

LOOKING AHEAD

Melrose Council on Aging

Erica Brown

Executive Director

781-665-4304

235 W. Foster St. Melrose, MA



Milano Center

James Conforti

Milano Center Manager

781-662-6886

201 W. Foster St. Melrose, MA

February 2024

Looking Ahead is available online at

www.cityofmelrose.org/council-aging/looking-ahead-newsletter

A Walk in their Shoes

Tuesday, February 6th 1:30pm Brought to you by The Residence at Melrose Station

Allow our dementia experts to take you through a simulation experience to better understand and empathize with what it's like living with Alzheimer's or other forms of dementia. We will guide you through the challenges of compromised vision, hearing, and dexterity which all affect cognition.

Call the Milano Center at 781-662-6886 to sign up!

LiveSTRONG

LiveSTRONG at the Melrose YMCA is offering a FREE 12-week program beginning in April designed to help adult cancer survivors reclaim their health and well-being following a cancer diagnosis.

Classes focus on cardiovascular activity, strength training, and balance and has been proven to help decrease fatigue after treatment and increase energy and overall quality of life. Classes will be held every Monday and Wednesday at the Melrose YMCA from

10:45am to 12:15 pm

Call the YMCA at 781-665-4360 to sign up or learn more!



LIVESTRONG
AT THE YMCA



Valentine's Celebration Mocktail Reception

This event is presented by the LGBTQ and Allies community and is open to all!

Wednesday, February 14th

1:30pm

\$5

Join us for a celebration of our loved ones. As a community we are celebrating LOVE and the memories of loved ones. A day to rejoice, laugh and have some fun: Program includes a spectacular musical performance from recent Longy School of Music graduates, social hour mocktail bar with light Hors d'oeuvres being served. Come by yourself or bring a guest, everyone is invited - spouses, partners, friends, grandchildren, or your children. Sign up in advance with payment at the Milano Center or by calling 781-662-6886 and using your "wallet"!

Delvena Theatre Company Presents "Nun of This, Nun of That"

Tuesday, February 20th

2pm

\$5

Nun of This and Nun of That is an interactive, live comedy featuring two actresses. Now is the time for the 50th Class Reunion of St. Bartholomew's Parochial School. The "sisters" are excited to meet with their former students from the Class of 1957. The audience members, of course, are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone. A fun, light-hearted comedy!

Sign up in advance with payment at the Milano Center or by calling 781-662-6886 and using your "wallet"!



Sign-Ups: Sign-ups for all published events, activities and trips begin on the **last Tuesday** of each month unless otherwise specified. Reservations for paid events can be made in person with cash/check or over the phone using our virtual "wallet".

Milano Center Hours
Monday - Thursday
8:30am - 4pm
Friday
8:30am - 12:30pm

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**From the Director,
 Erica Brown**



Happy February everyone!

Hopefully your new year's resolutions are still going strong! If not, you now have a brand new month to try again.

Two of my resolutions were to eat healthier and to be more productive. I made these goals fairly flexible... Eating healthier might mean making sure I drink water every day or to try a new food. (So far, cottage cheese was a no, but dairy-free cream cheese is a definite yes!) Productivity-wise, I just want to get out of the habit of staring at my phone. I set up alarms on my phone that notify me if I've been scrolling through the same app for 30 minutes. Do you know how many cookie recipes take just 30 minutes!? Okay... maybe my resolutions are at odds with each other...

However you want to measure success with your resolutions, be kind to yourself! Every day is a chance to start fresh. "I just cleared out some space in the freezer" sounds much more productive than "I just polished off another pint of ice cream!" It's all about attitude!

February can be a gloomy month if you don't have the right attitude. Try to take advantage of some of the fun programs we have to offer this month. We've got great trips to get you out of the house and into something you've never tried before! We're visiting the Bruins practice arena and touring the Boch Center this month! We're also hosting a Valentine's Day tea with a classical opera singer. Delvena Theatre Company will be here performing another great show, and we're testing a pilot program through Hamilton Hall to host lectures on Saturdays!

