

Council on Aging Board

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Watertown Senior News

Watertown Council on Aging/Senior Center
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Season's Greetings from all of us at the Senior Center!



The Senior Center kicked off the busy holiday season with its annual **Harvest Party** in October which was attended by more than 90 seniors and friends. **Many thanks to all of our community partners** for the wonderful giveaways and to **Maria's Catering** for a delicious turkey dinner. The afternoon was made merry with dancing and music by Phil Cefalo and a special performance by our own Mellowtones singing group accompanied by their new music director Anne Silverman. You have another chance to join in the fun when we host our **Holiday Celebration on December 2nd**. Sign up soon as it will surely sell out.

We have much for which we are thankful, including the addition of Comcast **WiFi** to the Senior Center. Bring your laptop with you and check your email while you visit with friends in our lounge and watch our newsletter for programs about operating your Smartphones, iPads and Tablets in the New Year. Together we will learn new tips and tricks. Special thanks to **Watertown Savings Bank** for sponsoring our *Boston Globe* and *Watertown Tab* subscriptions. Thank you to the patrons of the **Watertown Mall** who voted our "Steppin' Out at the Senior Center" entry **First Place** in the Scarecrow Contest. Stay tuned for the exciting addition of **My Senior Center**, our new membership database which will help us to better manage programs and services for you. We will be offering special incentives when you register for your key tag. And finally, the Senior Center now has a **Facebook** page...www.facebook.com/watertownmacouncilonaging. If you follow other groups online, "Like" us to read more about our upcoming programs.

On behalf of our Board, staff and volunteers, Happy Holidays! We're looking forward to a great New Year at the Senior Center.

Anne-Marie Gagnon
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FLORAL ARRANGEMENT WORKSHOP

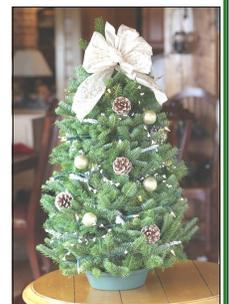
Come join us as Ernie Berardineli shows us how to decorate a beautiful Boxwood Christmas tree for the holidays. It will make a beautiful addition to your decorations. No experience is needed! We will have all the supplies available for you to add your own personal touches to the design.

The cost for this program is \$22.00.

WHEN: 10:00 Wednesday, December 14

**WHERE: Watertown Senior Center,
31 Marshall St.**

Please pre-register by calling 617-972-6490.



DECEMBER SENIOR CENTER OFFERINGS

All programs start at 10:00 a.m. unless otherwise noted - call 617-972-6490 to hold your space.

December 2: Holiday Party 11:00 - 3:00 Get your tickets early so you don't miss out on the fun. Cost is \$14.00.

December 7: 12:00 - 1:00 Take A Break From Shopping: Anne Silverman (Mellowtones Director) is coming to host a sing-a-long for the Holidays. Sandwiches will be served and the cost is \$4.00. Seating is limited to 25 so call early.

December 9: Come hear the Watertown Senior Center's Mellowtones at the Watertown Mall at 12:00 - 1:00. Join them for this special Holiday performance. 

December 13: 9:30 AM - Coffee With The Chief: Police Chief Michael Lawn will be joining us Tuesday for a coffee and conversation hour. Call the Center at 617-972-6490 to make sure the Chief is available.

December 14: Boxwood Tree Holiday Workshop - Ernie Berardineli will show us how to decorate a beautiful Boxwood tree for Christmas. No experience is needed and we provide all the supplies. Cost is \$22.00

December 21: Joseph Divito, Treasurer, Francis Golden, Assessor, & Cleo Porvarus, Assessor's Office will be here to give qualifying seniors options to help reduce their property taxes. Light refreshments provided.

December 28: 12:00 - 1:00 Anne Silverman will entertain as we welcome in the New Year. A light Chinese lunch will be served. Cost is \$5.00. Seating is limited to 25 so call early. Reservations start on December 15.

COMING IN JANUARY 2017 - Happy New Year!

