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# Watertown Senior News

Watertown Council on Aging/Senior Center  
31 Marshall St.  
Watertown, MA 02472  
617-972-6490  
www.ci.watertown.ma.us

September 2005

**COA/SENIOR CENTER  
STAFF**

Caryl Leslie Fox, Director  
Kathleen Wolf  
Laura Gold  
Deborah A. Dunn  
Deb M. Kaup  
Joseph Cavallaro

SEPTEMBER 2005

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## decide program to start 9/8

The DECIDE Program, (Developing Elder's Choices in Defensive Education) was designed by law enforcement personnel to educate seniors in crime prevention techniques. The program teaches risk-reducing strategies using proven crime-prevention techniques through video, lecture and role-playing.

Watertown Police Officer, Patty Grady, will teach this free course that will meet at the Senior Center for eight one hour sessions.

**When: 10 a.m. Thursdays  
Starts: September 8.**

Pre-registration is required, so call us at 617-972-6490 to reserve your place.

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## Watertown Celebrates 375 Years of History 1630-2005

Do you know the early name of Common St.? Where in Watertown did George Washington sleep? Past President of the Watertown Historical Society, Jack Zollo knows the answers to these questions and many other bits of historical information about Watertown. Jack is the author of the Watertown Historical Quiz featured on Watertown's home page ([www.ci.watertown.ma.us](http://www.ci.watertown.ma.us)). He will visit the Senior Center to share his knowledge about Watertown's pivotal role in the birth of our nation, and to help us celebrate 375 years of history!

**When: Wednesday  
September 28 at  
10 a.m.**



## GET OR REPLACE YOUR MBTA REDUCED FARE PASS □ AT THE SENIOR CENTER

With the implementation of new fare collection equipment, the MBTA will begin to replace all valid existing MBTA Senior Citizen ID's and Transportation Access Passes. MBTA staff will be on hand at the Senior Center to replace current ID's at no charge, and to take applications from new applicants.

**WHEN: 10:00 a.m.—1:00 p.m.  
Wednesday, September 14, and  
Wednesday, October 5**

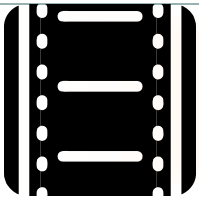
Seniors and others with a valid existing MBTA Senior Citizen ID's, or Transportation Access Passes need only to bring in their T pass for replacement.

First-time applicants, seniors (over 65) need to bring:

1. A copy of **ID showing their birth date**, such as a driver's license, Mass ID, birth certificate, or passport.

2. **Fifty cents (cash only, no checks)**

The new passes will be mailed to you.



## September Movie Matinee

Come enjoy a movie in the lounge area Thursday afternoons.

The show begins at 1:00 p.m.

**9/1 - WORKING GIRL** Melanie Griffith, Sigourney Weaver and Harrison Ford in a Labor Day comedy.

**9/8 - BECAUSE OF WINN-DIXIE** a lonely young girl and a stray dog find friendship and acceptance in a small Southern town. With Jeff Daniels and Cicy Tyson.

**9/15 - THE WEDDING DATE** Debra Messing gets more than she pays for when she hires Der-

mot Mulroney to accompany her to her ex-boyfriend's wedding.

**9/22 - MONSTER-IN-LAW** Jennifer Lopez and Jane Fonda matches wits as the would be newly wed and the reluctant relative.

**9/29 - GUESS WHO** a remake of the classic, "Guess Who's Coming to Dinner" with a twist. With Bernie Mac as dad, and Ashton Kutcher as the suitor.

## Need Legal Advice?

The Boston College Legal Assistance Bureau provides community outreach services through the Elder Services Project. Free legal advice is available by appointment at the Senior Center.

**WHEN: Friday, September 16  
from noon until 2:00 p.m.**

Appointments must be scheduled in advance by calling the Senior Center at 617-972-6490.



## Fall Foliage Trip

Join the Watertown seniors for an autumn day trip to the Berkshires to enjoy the fall foliage, have a full course gourmet luncheon with your choice of Chicken Pot Pie or Pot Roast at Stockbridge's famed Red

Lion Inn, and take in the classic American art work at the Norman Rockwell Museum.

**When: Thursday, October 20**

**Leave: 9:00 a.m.**

**Return: 5:00 p.m.**

**Cost: \$52.00**

*(includes everything)*

Sign up and pay at the Senior Center or call 617-972-6490 for more information.



