WELCOME TO MARCH!
I am thrilled to present our new color newsletter filled with many wonderful programs. Congratulations to Barbara Livesey the recipient of a Target gift card for her winning entry, The Walnut Street Journal, the new name of our newsletter. Special thanks to everyone who took the time to submit entries.

This month programs include Spying in Russia, Irish and Scottish Genealogy, Songs and Stories of the Irish on St. Patrick’s Day, Dick Flavin with Red Sox History, a Spring Floral Workshop and many more! Please browse through the newsletter for information on our in person, television, and Zoom programs.

The Council on Aging is proud to be working with the Milton Board of Health on the administration of the COVID-19 vaccine to Milton residents age 75+. We are the host site for the vaccination clinics, and it has been wonderful to see so many of you receive your vaccine. We are working through the waitlist and you will be called for an appointment when it is your turn. If you are on the waitlist and have been able to receive a vaccine elsewhere, please let us know so that we may remove you from our list.

Please make sure we have your email address and phone number so that you will receive announcements regarding COA programming and COVID-19 vaccination information. Call us at (617) 898-4893 with your information.

I hope you enjoy the new newsletter, and some of our many programs.

Stay well!
Christine Stanton

WATERCOLOR WORKSHOP
Sponsored by the Milton Women’s Club and the Milton Cultural Council will be held on Thursdays at 11 am throughout March. We will explore various watercolor techniques. Art kits will be provided. Please see course description on pg. 4 and call early to register. Space is limited.
617-898-4893
**WESTERN GUNSLINGERS: THE TRUTH BEHIND THE WESTERNS**
Mondays at 11 am via Zoom
Join Daniel R. Seligman, a volunteer with Norfolk County RSVP, as he examines the life and times of gunslingers who lived in the American West in the late 19th century and are well known in American popular culture. The series includes seminars on the “Good Guys” and the “Bad Guys”, male & female. Each seminar is designed as a 1-hour presentation. Attendance at all sessions is not required. The American West has been portrayed extensively in westerns and other media and subjected to broad exaggeration, and, a more recent tendency to uninformed debunking. The intent of this series is to present the unvarnished truth from historical records. To participate in one, two or all sessions please call us.

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**EIGHT SIMPLE STEPS TO A HEALTHIER HEART**
Tues., March 2, 10 am via Zoom
In partnership with BC/BS
Discover simple tactics for preventing and treating heart disease. Learn easy strategies that can help to lower your blood pressure, cholesterol, and triglycerides while improving your overall health. Fun props, stories, and practical tips will help motivate you to make the small changes that lead to better health. All are welcome. You do not have to be a BC/BS member.
Register at: bcbsma.info/March2

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**WATERCOLOR WORKSHOP**
Thursdays, March 4, 11, 18 & 25, 11 am via Zoom
Registration deadline Fri., Feb. 26
Class size limited to 10
4-week series with Camille DeMarco who will lead the class as we explore various watercolor techniques: washes, wet-on-wet, gradients and color blending, layering, dry brush, and color lifting. You will create note cards depicting the four seasons using these techniques. Art kits will be provided which can be picked up at the COA prior to class, or we can arrange delivery for those who do not drive.

This class is sponsored by the Milton Women’s Club and the Milton Cultural Council.
**MARCH PROGRAMS**

**REGISTRATION REQUIRED SPECIAL PROGRAMS**

**ANCESTRY, GENEALOGY RESEARCH AND FAMILY LIFE IRELAND- SCOTLAND- QUINCY HOW TO GET STARTED Thurs., March 4, 1 pm via Zoom**

Join Jim Coyle as he shares his knowledge of genealogy research and explains first steps on how to get started if you are interested in researching your family story. Topics will include: first steps in getting started, family tree hand sketch, research strategies and available resources. Jim is a member of the Association of Professional Genealogists and the Milton Historical Society. He holds a certificate in Genealogical Research from Boston University and completed a program on Researching Your Family Tree from the University of Strathclyde in Glasgow, Scotland. Jim specializes in immigration from Scotland, Ireland, Wales & Italy.