February may be the shortest month, but we're trying to make sure you have something to do every day. We hope you'll join us with a positive attitude!

Your Guide to Arts & Culture in Melrose



Scan the code or visit our website for an up to date calendar of arts and culture events in Melrose



www.MelroseCreativeAlliance.org

Friends of Milano Center

Joan Cassidy, President
 Carol Mahoney, Clerk
 David Kelly, Member
 Martin Stanton, Member

Maia Moran, Treasurer
 Diane DeVivo, Member
 Marie Ryan, Member
 Jean Pandolfo, Member

CLOSURES

Monday, February 19th

President's Day

COA Board Members

John Capuano, Chair
 David Kourtz, Vice Chair
 Kristin Thorp, Clerk
 Margaret Ivins, Ellen Cobau

February Day Trips

Sign-ups for day trips begin on the last Tuesday of prior month. Pre-paid reservations required on all trips on a first come-first serve availability basis. If you need to cancel, we will refund your money if we are able to fill your seat. Travelers are responsible for their own meals and tips.

Thursday, February 8th Putnam Pantry, Danvers \$5
 Depart Milano at 1pm Ice Cream/shopping 1:30pm-2:45pm Return to Milano 3:15pm

Monday, February 12th Bruins Practice @ Warrior Ice Arena, Brighton \$5
 Depart Milano at 10:15am Bruins practice 11am-12:20pm
 Lunch at Mainely Burgers from 12:30pm—1:45pm Return to Milano 2:30pm
 Warrior Ice Arena is the official practice facility for the Boston Bruins. They offer practices that are open to the public to watch. See your favorite players like David Pasternak, Brad Marchand and more! Light concessions are available for purchase in the arena. The arena is handicap accessible and has seating available. The Boston Bruins have the right to change the practice dates and times so this could be subject to change. Wear warm clothing!

Thursday, February 15th Behind the Scenes Theatre Tour: The Boch Center Boston \$25
 Depart Milano at 9am Guided Theatre Tour from 10am—11:15am Return to Milano at 12:15pm
 The Boch Center, home of the Wang Theatre is listed on the National Register of Historic Places and is one of the five largest stages in the U.S., operating since 1925. Its stage has been graced by legends like Mikhail Baryshnikov, Queen, Elton John, Lady Gaga, Liza Minnelli, and more! This hour long walking tour will give you an opportunity to stand on the stage and learn about the theatre’s architectural highlights and history. You’ll also have a chance to explore the Folk Americana Roots Hall of Fame featuring memorabilia from music legends like Neil Young, Bruce Springsteen, Joan Baez and Bob Dylan. Fees include transportation, parking and entrance ticket.

Thursday, February 22nd Encore Casino, Everett \$10
 Depart Milano at 9:30am Depart Encore at 2pm Return to Milano at 2:30pm
 All participants receive \$10 free slot play bonus!

Melrose COA Shopping Trips - NEW LOCATIONS & SCHEDULES!

Market Basket Woburn: 1st & 3rd Wednesday of each month. Minimum of 2 riders required to proceed; 5 riders maximum per trip. Pick up begins at 9am ; return at 11:15am or 12:15. Shops in this plaza include Homegoods, TJMaxx, and Homesense

Shopping Shuttle: 2nd & 4th Monday of each month; 5 riders per trip; Minimum of 2 required.
 9am Pick-ups begin Drop-offs: 9:45am Fellsway Plaza & Target, 10am Square One Mall,
 10:15am Walmart, 10:30am Trader Joe’s; Pick-ups: 11:30am Fellsway Plaza & Target, 11:45am
 Square One Mall, 12pm Walmart, 12:15pm Trader Joe’s 1pm Square One Mall

Call 781-665-4304, Mon. - Fri. from 8:30am-4pm All are \$6 Round Trip. All shopping trip times are subject to change. Minimum riders required to book driver. Please book by Thursday before.

