

LOOKING AHEAD

Melrose Council on Aging

Erica Brown

Executive Director

781-665-4304

235 W. Foster St. Melrose, MA

October 2024



Milano Center

James Conforti

Milano Center Manager

781-662-6886

201 W. Foster St. Melrose, MA

Looking Ahead is available online at
www.cityofmelrose.org/council-aging/looking-ahead-newsletter

RABIES VACCINE CLINIC AT MILANO CENTER!



MELROSE
Animal Clinic

Dr. Stuart Silverman of the **Melrose Animal Clinic** has generously offered to provide a Wellness Clinic for dogs and cats on **October 15, 2024 @ 1:00pm**

If you are a Milano Center member, you are eligible for a reservation to this free clinic. Dr. Silverman will administer rabies vaccines, nail trim, and provide a wellness check for your pet. If additional care is needed, you will be referred to their office or to your pet's veterinarian.

Reservations required - call 781-662-6886 to book your spot!

Dogs must be leashed and cats must be crated.
Bring past rabies vaccine documentation.

Senior Dinner

Tuesday, October 22nd

4:30 pm

\$10

Italian Night!

Sponsored by:

Chestnut Woods Rehabilitation
& Healthcare Center



Menu: Spaghetti & Meatballs, garlic bread, choice of Caesar/seasonal salad, cannoli

Songs of the rat pack will be performed! Even if you're old and gray, you're gonna like the way you feel today, 'Cause we make you feel so young!

Reserve your seat with payment at the Milano Center or by calling 781-662-6886 and using your "wallet".

Halloween Haunted House & Party

Thursday, October 31st 1:30pm **FREE!**

Join us for a Wheel of Fortune style game show where everyone will get to compete!

Your table will be your team and gift card prizes will be awarded to the team with the most points. Come in costume as we will also have a prize for best dressed! Halloween themed refreshments will be served.

Call 781-662-6886 to reserve your seat!



Wild Weiner Wednesday

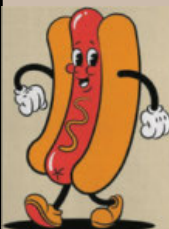
Wednesday, October 9th 11:30am

\$5

Join us for lunch and enjoy a jumbo frank and the option to add toppings including chili, cheese, peppers, onions, pickles, jalapeños, and more!

Meal price includes jumbo hot dog, bag of chips, toppings, and a soda.

(lunch provided by Mystic Valley Elder Services will not be served on this day)



Reserve your seat with payment at the Milano Center or by calling 781-662-6886 and using your "wallet".

Sign-ups for all published events, activities, and trips begin the last Wednesday of each month unless otherwise specified. You may sign up in-person or by calling 781-662-6886. Leaving a voicemail will NOT reserve your spot. You must speak with a staff member. Each person may sign up themselves and one other person for events.

Milano Center Hours
Monday - Thursday
8:30am - 4pm
Friday
8:30am - 12:30pm

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From the Director, Erica Brown

Of all the problems in the world to have, not having enough space to promote all our exciting new programs is a good one! We have too much to cover in October to waste space on me! Make sure to read about the Mayor's Senior Resource Fair on page 13 and enjoy the rest of this month's newsletter!



TOAST TO THE NEW YEAR ABOARD "THE ODYSSEY"

Tuesday, December 31st, 2024

Be among the first in Boston to ring in 2025! This holiday season, Boston's cruise ship, the deluxe Odyssey, will host a New Year's Eve Luncheon Cruise. As we cruise Boston Harbor, we'll count down to 2025 with horns, hats, and a champagne toast!

Join your friends for a fun filled afternoon you won't soon forget!

Day includes:

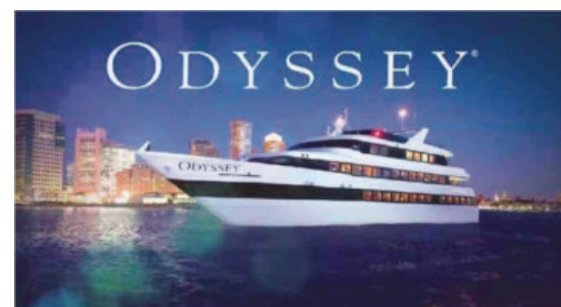
- * A two hour cruise of Boston's Historic Harbor aboard the Odyssey with festive holiday décor, DJ entertainment for "dancing the day away", champagne toast and countdown to the new year, and spectacular views of the Boston Harbor (cruise 11:30am-1:30pm)
- * Brunch buffet
- * Driving tour of Boston for first night preparations
- * Deluxe Yankee Line motorcoach transportation

PRICE: \$165.00 per person

Pre-payment required,
 payment due on or before
 November 15th

Visit the Milano Center to
 sign up!