For more information visit: www.jpcprogenealogy.com

**Q&A WITH THE TA Wed., March 10 , 11 am via Zoom**

Town Administrator Michael Dennehy will join us for our weekly Zoom Workshop. This is the perfect opportunity to hear from Mike about what’s going on in the town with plenty of time for questions and answers. Pour a cup of coffee and join us!

**ST. PATRICK’S DAY SWEET TREAT GRAB N’ GO**

Fri., Mar. 12, 11:00 am @ the COA
RSVP by March 5 requested
Quantities limited

We miss seeing you! Please come by and pick up a sweet treat just in time for St. Patrick’s Day!

If you would like a treat but are unable to come to us, let us know and we will come to you!

This month’s treat is sponsored by Standish Village. Standish Village offers seniors a secure, supportive, and independent lifestyle, offering both assisted living and a secure Compass Memory Support Neighborhood. Standish Village is located in the heart of the historic Lower Mills neighborhood which borders Dorchester and Milton, MA.

Supportive services including housekeeping, gracious and award-winning dining, medication management and personal care are provided to residents so they can enjoy the company of new friends and a vibrant program of social, cultural enrichment and wellness activities.

**DAYLIGHT SAVINGS TIME SUNDAY, MARCH 14**

**INTRO TO ZOOM Wed., March 17, 11 am via Zoom**

In this week’s Zoom Workshop we will review Zoom basics and some of the enhanced features including how to create a virtual background.

**THE SONGS & STORIES OF IRELAND AND THE IRISH Wed., Mar. 17, 2:30 pm via Zoom**

*This program will also air at a later date on Milton Access TV.*

Put on some green & come kiss the Blarney as we sing along to some Irish favorites with singer/storyteller Michael Goodwin.

Milton Council on Aging | Page 5
MARCH PROGRAMS

REGISTRATION REQUIRED

SPECIAL PROGRAMS

**BOOK CLUB**
Thurs., March 18, 11 am via Zoom

“The Alice Network” by Kate Quinn. In this enthralling new historical two women-a female spy recruited to the real-life Alice Network in France during World War 1 and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption. All are welcome!

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**BOOST YOUR HEALTH WITH BETTER SLEEP**
Tues, March 23, 11 am via Zoom
In partnership with BC/BS

Presented by Janet Fontana, RN and Certified Health Coach
Sleep is vital to your physical and emotional health. During challenging times, it can be especially difficult to stop worried thoughts from keeping you awake at night. Join us to learn strategies to get a goodnight’s sleep and discover stress-relieving breathing exercises to help you fall asleep or fall back to sleep faster. Discover how to feel calmer during the day and sleep more soundly at night.

All are welcome. You do not have to be a BC/BS member.
Register:bcbsma.info/March23

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**DICK FLAVIN—RED SOX**
Wed., March 24, 11 am via Zoom

Dick Flavin the poet laureate and senior ambassador of the Boston Red Sox is joining us just in time for Opening Day on April 1. Dick’s television commentaries have won seven New England Emmy Awards, he is a nationally known speaker, and is a member of the Massachusetts Broadcasters Hall of Fame. Put on your Red Sox gear & join us for some fun!

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**SHERIFF PATRICK MCDERMOTT**
Wed., March 31, 11 am via Zoom

Norfolk County Sheriff Patrick W. McDermott will join our Zoom Workshop to discuss programs and services offered to older adults by the Sheriff’s Office. The Sheriff’s Office provides a number of programs to help older adults stay safe, including the “Are You OK?” program that provides daily check-in calls, the “Files of Life” program that provides a visible and accessible medical record for emergency personnel, and others. Sheriff McDermott will talk about these programs and other ways that the Norfolk County Sheriff’s Office can serve as a resource.

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**SERVICES**

**shine**
Our SHINE (Serving the Health Insurance Needs of Everyone) counselors are available for consultations by telephone on Tuesday mornings. They will call you at a designed time to answer questions or provide guidance on Medicare plans.

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**legal & financial consultations**
Two local elder law attorneys, Atty. Philip Murphy and Atty. Andrew Pelletier, volunteer their time and expertise to meet with Milton residents 60+ for one 30-minute consultation at no charge between 1-3 pm on the first Wednesday of each month. Legal consultations are currently being done via telephone.

