



**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

January 2024

Director: Karen Burke
Administration: Marianne McPherson
Outreach: Beth Greenberg
Activities: Maureen Howlett
Transportation: Bob Burton , Ed Downing & Danny Sullivan
Custodian: Mike DeBenedictis and Ty Albushies
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

Come laugh with David Shikes!

David has been doing stand-up comedy at Senior Centers in the area, entertaining everyone with his wit and wisdom. This past summer he came to Wakefield and all who attended found him warm, engaging and funny! Ring in the New Year with laughter, cheer and camaraderie!
January 29, 2024. Show starts at 1—this is a free event! Please register by January 26th.

Come join us at our newly returned congregate meal that starts at noon! Please register for your meal by January 26th by calling 781-245-3312

Mystic Valley Elder Services will be offering walk-in help for MA Health Applications Tue Jan 9th & Wed Jan 31st. Walk-in hours from 9:30-11:30. call us if you need a list of required documents to bring

Missing your water bottle or other item? We have lost and found items that have been here for months Please stop by. Items not picked up by Feb 1st will be donated.

New Quilting Club! Interested in quilting? Come check out our new group. First meeting will be **Thurs Jan 11th at 10**. We can discuss future projects and the best dates and times going forward to meet.

Social Security 101

**Everything you wanted to know!
Wednesday, January 17th from 12:30-2PM**

- When are you eligible to receive retirement benefits?
- How does early retirement affect your Benefits?
- Do you qualify for disability, survivors, and spouse benefits?
- How do you get the most from your benefit?
- What is the future of Social Security?
- When should you file for Medicare?

Learn how to use **my Social Security** online account and other online services. You should go to:

www.socialsecurity.gov/myaccount


to create a my Social Security account and print out your Social Security Statement before attending the workshop! **Registration by Jan 16th is requested but not required.**

If you would like to come at noon for a bag lunch provided by MVES please let us know when you register. Bagged lunch menu for the day is: Tuna Salad with lettuce, Italian Pasta Salad, Summer Squash Salad, Wheat Bread and Diet Chocolate Pudding w/topping for dessert **Registration for bagged lunch required by January 12th**

Free AARP Tax Assistance is Back!

Appointments will begin in February and **can be booked beginning 1/25/24**. Appointments will run every Wednesday from mid-February through early April.

No Schedule C, complicated D or E forms will be prepared. More information on required documents will be published in the February Newsletter and available in the COA. Any changes to scheduled days will be posted in the February newsletter which is available online, at the COA, Town Hall, and the Library. Give us a call if you would like it emailed to you

Drums with Jill	\$4	Mondays 9:45 AM class full	
Chair Yoga	\$3	Mondays 11:00 AM	
FUNctional Fitness with Katie	\$5	Tuesdays 9:00 AM	
Barre with Joie	\$3	Wednesdays 9:00 AM	
Zumba & Pilates w/Alice	\$5	Wednesdays 10:00-11:30 *classes full *	
Aging Backwards with Jill	\$4	Tue 11:00 AM Wed 1:30 PM Thurs 9:15 AM Tue class full— closed to new participants	
Strength with Joie	\$3	Monday 8:45AM	
Yoga vs. Osteoporosis w/Katie	**	Fridays 9:00 AM **\$40 for 8 week session	
Zumba w/Jill	\$4	Fridays 10:00 AM Class full	
Poms with Joie	\$3	Fridays at 11:00 AM	
Tai Chi II	free	Thursday 10:30 8 wk sessions next starts Jan 11	

Cards and Games

Chess Mondays 10AM-1PM

Bingo—Thursdays—Card sales start at 12:00 PM Games start 12:30

Bridge— Tuesdays at 12:00 PM

Skat— Tuesdays at 12:30 PM

Poker— Tuesdays/Wednesdays at 12:30

Mahjong American style— Thursdays 12:30

Mexican Train Dominoes January 10th and 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 January 11th at 1PM

Blood Pressure Clinics

Tuesdays from 9:30-10:30 AM no appointment necessary

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

Activities

Helpful Resources

Outreach: Have questions on housing options, nursing home and assisted living information health care, transportation, fuel assistance and more? Please contact Beth Greenberg at 781-245-3312 to schedule an appointment

