

January 2012

Joseph A. Curtatone  
Mayor



— 167 HOLLAND STREET, SOMERVILLE, MA 02144 • (617) 625-6600, Ext.: 2300 —

Dear Friends,

Happy New Year! If you are like many of us, the new year is a time to make resolutions. Maybe you are thinking you want to exercise more, take better care of yourself, get out more or finally deal with a loss that has been grieving you.

Whatever improvements you want to make to your life in 2012, the Council on Aging is here for you. So if you are looking for serenity try our new chair yoga class or a chair massage or if you are looking to spice things up, you won't want to miss our Zumba Gold class where you can get in shape and have fun doing it.

Everyone is welcome at the Council on Aging and many of our activities are low or no cost. See inside for a variety of social activities from Book Club to gardening to Women's Discussion Group to Museum Club. If you have been thinking about participating, but have been hesitant, now is the time. If you are feeling alone and are looking for a place where you can share your feelings, find out more about the COA's support groups by calling and speaking with someone on the Social Services Team.

This is your year. Make the most of it with the Council on Aging!

Sincerely,

Joseph A. Curtatone  
Mayor

#### MY SENIOR CENTER

We are excited to announce the launch of a new and interactive program where you can sign up for activities, get programming updates and much more all with the touch of a screen. We will introduce MySeniorCenter at this month's breakfast on January 9 and throughout the month. Everyone who signs up will be entered into a drawing to win special prizes.

#### MEMORY & AGING

Losing keys, misplacing a wallet, or forgetting someone's name are common experiences. But for people nearing or over age 65, such memory lapses can be frightening. They wonder if they have Alzheimer's Disease or another type of dementia. Developing Alzheimer's is a widespread fear of older adults.

The good news is that Alzheimer's disease is not a normal part of aging. Most older adults don't get Alzheimer's! Fewer than 1 in 5 people age 65+ and less than half of those age 85+ have the disease. However it is important to understand that our brains change over time, and it is helpful to be able to distinguish normal changes from those that require medical and psychological attention.

See page 3 for information about our free memory screening on Tuesday, January 17 presented in collaboration with the Cambridge Health Alliance Memory Center.

**FROM THE SOCIAL SERVICES DESK**

Below are some popular New Year's resolutions and some tips on how to get started.

**GET FIT AND BE GOOD TO YOU!**

Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. See page 7 for a listing of fitness activities that the Council on Aging offers.



And boost your mood by joining our Swinging Singing Seniors every Monday morning at 10:30 am or by hitting the dance floor at our monthly dances. All skill levels welcome! You will be glad you did!

**QUIT DRINKING**

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. If you have decided that you want to stop drinking, there is a world of help and support available. Here are several for you to contact. Substance Abuse Services for Seniors, Alex Paige: 617-448-8670. Prevention and Recovery Center at Mount Auburn Hospital: 617-499-5051. Alcoholics Anonymous: [www.AABoston.org](http://www.AABoston.org) or 617-426-9444.



**LEARN SOMETHING NEW**



Have you vowed to make this year the year to learn something new? Perhaps you have always wanted to learn a foreign language, wanted to work on your green thumb, or learn how to use the computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Join our Indoor Gardening Club and learn from an expert gardener or sign up for a one-on-one computer tutoring session with Barbara. Somerville Adult Evening School also offers a wide variety of courses including foreign languages, art and self-expression and technology. Registration for the Winter 2012 Courses takes place at Somerville High School on January 10, 12, 17, 19 between 6 and 8 p.m. at Somerville High School (81 Highland Avenue). For more information, call 617-625-6600, ext. 6900.

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## HAPPENINGS

### SENIOR BREAKFAST

Start off the new year right. Join us for breakfast and conversation on Monday, January 9 at 9:30 a.m. We will be introducing our new MySeniorCenter program. Suggested donation for breakfast is \$1.50 and reservations are mandatory.



### AFTERNOON AT THE MOVIES:UP

Join us at the Holland Street Center on Tuesday, January 17 at 12:30 as Walt Disney Pictures and Pixar Animation Studios take moviegoers up, up and away on one of the funniest adventures of all time. *Up* follows the uplifting tale of 78-year-old balloon salesman Carl Fredricksen, who finally fulfills his lifelong dream of a great adventure when he ties thousands of balloons to his house and flies away to the wilds of South America. But he discovers all too late that his biggest nightmare has stowed away on the trip an overly optimistic 8-year-old Wilderness Explorer named Russell!

