



**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

April 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

Blue Cross Blue Shield of MA presents
Medicare Advantage Plans
Monday April 22nd 1:00—2:00
Register by April 17th at 781-245-3312

Join our free seminar on the difference between Medicare Supplement Plans versus Medicare Advantage Plans. We know how important it is to find coverage that fits your needs. That's why we offer both Medicare Supplement and Medicare Advantage plans—and why our Medicare experts are leading a seminar to help you understand the differences between the two different plan types. This is an educational session on how Medicare plans differ. For information on Blue Cross plan benefits visit our website at bluecrossma.com/Medicare
Covered topics:

- What's Original Medicare?
 - Differences between Medicare Supplement and Medicare Advantage Plans
 - Do I need Prescription Drug Coverage?
- Come join us for a congregated meal first!***

Craft with Karen!
April 24th at 10
Registration opens
April 3rd to first 10
Participants
To register please
Call 781-245-3312
Cost is \$20



Need help w/Fuel Assistance
LEO Senior Center walk-in hours are
April 3rd & 17th from 9:30-11:30

NEW! BEREAVEMENT SUPPORT GROUP
Monthly Meetings Tuesdays
11:00-12:00

First meeting TUESDAY, APRIL 23RD

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. The group will also offer the comfort knowing you are not alone in your grief.

This program is FREE of Charge. For more information and/or to register, please call Maureen Burge, Bereavement Manager at: 781-901-6561 Partners with Beth Israel Lahey

10 WARNING SIGNS OF ALZHEIMERS
Wednesday April 10th
Light refreshments served at 5:30 pm
Presentation will be from 6- 7:00 pm
Open to all ages.
Please RSVP by Tuesday April 9th

The Alzheimer's Association will be at the Wakefield Senior Center to give a presentation on what to watch for in yourself and others.

Join us to learn about:

- The difference between normal aging and Alzheimer's.
- Common warning signs.
- The importance of early detection and the benefits of diagnosis.
- Next steps and expectations for the diagnostic process.
- Alzheimer's Association resources.

Drums with Jill	\$4	Mondays 9:45 AM Open to first 30 participants
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
Zumba Gold	\$3	Tuesdays 12:30
Barre with Joie	\$3	Wednesdays 9:00 AM
Zumba & Pilates w/Alice \$5	\$5	Wednesdays 10:00—11:30 *classes full*
Tai Chi	Free	Thursday 10:30 8 wk session starts March 14th
Yoga vs. Osteoporosis w/Katie	\$5	Fridays at 9:00 Open to first 25 participants
Zumba w/Jill	\$4	Fridays 10:00 AM Class full
Poms with Joie	\$3	Fridays at 11:00 AM

Descriptions of all of Exercise Programs are available at the Senior Center!

Cards and Games

Chess Mondays 10AM-1PM

Skat— Tuesdays at 12:30 PM

Poker— Tuesdays/Wednesdays at 12:30

Bingo—Thursdays—Card sales start at 12, games at 12:30. **Beginning March 21st: Card sales start at 12:15 PM Games start 12:45**

Mahjong American style— Thursdays 12:30

Mexican Train Dominoes **April 10th & 24th 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: Thursday April 11th 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.

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

Activities

We extend a big thank you to everyone who donates so generously to our services, especially Alfred Shwartzter, Sylvia Bonomo, Mary Priestly, Joan Adams, Jean Marfoli, Betty Williams and Irene Chandler who all donated this month!

We are thankful for our amazing volunteers without whom we could not offer the programming we do!



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***

SAVE THE DATE MAY 1st from 12:00 to 2:00 FOR A LUNCH AND LEARN

Please call the Senior Center to Register by 4/26 781-245-3312

**Come meet the State House Delegation for an Up-date from Beacon Hill.
Our State Legislators will be here to talk & kickoff OLDER ADULT MONTH.**

Caregiver Support Group

10:00am-11:30am First and third Tuesday of the Month. APRIL sessions will be on the 2nd and 16th. Please contact Paula Buccilli at Mystic Valley Elder Services. **For additional information & registration. Please call 781-388-2319 or email pbuccilli@mves.org**

Free Care! 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.