Wakefield Food Pantry: Americal Civic Center 467 Main St. Open hours Tuesday and Thursday mornings from 9AM-1PM and Thursday evening from 6:30-7:30 PM. Call for more details at 781-245-2510 or visit info@wakefieldfoodpantry.org

Navigating Living Solo: Discussion on what you can do to bring more joy in the space you have in this world. Do you like to do things alone? Would you like to find a new hobby? How do you meet new single people to socialize with? We will discuss what the Senior Center can do to help you find answers to these questions. **Jan 22nd at 11:00. No registration required**

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 (to Wakefield COA and Wakefield destinations only on Fridays)

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***

Room to Write for Veterans and Seniors Mondays from 1:30-2:30

Jan 9th Discussion on an article or other short piece of writing. Contact Linda for the article
Jan 16th will be an Open Mic session. Each person will have about 3 minutes to share something they've written or read. In the true fashion of Open Mics, this will be readings only--with the audience following up with a round of applause in support of their fellow writers.

Jan 23rd will be a Gather & Write session led by an instructor from TRtW.

Jan 30th will be a 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.)

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

New Class! Yoga Vs. Osteoporosis with Dr. Katie Wadland, PT, DPT, GCS

Do you have Osteoporosis or low bone density? Yoga vs. Osteoporosis is a series of modifiable Yoga Poses that promote improved bone density by applying dynamic tension to the bones that need it the most--the femur, pelvis, spine and bones of the wrist. Dr. Wadland is a Yoga Vs. Osteoporosis Certified teacher, trained by Dr. Loren Fishman who designed and studied these poses and found that over 2 years, 80% of the people who performed them had significant improvements in bone mineral density. This class requires pre-registration and will run on Fridays from 9-10AM for 8 weeks Jan 5—Feb 23rd. Cost for 8 week session is \$40 Please call 781-245-3312 to register.

Veterans Services Updates

Are You or Your Spouse a Veteran? Did You Know You May be eligible for financial benefits through CHAPTER 115? See chart below for FY 2024 (Jul 1 2023-June 30 2024) income and asset limits

Under Chapter 115 of MA General Laws the Commonwealth provides a program of financial and medical assistance for veterans and their dependents. Qualifying veterans and surviving spouses receive necessary financial assistance in accordance with a formula that takes into consideration the number of dependents and income from all sources.

For more information and to apply please contact Dave Mangan, Veterans Service Officer at 781-246-6377. This program is open to veterans and spouses of all ages!

Income and asset limits:

in family/max monthly income/max assets allowed

1/\$2430.00/\$8400

2/\$3287.00/\$16,600

David Mangan your VSO is also available to assist with accessing VA care and submitting VA Disability claims. Dave is in the office Monday/Wednesday/Thursday 8 am—2 pm please call 781-246-6377 for questions or to book an appointment. Appointments are encouraged.

know a Veteran who needs a winter coat, please give Dave a call! 781-246-6377

VETERAN COFFEE SOCIAL

The next monthly veteran coffee social will be January 20th at 10AM at the McCarthy Senior Center 30 Converse St. Wakefield. No registration required!

Congregate Meal Menu (\$2 suggested donation)

Monday January 22nd

Hot: Chicken Mediterranean over buttered orzo
California Blend Veggies
Whole Wheat Roll
Chocolate Pudding/Topping
Cold: Egg Salad
Carrot Raisin Salad
Three Bean Salad
LS Wheat Bread
Fresh Fruit Orange

Monday January 29th

Hot: Potato Crunch Breaded Fish
Lemon Wedge
Quinoa Pilaf
Green Beans and red Peppers
LS Multigrain Bread
Cold: Chicken Salad
Sweet Potato Salad
Broccoli Slaw
LS Multigrain Bread

Meal orders must be called in by Friday at noon for the following Monday. Please call 781-245-3312 to reserve your meal.

Need help with your Fuel Assistance applications? LEO walk-in hours are January 10th and 24th from 9:30-11:30 at the Senior Center. Need help with Good Neighbor, give us a call to see Beth for help 781-245-3312!

