



## Wakefield Council On Aging McCarthy Senior Center

30 Converse Street  
Wakefield, MA 01880  
Mon-Thu 8:30-4:00 Fri 8:30-12:30  
781-245-3312

### **MAY 2024**

Director: Karen Burke  
Administration: Marianne McPherson  
Outreach: Beth Greenberg  
Activities: Maureen Howlett  
Transportation: Bob Burton, Ed Downing & Danny Sullivan  
Custodian: Gus Graffeo  
COA Board: Susan Jepson-Chair  
Christina Della Croce-Vice Chair, Sherri Oken  
-Clerk, Maureen Hickey, Joanne Scouler, Julie Brown, Jim Morin  
COA Board meets 2nd Wed/month at 6:30



### **Delvena Theatre Presents:**

### **Mangia, Meatballs & Murder**

**Wednesday May 29th at 1PM  
Wakefield Senior Center**

Who dunnit? An exciting, live, comedic, interactive murder mystery performance set in Luigi's Ristorante. Come put your "super sleuth" on - having much fun along the way. Token prizes will be awarded.

**Please RSVP by May 24th**

**781-245-3312**

This performance is funded in part by a grant from the Wakefield Arts Council, which is supported by the Massachusetts Cultural Council, a state agency.



### **Older Adults Month**

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

We embrace this idea at the Senior Center and hope you will join us for one of our many activities and programs. Have ideas for things you would like to see us offer, please reach out and let us know!

### **Come to Converse Downs!**

***It's Derby Time! The Senior Center is hosting a derby game here on May 6th at 1PM  
Try your luck and bet with our brand new horse racing set.  
Cake and Sparkling Cider will be served for your enjoyment!***

### **MAY LUNCH & LEARN Programs Call the Senior Center to sign up 781-245-3312**

**All programs start at noon**

**May 1st Mass State House Representatives**  
Come and hear what is happening from our local delegation. A great time to interact with our delegates!

### **May 8th Home Fire Safety**

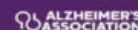
It's always a good time to brush up on Fire Safety. Wakefield Fire Department Experts remind us about fire hazards and safety and introduce us to a new program they are launching!

### **May 15th Maya Cultural Meal**

Enjoy a taste of India with food from our local Indian Bar and Grill, Maya.  
Learn about Indian Culture as you enjoy your meal.

### **May 22nd Healthy Living for your Brain & Body**

**Presented by the Alzheimer's Association.**  
Learn about important research into diet and nutrition, exercise, cognitive activity and social engagement, and develop a plan for healthy aging!!



## Cards and Games

Chess Mondays 10AM-1PM

Skat- Tuesdays at 12:30 PM

Poker- Tuesdays/Wednesdays at 12:30

Bridge Tuesdays at 12:30

Bingo—Thursdays—Card sales start at 12:15 at the 1st floor check-in. Games start 12:45

Mahjong American style- Thursdays 12:30

Mexican Train Dominoes May 8th and 22nd. All games start at 1 PM

## Programs, Classes and Clinics

Art Class with Steve Greco

Mondays at 12:00 PM. Cost is \$10 per class. Registration requested but not required.

Students must bring their own supplies

Wood Carving with Leo Lambert

Tuesdays at 10:00 AM. Cost is \$5 per class. Students must bring their own supplies.

Mindful Crafting with Marianne Snow: Wednesday May 9th at 1PM Registration Required

Blood Pressure Clinics Tuesdays from 9:30-10:30 AM no appointment necessary.

Creative Hands Club: Thursday at 10:30 quilting, needlepoint, knitting etc.

Cooking Class Tuesday May 21st Registration Required

Foot Care Clinic: Tuesday May 21st 11:00-3:00 appointment required

*Please remember to sign-in at the front desk before attending any activity \_  
\*new players are always welcome for all cards and games\**

# Activities

**BOOK CLUB Monday May 13th 10:00 Frozen River by Ariel Lawhon** - A gripping historical mystery set in 1789 inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history. Martha finds herself drawn into an investigation of a local prominent man found frozen in a river and possibly tied to a crime.