Departure—10:30am—
 Milano Center
 Return— 3:30pm



CLOSURES

October 14th—Indigenous
 People's Day

Friends of Milano Center

Joan Cassidy, President
 Maia Moran, Treasurer
 Carol Mahoney, Clerk
 Diane DeVivo, Member
 Kathryn Armata, Member
 Marie Ryan, Member
 Martin Stanton, Member
 Jean Pandolfo, Member

Your Guide to Arts & Culture in Melrose



Scan the code or visit
 our website for an up
 to date calendar of
 arts and culture
 events in Melrose



www.MelroseCreativeAlliance.org

COA Board Members

David Kourtz, Chair
 Margaret Ivins, Vice Chair
 Ellen Cobau, Clerk
 Kristin Thorp Maura Sullivan
 Philip Hermann Nancy Messina

Programs with this
 icon are generously
 sponsored by a grant
 from Mystic Valley
 Elder Services



October Day Trips

Pre-paid reservations required on all trips on a first come-first serve availability basis. If you need to cancel, we will refund your money if we are able to fill your seat. Travelers are responsible for their own meals and tips.

Wednesday, October 2nd Million Dollar Quartet @ North Shore Music Theatre \$65
 Depart Milano: 11am Lunch @ Kelly's, Danvers: 11:30am-12pm Matinee show: 2pm
 Return to Milano: approximately 5pm

Monday, October 7th Topsfield Fair \$5
 Depart Milano: 10:30am Depart Fair 3:15pm Arrive Milano ~ 4:45pm
 Buy your tickets at the gate; **Seniors** get a discounted rate on this date: \$10.00

Thursday, October 17th Foliage Tour Smolak Farms, Andover \$5
 Depart Milano: 10:00am Arrive Milano ~ 3:30
 We will leave Smolak Farms at 12:30 pm and head to Grassfields for lunch. Lunch cost is on your own/ checks will be split by table not individuals, cash required.

Thursday, October 24th TITANIC: The Artiface Exhibition Boston \$40
 Depart Milano: 9am Tour Gallery: 10am-12:30pm
 Lunch at 99 Restaurant, Charlestown: 1pm-2:15pm Return to Melrose: 3pm
 Discover authentic artifacts recovered from the wreck site's debris field, enjoy dramatic recreations of iconic areas on the Ship and learn the true stories of the passengers and crew.

Thursday, October 31st Encore Casino, Everett \$10
 Depart Milano: 9:30am Depart Encore: 2pm Return to Melrose: 2:30pm
 All participants will receive a \$10 free slot play voucher.

Melrose COA Shopping Trips

Market Basket Woburn: 1st & 3rd Wednesday of each month. Pick-up begins at 9am ; return at 11:15am or 12:15. Shops include Homegoods, TJMaxx, and Homesense

Shopping Shuttle: 2nd & 4th Monday of each month 9am Pick-ups begin
 Drop-offs: 9:45 Fellsway Plaza & Target; 10am Square One Mall; 10:15 Walmart; 10:30 Trader Joe's
 Pick-ups: 11:30 Fellsway Plaza & Target; 11:45/1pm Square One Mall; 12pm Walmart; 12:15 Trader Joe's

Call 781-665-4304, Mon. - Fri. from 8:30am-4pm All are \$6 Round Trip. All shopping trip times are subject to change. Minimum riders required to book driver. Please book by Thursday before.
Shopping trip October 2nd is being rescheduled to Tuesday, October 1st

Melrose Council on Aging Transportation "Curb to Curb" transportation for qualified Melrose seniors Minibus Schedule

Monday - Thursday; 9am— 3:30pm; Friday; 9am—12:30pm

Our transportation program will bring you anywhere in Melrose. For medical transport we go to Malden, Medford, Reading, Saugus, Stoneham, Wakefield and select facilities in Winchester & Woburn.

Call Melrose Council on Aging at 781-665-4304 for more information or to book a ride if already registered

Fees

Melrose to and from
 Milano Center is
FREE

Inside Melrose: \$2
 per ride/\$4 round trip
Out of Melrose:
 \$3per ride/\$6 round
 trip

Pen Pal Program

Are you looking to make meaningful connections and learn more about someone new? Join the pen pal program and get matched with a Melrose High School student! Pen pals are a great way to reduce feelings of loneliness and isolation. In this new program, you and your pen pal would exchange two letters each month. Exchange experiences, learn more about a new friend and the world around you, and feel connected with your community in this new and exciting program! If you are interested, please sign up by calling the Milano Center at 781-662-6886.



AARP Tax-Aide

The Milano Center is partnering with the AARP of Massachusetts to seek volunteer tax preparers for the upcoming tax season.