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)**

Monday April 1st

HOT:Vegetable soup, Broccoli and mushroom Frittata & sides. Dessert

COLD:Chicken Salad, Sweet potato salad, Broccoli slaw bread and butter Dessert

Thursday April 11th

HOT: Mixed bean & vegetable stew, Broccoli and Cauliflower and bread. Dessert: Tapioca pudding

COLD: Tuna salad, Quinoa Tabbouleh salad, Broccoli slaw, bread. Dessert: Lorna Doones

Thursday April 25th

HOT:Pot Roast, gravy, Roasted potatoes, Vegetables bread Dessert: Peaches

COLD:Chicken Salad, Pasta salad, Carrot Raisin Salad, bread Des-

Thursday April 4th

HOT: Baked Fish Dijon wine sauce, Quinoa pilaf, vegetable sides.

COLD: Turkey & Swiss, Beet salad, Macaroni salad. Dessert

Thursday April 18th

HOT: Butternut Squash soup, Shepherd's pie, Spinach, bread. Dessert: Chocolate pudding

COLD: Chicken Caesar Salad, Root vegetable salad, bread. & Applesauce

Monday April 29th

HOT:Macaroni & cheese, Stewed tomatoes, bread Dessert: Fresh Fruit

COLD: Chicken Salad, Summer Squash, Pasta Salad & Peaches

Monday April 8th

HOT: Chicken Teriyaki, white rice, vegetables and bread. Dessert: Brownie

COLD: Egg Salad, Potato Salad, Zucchini Salad, Dessert: Pineapple

Monday April 22nd

HOT: Lasagna, Chicken meatballs, Brussel sprouts, bread. Dessert: Pears

COLD: Egg salad, Greek pasta salad, Cauliflower Carrot Salad, bread Dessert: Mixed Fruit

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

CONGREGATE MEALS

Mystic Valley Elder Services is offering congregate meals on Mondays & Thursdays from 11:30-12:30
PLEASE RESERVE YOUR LUNCH:
FOR MONDAY'S MEAL CALL BY THURSDAY 2:00 FOR THURSDAY'S MEAL CALL BY TUESDAY 2:00

BINGO

THURSDAY'S meal will push the BINGO start time back by 15 minutes. **Card sales will begin at 12:15 in the main lobby on the first floor. Tables will open at 12:30 and bingo will be called from 12:45-2:30.**

[Why not come and enjoy lunch before the bingo games begin!](#)

Field Trip:

*The Peabody Essex Museum
Friday April 26th Cost \$5
Limited Space - Tickets for the museum (\$18) and lunch on your own
Sign up begins April 8th*

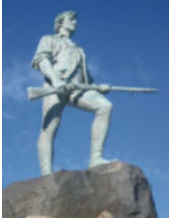

The art and culture of the world is just a short trip away at the museum in downtown Salem.

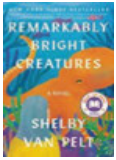
Our van will drop you off for a visit to the museum and you have a choice of many lunch spots to enjoy.

Leaving at 9:30 am picked-up at 2:30 for the ride back to the Wakefield Senior Center.

[Social Seniors](#), single or otherwise, are welcome to meet us at [11:30 Wednesday April 24th at Brother's Restaurant 404 Main Street](#) for a bite to eat and chat for a bit of company. You will be responsible for paying for your own refreshments.

