



Somerville Council on Aging

February, 2024

A center for learning, wellness and connections.

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Valentine's Day Luncheon

Tuesday, February 13th
11:00am at the George Dilboy Post
351 Summer Street

\$10 per person.

Join us for an afternoon of music and
a special meal.

Please call Debby for additional
information and to
RSVP at 617-625-6600 ext. 2321



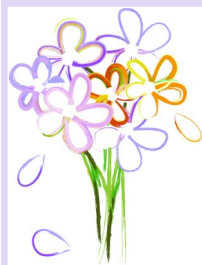
Virtual Yoga

***Beginning February 23rd
thru March 29th via Zoom.***

In addition to our 9am and 10am
Tuesday Yoga sessions, beginning
on February 23rd, we will now be
adding a six week virtual option.

Class will focus on modified,
low-impact moves and easy to
follow pacing for an active
lifestyle.

Please email Michelle for
additional information and for the
Zoom link at
mdeutsch@somervillema.gov



Memory Café

The Memory Café is a safe space for those with
cognitive decline and their caregivers. It is a place to
gather and socialize without stigma or judgement.

This month's Café will be held at The Holland St. Center on
Tuesday, February 6th from 2:00pm-4:00pm and will include a
light dinner and art therapy by Erica Curcio, Licensed Mental
Health Counselor and Registered Art Therapist.

*RSVP by contacting Molly at 617-625-6600 ext. 2318 or
at mpagliuca@somervillema.gov.*

Somerville Council on Aging Medical Equipment Program

Through the generosity of the American Rescue Plan Act (ARPA), and from the direction of Mayor Ballantyne, the Council on Aging is now able to provide Durable Medical Equipment at no cost to Somerville residents. Residents with a documented need for medical equipment must be over the age of 60, or have a permanent disability, and must be otherwise unable to afford or access needed medical equipment.

We currently have available:

Commodes

Bath Chairs

Bath Benches

Rollator Walkers

Incontinence Supplies

Transport Wheelchairs (wheelchairs are intended for transport and are not self-propelling or self-breaking).

For additional information, or for an application, please contact:
Debby Higgins at 617-625-6600 ext. 2321.



COA Board of Directors

*Daisy Monsalve *Edna Murray *Neeraj Wadhera *Pina Mingace
* Maclise Jean *Marian Bremer

Council on Aging Board Meeting
Friday, February 2, 2024 at 11:00am at the Holland Street Center.

Interested in getting more involved with city decision-making? Take a look at these opportunities to join a board or commission! <https://www.somervillema.gov/besomerville> or call 311 for more information.

Multicultural Meals Program for February

Congratulations to Somerville-Cambridge Elder Services (SCES), recipient of American Rescue Plan Act (ARPA) Funding from the City of Somerville. SCES will use this funding to provide free, hot, lunches to Somerville's older adults at both the Holland Street and Ralph and Jenny Senior Centers through June of 2024.

Multicultural lunches are catered by Somerville businesses and will be served at noon, following BINGO.

Date	Meal	Location
Thursday, February 1st	Chinese - Greater Boston Chinese Golden Age Center	Holland St. Center
Tuesday, February 6th	Portuguese - J&J Restaurant	Ralph & Jenny Center
Thursday, February 8th	Italian - Alfredo's Italian	Holland St. Center
Tuesday, February 20th	Chinese - Greater Boston Chinese Golden Age Center	Ralph & Jenny Center
Thursday, February 22nd	Italian - Alfredo's Italian Kitchen	Holland St. Center
Tuesday, February 27th	Portuguese - J&J Restaurant	Ralph & Jenny Center



All are welcome! **Registration is required.**
Please call Debby at 617-625-6600 ext. 2321

*Lunch will be served following bingo at 12:00pm.
Grab n' go lunches catered by City Fresh (SCES) remain available.*

Senior Center Locations

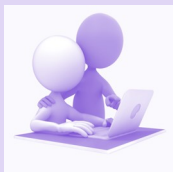
Holland Street Senior Center - 167 Holland St.
Ralph & Jenny Senior Center - 9 New Washington St.

Tech Open Hours

Have a technology question? Come on by and we'll see if we can help!

***Tuesdays, February 6th, 20th & 27th
from 9:30am-10:30am.***

RSVP by contacting Molly at
617-625-6600 ext. 2318 or
at mpagliuca@somervillema.gov.



