

LOOKING AHEAD

Melrose Council on Aging
Erica Brown

Executive Director

781-665-4304

235 W. Foster St, Melrose, MA



Melrose Center
James Conforti

Milano Center Manager

781-662-6886

201 W. Foster St, Melrose MA

March 2025

Looking Ahead is available online at

www.cityofmelrose.org/council-aging/looking-ahead-newsletter

ST. PATRICK'S DAY LUNCHEON

MONDAY, MARCH 17TH

12PM-1:30PM \$5

Includes live entertainment, lunch,
and a chance to win a raffle for "a
pot of gold"!

Menu: Reuben sandwich, chips,
cabbage, and dessert

Meal jointly provided by:
Mystic Valley Elder Services,
Milano Center, & Regal Care at
Glen Ridge

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

HOT COCOA Social

Tuesday, March 11th

1:30pm FREE

Join us for a hot cocoa
bar loaded with
toppings, hot cocoa
"bombs", and the warm
company of friends!

Sign up by calling
781-662-6886

March
3rd

MARDI GRAS

MASK CRAFT

1pm
\$5

Revelers have been wearing masks to Mardi Gras since masked balls were allowed by law by the Louisiana Governor in 1823! Masked balls gave people a chance to mingle with different classes, protect reputations, or embrace a different persona! Join us for this "all supplies included" craft where you will create a mask perfect for wearing to our Mardi Gras lounge event! Reserve your seat with payment at the Milano Center or call 781-662-6886 and use your "Milano 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

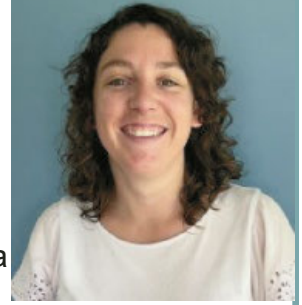
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CLOSURES

NO CLOSURES

From the Director, Erica Brown

March is here, and with it comes that unpredictable New England weather—one day, we're basking in spring sunshine, and the next, we're digging out our snow boots (again). No matter what Mother Nature throws our way, the Milano Center is always warm, welcoming, and filled with good company. This month, we've got a packed calendar of activities, so whether you're looking to stretch your legs on one of our day trips, sharpen your mind at a lecture or educational presentation, or just enjoy a hot cup of cocoa with friends, we've got something for you!



This month I want to highlight some new features for the Milano Center that can make life easier for you! The check-in system you use when you visit the center has an at-home version that you can log into using your phone number! You can check our full calendar, browse programs, and see what events you've signed up for. Visit schedulesplus.com/melrose when you get the chance! Our other new feature is a digital library of useful programs. Over the past few months we have been recording some presentations and lectures at the Milano Center with help from MMTV. Visit our city page at cityofmelrose.org/council-aging to see this digital library. We will continue adding videos so check often! Whether you were unable to attend a program in-person or you want to review a topic, this is the perfect resource to keep you connected with need-to-know info!

Of course, March also brings St. Patrick's Day, which means we have an excellent excuse to wear green, tell bad Irish jokes, and maybe enjoy a treat or two (Does green frosting count as a vegetable?). So, shake off the winter blues and join us for some fun—because spring is coming, even if it takes the scenic route! As always, we love seeing you, so stop by, say hello, and let's make this month a great one together.

COA Board Members

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 Ellen Cobau, Clerk
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Inclement Weather Policy

The Milano Center will follow the inclement weather schedule of the Melrose Public Schools. If school is cancelled or delayed, the Milano Center will hold the same hours. In the event that staff feel we need to close or delay separately from the MPS, we will notify those attending programs for the day via phone call or email.



March Day Trips

Pre-paid reservations required on all trips. Sign-ups are taken on a first-come-first-served availability basis unless otherwise specified. For cancellations, refunds will only be issued if we are able to fill your seat. Travelers are responsible for their own meal costs and tips.

Thursday, March 6th Bowling at Leo's Metro Bowl

Depart Milano: 10am Bowling 10:30 am—12:30 pm Return to Milano: 1:15pm
Senior rate: \$4.25 per string \$4.00 shoe rental

Wednesday, March 12th

Depart Milano: 1:15pm

Greater Boston Stage Co.

