



City of Somerville

September, 2023

Somerville Council on Aging

A center for learning, wellness and connections.

Cultural Series Event

Gund Kwok, Asian Women's Lion & Dragon Dance Troupe



**Friday, September 15th
10:00am**

Holland Street Center

Learn about the meaning and significance of Lion Dance, how to play the cymbals and enjoy an energetic and inspiring lion dance performance.

Lunch will be served after the performance.

\$5 per person

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

***This September we will be celebrating
National Senior Center Month with an
'80s Dance Party and Lunch!***



*Come join us for Lunch and your favorite songs from the '80's.
Wednesday, September 27th starting at **11:00am**
at the **Holland Street Center.***

*Feel like singing, we will have the microphone and
Karaoke Machine ready for you!*

\$5 per person

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

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

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 ■
Administrative Assistant
jrackowski@somervillema.gov
617-625-6600 ext. 2300

Judy Calvey ■
Holland Street and
Ralph & Jenny Director
jcalvey@somervillema.gov
617-625-6600 ext. 2300

Autumn Word Scramble



Unscramble the letters to discover your favorite fall words!

NUATUM

LFGAOEI

SVALEE

FAOTOLBL

HEDRIAY

PEPAL KGCNIIP

RONCA

HERTASV

LAGINITTAG

OOCHLS

RMPEBETE

ECSORC

ECATRLASN

ANROGE

PNCIIC

SEOINUNR

RTEAWES

LLCIHY

SSVEFATIL

September Nutrition Schedule

Please join us for one of our virtual or in-person general nutrition classes!

Virtual Classes, via Zoom:

Mondays, September 11th, 18th & 25th at 11:00am

**In-person classes at the Ralph and Jenny Center
Mondays, September 11th, 18th & 25th at 12:30pm**

**In-person classes at the Holland Street Center
Wednesdays, September 13th, 20th & 27th at 10:00am**

To sign up for a nutrition class, please contact Mary
at headtofitness10@yahoo.com or 617 625-6600 ext. 2316



Open Enrollment Begins October 15th

Open enrollment starts October 15th!

Once a year, from **October 15th to December 7th**, Medicare recipients can change their health insurance plans for January 1st of the following year. While having the freedom to change your health insurance plan can save you money, there are many health insurance plans and companies to choose from.

You don't have to make the decision alone, the Somerville Council on Aging has SHINE Counseling available in person, over the phone, or on Zoom, to assist you with finding out what health insurance options are available for you.

You can call *Natasha* at 617-625-6600 ext. 2317 or *Molly* at ext. 2318 to book an appointment.



Mayor Katjana Ballantyne's

SENIOR PICNIC

**THURSDAY,
SEPTEMBER 14, 2023**

**TRUM FIELD
541 BROADWAY
SOMERVILLE**

PLEASE CALL CONNIE LORENTI,
617-625-6600 EXT. 2319, AT THE
COUNCIL ON AGING WITH ANY
QUESTIONS AND FOR YOUR FREE
TICKET BY SEPTEMBER 8TH.

Let's Get Moving!

For additional information regarding our fitness programs,
please contact 617-625-6600, ext. 2300

Yoga	<u>Every Tuesday</u> at 9:00am and 10:00am at the Holland St. Center
Music and Movement	<u>Thursday, September 21st</u> at 4:00pm at the Holland St. Center
Virtual Fit-4-Life Exercise Class	<u>Thursdays with Michelle</u> <u>Every Thursday via Zoom</u> at 1:00pm Please email Debby at dhiggins@somervillema.gov for the Zoom link
Virtual Fit-4-Life Exercise Class	<u>Wednesdays with John</u> <u>Every Wednesday via Zoom</u> at 1:00pm Please email John at jrpecchia@gmail.com for the Zoom link
Walking Club	<u>Thursdays</u> <u>September 7th, 21st & 28th</u> at 9:00am Meets at the entrance of Holland St. Center <i>*Weather permitting</i>
Fit-4-Life Exercise at the <u>Holland Street Center</u>	<u>Mondays with Michelle</u> <u>September 11th, September 18th & September 25th</u> at 9:00am <u>Every Wednesday in September with Michelle</u> at 9:00am
Fit-4-Life Exercise at the <u>Holland Street Center</u>	<u>Mondays</u> <u>September 11th & September 25th</u> at 11:00am
LGBTQIA+ Exercise Class	<u>Thursdays</u> <u>September 7th, September 21st & September 28th</u> at 6:00pm <u>via Zoom</u>
Virtual Exercise, Strength and Balance	<u>Mondays with John</u> <u>September 11th, 18th & 25th via Zoom</u> at 1:00pm Please email John at jrpecchia@gmail.com for the Zoom link
Tai Chi	<u>Fridays September 22nd & September 29th</u> and continuing every Friday in October at 9:00am at the Holland St. Center

Caregiver Support Group



Are you a caregiver of an older adult and want a safe place to discuss the challenges, stresses, strengths and joys that come along with caregiving?

