

LOOKING AHEAD

Melrose Council on Aging

Erica Brown

Executive Director

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235 W. Foster St. Melrose, MA



Milano Center

James Conforti

Milano Center Manager

781-662-6886

201 W. Foster St. Melrose, MA

April 2024

Looking Ahead is available online at

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

Ice Cream Social

Tuesday, April 2nd

1:30 pm

FREE



Build your own ice cream sundae with an array of toppings! Chat with friends while you enjoy a sweet treat! Reduced sugar ice cream will be available.

Reserve your seat by calling the Milano Center at 781-662-6886.

Generously sponsored by a grant from Mystic Valley Elder Services

Red Sox Home Opener

Tuesday, April 9th

2pm

\$5

Join us as we celebrate the Red Sox Home Opener against the Baltimore Orioles. Light refreshments will be served including ballpark favorites like hot dogs, popcorn, peanuts, and cracker jack! Raffles of Red Sox gear and 2 game tickets will be drawn at the end of the 1st, 4th, and 7th innings to get you ready for the season! Sign up in advance with payment at the Milano Center or by calling 781-662-6886 to use your

“wallet”!

Generously sponsored by a grant from Mystic Valley Elder Services



Community Repair Café

Sunday, April 21st

10am-1pm

FREE

The Milano Center in partnership with Melrose Lend & Mend is hosting a community repair café! Repair cafes are community events where you can expect a volunteer with useful skills to try to repair household items. These events keep trash out of landfills, save money, and build community relationships!

Services you can expect at this event are:

Restringing/tuning guitars

Knife sharpening

Small household electronic repairs (humidifiers, clocks, blenders, etc)

Textile mending

Lamp repair

Ceramic repair

Woodworking

Technology Assistance from SDM

Bike repair (15 minute tune-ups)

No sign-ups necessary – walk-ins of all ages are welcome!



Please note that all stations are manned by volunteers. We cannot guarantee that every item will be able to be repaired. Some replacement parts can be purchased at-cost at each station.

Senior Dinner

Tuesday, April 30th

4:30pm

\$5

Generously sponsored
by a grant from
Mystic Valley Elder
Services

Menu: Chicken Marsala, ziti, garlic bread, and tiramisu
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 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**



Happy April everyone!

April is one of my favorite months, as long as I have my allergy medicine and a box of tissues nearby. It is a great month to celebrate the wonder and beauty of our world. This month is national garden month, keep America beautiful month, and has several fun days to celebrate like Earth day on April 22nd and All is Ours Day on April 8th. All is Ours Day is meant to encourage care and kindness as humans take not only ownership of, but responsibility for, all of the resources and beauty that make their way throughout the globe. Another application of National All is Ours Day is to remember that those who have plenty can find great joy in sharing with those who have less or are in need.

Take the opportunity to attend some of our nature based programming this month! We're hosting an educational workshop on cannabis use for older adults on April 4th, a guided nature walk through the Fells on April 19th, and a community repair cafe to keep broken household items out of landfills on April 21st! We're also celebrating the bounties brought by local gardens with a homemade soup and grilled cheese luncheon on April 17th.

I'm confident we have something to interest everyone this month, whether it rains or shines. April can be tricky weather-wise...
 What happens when it rains cats and dogs?

You have to be careful not to step in a poodle!

CLOSURES
MONDAY, APRIL 15th
PATRIOT'S DAY

COA Board Members
 David Kourtz, Chair
 Margaret Ivins, Vice Chair
 Ellen Cobau, Clerk
 Kristin Thorp
 Maura Sullivan

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	Maia Moran, Treasurer
Carol Mahoney, Clerk	Diane DeVivo, Member
David Kelley, Member	Marie Ryan, Member
Martin Stanton, Member	Jean Pandolfo, Member

April 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, April 11th **The Chateau Restaurant, Woburn** **\$5**
 Depart Milano: 12pm Lunch: 12:30pm-1:45pm Return to Melrose: ~2:15pm

Thursday, April 18th **Boston Symphony Orchestra Rehearsal** **\$40**
 Depart Milano 9:45am Symphony from 10:30am-12pm Return to Melrose: ~12:45pm

Opening the program is Wolfgang Mozart's charming Symphony No. 33, followed by Anna Thorvaldsdottir's orchestrally imaginative *Archora*, inspired by the "primordial energy" of her homeland, Iceland. Closing the program, international star Hilary Hahn is soloist in one of the greatest works in the repertoire: Brahms's Violin Concerto. Brahms composed this rich, lyrical work in 1878 for, and with the advice of, his friend Joseph Joachim, a towering virtuoso of the age

Friday, April 19th **Middlesex Fells Nature Walk** **FREE**
 Depart Milano: 9:45am Nature walk: 10am-11am Return to Melrose: ~11:15am
 Liane from the Friends of the Middlesex Fells will lead a guided walk through the Fells. Participants can expect about an hour of walking with slight slopes. Recommended supplies to bring with you include water, bug spray, sunscreen, comfortable walking shoes, and weather appropriate clothing. Learn about the Milano Center Walking Club!

