

# 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

## May 2024

Looking Ahead is available online at  
[www.cityofmelrose.org/council-aging/looking-ahead-newsletter](http://www.cityofmelrose.org/council-aging/looking-ahead-newsletter)



## Her Majesty

Tuesday, May 7<sup>th</sup>

2pm

\$5

Sheryl Faye presents: Historical Women – Queen Elizabeth II

She was a true icon, inspiring people around the world with her strength, courage, resilience, and dedication to a life of service. For 70 years, she remained a constant presence as sovereign, shepherding the people of the UK through both joyful times and darker periods of challenge and uncertainty. An enduring admiration for Queen Elizabeth II united people across the Commonwealth.

Sign up for this show in advance with payment at the Milano Center or by using your “Wallet” and calling us at 781-662-6886.



## Kentucky Derby Prediction Party

Thursday, May 2<sup>nd</sup>

1pm-3pm

FREE (bring quarters)

Join us as we transform our weekly horseracing game into a mock Kentucky Derby! You will have the opportunity to cheer on horses named after real derby horses and collect prizes for picking the winner of each race! Enjoy classic Kentucky Derby snacks and mock juleps. Wear a bold hat,

fascinator, dress to impress, or come as you are!  
Bring \$3 in quarters so that you can make your bets!

Call 781-662-6886 to sign up!



## Walking Club

Wednesdays starting May 8th

9am

Join us for an exciting new activity, “Milano Center Walking Club”. Meet up weekly at 9am every Wednesday at the Milano Center throughout the Spring/Summer months. We have multiple accessible routes mapped out with various length walks.

This program will also schedule some walking trips outside of Melrose.

Stay fit, meet new friends, and enjoy the fresh air!

No sign-ups necessary.



## Senior Dinner

Tuesday, May 28th

4:30pm

\$5

“Puttin on the Ritz!”

Menu: Chicken roulade stuffed with prosciutto, mozzarella and basil, green beans, rice pilaf and chocolate dipped pastry shell, ice cream, seasonal berries, and whipped cream

Sign up in advance with payment at the Milano Center or by using your “Wallet” and calling us at 781-662-6886.



**Sign-Ups:** Sign-ups for all published events, activities and trips is **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**

<b>Table of Contents</b>	<b>Pg #</b>
AARP Lecture	5
Alzheimer's Support	9
Aging in Balance Wkshops	9
Bingo Bonanza Pizza Party	5
Blood Pressure Check	4
Book Club	5
Bread of Life	12
Closures	2
Director Letter	2
Donations	12
Fitness Schedule	5
Friends of the Milano Center	12
Garden Club	4
Her Majesty	1
Home Instead Workshop	5
Ice Cream Demo	4
Kentucky Derby Prediction Party	1
Livestrong Program	8
Movie	5
Mt Hood Senior Day	4
Natl Grid Office Hours	8
Parkinson's Support Group	8
Photography Club	4
Power over Parkinson's	4
Resources	8&9
Senior Dinner	1
Thank You	12
Trips & Transportation	3
Walking Club	1
Watercolor Classes	8

**From the Director,  
 Erica Brown**

**Mayday! Mayday!**



Did you know that the traditional distress call "Mayday!" was created by an English radio officer and was based on the French translation for "help me" or m'aidez? I always thought it had something to do with the holiday May Day... I was wrong!

It seems like they have a holiday for everything on Earth. For example, this month's Bingo Bonanza Pizza Party is inspired by National Pizza Party Day which occurs in May. Some of these holidays seem more fun than others... For example, May includes many national days ranging from fun, to strange, to plain boring. You could celebrate World Hypertension Day in May OR you could celebrate National No Pants Day! I'm hoping that holiday means we will see a lot more dresses and skirts rather than something else...

In the realm of holidays, we are fortunate that we get to celebrate those that are most meaningful to us. This month, as many of you know, we celebrate Memorial Day. Please take time this month to remember that Memorial Day honors the brave men and women who died while serving. This day should be a somber remembrance of these individuals. We have a tendency to celebrate Memorial day like the 4th of July with fireworks and barbeques. It's great to get together with loved ones and enjoy the warm weather, but please take a moment this month to reflect with gratitude those who are no longer with us. Thank you!