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Strength 9:45 Drums 10:00 Chess 10:00 Book Club 11:00 Chair Yoga 12:00 Art w/Steve 12:00 Lunch 12:30 movie	2 9:00 Functional Fit 9:30-10:30 BP screen 10:00 Woodcarving 10:00 Caregiver Spt 11:00 Aging Bkws 12:30 Poker 12:30 SKAT 12:30 Zumba Gold 1:30 TRtW	3 9:00 Barre 10:15 Zumba full 11:00 Pilates full 12:30 Poker 1:00 Aging Bkws	4 9:15 Aging Bkws 10:30 Creative Hand 10:30 Tai Chi 12:30 Mahjong 12:45 Bingo	6 9:00 Yoga Vs. Osteo* 10:00 Zumba full 11:00 POMS
8 8:45 Strength 9:45 Drums 10:00 Chess 10:00 Book Club 11:00 Chair Yoga 12:00 Art w/Steve 12:00 Lunch 12:30 movie	9 9:00 Functional Fit 9:30-10:30 BP screen 10:00 Woodcarving 11:00 Aging Bkws 12:30 Poker 12:30 SKAT 12:30 Zumba Gold 1:30 TRtW	10 9:00 Barre 10:15 Zumba full 11:00 Pilates full 12:30 Poker 1:00 Dominoes 1:00 Aging Bkws 5:30 10 Warning Signs of Alzheimer's	11 9:15 Aging Bkws 10:30 Creative Hand 10:30 Tai Chi 12:30 Mahjong 12:45 Bingo 1:00 Mindful Craft	12 9:00 Yoga Vs. Osteo 10:00 Zumba full 11:00 POMS
15 Closed Patriots Day!! 	16 9:00 Functional Fit 9:30-10:30 BP screen 10:00 Woodcarving 10:00 Caregiver Spt 11:00 Aging Bkws 12:30 Poker 12:30 SKAT 12:30 Zumba Gold 1:30 TRtW	17 10:15 Zumba full 11:00 Pilates full 12:30 Poker 1:00 Aging Bkws	18 9:15 Aging Bkws 10:30 Creative Hand 10:30 Tai Chi * 12:30 Mahjong 12:45 Bingo	19 9:00 Yoga Vs. Osteo 10:00 Zumba full 11:00 POMS
22 9:45 Drums 10:00 Chess 11:00 Chair Yoga 12:00 Art w/Steve 12:00 Lunch 12:00 BCBS Medicare Advantage Plans	23 9:00 Functional Fit 9:30-10:30 BP screen 10:00 Woodcarving 11:00 Aging Bkws 11:00 Brvmt spt grp 12:30 Poker 12:30 SKAT 12:30 Zumba Gold 1:30 TRtW	24 10:15 Zumba full 11:00 Pilates full 12:30 Poker 1:00 Dominoes 1:00 Aging Bkws 10:00 Craft with Karen registration required 11:00 Social Seniors	25 9:15 Aging Bkws 10:30 Creative Hand 10:30 Tai Chi * 12:30 Mahjong 12:45 Bingo	26 9:00 Yoga Vs. Osteo 10:00 Zumba full 11:00 POMS 9:30 Field Trip Departure registration required
29 8:45 Strength 9:45 Drums 10:00 Chess 11:00 Chair Yoga 12:00 Art w/Steve 12:00 Lunch 12:30 movie	30 9:00 Functional Fit 9:30-10:30 BP screen 10:00 Woodcarving 11:00 Aging Bkws 12:30 Poker 12:30 SKAT 12:30 Zumba Gold 1:30 TRtW	Congregate Meal Menus are located on the prior page.		



Monday April 8th 10:00 Remarkably Bright Creatures After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium. Keeping busy helps her cope, which she's been doing since her eighteen-year old son mysteriously vanished on a boat in Puget Sound over 30 years ago. Tova becomes acquainted with Marcellus, a giant Pacific octopus living at the Aquarium. He knows more than anyone can imagine but wouldn't dream of lifting one of his 8 arms for his human captors—until he forms a remarkable friendship with Tova. *Limited copies can be reserved at the Beebe Library or if you have a library card, you can download the [HOOPLA](#) app. If you need help with that call the Library.

Monday May 13th 10:00 Book to Be Determined based on availability at the Library. Please call the Senior Center if you are interested to know which book we will be reading for May. 781-245-3312

STAY TUNED FOR SOME HORSE RACING FUN ..JUST IN TIME FOR THE KENTUCKY DERBY!

Wakefield Downs at the Senior Center is in progress and will hopefully be ready in time. Watch for the May newsletter in the mail or on-line on the COA page of the Town Website.