Shifting Gear: A presentation on driving from the Registry of Motor Vehicles

Have you considered giving up your license or are having concerns about a loved ones ability to drive?

The Registry of Motor Vehicles is presenting information about how different aspects of aging can affect our ability to drive and what to consider when thinking about stopping driving.

Join us at The Holland Street Center on
Friday, March 8th at 11:00am

To RSVP please contact Natasha at
617-625-6600 ext. 2317.



Partial funding for this newsletter is provided by the Executive Office of Elder Affairs, Formula Grant.

Featured Exercise Standing Hip Extension

Hip extension occurs when one opens or extends the hip joint so that the angle between the pelvis and thigh increases.

With the standing hip extension exercise, hold onto the back of a chair for support and keep the hips even for a steady set up. Then, extend one leg straight backwards, with minimal bend in the knee, while the other leg stays put on the ground. Alternating kickbacks or adding repetitions on each side are some ways to add patterning to the movement.

In general, this exercise improves flexibility of the hip and leg while strengthening the glute and hamstring muscles. Additionally, this movement helps with stability of the lower body and can help alleviate joint pain in that area.

Heart Healthy February Fitness!

For additional information regarding our fitness programs,
please contact Michelle at 617-625-6600, ext. 2315



General Exercise
at the Holland Street Center

Mondays
February 5th, February 12th & February 26th at 9:00am
Every Wednesday
at 9:00am

General Exercise
at the Holland Street Center

Mondays
February 5th, February 12th & February 26th at 11:00am
Wednesdays
February 21st & 28th at 11:00am

General Exercise
at the Ralph & Jenny Center

Mondays
February 5th, February 12th & February 26th at 3:00pm

Virtual General Exercise Class

Every Wednesday & Thursday via Zoom at 1:00pm
Please email Michelle at mdeutsch@somervillema.gov for the Zoom link.

Virtual Exercise, Strength and Balance with John

Mondays, February 5th, February 12th & February 26th
at 1:00pm
Please email John at jrpecchia@gmail.com for the Zoom link

LGBTQIA+ Exercise Class

Thursdays
February 1st, February 15th, February 22nd & February 29th at 6:00pm **via Zoom**
February 8th in person at 6:00pm at the Holland St. Ctr.
Please email Michelle at mdeutsch@somervillema.gov for the Zoom link.

In Person Yoga - 9:00am Class

Tuesdays, February 6th, February 13th & February 27th at 9:00am at the Holland St. Center

In Person Yoga - 10:00am Class

Tuesdays, February 6th, February 13th & February 27th at 10:00am at the Holland St. Center

Music and Movement

Thursday, February 15th at 4:00pm at the Holland St. Center

Tai Chi

Fridays, February 2nd, February 9th & February 16th
at 9:00am at the Holland St. Center

Zumba

Wednesdays
February 7th & February 14th at 11:00am
at the Holland St. Center

Virtual Yoga

Fridays, February 23rd, March 1st, March 8th, March 15th, March 22nd & March 29th 9:00am Please email Michelle at mdeutsch@somervillema.gov for the Zoom link.



Nutrition Classes with Mary Marshall

Is it better to get nutrients from food or supplements? Let's dive into this topic during the month of February!

Mondays, February 5th, February 12th & February 26th

11:00am-12:00pm via **ZOOM**

12:30pm-1:30pm at the Ralph & Jenny Senior Center

Wednesdays, February 7th, February 14th, February 21st & February 28th

10:00am-11:00am at the **Holland Street Center**

For more information on our classes or Nutrition tips, contact Mary at headtofitness10@yahoo.com or 617-625-6600 ext. 2316

Health Benefits of Turmeric

Turmeric, a bright yellow spice commonly used in Indian cuisine, has been recognized for its numerous health benefits and versatile uses. Most people have heard of turmeric but might not have heard of the active health-enhancing ingredient found in it, the polyphenol curcumin.

Here are some potential health benefits and uses of turmeric:

Anti-Inflammatory Properties: Curcumin, the main active ingredient in turmeric, has anti-inflammatory effects. It may help in managing chronic inflammatory conditions.

Antioxidant Activity: Turmeric is a powerful antioxidant, which helps neutralize free radicals in the body. This can contribute to overall health and well-being.

Heart Health: Turmeric may have cardiovascular benefits, such as improving endothelial function and reducing the risk of heart disease. Additionally, when using more natural seasonings like turmeric in cooking the ability to lower the sodium used is a benefit which can help lower blood pressure.