January 3, 10, 17, 24, & 31: Matter Of Balance - Managing Concerns About Falls. Sign up early as this fills quickly.

January 6: 1:00 PM - Mr. Erin Fragola, Perkins - How to deal with low vision. Assisted devices will be available for you to try.

January 10 & 24: 9:30 AM - Coffee With The Chief: Police Chief Michael Lawn will be joining us for a coffee and conversation hour. Call the Center at 617-972-6490 to make sure the Chief is available.

January 11: Dale Tamburro: Understanding Estate Planning - Health Care Proxy, Wills, Trusts (several kinds), Estate Taxes, MassHealth, and Certain Insurance Products. Don't miss this informative program if you need to update any of your documents.

January 18 : Painting with Dawn: Have fun as we paint a Winter wonderland scene. All supplies are provided. Cost is \$25.

January 25 : Notable Women of Watertown - Watertown, MA boasts some of the most remarkable women of the mid-19th to early 20th century. They are painters, writers and sculptors: Maria White Lowell, Ellen Robbins, Harriet Hosmer, and Anne Whitney. Join volunteer docent **Rosemarie Smurzynski** and learn about their lives and works.



Marina Kirsanova, LSW

Call the Senior Center at (617) 972-6490 to have your questions answered or to make an appointment with her for assistance with any issue including fuel assistance, food stamps and housing. She also speaks Armenian and Russian.

Caseworker Corner: Recognize and Report Elder Abuse

Elder abuse happens every day, but holidays can present a greater risk. People who are physically, emotionally or psychologically frail and dependent on others for care are most at risk of elder abuse. Abuse and neglect can happen in the home, as well as in residential care or nursing homes and hospitals. It can involve care workers, family, neighbors, friends or strangers.

People most at risk at home include: anyone with an illness that affects memory or ability to communicate; those in a poor relationship with their caretaker; those who provide housing, financial or emotional support to the caretaker; those who depend on a caretaker with drug or alcohol problems; the socially isolated.

The annual visit with family and friends during the holidays is a good opportunity to check in with elders to see if they are being treated with care and respect by everyone in their life.

If you yourself are witnessing or experiencing harm through abuse or neglect, or are worried about a friend, relative or client, there are ways to help. **You may call Marina** at the Watertown Senior Center, the Police Department or Protective Services in your area. Your confidentiality is assured.

EXERCISE FOR SENIORS

Try an exercise class at the Senior Center in the New Year! The classes focus on the particular needs of seniors in a fun, safe environment. Exercises include muscle strengthening, light-stretching, balance and posture improvement, and low-impact aerobics; all done to your favorite tunes! Regular exercise can improve circulation, help to strengthen bones, increase muscle mass, reduce joint stiffness, and improve general health. Plus, it's fun! Whether it's to get stronger, loosen up, or just get moving, give it a try and join us!

Classes are Monday at 11:00, Tuesday at 9:30 (New), Wednesday at 11:00 & Fridays at 10:40 and the cost is \$4.00 a class.

Looking for other chances to exercise? We have:

Chair Exercise - Tuesdays at 10:00 (WOW) FREE

Line Dancing - Tuesdays at 11:15 - \$5.00/class

Yoga - Thursdays at 10:00 - \$4.00/class or \$35.00/10 classes

Tai Chi - Fridays at 12:30 - \$5.00/class



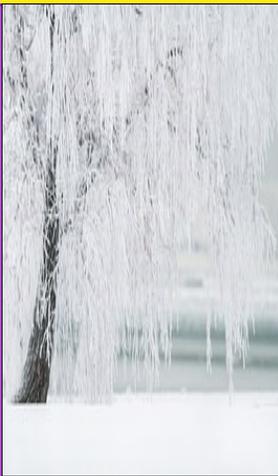
Leave the Driving to Us! Catch a Ride on our Senior Shuttle!