On the second Wednesday of the month, Jason Luck, a partner at Commonwealth Financial Group in Boston is available to speak with you via phone or Zoom to go over your financial “well-being”. It is very important to get your things in order. We strongly encourage you to take advantage of these services.

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**notary public services**
Christine Stanton and Katie O’Brien are both Notary Publics and available to notarize your documents at no charge.
MARCH PROGRAMS

CHAIR YOGA, Mondays at 9:30 am with Fran Karoff
An excellent way to loosen & stretch painful muscles, reduce stress & improve circulation. Don’t let the title fool you. You’ll get a workout.

ZUMBA GOLD, Mondays & Fridays at 10 am, with Maryellen Reardon
The original moves you love at a lower intensity focused on balance, range of motion & coordination. Suggested donation $3

VINYASA YOGA, Tuesday & Wednesdays at 6 pm with Susan Coffey
Consciously linking the movement of the body to the movement of the breath this “chill” practice helps to strengthen & build flexibility.

TAI CHI, Thursdays at 10 am, with Vince Jornales
Through a series of gentle physical exercises and stretches you will build stamina, while increasing flexibility balance & agility. Fee: $5

BEGINNER YOGA, Friday at 6 pm with Susan Coffey
Learn to integrate the foundations of yoga; postural alignment, body awareness, breath & heart in this “chill” introductory class. All welcome!

IN PERSON

WALKING GROUP, Wednesday at 10 am, sponsored by Elliott PT
Led by Chris Marotta (weather permitting). Being active is the secret to staying healthy, and walking is one of the easiest ways. Join us!

ON MILTON ACCESS TV (CH 9/13)

CHAIR FITNESS, Monday & Wednesday at 9:00 am
ON THE MOVE, Monday & Wednesday at 10:00 am
BALANCE CLASS for ADULTS 60+, Monday & Wednesday at 11:00 am
STRENGTH & CONDITIONING, Monday & Wednesday at Noon
MOVING & GROOVING, Friday, Saturday & Sunday at 3 pm

NUTRITION

COOKING AS SELF CARE: FADS & MYTHS
Wednesdays at 1 pm on MATV

We have teamed up with the Mass. Councils on Aging & Milton Access TV throughout 2021 to bring a monthly cooking & nutrition program into your home. This month’s show will focus on Fads & Myth’s. Recipes are Chef’s choice.

Each month we will share the recipe in our e-newsletter. Please be sure we have your email address on file.
THE FRIENDS OF THE MILTON COUNCIL ON AGING

The mission of the Friends is to assist the Council on Aging in providing services, resources, and activities for adults age 60 and over in the Town of Milton by raising, holding, and dispensing funds for the accomplishment of the goals of the COA.

For a $15 donation or more, you will receive our monthly newsletter by mail and support the programming and services of the COA. Please send your check to:

Friends of the Milton Council on Aging
10 Walnut Street
Milton, MA 02186

Or to donate online visit the Friends section of the COA website at: www.townofmilton.org/coa

Please consider naming the Friends as a beneficiary under your will or planning giving instrument. The beneficiary should be designated as: Friends of the Milton Council on Aging, Inc., a 501 C(3) corporation organized under the laws of the Commonwealth of Massachusetts and having a principal address at 10 Walnut St., Milton, MA 02186

Note: The Milton Council on Aging does not endorse any businesses, presentations, seminars, or advertisers.
In-Home Care, No Gaps Guaranteed
Personal Care • Companion Care
Light Housekeeping • Meal Preparation
Medication Reminder • Errands and Transportation

Rehabilitation and Nursing Center
SERVICE AND PROGRAMS
SKILLED NURSING CARE • REHABILITATION
CLINICAL PATHWAY • RESpite CARE
Hospice Care • OrTHOPEDIC PROGRAM

For more information of services and programs at Saint Joseph Rehabilitation and Nursing Center, please contact
Edris Webbe - Director of Admissions
Call - 617-825-6320
321 Centre Street, Dorchester, MA 02122
WWW.STJOSEPHREHAB.COM

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Providers of short term rehab & long term care.
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Accepts Medicare, Medicaid & most HMO plans.
175 GROVE STREET, MA 02184 / (781) 848-2050 x223
Lauren Scherer, Director of Admissions and Marketing
lscherer@alliancebraintree.org