Thursday, April 25th **Encore Casino, Everett** **\$10**
 Depart Milano at 9:30am Depart Encore at 2pm Return to Melrose: ~2:30pm
 All participants receive \$10 free slot play bonus!

Melrose COA Shopping Trips

Market Basket Woburn: 1st & 3rd Wednesday of each month. 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 9am Pick-ups begin
 Drop-offs: 9:45 Fellsway Plaza & Target; 10am Square One Mall; 10:15 Walmart; 10:30 Trader Joe's
 Pick-ups: 11:30 Fellsway Plaza & Target; 11:45/1pm Square One Mall; 12pm Walmart; 12:15 Trader Joe's

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 5-week session will run **Mondays, April 22nd—May 20th at 1pm in the Classroom**

Please call **781-662-6886** starting on Wednesday, March 27th to reserve your seat.

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

A Matter of Balance Fall Prevention Thursdays, April 11th—May 30th

1:30pm-3:30pm Tierney Hall

This class, provided by Mystic Valley Elder Services, meets weekly to increase core strength and balance. The goal is to help reduce the fear of falling, prevent falls, and increase activity levels through a combination of videos, discussion, and exercise.

Space is limited. Please call 781-662-6886 to reserve your seat! Must be able to attend all 8 classes.

Jannabis Wellness: Elder Cannabis Education

Thursday, April 4th 3pm FREE

Seniors are asking about and using cannabis and CBD products with greater frequency, especially as cannabis has been legalized by an increasing number of states. There has been a tenfold increase in cannabis use in those over 65, as many older adults are turning to these plant-based compounds to treat health issues. Janice Newell Bissex, MS, RDN, FAND is a lifelong Melrose resident and holistic cannabis practitioner. After her dad found relief using medical cannabis it became Janice's mission to help others find relief using CBD and cannabis. She will discuss the conditions cannabis/CBD may be helpful for, as well as proper administration methods, dosing, and potential side effects and drug interactions.

Sign up by calling 781-662-6886



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!

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
Walk-ins WELCOME



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Coming soon...

Milano Center Garden Social Club
Watch for the May newsletter!

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

"Just Write"

Wednesdays 10am - 12pm in Class Room

This participant led group meets weekly to facilitate different writing topics. Those who participate rotate leadership of weekly sessions.

The group shares ongoing writing projects and connects on a personal level.

Anyone is welcome to join this free program!
Simply bring pen and paper to write with!

Arts & Crafts – Hats for the Kentucky Derby
Friday, April 26th 10am-11am Classroom \$5

Express your style and get ready to impress at our Kentucky Derby party by creating your own derby hat. Hat, florals, and basic supplies are included. Bring any trinkets or decorations you like from home to make yours unique to you!



Call to reserve your spot at 781-662-6886.

Sponsored by a grant from Mystic Valley Elder Services—LGBTQIA Initiative

Photography Club

Next meeting: Friday, April 26th 10am
 Conference Room



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

Milano Center Book Club

Tuesday, April 9th 10am

This month's book:
 The Bad Muslim Discount
 by Syed Masood



MOVIE
Wonka

Monday, April 22nd 1:30pm, 1h 57m Rated: PG

Popcorn & refreshments served

Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time.

Starring Timothee Chalamet.
 Reserve your seat by calling 781-662-6886.



SOUP & GRILLED CHEESE LUNCHEON

Wednesday, April 17th 12pm-1pm \$5

Chase away those last chilly days of the season with the ultimate comfort food lunch – grilled cheese and tomato bisque!

Sometimes two great things combine to become even better! Enjoy a homemade meal that melds Erica's homemade tomato bisque with James' ooey-goey golden grilled cheese.