**We extend a big thank you** to everyone who donates so generously to our services, We are thankful for our amazing volunteers w/out whom we couldn't offer the programs we do! A special thank you to Amy and her team of volunteers from AARP who have been diligently working over the past 3 months. They completed free tax returns for over 120 seniors! We also extend a big thank you to Lynna from LEO who has been with us throughout the heating season assisting residents apply for help! Our volunteer SHINE Counselors are back! Call to schedule your appointment today!



**The Room to Write** will be hosting sessions for Seniors and Veterans the first three Tuesdays in May from 1:30 - 2:30 pm. May 21st will be the last session until September.

May 7th: Writing Talk: An instructor from TRtW will be leading a discussion on an article or other short piece of writing. Contact Linda Malcolm for a copy.

May 14th: Memoir Workshop: Kathy Shine Cain, Professor Emeritus, Merrimack College, will lead a one-day session on crafting your own personal story. In addition to teaching, Kathy directed the Merrimack College Writing Center and has taught Writing the Personal Memoir courses to college students and adults.

May 21st: Open Mic: Participants will have about three minutes each to read a piece of writing to the group, their own or something they've read and would like to share.

Questions? Contact Linda Malcolm, Coordinator of Senior & Veteran programming at 781-439-1080 or [linda@theroomtowrite.org](mailto:linda@theroomtowrite.org) or visit <https://theroomtowrite.org>

**\*Please note this will be the last month of The Room to Write programming until September\***

## Market Basket Shopping Trips

**Shopping Hours: (Approximate) Tuesday 1-2:15 PM Thursday 9-10AM**

**\*pickup time at your home will vary based on number of riders. Cost is \$3**

**Please call 781-245-3312 to reserve your spot at least 48 hours in advance**

**We do not have time during MB trips for other stops such as the bank. If you need to go to the bank prior to Market Basket please call & schedule yourself to go during Quick Stops!**

**Quick Stops On Tuesdays from 8:30-11:00 AM** These are for quick trips around Wakefield such as the bank, CVS, Walgreens Post Office, library etc...All those quick in and out stops you need to make around town!

## Transportation-Curb to Curb Service

**Van/Car operating hours are Monday - Thursday 8:30 am to 3:30 pm  
Friday 8:30-12 (Fridays to Wakefield COA and Wakefield destinations only)  
PLEASE CALL TO CANCEL at least 48 Hours Ahead of time if you can.**

**Please pay your driver**

Reservations must be made a minimum of 48 hrs. in advance. For medical appointments we highly recommend calling as soon as you book your appointment We cannot guarantee there will always be space available on the day and time you need transportation.

- **Free for Wakefield Residents from home to/from the Wakefield Senior Center**
- **\$2 round trip** in Wakefield for medical and local appointments such as hair and nails
- **\$3 roundtrip** Reading, Lynnfield, Melrose, Stoneham, and some Saugus locations for medical and local errands
- **\$5 roundtrip** for select medical facility locations in Winchester, Woburn, Peabody, Danvers and Burlington for **\*medical-rides Only\***

## BEREAVEMENT SUPPORT GROUP

**Next meetings Tuesday May 28th and June 25th from 11:00-12:00**

This monthly in-person group seeks to create a safe space to help participants navigate life after loss. Participants will have the opportunity to share their stories and connect with others who can relate. Ways for coping will be discussed. This program is FREE of Charge. For more information and/or to register, please call Maureen Burge, Bereavement Manager at: 781-901-6561 Offered in partnership with Beth Israel Lahey

## Caregiver Support Group

**10:00am-11:30am** First and third Tuesday of the Month. May sessions will be on the 7th and 21st. Please contact Paula Buccilli at Mystic Valley Elder Services. **For additional information & registration. Please call 781-388-2319 or email [pbuccilli@mves.org](mailto:pbuccilli@mves.org)**

**We will be offering care for your loved one during the support group.** Planned care time will be from 9:30-1:30 so you have a little time to run an errand etc. following the support group. Please let Paula know if you would like to bring your loved one with you to participate in supported activities at the Senior Center during the planned care time. Care provided by Home Instead

**The additional service of providing care is made possible from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive office of Elder Affairs**