**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](http://www.MelroseCreativeAlliance.org)

**CLOSURES**

**MONDAY, May 27th**  
**MEMORIAL DAY**

**Friends of Milano Center**

- Joan Cassidy, President
- Maia Moran, Treasurer
- Carol Mahoney, Clerk
- Diane DeVivo, Member
- Kathryn Armata, Member
- Marie Ryan, Member
- Martin Stanton, Member
- Jean Pandolfo, Member

**COA Board Members**

- David Kourtz, Chair
- Margaret Ivins, Vice Chair
- Ellen Cobau, Clerk
- Kristin Thorp
- Maura Sullivan
- Philip Hermann

**Programs with this icon are generously sponsored by a grant from Mystic Valley Elder Services**





### Garden Club

Join the Milano Center Garden Club as we plant our annual vegetable garden in our handicap-accessible planters! Produce from the garden club benefits our daily lunch program as well as the participants! This group is open to all from beginners to garden pros!



#### Upcoming Meetings:

Wednesday, May 15<sup>th</sup> 11am – Seedling transplant  
Wednesday, June 19<sup>th</sup> 11am – Pruning/weeding

### Mount Hood Senior Day

Tuesday, May 14th 11am-2pm

Our annual “Senior Day at the Park” event will be held at the clubhouse at Mount Hood Memorial Park & Golf Course. Come join us at beautiful Mount Hood and enjoy the day inside the rustic setting of the clubhouse. There is no charge for this event! This event will occur – rain or shine!



This year promises to be an exciting event as we have a presentation by a member from the Office of Planning and Community on the topic the Melrose “**2023 Open Space and Recreation Plan.**” Also, Myron Dittmer, President of the Association will speak on, “**The Historical Development of Mount Hood Memorial Park & Golf Course**”.

Lunch and refreshments will be served following the presentations after which time attendees will travel up to the 4-story Slayton Tower, the highest point in the park, to experience the panoramic view of the area including the mountains of New Hampshire, Revere Beach, and the Boston skyline.

There is limited seating - to reserve a seat for this event, please call **781-665-8172**. **Reservations for this event must be received before May 10th.** For seniors who require transportation to/from Mount Hood clubhouse, you need to arrange transportation by calling the Council on Aging at 781-665-4304.

**Note: Masks are optional at this event.**

### Celebrate World Belly Dance Day

Friday May 17th; 10am-11am in Tierney Hall

Join us for a free demonstration performance of the Milano Center Shimmy group followed by an introductory class, free of charge! Come to support someone you know who is already in the class or to see if this class interests you. Participants should wear comfortable clothing and sneakers.

**Refreshments will be provided!**  
**No reservations necessary**



### Photography Club

Next meeting: Friday, May 31st 10am



Conference Room

Bring a flash drive with your three best shots, best first. The group will review and kindly critique!

### Milano Center Blood Pressure Check

Deb Powers will be onsite in our Carriage House Lounge at 12:15pm—1:15pm the 1st & 3rd Wednesday of each month to check your blood pressure.

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!

### Ice Cream in a Bag Cooking Demo

Monday, May 13th 1pm \$2

Learn how to make homemade ice cream using household staples everyone has in their homes! You can expect to make one serving of ice cream. Your arms will get a workout! All supplies will be provided including some ice cream mix-ins, but you may bring your own. Reserve your seat with payment at the Milano Center or by calling

781-662-6886 and using your “wallet”





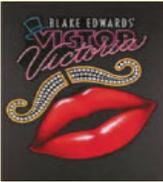
**Bingo Bonanza Pizza Party**  
**Wednesday, May 8th** **12:45pm**

All the usual fun of Bingo Bonanza, plus pizza! Doors open *sharply* at 12:45. Earlier entrance to Tierney Hall will not be possible. Game play begins at 1:30pm. Bingo Bonanza cards will be sold at the door for \$12 each. One book of 9 card games per player. Cash prizes available up to \$100! Bring your own dauber or buy one at the door for \$1. The event has limited seating. Please sign-up in advance by calling 781-662-6886.



