AM WAIT LIST ONLY

A SPECIAL THANK YOU

The Bryson Family brought in Dunkin Donuts coffee and donuts in memory of their mother, Joan celebrated her 90th Heavenly Birthday on Monday, March 11th. The Waltham COA extends our thanks to the Bryson, O'Connell and Mulcahey families.

RED SOX OPENING DAY CELEBRATION TUESDAY, APRIL 9 @ 12.00

Join us for a fun day celebrating the Boston Red Sox Opening Day. Show your support by wearing your favorite team gear. We will be starting with traditional hot dogs, peanuts and cracker jacks and ending with ice cream from Pizzi Farm. This event will take place outside on our patio (inside if inclement weather) Please register.

MASSHEALTH EXPANSION ARE YOU NOW ELIGIBLE FOR MONEY SAVING BENEFITS?

WEDNESDAY, APRIL 10 @ 1:00 PM

Recently, Masshealth expanded eligibility for its Medicare Savings Program, and is no longer looking at an applicant's assets. This program has various benefits, including paying your Part B premium and greatly reducing the cost of your medications. MetroWest SHINE representatives will help you determine if you are eligible. If eligible, they will help you fill out the simple two page application. **Please register.**

BOSTON SAXAPHONE QUARTET FRIDAY, APRIL 12 @ 1:30 PM

The Boston Saxophone Quartet is a unique blend of musicians combining a tremendous range of repertoire and individual experience in wind performance. Join us for this free concert offering a wide repertoire of Swing, Ragtime, Jazz, and the Beatles ... all the way back to the Renaissance. **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

**ENCORE CASINO TRIP
TUESDAY, APRIL 16, 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.

The cost is \$37.00 pp i due upon Registration.
Tour operated by Bloom Tours

**ZOOM NONFICTION BOOK DISCUSSION
TUESDAY, APRIL 16 @ 11:00 AM**

The Wright Brothers by David McCullough.
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.**

**WATCH CITY PHARMACY
WEDNESDAY, APRIL 17 @ 1:00 PM
SENIOR ADULT VACCINATION SCHEDULE
AND MEDICATION PACKAGING**

This presentation will include different recommended vaccines for adults over the age of 50 focusing mostly on the flu, shingles, respiratory syncytial virus and pneumonia vaccines. We will also be presenting medication packaging and the importance of compliance and taking your medications on time. **Please register.**

**FREE BRANDEIS STUDENT MUSIC
WEDNESDAY, APRIL 17 @ 2:45 PM**

Performance students from the Brandeis Community, Engagement Through Music will perform a variety of musical styles for your enjoyment. **Please register.**

**SUNDAES FOR LUNCH BY ALERISLIFE
THURSDAY, APRIL 18 @ 12:00 PM**

AlerisLife will be sponsoring a day of volunteering by delivering Meals on Wheels and hosting an ice cream social for our seniors. AlerisLife is the provider of an evolving portfolio of residential and lifestyle services to older adults, that are financially flexible and choice based. **Please register.**

**MINDFULNESS WORKSHOP
THURSDAY, APRIL 18 @ 1:00 PM**

This free workshop will teach you how to engage in and practice a variety of mindful and contemplative practices. Facilitated by Rev. Matt Carriker. **Please register.**

**BENTLEY WALKING GROUP
MONDAY, APRIL 29 @ 10:00—11:00 AM**

MGB Physical Therapy will be joining the walking group. Experienced Physical Therapists will help provide you with expert guidance on all your physical health questions and concerns. From addressing pain and injuries to helping you understand the importance of proper movement and exercise. Whether you're a seasoned walker or just starting out, their expertise will help you get the most out of our community walks.

MONDAY, APRIL 22 @ 10:00—11:00 AM
MGB Newton Wellesley Hospital Walk and Talk Health will host a demonstration of the Automated External Defibrillator (AED) and CPR compressions. Everyone is welcome to try it themselves. The goal is to demystify the AED machine. These session will be led by Debra Rosenberg, Nurse Educator and Jane Barr MPH, RD, LDN. I hope all can attend, these machines save lives every day.

**WATCH CITY SINGERS ARE BACK !!
THURSDAYS BEGINNING**

APRIL 25 @ 1.00—2.00 PM FOR 8 WEEKS

If you love singing, or have always wanted to give it a try. Watch City Singers is for you! The group is led by Mary Cunningham from Powers Music School and it's a fun way to make music and new friends. There is no fee to participate and no previous singing experience is necessary. We will conclude with a concert on June 13. **Please register.**

**FREE WINTER & WOO CONCERT
FRIDAY, APRIL 26 @ 1:30 PM**

This concert is just what the soul needs and the doctor ordered. Renowned Boston Pops pianist Bob Winter and vocalist and former MGH internist Elaine Woo will serenade you with old favorites and some sparkling new ones as well. **Please register.**

**FREE TRIP TO CASTLE ISLAND
THURSDAY'S MAY 2nd & 23rd.**

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. **Waltham Residents only. Please register. Registration will begin on Tuesday, April 9.**

MOVIE: THE BOYS IN THE BOAT

FRIDAY, APRIL 5, 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. Based on a true story. Joel Edgerton, Peter Guinness. PG 13. Biography/Drama/Sport 2h 3m. **Please register.**

MOVIE: BARBIE

FRIDAY, APRIL 19, 2024

10:30 AM subtitles 1:00 PM no subtitles

Barbie a Doll lives in bliss in the matriarchal society of Barbie Land feeling good about her role in the world in the various iterations of Barbies over the years showing girls that play with her that they can be whatever and whoever they want. On the flip side, Ken who also lives in Barbie Land, is unnoticed except in relation to Barbie, which is however one step above any other doll in Barbie Land, such as Allan. Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to the real world, they soon discover the joys and perils of living among humans. Margot Robbie, Ryan Gosling. PG 13. Adventure/Comedy/Fantasy 1h 54 m. **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.

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.**

"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 Don'ts of disability placard and plate use. **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

TRANSMISSION MEDITATION

WEDNESDAYS @ 11:00 AM

Transmission Meditation is a group service activity that steps down great spiritual energies that continually stream into our planet. It provides service to the world and powerful, personal, spiritual development. It is non denominational and will not interfere with any other religious or spiritual practice. Join us to see what it is all about.

WALTHAM UKULELE GROUP

TUESDAYS 11:30—12:30 \$5.00 PER SESSION

Explore the joy of playing the ukulele through engaging instruction and collaborative jam sessions. Whether you're a beginner learning chords or an experienced player, join the musical journey of creating harmonious melodies on this delightful four-string instrument. Let the ukulele bring people together in a fun and rhythmic exploration of music! For further information, contact

marisa@AandW.org

or

jerry@AandW.org

Please register.

ONGOING PROGRAMS AND SERVICES

TRANSPORTATION - The COA van provides transportation to medical appointments, grocery shopping, errands, social visits and trips to the senior center. This service is available in Waltham only, during business hours. 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.

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 - Last 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.

ZUMBA WITH STACY TULLEY—MONDAYS @ 12:00 PM.



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