

LOOKING AHEAD

Melrose Council on Aging

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235 W. Foster St. Melrose, MA



Milano Center

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Milano Center Manager
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201 W. Foster St. Melrose, MA

March 2024

Looking Ahead is available online at

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

Oscar Week: brought to you by the LGBTQIA+ Community

During the first week of March, the Milano Center will be showing a different Oscar-nominated film daily. Participants can complete ballots guessing which will win Best Picture, Best Actor/Actress, etc. On **Monday, March 11th**, the Milano Center will host an Oscar Party with light appetizers and drinks where we will unveil the winners! This is your chance to walk down the Red Carpet yourself! Get dolled up or come as you are!

Mon, March 4th 1:30pm Barbie—PG13 1h54m Margot Robbie & Ryan Gosling
Tues, March 5th, 1:30pm The Holdovers—R 2h13m Paul Giamatti & Dominic Sessa
Wed, March 6th, 1:30pm Maestro—R 2h9m Bradley Cooper & Carey Mulligan
Thur, March 7th, 1:30pm American Fiction—R 1h57m Jeffrey Wright
Mon, March 11th, 1:30pm Oscar Party \$5.00



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



St. Patrick's Day Celebration Thursday, March 14th 1:30 pm \$5

Join us for a classic corned beef dinner and live entertainment from Denis O'Gorman!
Wear green and try your luck in our 50/50 raffle!

Sign up in advance with payment at the Milano Center or by calling 781-662-6886 to use your "wallet"!
Meal and entertainment sponsored by a grant from Mystic Valley Elder Services

Easter Brunch Tuesday, March 26th 10am \$5

In lieu of Senior Dinner this month, celebrate Easter at our holiday brunch!
Menu: Made-to-order omelet bar, sausage, pastries

Participants who find Easter eggs at the Milano Center may be pleasantly surprised at what's inside!
Sign up in advance with payment at the Milano Center or by calling 781-662-6886 to use your "wallet"!
Sponsored by a grant from Mystic Valley Elder Services



Melrose Public Schools Budget Update and Q&A Thursday, March 7th, 1pm

Join Melrose Public Schools Interim Superintendent John Macero for an update on the school department budget for this fiscal year. It is sure to be an informative presentation and discussion, and you do not have to have a family member currently attending the Melrose Public Schools to attend. All are welcome.
Mr. Macero will also answer residents' questions about the budget.

Sign-Ups: Sign-ups for all published events, activities and trips IS MOVING TO THE LAST WEDNESDAY

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



March is here, and with it comes some big changes! We are always trying to improve things at the Milano Center. Sometimes this means trial-and-error style experimentation. We're happy to announce that starting in March, we will be changing our computer software that you use to check in every day to a new program. We know that it might take some getting used to, but we know you all will rise to the challenge. Starting on March 1st, please check in at the front desk to update your contact information, assign your scan card, and take a photo! Checking in will be a little different, but very similar to the old process. Milano Center staff will be happy to help you along the way. We hope that the new system will improve transportation, check-ins, and registrations.

That being said, there is a lot to look forward to in March, one of the longest months of the year. We will be celebrating St. Patrick's Day and Easter at the Milano Center with some great events! Join us for live Irish entertainment on March 14th and for an Easter Brunch on March 27th! James and I will be slinging made-to-order omelets. We know how much you all love Senior Dinner, but this brunch will be our event in its place this month. We can only man the kitchen for so many hours a week! We hope you'll enjoy the event that will take place during the sunshiney hours instead of making you all get to the Milano Center in the dark!

What else can we look forward to in March..? We have some great trips to get you out and about in the world. I was out the other day and saw the Girl Scouts are out in full force! Did you see that there's a man in Pennsylvania who is suing SmartWater because it didn't make him any smarter? I'm using this letter to announce my own lawsuit against Thin Mints! They're having the opposite effect!

CLOSURES

Friday, March 29th
GOOD FRIDAY

POWER Over Parkinson's

PWR! Moves-Certified Therapist Healthy
 Aging Physical Therapy

POWER over Parkinson's is a weekly fitness class designed to promote improved mobility, strength, and balance for people living with Parkinson's Disease and other Movement disorders.