Matinee show: 2pm

SOLD OUT

Return to Milano: ~4:30pm

The Irish and How They Got That Way

A Musical Tribute to Ireland

Thursday, March 13th Horseracing at The Residence @ Melrose Station FREE

Depart Milano: 11:15am

Lunch provided by The Residence: 11:30pm-12:30pm

Horseracing game: 12:30pm-1:30pm

Optional tour: 1:30pm

Return to Milano: 2pm

We are taking our Monday Horseracing game on the road! Bring \$3 in quarters as we play one of our favorite games with our neighbors. Meal and tour of the facilities included!

Thursday, March 20th

Depart Milano: 11:30am

Paddy Kelly's Restaurant & Pub—Peabody

Lunch: 12pm-1:15pm

\$5

Return to Milano: 2pm

Thursday, March 27th

Depart Milano: 9:30am

Encore Casino

Casino: 10am-2pm

\$10

Return to Milano: 2:30pm

All riders receive \$10 free slot play bonus!

Market Basket Trips

Woburn Market Basket

1st & 3rd Wednesday of each month

\$5

Pick-up begins at 9am ; return at 11:15am or 12:15pm.

Shops include Homegoods, TJMaxx, and Homesense

Call 781-665-4304 to sign up!



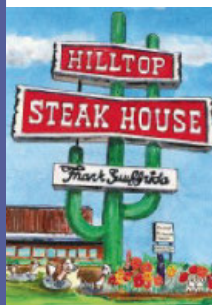
Route 1 Shopping Shuttle

2nd & 4th Monday of each month
\$5

Pick-up begins at 9am

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



Melrose Council on Aging Transportation

"Curb to Curb" transportation for qualified Melrose seniors

Minibus Schedule

Monday - Thursday; 9am— 3:30pm; Friday; 9am—12:00pm

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

BEGINNERS WATERCOLOR PAINTING CLASS

Wednesdays 1:30pm-2:30pm

March 5th - April 9th \$65 for 6-week series

Join instructor, Sara Gravante from Follow Your Art as she takes you through the basics of watercolor painting. All supplies for this class are provided! This class has limited space. Visit the Milano Center to reserve your seat with payment or call 781-662-6886 and use your "Milano Wallet"!

Brother Rice's**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 6 classes for \$60 9am

Monday Class: March 3rd—April 7th

Friday Class: March 7th—April 11th

Sign-ups begin Tuesday, February 25th

OSCARS AT THE MILANO

It's award season! Get your picks in on who you think will win categories like best actor, best score, etc. Pick up your ballot at the Milano Center and return it before 12:30pm on Friday, February 28th. The person who picks the most correct winners will be awarded a \$25 Milano Wallet credit!

**Join us for our Oscar Party on
Tuesday, March 4th at 2pm**

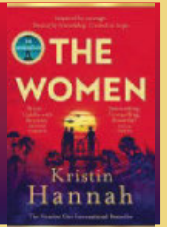
Appetizers and "champagne" will be served. Enjoy a red carpet photo booth (dress your best or come as you are!), Oscar winner trivia, and the announcement of our Oscar pool winner!

Milano Center Book Club

Tuesday, March 11th

Book: The Women

By: Kristin Hannah

**Online Milano Center Tools
Digital Library**

You may have noticed over the last few months that our friends at MMTV, have been in and around the Milano Center filming. We are excited to tell you about a new digital library we have been working on! We offer educational programs each month that cover important topics like healthcare, nutrition, and managing your finances. We have begun recording these great programs so that you can view them at your leisure! Maybe you couldn't make it to the center the day of the presentation or maybe you just want to refresh your memory. Check out

cityofmelrose.org/council-aging to see videos and check often as we will continue to add to this library!

Schedules Plus Website

The check-in system you use every time you visit us has an at-home site that you can use to do all sorts of neat things! Check your wallet balance, see our event calendar, check your volunteer hours, and view and print a calendar of your events all from the comfort of your home! Simply log in using your phone number.

Visit **schedulesplus.com/melrose** to try it!

For assistance using these features, stop in for SDM's technology office hours on the 1st and 3rd Monday of each month!

Milano Wallet

You can deposit funds at the front desk by cash or check to your "Milano Wallet": a secure account associated with your Milano Center profile. Use this wallet to reserve your spot at Milano events in-person or by phone!