Join us, starting on **Thursday, September 7th** and **continuing every Thursday in September** from **4:30pm-5:30pm** at the Holland St. Center.

Sign up for our Caregiver Support Group by contacting *Molly* at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov

Knitting with Natasha



Back by popular demand, knitting with Natasha, **Tuesdays, from 2pm-3pm in September.**

This September we will be making a scarf together! On September 5th and September 19th we will learn and practice the skills to complete a scarf.

On September 12th and 26th Natasha will host knitting drop in hours. Students can use this time to knit together, ask Natasha any questions or receive additional help.

For more questions, please call Natasha at 617-625-6600 ext. 2317



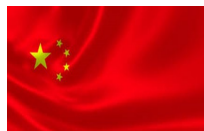
Beginner's De-Cluttering Group

Does the thought of 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 let go of some of your belongings, 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 **Wednesdays** from **2pm-3pm** starting on **September 20th** at the Holland St. Center.

To sign up, please call Natasha at 617-625-6600 ext. 2317.



Multicultural Meals Program

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 bring hot, nutritious, 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.



Date	Location	Meal
Tuesday, September 5th	Ralph & Jenny Center	Portuguese - J&J Restaurant
Tuesday, September 19th	Ralph & Jenny Center	Chinese - Greater Boston Chinese Golden Age Center
Tuesday, September 26th	Ralph & Jenny Center	Haitian - Highland Creole Cuisine

Date	Location	Meal
Thursday, September 7th	Holland Street Center	Chinese - Greater Boston Chinese Golden Age Center
Thursday, September 21st	Holland Street Center	Portuguese - J&J Restaurant
Thursday, September 28th	Holland Street Center	Italian - Alfredo's Italian Kitchen



All are welcome! Registration is required.
Please call *Debby* at 617-625-6600 ext. 2321 by 10:00am
on the prior business day.

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



What is Collagen?

Collagen is the most abundant protein in the human body. It makes up 70% of the protein found in our skin, 90% in our connective tissue, and 90% in our bone mass. This is why collagen is often referred to as “the glue that holds the body together”.

While our bodies do naturally produce collagen, unfortunately, the older we get, the less collagen our bodies are able to produce. Starting around the age of 25, our bodies naturally start making about 1% less each year. This means by the time we are 50, our bodies can have 25% less collagen than they did when we were 25!

Collagen production drops most quickly due to excess sun exposure, smoking, excess alcohol, and lack of sleep and exercise. With aging, collagen in the deep skin layers changes from a tightly organized network of fibers to an unorganized maze. Environmental exposures can damage collagen fibers reducing their thickness and strength, leading to wrinkles on the skin's surface.

Collagen often gets attention for its beauty benefits, but there is much more to collagen than just hair, skin, and nails. Collagen also has a wide variety of benefits for joint pain, bone health, digestion, and gut health. Not to mention, it is also a pure form of protein which can be especially beneficial to women over 50.

Many of us have already started to see some of these changes come about with age, so it is important to understand the science behind collagen and how it can have a positive impact.



Word Scramble Key

NUATUM	AUTUMN
LFGAOEI	FOLIAGE
SVALEE	LEAVES
FAOTOLBL	FOOTBALL
HEDRIAY	HAYRIDE
PEPAL KGCNIIP	APPLE PICKING
RONCA	ACORN
HERTASV	HARVEST
LAGINITTAG	TAILGATING
OOCHLS	SCHOOL
RMPEBETE	SEPTEMBER
ECSORC	SOCCER
ECATRLASN	LANCASTER
ANROGE	ORANGE
PNCIIC	PICNIC
SEOINUNR	REUNIONS
RTEAWES	SWEATER
LLCIHY	CHILLY
SSVEFATIL	FESTIVALS

Tai Chi returns to the Holland St. Center Fridays September 22nd & September 29th and continuing every Friday in October at 9:00am at the Holland St. Center

Join Tarsha Bethel-Stacke in this six-week Tai Chi program as she leads coordinated movements, breathing and meditation. Stemming from Chinese medicine, philosophy and martial arts, Tai Chi is correlated to improved balance, strength, and mental wellbeing.

All levels are welcome!

For more information contact Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov



Music and Munch is now in person!

"Music and Munch" Program
Wednesday, September 13th at 12:00pm
at the Holland St. Center

After being virtual for three years this popular program is now in person! 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. The music is taped but the experience is live. Your guide is Somerville Resident, Laura Zoll, trained as a medieval musicologist and with a life-long love of all things musical.

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

Friday, September 8th at 10:00am
Holland St. Center



***Starring Lily Tomlin, Sally Field,
 Jane Fonda & Rita Moreno***

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

Rated PG-13 - 1hr 36min

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

\$2 per person for Pizza Lunch.