**We're happy to announce that
 we are now offering this class
 every Monday!
 \$5 per class**



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 Kristin Thorp, Clerk
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Friends of Milano Center

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 Carol Mahoney, Clerk
 David Kelley, Member
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Maia Moran, Treasurer
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 Jean Pandolfo, Member

February Day Trips

Sign-ups for day trips begin on the last Wednesday 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, March 7th **Fred's Franks, Wakefield** **\$5**
 Depart Milano at 11:30am Lunch 12pm-1pm Return to Milano 1:30pm
 Fred's Franks is home to the best hot dogs around and their famous Shnurble: an all beef pearl hotdog, chourico on a bed of sweet cabbage, mayo and special sauce

Thursday, March 21st **Auschwitz: Not Long Ago, Not Far Away, Boston** **\$35**
 Depart Milano at 10:30am Lunch at 2pm - 99 Restaurant Return to Milano 4pm
 In its regional premiere, more than 700 original objects are shown in the first traveling exhibition about the Auschwitz concentration camps. Auschwitz, Not long ago, Not far away Is coming to The Castle at Park Plaza. Through this daunting selection of objects from the Auschwitz-Birkenau State Museum in Poland, as well as more than 20 institutions and museums all over the world, this exhibition portrays the complex reality of the notorious camp while sharing first-hand stories from those who survived, and those who perished.

Thursday, March 28th **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

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**

Mahjongg Lessons with Maurine

Looking to learn how to play American Mahjongg? The next 4-week session will run:

Monday, March 4th—Monday, April 1st at 1pm in the Classroom

Please call **781-662-6886** to reserve your seat.

Mahjongg cards necessary to play are available for purchase at the front desk for \$15.

If you have already taken Maurine's lessons, but don't feel ready to join the regular Tuesday group, Maurine also supervises **"Beginner's Guided Gameplay"** beginning at 12pm each Monday. She will be available to answer any questions you have while playing!



Brother Rice's

Intermediate Watercolor Painting Class

Intermediate level painters will enjoy a guided painting lesson each week. If this is your first time painting with us, please ask staff for a supply list you should secure before the first class. If you have questions about whether this class is the right fit for you, please speak with a staff member before signing up.

New Session of 6 classes for \$60 9:30am

Monday Class: Begins March 4–April 8

Friday Class: Begins March 1–April 12

No Classes Friday, March 29th Good Friday

Sign-ups begin February 27th

Milano Center Book Club

Tuesday, March 12th

10am

This month's book:

"Transcendent Kingdom"

By: Yaa Gyasi

TRANSCENDENT KINGDOM



Mexican Train Dominoes

Thursdays 1pm - 3pm FREE



Learn how to play this easy and fun domino game! Make new friends and learn how to play a game great for all ages! No supplies needed to play!

Photography Club

Next meeting: Friday, March 22nd 10am
Conference Room

Bring a flash drive with your three best shots, best first.

The group will review and kindly critique!



AARP Lecture Series: Protect Yourself From Fraud & Identity Theft

Tuesday, March 18th 1pm FREE

Con artists don't care how hard you worked. They steal billions from Americans like you every year. We're fighting back with the AARP Fraud Watch Network. In this session, we will share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from those who have been victimized, and what to do if you or someone you know has been victimized.



Fraud Watch Network

Melrose Public Library Seeking Volunteers!

The Melrose Public Library is seeking volunteers to assist with their Homebound Delivery Program. Volunteers can expect to make a visit to the home of a Melrose resident who is unable to get to the library themselves once per month to drop off and return materials. If you are interested in this rewarding opportunity, please call Diane at the Council on Aging at 781-665-4304 to learn more!

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.



Should I Stay or Should I Go?: A Reverse Mortgage Workshop

Tuesday, March 26th 1pm FREE

Learn from several local certified professionals as each speaker shares their knowledge and takes questions. Speakers include: David Tourtillott, CRMP® (What's a reverse mortgage and how they work), Elder Law Attorney Paula Schlosser (Importance of estate planning in retirement to avoid probate & preserve your home & other assets), Juliet Leydon, SRES® Seniors Real Estate Specialist, (Housing market update & importance of working with a SRES when rightsizing into a new home), Anne Lucas, Decluttering Specialist & Senior Move Manager (what to do with all my stuff).

Sign up by calling the Milano Center at 781-662-6886.

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, 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.