No prior professional-related tax experience is needed. AARP of Massachusetts will provide training and support. Please visit

www.aarp.org/forms/volunteer-tax-aide if you are interested in volunteering!



Milano Football Pool Wednesdays, 12pm

Join us weekly to compete in the Milano Center Football Pool! Snacks and refreshments will be served. Each Wednesday, you may fill out your weekly picks for who you think will win each NFL game. Whoever guesses the most correct picks each week will receive a \$5 gift card to the Milano Center! We will track correct picks over the course of the season. Whoever guesses the most correct picks for the season will win a \$50 VISA giftcard! Winners will be posted weekly on Wednesday afternoons. Picks for the following week must be submitted before 4pm on Thursdays.

Tea Dance

Thursday, October 17th

6pm-7:30pm

FREE

Enjoy early evening high tea but substitute the tea for mocktails and add a D.J. mixing some of the best disco on the face of the earth! Join us in the lounge socializing and "shaking your booty". Mingle with friends from the Medford, Stoneham, and Wakefield Senior Centers as well! All are welcome to join in on this friendly, welcoming event.

Call the Milano Center at 781-662-6886 to reserve your seat!

This event is part of our LGBTQIA+ Initiative and is jointly sponsored by the Medford, Melrose, Stoneham, and Wakefield Councils on Aging.



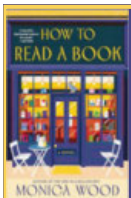
UMASS Boston Community Needs Assessment Presentation

Wednesday, October 9th

6pm

Milano Center

Over the last year, the Melrose Council on Aging (COA) and scholars from UMASS Boston conducted a Community Needs Assessment for our city, identifying common feedback, experiences, priorities, and hopes among Melrose's older residents. Please join the COA, UMASS Boston, and the Mayor's Office for a community presentation on the completed assessment! This will be an opportunity for residents to learn about the report, ask questions, and learn about how the City might use this information in the years ahead. All are welcome to attend.



Milano Center Book Club
Tuesday, October 8th 10am
This month's book: How to Read a Book
By: Monica Wood

Senator Jason Lewis

Senator Lewis hosts office hours
 1st Monday every other month at
 12pm at the Milano Center.

Next Visit: October 7th



GUIDED HIKES WITH FRIENDS OF THE FELS

Once per month, the Melrose Friends of the Fells will be leading us on a guided flora hike at the Middlesex Fells! We'll travel a few trails in Greenwood Park of the Fells and learn more about the local plants and flowers we see along the trails. The hike will include some rocky footing with roots and minor elevation. There are no paved segments of the trails. Good hiking boots or sneakers are highly recommended along with pants, tall socks, and long sleeves to protect against tick and poison ivy exposure.

Guided Hike: Friday, October 18th—9am transportation from Milano—sign up by calling 781-662-6886!



Movie Little Miss Sunshine

Thursday, October 24th 1:30pm
1h 41m Rated: R 2006

The Hoover family -- a man (Greg Kinnear), his wife (Toni Collette), an uncle (Steve Carell), a brother (Paul Dano) and a grandfather (Alan Arkin) -- puts the fun back in dysfunctional by piling into a VW bus and heading to California to support a daughter (Abigail Breslin) in her bid to win the Little Miss Sunshine Contest. The sanity of everyone involved is stretched to the limit as the group's quirks cause epic problems as they travel along their interstate route.



Reserve your seat by calling
781-662-6886

Milano Man Cave

Wednesdays 10am-12pm

Men – do you need time to chill, socialize, and solve the world's problems?

Wives – do you need time to yourself? Need time to relax? Want to get your husband out of the house?

Leave your husband with us at the

Milano Man Cave!

Join us for a 2-hour drop-in social event where you can enjoy card playing, watching sports center, crack jokes, and discuss anything with your fellow gentlemen!



Tai Chi

Wednesdays 10am starting on October 2nd
FREE



Beginners and intermediates may enjoy this free Tai Chi class provided by Susan from Mystic Valley Elder Services!

Brother Rice

Intermediate Watercolor Painting Class

Intermediate level painters will enjoy a guided painting lesson each week. If this is your first time painting with us, please ask staff for a supply list you should secure before the first class. If you have questions about whether this class is the right fit for you, please speak with a staff member before signing up.
Payment due at sign up.

New Session of 5 classes for \$50

Monday Class: Oct. 28-Dec 9, 9:30am

Friday Class: Nov 1st-Dec 6, 9:30 am

Sign-ups begin Tuesday, October 29th

Milano Lounge

Beginning in October, join us as we convert our center into the Milano Lounge. This monthly live entertainment event features some of Boston's best local artists. Make your reservations each month and bring your friends!