**Home Instead Workshop** **Wednesday, May 8th** **10am**

Have you scheduled an elderscopy? The list of doctor-ordered tests can seem endless for aging adults. Colonoscopy, endoscopy... the list goes on and on. When it comes to the issues of aging, older adults and their families may neglect another important assessment—one that examines living and financial issues, health, relationships, driving, and end of life. We call it the elderscopy and can be just as important as a medical test.



**MOVIE**  
**Victor Victoria**

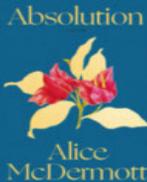
**Monday, May 20th 1:30pm,**  
**2h 13m** **Rated: PG**

**Popcorn & Refreshments served**

Victoria Grant (Julie Andrews), a down-and-out British soprano, struggles to find work in the nightclubs of 1930s Paris. While trying to scam a free meal, Grant meets cabaret performer Toddy (Robert Preston), who comes up with an idea that will change everything. Acting as her manager, Toddy bills Grant as a male female impersonator. When the nightclubs eat it up, the duo makes it big -- even a Chicago mobster (James Garner) is enamored with Grant. But keeping the truth a secret is no easy task. Reserve your seat by calling 781-662-6886

**Milano Center Book Club** **Absolution**  
 Tuesday, May 14th **10am**

This month's book: Absolution by Alice McDermott.



**AARP Lecture Series:**  
**Decluttering and Downsizing**

**Tuesday, May 21<sup>st</sup>** **1pm**

You spend a lifetime accumulating treasures, trinkets, and memories. All that “stuff” can make downsizing feel like a monumental endeavor. May’s Rural America Live with AARP brings you tips to tackle even the most daunting task of decluttering and preparing for your next stage in life. Sign up by calling 781-662-6886.



**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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6</b>  8:45 Yoga \$5  9:30 Watercolor Class  10:00 Chair Yoga \$5  10:00 Poker Lessons  11:30 Cajun Shrimp or turkey &amp; provolone  12:00 Mahjongg Guided Gameplay  12:30 Mahjongg Lessons  12:30 Horseracing  2:00 Power over Parkinson's</p>	<p><b>7</b>  9:00 Tai Chi \$5  10:00 Line Dance \$5  10:00 Knit &amp; Stitch  <b>10:00 Book Club</b>  11:30 Crispy chicken or tuna pasta salad  1:00 Mahjongg  1:00 Cribbage  2:00 <b>Her Majesty</b> \$5  2:00 Bread of Life</p>	<p><b>1</b>  <b>9:00 Market Basket</b>  9:00 Walking Club  10:00 Just Write  10:15 Zumba \$5  11:30 11:30 Chicken pot pie or Egg salad  <b>12:15 Blood Pressure Checks</b>  1:15 BINGO</p>	<p><b>2</b>  8:45 Yoga \$5  9:00 Chair Caning  10:00 Chair Yoga \$5  11:00 Today's News  11:30 11:30 Cheese ravioli or chicken salad  <b>1:00 Kentucky Derby Prediction Party</b>  1:00 Mexican Train Dominoes  <b>1:30 Matter of Balance</b></p>	<p><b>3</b>  <b>10:00 Alzheimer Care Giver Support Group</b>  10:15 Shimmy \$5  11:30 11:30 Salisbury steak or chicken quinoa salad</p>
<p><b>6</b>  8:45 Yoga \$5  9:30 Watercolor Class  10:00 Chair Yoga \$5  10:00 Poker Lessons  11:30 Cajun Shrimp or turkey &amp; provolone  12:00 Mahjongg Guided Gameplay  12:30 Mahjongg Lessons  12:30 Horseracing  2:00 Power over Parkinson's</p>	<p><b>7</b>  9:00 Tai Chi \$5  10:00 Line Dance \$5  10:00 Knit &amp; Stitch  <b>10:00 Book Club</b>  11:30 Crispy chicken or tuna pasta salad  1:00 Mahjongg  1:00 Cribbage  2:00 <b>Her Majesty</b> \$5  2:00 Bread of Life</p>	<p><b>8</b>  9:00 Walking Club  10:00 Just Write  <b>10:00 Home Instead Workshop</b>  10:15 Zumba \$5  11:30 Steak &amp; cheese or buffalo chicken &amp; cheese  12:15 Blood Pressure  <b>1:15 BINGO Bonanza Pizza Party</b></p>	<p><b>9</b>  8:45 Yoga \$5  9:00 Chair Caning  <b>9:30 Frugal Fannie's \$5</b>  10:00 Chair Yoga \$5  11:00 Today's News  11:30 High Sodium Chicken picatta or caprese pasta salad  1:00 Mexican Train Dominoes  <b>1:30 Matter of Balance</b></p>	<p><b>10</b>  9:30 Watercolor Class  10:15 Shimmy \$5  11:30 Fish or ham &amp; swiss</p>
<p><b>13</b>  8:45 Yoga \$5  <b>9:00 Shopping Shuttle</b>  9:30 Watercolor Class  10:00 Chair Yoga \$5  10:00 Poker Lessons  11:30 BBQ Pulled pork or roast beef &amp; cheese  12:00 Mahjongg Guided Gameplay  12:30 Mahjongg Lessons  12:30 Horseracing  <b>1:00 Cooking Demo \$2</b>  2:00 Power over Parkinson's</p>	<p><b>14</b>  9:00 Tai Chi \$5  9:30 Blood Pressure  10:00 Line Dance \$5  10:00 Knit &amp; Stitch  <b>10:00 Milano Book Club</b>  <b>11:00 Mt. Hood Senior Day</b>  11:30 Teriyaki beef or turkey &amp; cheese  1:00 Mahjongg  1:00 Cribbage  2:00 Bread of Life</p>	<p><b>15</b>  9:00 Walking Club  <b>9:00 Market Basket</b>  10:00 Just Write  10:15 Zumba \$5  11:00 Garden Club  <b>11:00 Jersey Boys \$65</b>  11:30 Honey garlic chicken or chef salad  12:15 BINGO  <b>12:15 Blood Pressure Checks</b></p>	<p><b>16</b>  8:45 Yoga \$5  9:00 Chair Caning  10:00 Chair Yoga, TH \$5  11:00 Today's News  11:30 Seafood casserole or chicken salad  1:00 Mexican Train Dominoes  <b>1:30 Matter of Balance</b></p>	<p><b>17</b>  9:30 Watercolor Class  <b>10:00 World Belly Dance Day</b>  <b>10:00 Alzheimer Care Giver Support Group</b>  11:30 turkey w/gravy or egg salad</p>