Melrose Council on Aging Transportation

“Curb to Curb” transportation for qualified Melrose seniors

Minibus Schedule

Monday - Thursday; 9am– 3:30pm; Friday; 9am—12:30pm

Our transportation program will bring you anywhere in Melrose. In addition, for medical transport we go to Malden, Medford, Reading, Saugus, Stoneham, Wakefield and select facilities in Winchester & Woburn.

Call Melrose Council on Aging at 781-665-4304 for more information or to book a ride if already registered

Fee Schedule

Melrose to and From Milano Center is FREE

Inside Melrose:

\$2.00 per ride/
 \$4.00 round trip

Out of Melrose:

**\$3.00 per ride/
 \$6.00 round trip**

Hamilton Hall Lecture Series on World Affairs

Funding Provided by the Friends of the Milano Center

Hamilton Hall in Salem hosts an annual 8-week lecture series on global affairs conducted by professors and professionals from universities and think tanks around the country. This popular lecture series is in its 78th year. The Melrose COA will host a trial program showing these lectures via Zoom in our community. Beginning in February, the Milano Center will offer a different lecture each Saturday followed by a facilitated discussion.



Saturdays, February 10th – March 30th 11am - 12:30pm
 \$5 each Must be a registered member of the Milano Center
 Limited seating available Each lecture is weather permitting

Saturday, February 10th – “Will the 2024 Election Affect U.S. Foreign Policy?”

Stephen M. Walt, Robert and Renée Belfer Prof. of International Affairs, Kennedy School, Harvard University

Saturday, February 17th - “Combating Climate Change: If We Are Winning Too Slowly, Are We Losing?”

Rachel Kyte, Dean Emerita, The Fletcher School, Tufts University

Saturday, February 24th - “China Global: Impacts in Latin America and Africa”

Kevin P. Gallagher, Prof. of Global Development Policy; Director, Global Policy Development Center, the Frederick Pardee School of Global Studies, Boston University

Saturday, March 2nd—“Cybersecurity: Artificial Intelligence and its Impact on International Security”

Prof. Kevin R. Powers, JD, Founder and Director, MS in Cybersecurity Policy & Governance Programs, Boston College

Saturday, March 9th—“The Russian-Ukrainian War: An Historian’s Perspective”

Serhii Plokhii, Mykhailo S. Hrushevs’kyi, Professor of Ukrainian History, Director of Ukrainian Research Institute, Harvard University Naval War College

Saturday, March 16th—“Threats to Democracy: Why So Many and Who is Paying Attention”

Danielle Allen, Director of the Allen Lab for Democracy Renovation, Director of the Democratic Knowledge Project, James Bryant Conant University Professor, Harvard University

Saturday, March 23rd—“Girl Power: Our World’s Most Powerful Force for Change”

Jin In, Assistant Vice President of Diversity & Inclusion, Office of the President, Boston University

Saturday, March 30th—“Reflections on 50 Years of Setbacks and Hopes”

Geoffrey Kemp, Director, Regional Security Programs, Center for the National Interest, Washington, D.C.

Milano Center Fitness Classes

The Milano Center offers fitness classes

Monday–Friday. All classes welcome walk-ins, simply pay \$5 at the front desk. All instructors are certified and offer modifications for varied abilities.