Brain Health: Some studies suggest that curcumin may cross the blood-brain barrier and has potential neuroprotective effects, which could be beneficial for brain health.

Digestive Health: Turmeric has been traditionally used to support digestion. It may help reduce symptoms of indigestion and bloating.

Type 2 Diabetes Management: Curcumin may help improve insulin sensitivity and has anti-diabetic effects, potentially aiding in the management of type 2 diabetes.

It's essential to note that while turmeric offers numerous health benefits, it's always a good idea to consult with a healthcare professional before using it for therapeutic purposes, especially in medicinal quantities or as a supplement. National Institutes of Health (<https://www.ncbi.nlm.nih.gov>) notes that individual responses to turmeric may vary and excessive consumption may cause side effects in some people.

Turmeric Chicken Stew



INGREDIENTS:

- 1 tsp olive oil
 - 1 onion, peeled and diced
 - 2 carrots, rinsed and diced
 - 1 tsp minced garlic
 - 1/2 cup diced peppers
 - 4 cups low-sodium vegetable broth (or chicken broth)
 - 2 boneless skinless chicken thighs, diced
 - 2 cups diced potatoes
 - 2 tsp Italian seasoning (salt-free)
 - 2 tsp ground turmeric
 - 1 pinch red pepper flakes or Aleppo pepper flakes
 - 1/4 cup chopped fresh parsley
-

INSTRUCTIONS:

1. Heat a large Dutch oven over medium heat. Add the oil and sauté the onions, carrots, peppers, and garlic for a few minutes. (If you do not have a Dutch Oven, a cast iron skillet, stockpot, crockpot or a covered frying pan can be used).
2. Add the broth, chicken, potatoes and all seasonings except the parsley.
3. Bring to a boil, cover, and lower the heat to a simmer.
4. Cook for 25 minutes or until the chicken is done and the potatoes are tender.
5. Top with chopped parsley and serve hot.
6. You can freeze leftovers in portion sized containers for future use.

Serves 6. Each 1 cup serving: 209 calories, 4 g fat, 1 g saturated fat, 54 mg cholesterol, 83 mg sodium, 30 g carbohydrates 6 g fiber, 5 g sugar, 15 g protein.

Life Transitions: A Life Well Lived is a Life Well Planned

As we age, some of the hardest conversation that we will have with loved ones will be around our care.

If you find yourself looking for ways to start these conversations or to hear more about what these conversations should cover, consider this presentation.

On **Friday, February 16th from 11:00am-12:00pm**, at the Holland Street Senior Center, a representative from Visiting Nurse & Community Care will be presenting on how to guide these conversations.

To RSVP, please contact Natasha at 617-625-6600 ext.2317



Intergenerational Poetry

The Somerville Council on Aging, in collaboration with Harvard University's Poetry without Borders course, are hosting intergenerational sessions to learn about and celebrate poetry.

Over three sessions, we will be discussing and writing works of poetry. No experience with poetry is required and creative writing will be optional.

Sessions will be held at the Holland Street Center on **Monday, March 25th, Monday, April 1st and Monday, April 8th from 3:00pm-4:00pm.**

To sign up please contact Natasha Naim at 617-625-6600 ext. 2317 or email her at nnaim@somervillema.gov

Mass. Senior Action, a senior advocacy agency, will be at the Holland St. Center on **Thursday, February 22nd at 9:00am** in the lobby, stop by to find out more about their latest projects.



The Love Punch

**Friday, February 2nd at
10:30am
Holland St. Center**

.....
***Starring: Pierce Brosnan
& Emma Thompson***

A divorced couple schemes to recover the retirement money that was stolen from them.

Rated PG-13 Running Time 1h 34m

RSVP to Debby by calling
617-625-6600 ext. 2321 or
dhiggins@somervillema.gov

\$2 per person for Pizza Lunch.

COFFEE & CONVERSATION

Come enjoy some fresh coffee and have great conversations with your peers. Meet and mingle with new friends.

Mondays at the ***Ralph & Jenny Senior Center from 10:00am to 11:00am.***

February Dates: 5th, 12th & 26th
Grab and Go lunch available.

RSVP to Maureen by calling
617-625-6600 ext. 2335 or
email
mbastardi@somervillema.gov



Knitting Group

Learn how to knit a scarf with Natasha!

On ***Tuesday, February 20th*** and ***Tuesday, February 27th***
we will learn the skills to complete a simple, beginner's level scarf.