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

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 style="text-align: center;">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</p>				
<p>4 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 w/chicken or Tortellini salad 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 1:30 Oscar Movie—Barbie 2:00 Power over Parkinson's</p>	<p>5 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 beef stew, mashed potatoes or chicken salad 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:30 Oscar Movie—The Holdovers 2:00 Bread of Life</p>	<p>6 9:00 Market Basket 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 Crispy Chicken or roast beef & cheese 1:15 BINGO 1:30 Movie—Maestro</p>	<p>7 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Sausage Abruzzi or Chicken quinoa salad 11:30 Fred's Franks \$5 1:00 Mexican Train Dominoes 1:00 Public School Budget Q&A 1:30 Movie—American Fiction</p>	<p>8 9:30 Watercolor Class 10:15 Shimmy, TH \$5 11:30 Cheese ravioli or egg salad</p>
<p>11 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 11:30 Chicken cordon w/ rice or turkey & cheese 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 1:30 LGBTQO Oscar Party \$5</p>	<p>12 9:00 Tai Chi, 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 Pot roast or ham & swiss 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Bread of Life</p>	<p>13 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 Honey garlic chicken or tuna pasta salad 1:15 BINGO</p>	<p>14 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 High Sodium Corned beef or buffalo chicken & cheese 1:00 Mexican Train Dominoes 1:30 St. Patrick's Day Party</p>	<p>15 10:00 Alzheimer Care Giver Support Group 10:15 Shimmy, TH \$5 11:30 Seafood Casserole or Caprese pasta salad</p>

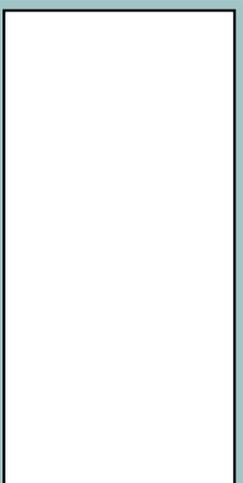
2:00 Power over Parkinson's	18 8:45 Yoga, TH \$5 9:30 Watercolor Class, CR 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 11:30 Turkey Chili or roast beef & cheese 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 AARP Fraud Watch 1:00 Mahjongg Lessons 2:00 Power over Parkinson's	19 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Teriyaki chicken or Turkey & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Bread of Life	20 9:00 Market Basket 10:00 Just Write, CR \$5 10:15 Zumba, TH \$5 11:30 white fish or chicken salad 1:15 BINGO, TH	21 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 10:30 Auschwitz Exhibit 11:00 Today's News, CON 11:30 braised beef or chef salad 1:00 Mexican Train Dominoes	22 10:00 Photography Club 10:15 Shimmy, TH \$5 11:30 Cheese tortellini or tuna salad
2:00 Power over Parkinson's	25 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 11:30 Sausage cacciatore or Greek pasta salad 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 2:00 Power over Parkinson's	26 9:00 Tai Chi, TH \$5 9:30 BP Check, WR 10:00 Line Dance, TH \$5 10:00 Easter Brunch 10:00 Knit & Stitch, CR 11:30 Beef stroganoff or ham and swiss 1:00 Reverse Mortgage Workshop 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Bread of Life	27 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 BBQ chicken or roast beef and cheese 1:15 BINGO, TH SIGN-UPS BEGIN FOR APRIL EVENTS	28 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 High Sodium Baked ham or turkey and cheese 1:00 Mexican Train Dominoes	29 CLOSED GOOD FRIDAY



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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, April 1st

Parkinson's Support Group

Lynnfield Senior Center each first Thursday of the month at 10am

525 Salem Street
Lynnfield, MA 01940
R.S.V.P. Linda Triffletti at (781)598-1078
If you have questions, contact Maryann Barry directly at 781-960-7027

Following upcoming dates are:
Thursday, March 7th
Thursday, April 4th

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.com24/7
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

Mystic Valley Elder Services' TRIP Program

If you live in Melrose, no longer drive and public transportation isn't an option, you can still dine out, get to medical appointments, and shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This free program gives you mileage money to reimburse friends, neighbors, and certain family members for taking you where you need to go.

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>

MassHealth Redetermination

Due to the federal government ending the continuous coverage requirements on April 1, 2023, MassHealth has returned to their regular renewal processes.

MassHealth now needs to renew all members' health coverage to ensure they still qualify for their current benefit. These renewals will take place over 12 months, from April 2023 to April 2024. This means that members could get their renewal forms (many in a blue envelope) in the mail at any time during this one-year period.

Massachusetts State Senior Circuit Breaker Tax Credit

STEP 1

As an older adult, 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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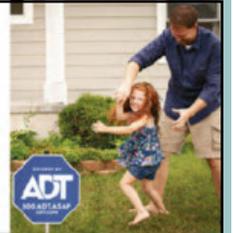
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FRIENDS OF MILANO CENTER

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**

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.

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235 WEST FOSTER STREET
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