



Somerville Council on Aging News

January 2026



JAKE WILSON
MAYOR

A center for learning, wellness and connections

Director

Ashley Speliotis, LICSW, ME.d
aspeliotis@somervillema.gov
617-625-6600 ext. 2310

Staff

Connie Lorenti ▪
Administrative Assistant
clorenti@somervillema.gov
617-625-6600 ext. 2319

Natasha Naim ▪
LICSW Social Worker
nnaim@somervillema.gov
617-625-6600 ext. 2317

Molly Pagliuca ▪
LCSW Social Worker
mpagliuca@somervillema.gov
617-625-6600 ext. 2318

Debby Higgins ▪
Outreach Coordinator
dhiggins@somervillema.gov
617-625-6600 ext. 2321

Michelle Deutsch ▪
Health & Wellness Coordinator
mdeutsch@somervillema.gov
617-625-6600 ext. 2315

Maureen Cuff Bastardi ▪
Program Coordinator
mbastardi@somervillema.gov
617-625-6600 ext. 2335

Mary Marshall ▪
Nutritionist
headtofitness10@yahoo.com
617-625-6600 ext. 2316

Josephine Raczkowski ▪
Receptionist
jraczkowski@somervillema.gov
617-625-6600 ext. 2300

Judy Calvey ▪
Senior Center Coordinator
jcalvey@somervillema.gov
617-625-6600 ext. 2300



Happy New Year Luncheon

Thursday, January 8th
11:00am-1:00pm
Dilboy Post
351 Summer St

Join us for our New Years Dance Party.
Wear your finest sparkles and help ring in 2026!

\$10 per person

*Please reserve your spot by calling Debby
at 617-625-6600 ext. 2321*

ActiveAgers Kickoff Party

Friday, January 30th
11:00am-1:00pm
Holland St. Center



What motivates you to stay active?

Somerville and the Somerville Council on Aging has been named an Active Aging Community through the Massachusetts Council on Aging. The goal of this program is to encourage seniors to prioritize their health through movement and fitness.

Let's Celebrate!

Join special guest Jane Burell and Health and Wellness Coordinator Michelle Deutsch as they lead us in a dance party and sing-a-long. There will be raffle prizes and lunch available!

Space is Limited.

To RSVP, please contact Michelle at 617-625-6600 ext. 2315



LET'S HIT THE RESET!

The holiday season is one of the best times of year. Cozy dinners with loved ones, twinkling lights, traditions that make us feel connected. But let's be honest, it can also feel like a whirlwind. Between work, decorating the house, preparing meals, shopping for gifts, and navigating a calendar full of events, it's easy to feel like your healthy habits have been left behind. You have probably been thinking you'll just wait until January to get back on track.

Instead of pressuring yourself, try starting with small steps. Choosing one or two healthy habits to focus on can make you feel better, give you more energy and will be less stressful overall. You may already have the guilt of overindulging, why compound that with overwhelming yourself with resolutions that are too difficult to maintain.

Try small changes such as swapping out a day of takeout for cooking more lean protein and vegetables. Join an exercise class or do some stretching at home to get your energy level up. Small steps may seem like they won't make a difference, but once you get started, your body will let you know you are on the right path.



Prep time: 10 mins
Cook time: 10 mins
Total time: 20 mins
Serves: 2-4 servings

Ingredients

Oatmeal

- * 1½ cups rolled oats
- * ½ cup quinoa
- * 2 tbsp. flaxseed meal
- * 1½ tbsp. chia seeds
- * 1 tsp. vanilla extract
- * ½ tsp. cinnamon
- * 3 tbsp. maple syrup + more for drizzling
- * 2 cups unsweetened vanilla almond milk or other nut milk
- * 2 cups water

Toppings

- * Sliced banana
- * Berries
- * Sliced peaches or pear
- * Chopped apples
- * Hemp hearts
- * Pepitas
- * Chopped Dates
- * Nuts

Instructions:

1. In a medium saucepan, mix together oats, quinoa, flaxseed meal, chia seeds, vanilla extract, cinnamon, maple syrup, almond milk, and water. Bring to a simmer over medium heat, stirring frequently to prevent sticking. When the liquid is just about gone, your oats and quinoa are fully cooked!
2. Serve with your favorite toppings and an extra drizzle of maple syrup.

For more tips or information on our Nutrition classes, please contact Mary at Headtofitness10@yahoo.com or 617 625-6600 ext. 2316



Somerville-Cambridge Elder Services Meal Program

All are welcome!

Registration is required. You will need to register on a weekly basis.

Each week, on Monday or Tuesday, call the COA Reservation line at 617-625-6600 ext. 2323, to reserve your spot for the following week.