USE THE WATERTOWN SENIOR SHUTTLE FOR YOUR SHOPPING NEEDS - The Watertown Senior Shuttle travels a fixed route throughout Watertown to take seniors grocery shopping. We continually adjust the route to accommodate new riders. The bus goes to the Stop & Shop on Watertown St. on Tuesdays, and the Super Stop and Shop on Pleasant St. on Fridays. We also go to the Watertown and Arsenal malls on the 2nd and 4th Wednesday of the month. Take the bus, and leave the driving (and parking) to us! **Starting January 1st you must give 2 days notice if you are new or want to change from your scheduled day.** The suggested donation is \$1.00 round trip and there is a 3 bag limit.

MEDICAL TRANSPORTATION FOR WATERTOWN SENIORS - Watertown seniors needing transportation to medical appointments may contact **Busy Bee Transportation** at 1-800-427-0230 for a ride. Medical transportation is available Monday through Friday between 9:00 a.m. and 3:00 p.m. and reservations must be made at least three days in advance. A donation of \$3.00 each way for local stops and \$4.00 each way for stops outside Watertown is requested.

TRANSPORTATION HELP FOR WATERTOWN SENIORS

Supplemental transportation services are available to Watertown seniors thanks to a grant awarded to the Watertown COA/Senior Center by the Marshall Home Fund, a non-profit community-based charitable fund dedicated to serving Watertown's seniors. This program is designed to provide readily accessible transportation assistance for seniors in need of last minute or emergency transportation to locations within the community. **Transportation by cab** is arranged through the Council on Aging/Senior Center by calling the office at 617-972-6490 during business hours.



SENIOR CENTER SNOW POLICY

If Watertown public schools are cancelled for inclement weather, all Senior Center programs, and shopping bus runs, are cancelled. If school opening is delayed, the morning shopping bus run is cancelled, and Senior Center programs may be cancelled at the instructor's discretion, so call before coming over.

Staff members will be available during regular business hours. School cancellation information is broadcast on local cable, radio and network TV.

Remember, safety is your first priority. Use your own good judgment to decide if you should go out in bad weather. Questions? Call the Senior Center at 617-972-6490.

REMINDER!

The Senior Shuttle will **NOT** be running on Friday, December 23. If you need to go shopping that week call the office by December 16 to be added to the shopping run on Tuesday, December 20. This month's Mall trips are on Wednesday December 14 & 28.



With Medicare Plans, does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2017, there are 21 Medicare drug plans and 18 of them have **preferred pharmacies**. By using a preferred pharmacy, you can save money! You should check that the pharmacy you currently use is the best one to use with your plan.

Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies may cost less than mail order.

REMINDER: Many plans have made changes to their premiums, deductibles, co-pays, and the drugs that are covered. Now is the time to review your options and make a change for 2017.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

CALL TO MAKE A SHINE APPOINTMENT AT THE CENTER OR CALL 1-800-MEDICARE NOW!.

HEALTH SCREENINGS are held on Thursday mornings

December 15 - Podiatry Clinic - 11:00 a.m. Toenails, corns, callus care only.

The cost for this service is \$25.00 payable to Dr. Alper. Insurance not accepted.

December 22 - Blood Pressure at 9:30 a.m. by Linda Micklay, R.N. from CareGroup Home Care. **Free**





December Movie Matinee

Relax and enjoy a movie in our comfortable lounge Thursdays at 1:00 p. m.



12/1 To Have And Have Not - Classic starring Humphrey Bogart and Lauren Bacall. Harry Morgan, a charter boat owner falls for seductive petty thief, Marie Browning. Cast: Humphrey Bogart, Lauren Bacall, Walter Brennan 1944 NR 100 mins.

12/8 The Christmas Card - A story about a soldier stationed in Afghanistan who gets a Christmas card addressed to "Any Soldier" and decides to track down the sender. When he arrives at her home town he ends up saving her father and falling for the warm-hearted young woman. The only problem? She's engaged. Cast: Ed Asner, Lois Nettleton, Alice Evans 2006 NR 84 mins.

