

**COUNCIL ON AGING
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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
August 2006

**COA/SENIOR CENTER
STAFF**

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Kathleen Wolf
Laura Gold
Deborah A. Dunn
Deb M. Kaup
Joseph Cavallaro

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Scrapbook crafter, Sue Pouliot of Creative Memories returns to the Senior Center

When: 10:00 a.m.

Wednesday, August 2

She'll show us how to transform those boxes of family photos you've accumulated over the years into something to share with others and enjoy. Space is limited. Call the Senior Center at 617-972-6490 to sign up, and bring along your photo collection.

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

With the implementation of new fare collection equipment, the MBTA is currently replacing all valid existing MBTA Senior Citizen ID's and Transportation Access Pass ID's (TAP) for persons with disabilities. MBTA staff will be on hand at the Watertown 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, August 30

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 a copy of ID showing their birth date, such as a driver's license, Mass ID, birth certificate, or passport. A temporary pass will be issued and your new Senior Photo ID will arrive by mail.

BOURNE SCALLOP FESTIVAL

When: September 22

Leave: 9:00 a.m.

Return: 5:00 p.m.

Cost: \$ 43.00



Join us for a last taste of summer on 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 if you'd prefer) and visit the craft fair at the festival. A stop for home-made ice cream on the way home will make a sweet ending to your day!

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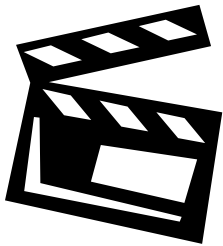
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August Movie Matinee

Relax and enjoy a movie in our comfortable lounge area Thursdays at 1:00 p. m.

8/3 - GREASE Revisit summer love in the '50's as opposites attract. First released in 1978, it's an upbeat musical with Olivia Newton-John, Stockard Channing and John Travolta.

8/10 - MARY PICKFORD First seen on PBS's *American Experience*, this ninety-minute documentary paints a poignant portrait of the remarkable

career of America's Sweetheart, the world's first international superstar who, as the most popular silent screen actress of the day became the most powerful woman in Hollywood.

8/17 - FAILURE TO LAUNCH Hoping to become empty-nesters, the parents of a thirty-five year old man who is still living at home hire a woman to help move the process along. With Matthew McConaughey and Sarah Jessica Parker.

8/24 RV Togetherness takes on new meaning when dad surprises his technology-dependent family with a summertime RV trip. With Robin Williams and Cheryl Hines.

8/31 - ON A CLEAR DAY Laid off after 40 years as a shipbuilder, a man's swimming hobby becomes a quest to swim the English Channel. With Peter Mullan and Brenda Blethyn.

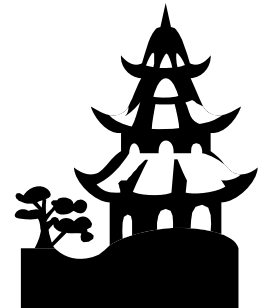
9/7 - SYRIANA Control of the oil trade, and moral dilemmas. With George Clooney and Matt Damon

Fall series of Tai Chi Classes to Begin September 8

Tai Chi is an ancient form of exercise that combines movement and meditation to increase energy, release tension, and improve balance. Marie Favorito instructs a one-hour tai chi class on Friday afternoons in ten-

week series. The Fall series will begin Friday, September 8 at 12:30 p.m.

The fee for this Town subsidized program is \$20.00 for the series which is payable to the instructor at the first class.



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

**MARK YOUR CALENDAR
DO NOT MISS THIS IMPORTANT
UPCOMING SEMINAR!**

**Identity Theft and Fraud:
What can You do to
Protect Yourself?**

Join us for a panel discussion with members of the Watertown Police Department, the US Postal Service, Mass Bankers Association, and Watertown Savings Bank.

WHEN: 9:00 a.m.

Wednesday, September 20

WHERE: Watertown Senior Center

This event is co-sponsored by the Watertown Savings Bank. There is no charge, but reservations are required and light refreshments will be served. Call the Senior Center at 617-972-6490 to sign up!



**COME ALONG ON A TRIP TO MAINE
FOR SOME SUMMER THEATER! THE FIRST STOP IS
AT THE CLAYHILL FARM AND BIRD SANCTUARY IN YORK
FOR AN ELEGANT LUNCHEON THAT INCLUDES YOUR
CHOICE OF BROILED SHRIMP AND HADDOCK OR CHICKEN
PICATTA AND 'CHEF'S CHOICE' FOR DESSERT. THEN WE'RE
OFF TO THE OGUNQUIT PLAYHOUSE FOR THE MATINEE'
SHOW OF 'MENOPAUSE THE MUSICAL!'**

WHEN: THURSDAY, AUGUST 31

LEAVE: 10:00 A.M.

RETURN: 5:00 P.M.

COST: \$70.00 (INCLUDES EVERYTHING)

SPACE IS LIMITED SO SIGN UP NOW!

Get the most out of life with a positive attitude!

Life is what you make of it and laughter is a great way to reduce stress, replenish creative juices, create perspective and remind us of the 'Bigger Pic-

ture." Learn new ways to enjoy life when John O'Connor visits the Senior Center

**WHEN: Wednesday August 16
at 10:00 a.m.**



**WATERTOWN COUNCIL ON AGING
SENIOR CENTER**

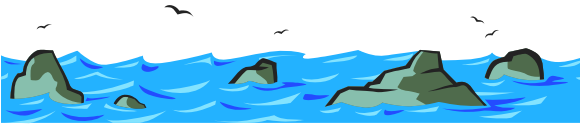
31 Marshall St.
Watertown, MA 02472



Phone: 617-972-6490
Fax: 617-972-6493
website: www.ci.watertown.ma.us

We're on the Web!
www.ci.watertown.ma.us

The **COUNCIL ON AGING BOARD** will meet at 5:30 p.m. Wednesday, September 6 at the Senior Center.



SENIOR NEIGHBORS will meet at 1:00 p.m. Wednesday, August 2 in the Masonic Temple, 32 Church St.

**MEDICAL
UPDATE**

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

Hearing Screening August 3
(By appointment. Call 617-972-6490)
Foot Care *Note next visit* September 21
(In order of sign-in starting at 10:00 am)
Blood Pressure August 31
(In order of sign-in starting at 9:30 am)
Dental Screening *Note next visit* September 14
(By appointment. Call 617-972-6490)

FREE HEARING SCREENING: Chris Streeter from Miracle Ear will be at the Senior Center Thursday, August 3 by appointment to provide free hearing screenings, check hearing aids, and recommend further services if needed. Call us at 617-972 6490 for an appointment.

**AARP 55 ALIVE – MATURE DRIVING PROGRAM**

If you are concerned about maintaining your independence, and keeping your driving skills sharp, the 55 Alive Mature Driving Program may be the answer for you. Developed by AARP, 55 Alive is a refresher course for older drivers consisting of eight hours of classroom instruction taught over a two-day period. 55 Alive teaches preventive measures to use when driving. The course highlights age-associated physical changes that affect driving skills (e.g.: vision, hearing, flexibility) and suggests ways to compensate for these changes.

Where: Watertown Senior Center, 31 Marshall St.

When: Two Thursdays - September 7 and 14 from 10:00 a.m. – 3:00 p.m.

Cost: \$10.00 (check only - payable to AARP) Pre-registration and pre-payment are required.

There will be an hour-long break at noon. Participants may visit nearby restaurants or bring their lunch. Tea and coffee are available all day. **Sign up now by calling the Senior Center at 617-972-6490.**