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

****This meal will be in place of the regularly scheduled lunch provided by Mystic Valley Elder Services****

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>1 8:45 Yoga, TH \$5 9:30 Watercolor Class, CR 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 11:30 Turkey Chil or Tortellini pasta salad 12:00 Senator Lewis 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 2:00 Power over Parkinson's</p>	<p>2 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Tuscan chicken or turkey & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:30 Ice Cream Social 2:00 Bread of Life</p>	<p>3 9:00 Market Basket 10:00 Just Write, CR 10:00 National Grid 10:15 Zumba, TH \$5 11:30 Beef Wellington or Chicken salad 12:15 Blood Pressure Checks 1:15 BINGO, TH</p>	<p>4 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Maple glazed chicken or Roast beef & cheese 1:00 Mexican Train Dominoes 3:00 Jannabis</p>	<p>5 9:30 Watercolor Class 10:00 Alzheimer Care Giver Support Group 10:15 Shimmy, TH \$5 11:30 Pollock or chicken quinoa salad</p>
<p>8 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 unstuffed pepper bowl or turkey & cheese 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 2:00 Power over Parkinson's</p>	<p>9 9:00 Tai Chi, no instructor 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 10:00 Book Club 11:30 Meatloaf or buffalo chicken & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Red Sox Home Opener \$5 2:00 Bread of Life</p>	<p>10 10:00 Just Write, CR \$5 10:15 Zumba, TH \$5 11:30 Garlic chicken or tuna pasta salad 1:15 BINGO</p>	<p>11 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Cheese lasagna or ham & cheese 12:00 Chateau Restaurant 1:00 Mexican Train Dominoes 1:30 Matter of Balance</p>	<p>12 9:30 Watercolor Class 10:15 Shimmy, TH \$5 11:30 White fish or caprese pasta salad</p>
<p>15 CLOSED PATRIOT'S DAY</p>	<p>16 9:00 Tai Chi, no instructor 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 10:00 Milano Book Club 11:30 Honey mustard chicken or turkey and cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:00 AARP Lecture 2:00 Bread of Life</p>	<p>17 9:00 Market Basket 10:00 Just Write, CR \$5 10:15 Zumba, TH \$5 11:30 NO REGULAR LUNCH 12:00 Soup/Grilled Cheese Luncheon \$5 12:15 Blood Pressure Checks</p>	<p>18 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 9:45 Boston Symphony Orchestra Rehearsal 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Shrimp w/caper sauce or chef salad 1:00 Mexican Train Dominoes 1:30 Matter of Balance</p>	<p>19 9:45 Fells Nature Walk 10:00 Alzheimer Care Giver Support Group 10:15 Shimmy, TH \$5 11:30 Braised beef or Egg salad</p>

<p>22 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 Balsamic chicken or ham & swiss 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 1:30 Movie—Wonka 2:00 Power over Parkinson's</p>	<p>23 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Sausage or Greek pasta salad CH 1:00 Mahjongg, CR 1:00 Cribbage, CR 2:00 Bread of Life</p>	<p>24 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 Salmon or Turkey and provolone 1:15 BINGO, TH</p>	<p>25 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 Beef Teriyaki or chicken salad 1:00 Mexican Train Dominoes 1:30 Matter of Balance</p>	<p>26 10:00 Photography Club 10:00 Kentucky Derby Hat Craft \$5 10:15 Shimmy, TH \$5 11:30 chicken drumstick or tuna salad</p>
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29
8:45 Yoga, TH \$5
10:00 Chair Yoga, TH \$5
10:00 Poker Lessons, CON
11:30 **HIGH SODIUM** Stuffed shells or Roast Beef & cheese
12:00 Mahjongg Guided Gameplay, CR
12:30 Horseracing, TH
1:00 Mahjongg Lessons
2:00 Power over Parkinson's

30
9:00 Tai Chi, TH \$5
10:00 Line Dance, TH \$5
10:00 Knit & Stitch, CR
11:30 Turkey w/gravy or Tortellini pasta salad
1:00 Mahjongg, CH
1:00 Cribbage, CR
2:00 Bread of Life
4:30 Senior Dinner

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, April 1st

AARP Lecture Series: Social Security



Understanding Your Benefits Tuesday, April 16th 1pm FREE

If you would like to have a better sense of how to make the most of your Social Security benefits, this workshop can help. This presentation focuses on the decisions you will be making about when to claim Social Security benefits and what implications those choices may have on your finances.

Sign up by calling 781-662-6886

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

NEW HOURS—NEW NURSE

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.



National Grid Office Hours Every other month

Wednesday, April 3rd; 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



Massachusetts SNAP Restaurant Meals Program (RMP)

Individuals who have SNAP benefits will be able to buy prepared food at authorized restaurants and/or food trucks. Restaurants approved in this area are:

Las Delicias Colombianas – Revere, MA, Thmor Da Restaurant – Revere, MA, Sabrina Bakery & Café – Malden, MA, Brother's Deli of Lynn – Lynn, MA, Bridge Pizzeria – Revere, MA This list will expand as the state approves more meal providers.

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 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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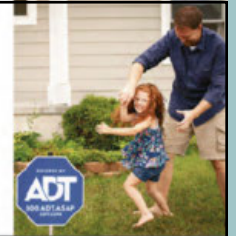
spersichetti@lpicommunities.com

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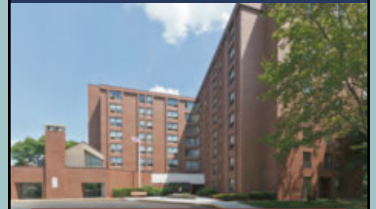


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Is your gift in memory or in honor of someone? _____

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.

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
235 WEST FOSTER STREET
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