



Somerville Council on Aging

March 2024

A center for learning, wellness and connections.

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St. Patrick's Day Luncheon

Thursday, March 14th
11:00am at The George Dilboy Post
351 Summer Street

\$10 per person.

Join us for an afternoon of music, a lunch of corned beef and cabbage, and a performance by the Rebecca McGowan School of Irish Dance.

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



Pioneering Women of Early Rock and Roll

Thursday, March 21st at
11:00am at the Holland St. Center

**Cultural Series
Event**

When it comes to the early days of rock 'n' roll some of the most pioneering and powerfully influential figures were women. This show will highlight women who were instrumental in making rock and roll what it is today. The Retro Polatin Duo, Jill Goldman and David Polatin, will sing, play, and discuss some of the women who defied the odds and changed the landscape of rock and roll.

***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.*



Bring Your Canvas to Life

Join Licensed Mental Health Counselor and Registered Art Therapist, Erica Curcio for a relaxing and crafty afternoon.

Did you know that a canvas can be used for more than painting?

Together we will bring your canvas to life! Using artificial flowers, canvas and markers you will create a composition that looks real! You can either hang this in your home or give as a gift to a friend!

Monday, March 11th from 1-3pm
167 Holland Street

\$3 per person for materials

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

Grab and Go lunch available
upon request.



Project Outlook

Thursday, March 28th from 2-4pm
167 Holland Street

Project Outlook is a group for low vision and blind seniors to gather, and socialize.

This month's group will feature **Mr. Erin Fragola from Perkins School for the Blind**. He will be presenting on services available through the Perkins Institute and the National Library Service for the Blind and Print Disabled.

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

Memory Cafe

Tuesday, March 12th from 2-4pm
167 Holland Street

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 the March 12th Café, Musician Ruth Rappaport will be leading a sing-along that will include popular show tunes as well as pop and folk songs! Dinner will be served.

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

Multicultural Meals Program for March

Congratulations to Somerville-Cambridge Elder Services (SCES), recipient of an 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.



All are welcome! **Registration is required.**
You will need to register on a weekly basis.

Each week call the ***COA Reservation line at 617-625-6600 ext. 2323, Monday thru Wednesday* 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 Thursday afternoon.

Date	Meal	Location
Tuesday, March 5th	Portuguese - J&J Restaurant	Ralph & Jenny Center
Thursday, March 7th	Chinese - Greater Boston Chinese Golden Age Center	Holland St. Center
Tuesday, March 12th	Italian - Alfredo's Italian Kitchen	Ralph & Jenny Center
Tuesday, March 19th	Chinese - Greater Boston Chinese Golden Age Center	Ralph & Jenny Center
Thursday, March 21st	Portuguese - J&J Restaurant	Holland St. Center
Tuesday, March 26th	Portuguese - J&J Restaurant	Ralph & Jenny Center
Thursday, March 28th	Italian - Alfredo's Italian Kitchen	Holland St. Center

New Classes!

***To learn more, contact Michelle at 617-625-6600 ext. 2315
or mdeutsch@somervillema.gov***

FLAMENCO DANCE

Intro to Flamenco dance for adult beginners.

Six week program starting
***Monday, March 4th at 1pm
at the Holland Street Center.***

Flamenco is a Spanish dance style, passionate and full of moments of joy. Finger and body movements make us feel free to express ourselves and characteristic rhythms stimulate our heartbeat.

Let's get dancing and discover a new experience.

Please bring a bottle of water and wear comfortable clothes.

BALLESTONE DANCE

Five week program starting
***Tuesday, March 5th at 1pm
at the Holland Street Center.***

Balletone™ is a program for the Non-Dancer and everyBODY. Ballet techniques provide a foundation for healthier posture, body alignment, improved balance, and control of the body. Balletone™ is also influenced by Pilates, with centering and flowing transitions that are gentle and slow. It fuses the best of fitness through movement in all planes, develops coordination, and focuses on strength, aerobic endurance and flexibility. Enjoy moving to music and getting into the flow while feeling both elegant and energized.