**\*Congregate Meal Menu (\$2 suggested donation)**

**Thursday May 2nd**

HOT: Chicken meatballs, Rotini w/tomato sauce & Tuscan vegetables. Vanilla Pudding  
COLD: Turkey and Swiss Beet Salad, Orzo Vegetable Salad, orange

**Monday May 6th**

HOT: Sloppy Joe on hamburger bun, Sweet Potato Wedges, Broccoli & Cauliflower, mandarin oranges  
COLD: Egg Salad, Root Vegetable Salad, Macaroni Salad, pears

**Thursday May 9th**

Cream of Butternut Squash Soup  
HOT: Chicken w/gravy, Apple Bread Stuffing, Cranberry Sauce, Jardiniere Style Vegetables, Ambrosia  
COLD: Tuna Salad, Broccoli Feta Orzo Salad, Tossed Garden Salad, peaches

**Monday May 13th**

HOT: American Chop Suey, Tuscan Blend Veg., Wheat Dinner Roll, Peaches  
COLD: Egg Salad, Summer Squash Salad, Italian Pasta Salad, Diet Vanilla Pudding

**Thursday 16th**

HOT: Pot Roast w/gravy,, Mashed Potatoes, Carrots, Choc Chip Cookie  
COLD: Turkey & Swiss, Potato Salad, Squash, Zucchini, Red Onion Salad, Fresh fruit

**Monday May 20th**

HOT: Chicken Scallopini over Buttered Noodles, Green Beans, Chocolate Pudding  
COLD: Turkey & Swiss, Summer Squash Salad, Orzo Veg. Salad, Peaches

**Thursday May 23rd**

HOT: Macaroni & Cheese, Broccoli & Cauliflower, Peaches  
COLD: Roast Beef & Provolone, Broccoli Slaw, Garden Shell Pasta Salad, Mixed Fruit

**Thursday May 30th**

Minestrone Soup  
HOT: Salmon w/dill sauce, Orzo Pilaf, Broccoli & Carrots, Pears  
COLD: California Chicken Salad, Orzo Veg. Salad, Coleslaw, Diet Tapioca

Meals must be called in by **Thursday at 4PM for the Monday meals and Tuesday at 4PM for the Thursday meals. Please call 781-245-3312 to sign up to reserve your meal.**

WalkFit is back! Jen will lead you in exercises utilizing the Fit Court at Moulton Playground! Come see what the hype was all about last year!

**Exercise Class Listing Update:**

To help keep the calendar less cluttered, exercise classes will no longer be on the calendar. The grid below has the list of classes along with day and time. If there is a known absence of an instructor the class cancellations will be posted in the exercise room and instructors verbally tell participants in their classes of their planned absence. For unexpected cancellations we do our best to call participants who had signed in for the canceled class the prior week to let them know.

Drums with Jill	\$4	Mondays 9:45 AM <b>Open to first 30 participants</b>
Chair Yoga	\$3	Mondays 11:00 AM
Strength with Joie	\$3	Monday 8:45AM
Functional Fitness with Katie	\$5	Tuesdays 9:00 AM
Aging Backwards with Jill	\$4	Tue 11:00 AM Wed 1:00 PM Thurs 9:15 AM
Barre with Joie	\$3	Wednesdays 9:00 AM
Zumba & Pilates w/Alice \$5	\$5	Wednesdays 10:00—11:30 <b>*classes full*</b>
WalkFit at Moulton Playground		Wednesdays from 12-1 begins May 8th \$40 for 8 week session
Tai Chi	Free	Thursday 10:30 8 wk session starts March 14th
Yoga vs. Osteoporosis w/Katie	\$5	Fridays at 9:00 <b>Open to first 30 participants</b>
Zumba w/Jill	\$4	Fridays 10:00 AM <b>Class full</b>
Poms with Joie	\$3	Fridays at 11:00 AM