### WHERE DID I LEAVE MY KEYS?

Do you ever wonder if your memory is normal for your age? Have you missed an appointment that you forgot to put on your calendar? Or do you have to hunt for your keys or forget to take your medication and worry that your memory is declining? Sign up for our free memory screening at the Holland Center on Tuesday, January 17 from 10-11:30 a.m. (by appointment).



### DANCE AT THE HOLIDAY INN

Celebrate the new year in style. Join us at the Holiday Inn as we kick off the new year of fantastic monthly dances. The first dance is January 23<sup>rd</sup>. Cost is \$10 and includes a delicious lunch, music by DJ Hank and fun times with friends.

*To sign up for any of the above events, call 617-625-6600, ext. 2300*

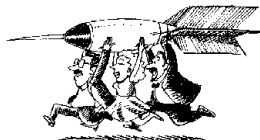
### BEREAVEMENT SUPPORT GROUP

Have you lost someone close to you? Maybe it's been a few months or a few years, but you still feel as if it were just yesterday. Maybe people tell you to "get over it" or you feel all alone even when you are surrounded by people. A bereavement support group can help you to express, understand and cope with difficult emotions associated with grief and loss, and aid your healing journey. The Somerville Council on Aging is offering a confidential 8-week support group facilitated by Diane Christopherson, D. Min., Bereavement Coordinator, Beacon Hospice. The group will be held upstairs at the Ralph & Jenny Center from 9:45-11:15 a.m. Thursdays starting January 26 through March 15. Pre-registration is required by calling: 857-294-0052. Lunch and transportation are available upon request by calling 617-666-5223.

# HOLLAND STREET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CENTER CLOSED</b>	3 9:15 Strengthening Exercises (Geoff) 11:30 Lunch	4 9:30 Flexibility & Balance Exercises (Janine) 10:30 Women's Group 11:30 Lunch 1:15 QiGong	5 9:00 Indoor Exercises 9:30 Gardening for the Apartment 10:00 Senior Discussion 11:30 Lunch 12:45 Bingo	6 9:00 Indoor Exercises 11:30 Lunch 12:45 Bingo
9 9:30 Happy New Year Breakfast 10:30 Somerville Singing Seniors 11:30 Lunch  <b>Atlantic City</b>	10 9:15 Strengthening Exercises (Geoff) 11:30 Lunch  <b>Museum of Science</b>  <b>Atlantic City</b>	11 9:30 Flexibility & Balance Exercises (Janine) 10:00 SHINE hours by appt. only 10:30 Women's Group 11:30 Lunch 1:15 QiGong  <b>Atlantic City</b>	12 10:00 Senior Discussion 11:30 Monthly Special Lunch & Bingo (Cross St.)	13 9:00 Indoor Exercises 11:30 Lunch 12:45 Bingo
16 <b>CENTER CLOSED</b>	17 9:15 Strengthening Exercises (Geoff) 10:00 Memory Screening 11:30 Lunch 12:30 Afternoon At the Movies "Up" 6:30 Caregivers	18 9:30 Flexibility & Balance Exercises (Janine) 10:00 SHINE hours by appt. only 10:30 Women's Group 10:30 Computers are Easy 11:30 Lunch 1:15 QiGong	19 9:00 Indoor Exercises 10:00 Senior Discussion 11:30 Lunch 12:45 Bingo	20 9:00 Indoor Exercises 9:00 The Book Club "The Help" 10:00 Low Vision Group 10:00 Blood Pressure Screening 11:30 Lunch 12:45 Bingo
23 9:30 Veteran's Group 9:30 Somerville Singing Seniors  <b>Dance-Holiday Inn</b>	24 9:15 Strengthening Exercises (Geoff) 11:30 Lunch	25 9:30 Flexibility & Balance Exercises (Janine) 10:00 SHINE hours by appt. only 10:30 Women's Group 11:30 Lunch 1:15 QiGong  <b>Hanscom Air Force Base</b>	26 9:00 Indoor Exercises 10:00 Senior Discussion 11:30 Lunch 12:45 Bingo	27 9:00 Indoor Exercises 11:30 Lunch 12:45 Bingo
30 9:30 Posture Screening 10:30 Somerville Singing Seniors 11:30 Lunch	31 9:15 Strengthening Exercises (Geoff) 11:30 Lunch			