October 17th 6pm Tea
Dance with DJ George Landers \$5

Early evening high tea but substitute the tea for mocktails and add a D.J. mixing some of the best disco on the face of the earth! Join us in the lounge socializing and "shaking your booty".

November Dueling Pianos \$5
2 piano players, twice the fun! These guys always bring down the house. Get ready to sing along and have your requests ready!

December Holiday Celebration \$5
One of our most over-the-top events. Sing-along! Mocktails and snacks provided.

January Lush Life \$5
Andy Lantz & Frankie Campofelice delight audiences with classic jazz standards from the 20s to the 60s at this sophisticated live event.

February The Month of Love \$5
Milano Lounge is getting classy and will present a program of classical music and performances sure to give you chills and warm your heart.





Walking Club

Wednesdays 9am

Meet up at the Milano Center to join us as we stay active and get moving! We have multiple routes mapped out with varying length walks. We also have some walking sticks to aid you in your travels. No sign-ups necessary for in-town walking.

CONGRATULATIONS TO OUR WEEKLY WALKING CLUB

THE GROUP STARTED 21 WEEKS AGO AND HERE ARE THE STATS

Group total stats

Miles walked	136.50	more than 5 marathons	27.3 miles	marathon +
Steps	337,375	walk to NYC	67,473	Walk to R.I.
Calories burned	22,575	426 Oreos burned	4,515	12 happy meals

Individual

Dementia BINGO

Thursday, October 17th 1pm FREE



Dementia Bingo was created by Yolanda Douglass, a Board-Certified Dementia Educator and the Director of the Artis Way Experience at Artis Senior Living in Reading. This program is an interactive and engaging way to learn about the brain, different types of dementia, signs & symptoms, prevention and treatments and some fun facts, too! The game is played the same as the classic Bingo game, except instead of calling numbers, we will have facts and questions about dementia. The answers are on the cards! Prizes to be awarded for winning cards.

Call 781-662-6886 to reserve your seat!

Trip to Foxwoods Casino

Stoneham, Melrose and Wakefield Senior Centers have planned a festive day trip together to Foxwoods Resort Casino on **Tuesday, December 3rd!** Enjoy a day filled with gambling and dining, all set against a beautifully decorated holiday backdrop.

Cost: \$50 per person for the bus ride; gambling and dining at your own expense. Checks can be made out to Wakefield Council on Aging.

Registration: Open to Stoneham, Melrose, and Wakefield residents 10/7-10/18,
Open to everyone 10/21-11/22.

To register, please call the Wakefield Senior Center at 781-245-3312.

Itinerary:

7am- Fox Bus Lines arrives 7:30am- Depart from Wakefield COA (30 Converse Street, Wakefield)
10am- Arrive at Foxwoods 2pm- Depart from Foxwoods
4pm- Arrive at Wakefield COA



Planning for Medicare—Countdown to 65

Thursday, October 24th 6pm-7pm

Medicare Open Enrollment period is October 15th – December 7th! Now is a great time to learn about which plan is right for you and how to enroll!

This seminar will help you understand your Medicare health insurance options. Led by Blue Cross Blue Shield of Massachusetts, they will cover:

Medicare Parts A & B Medicare Enrollment timeline Medigap plans that supplement coverage
Medicare Advantage plans like HMOs & PPOs Medicare Part D prescription drug plans
Plans & programs available to early retirees, such as COBRA

To register for this free seminar, call us at 781-662-6886



MASSACHUSETTS

Mahjongg

Mahjongg Lessons

The next 5-week class session will run **October 21st – November 25th at 1pm in the Classroom**

This session is a supervised instructed class, it's for beginners. Limited seating and you will be expected to move up a level to Guided Play.

Please call **781-662-6886** to reserve your seat.

Mahjongg Guided Play

Mondays 12 pm (seasonal)

This session is for people who have elevated from Mahjongg lessons and still need guidance before Open Play ~ This class is also good for people getting back into playing Mahjongg. Please be aware that this class is meant as a stepping stone to Open Play Mahjongg, seating is limited. Moving up to Open Play is expected.

Open Play Mahjongg

Tuesdays 1pm

This session is not non-supervised individual play.



Money Smart for Older Adults

Join us for a 10-class series from Northern Bank designed to help raise awareness among older adults and their caregivers on how to prevent fraud, scams, and other elder financial exploitation. The curriculum encourages advanced planning and informed financial decision-making. Come to one or all sessions. Please call us at 781-662-6886 to reserve your seat.

Thu, October 10th 2pm Investment Fraud
Thu, October 24th 2pm Avoiding Telephone & Internet Scams

Call 781-662-6886 to reserve your seat.