Monday	8:45 - Yoga - Trudy MacDonald	10am - Chair Yoga - Trudy MacDonald
Monday	2pm - PWR Over Parkinson’s	Allison Leonard
Tuesday	9am - Tai Chi - Vincent Chun	10am - Line Dance - Christine Loiacano
Wednesday	10:15 - Zumba Gold	Susan Leach
Thursday	8:45 - Yoga - Michelle Heron	10am - Chair Yoga - Michelle Heron
Friday	10:15 - Shimmy, Belly Dance	Susan Leach

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Location Key</p> <p>TH = Tierney Hall CR = Class Room CH = Carriage House CON = Conference Room WR = Wellness Room</p>			<p>1</p> <p>8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Pork sausage Cacciatore or Italian Pasta Salad 1:00 Mexican Train Dominoes</p>	<p>2</p> <p>9:30 Watercolor Class 10:00 Alzheimer Care Giver Support Group 10:15 Shimmy, TH \$5 11:30 Maple bacon Glazed chicken or Turkey & cheese</p>
<p>5</p> <p>8:45 Yoga, TH \$5 9:30 Watercolor Class, CR 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 11:30 Unstuffed pepper bowl or Tortellini salad 12:00 Mahjongg Guided Gameplay, CR 12:00 Senator Lewis 12:30 Horseracing, TH 1:00 Mahjongg Lessons 2:00 Power over Parkinson's</p>	<p>6</p> <p>9:00 Tai Chi, no instructor TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Rosemary garlic chicken or egg salad 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:30 A Walk in their Shoes 2:00 Bread of Life</p>	<p>7</p> <p>9:00 Market Basket 10:00 Just Write, CR 10:00 National Grid Office Hours 10:15 Zumba, TH \$5 11:30 Sausage w/pasta or chicken salad 1:30 BINGO Bonanza</p>	<p>8</p> <p>8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Teriyaki Salmon or chicken quinoa salad 1:00 Putnam Pantry \$5 1:00 Mexican Train Dominoes</p>	<p>9</p> <p>9:30 Watercolor Class 10:15 Shimmy, TH \$5 11:30 Cheese lasagna or roast beef & cheese</p>
<p>12</p> <p>8:45 Yoga, TH \$5 9:00 Shopping Shuttle 9:30 Watercolor Class, CR 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 10:15 Bruins Practice \$5 11:30 Chicken chili or Turkey and cheese 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 2:00 Power over Parkinson's</p>	<p>13</p> <p>9:00 Tai Chi, no instructor TH \$5 9:30 BP Check, WR 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 10:00 Milano Book Club 11:30 Beef Hot dog or buffalo chicken 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:30 Lecture Thomas Maffei 2:00 Bread of Life</p>	<p>14</p> <p>10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 Cheese Ravioli or tuna pasta salad 1:15 NO BINGO 1:30 Valentine's Day LGBTQIA+</p>	<p>15</p> <p>8:45 Yoga, TH \$5 9:00 Chair Caning, CR 9:00 The Boch Center 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Spiced chicken or ham and cheese 1:00 Mexican Train Dominoes</p>	<p>16</p> <p>10:00 Alzheimer Care Giver Support Group 10:15 Shimmy, TH \$5 11:30 Shrimp in tomato sauce pasta or caprese pasta salad</p>

<p>19</p> <p style="text-align: center;">CLOSED President's Day</p>	<p>20</p> <p>9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Balsamic chicken or Turkey & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Delvena Theatre Company 2:00 Bread of Life</p>	<p>21</p> <p>9:00 Market Basket 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 meatloaf or chicken salad 1:15 BINGO, TH</p>	<p>22</p> <p>8:45 Yoga, TH \$5 9:00 Chair Caning, CR 9:30 Encore Casino \$10 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Chicken pot pie or chef salad 1:00 Mexican Train Dominoes</p>	<p>23</p> <p>10:00 Photography Club 10:15 Shimmy, TH \$5 11:30 Stuffed shells or egg salad</p>
<p>26</p> <p>8:45 Yoga, TH \$5 9:00 Shopping Shuttle 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 11:30 Beef teriyaki or Greek pasta salad 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 1:30 Movie 2:00 Power over Parkinson's</p>	<p>27</p> <p>9:00 Tai Chi, TH \$5 9:30 BP Check, WR 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Shepard's pie or country ham & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Bread of Life 4:30 Senior Dinner</p>	<p>28</p> <p>10:00 Just Write, CR 10:00 Middlesex Sheriff's Department 10:15 Zumba, TH \$5 11:30 Pollock or roast beef & cheese 1:15 BINGO, TH</p>	<p>29</p> <p>8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Oven fried chicken or turkey & cheese 1:00 Mexican Train Dominoes</p>	