Nutrition Classes with Mary Marshall

Knowing what our body needs is key to better health. During National Nutrition month, we will explore easy ways to incorporate healthy habits that are easy to understand into our everyday lives.

Join us at our weekly classes:

Mondays, March 4th, March 11th, March 18th & March 25th

11:00am-12:00pm via ZOOM

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

Wednesdays, March 6th, March 20th & March 27th

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

March into Fitness!

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



General Exercise at the Holland Street Center

Every Monday in March

at 9:00am and 11:00am

Every Wednesday in March

at 9:00am and 11:00am

Balletone Fitness

Every Tuesday in March

at 1:00pm at the Holland St. Center

General Exercise at the Ralph & Jenny Center

Every Monday in March

at 3:00pm

Virtual General Exercise Classes

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

Every Monday in March at 1:00pm

Please email John at jrpecchia@gmail.com for the Zoom link

LGBTQIA+ Exercise Class

Thursdays

March 7th, March 21st & March 28th at 6:00pm via Zoom

March 14th 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, March 5th, March 12th & March 19th

at 9:00am at the Holland St. Center

In Person Yoga - 10:00am Class

Tuesdays, March 5th, March 12th & March 19th

at 10:00am at the Holland St. Center

Flamenco Dancing

Every Monday in March

at 1:00pm at the Holland St. Center

Walking Club

Every Thursday at 9:00am: meet at the Holland St. Center entrance. *Weather Permitting*

Virtual Yoga

Fridays, March 1st, March 8th, March 15th,

March 22nd & March 29th 9:00am Please email Michelle at mdeutsch@somervillema.gov for the Zoom link.

Nutrition Bingo

**Wednesday, March 13th
10:00am
Holland Street**



Let's Celebrate **NUTRITION MONTH** with a little fun, rather than our regular weekly Nutrition Class, we will be playing Nutrition Bingo!

Come enjoy a fun way to learn more about Nutrition, test your knowledge, and win prizes! All are welcome; no prior nutrition knowledge is necessary.

Space is limited, RSVP to Mary Marshall at 617-625-6600 ext. 2316 or at headtofitness10@yahoo.com

Grab n' Go Lunch available following Nutrition Bingo upon request.

Join SCES and SCOA

for a nutritious hot lunch and a discussion on
Nutrition Myths: Fact or Fiction
as we Celebrate March Nutrition Month and our dedication to nutrition
and wellness for local adults!

Somerville Council On Aging - Thursday, March 28, 11:30 a.m.

lunch served at 12:00 p.m., to make a reservation call

617-625-6600, ext. 2323

Holland Street Senior Center, 167 Holland St., Somerville

**Meet our dedicated SCES Nutrition Staff and learn about
our meal options and other available nutrition services.**

Minuteman Senior Services Regional SHINE Program

NEW in 2024! Medicare Savings Program eliminates asset test making more beneficiaries now eligible.

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums--currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and your prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309 - \$2552 monthly and married couples earning \$3123 - \$3451 qualify for the Medicare Savings Programs and as of March 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets, now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare, and provide free and impartial information.

SHINE is available to Medicare beneficiaries of all ages by Minuteman Senior Services with partial funding provided by the Administration of Community Living. For more information about SHINE or other aging and disability services contact Minuteman Senior Services at 781.272.7177. SHINE Counselors are also available at the Somerville Council on Aging by calling Molly or Natasha at 617-635-6600 ext. 2318 or 2317.

SCOA Medical Equipment Program

Are you a Somerville resident and in need of durable medical equipment?

The Somerville Council on Aging was the recent recipient of American Rescue Plan Act (ARPA) funding from the City of Somerville which helped us fill our medical supply closet with new equipment.

Equipment currently available is:

Bath Benches - Bath Chairs - Commodes –Rollator Walkers-Transport Wheelchairs
(wheelchairs are intended for transport and are not self-propelling or self-breaking).