200 Club Corner

The "200 Club of Melrose" exists to promote charitable, recreational, educational, and social activities for its membership. Senior adults (age 60+) and disabled persons of Melrose and vicinity are eligible for membership.

Each year the "200 Club" holds fundraising events, along with programs and trips for its members. The "200 Club" is a nonprofit 501c3 Organization and a member of the Melrose Chamber of Commerce.

200 Club Officers:

Maxine Love, President ~ Phyllis Myers, Vice President
Marcia Manning, Treasurer ~ Monica Crystal, Secretary

Reservation /advance payment is required for trips.
Space is limited. For more information, contact Beth Vellante, Program Coordinator, 617-304-2273

Upcoming Events:**Fashion Show, Bake Sale and 50/50 Raffle**

Monday March 31st 2pm

Jonathan Cochrane House ~ Voluntary Donations

"Supremes" Lunch and Tribute Band

Danversport Yacht Club

Thursday, April 24th 11am - 4 pm

\$94 per person Transportation provided

**Senior Dinner**

Wednesday, March 26th 4:30pm \$5

Menu: Baked stuffed chicken breast, green beans, rice, dessert

(menu subject to change)

Visit the Milano Center to reserve your seat with payment or call 781-662-6886 and use your Milano "Wallet".



Celebrate Fat Tuesday (on a Friday) with sounds from New Orleans! Jazz and Blues will be performed live by Annie and the Fur Trappers. Come with a festive mask or just as you are!

Visit the Milano Center to reserve your seat with payment or call 781-662-6886 and use your Milano "Wallet".

Progress Report!

Did you know that Milano Center members collectively burn over 31,700 calories each week in our fitness classes?

That equals 1,649,960 calories burned per year or the equivalent of walking from Melrose to San Francisco and back over 5 times!

Great job everyone!

**Milano Man Cave**

Next meeting: Wednesday, March 19th 10am-12pm

Join us on the 3rd Wednesday of each month from 10am-12pm! Enjoy a two-hour drop-in social event where you can enjoy the company of fellow gentlemen interested in playing cards, watching sports center, cracking jokes, and guiding your own discussion! This group is perfect for men looking to relax, chill, and socialize with their peers.

**Milano Lounge**

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!

March**Mardi Gras****\$5**

Celebrate Fat Tuesday with sounds from New Orleans! Jazz and Blues will be performed live. Come with a festive mask or just as you are!

April**Jazz Brunch****\$5**

Enjoy brunch buffet and made-to-order omelets while being serenaded by the sweet sounds of Jazz!





AARP TAX AIDE

Need help with your taxes? AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income.

The Milano Center will have volunteers available to assist you with your taxes on Mondays from February 10th-April 7th. Please call 781-662-6886 to book your appointment.

If you reserve an appointment, please be sure to bring:

- Social Security card
- Government-issued photo ID
- Any correspondence you have received from the IRS
- Checking or savings account information if you want to direct-deposit any refund
- W-2 forms from any employers
- Social Security annual benefit statement
- 1099-R form if you received a pension, annuity or IRA distribution
- Any other relevant financial documents that may pertain to your income, deductions, or employment

Volunteer Income Tax Assistance

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$60,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

They can be contacted by calling 800-906-9887 or by using this link: <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>



Dementia Friends

Wednesday, March 12th 6pm-7pm Milano Center
Tuesday, March 18th 11am-12pm City Council Chamber

The Council on Aging encourages all Melrose residents regardless of age to attend one of our Dementia Friends



Sessions. These sessions led by trained Dementia

Champions will help you:

- ★ Learn the 5 key messages about how dementia affects people
- ★ Gain insight into communication changes
- ★ Find out how you can make a difference by turning your understanding into action

Sign up by scanning the QR code, calling the COA at 781-665-4304, or by emailing Rachael Cordella at rcordella@cityofmelrose.org



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.

Mahjongg Lessons

The next 5-week class session will run

March 31st – May 5th from 1pm-3:30pm

This session is a supervised instructed class, it's for beginners. Limited seating.

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.



Hamilton Hall Lecture Series on World Affairs
Presented by the Friends of the Milano Center

Hamilton Hall in Salem hosts an annual 8-week lecture series on global affairs conducted by professors and professionals from universities and think tanks around the country. This popular lecture series is in its 79th year. The Melrose COA will host a remote program showing these lectures via Zoom in our community. Beginning in February, the Milano Center will offer a different lecture each Tuesday at 6pm. Free transportation is available—call 781-665-4304 to reserve.