Please leave your name, phone number and the day/days you would like to attend for the upcoming week. We will return your call to confirm your reservation by Wednesday afternoon.

Please call every week to sign up for bingo, lunch, and transportation. Please note, as of January 1st we are no longer able to accept reservations on behalf of friends or neighbors.

Please remember the voucher for Green Cab has changed—make sure you confirm your transportation with Debby when you sign up for lunch!

Lunches are provided by Somerville Cambridge Elder Services, Congregate Meal Program and catered by City Fresh; donation of \$3 is suggested.

Meal Dates & Locations

MENU SUBJECT TO CHANGE
Meals Served at Noon



Tuesdays
at the Ralph & Jenny Center
 9 New Washington Street

January 6th - Hot or Cold Lunch
January 13th - Hot or Cold Lunch
January 20th - Hot or Cold Lunch
January 27th - Hot or Cold Lunch

Thursdays
at the Holland Street Center
 167 Holland Street

January 15th - Hot or Cold Lunch
January 22nd - Hot or Cold Lunch
January 29th - Hot Lunch

**FDIC:
Money Smart
Avoiding Charity Scams
Friday, January 9th at 11am
Holland St. Center**

Back by popular demand, FDIC's Money Smart series has returned. This month, representatives from Northern bank will be visiting the Council on Aging to discuss an important topic, Charity Scams. While we may want to open our heart and wallets to contribute to public good, scammers are hoping to trick you and steal your money. During this presentation we will learn how to spot a charity scam and what to do to avoid being scammed.

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

**LCR Game Day
Friday, January 23rd at 10am
Holland St. Center**

LCR-Left Center Right is a fun, fast-paced dice game that you won't be able to put down! Players roll the dice to determine where they pass their chips. The last player with chips is the winner and wins the center pot.

*RSVP to Debby at 617-625-6600 ext. 2321
or dhiggins@somervillema.gov*



**Project Outlook
Thursday, January 22nd
2pm-4pm
Holland St. Center**

Project Outlook is a group for those who are blind or have low vision to gather, socialize, and enjoy a meal together.

*Please contact Molly at 617-625-6600
ext. 2318 or
at mpagliuca@somervillema.gov for more
information, or to register.*

COA Board of Directors Meeting

**Daisy Monsalve *Neeraj Wadhera
*Pina Mingace *Macrise Jean
*Marian Bremer * Brad Bortner *Tania
Mederios *Ellen Ellis*

Council on Aging Board Meeting
Friday, January 9th at 11:00am at the Holland Street Center.

This is an open meeting; members of the public are always welcome to attend.

**Virtual Reality
at the Holland St. Center**

Friday January 9th at 10am: Travel
In this session we will travel to different destinations and learn interesting facts about each place.

Monday January 12th at 2pm: Meditation
Relax through guided meditation in a calming and serene virtual reality environment.

*Please contact Molly at
617-625-6600 ext. 2318 or
at mpagliuca@somervillema.gov for more information, or to register.*

Book Club

Join the COA book club either in person or on Zoom on ***Friday, January 16th*** from 10am-11am. This month we will be discussing, *Lost Words* by Pip Williams.

If you have any questions, please contact Natasha at 617-625-6600 ext. 2317

Memory Café Tuesday, January 6th 2:00pm Holland St. Center

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

For January's Café we will be painting canvases!

Please contact Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov for more information, or to register.

Music & Munch with Laura Zoll Tuesday, January 27th at 12:00pm Holland St. Center

Learn a little, sing-along, relax and enjoy some Music while you Munch.

Please rsvp to Debby at 617-625-6600 ext. 2321 or at dhiggins@somervillema.gov.

Grab & Go lunch available upon request.

Technology drop-in hours: Every Tuesday in January 9am-10am Holland St. Center

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





New Year, New You!

General Exercise at the Holland Street Center

Mondays

January 5th & January 26th

at 9am and 11am

No Classes January 12th & January 19th

General Exercise at the Holland Street Center

Wednesday, January 7th

at 9am and 11am

Wednesdays, January 21st & January 28th at 9am only

No Class on January 14th

General Exercise at the Ralph & Jenny Center

Mondays

January 5th & January 26th at 3pm

No class on January 12th & January 19th

Virtual General Exercise

Every Wednesday at 1pm except January 14th and Every Thursday at 2:30pm on Zoom except January 1st and 15th.
E-mail Michelle at mdeutsch@somervillema.gov for the Zoom Link

LGBTQIA+ Exercise Class

Thursdays, January 8th, January 22nd & January 29th at 5:30pm on Zoom. Please email Michelle at mdeutsch@somervillema.gov for the Zoom link.
No classes on January 1st & January 15th

Virtual Exercise, Strength and Balance with John

Mondays, January 5th, January 12th & January 26th at 1pm.
Please email John at jrpecchia@gmail.com for the Zoom link
No class on January 19th

Yoga with Louise

Tuesdays, January 6th, January 20th & January 27th
at 9am and 10am at the Holland St. Center
No classes on January 13th

Music and Movement

Tuesday, January 20th at 1pm at the Holland St. Ctr.