12/15 A Princess For Christmas - Young Jules Daly, at the invitation of an estranged relative, travels with her orphaned niece and nephew to a castle in Europe for Christmas, where Jules unwittingly falls for a dashing prince. Cast: Katie McGrath, Sir Roger Moore, Sam Heughan 2011 NR 90 mins.

12/22 Keeping the Faith - Despite their different religious backgrounds, the Reverend Brian Finn and Rabbi Jacob Schram, who were boyhood pals, enjoy working together to spread "the word", until a love triangle threatens their friendship. Cast: Edward Norton, Ben Stiller, Jenna Elfman 2000 PG-13 129 mins.

12/23 Beauty & the Beast - In this modern-day Disney animated classic set in 18th-century France, young Belle yearns to escape her ordinary existence -- and her village's boorish suitors -- until she becomes imprisoned in the mansion of a hideous, coldhearted beast. Can Belle help the monster revive the man within? Cast: Paige O'Hara, Robby Benson, Richard White 1991 G 90 mins.

12/27 The Holiday - Stuck in a vicious cycle of dead-end relationships, Los Angeles resident Amanda and Londoner Iris decide to swap homes. Their trade paves the way for romances they never imagined. This charming comedy features an all-star cast. Cast: Jude Law, Cameron Diaz, and Kate Winslet. 2006 Pg-13 136 mins.

12/29 Emma - Jane Austen's novel about misguided matchmaking takes a comic look at the romantic meddling of Emma Woodhouse. Emma spends her time arranging others romances but misses her own. Cast: Jeremy Northam, Gwyneth Paltrow, Ewan McGregor 1996 PG 123 mins.

THE SENIOR CENTER BOOK CLUB

WHEN: Wednesday, December 21 at 9:30.

WHERE: Senior Center, 31 Marshall St.

Join us to discuss *The Forgotten Garden* by Kate Morton. Copies of the book are available at the Watertown Free Public Library. A tiny girl is abandoned on a ship headed for Australia in 1913. She arrives completely alone with nothing but a small suitcase containing a few clothes and a single book—a beautiful volume of fairy tales. She is taken in by the dockmaster and his wife and raised as their own. On her twenty-first birthday, they tell her the truth, and with her sense of self shattered and very little to go on, "Nell" sets out to trace her real identity. Her quest leads her to Blackhurst Manor on the Cornish coast and the secrets of the doomed family Mountrachet. But it is not until her granddaughter, Cassandra, takes up the search after Nell's death that all the pieces of the puzzle are assembled. A spell-binding tale of mystery and self-discovery, *The Forgotten Garden* will take hold of your imagination and never let go.



New members are always welcome!

BE THE FIRST TO KNOW!

Have the **Watertown Senior News** emailed to your home computer every month by going to the Town website: www.watertown-ma.gov and signing up on the **'Notify Me' list**. Follow the [link](#) on the left side of the home page, scroll down to **Watertown Senior News** and check it off! Or call the Senior Center at 617-972-6490 with your email address & we'll add it for you!

Senior Center Holiday Schedule:

Friday, December 23: CLOSE AT NOON

Closed Monday, December 26

Closed Monday, January 2, 2017

Happy Holidays to all!



DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SENIOR CENTER 5</p> <p>9:30 Art Class 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge</p>	<p><i>A Happy & Healthy New Year from Anne-Marie, Debbie, Maxina, Rae, Alfredo, & Jim</i></p> <p>NO COA SHOPPING BUS 6 SENIOR CENTER</p> <p>9:30 Exercise Class 10:00 Chair Exercising 11:15 Line Dancing 12:00 SHINE (by appt) 12:30 Cribbage</p>	<p>DON'T FORGET TO REGISTER FOR "A MATTER OF BALANCE" STARTING JANUARY 3RD</p> <p>COA SHOPPING BUS 7 SENIOR CENTER</p> <p>10:00 SHINE (by appt) 11:00 Exercise Class 12:00 Sing-A-Long with Anne Silverman – Lunch served Pre-Registration REQUIRED 12:30 Whist</p>	<p>SENIOR CENTER 1</p> <p>10:00 Yoga Class 11:00 Games 1:00 Movie: To Have & Have Not</p> <p>SENIOR CENTER 8</p> <p>10:00 Yoga Class 11:00 Games 1:00 Movie: The Christmas Card</p>	<p>COA SHOPPING BUS 2 SENIOR CENTER</p> <p>HOLIDAY PARTY 11:00 – 3:00</p> 
<p>SENIOR CENTER 12</p> <p>9:30 Art Class 11:00 Exercise Class LUNCH M-F 11:30 Woodland Tower 1:00 Bridge</p>	<p>COA SHOPPING BUS 13 SENIOR CENTER</p> <p>9:30 Exercise Class 9:30 Coffee with Chief Lawn 10:00 Chair Exercising 11:15 Line Dancing 12:30 Cribbage</p>	<p>COA MALL BUS 14 SENIOR CENTER</p> <p>10:00 Boxwood Tree Workshop with Ernie Berardinelli (Pre-registration required) 11:00 Exercise Class 12:30 Whist 5:30 COA Board</p> 	<p>SENIOR CENTER 15</p> <p>10:00 Yoga Class 11:00 Games 11:00 Podiatry Clinic 1:00 Movie: A Princess for Christmas</p>	<p>COA SHOPPING BUS 16 SENIOR CENTER</p> <p>10:00 Bingo 10:40 Exercise Class 12:30 Mellowtones 12:30 Tai Chi</p> 
<p>SENIOR CENTER 19</p> <p>9:30 Art Class 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge</p>	<p>COA SHOPPING BUS 20 SENIOR CENTER</p> <p>9:30 Exercise Class 10:00 Chair Exercising 11:15 Line Dancing 12:30 Cribbage</p> 	<p>SENIOR CENTER 21</p> <p>9:30 Book Club 10:00 Lecture: Tax Exemption Options For Qualifying Seniors Frank Golden & Joe Devito (Pre-register) 10:00 SHINE (by appt) 11:00 Exercise Class 12:00 Knitting 12:30 Whist</p>	<p>SENIOR CENTER 22</p> <p>9:30 Blood Pressure 10:00 Yoga Class 11:00 Games 1:00 Movie: Keeping the Faith</p> 	<p>SHOPPING BUS 23 MORNING RUN ONLY SENIOR CENTER CLOSES AT NOON</p> <p>10:00 Movie: Beauty & the Beast</p>
<p>SENIOR CENTER 26</p> <p>CLOSED</p> <p><i>Merry Christmas & Happy Hanukkah</i></p> 	<p>COA SHOPPING BUS 27 SENIOR CENTER</p> <p>9:30 Exercise Class 10:00 Chair Exercising 11:15 Line Dancing 12:30 Cribbage 1:00 Movie: The Holiday</p>	<p>COA MALL BUS 28 SENIOR CENTER</p> <p>10:00 SHINE (by appt) 11:00 Exercise Class 12:00 Sing-A-Long with Anne Silverman – Lunch served Pre-Registration REQUIRED 12:30 Whist</p>	<p>SENIOR CENTER 29</p> <p>10:00 Yoga Class 11:00 Games 1:00 Movie: Emma</p> 	<p>COA SHOPPING BUS 30 SENIOR CENTER</p> <p>10:00 Bingo 10:40 Exercise Class 12:30 Mellowtones</p>



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

DO YOU HAVE CONCERNS ABOUT FALLING?

Many older adults experience concerns about falling and restrict their activities.

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This eight week series is sponsored by Newton-Wellesley Hospital and will take place:

**WHERE: Watertown Senior Center
31 Marshall St.**

**WHEN: Tuesdays from 1:45 – 3:45 pm
January 3 through February 21**

Pre-registration is required. Please call the Senior Center @ 617-972-6490 to register.

**WATERTOWN COUNCIL ON AGING
SENIOR CENTER
31 MARSHALL ST.
WATERTOWN, MA 02472**

