



WAKEFIELD SENIOR SPOTLIGHT

SEPTEMBER 2010

Wakefield Council on Aging /McCarthy Senior Center

30 Converse Street

Wakefield MA 01880

781-245-3312 www.wakefield.ma.us

Hours: Monday- Thursday 8:00 AM - 4:00 PM Friday 8:00AM - 1:00 PM



Health Plan Options for People with Medicare

September 15 11:00

Offered by Blue Cross Blue Shield of MA, this presentation includes an explanation of Medicare, Medicare prescription drug benefits, how Medigap plans and Medicare Advantage plans work with Medicare as well as updates for Blue Cross and Blue Shield of Massachusetts 2010 plan offerings. This seminar makes complex information easy to understand. A question and answer session will follow. All are welcome regardless of your insurance coverage.

The New Health Care Bill- What does it Means to You

September 27 11:00

Cheryl Gresek from Congressman Tierney's Office will be here to explain some of the health care reform changes that affect Medicare, premiums, and your benefits

New Class! Drums Alive Free 8 week Exercise Class September 27

Jill Martin brings this unique fitness program to Wakefield. It is different from any workout you've tried before, it captures the essence of movement, rhythm and combines it with fun and delivers real fitness results! The choreographies are designed to burn fat, improve physical and mental fitness and above all, be fun! Limited space available and registration is required call NOW. First class September 27 at 9:30-10:00.

Health Fair October 6th 10—1

Free health screenings, information on senior housing options and more. See back page for more detailed information.

A Fall Feast October 27

Enjoy a wonderful afternoon of music, a delicious meal and entertainment by Maryanne and the Jazz Standard. The event will be held at the Crystal Community Club and catered by Angelica's of Middleton. Tickets are available at the center for \$10 and must be purchased by October 15th.



Art Show November 1

Participants of the center's art programs will have their work on display all this week. Stop in and see the beautiful pieces created by seniors of our community.

All the President's Women- November 3 1:00

The Delvena Theatre Company is back with another entertaining performance. This presentation, All the President's Women, looks into the lives of some of our Presidents and their wives behind the doors of the White House. Their fascinating stories provides for lively entertainment. The show is free however registration is required.

WEEKLY CLASSES & ACTIVITIES

Exercise

Cardio/Aerobic Exercise Class Tue & Thu - 8:45

Instructor Nancy McInerney runs this very popular 1 hour class of cardio, aerobic exercise, balance, and flexibility. \$3.00 per class.

Drums Alive Monday 9:30

Jill Martin leads this new 30 minute workout. Registration required.

Line Dancing - Friday - 10:00

Enjoy Dancing? Try Chiara White's class. \$2

Strong Women - Tuesday - 1:00 - 2:15

Nancy McInerney leads this fun strength training class every Tuesday at 1:

Tai Chi - Thursday - 11:45

Relax, improve your balance and reduce your stress. Learn the benefits of this ancient Chinese exercise. \$20 per 10 classes. Bill Barron Instructor

Tai Chi for Arthritis -returns September 20 at 11:00

This program follows the Arthritis Foundation program for those who want to improve their balance \$20 for six weeks. Please call Susan DeColaines at 781-665-2106 for more info.

Yoga Class - Monday - 1:30

Saskia Bergmans teaches this fun relaxing class. Newcomers always welcome. \$20 for four weeks

Zumba - Friday - 9:00

Zumba fitness classes are an exciting way to exercise, dance and have fun. Jill Martin leads this great workout. \$2 per class. Please call to register.

Art / Craft

Art Class— Mondays 12:30-3

Instructor Steve Greco leads this great class. Cost \$8 per class. Please call for more information or transportation.

Woodcarving - Tuesday 9:45

Leo Lambert shares his talent and knowledge every Tuesday at 9:45. Stop by and see what you could be creating. \$5 per class

Decorative Painting Class—Wednesdays 12:00- 3

Marilyn Mambuca instructor. Join this fun group and learn to paint on glass, slate, cloth or whatever you want. \$6 per class

Tax Work-off Program

Applications for Wakefield's Tax Work Off Program are available at the senior center and online. The Town is offering 20 residents 60 years of age and over a \$500 real estate tax reduction in exchange for 62.5 hours of work. To be eligible you must meet the following requirements-

- Age 60 years and over - be the assessed owner or spouse of the property on which the tax is exempted-Property must be the primary residence of applicant-Owned the residence for at least 5 years-Have lived in Massachusetts for at least 10 years-Cannot be an employee of the Town of Wakefield

Trip Schedule

The 2010 trip schedule is winding down. Please take note of the *Trips with Karen*. These trips fill quickly and use the COA van. They are usually less than an hour driving distance and only include the cost of the ride. Lunch or other activity costs are on your own. Space is limited.