LaBlast

Friday, January 2nd at 9am at the Holland St. Center.

Zumba Gold

Wednesdays, January 14th, January 21st, January 28th, February 4th, February 11th & February 18th
at 11:30am at the Holland St. Ctr.

Healthy Steps

Thursdays, January 22nd, January 29th, February 5th, February 12th, February 19th & February 26th
at 3pm at the Holland St. Ctr.

Knowledgeable staff and instructors lead a variety of exercise sessions and wellness opportunities to encourage and implement healthy habits among older adults. By offering free exercise classes, at various times, through different platforms, we try to make physical and mental wellbeing our priority!

For more information and to register, contact Michelle at 617-625-6600 x2315

All exercise classes are brought to you, free of charge, by the City of Somerville and the Executive Office of Aging & Independence, Formula Grant.

For your safety, we ask that you do not join class more than 10 minutes after the start time.

JANUARY NUTRITION CLASSES RESET FOR THE NEW YEAR



This time of year, is a good time to think of a fresh start, not resolutions. Doing something better or something that can improve your life in any way gives you a positive attitude of wellbeing. We will start our year off with topics that will help you decide if you need to make changes or if you just need to continue on your healthy journey as you always have.

Via Zoom

Monday, January 5th, January 12th & January 26th
11:00am-11:45am

Ralph and Jenny Center

Monday, January 5th, January 12th & January 26th
12:30pm-1:30pm

Holland Street Center

Wednesday, January 7th, January 14th, January 21st & January 28th
10:00am-10:45am

*For more information on any of the classes, or to schedule a consultation,
contact Mary at Headtofitness10@yahoo.com or call
617-625-6600 ext.2316*

SPA DAYS AT THE CENTER



The Somerville High School Cosmetology Students will be joining us on **Friday, January 16th** from **10:30am – 1pm** for a spa day at the Holland St. Center.

Services will include:

Manicures (regular or gel) - \$5

Hair styling (roller sets, curling iron sets, flat iron styling, any updo or braids) - \$5

Facials (basic and relaxing) - \$10

Haircuts (we can spray hair with water bottle) - \$5

RSVP to Mary Marshall 617 625-6600 ext.2316 or headtofitness10@yahoo.com

Space is limited with a maximum of 14 participants/one service per client.

Monthly COA Schedule

*Please note not all programs may be listed.
Schedule subject to change.*

Bowling	<u>Every Wednesday in January</u> at <u>9am-10am</u> at Flat Bread Pizza in Davis Square	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Bingo on Tuesdays Ralph & Jenny Center	<u>Every Tuesday in January</u> at 10am at the Ralph & Jenny Ctr.	RSVP to Debby at 617-625-6600 ext. 2323 or dhiggins@somervillema.gov
Bingo on Thursdays Holland St. Center	<u>Thursdays</u> <u>January 15th, January 22nd & January 29th</u> at 10:00am at the Holland St. Ctr.	RSVP to Debby at 617-625-6600 ext. 2323 or dhiggins@somervillema.gov
Technology Open Hours	<u>Every Tuesday in January</u> at 9:00am at the Holland St. Ctr.	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Book Club	<u>Friday, January 16th</u> 10am at the Holland St. Ctr. or <u>via Zoom</u>	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
Knitting Group	<u>Every Tuesday in January</u> at 2pm at the Holland St. Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
Memory Café	<u>Tuesday, January 6th</u> at the Holland St. Ctr. at 2pm.	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Brown Bag Supplemental Food Program	<u>Thursday, January 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
Veteran's Group	<u>Tuesday, January 27th</u> at Holland St. Ctr. at 10:30am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Virtual Reality	<u>Friday, January 9th</u> at 2pm <u>Monday, January 12th</u> at 12pm at the Holland St. Center	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Men's Group	<u>Tuesday, January 13th</u> at 10:30am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov

The Somerville Council on Aging will be closed on **Monday, January 19th** in observance of Martin Luther King Jr. 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.