Tuesdays February 11th – April 1st 6pm—7pm
 Seating is still available. Ask Milano Center staff about pricing

March 4th: Yasheng Huang Epoch Foundation Professor of Global Economics and Management, MIT Sloan School of Management <i>What We Have Learned from the Chinese Economy: The Past and the Future Prospects</i>	March 25th: Karen Jacobsen Henry J. Leir Professor in Global Migration The Fletcher School of Law & Diplomacy <i>Global Migration: Understanding the Differences Between Refugees and Other Migrants in the Context of Conflict & Climate Change</i>
March 11th: Monica Duffy Toft Academic Dean, Professor of International Politics and Director, Center for Strategic Studies at the Fletcher School of Law & Diplomacy <i>Religion & Global Politics</i>	April 1st: Stephen Walt Robert & Renee Belfer Professor of International Affairs The Kennedy School of Government, Harvard University <i>The State of the World 2025</i>
March 18th: Charles Sennott Founder & editor of The GroundTruth Project <i>Can Democracy Survive in a “Post-Truth” World</i>	

Milano Education Series

Please note that some presentations may be recorded for later viewing. If you do not want to be included on camera, let a staff member know before the presentation begins and we can accommodate!

Downsizing & Decluttering: A Guide for Seniors Looking to Simplify or Relocate

Provided by Senior Care Authority

Tuesday, March 11th 1pm FREE

This presentation is designed to help seniors navigate the process of simplifying their living spaces, whether for a move, downsizing, or simply creating a more manageable home environment. It will cover practical steps to declutter, reduce possessions, and make the transition to a smaller or more organized space easier and less overwhelming.

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

Provided by Blue Cross Blue Shield of Massachusetts

Tuesday, March 18th 1pm FREE

This is the #1 question most people have when deciding on the coverage that is best for them. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies, and provide resources to help in the decision process. This presentation is great for Medicare members that will have the option to make changes to their plan during the Medicare Advantage open enrollment period from January 1st through March 31st.

Advanced Directives

Provided by Regal Care at Glen Ridge

Thursday, March 27th 1pm FREE

Learn about the importance of a health care proxy, power of attorney, a living will, etc. and everything you need to know to assist you through your journey of life!