Caregiver Support Group

10:00am-11:30am, first and third Tuesday of the Month January sessions will be 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

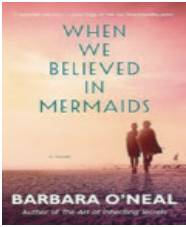
The Wakefield Council on Aging is an inclusive community, welcoming seniors of all sexual orientation, gender identity, race, cultural background and ability

January

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed New Years Day	2 9:00 Functional fit 9:30-10:30 BP screen 10:00 Woodcarving 10:00 Caregiver spt 11:00 Aging Bkws 12:00 Bridge 12:30 Poker 12:30 SKAT 1:30 TRtW	3 9:00 Barre 10:15 Zumba full 11:00 Pilates full 12:30 Poker 1:30 Aging Bkws	4 9:15 Aging Bkws 12:30 Mahjong 12:30 Bingo	5 9:00 Yoga Vs. Osteoporosis 10:00 Zumba full 11:00 POMS
8 8:45 Strength 9:45 Drums full 10:00 Chess 10:00 COA Book Club 11:00 Chair Yoga 12:00 Art w/Steve 12:30 movie Book Club	9 9:00 Functional fit 9:30-10:30 BP screen 10:00 Woodcarving 11:00 Aging Bkws 12:00 Bridge 12:30 Poker 12:30 SKAT 1:30 TRtW	10 9:00 Barre 10:15 Zumba full 11:00 Pilates full 12:30 Poker 1:00 Dominoes 1:30 Aging Bkws	11 9:15 Aging Bkws 10:00 Quilting club 10:30 Tai Chi * 12:30 Mahjong 12:30 Bingo 1:00 Mindful Craft	12 9:00 Yoga Vs. Osteoporosis 10:00 Zumba full 11:00 POMS
15 Closed MLK Day	16 9:00 Functional fit 9:30-10:30 BP screen 10:00 Woodcarving 10:00 Caregiver Spt 11:00 Aging Bkws 12:00 Bridge 12:30 Poker 12:30 SKAT 1:30 TRtW	17 9:00 Barre 10:15 Zumba full 11:00 Pilates full 12:30 Poker 12:30 Social Security 1:30 Aging Bkws	18 9:15 Aging Bkws 10:30 Tai Chi * 12:30 Mahjong 12:30 Bingo	19 9:00 Yoga Vs. Osteoporosis 10:00 Zumba full 11:00 POMS
22 8:45 Strength 9:45 Drums full 10:00 Chess 11:00 Chair Yoga 11:00 Living Solo 12:00 Art w/Steve 12:00 Lunch * see menu box NEW! 12:30 movie Persuasion	23 9:00 Functional fit 9:30-10:30 BP screen 10:00 Woodcarving 11:00 Aging Bkws 12:00 Bridge 12:30 Poker 12:30 SKAT 1:30 TRtW	24 9:00 Barre 10:15 Zumba full 11:00 Pilates full 12:30 Poker 1:00 Dominoes 1:30 Aging Bkws	25 9:15 Aging Bkws 10:30 Tai Chi * 12:30 Mahjong 12:30 Bingo	26 9:00 Yoga Vs. Osteoporosis 10:00 Zumba full 11:00 POMS
29 8:45 Strength 9:45 Drums full 10:00 Chess 11:00 Chair Yoga 12:00 Art w/Steve 12:00 Lunch *see menu box 1:00 Comedy Show	30 9:00 Functional fit 9:30-10:30 BP screen 10:00 Woodcarving 11:00 Aging Bkws 12:00 Bridge 12:30 Poker 12:30 SKAT 1:30 TRtW	31 9:00 Barre 10:15 Zumba full 11:00 Pilates full 12:30 Poker 1:30 Aging Bkws	<div style="background-color: yellow; padding: 5px; border: 1px solid black; margin-bottom: 5px;"> <p style="text-align: center;">Encore Casino Trip! Wednesday January 24th Depart COA 9:30 depart Encore at 2PM Registration opens Jan3rd Cost \$5</p> </div> <div style="background-color: #ADD8E6; padding: 5px; border: 1px solid black;"> <p style="text-align: center;">Walk-in Help: LEO Fuel assistance applications Jan 10th and 24th 9:30-11:30 MA Health Application help Jan 9th and Jan 31st 9:30-11:30</p> </div>	