Music & Movement

Thursday, September 21st at 4:00pm
 Holland Street Center

Music & Movement Enrichment
 with Steve Gintz

Steve plays guitar, sings and leads gentle body movements while showing us that exercise can come in all different forms and movements. Just tapping your toe or singing along can help move your body in new ways.

For more information, please contact
 Debby at 617-625-6600 ext. 2321
 or email dhiggins@somervillema.gov

Caregiver Support	<u>Every Thursday in September</u> 4:30pm at the Holland St. Center	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Bingo at Ralph & Jenny	<u>Every Tuesday in September</u> at 10:00am at the Ralph & Jenny Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Bingo at Holland St.	<u>Thursdays</u> <u>September 7th, 21st & 28th</u> at 10:00am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
LCR	<u>Friday, September 22nd</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, September 13th</u> 12:00pm at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Tech Time - Open Hours	<u>Every Tuesday in September</u> at 10:00am at the Holland St. Center	RSVP to Molly at 617-625-6600 ext. 2318 or mpagliuca@somervillema.gov
Book Club	<u>Friday, September 15th</u> 10:00am at the Holland St. Center or <u>via Zoom</u> <u>Harlem Shuffle by Colson Whitehead.</u>	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
De-Cluttering Group	<u>Wednesdays September 20th & September 27th</u> at 2:00pm at the Holland St. Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
Knitting Group	<u>Every Tuesday in September</u> at 2:00pm at the Holland St. Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov



September Notes:

The Somerville Council on Aging will be ***closed*** on ***Monday, September 4th*** in observance of Labor Day. In celebration of the Mayor's Picnic, there will be no programming at our senior centers on ***September 14th***. We hope to see you at Trum Field!

Coffee & Conversation	<u>Mondays</u> September 11th, 18th & 25th 10:00am at the Ralph & Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Game Hour	<u>Mondays</u> September 11th, 18th & 25th 11:00am at the Ralph & Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Nutrition Classes at the Ralph & Jenny Center	<u>Mondays</u> September 11th, 18th & 25th at 11:00am via <u>Zoom</u> and 12:30pm <u>in person</u> at the Ralph & Jenny Center	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Nutrition Class at the Holland St. Center	<u>Wednesdays</u> September 13th, 20th & 27th at 10:00am at the Holland St. Center	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
Brown Bag Supplemental Food Program	<u>Thursday, September 28th</u> , pick up from 9:00am-noon at the Ralph & Jenny Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
Asian Tea	<u>Monday, September 11th</u> at 2:00pm at the Ralph & Jenny Center. This group is bilingual in Cantonese and English.	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
Bowling	<u>Every Wednesday in September</u> 9:00am-10:30am 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 (September 26th) at the Holland St. Center at 11:00am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Line Dancing	<u>Mondays</u> September 11th, 18th & 25th at the Holland St. Center at 1:00pm	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
Project Outlook	Meets the fourth <u>Thursday</u> of the month (September 28th) at the Holland St. Center at 2:00pm	RSVP to Claudia at 857-237-1801 or Molly at 617-625-6600 ext. 2318
Men's Group	Meets the second <u>Tuesday</u> of the month (September 12th) at the Holland St. Center at 10:30am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov



Be Red Cross Ready

Wednesday, September 13th at 10:00am at the Holland St. Center

This 45-minute presentation will include life saving preparedness tips for home fires and other natural disasters. Giving you tips and tools for you and your household to Be Red Cross Ready in the event of an emergency.

Registration for free smoke alarm installations through the *Sound the Alarm* campaign will be available at that time.

For more information call *Debby at 617-625-6600 ext. 2321*
or *dhiggins@somervillema.gov*



American Red Cross
Massachusetts

Somerville Cambridge Elder Services will host
their annual

Cookout

***Including: cheeseburgers, hot dogs and a variety
of salads***

at the Ralph and Jenny Center on
September 12th

Bingo begins at 10:00am, cookout to follow

This free event is space limited, please RSVP to
Debby at 617-625-6600 ext. 2321 or
dhiggins@somervillema.gov
Bingo cards are sold for \$1 for 3 cards

COA Board of Directors

This month's meeting will be held on
September 1st at 11:00am at the
Holland Street Center.

COA Board Members

- *Daisy Monsalve
- *Edna Murray
- *Maclise Jean
- *Marian Bremer
- *Neeraj Wadhwa
- *Pina Mingace
- *Ronit Prawer

*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](https://www.somervillema.gov/besomerville) or call 311 for more
information.*

Mass Senior Action

Will be visiting the Holland St Center on
Wednesday, September 6th

9:30am until 10:30am

MA Senior Action is a statewide, grassroots, senior-run
organization that collectively addresses key public policy
and community issues.

Check out their information table in the COA lobby!