This program is available to all Somerville residents with a disability, or age 60 and older, with a documented need for medical equipment.



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

Beginner's De-Cluttering Group

Does the thought of spring cleaning overwhelm you? Have you tried to de-clutter only to find yourself stuck? If you are looking for tips and tricks on how to remove some of your stuff, look no further than the Somerville Council on Aging.

The Somerville Council on Aging is running a Beginner's De-Cluttering support group. Using the Buried In Treasure curriculum, we will explore ways to reduce the amount of clutter in our homes as well as prevent clutter from accumulating.

This six-week group is open to residents of Somerville and Cambridge over the age of 60. The group meets on Thursday from 2:30pm-3:30 pm starting on **Thursday, March 14th** at the Holland St. Center.

To sign up, please call 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



Queen Bees

***Wednesday, March 6th at 1:00pm
Holland St. Center***

***Starring: Ellen Burstyn,
Jane Curtin & Loretta Devine***

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.

Rated PG-13 Running Time 1h 40m

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

\$2 per person for Pizza Lunch.

New Thursday COFFEE & CONVERSATION At Holland St!

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

Thursdays at the ***Holland St. Center from 10:30am to 11:45am.***

***March 7th, 21st & 28th
Grab and Go lunch available
upon request.***

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

Join the Somerville Council on Aging Board of Directors

Applications Now Being Accepted for Three Positions

Are you passionate about supporting the well-being of seniors in Somerville? The Somerville Council on Aging Board of Directors is actively seeking three new members, and we invite all residents to consider applying.

What is the Somerville Council on Aging Board of Directors?

The mission of the Somerville Council on Aging Board of Directors is to inform, assist, and advocate for individuals aged 60 or older residing in Somerville. We work collaboratively with seniors and various agencies to enhance the quality of life for our local older adults.

Who can join?

Any Somerville community member over the age of 18 can apply.

What is the time commitment?

The committee typically meets on the first Friday of each month for a two-hour session. Members commit to serving two-year terms.

How do I apply?

To apply, send us a message sharing why you are interested in joining the Council on Aging Board of Directors. You can send your message to Ashley Speliotis, Director of the Somerville Council on Aging by Wednesday, March 13, 2024 by 5 p.m.

Email your application to aspeliotis@somervillema.gov

Mail your paper application to Somerville Council on Aging, Tufts Administration Building, 2nd Floor, 167 Holland St., Somerville, MA 02144.

When is the application deadline?

Wednesday, March 13, 2024 by 5 p.m.

Questions?

If you have questions or would like more information, contact Ashley Speliotis via email at aspeliotis@somervillema.gov or by phone at (617) 625-6600 ext. 2310.

The City of Somerville does not discriminate on the basis of race, color, religion, age, national origin, disability, or any other protected category. Auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policies and procedures will be provided to qualified applicants and employees with disabilities free of charge, upon request.

Individuals with disabilities who need auxiliary aids and services for effective communication, written materials in alternative formats, or reasonable modifications in policies and procedures, in order to access the programs and activities of the City or to attend meetings, should contact the City's ADA Coordinator, Adrienne Pomeroy, at 617-625-6600 x2059 or apomeroy@somervillema.gov.

COA Board of Directors

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

Council on Aging Board Meeting

Friday, March 1, 2024 at 11:00am at the Holland Street Center.

Daylight savings begins on Sunday, March 10th.

Fun Facts

- * Daylight Saving Time was first implemented during World War I to conserve energy.
- * DST was implemented in the United States in 1918.
- * Arizona and Hawaii are the only two U.S. states that do not observe Daylight Saving Time.