SDM Foundation Office Hours

1st & 3rd Mondays 1pm-2:30pm

The SDM Foundation is a non-profit that focuses on teaching people how to use technology, such as computers and the Internet, to enrich their lives. They will be holding monthly office hours at the Milano Center to answer any questions you have regarding technology! Stop in and learn how to get the Milano Center newsletter as an app on your smart phone!

Walk-ins are welcome!



Cooking Demo with Erica

Tuesday, October 8th 1pm \$5

Learn how to make two varieties of turnovers with Erica: apple and pumpkin. These easy treats are a hit for fall breakfast or dessert! Participants will watch as Erica takes you step-by-step through the process and get to sample one of each flavor!



Reserve your seat with payment at the Milano Center or by calling 781-662-6886 and using your "wallet".

Better Breathing for Better Health

Thursday October 10th – October 31st 1pm

FREE

Breathing is important to health, and risk factors impacting breathing increase as we age. Challenges decreasing your ability to breathe effectively include sleep apnea, snoring, chronic allergies, reflux and open mouth breathing. It is important as we age to remember that there is a good deal of work you can put in to improve your breathing capacity and control.

In this 4 week series "Better Breathing for Better Health" Erin Browning, local speech and swallowing specialist, will teach exercises to first relax and then strengthen the muscles of the mouth, neck, shoulders, and diaphragm and then we will pull it all together so you can establish a personal practice that will support healthy breathing as you age and the season to fight colds and congestion approaches.

Call 781-662-6886 to reserve your spot!



Monday

Tuesday

Wednesday

Thursday

Friday

7 8:45 Yoga \$5 9:00 Shopping Shuttle 9:00 SHINE 9:30 Watercolor Class 10:00 Chair Yoga \$5 10:00 Poker Lessons 10:30 Topsfield Fair \$5 11:30 Lunch 12:00 Mahjongg Guided 12:00 Senator Lewis 12:30 Horseracing 2:00 Power over Parkinson's	1 9:00 Tai Chi \$5 9:00 Market Basket 10:00 Line Dance \$5 10:00 Knit & Stitch 11:30 Lunch 1:00 Open Play Mahjongg 1:00 Cribbage 2:00 Bread of Life	2 9:00 Walking Club 10:00 Just Write 10:00 Tai Chi FREE 10:00 National Grid 10:15 Zumba \$5 10:00 Milano Man Cave 11:00 Million Dollar 11:30 Lunch 12:00 Football Pool 12:15 Blood Pressure Checks 1:15 BINGO	3 8:45 Yoga \$5 9:00 Chair Caning 10:00 Chair Yoga \$5 11:00 Today's News 11:30 Lunch 1:00 Mexican Train Dominoes	4 10:00 Alzheimer Care Giver Support Group 10:15 Shimmy \$5 11:30 Lunch
14 CLOSED INDIGENOUS PEOPLES DAY	8 9:00 Tai Chi \$5 9:30 Blood Pressure 10:00 Sparta Fitness \$5 10:00 NO LINE DANCE 10:00 Knit & Stitch 10:00 Book Club 11:30 Lunch 1:00 Open Play Mahjongg 1:00 Cribbage 1:00 Cooking Demo w/ Erica \$5 2:00 Bread of Life	9 9:00 Walking Club 10:00 Just Write 10:00 Milano Man Cave 10:00 Tai Chi FREE 10:15 Zumba \$5 11:30 NO MVES LUNCH 11:30 Wild Weiner Wednesday \$5 12:00 Football Pool 1:15 BINGO 6:00 Community Needs Assessment Presentation	10 8:45 Yoga \$5 9:00 Chair Caning 10:00 Chair Yoga \$5 11:00 Today's News 11:30 Lunch 1:00 Mexican Train Dominoes 1:00 Breathing Workshop 1:00 Mayor Grigoraitis Office Hours 2:00 Money Smart Workshop	11 9:00 Pom Dance \$5 9:30 Watercolor Class 10:15 Shimmy \$5 11:30 Lunch
15 9:00 Tai Chi \$5 10:00 Sparta Fitness \$5 10:00 NO LINE DANCE 10:00 Knit & Stitch 11:30 Lunch 1:00 Rabies Vaccine Clinic 1:00 Open Play Mahjongg 1:00 Cribbage 2:00 Bread of Life	16 9:00 Walking Club 9:00 Market Basket 10:00 Just Write 10:00 Milano Man Cave 10:00 Tai Chi FREE 10:15 Zumba \$5 11:30 Lunch 12:00 Football Pool 12:15 Blood Pressure	17 8:45 Yoga \$5 9:00 Chair Caning 10:00 Chair Yoga \$5 10:00 Foliage Tour \$5 10:00 MVES Office Hours 11:00 Today's News 11:30 Lunch 1:00 Mexican Train Dominoes	18 9:00 Guided Hike w/ Friends of the Fells 9:00 Pom Dance \$5 10:15 Shimmy \$5 10:00 Alzheimer Care Giver Support Group 11:30 Lunch	