Monday			Tuesday			Wednesday			Thursday			Friday		
3	8:45 Yoga \$5 9:00 AARP Tax Aid(appt) 9:30 Int Watercolor Class 10:00 Chair Yoga \$5 10:00 Poker Lessons 11:30 Lunch 12:00 Mahjongg Guided 12:30 Horseracing 1:00 Mardi Gras Mask Craft 1:00 Mahjongg Lessons 1:00 SDM Office Hours 2:00 Power Over Parkinson's		4	9:00 SHINE by Appt 9:00 Tai Chi 10:00 Sparta Fitness \$5 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 2:00 Oscars at the Milano 6:00 Hamilton Hall Lecture		5	9:00 Walking Club 9:00 Market Basket 10:00 Just Write 10:00 National Grid Office Hours 10:00 Tai Chi 10:15 Zumba 11:30 Lunch 12:15 Blood Pressure Checks 1:30 Beginners Watercolor Painting class		6	8:45 Yoga \$5 9:00 Chair Caning 10:00 Chair Yoga \$5 10:00 Bowling at Leo's 11:00 Today's News 11:30 Lunch 1:00 Mexican Train Dominoes 7:00 Meditation		7	9:00 Pom Dance \$5 9:30 Intermediate Watercolor Class 10:00 Alzheimer Care Giver Support Group 10:15 Shimmy \$5 11:30 Lunch 4:00 Mardi Gras Lounge	
10	8:45 Yoga \$5 9:00 Shopping Shuttle 9:00 AARP Tax Aid(appt) 9:30 Int Watercolor Class 10:00 Chair Yoga \$5 10:00 Poker Lessons 11:30 Lunch 12:00 Mahjongg Guided 12:30 Horseracing 1:00 Mahjongg Lessons 2:00 Power Over Parkinson's		11	9:00 Tai Chi \$5 9:30 Blood Pressure 10:00 Sparta Fitness \$5 10:00 Line Dance \$5 10:00 Knit & Stitch 10:00 Book Club 11:30 Lunch 1:30 Hot Cocoa Social 1:00 Open Play Mahjongg 1:00 Cribbage 1:00 Downsizing & Decluttering 2:00 Bread of Life 6:00 Hamilton Hall Lecture		12	9:00 Walking Club 10:00 Just Write 10:00 Tai Chi 10:15 Zumba 11:30 Lunch 1:15 BINGO 1:15 Greater Boston Stage Company—The Irish... 1:30 Beginners Watercolor Painting class 6:00 Dementia Friends		13	8:45 Yoga \$5 9:00 Chair Caning 10:00 Chair Yoga \$5 11:00 Today's News 11:15 Horseracing @ the Residence 11:30 Lunch 1:00 Mexican Train Dominoes 7:00 Meditation		14	9:00 Pom Dance \$5 9:30 Intermediate Watercolor Class 10:15 Shimmy \$5 11:30 Lunch	
17	8:45 Yoga \$5 9:30 Int Watercolor Class 9:00 AARP Tax Aid (appt) 10:00 Chair Yoga \$5 10:00 Poker Lessons 12:00 NO MVES LUNCH—St. Patrick's Day		18	9:00 NO Tai Chi \$5 10:00 Sparta Fitness \$5 10:00 Line Dance \$5 10:00 Knit & Stitch 11:00 Dementia Friends @ City Hall 11:30 Lunch		19	9:00 Walking Club 9:00 Market Basket 10:00 Just Write 10:00 Tai Chi 10:00 Milano Man Cave 10:15 Zumba 11:30 Lunch		20	8:45 Yoga \$5 9:00 Chair Caning 10:00 Chair Yoga \$5 10:00 Mystic Valley Elder Services Office Hours 11:00 Today's News 11:30 Paddy Kelly's Irish		21	9:00 Pom Dance \$5 9:30 Intermediate Watercolor Class 10:15 Shimmy \$5 10:00 Alzheimer Care Giver Support Group 11:30 Lunch	

Luncheon 12:00 Mahjongg Guided 12:30 Horseracing 1:00 SDM Office Hours 1:00 Mahjongg Lessons 2:00 Power Over Parkinson's	1:00 Open Play Mahjongg 1:00 Cribbage 1:00 Medicare Supplement Plans 2:00 Bread of Life 6:00 Hamilton Hall Lecture	12:15 Blood Pressure Checks 1:15 BINGO 1:30 Beginners Watercolor Painting class	Pub 11:30 Lunch 1:00 Mexican Train Dominoes 7:00 Meditation	
24 8:45 Yoga \$5 9:00 Shopping Shuttle 9:00 AARP Tax Aid(appt) 9:30 Int Watercolor Class 10:00 Chair Yoga \$5 10:00 Poker Lessons 11:30 Lunch 12:00 Mahjongg Guided 12:30 Horseracing 1:00 Mahjongg Lessons 2:00 Power Over Parkinson's	25 9:00 NO Tai Chi \$5 9:30 Blood Pressure 10:00 Sparta Fitness \$5 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 6:00 Hamilton Hall Lecture	26 9:00 Walking Club 10:00 Just Write 10:00 Tai Chi FREE 10:15 Zumba \$5 11:30 Lunch 1:15 BINGO 1:30 Beginners Watercolor Painting class 4:30 Senior Dinner	27 8:45 Yoga \$5 9:00 Chair Caning 9:30 Encore \$10 10:00 Chair Yoga \$5 11:00 Today's News 11:30 Lunch 1:00 Mexican Train Dominoes 1:00 Advanced Directives 7:00 Meditation	28 9:00 Pom Dance \$5 9:30 Intermediate Watercolor Class 10:15 Shimmy \$5 11:30 Lunch
31 8:45 Yoga \$5 9:00 AARP Tax Aide(appt) 9:30 Int Watercolor Class 10:00 Chair Yoga \$5 10:00 Poker Lessons 11:30 Lunch 12:00 Mahjongg Guided 12:30 Horseracing 1:00 Mahjongg Lessons 2:00 Power Over Parkinson's				