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## DROSS STREET SENIOR DENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CENTER CLOSED</b>	3 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	4 <b>CENTER CLOSED</b>  1:00 Bowling	5 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	6 10:00 Blood Pressure Screening 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo
9 <b>CENTER CLOSED</b>  Atlantic City	10 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo  Atlantic City	11 <b>CENTER CLOSED</b>  1:00 Bowling  Atlantic City	12 10:30 Indoor Exercises 11:30 Monthly Special Lunch & Bingo	13 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo
16 <b>CENTER CLOSED</b>  MARTIN LUTHER KING DAY	17 <b>CENTER CLOSED</b>  12:30 Afternoon at the Movies "Up" (Holland St.)	18 <b>CENTER CLOSED</b>  1:00 Bowling	19 9:30 SHINE hours by appt. only 10:00 Posture Screening 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	20 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo
23 <b>CENTER CLOSED</b>  Dance-Holiday Inn	24 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	25 <b>CENTER CLOSED</b>  1:00 Bowling  Hanscom Air Force Base	26 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	27 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo
30 <b>CENTER CLOSED</b>	31 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo			

## RALPH & JENNY STREET SENIOR DENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CENTER CLOSED</b>	3 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo	4 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	5 10:00 Strengthening Exercises (Geoff) 11:30 Portuguese Lunch 11:45 Chair Massage 12:45 Bingo	6 <b>CENTER CLOSED</b>
9 10:00 Posture Screening 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo  Atlantic City	10 9:30 Chair Yoga 10:30 Flexibility & Balance (Didi) 11:30 Lunch 12:45 Bingo  Museum of Science Atlantic City	11 10:00 Blood Pressure Screening 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo  Atlantic City	12 <b>CENTER CLOSED</b>  11:30 Monthly Special Lunch & Bingo (Cross St.)	13 <b>CENTER CLOSED</b>
16 <b>CENTER CLOSED</b>  Martin Luther King Day	17 9:30 Chair Yoga 9:30 SHINE hours by appt. only 10:30 Flexibility & Balance (Didi) 11:30 Lunch 12:45 Bingo	18 10:30 Zumba Gold 11:30 Lunch 12:45 Bingo	19 10:00 Strengthening Exercises (Geoff) 11:30 Portuguese Lunch 11:45 Chair Massage 12:45 Bingo	20 <b>CENTER CLOSED</b>
23 <b>CENTER CLOSED</b>  Dance-Holiday Inn	24 9:30 Chair Yoga 10:30 Flexibility & Balance (Didi) 11:30 Lunch 12:45 Bingo	25 10:30 Zumba Gold 11:30 Lunch 12:45 Bingo  Hanscom Air Force Base	26 9:45 Bereavement Group 10:00 Strengthening Exercises (Geoff) 11:30 Portuguese Lunch 12:45 Bingo	27 <b>CENTER CLOSED</b>
30 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	31 9:30 Chair Yoga 10:30 Flexibility & Balance (Didi) 11:30 Lunch 12:45 Bingo			

## ANNOUNCEMENTS

### WE'RE ON FACEBOOK

The Somerville Council on Aging now has our own Facebook page. You can keep track of everything we have going on, see photos and videos from trips and events and share your comments at [www.facebook.com/SomervilleCOA](http://www.facebook.com/SomervilleCOA).



### COMPUTER TUTORIAL

Not sure what Facebook is or how to access it, come see Barbara. Freshly retired computer teacher Barbara Marshall will be volunteering on select Thursdays from 11 a.m. – 12 noon at the Holland Street Center to provide individualized computer training. To schedule an appointment, call 617-625-6600, ext. 2300.