Day Trips

September 24	Bourne Scallop Festival	\$69
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Shows

October 28	Impressionist Mark Verselli at Angelica's	\$45
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November 17	Bodacious Babes Show at Spinelli's Lynnfield	\$44
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December 10	The Three Tenors at Angelica's	\$45
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2010 Foxwoods Casino Trips

September 8	\$25	October 13	\$25
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November 10	\$23	December 1	\$23
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Trips with Karen

\$5 each (Lunch and shopping expenses on your own)

September 15	Lunch at the Tewksbury Inn
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October 13	Antiquing/Lunch in Newburyport / Rowley area
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November 10	Wayside Inn, Sudbury
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December 8	Kittery Outlets
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Donations

The Council on Aging would like to thank the following individuals for their recent donations. Donations in any amount are always welcome and appreciated. If you would like to make a donation please make checks payable to the Town of Wakefield and send to the center at 30 Converse Street.

Thank You.

Rosemarie Adler Marilyn Conroy Cecilia Driscoll
Gertrude Eckert Norman & Doris Gagnon
Carolyn Kelly Shirley Martino Margaret O'Leary
Barbara Petrillo Millie Sacardo Helen Sheffield
Sally Squires Betty Stepsuik
Wakefield Sons of Italy
Bob & Barbara Uliano
Bill's Lock & Key

Movies Wednesdays at 12:30

September 1- Remember Me

A romantic drama centered on two new lovers: Tyler, whose parents have split in the wake of his brother's suicide, and Ally, who lives each day to the fullest since witnessing her mother's murder. PG-13 113 minutes

September 8- The Young Victoria

A dramatization of the turbulent first years of Queen Victoria's rule, and her enduring romance with Prince Albert. Emily Blunt 105 minutes. PG 13.

September 15- Shutter Island

Drama set in 1954, U.S. Marshal Teddy Daniels is investigating the disappearance of a murderess who escaped from a hospital for the criminally insane and is presumed to be hiding on the remote Shutter Island. Rated R. 138 minutes

September 22- 2012

An epic adventure about a global cataclysm that brings an end to the world and tells of the heroic struggle of the survivors. Rated PG13. 158 minutes.

September 29- The Bounty Hunter

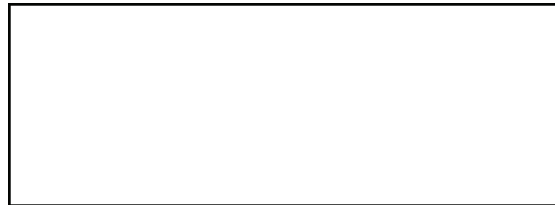
A bounty hunter learns that his next target is his ex-wife, a reporter working on a murder cover-up. Soon after their reunion, the always-at-odds duo find themselves on a run-for-their-lives adventure. 110 minutes Pg-13.

Funding for the mailing of the newsletter is made possible by a grant through the Executive Office of Elder Affairs.

We have recently updated our mailing list. Please contact us with any changes/corrections or if you do not wish to receive this newsletter. The newsletter is mailed five times a year, February, April, June, September and November.

Wakefield Council on Aging
30 Converse Street
Wakefield MA 01880

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Health Fair October 6 10:00—1:00

In support of our commitment to keeping Wakefield's senior citizens informed, safe and healthy the Council on Aging and Hallmark Health will host a Health Fair Wednesday October 6 from 10-1.

Free screenings for blood pressure, cholesterol, hearing, sugar, and bone density, will be available plus a free lunch. The MBTA will be on site taking applications for the reduced fare senior pass program and the Wakefield Police Department will be providing child safety car seat installations and checks.

Other confirmed participants at this time are the Wakefield Board of Health, Wakefield Housing, Mass College of Pharmacy, The Arthritis Foundation, Longwood Place, Law Offices of Spano & Dawicki, Mass Equipment, Mass Med Line, Mystic Valley Elder Services, New England Foot & Ankle Specialist, Sidmore Chiropractic, Best Home Care, Mass Commission of the Blind, and Wakefield Care & Rehabilitation.

Free raffles and lunch. For transportation to the event please call the office at 781-245-3312.