		Checks 1:15 BINGO			
21	8:45 Yoga \$5				1:00 Dementia BINGO
	9:00 Shopping Shuttle \$5				1:00 Breathing Workshop
	10:00 Chair Yoga \$5				6:00 Tea Dance FREE
	10:00 Poker Lessons				
	11:30 Lunch				
22	12:00 Mahjongg Guided				25
	12:30 Horseracing				9:00 Pom Dance \$5
	1:00 Mahjongg Lessons				10:15 Shimmy \$5
	2:00 Power over Parkinson's				11:30 Lunch
23	9:00 Tai Chi \$5				24
	9:30 Blood Pressure				8:45 Yoga \$5
	10:00 Sparta Fitness \$5				9:00 Titanic Artifact \$40
	10:00 Line Dance \$5				9:00 Chair Caning
	10:00 Knit & Stitch				10:00 Chair Yoga \$5
24	11:30 Lunch				11:00 Today's News
	1:00 Open Play Mahjongg				11:30 Lunch
	1:00 Cribbage				1:00 Mexican Train
	2:00 Bread of Life				Dominoes
	4:30 Senior Dinner \$10				1:00 Breathing Workshop
25					1:30 MOVIE-Little Miss Sunshine
					2:00 Money Smart Workshop
					6:00 Planning for Medicare Workshop
26	8:45 Yoga \$5				30
	9:30 Watercolor Class \$5				9:00 Walking Club
	10:00 Chair Yoga \$5				10:00 Just Write
	10:00 Poker Lessons				10:00 Milano Man Cave
	11:30 Lunch				10:00 Tai Chi FREE
27	12:00 Mahjongg Guided				10:15 Zumba \$5
	12:30 Horseracing				11:00 Garden Club
	1:00 Mahjongg Lessons				11:30 Lunch
	2:00 Power over Parkinson's				12:00 Football Pool
					1:15 BINGO
28	8:45 Yoga \$5				31
	9:30 Watercolor Class \$5				8:45 Yoga \$5
	10:00 Chair Yoga \$5				9:00 Chair Caning
	10:00 Poker Lessons				9:30 Encore Casino \$10
	11:30 Lunch				10:00 Chair Yoga \$5
29	12:00 Mahjongg Guided				11:00 Today's News
	12:30 Horseracing				11:30 Lunch
	1:00 Mahjongg Lessons				1:00 Mexican Train
	2:00 Power over Parkinson's				Dominoes
					1:00 Breathing Workshop
30					1:00 Breathing Workshop
					1:30 Halloween Party
					FREE
31	8:45 Yoga \$5				
	9:30 Watercolor Class \$5				
	10:00 Chair Yoga \$5				
	10:00 Poker Lessons				
	11:30 Lunch				

Lunch at the Milano Center MVES Congregate Lunch Site

If you would like to join us for lunch, please call 781-662-6886 at least one day in advance to reserve your meal.
Detailed menus are available at the front desk.

Monday—Friday
11:30am –12:30pm

Suggested donation: \$2

Menus are available at the front desk or on our website at cityofmelrose.org/council-aging

Milano Center Fitness Classes

The Milano Center offers fitness classes Monday–Friday. All classes welcome walk-ins, simply pay \$5 at the front desk. All instructors are certified and offer modifications for varied abilities.



Monday	8:45am - Gentle Mat Yoga Trudy MacDonald	10am - Chair Yoga - Trudy MacDonald
Monday	2pm - PWR Over Parkinson's	Allison Leonard
Tuesday	10am - Sparta Fitness	Coach Julio Salado
Tuesday	9am - Tai Chi - Vincent Chun	10am - Line Dance - Christine Loiacano
Wednesday	9am - Walking Club (Free)	10:15am - Zumba Gold - Susan Leach
Wednesday	10am - Tai Chi (Free)	Susan from MVES
Thursday	8:45am - Gentle Mat Yoga - Michelle Heron	10am - Chair Yoga - Michelle Heron
Thursday	7pm - Meditation (Free)	Frank Olivieri (Parks & Recreation)
Friday	9am - Pom Dance Class	Joie Edson
Friday	10:15am - Shimmy, Belly Dance	Susan Leach

Milano Center Games

The following gaming groups meet each week and do not require a reservation. New players welcome!

