



#### **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

# Somerville Council on Aging

## November 2023

**A center for learning, wellness and connections.**



### **Cultural Series Event**

**Joel Light & Dan Moore**

**Thursday, November 30th**

**10:00am**

**Holland Street Center**



Seasonal Holiday Songs, Broadway tunes and familiar singalongs, performed by Joel Light and Dan Moore with live piano music.

*Lunch 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 by calling Debby at 617-625-6600 ext. 2321*

### **Mayor Ballantyne's Thanksgiving Luncheon**

**Tuesday, November 14th**

**11:00am-1:00pm**

**Dilboy Post**

**351 Summer St**

**Somerville, MA 02144**

Enjoy a Thanksgiving Celebration of turkey, stuffing and all the fixings!

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



### **COA Holiday Luncheon**

**Thursday, December 14th**

**11:00am-1:00pm**

**Dilboy Post**

**351 Summer St**

**Somerville, MA 02144**

**\$10 per person**

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

## **Holiday Fraud**



***Friday, November 17th from 11:00am-12:00pm  
Holland St. Center***

The holidays are around the corner and while this is a time filled with warmth and cheer, this is also the time of year when scammers are most active.

Robin Putnam from the Office of Consumer Affairs & Business Regulation will be at the Holland St. Center to inform us on the latest methods and tricks being used by scammers and how we can recognize their scams.

*Stay scam savvy by attending this presentation.*

Lunch and transportation will be provided upon request.

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



## **Open Enrollment**

Open enrollment is here! From October 15<sup>th</sup> through December 7<sup>th</sup> Medicare recipients can review their coverage for 2024 and make changes to their health insurance plans.

If you are looking for assistance with reviewing your current plan and learning about different options for health insurance, look no further than the Somerville Council on Aging. SCOA has SHINE certified health insurance counselors who are available to provide guidance.

*Call either Natasha at 617-625-6600 ext. 2317  
or Molly at 617-625-6600 ext. 2318 to schedule an appointment.*



## Knitting with Natasha

The Somerville Council on Aging is hosting a drop-in knitting group in November.

If you would like to learn how to knit, have any questions regarding your knitting project, or would like to spend time knitting with others, we hope you will consider attending.

Drop-in dates are **Thursday, November 21<sup>st</sup>** and **Thursday, November 28<sup>th</sup>** from **2-3pm** at the Holland St. Center.

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



**Friday, November 3rd at 10:00am**  
**Holland St. Center**

## *Love Again*

***Starring:***

**Priyanka Chopra Jonas, Sam Heughan, Céline Dion**

A young woman tries to ease the pain of her fiancé's death by sending romantic texts to his old cell phone number, and forms a connection with the man the number has been reassigned to.

***Rated PG-13    Running Time 1hr 44min***

RSVP to Debby by calling 617-625-6600 ext. 2321 or [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

*\$2 per person for Pizza Lunch.*

## New Classes for November



### LaBlast®

LaBlast is a revolutionary dance fitness program based on all the dances from "Dancing with the Stars."

Take your mind, body, and soul on a journey through Ballroom and Latin dances from different countries and cultures, while learning the true skill of dance.

This class will be held on ***Fridays, November 3rd, 10th & 17th at 9:00am*** and will continue in December at the Holland Street Center

**For more information on these classes, or any of our exercise programs, please contact Michelle at 617-625-6600, ext. 2315 or [mdeutsch@somervillema.gov](mailto:mdeutsch@somervillema.gov)**



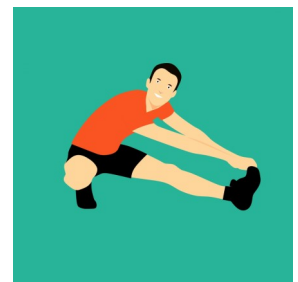
### Virtual Yoga

Enjoy a meditative flow of stretching and strengthening postures. This class will use a chair for support in both seated and balance exercises. Join for a mindful journey that will bring positive energy to your life.

This class will be held on ***Tuesdays, November 7th, 14th, 21st & 28th via Zoom at 3:00pm***

### General Exercise at the Ralph and Jenny Center

Beginning ***Monday, November 6th at 3pm***, and every Monday following, join Michelle as she leads a general exercise program at the Ralph and Jenny Senior Center. All levels of participants are welcome to attend.