### TAX RETURNS PREPARED FOR FREE

LIFT-Somerville provides free tax return preparation. All volunteers are trained and certified through the IRS Volunteer Income Tax Assistance (VITA) program to prepare and file your taxes for free. They are located within the Family Center at 366 Somerville Avenue, Union Square. Taxes are prepared Monday through Thursday 4:30-7:30 p.m. Call them at 617-591-9400 to schedule your appointment today and tell them you heard about it from the Council on Aging.

### CHAIR MASSAGE IS COMING TO THE RALPH & JENNY CENTER

On January 5 and 19 from 11:45 a.m. to 1:15 p.m., Massage Therapist Dell Fisher will be giving chair massages at the Ralph & Jenny Center. \$15 will buy you 15 minutes of ultimate relaxation. Call 617-666-5223 to book your appointment.

### POSTURE SCREENINGS

Do you find yourself slouching? Your posture can affect many aspects of your health. Come in for a free posture screening with licensed chiropractor Dr. Molly Ouellette. She will be at all three centers in January. See the calendar for dates and times and call the corresponding Center Director to reserve your time.

### NEW FITNESS CLASSES

- **Chair Yoga:** Tuesdays starting January 10, 9:30-10:30 a.m.  
Ralph & Jenny Center, \$5 per class  
To register, call 617-666-5223
- **Zumba Gold:** Wednesdays starting January 18, 10:30-11:30 a.m.  
Ralph & Jenny Center, \$5 per class  
To register, call 617-666-5223

## FITNESS

### FLEXIBILITY AND BALANCE: (DIDI/JANINE)

Tuesday	10:30-11:15 a.m.	<i>Ralph &amp; Jenny Center</i>
Wednesday	9:30-10:15 a.m.	<i>Holland Street Center</i>
Friday	10:30-11:15 a.m.	<i>Cross Street</i>

### STRENGTH: (GEOFF)

Tuesday	9:15-10:15 a.m.	<i>Holland Street Center</i>
Thursday	10-11 a.m.	<i>Ralph &amp; Jenny Center</i>

### INDOOR EXERCISE:

Mon/Wed	10:30-11 a.m.	<i>Ralph &amp; Jenny Center</i>
Thurs/Fri	9:00-9:30 a.m.	<i>Holland Street Center</i>
Tues/Thurs	10:30-11 a.m.	<i>Cross Street Center</i>

### QIGONG: (LISA)

Wednesday	1:15-2 p.m.	<i>Holland Street Center</i>
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### CHAIR YOGA: (starting 1/10, \$5 per class)

Tuesday	9:30-10:30 a.m.	<i>Ralph &amp; Jenny Center</i>
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### ZUMBA GOLD: (starting 1/18, \$5 per class)

Wednesday	10:30-11:30 a.m.	<i>Ralph &amp; Jenny Center</i>
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### BOWLING:

Wednesday	1:00-3 p.m.	<i>Flatbreads- Day Street</i>
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### THANK YOU!

The Council on Aging would like to take this opportunity to thank the following agencies for the grants that they provided to us:

*Somerville-Cambridge Elder Services,  
The Office of Strategic Planning and  
Community Development,*

*&*

*The Executive Office of Elder Affairs*

### Trip Policy

Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register subject to availability. Proof of residency may be required.

**CROSS STREET CENTER ♦ 165 BROADWAY ♦ 617-625-6600, EXT. 2335**

Tuesday, Thursday, Friday 9 a.m.–3 p.m.

**HOLLAND STREET CENTER ♦ 167 HOLLAND STREET ♦ 617-625-6600, EXT. 2300**

Monday – Friday 9 a.m.– 3pm

**RALPH & JENNY CENTER ♦ 9 NEW WASHINGTON STREET ♦ 617-666-5223**

Monday – Thursday 9 a.m. – 3 p.m.

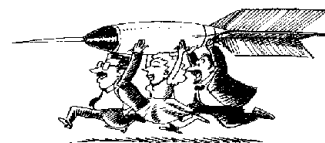
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Janine Lotti, Senior Project Manager

**Citywide Senior Centers**

Judy Calvey, Holland Street Director  
Didi El-Enanzih, Ralph and Jenny Director  
Maria Carrocino, Cross Street Director

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Somerville Council on Aging  
Somerville Community Service Center  
167 Holland Street  
Somerville, MA 02144  
(617) 625-6600 ext. 2300