**Lunch at the Milano Center MVES
Congregate Lunch Site**

**If you would like to join us for lunch, please call 781-662-6886 at least one day in advance to reserve your meal.
Detailed menus are available at the front desk.**

**Monday—Friday
11:30am –12:30pm
Suggested donation: \$2**



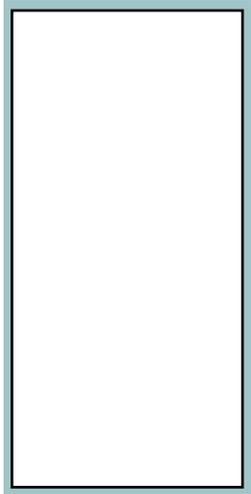
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Food Assistance

Bread of Life

Bread of Life will deliver food from its food bank to Melrose residents. Call 781-397-0404 or email info@breadoflifemalden.org

A Servant's Heart Food Pantry

200 Franklin Street Friday; 9:30am - 11am
Please bring your own bags.
Email: faithchurch@faithchurchac.org or call 781-662-8226

Pantry of Hope

First Baptist Church 561 Main Street
Tuesdays 3pm- 5pm
Go to: melrosefbc.org or call 781-665-4470

SNAP

To apply for food benefits go to Department of Transitional Assistance (DTA) at <https://dtaconnect.eohhs.mass.gov/apply> or call 877-382-2363
You may also call our Social Worker, Rachael for help.
781-665-4304 Monday - Wednesday

Food Resources for Veterans

Melrose Veterans Services Office partners with the Greater Boston Food Bank to provide food to Veterans and their surviving spouses on the third Wednesday of each month. Currently, they offer a drive-through food pantry. If you are unable to pick up, they will deliver to you.
Call 781-979-4186 to register.

Free Freezer Meals

The First United Methodist Church is partnering with the Food Drive of Melrose. Free meals are available from the community freezer each Sunday from 11:30am - 12pm. Enter the chapel to collect your meals. Accessible ramp is available.

Most Blessed Sacrament Community Meal

1155 Main Street, Wakefield
2nd Wednesday of each month
5pm - 6pm

Senator Jason Lewis



Senator Lewis hosts office hours 1st Monday every other month at 12pm at the Milano Center.

Next Visit: Monday, February 5th

Snow Removal Resources

We are sorry to announce that due to a continued shortage of volunteers, we are unable to offer the Snow Angels program this year. This service is meant for individuals who truly have no means of snow removal. In order to keep the program available for those with a serious need, please post in the Melrose Community Facebook page asking for services as there are some available for a small fee. You may also be able to reach out to a neighbor, friend, or family member. If you have an urgent need that cannot be met, please call the **Melrose High School at 781-979-2200** and ask for Nancy Arrington. Please note that these services are for emergency access only.

Alzheimer's Caregiver Support Group

This confidential meeting is designed for those caring for a loved one with a diagnosis of dementia. Learn more about Alzheimer's and related dementias and meet others facing similar challenges. This group meets the 1st and 3rd Friday of the month from 10am - 12pm at the **Milano Center in the Carriage House Lounge**

Please call 781-910-8958 prior to your first meeting or email Sue at alz.caregivers.sue@gmail.com 24/7
Helpline: 1-800-272-3900
www.alz.org/MANH

Milano Center

Blood Pressure Check

Melissa Lowry, MS, BSN, RN will be onsite in our Carriage House Lounge at 9:30am the 2nd & 4th Tuesday of each month to check your blood pressure.



No appointment necessary!