## Fall 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**  
at 9:00am  
**Every Wednesday**  
at 9:00am

**General Exercise  
at the Holland Street Center**

**Every Monday**  
at 11:00am  
**Every Wednesday except November 1st**  
at 11:00am

**Virtual General  
Exercise Class**

**Every Wednesday & Thursday via Zoom** at 1:00pm  
Please email Michelle at [mdeutsch@somervillema.gov](mailto:mdeutsch@somervillema.gov) for the Zoom link. **No Class Thursday, November 9th or 23rd.**

**Virtual Exercise, Strength and  
Balance with John**

**Every Monday** at 1:00pm  
Please email John at [jrpecchia@gmail.com](mailto:jrpecchia@gmail.com) for the Zoom link

**LGBTQIA+ Exercise Class**

**Thursdays**  
**November 2nd, 16th & 30th** at 6:00pm **via Zoom**  
**November 9th in person** at 6:00pm at the Holland St. Ctr.  
Please email Michelle at [mdeutsch@somervillema.gov](mailto:mdeutsch@somervillema.gov) for the Zoom link.

**Walking Club**

**Thursdays**  
**November 2nd, 9th, 16th & 30th** at 9:00am  
Meets at the entrance of the Holland St. Center  
*\*Weather permitting*

**In Person Yoga**

**Tuesdays**  
**November 14th, 21st & 28th** at 9:00am and 10:00am at the Holland St. Center

**Virtual Yoga**

**Every Tuesday**  
at 3:00pm. Please email Michelle at [mdeutsch@somervillema.gov](mailto:mdeutsch@somervillema.gov) for the Zoom link.

**Music and Movement**

**Thursday, November 16th** at 4:00pm at the Holland St. Center

**General Exercise  
at the Ralph & Jenny Center**

**Every Monday**  
at 3:00pm

**Lablast Ballroom Fitness**

**Fridays, November 3rd, 10th, & 17th**  
at 9:00am at the Holland St. Center



## *November Nutrition Classes*



As we approach the Holiday months ahead, we may not always make the best food choices. Trying to eat as clean as possible while still indulging can help manage your weight and prevent diseases such as high blood pressure, type 2 diabetes and other medical conditions. This month during our nutrition classes we will explore different ways to eat delicious while still being nutritious.

***Mondays, November 6th, 13th, 20th & 27th***

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

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

***Wednesdays, November 1st, 8th, 15th & 22nd***

10:00am-11:00am at Holland Street

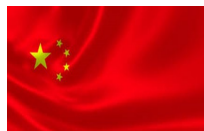
For more information on our classes or Nutrition tips, contact Mary at [headtofitness10@yahoo.com](mailto:headtofitness10@yahoo.com) or 617 625-6600 ext. 2316

### **Soft pumpkin chip cookies**

- 1 cup cooked pumpkin
- 1 egg
- 1/2 cup salad oil
- 1 cup sugar
- 2 teaspoons baking powder
- 2 cups flour
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 teaspoon each: baking soda, milk
- 1 cup chocolate bits
- 1/2 cup chopped nuts
- 1 tsp vanilla



Blend together: pumpkin, egg, oil, sugar.  
Sift and add to first mixture: baking powder, flour, cinnamon, salt. Add baking soda dissolved in milk. Stir in chocolate bits, nuts, vanilla. Drop by tea-spoonfuls on lightly greased cookie sheets. Bake at 375 for 10 to 12 minutes.



## Multicultural Meals Program for November

Congratulations to Somerville-Cambridge Elder Services (SCES) who was the recent 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 will be catered by Somerville businesses and will be served at noon, following BINGO or Special Programming.*

| Date                   | Location             | Meal   |
|------------------------|----------------------|--|
| Tuesday, November 7th  | Ralph & Jenny Center | Portuguese - J&J Restaurant                        |
| Tuesday, November 21st | Ralph & Jenny Center | Chinese - Greater Boston Chinese Golden Age Center |
| Tuesday, November 28th | Ralph & Jenny Center | Haitian - Highland Creole Cuisine                  |

| Date                    | Location              | Meal   |
|-------------------------|-----------------------|--|
| Thursday, November 2nd  | Holland Street Center | Chinese - Greater Boston Chinese Golden Age Center |
| Thursday, November 9th  | Holland Street Center | Haitian - Highland Creole Cuisine                  |
| Thursday, November 16th | Holland Street Center | Portuguese - J&J Restaurant                        |
| Thursday, November 30th | Holland Street Center | Italian - Alfredo's Italian Kitchen                |

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.*



## **Veteran's Day Breakfast!**

Please join The Somerville Department of Veterans Services to honor our Veterans, celebrate Veterans Day, and enjoy breakfast together.