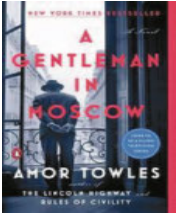
Upcoming Book Club Reads and Dates

Monday January 8th at 10:00 When We Believed In Mermaids



Josie Bianci was killed years ago on a train during a terrorist attack. Gone forever. It's what her sister, Kit, an ER doctor in Santa Cruz has always believed. Yet all it takes is a few heart-wrenching seconds to upend Kit's world. Can she believe her eyes? Can it be her sister? It's an emotional rollercoaster that brings Kit to New Zealand. Join her as she faces the past, the present and the future!

Monday February 12th at 10:00 A Gentleman in Moscow



New York Times Best Seller! A transporting novel about a man who is ordered to spend the rest of his life inside a luxury hotel as some of the most tumultuous decades in Russian history unfold. Hailed for its humor, intrigue and beautifully rendered scenes, this singular novel casts a spell as it relates to the Count's endeavor to become a man of purpose. Limited copies available at Senior Center.

. *Copies of both books available at the Beebe Library*

MOVIES start at 12:30

1/8/24 Book Club: The Next Chapter: Follows the journey of four best friends as they take their book club to Italy for the fun girls trip they never had! We will be ordering pizza for this one with a suggested donation of \$2. PG-13 1h47m

1/22/24: Persuasion: Eight years after Anne Elliot was persuaded not to marry a dashing man of humble origins, they meet again. Will she seize her second chance at true love? Based on Jane Austin novel. Join us for the congregate meal before the movie! PG 1h48m



AFFILIATED FINANCIAL GROUP

HELPING YOU ACHIEVE YOUR FINANCIAL GOALS

**Get the financial guidance you need.
Call for a Complimentary Consultation.**

- Wealth Management
- Retirement Planning
- Estate Planning
- Tax & Accounting Services
- Social Security Guidance
- Annuities & Insurance
- 401(k) & IRA Guidance
- Real Estate Financing
- Mortgage Refinancing
- College Cost Planning

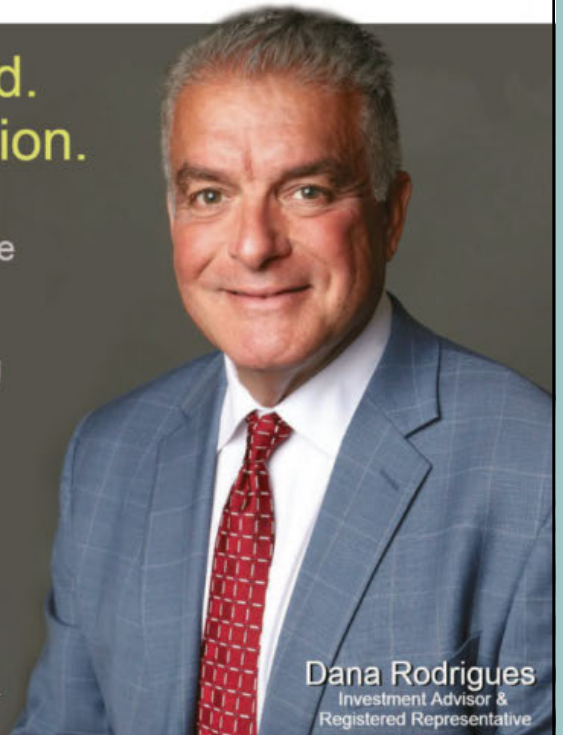
Call Dana Today!

781-245-5500

1 Albion Street, Wakefield, MA 01880

www.afgmoney.com

Securities and advisory services offered through Cetera Advisors LLC, member FINRA/SIPC, a broker/dealer and Registered Investment Advisor. Cetera is under separate ownership from any other named entity.



Dana Rodrigues
Investment Advisor &
Registered Representative



THE Medicine STORE

Michael J. Carpinella R.Ph.
409 Lowell St., Wakefield, MA
(781) 246-3527
Mon-Fri 8am-6pm
Sat 8am-2pm



AHS
AUDIOLOGY & HEARING
SOLUTIONS, INC.
Your Trusted Hearing Healthcare Professionals



Call today to schedule your **FREE**
Hearing Aid Consultation



Offices in Both Winchester and Woburn
781-218-2225 • www.audiologyhearing.net

Best Home Care

MAKES IT HAPPEN

Care Designed to
Meet Your Needs!