Portuguese Coffee Hour	<u>Tuesday, January 20th</u> at 2pm at the Ralph & Jenny Center.	For more information, please contact Rafael Peruzzo at 617-625-6600 ext. 2123
Spanish Coffee Hour	<u>Tuesday, January 13th</u> at 2pm at the Ralph & Jenny Center.	For more information, please contact Francia Reyes at 617-366-7796
Coffee & Conversation - Ralph & Jenny Center	<u>Every Monday in January</u> at 10am at the <i>Ralph & Jenny Ctr.</i> <u>No Group January 19th</u>	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Coffee & Conversation - Holland St. Center	<u>Thursdays, January 15th, January 22nd & January 29th</u> at 10:30am at the <i>Holland St. Ctr.</i>	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Nutrition Classes Mondays -Virtual	<u>Mondays</u> <u>January 5th, January 12th & January 26th</u> at 11am <u>via Zoom</u>	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Nutrition Classes Mondays Ralph & Jenny Center	<u>Mondays</u> <u>January 5th, January 12th & January 26th</u> at 12:30pm at the <i>Ralph & Jenny Ctr.</i>	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Nutrition Class Wednesday Holland St. Center	<u>Wednesdays</u> <u>January 7th, January 14th, January 21st & January 28th</u> at 10am at the <i>Holland St. Ctr.</i>	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Project Outlook	<u>Thursday, January 22nd</u> from 2pm at the Holland St. Center	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
LCR Game Day	<u>Friday, January 23rd</u> at 10am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov

Plant 101
Tuesday, January 13th
1pm—2pm
Holland St. Center

Back by popular demand, we are inviting Alexandra to return to our center to share her love of plants with you. Bring your questions and curiosity about how to choose and cultivate healthy and happy plants.

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

Crochet with Tuft's Hooked Club
Wednesday, January 21st
1pm-2:30pm
Holland St. Center

If you are hoping to learn how to Crochet, look no further than our collaboration with Tufts Hooked Club. Tufts Hooked Club is a organization comprised of Tufts students who want to spread the awareness of the mental health benefits of fiber arts like Crochet. Join members of Tufts Hooked who will to teach us how to Crochet!

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



Knitting with Natasha

Learn how to knit with Natasha in a fun and friendly group environment. This drop in group welcomes those who are new to the craft and those looking to building community in the new year. We meet on **Tuesday, January 6th, 13th, 20th and 27th from 2pm-3pm** at the Holland St. Center.

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



Healthy-Steps

Healthy-Steps is a movement program designed to help you thrive! This playful class is for everyBODY and can be done seated or standing. It focuses on improving strength and endurance, range of motion, and provides an opportunity to work on balance. Dance with props to eclectic music and have fun on the way to better health.

Six week program on Thursday, January 22nd and 29th, February 5th, 12th, 19th and 26th
at 3pm at the Holland Street Center
To RSVP, please contact Michelle at 617-625-6600 ext. 2319

**Coffee & Conversations at the Ralph & Jenny Center
Every Monday in January except for the 19th (holiday)
10:00am to 11:00am**

**Coffee & Conversations at the Holland Street Center
Thursday, January 15th, 22nd & 29th
10:30am to 11:45am**

Join us for this staff-led discussion group which covers a range of topics thought up by participants. This is a friendly group, where all topics are discussed respectfully. Free of charge; all are welcome. Grab-n-Go lunch is available upon request; at least a week in advance. RSVP to Maureen at 617-625-6600, ext. 2335 or mbastardi@somervillema.gov



LGBTQIA+ Social

**Thursday, January 22nd
(The fourth Thursday of every month)
4:30pm to 6:00pm
Holland St. Center**



Join us for a couple slices of pizza & conversation with your peers. Free of charge; all are welcome.

RSVP to Maureen by calling 617-625-6600, ext. 2335 or [at mbastardi@somervillema.gov](mailto:mbastardi@somervillema.gov) by **Tuesday, January 20th**



Starting in January, Council on Aging staff are asking that each person call in to RSVP for lunches and programs for themselves. Unfortunately, we will no longer be able to accept reservations for groups, or for your friends and neighbors.

We thank you for your help in making the Council on Aging be a warm and welcoming center for all!

Coming in February

February Arts & Crafts



**Friday, February 6th
11am
Holland St. Center**

For more information or to RSVP contact Maureen
at 617-625-6600, ext. 2335 or mbastardi@somervillema.gov.

**Winter Olympics Event
Thursday, February 12th
10:00am
Holland Street Center**

Participate in the 2026 Winter Olympics with the Somerville Council on Aging!
Travel the world and enjoy fun and easy games! Try your hand at modified hockey,
curling, skiing and much more.

Let the games begin!

**Lunch to follow, \$3 per person
Space is limited.**

*To RSVP please contact Michelle at mdeutsch@somervillema.gov or
617-625-6600 ext. 2315*