<p><b>20</b> 8:45 Yoga \$5 9:30 Watercolor Class 10:00 Chair Yoga \$5 10:00 Poker Lessons 11:30 Chicken w/mushroom sauce or ham &amp; swiss 12:00 Mahjongg Guided Gameplay 12:30 Mahjongg Lessons 12:30 Horseracing 1:30 Movie 2:00 Power over Parkinson's</p>	<p><b>21</b> 9:00 Tai Chi \$5 10:00 Line Dance \$5 10:00 Knit &amp; Stitch 11:30 Pot roast or Greek pasta salad 1:00 <b>AARP Lecture Series</b> 1:00 Mahjongg 1:00 Cribbage 2:00 Bread of Life</p>	<p><b>22</b> 9:00 Walking Club 10:00 Just Write 10:15 Zumba \$5 11:00 Garden Club 11:30 Tortellini or turkey &amp; provolone 12:15 Blood Pressure 1:15 BINGO</p>	<p><b>23</b> 8:45 Yoga \$5 9:00 Chair Caning 9:30 <b>Encore Casino \$10</b> 10:00 Chair Yoga \$5 11:00 Today's News 11:30 Cheeseburger or chicken salad 1:00 Mexican Train Dominoes 1:30 <b>Matter of Balance</b></p>	<p><b>24</b> 9:30 Watercolor Class 10:15 Shimmy \$5 11:30 Pork w/peach sauce or tuna salad</p>
<p><b>27</b> <b>CLOSED</b>  <b>Memorial Day</b> Remember &amp; Honor</p>	<p><b>28</b> 9:00 <b>Shopping Shuttle</b> 9:00 Tai Chi \$5 9:30 Blood Pressure 10:00 Line Dance \$5 10:00 Knit &amp; Stitch 11:30 Pollock or turkey &amp; cheese 1:00 Mahjongg 1:00 Cribbage 2:00 Bread of Life 4:30 Senior Dinner \$5</p>	<p><b>29</b> 9:00 Walking Club 10:00 Just Write 10:15 Zumba \$5 11:30 American chop turkey suey or chicken salad 1:15 BINGO</p>	<p><b>30</b> 8:45 Yoga \$5 9:00 Chair Caning 10:00 Chair Yoga \$5 11:00 Today's News 11:30 BBQ chicken or roast beef &amp; swiss 1:00 Mexican Train Dominoes 1:30 <b>Matter of Balance</b></p>	<p><b>31</b> 10:00 Photography Club 10:15 Shimmy \$5 11:30 Salmon or Chicken quinoa salad</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**