# May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Save the Date!</b> Our first Memory Café will be held on Wednesday June 12th. More details in June newsletter!		1 12:00 Lunch & Learn Beacon Hill Legislators 12:30 Poker	2 10:30 Creative Hands 11:30 Lunch 12:30 Mahjong 12:45 Bingo	3
	TRtW = The Room to Write			
6 10:00 Chess 12:00 Art w/Steve 12:00 Lunch 12:30 Horse Racing	7 9:30-10:30 BP screen 10:00 Woodcarving 10:00 Caregiver Support Group 12:30 Poker 12:30 Bridge 12:30 SKAT 1:00 Spanish 1:30 TRtW	8 12:00 Lunch & Learn Fire Safety 12:30 Poker 1:00 Dominoes	9 10:30 Creative Hands 11:30 Lunch 12:30 Mahjong 12:45 Bingo 1:00 Mindful Crafting	10
13 10:00 Chess 10:00 Book Club 12:00 Art w/Steve 12:00 Lunch 12:30 Movie: Heart & Souls	14 9:30-10:30 BP screen 10:00 Woodcarving 12:30 Poker 12:30 Bridge 12:30 SKAT 1:00 Spanish 1:30 TRtW	15 12:00 Lunch & Learn Maya Cultural Meal 12:30 Poker 6:00 PM Older Adult Driving Safety	16 10:30 Creative Hand 11:30 Lunch 12:30 Mahjong 12:45 Bingo	17
20 10:00 Chess 12:00 Art w/Steve 12:00 Lunch 12:30 Movie: Field of Dreams	21 9:30-10:30 BP screen 9:30 Cooking Class 10:00 Woodcarving 10:00 Caregiver Support Group 12:30 Poker 12:30 Bridge 12:30 SKAT 1:00 Spanish 1:30 TRtW	22 11:30 Lunch & Learn Healthy Living For your Brain 12:30 Poker 1:00 Dominoes	23 10:30 Creative Hand 11:30 Lunch 12:30 Mahjong 12:45 Bingo	24
CLOSED IN OBSERVANCE OF MEMORIAL DAY	28 9:30-10:30 BP screen 10:00 Woodcarving 11:00 Bereavment Support Group 12:30 Poker 12:30 Bridge 12:30 SKAT 1:00 Spanish 1:30 TRtW	29 12:30 Poker 1:00 Delvena Theater Presents Mangia Meatballs and Murder	30 10:30 Creative Hand 11:30 Lunch 12:30 Mahjong 12:45 Bingo	31 Descriptions of exercise classes available at the Senior Center



### Senior Tax Work-Off Program FY 2025

The tax work-off program offers qualifying residents 60 years of age and over a \$750 reduction in their real estate taxes in exchange for 50 hours of work for the town. Applications are available at the Senior Center and on the Town's website.

**\*\*Applications must be submitted to the Senior Center no later than June 15th 2024. Positions will not be assigned until after the deadline\*\***

### **COOKING CLASS**

Chef JD leads us in another fantastic culinary experience! Tuesday May 21st at 9:30.

Menu for the class will be a variety of baked stuffed peppers and dump cake

**This is an interactive class, you will be helping prepare and cook food in the kitchen**

Registration begins on Monday May 6th at 8 AM Class size is limited.

This service is made possible in part from a grant awarded to the Massachusetts Association of Councils on Aging (MCOA) by the Massachusetts Executive Office of Elder Affairs.

### **Beginner Spanish! Free Offering!**

Have you ever wanted to learn Spanish? Now's the time! The Senior Center will be offering an 8 week beginner Spanish class! This class will be taught by Wakefield Middle School retired Spanish teacher Irene Chandler. Course begins May 7th at 1PM at the Senior Center. Must have a minimum of 5 registered to conduct the class, max of 15. Please call 781-245-3312 to register..

The Wakefield Council on Aging is an inclusive community, welcoming seniors of all sexual orientation, gender identity, race, cultural background and ability.