Monday	10am - Poker Lessons	12:30pm - Horseracing (bring \$3 in quarters)
Monday	12pm - Mahjongg Guided Gameplay (seasonal based on instructor schedule)	Play with our instructor Maurine present in case you have questions!
Tuesday	1pm - Cribbage	1pm - Mahjongg
Wednesday	1:15pm - BINGO	(Cards: 1 set—\$3, 2 sets—\$5, 3 sets—\$8)
Thursday	1pm - Mexican Train Dominoes	

Milano Center Group Activities

Join Milano Center members in our weekly group activities!



Tuesday	10am - Book Club (2nd Tuesday each month)	10am - Knit & Stitch Join fellow yarn crafters for advice or to socialize
Tuesday	1:45pm - Bread of Life (3rd Wed)	Take transportation from the Milano to volunteer at Bread of Life food pantry!
Wednesday	10am - Just Write	Join other writers with weekly prompts!
Thursday	9am - Chair Caning Learn the art of chair caning! (Supplies not included)	11am - Today's News Discuss current events and hot topics!
Monday-Friday	Lunch	Mystic Valley's Congregate Lunch site offers nutritious meals to enjoy with friends! (\$2 donation suggested)

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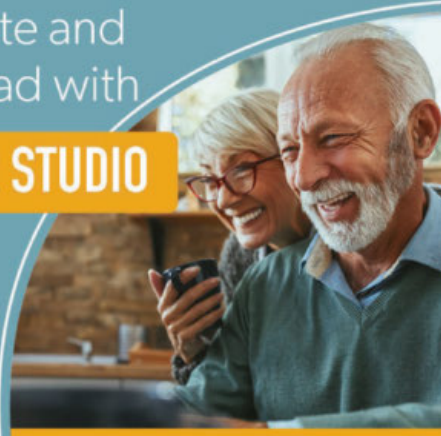
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Food Assistance

Bread of Life

Bread of Life will deliver food from its food bank to Melrose residents. Call 781-397-0404 or email info@breadoflifemalden.org

A Servant's Heart Food Pantry

200 Franklin Street Friday; 9:30am - 11am

Please bring your own bags.

Email: faithchurch@faithchurchac.org or call 781-662-8226

Pantry of Hope

First Baptist Church 561 Main Street

Tuesdays 3pm- 5pm

Go to: melrosefbc.org or call 781-665-4470

SNAP

To apply for food benefits go to Department of Transitional Assistance (DTA) at <https://dtaconnect.eohhs.mass.gov/apply> or call 877-382-2363

You may also call our Social Worker, Rachael for help.

781-665-4304 Monday - Wednesday

Food Resources for Veterans

Melrose Veterans Services Office partners with the Greater Boston Food Bank to provide food to Veterans and their surviving spouses on the third Wednesday of each month. Currently, they offer a drive-through food pantry. If you are unable to pick up, they will deliver to you.

Call 781-979-4186 to register.

Free Freezer Meals

The First United Methodist Church is partnering with the Food Drive of Melrose. Free meals are available from the community freezer each Sunday from 11:30am - 12pm. Enter the chapel to collect your meals. Accessible ramp is available.

Most Blessed Sacrament Community Meal

1155 Main Street, Wakefield
2nd Wednesday of each month

Milano Center Blood Pressure Check

Deb Powers, MSN, BSN, RN will be onsite in our Carriage House Lounge at 12:15pm—1:15pm the 1st & 3rd Wednesday of each month to check your blood pressure.

Melissa Lowry, MS, BSN, RN will be onsite in our Carriage House Lounge at 9:30am the 2nd & 4th Tuesday of each month to check your blood pressure.



No appointment necessary!

SHINE Counseling

1st Tuesday of each month

9am-1pm

This free health insurance counseling program, Serving the Health Insurance Needs of Everyone (SHINE), provides unbiased, certified counselors who can help you navigate Medicare requirements, check your eligibility for MassHealth and other public benefits, and help you select the plan that best meets your needs.

To book your one hour appointment, please call the Milano Center at 781-662-6886.



National Grid Office Hours Every other month Wednesday, October 2nd ; 10am

One-on-one appointments are a valuable resource. Learn how to read your bill, ensure you are subscribed to the best plan, and apply for any discounts you are eligible for. (Bring your bill, and proof of a qualifying program like LIHEAP, SNAP, MassHealth, Public Housing, SSI, WIC, EAEDC, Veteran's Chapter



Mystic Valley Elder Services Office Hours

3rd Thursday of each month 10am-11am

Melrose COA in conjunction with Mystic Valley Elder Services will offer open office hours with Clinical Caseworker Rachel Lawless at the Milano Center.

Are you looking to navigate challenging feelings? Have you been experiencing more stress? Would you like to connect with a Behavioral Health Specialist to talk about the issues that weigh heavy on you? Please come visit Rachel during her office hours to explore your options and connect! We look forward to seeing you there!