***Friday, November 10<sup>th</sup> 10:00am-11:30am  
at the Holland St. Center.***

***All are welcomed.***

*Please RSVP to Debby at 617-625-6600 ext. 2321  
by Monday November 6<sup>th</sup>*



## **Intergenerational Literacy Day**

***Wednesday, November 29th at 11:00am at the  
Holland St. Center***

*The Somerville Council on Aging, the Somerville Family Learning Collaborative and SomerPromise invite parents and young children to a heartwarming gathering where generations will bond through shared stories and books.*

*RSVP to Debby at 617-625-6600 ext. 2321  
or [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)*



## **Medicare Supplement Plans or Medicare Advantage Plans Which Coverage is Best for Me?**

***Thursday, November 2<sup>nd</sup> at 5:00pm at the Holland St. Center***  
*Heather Hurd, A Senior Care Consultant from Blue Cross Blue Shield*

This is the #1 question most people have when deciding on the coverage that is best for them. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies and provide resources to help in the decision process.

This presentation is great for people new to Medicare and also for existing Medicare members that will have the option to make changes to their plan during the Annual Election Period from October 15<sup>th</sup> through December 7<sup>th</sup> or during the Medicare Advantage open enrollment period from January 1<sup>st</sup> through March 31<sup>st</sup>.

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

### **"Music and Munch" Program** ***Wednesday, November 8th at*** ***12:00pm at the*** ***Holland St. Center***



This one-hour session will treat you to a playlist of diverse musical offerings: a little jazz, some "oldies but goodies," a smidgen of classical, a dip into barbershop, a trip to Broadway.

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

*Grab & Go lunch available.*

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

### **LCR Game Day**

***Wednesday, November 8th 1:30pm at the  
 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.

*Grab & Go lunch available.*

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

|                                   |  |   |
|-----------------------------------|--|---|
| <b>Bingo at Ralph &amp; Jenny</b> | <b><u>Tuesdays</u></b><br><b><i>November 7th, 21st &amp; 28th</i></b><br>at 10:00am at<br>the Ralph & Jenny Center | RSVP to Debby at<br>617-625-6600 ext. 2321<br>or dhiggins@somervillema.gov  |
| <b>Bingo at Holland St.</b>       | <b><u>Thursdays</u></b><br><b><i>November 2nd, 9th &amp; 16th</i></b><br>at 10:00am at the<br>Holland St. Center   | RSVP to Debby at<br>617-625-6600 ext. 2321 or<br>dhiggins@somervillema.gov  |
| <b>LCR</b>                        | <b><u>Wednesday, November 8th</u></b><br>1:30pm at the<br>Holland St. Center                                       | RSVP to Debby at<br>617-625-6600 ext. 2321 or<br>dhiggins@somervillema.gov  |
| <b>Music &amp; Munch</b>          | <b><u>Wednesday, November 8th</u></b><br>12:00pm at the Holland St.<br>Center                                      | RSVP to Debby at<br>617-625-6600 ext. 2321 or<br>dhiggins@somervillema.gov  |
| <b>Tech Time - Open Hours</b>     | <b><u>Tuesdays</u></b><br><b><i>November 14th, 21st &amp; 28th</i></b> at<br>10:00am<br>at the Holland St. Center  | RSVP to Molly at<br>617-625-6600 ext. 2318 or<br>mpagliuca@somervillema.gov |
| <b>Book Club</b>                  | <b><u>Friday, November 17th</u></b><br>10:00am at the<br>Holland St. Center or <u>via Zoom</u>                     | RSVP to Natasha at<br>617-625-6600 ext. 2317 or<br>nnaim@somervillema.gov   |
| <b>Movie Day</b>                  | <b><u>Friday, November 3rd</u></b> 10:00am<br>at the Holland St. Center  | RSVP to Debby at<br>617-625-6600 ext. 2321 or<br>dhiggins@somervillema.gov  |
| <b>Knitting Group</b>             | <b><u>Tuesdays</u></b><br><b><i>November 21st &amp; 28th</i></b> at 2:00pm<br>at the Holland St. Center            | RSVP to Natasha at<br>617-625-6600 ext. 2317 or<br>nnaim@somervillema.gov   |

### COA Board of Directors

\*Daisy Monsalve  
\*Pina Mingace  
\*Marian Bremer

\*Edna Murray  
\*Ronit Prawer

\*Neeraj Wadhera  
\*Maclise Jean



Council on Aging Board Meeting  
November 3, 2023 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.*