Lunch at the Milano Center MVES Congregate Lunch Site

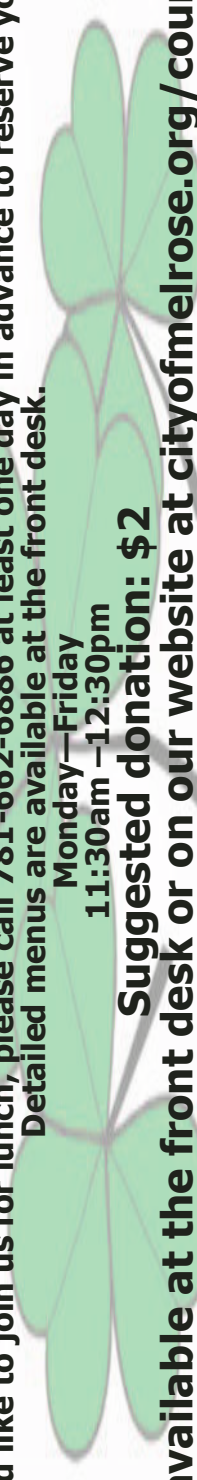
If you would like to join us for lunch, please call 781-662-6886 at least one day in advance to reserve your meal.

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)
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	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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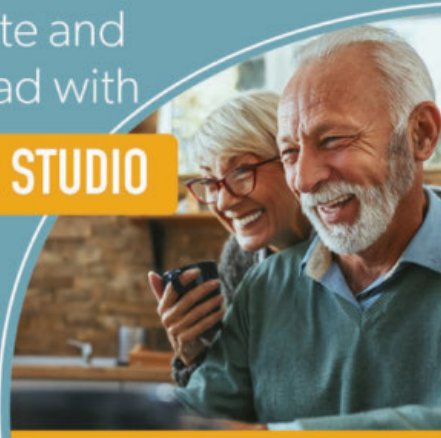
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Serving state funded and private pay clients

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 - 10:30am
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!

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 with your device and ask any question you may have. No question too small!



Walk-ins are welcome!

National Grid Office Hours

**Every other month
Wednesday, April 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 115, etc.)



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. The Milano Center group is currently at capacity. If you are interested, please reach out to the Saugus Senior Center (781-231-4178) which meets on the 1st & 3rd Fridays from 1pm-2:30pm or the Malden Senior Center (781-397-7144) which meets once per month on the 2nd Monday from 10:30am - 11:30am.

24/7 Helpline: 1-800-272-3900
www.alz.org/MANH

Parkinson's Support Group

Lynnfield Senior Center
First Thursday of the month 10am
525 Salem Street
Lynnfield, MA 01940
R.S.V.P. Linda Triffletti at (781)598-1078
If you have questions, contact Maryann Barry directly at 781-960-7027

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.



Follow us on social media!
Stay up to date and see photos/videos from recent events!

Facebook: Milano Center
Instagram: MilanoCenterMelrose



Massachusetts Behavioral Health Help Line

Massachusetts' Behavioral Health Help Line (BHHL) offers direct connection to mental health and substance use care for anyone in the Commonwealth -no insurance needed-

Available 24/7, in more than 200 languages, the BHHL is a phone, text, and online chat line whose clinically trained staffed will work with you to determine the care that best fits your needs and directly connect you to various treatment, including outpatient, urgent care, and immediate crisis care.

If you're interested in getting mental health or substance use help, but not sure where to start:
Call or text the Massachusetts Behavioral Health Help Line at **833-773-2445** or chat online at **masshelpline.com**

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If you require assistance, you may visit the Milano Center on Friday mornings and a staff member can help you apply.

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

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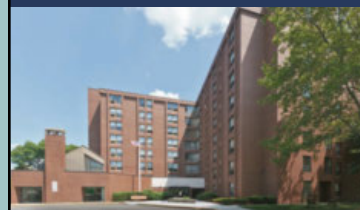
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FRIENDS OF MILANO CENTER

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, R.J. Devereaux Corp, Randi Orpen, Joyce Zeiner, Charles & Paula Donahoe, Regina Gibbons



Thank you to the Friends of Milano Center for a generous grant that enabled us to purchase new cabinets and counter-tops for Tierney Hall, and tables and chairs in our Conference Room!

You may have noticed that we moved our library from the top floor down to the Carriage House Lounge. Stop in to check it out, grab a free cup of coffee, and enjoy this renewed space!



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