Bingo on Tuesdays	<u><i>Every Tuesday in March</i></u> at 10:00am at the <i>Ralph & Jenny Center</i>	RSVP to Debby at 617-625-6600 ext. 2323 or dhiggins@somervillema.gov
Bingo on Thursdays	<u><i>Thursdays</i></u> <i>March 7th & March 28th</i> at 10:00am at the <i>Holland St. Center</i>	RSVP to Debby at 617-625-6600 ext. 2323 or dhiggins@somervillema.gov
LCR Game Day	<u><i>Wednesday, March 20th</i></u> 10:00am at the <i>Ralph & Jenny Senior Center</i>	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Music & Munch	<u><i>Wednesday, March 13th</i></u> 12:00pm at the <i>Holland St. Center</i>	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Tech Time—Drop In Hours - NEW TIME	<u><i>Tuesdays</i></u> <i>March 12th, March 19th & March 26th</i> at 9:30am at the <i>Holland St. Center</i>	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Book Club	<u><i>Friday, March 15th</i></u> 10:00am at the <i>Holland St. Center</i> or <u><i>via Zoom</i></u> <i>The Other Einstein by Marie Benedict</i>	To RSVP or to inquire about the book club selection please contact Natasha at 617-625-6600 ext. 2317
Movie Day	<u><i>Wednesday, March 6th</i></u> at 1:00pm at the <u><i>Holland St. Center</i></u>	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Project Outlook	<u><i>Thursday, March 28th</i></u> 2:00pm at the <i>Holland St. Center</i>	RSVP to Claudia at 857-237-1801 or Molly at 617-625-6600 ext. 2318
Bowling	<u><i>Every Wednesday in March</i></u> at 9:00am-11:00am at <i>Flat Bread Pizza in Davis Square</i>	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Intergenerational Poetry	<u><i>Mondays</i></u> <i>March 25th, April 1st & April 8th</i> at 3:00pm at the Holland St. Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov

Coffee & Conversation - Ralph & Jenny Center	<u>Every Monday in March</u> 10:00am at the Ralph & Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Game Hour	<u>Every Monday in March</u> 11:00am at the Ralph & Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Coffee & Conversation - Holland St. Center - <u>NEW</u>	<u>Thursdays</u> March 7th, March 21st & March 28th 10:30am at the Holland St. Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Nutrition Classes- Mondays	<u>Every Monday in March</u> at 11:00am via <u>Zoom</u> and 12:30pm <u>in person</u> at the Ralph & Jenny Ctr.	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Nutrition Class - Wednesday	<u>Wednesdays</u> March 6th, March 20th & March 27th 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, March 28th</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	Meets the fourth <u>Tuesday</u> of the month (March 26th) 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 (March 12th) 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, March 14th</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	<u>Tuesday, March 12th</u> 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> March 19th & March 26th at 2:00pm at the Holland St. Center. <u>Learn to make a hat</u>	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov





KATJANA BALLANTYNE
MAYOR

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 one's 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
Grab and Go lunch available upon request.

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



Wednesday, March 27th 1:00pm ***Cultural Musical Event***

Part lecture, part concert.

Come explore the world through music, as vocalist and educator Tamara Jokic discusses the music of the Mediterranean, and performs songs in multiple languages, from Spanish and Hebrew to Serbian and Portuguese — while bringing their historical and cultural contexts to life via stories, images, and video.

Tamara Jokic, an international educator, Sony Recording Artist, and winner of Berklee's Outstanding Vocalist Award, has performed across the world, from European operas to NYC's Carnegie Hall.

Lunch will be provided by SCES at 12:00pm

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

Designing Your Retirement, A Path to a Happy, Healthy, and Fulfilling Retirement

Many enter retirement with little planning, expecting retirement will be an endless vacation. Unfortunately, some will discover they have too much free time or are occasionally bored.

On ***Friday, March 22nd*** at 11am,
the Somerville Council on Aging will host
Hayward Zwerling, M.D.
at the Holland St. Center.

Dr. Zwerling presents a process — based on scientific literature, expert opinion, and common sense — that will empower you to design a happy, healthy, and fulfilling retirement.

It is never too late to build a
better retirement!

*To RSVP, please contact Natasha
at 617-625-6600 ext. 2317
Grab and Go lunch available upon
request.*