Bread of Life

Join the Milano Center volunteer group every Tuesday!, 2pm – 4pm when we assist at Bread of Life. Sign up by calling us at 781-662-6886.

Drive to their location at 54 Eastern Ave, Malden yourself, or book a free ride from the COA!

Thank you for helping. 1 in 6 families in our community faces food insecurity.



If you are taking the COA van, sign-up is required. Call 781-662-6886

Alzheimer's Caregiver Support Group

This confidential meeting is designed for those caring for a loved one with a diagnosis of dementia. Learn more about Alzheimer's and related dementias and meet others facing similar challenges. This group meets the 1st and 3rd Friday of the month from 10am - 12pm at the **Milano Center**

**Please call 781-910-8958 prior to your first meeting or email Sue at alz.caregivers.sue@gmail.com
24/7 Helpline: 1-800-272-3900
www.alz.org/MANH**

Grief & Loss Support Group Wednesdays 2pm

This 12 week support group is designed for those who have recently lost a loved one. The guided curriculum will involve reading, journaling, and discussion. All materials will be provided.

This session will begin when we have a minimum of 5 participants. Please call 781-665-4304 to sign up.



Mayor Jen Grigoraitis Office Hours

Thursday, October 10th
1pm-3pm

Call the Mayor's Office at 781-979-4440 to sign up



Mayor Grigoraitis' Senior Resource Fair Tuesday, October 29th from 10am - 1pm Memorial Hall, 560 Main St., Melrose

The City of Melrose offers a variety of discounts and resources for senior and low-income residents. Mayor Jen Grigoraitis invites you to an informal open house to cover:

ABCD:	Fuel Assistance
Assessor's Office:	65+ Property tax exemption Circuit breaker match Register for a participant scan card and newsletter Learn how to get our newsletter on your phone/tablet Property Tax Work Off Program Transportation Options Volunteer Opportunities MBTA Senior Charlie Card Social Services Assistance MBTA The Ride Information Voting information
Council on Aging:	Emergency preparedness On-site flu shots Public Housing Applications City alerts City Resources, Q & A Falls Prevention Grief and Loss Webinars 60+ Home Care Services, Long Term Support Services Medicare Counseling (SHINE) 65+ Senior Care Options 18+ Mass Health-Integrated Care Options My Life, My Health Program Meals on Wheels Healthy Aging Programs Options Counseling Discount applications How to read your bill State resources Q&A
Elections Office:	Energy resources
Fire Department:	Melrose Alert Program
Health Department:	SNAP Assistance (Food Stamps) Farmers Market Food Pantry Resources
Housing Authority:	Sign up for a library card Reserve books online Rent e-books/audiobooks to your phone/tablet
Information Technology:	65+ Water and sewer discount Solid waste discount
Mayor's Office:	Technology Assistance
Melrose Wakefield Hospital:	Veteran's benefits
Mystic Valley Elder Services:	
National Grid:	
State Senator Lewis:	
Planning Department:	
Police Department:	
Project Bread:	
Melrose Library:	
Public Works:	
SDM Foundation:	
Veteran's Services:	
And more!	

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Is your gift in memory or in honor of someone? _____

If you would like someone to receive acknowledgement of your gift, please provide name and address

FRIENDS OF MILANO CENTER

Friends of Milano Center is a group that is dedicated to fundraising. Please consider a tribute gift to the Friends as a special way to honor a loved one, thank a special caregiver, or even to celebrate a milestone. Ask about our Giving Tree, where donors are honored for their contributions.

All proceeds are tax deductible and are utilized to support the Milano Center.

**Thank you to: J. Randall Huber
for your continued contributions!**

Community Repair Café

Sat. October 12th

10am-1pm

The Milano Center in partnership with Melrose Lend & Mend is hosting a community repair café! Repair cafes are community events where you can expect a volunteer with useful skills to try to repair household items. These events keep trash out of landfills, save money, and build community relationships!



Services you can expect at this event are:

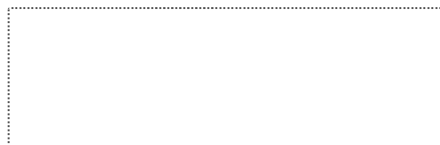
Knife sharpening	Woodworking
Small household electronic repairs (humidifiers, clocks, blenders, etc)	
Textile mending	Lamp repair
Technology Assistance from SDM	Bike repair (15 minute tune-ups)
	Ceramic repair

No sign-ups necessary – walk-ins of all ages are welcome!

****Please note that all stations are manned by volunteers. We cannot guarantee that every item will be able to be repaired. Some replacement parts can be purchased at-cost at each station.****

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