From homemaking to skilled nursing  
When it comes to home care  
Trust the Professionals.



781-245-1880

abchhp.com

Serving state funded and private pay clients

## 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](mailto: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](mailto:faithchurch@faithchurchac.org) or call 781-662-8226

### Pantry of Hope

First Baptist Church 561 Main Street  
Tuesdays 3pm- 5pm  
Go to: [melrosefbc.org](http://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

## Brother Rice

### 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.

Payment due at sign up.

**New Session of 5 classes for \$50**

**Monday Class: Begins May 6-June 10, 9:30am**

**Friday Class: Begins May 10-June 7, 9:30 am**

**Sign-ups for the May/June session begin Tuesday, April 23rd**

**No Class Monday, May 27th**

### National Grid Office Hours

#### Every other month

**Wednesday June 5th ; 10am – 12pm,**

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**



### 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



**LIVESTRONG  
AT THE YMCA**

### 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!

### Wallet & Gift Certificates

Do you know about our "Wallet" program? Milano Center members who attend frequent events may find it easy to deposit funds into their "wallet". They can then pay for events/trips from the comfort of their homes by calling and requesting payment be taken from their "wallets"! This system is secure and makes sign-ups and check-ins easier than ever. Call 781-662-6886 to learn more.



### 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](mailto:alz.caregivers.sue@gmail.com) 24/7  
Helpline: 1-800-272-3900  
[www.alz.org/MANH](http://www.alz.org/MANH)

## Learning to Live with COPD

An online presentation hosted by Aging Strong of Tufts Medical Center  
Tuesday, May 14 at 9:45am

Being diagnosed with Chronic Obstructive Pulmonary Disease (COPD) can feel overwhelming. While there is no cure for COPD, there are things that YOU can do to manage your symptoms and lead a full and active life.

In this program we will discuss the goal of treatment, learning ways to prevent exacerbations, quitting smoking, managing activities of daily living (ADL's) such as morning routines, meal prepping, pacing activities and much more.

If you or a loved one has been diagnosed with COPD, please join Joya Pezzuto, Community Outreach Nurse, to learn ways to live a full and active life.

To register email [AginginBalance@tuftsmedicine.org](mailto:AginginBalance@tuftsmedicine.org) or call 781-338-7559

## Steps to De-Stress

Online, Wednesday, May 15 at 10am

At some point we have all dealt with stress but having a constant feeling of being "stressed out" can affect our health and wellness. During this class we will discuss how stress affects the body and ways you can learn to manage it. Learn about:

- Stress physiology
- How stress affects your body
- Techniques for relaxation
- Easy tips for managing everyday stress.

This online class will be facilitated by Joya Pezzuto, Community Outreach Nurse of Aging in Balance at Melrose-Wakefield Healthcare.

To register email [AginginBalance@tuftsmedicine.org](mailto:AginginBalance@tuftsmedicine.org) or call 781-338-7559

Elegant Independent and Assisted Living,  
with Exceptional Alzheimer's Care.

*W*  
**WINDSOR PLACE**  
OF WILMINGTON  
Assisted Living, Independent Living,  
and Memory Care

92 West Street, Wilmington, MA  
Just off I-93 at Exit 38



Call 978-988-2300 • WindsorPlaceOfWilmington.com



**The Mobile  
Hairstylist  
By Nora**

from  
**Salon International**  
MELROSE MA

All Hair Services offered -  
From our Salon to your door!  
We come to your home or office  
Text or Call 781-665-7701



**THE FITCH**

Senior Living on Ell Pond

"The minute I walked in the door,  
I had that warm feeling of home."