### November Notes:

The Somerville Council on Aging will be ***closed*** on ***Thursday, November 23rd and Friday, November 24th*** in observance of Thanksgiving.

|  |   |   |
|--|---|---|
| <b>Coffee &amp; Conversation</b>                             | <b><u>Every Monday</u></b><br>10:00am at<br>the Ralph & Jenny Center  | RSVP to Maureen at<br>617-625-6600 ext. 2335 or<br>mbastardi@somervillema.gov |
| <b>Game Hour</b>   | <b><u>Every Monday</u></b><br>11:00am at<br>the Ralph & Jenny Center  | RSVP to Maureen at<br>617-625-6600 ext. 2335 or<br>mbastardi@somervillema.gov |
| <b>Nutrition Classes at the<br/>Ralph &amp; Jenny Center</b> | <b><u>Every Monday</u></b><br>at 11:00am <b><u>via Zoom</u></b> and<br>12:30pm <b><u>in person</u></b> at the Ralph<br>& Jenny Center | RSVP to Mary at<br>617-625-6600 ext. 2316<br>or headtofitness10@yahoo.com     |
| <b>Nutrition Class at the<br/>Holland St. Center</b>         | <b><u>Wednesdays</u></b><br><b><i>November 1st, 8th, 15th &amp; 22nd</i></b><br>at 10:00am<br>at the Holland St. Center               | RSVP to Mary at<br>617-625-6600 ext. 2316 or<br>headtofitness10@yahoo.com     |
| <b>Brown Bag Supplemental<br/>Food Program</b>               | <b><u>Thursday, November 16th</u></b> , pick<br>up from 9:00am-noon at the<br>Ralph & Jenny Center                                    | RSVP to Natasha at<br>617-625-6600 ext. 2317 or<br>nnaim@somervillema.gov     |
| <b>Bowling</b>   | <b><u>Every Wednesday</u></b><br>9:00am-11:00am at Flat Bread<br>Pizza in Davis Square  | RSVP to Debby at<br>617-625-6600 ext. 2321 or<br>dhiggins@somervillema.gov    |
| <b>Veteran's Group</b>                                       | Meets the fourth <b><u>Tuesday</u></b> of the<br>month ( <b><i>November 28th</i></b> ) at the<br>Holland St. Center at 11:00am.       | RSVP to Debby at<br>617-625-6600 ext. 2321 or<br>dhiggins@somervillema.gov    |
| <b>Men's Group</b>   | Meets the second <b><u>Tuesday</u></b> of the<br>month ( <b><i>November 14th</i></b> ) at the<br>Holland St. Center at 10:30am.       | RSVP to Debby at<br>617-625-6600 ext. 2321 or<br>dhiggins@somervillema.gov    |
| <b>LGBTQIA+ Social</b>                                       | <b><i>Thursday, November 9th</i></b> at the<br>Holland Street Center<br>4:30pm to 6:00 pm   | RSVP to Maureen at<br>617-625-6600 ext. 2335 or<br>mbastardi@somervillema.gov |
| <b>Asian Tea</b>   | <b><u>Monday, November 13th</u></b> at<br>2:00pm at the Ralph & Jenny<br>Center. This group is bilingual in<br>Cantonese and English. | RSVP to Maureen at<br>617-625-6600 ext. 2335 or<br>mbastardi@somervillema.gov |



KATJANA BALLANTYNE  
MAYOR

## Older Somerville Residents - Make your voice heard!

*Participate in the City of Somerville Survey of residents age 60+  
to help guide planning efforts that respond  
to the needs and interests of older residents.*

Please access the survey through one of the options below:



Visit  
[www.somervillema.gov/COA](http://www.somervillema.gov/COA)

or scan the QR code below



Paper copies\* can be picked up from  
the Somerville Council on Aging at

The Holland St. Center  
(167 Holland St.)

Or

The Ralph & Jenny Center  
(9 New Washington St.)

**\*English \*Español \*Portugues  
\*Kreyol Ayisyen \*简体中文**



Please call the  
Gerontology Institute  
at  
617-287-7413  
if you need assistance  
or would like to  
complete the survey  
over the phone

The survey is being conducted by the Gerontology Institute at the University  
of Massachusetts Boston in partnership with the Somerville Council on Aging



Join us on **Wednesday, November 1st** from **11:30am-1:00pm** at  
the Holland Street Center. You can pick up a copy of the survey or  
spend a few minutes with us filling it out and stay for lunch.

*RSVP to Debby at 617-625-6600 ext. 2321  
or [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)*