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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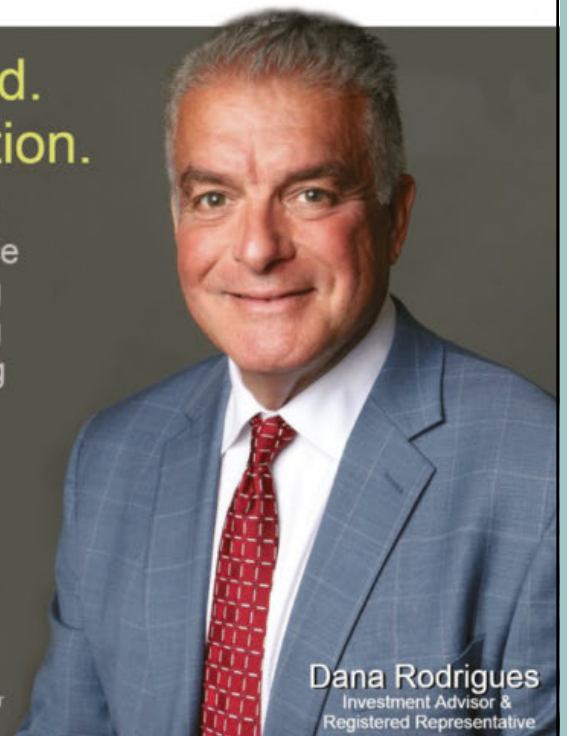
Call Dana Today!

781-245-5500

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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 will be available beginning April 15th 2024 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.

APRIL Movies! All shows start at 12:45 after the congregate meal (new time!)

April 1st - Lars and the Real Girl starring Ryan Gosling as a shy man who resorts to extreme measures to ease his loneliness. An endearing story of friendship and love.

April 8th - *Miracle Club* -The *Miracle Club* is a 2023 comedy-drama film directed by Thaddeus O'Sullivan. The film stars Laura Linney, Kathy Bates, Maggie Smith, and Stephen Rea.

April 29th - *The Holdovers* - 5 time Academy Award Nominee this year (including Best Picture) stars Paul Giamatti an unlikely prep-school teacher who is stuck over the holidays with "holdover" students who have nowhere to go. They, along school cook and grieving mother, Da'Vine Joy Randolph, form an unlikely family for Christmas. Randolph won an Oscar for her role.

If you're interested in learning how to knit, call the Senior Center 781-245-3312 to let us know. Dottie "The Knitting Lady" will be here to assist if

COOKING CLASS

Come check out our monthly cooking class! See for yourself what the buzz is all about! Each month participants learn to cook a delicious healthy dish, try it, and take home the recipe. Home cooking is associated with a more balanced diet and better nutrition, compared to dining out whether it be at a restaurant or take-out. Cooking relieves stress and provides continuous learning opportunities as you master recipes, discover how to use ingredients and experiment with kitchen tools. Participating in a cooking class allows you to meet and make friends with others. Come join us. Class size is limited.

Wednesday April 24th 9:30-11:30

Menu Irish Beef Stew and Bread Pudding

**Sign-up begins April 9th, class is limited to 10
This is an interactive cooking class, you will be helping cook the food in the kitchen**

Please note participants who have not participated in prior cooking classes will be given priority at signup.

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

The Room to Write will be hosting sessions for Seniors and Veterans on Tuesdays in April from 1:30 - 2:30 pm.

April 2nd: 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.

April 9th: Calligraphy talk by Nancy Riley

April 16th: Author talk by Karin Gertsch

April 23rd: Critique Group session where writers will read their writing (up to 1,000 words) to the group and receive verbal feedback. (Please read over [TRtW Critique Guidelines](#) before attending this session.)

April 30th: Author Talk by Stephen Puleo

If you have questions, contact Linda Malcolm, Coordinator of Senior and Veteran Programming: linda@theroomtowrite.org or 781-439-1080, or visit <https://www.theroomtowrite.org/>