Skilled Nursing Care • Home Health Aides
Homemakers • Live In Caregivers & More!
24 Hours a Day, 7 Days a Week

Please Call For a FREE Nurse Consultation: 781-224-3600

Health & Home Care Training Center

591 NORTH AVE.
WAKEFIELD
781-222-5000

Offers a Wonderful Opportunity to those who want to work with
the Elderly, Disabled & Chronically Ill.

FREE Home Health Aid Training for Best Home Care Employees
Home Health Aide (HHA) • Nurse Assistant Training (NAT)

Visit Our Website to Schedule a Tour! www.HomeCareTrainingCenter.com

Elegant Independent and Assisted Living,
with Exceptional Alzheimer's Care.

W
WINDSOR PLACE
OF WILMINGTON
Assisted Living, Independent Living,
and Memory Care
92 West Street, Wilmington, MA
Just off I-93 at Exit 38



Call 978-988-2300 • WindsorPlaceOfWilmington.com



The best value
in senior living.



Call Kate Oosterman at 781-665-3188
or visit oostermanresthomes.com



We fix all Makes
and Models
Maximize Collision repair
and Insurance claims

35 years
experience

103A Foundry St.
Call for Appt. 781-245-2244



We Can Help You Age Safely in Place

From homemaking
to skilled nursing –
when it comes to home care,
trust the professionals.



781-245-1880 | abchhp.com



“

I am going to reveal the top ten most common errors
that are made on the application. MassHealth will use
these ten items to reject your application. Make no
mistake – they do not want you to know this stuff!”

Attorney Michael Monteforte Jr.

MICHAEL MONTEFORTE JR., ESQ.

Download your **FREE** copy at www.TheLongGameBook.com

MONTEFORTE LAW, P.C.

ESTATE PLANNING & ELDER LAW

- WILLS & TRUSTS
- PROBATE
- MEDICAID APPLICATIONS
- WEALTH PRESERVATION
- LONG-TERM CARE PLANNING

978-222-7483

WWW.MONTEFORTELAW.COM



Wakefield Council on Aging
McCarthy Senior Center
30 Converse Street
Wakefield MA 01880

Welcome Back Charlie's on Main to their new location in Stoneham!

Eat local with us as we enjoy pizza, salad and dessert to welcome Charlies back to business after the fire. **Wed Jan 24th at noon. Cost \$8 Register by Friday January 18th**

Center / Transportation Closings & Cancellations If inclement weather causes the cancellation of Wakefield Public Schools the C.o. A will not provide transportation services and the center will be closed. If Wakefield Schools have a delayed opening the center is open but there is no transportation available. The Council reserves the right to cancel transportation services when necessary.

Parking and Safety at the Center With winter's arrival parking sometimes becomes limited because of snow and ice. A parking spot filled with snow is no longer a space. If you can't fit your entire car in the spot please don't use it. We work with the DPW and they do their best to keep up with the snow removal. Please also note that if there are no lines marking a space in the lot it is not a legal parking space. Illegal parking puts all visitors, volunteers and employees at risk as they maneuver around the parking area. If it looks icy around your own home it will be icy here as well. As always use common sense when venturing out during the winter months and call the center before heading over to check if any classes or activities have been cancelled.

Snow Shoveling If you are no longer able to shovel many landscaping companies take up plowing in the winter. You need to call them NOW before the snow hits so they can check your property and mark driveways, walkways and grass lines. Making arrangements now can save a lot of time and frustration in the future.

Snow Angels We are working with the students from the High and Middle schools again this year for the snow angel program. They will clear a path from your front door to walkway. Please call the Senior Center at 781-245-3312 for more information.



We would like to thank you all for a wonderful 2023 and wish you a happy and healthy 2024!

Thank you for participating in our activities. If you have ideas for future programming we would love to hear them!

We also want to extend a big thank you to everyone who donates so generously to our services, especially Irene Chandler who donated last month. We are thankful for our volunteers without whom we could not offer the programming we do!