Alliance Health at Marina Bay
Providers of short term rehab & long term care.
Offering orthopedic & post surgical rehabilitation
7 days per week. Accepts Medicare, Medicaid & most HMO plans.
2 SEAPORT DRIVE, QUINCY, MA 02171 / (617) 769-5100 x104
Karen Jacobson, Director of Admissions and Marketing
kjacobson@alliancehms.org

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY
SNEAK PEAK: APRIL PROGRAMS
REGISTRATION REQUIRED
SPECIAL PROGRAMS

SPRING FLORAL WORKSHOP
Thurs., Apr. 1, 11:30 am via Zoom
Christine Paxhia, the Brush Hill Garden Guru, will provide step-by-step instructions on how to arrange a beautiful spring floral arrangement. Kits containing the flowers will be available for pickup at the COA prior to the event. If you would like to participate and do not drive please let us know and we will arrange to have the kit dropped off. Fee: $25 for members of the Friends; $45 for all others.

JOHN CLARK & THE GOLDEN AGE OF JIVE MUSIC
Thurs., April 1, 1 pm via Zoom
JIVE is an underlying attitude, talk, look and lifestyle rather than a specific genre of music. Although jazz tends to be where you find most of its wildness and craziness. It all began during the 20s & 30s with the hot scatting and soloing of Louis Armstrong and Cab Calloway’s zoot suit years at the Cotton Club. The hip chicks made their mark, too, with the bluesy, jazzy singing of the Boswell Sisters and Ella Fitzgerald and the boogie woogie of Ella Mae Morse. In the 40s beboppers Charlie Parker and Dizzy Gillespie took center stage and added to the fun. In the 50s Lambert, Hendricks & Ross introduced a whole new style of jazz and Louis Prima emerged as a jive icon who would help fuel a swing revival in the 1990s. This program is guaranteed to make you laugh and wriggle in your chair. As the hipsters like to say, Be there or be square!

CALL 617-898-4893 TO REGISTER

Freedom. Flexibility. And a Fuller Life.
Enjoy all three in our rental residences

Set on 60 beautiful, wooded acres the award winning, independent living community of Fuller Village is about living the life you’ve dreamed of.

A limited number of luxury rental residences are now available, featuring our acclaimed amenities, activities and sense of community that comes with living a fuller life.

Fuller Village is fully committed to keeping our residents connected while adhering to COVID-19 guidelines. To learn more about this exclusive rental opportunity or to schedule a private tour, please email Andrea Doherty, adoherty@fullervillage.org or call 617-433-5147.

• Luxury apartment rentals starting at $2,750 per month
• Stress-free, maintenance-free lifestyle
• Monthly rent includes:
  - Weekly housekeeping
  - Dinner nightly
  - Fitness center & yoga studio
  - Indoor heated pool
  - Tennis, bocce & pickleball
  - Lectures, classes & musical events
  - Exceptional fine and casual dining
  - Walking paths and so much more

www.fullervillage.org
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<td>1:00 pm: Nutrition</td>
<td>1:00 pm: Nutrition</td>
<td>6:00 pm: Vinyasa Yoga</td>
<td></td>
</tr>
<tr>
<td>1:00 pm: Spring Floral Workshop</td>
<td>2:30 pm: Spring Floral Workshop</td>
<td>2:30 pm: Spring Floral Workshop</td>
<td>6:00 pm: Vinyasa Yoga</td>
<td></td>
</tr>
<tr>
<td>2:30 pm: Spring Floral Workshop</td>
<td>3:00 pm: Spring Floral Workshop</td>
<td>3:00 pm: Spring Floral Workshop</td>
<td>6:00 pm: Vinyasa Yoga</td>
<td></td>
</tr>
</tbody>
</table>
MILTON COUNCIL ON AGING
10 Walnut Street
Milton Massachusetts 02186

MILTON COUNCIL ON AGING: OUR MISSION
To support and advocate for residents over the age of 60 and their families in our community by providing programs, services, and resources that promote independent living and enrich their lives.

HEALTH & WELLNESS
SPECIAL PROGRAMS
SOCIALIZATION

TRANSPORTATION

COMMUNITY RESOURCE REFERRALS