

Stay Active with the Senior Center!

These activities and more are listed in the *Watertown Senior News*, published monthly by the Senior Center.

- ♦ **Exercise Classes:** Aerobic, Strength and Balance Classes, Line Dancing, Tai Chi, Yoga, Chair Yoga, Seated Strength, and Seated Volleyball.
- ♦ **Health Screenings:** Monthly Blood Pressure Screenings and Foot Care Clinic, Flu Shots.
- ♦ **Lectures/Workshops/Classes:** Art, Music, Theatre, Crafts, Floral Arranging, Health, Financial, Safety, Fraud, Scams, Public Safety Coffees with Police and Fire Departments, Travel, Culture, and Current Events. Monthly legal clinics by Metrowest Legal Services.
- ♦ **Social Activities:** Open Studio Art Sessions, Knitting, Co-ed Choral Group, Thursday Movies & Pizza, Book Club, Smartphone and Tablet help, B i n g o, Chess, Card Groups (Bridge, Canasta, Cribbage, Whist), Games (Rummikub), Day Trips, and Parties.
- ♦ **Drop-In:** Seniors are welcome to relax in our lounge area and make use of the book & magazine exchange, resource materials and free Wi-Fi.

The Watertown Senior Center and the Senior Shuttle Bus are accessible for individuals with physical disabilities.



Programs and services are made possible by the Town of Watertown, the Massachusetts Executive Office of Elder Affairs, foundation grants, and support from individuals and the Friends of the Watertown Council on Aging. (2019)

Watertown COA/Senior Center
31 Marshall Street
Watertown, MA 02472



Watertown Council on Aging Senior Center



Providing a variety of social, health, educational, recreational, advocacy and support programs to help Watertown's older adults age well in the community.

(617) 972-6490

Hours: Monday through Friday

8:30 AM until 5:00 PM

Services and Programs for Watertown seniors and families include...

Information & Referral: Residents can call or stop in for information about services available through the Council on Aging/Senior Center, and other local and national agencies and organizations.

Watertown Senior News: Free monthly newsletter with articles about our lectures, trips, movies, and daily calendar of activities. Available at Watertown Town Hall, the Senior Center, public library, banks, places of worship, malls, and senior housing complexes at the beginning of each month.

Directory of Senior Services: Guide that contains contact information for Watertown and Boston-area resources, and web addresses of interest to seniors. Both may be downloaded from the Town website, www.watertown-ma.gov and/or mailed upon request.

Outreach: The **Case Worker** advocates for seniors in the community by directing them and their families to appropriate services and by helping them to access fuel assistance, SNAP (food stamps), housing, transportation, MassHealth and other benefits. The Case Worker is available for home visits.

MEDICARE Health Insurance Counseling: A trained, certified SHINE Counselor is available at the Senior Center by appointment. **SHINE (Serving the Health Information Needs of Everyone)** provides free counseling about Medicare and prescription drug coverage and assistance with application forms.

Senior Parking Permits: For seniors 65+, valid up to 2 hrs. of free parking at meters located in Watertown Municipal Lots. \$2 for one year or \$3 for two years.

Watertown Food Pantry: The Council on Aging administers the Food Pantry which is located at the rear of the Belmont-Watertown UMC, 80 Mt. Auburn Street, and is open Tuesdays from 10:00 to 11:30 a.m. and Thursdays from 4:00 to 6:00 p.m. Call the Senior Center for more information, eligibility, or to make a donation.

Shopping Bus: The **Watertown Senior Shuttle** provides transportation to grocery stores, Target, the Arsenal Mall and outings for Watertown seniors 60+. The bus makes trips via specific routes throughout Watertown and travels to the Stop & Shop on Watertown Street on Tuesdays, Target and Stop & Shop on Wednesdays, and to the Super Stop & Shop on Pleasant Street on Fridays. Suggested roundtrip donation is \$1.00. Bus is wheelchair accessible.

Medical Transportation: The Senior Center can help with transportation to doctor's appointments via local taxi service. Call the Senior Center to schedule a ride.

Property Tax Work-Off Program: The Town funds this program yearly for up to ten seniors to work for a Town Department in exchange for a deduction on their property tax bill. Participants must meet specific requirements.

Income Tax Preparation: Volunteers, trained and certified by the I.R.S. and AARP, prepare tax returns at the Senior Center by appointment, mid-February through April 15. AARP sponsors this program.

Friends of the Watertown Council on Aging: Non-profit, volunteer group committed to enhancing the programs and services at the Senior Center through fundraising and advocacy.

Watertown Council on Aging/Senior Center

31 Marshall Street
Watertown, MA 02472
Phone: (617) 972-6490
Fax: (617) 972-6493

Find us on Facebook!

www.facebook.com/WatertownMACouncilonAging

Watertown Council on Aging Board

Patricia Gold, *Chairperson*
Carol Airasian
Dorothy-Jean Brown
Esther Keaney
Mary Keenan
Tom Lewis
Janet McCullough
Araxie Poladian
Arlene Smith



Council on Aging/Senior Center Staff

Anne-Marie Gagnon, MSW, *Director of Senior Services*
Marina Kirsanova, LSW, *Program Coordinator*
Margie Wayne, *Program Services Assistant*
Rae Grassia, *Principal Account Clerk*
Jim Cunningham, *Senior Shuttle Driver*
Bob Horrigan, *Senior Shuttle Driver*
Kathy Cunningham, *Food Pantry Coordinator*

To Volunteer: If you would like to volunteer at the Senior Center or the Food Pantry, please call (617) 972-6490. Opportunities are available.



Call us today at (617) 972-6490 for more information about any service or program, or to become a volunteer.