*To RSVP, please call Natasha at
617-625-6600 ext. 2317.*

February Notes:

The Somerville Council on Aging will be ***closed*** on
Monday, February 19th in observance of President's Day.

As a reminder when the snow starts to fly we want to keep everyone safe. Therefore, when Somerville Public Schools are closed, the Somerville Council on Aging will also cancel all programming. Once schools are back in session, we'll be back to our regular schedule.

Leap Year Fun Facts - February 29th

- Without leap day, our calendar would be off by about 24 days every century, or every 100 years!
- During leap years, January, April, and July all start on the same day of the week.
- Your chances of being born on a leap day are approximately 1 in 1500.

Bingo on Tuesdays	<u>Tuesdays</u> February 6th, February 20th & February 27th at 10:00am at the Ralph & Jenny Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Bingo on Thursdays	<u>Thursdays</u> February 1st, February 8th, February 22nd & February 29th at 10:00am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
LCR Game Day	<u>Friday, February 23rd</u> 10:00am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Music & Munch	<u>Wednesday, February 14th</u> 12:00pm at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Tech Time—Drop In Hours - NEW TIME	<u>Tuesdays</u> February 6th, 20th & 27th at 9:30am at the Holland St. Center	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Book Club	<u>Friday, February 16th</u> 10:00am at the Holland St. Center or <u>via Zoom</u>	To RSVP or to inquire of the book club selection please contact Natasha at 617-625-6600 ext. 2317
Movie Day	<u>Friday, February 2nd</u> at 10:30am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Project Outlook	<u>Thursday, February 29th</u> 2:00pm at the Holland St. Center	RSVP to Claudia at 857-237-1801 or Molly at 617-625-6600 ext. 2318





Coffee & Conversation	<u>Mondays</u> February 5th, February 12th & February 26th 10:00am at the Ralph & Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Nutrition Classes-Mondays	<u>Mondays</u> February 5th, February 12th & February 26th at 11:00am via <u>Zoom</u> and 12:30pm in person at the Ralph & Jenny Ctr.	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Nutrition Class - Wednesday	<u>Wednesdays</u> February 7th, February 14th, February 21st & February 28th at 10:00am at the Holland St. Ctr.	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Brown Bag Supplemental Food Program	<u>Thursday, February 22nd</u> , pick up from 9:00am-noon at the Ralph & Jenny Ctr.	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
Bowling	<u>Wednesdays</u> , February 7th, February 14th, February 28th at 9:00am-11:00am at Flat Bread Pizza in Davis Square	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Veteran's Group	Meets the fourth <u>Tuesday</u> of the month (February 27th) at the Holland St. Center at 10:30am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Men's Group	Meets the second <u>Tuesday</u> of the month (February 13th) at the Holland St. Center at 10:30am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
LGBTQIA+ Social	<u>Thursday, February 8th</u> at the Holland Street Center 4:30pm to 6:00 pm	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Memory Café	Meets the first <u>Tuesday</u> of the month (February 6th) at the Holland St. Center at 2:00pm.	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Knitting Group	<u>Tuesdays</u> February 20th & February 27th at 2:00pm at the Holland St. Center.	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov



KATJANA BALLANTYNE
MAYOR

Cultural Series Event

Musical Ventriloquist Kevin Driscoll & Friends Comedy Show



**Thursday, February 15th
11:00am
Holland Street**

*Portuguese Lunch from J&J Restaurant and performance is
brought to you at no cost by
Somerville Cambridge Elder Services Multicultural
Meal Program, a City of Somerville, ARPA funded program.*

*Please reserve your spot for the event and lunch by calling Debby
at 617-625-6600 ext. 2321.*



The Somerville COA has been invited by the Boston Red Sox
to Fenway Park on

Tuesday, February 14th at 12:00pm for a
Valentine's Day Luncheon and Dance.

The Boston Red Sox have graciously provided us with 10 seats to their celebration!
If you would like to attend, please RSVP to Debby at 617-625-6600 extension, 2321.

RSVPS will be accepted only on **Tuesday, February 6th
and Wednesday, February 7th.**

All RSVPs will then be entered into a raffle which will be drawn on
Thursday, February 8th at 9:30am at the Holland Street Center.

Lucky winners will be notified by phone on February 8th! Residents who attended
last year will be not be eligible this year.

*This event is open to Somerville Residents only.
Transportation cost to Fenway Park will be provided by
The Somerville Council on Aging.*