## Affordable Senior Housing Options...a discussion with Watertown Community Housing Director, Dori Peleg

Watertown Community Housing is a grass roots organization that was established to create and promote affordable housing in the community, and to address the housing needs of Watertown residents with low to moderate incomes.

WCH Executive Director, Dori Peleg will visit the Senior Center for a discussion about housing options for Watertown seniors, and to tell us about Marshall Place Apartments, a project currently under con-

struction on the site of the old Marshall Home, and scheduled to open this fall with ten one-bedroom units designated for low-income seniors. Come by for an interesting discussion.

**When: 10:00 a.m.**

**Wednesday, September 7**



## Bourne Scallop Festival

Join us for a trip to the Cape and the Bourne Scallop Festival. We'll stop at the Christmas Tree Shop on the way and enjoy a fresh scallop dinner (or chicken) and visit the craft fair at the festival. A stop at the Arts International Bakery for samples on the way home will make a sweet ending to your day!

**When: Friday, September 23**

**Leave: 9:00 a.m. Return: 5:00 p.m.**

**Cost: \$40.00 (includes everything)**

Sign up and pay at  
the  
Senior Center



## Senior Lifestyles Classroom Series – Invest like Buffet

### What makes the “Classroom Series” different?

This is the first in a series of classes on financial topics being offered through the Watertown Senior Center.

These classes are just that – classes, not seminars – so come prepared to learn, take notes, and discuss issues with classmates.

We will delve more deeply into topics than what often occurs at financial ‘marketing’ seminars. So be prepared to learn and be challenged.

### *Learn:*

How Buffet values stocks  
How he locates good guys  
His specific criteria  
What Buffet could do right now to boost his performance (He

admitted this!) but wont.  
How he deals with existing management of the firms he buys

**WHEN: 10:00 a.m.**

**Wednesday, September 21**

This class is **limited to twelve participants, and pre-registration is required.** Call the Senior Center at 617-972-6490 to register.

**WATERTOWN COUNCIL ON AGING  
SENIOR CENTER**

31 Marshall St.  
Watertown, MA 02472



Phone: 617-972-6490  
Fax: 617-972-6493  
website: [www.ci.watertown.ma.us](http://www.ci.watertown.ma.us)

**We're on the Web!**  
[www.ci.watertown.ma.us](http://www.ci.watertown.ma.us)

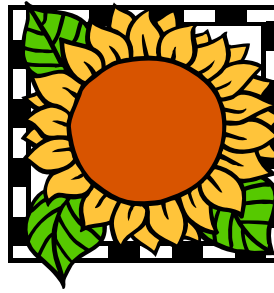
The **COUNCIL ON AGING BOARD** will meet at 5:30 p.m. Wednesday, September 7 at the Senior Center.



**SENIOR NEIGHBORS** will meet at 1:00 p.m. Wednesday, September 7 in the Masonic Temple, 32 Church St.

**MEDICAL UPDATE**

**Medical screenings listed  
are all on  
Thursday mornings.**



Hearing      Screening

September 1

(Call for an appointment)

Foot Care

September 15

(In order of sign-in starting at 10:00 am)

Dental Screening  
15

September 15

(Call for an appointment)

*Tai Chi with Marie Favorito begins the Fall series of ten classes Friday, September 9 at 12:30 p.m. The fee for this Town subsidized program is \$20.00 for the series payable to the instructor at the first class.*



Presenting  
an afternoon of 40's  
swing style music per-  
formed by

Boston's all-women big band

**The  
Mood Swings  
Orchestra**

When: 3:00 p.m. Sunday October 30,  
2005

Where: First Parish Unitarian Church  
35 Church St., Watertown Square

A benefit for and sponsored by the  
Friends of the Watertown Council on Aging  
Donation: \$10.00      Refreshments...Door  
Prizes

Call the Senior Center at 617-972-6490 for  
tickets, or more info, or contact Friends event

**Questions about Medicare Part D?**

Call the Senior Center at 617-972-6490 and make an appointment with the SHINE volunteer. The SHINE (Serving Health Insurance Needs of Elders) program is a free service funded by the Executive Office of Elder Affairs to help you find your best health insurance and prescription drug coverage options. SHINE volunteer Maurice Fitzgerald is at the Senior Center Tuesday mornings by appointment.

**Calling All Knitters!**

The Senior Center Knitters will meet Wednesday, September 21 at 1:00 p.m. The group knits and crochets items for frail seniors, infants, veterans, and others in need, and meets monthly to drop off their donations, get more yarn, and collaborate. More helping hands are always welcome. Stop by!