CALL TO SCHEDULE A TOUR:  
**781-665-0521**

FITCHHOME.ORG | 75 LAKE AVE., MELROSE

**TRAMONTOZZI**  
LAW OFFICES

114 West Foster St., Melrose, MA  
www.TramontozziLaw.com

Estate Planning  
Real Estate  
Personal Injury

*Free*  
Initial Consultation

781.665.0099



**Did you know?**  
Our program for adults 55+ surrounds you with a caring team to support all of your healthcare and wellbeing needs. To learn about our services, visit [neighborhoodpace.org](http://neighborhoodpace.org) or call 617-568-6377

**5817 BOSTON NEIGHBORHOOD HEALTH CENTER**  
Neighborhood PACE  
A Medicare & Medicaid Program

**THE  
ELMHURST**  
HEALTHCARE



It is our highest priority to make our residents safe, comfortable, happy, and healthy. Contact us today and let us help you figure out your next step.

*We're here to help.*

781-662-7500

info@nextstephpc.com

743 Main Street  
Melrose, MA 02176

Scan here  
to take a  
virtual tour!



**LET'S GROW YOUR BUSINESS**  
Advertise in  
our Newsletter!

**CONTACT ME**  
**Steve Persichetti**

[spersichetti@lpicommunities.com](mailto:spersichetti@lpicommunities.com)

(800) 888-4574 x3403

**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT  
Authorized  
Provider

SafeStreets

833-287-3502

**SUPPORT OUR ADVERTISERS!**



# GATELY FUNERAL HOME

Established 1889

Cremation Services & Irrevocable Funeral Trusts Available

79 W. Foster St., Melrose

(781) 665-1949 • [www.gatelyfh.com](http://www.gatelyfh.com)



## The best value in senior living.



Call Kate Oosterman at 781-665-3188 or visit [oostermanresthomes.com](http://oostermanresthomes.com)

### Is Your Estate in Order?

Wills • Trusts • Health Care • Proxies • Powers of Attorney

**Atty. Gerry D'Ambrosio**

781-284-5657

[www.dambrosiollp.com](http://www.dambrosiollp.com)



Just because you need a little assistance doesn't mean you can't live it up. At The Arbors, our experienced staff is here to enhance your quality of life through comfort and care customized to your specific needs. Relax with your friends. We'll take care of the rest.

*At The Arbors, we take pride in being run by family and treating you like family. Open house, stop in for a tour today.*

**THE Arbors**  
At Stoneham  
The Arbors at Stoneham  
140 Franklin Street  
Stoneham, MA  
(781)-435-1958

## Congregational Retirement Homes



**NOW ACCEPTING APPLICATIONS**

Attractive Apartment Homes for Seniors 62+ (or disabled)



781-665-6334



200 W Foster St, Melrose

### Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



[lpicomunities.com/adcreator](http://lpicomunities.com/adcreator)



**Locally Owned & Nationally Known**

Providing Personal Care • Errands • Shopping • Light Housekeeping  
Medication Reminders • Respite Care for Families • Hourly & Live In Care

781.395.0023

[VisitingAngels.com/MedfordMa](http://VisitingAngels.com/MedfordMa)

Each Visiting Angels agency is independently owned and operated.  
\*2022 Visiting Angels is a registered trademark of Living Assistance Services, Inc.

## ROBINSON FUNERAL HOME

*Honor · Remember · Celebrate*

*Helping Families Heal.*

Providing comfort to Melrose residents, one family at a time.

Preplanning Available  
809 Main Street, Melrose

781.665.1900

[RobinsonFuneralHome.com](http://RobinsonFuneralHome.com)



## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

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, Phyllis Carr, and Dale Weber & Francis McDonough for your generous donations!**

### Bread of Life



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](mailto: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  
235 WEST FOSTER STREET  
MELROSE, MA 02176

NONPROFIT ORG.  
US POSTAGE  
PAID  
WAKEFIELD, MA  
PERMIT NO. 7



THIS NEWSLETTER IS MADE POSSIBLE DUE TO THE COMMITMENTS OF OUR ADVERTISERS.  
IT IS DELIVERED TO YOUR HOME BY THE GENEROSITY OF THE FRIENDS OF MILANO CENTER