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- College Cost Planning

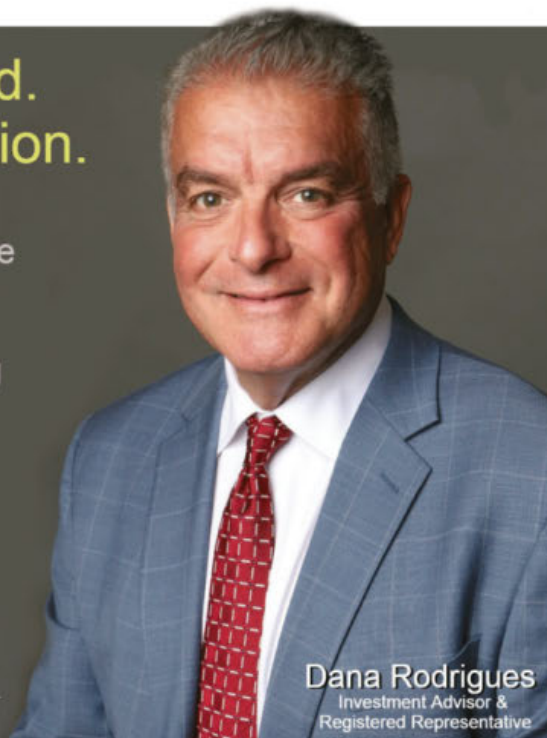
*Call Dana Today!*

**781-245-5500**

1 Albion Street, Wakefield, MA 01880

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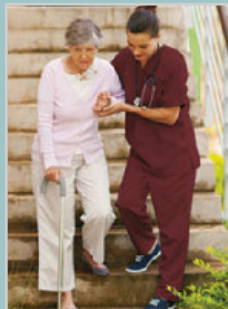
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**(800) 477-4574 x6377**



McCarthy Senior Center  
30 Converse St.  
Wakefield, MA 01880

**NEW! Foot Care Nurse**

**We would like to welcome  
Marie Anderson, CFCS, GNP and  
Heather Da Costa, CFCS, RN  
To the Wakefield Senior Center to offer  
foot care**

**3rd Tuesday of the Month 11:00- 3:00  
Call for an appointment 781-245-3312**

**The fee will be \$50 for your first visit and  
\$45 for succeeding appointments.  
Routine Professional Foot Care includes:**

- Individualized Plan of Approach
- Safe & Gentle Foot Care
- Foot & Shoe Gear Assessment
- Trimming & Smoothing Nail Edges
- Rounding Nail Borders For Prevention
- Reducing Thick Nails
- Callus & Corn Reduction Management
- Management of Ingrowing Nails
- Ongoing Foot Health Education
- Assistance & Management of Fungal, Excess Moisture, Fissure Skin Conditions
- Recommendations for Follow Up as Required

**Support for Family Members of Older Adults  
with Driving Safety  
Wednesday May 15th at 6PM.  
RSVP 781-245-3312 by 5/14  
Open to all ages!**

Motor vehicle accidents are the leading cause of injury-related deaths among adults 65 to 74 and the second-leading cause, after falls, among adults 75 to 84. Join Amanda Holt (MS, OTR/L), Driving Rehabilitation Specialist, to learn about how aging and medical conditions impact safe driving. You'll leave this workshop with confidence in knowing what warning signs to look out for, how to broach the topic of driving with aging loved ones, what resources are available to assist in determining when it's time to give up the keys, and how to keep your loved one engaged in their community after driving retirement.

**MAY Movies! All shows start at 12:45**

**5/13** Heart & Souls (PG-13, 1993, 1h44m) A charming tale of 4 souls who become guardian angels to a baby born the day they died. Now, a grown man, they help him find his way.  
**5/20** Field of Dreams PG, 1989, 1h42m) A farmer builds a baseball field in his cornfield that attracts the ghosts of baseball legends



**Memorial Day**, initially referred to as Decoration Day, was observed by many communities after the Civil War, when the nation suffered more than 620,000 military deaths, roughly 2 percent of the total population at the time. John A. Logan, the Commander-in-Chief of the Grand Army of the Republic, chose May 30, 1868, as a day to decorate the graves of Union troops across the nation. From this beginning, Memorial Day is now designated as an annual day of remembrance to honor all those who have died in service to the United States during peace and war (Archives.gov). We would like to pay tribute and honor the sacrifice of those we have lost.

Wakefield will honor our fallen on Monday, May 27th at 1PM on the Upper Common.  
**"Our nation owes a debt to its fallen heroes that we can never fully repay" Barack Obama**