Inclement Weather Policy

The Milano Center will follow the inclement weather policy of the Melrose Public Schools. If school is cancelled or delayed, the Milano Center will hold the same hours. In the event that staff feel we need to close or delay separately from the MPS, we will notify those attending programs for the day via phone call or email.



Volunteer Income Tax Assistance (VITA)

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$60,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. They can be contacted by calling 800-906-9887 or by using this link: <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>

National Grid Office Hours Every other month

Wednesday, February 7th; 10am – 2pm,
National Grid will be at the Milano Center to assist with discount applications and explain how to read your current bill. Participants should bring a current National Grid bill. If you wish to fill out a discount application, bring proof of a qualifying program (LIHEAP, SNAP, MassHealth, Public Housing, SSI, WIC, EAEDC, Veterans Chapter 115, or other low-income programs.)

Call
781-662-6886 to
reserve your
30 minute
appointment



STEP 1

Massachusetts State Senior Circuit Breaker Tax Credit

As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2023 is \$1,200. If the credit you're owed exceeds the amount of the total tax payable for the year, you will be refunded the additional amount of the credit without interest.

Who is eligible?

- You must be a Massachusetts resident or part-year resident
- You must be 65 or older by December 31st of the tax year
- You must file a Schedule CB with your Massachusetts personal income tax return (if you don't usually file taxes, you can simply file a "Zero Tax Return" and the Schedule CB)
- You must own or rent residential property in Massachusetts and occupy it as your primary residence
- For tax year 2023, your total Massachusetts income doesn't exceed:
 - \$69,000 for a single individual who is not the head of household
 - \$103,000 for married couples filing a joint return
- **If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year**
- **If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.**

How to apply

- If you are eligible for the Circuit Breaker Credit, complete Schedule CB with your Massachusetts state income tax return.
- If you qualify for the tax credit in prior tax year but didn't file Schedule CB with your original state income tax return you should file an amended return with your Schedule CB. Be sure to fill in the Amended return oval on the return.
- The Schedule CB must be completed within 3 years from the last day for filing the return, without regard to any extension of time to file.

Step 1—Apply for and receive state tax credit up to **\$2,590** when filing state taxes

Step 2—Apply for and receive a **1.5x match** from the city of Melrose. Applications will be available this summer and we will provide that information here in our newsletter.

Total possible savings: \$3,885 annually

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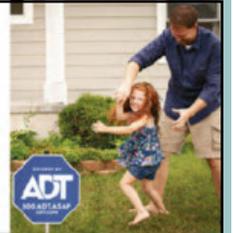
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Yes, I want to support the Friends of Milano Center

\$ _____ Your Name _____



Your address _____

Please make checks payable to *Friends of Milano Center*, 235 W. Foster Street, Melrose, MA 02176

Is your gift in memory or in honor of someone? _____

If you would like someone to receive acknowledgement of your gift, please provide name and address

FRIENDS OF MILANO CENTER

Friends of Milano Center is a group that is dedicated to fundraising. Please consider a tribute gift to the Friends as a special way to honor a loved one, thank a special caregiver, or even to celebrate a milestone. Ask about our Giving Tree, where donors are honored for their contributions.

All proceeds are tax deductible and are utilized to support the Milano Center.

* **Thank you to:** J. Randall Huber - Ruth Clark - Nancy Schurian

Bread of Life - New Schedule!

Join the Milano Center volunteer group **EVERY** Tuesday, 2pm – 4pm when we assist at Bread of Life. Sign up by calling us at 781-662-6886 or email jconforti@cityofmelrose.org



Free transportation is made possible through funding from the Foundation Trust and a grant from Mystic Valley Elder Services. The bus leaves the Milano Center at 1:40 pm promptly or you may meet us there at 109 Madison Street, Malden.

Thank you for helping. 1 in 6 families in our community faces food insecurity.

MELROSE COUNCIL ON AGING
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MELROSE, MA 02176

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