APRIL AT THE COA
Happy Easter and Passover!

Here are just some of the exciting events happening this month:
Ukulele Lessons begin on Tuesday afternoons at 2:15pm for a 4 week session.
Cost is $20. It’s easy to learn and fun to play with a group. We are excited to announce a collaboration with the Milton Art Center which was awarded a grant from the Milton Women’s Club to present an Introduction to Watercolor Painting Class beginning Monday, April 6th at 1pm and running for 6 weeks. We have a Men’s Trip planned for a private tour of the JFK Museum and lunch at Florian Hall. Our Walking Group resumes April 1st at 10am and continues every Wednesday weather permitting. Look inside for more special events this month.

FIND US ON FACEBOOK
MILTON, MA COUNCIL ON AGING
Join the Friends of the Milton Council on Aging. For a $15 donation or more, you will receive our monthly newsletter by mail. Send your check to: Friends of the Milton Council on Aging 10 Walnut Street Milton, MA 02186. Your donation will allow us to continue bringing you wonderful programming and services. New ideas are welcome.

I am a Notary Public and am available to notarize your documents at no cost. Call (617) 898-4892 for an appointment. As always, please feel free to contact me directly with any suggestions, questions or concerns regarding the Council on Aging. Christine Stanton, Director (617) 898-4892 cstanton@townofmilton.org
For a School Vacation Week Activity with your Grandchildren, we are hosting Magician Jack Ryan

Friday, April 24th 10:30am

Jack incorporates classic & tasteful magic and a little ESP (magic of the mind), all with humor and audience participation!!!

Please invite your grandchildren and great-grandchildren to this fun, intergenerational event. RSVP with the number attending to (617) 898-4893

Watercolor for Beginners

With Instructor Dani Schechner of the Milton Art Center

Mondays, 1-2:30pm, April 6-May 18, no class April 20

Call (617) 898-4893 to register  Class is limited to 12 participants

Nurture your creativity through the relaxation and inspiration of watercolor for beginners. We will start with the fundamentals, learning about brushes, surfaces, color mixing and more. Each week of this 6 session class we will explore various application techniques including wet on dry, wet on wet, dry on wet, using salt and painting with a sponge. Subjects include still life, flowers and landscapes. Projects include creating your own watercolor greeting cards. Join this judgment-free class with an emphasis on conversation and fun! All supplies are provided. This free art program, Art for Life, a participatory art program for seniors, is sponsored by the Milton Woman’s Club. Each 6-week session will focus on a different media, taught by Milton Art Center’s teaching artists.

SAVE THE DATE

SHRED DAY

Tuesday, May 5th

10am to 1pm

APRIL MOVIE

Monday, April 13th 2:30pm

On the Basis of Sex—The Ruth Bader Ginsburg Story

ATTENTION LOCAL MERCHANTS! SPACE FOR SALE For Advertising Information:
Senior News Publications ~ 7 Philbrook Terrace ~ Hampton, NH 03824 ~ 603-601-8047 ~ email: seniornewsletter@aol.com
Ongoing April Activities:

**NEW** Walking Group with Elliott PT—Every Wednesday at 10am

Reflexology—Monday, April 6th by Appointment

SHINE—Every Tuesday 9 am—12 noon by Appointment

Alzheimer’s /Dementia Caregiver Support Group—Wednesday, April 1st 10am

Legal Appointments—Wednesday, April 1st by Appointment

Financial Appointments—Wednesday, April 8th by Appointment

Chair Massage: Thursday, April 16th & Thursday, April 23rd by Appointment

Book Group: Thursday, April 16th at 10:00 am “The Other Einstein” by Heather Terrell

Technology Classes—Every Wednesday 9 am—11 am

Veterans Coffee Hour: Come for coffee and conversation with fellow veterans Friday, April 17th at 10 am

Blood Pressure Clinic: Tuesday, April 21st 10:30am

4 Week Fall Prevention Class: Tuesdays March 24, April 7, 14, & 21  9:00—10:30am

Learn strategies to strengthen the body and mind so that you may lead a joyful and healthy life with Debbie Lyn Toomey, RN Tufts Medical Center. RSVP

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UKULELE LESSONS

Ukulele Lessons with Instructor Anne Ku will be held Tuesday April 7th, 14th, 21st and 28th 2:15 pm to 3:15 pm  Cost is $20 for four sessions payable in advance. Information about borrowing or purchasing a ukulele is available at the COA.

WE NEED 25 PEOPLE TO RUN THESE CLASSES. PLEASE CALL (617) 898-4893 TO SIGN UP
**Trips with the Quincy Retiree Association**

**departing from the Milton COA**

**Wednesday, July 15th**—Cape Cod Canal in Sandwich & Buffet Lunch at Daniel Webster Inn $89

**Thursday, August 6th**—NH Lakes Region “Grease the Musical” & Lunch at Hart’s Turkey Farm $99

**Thursday, October 8th**—VT Green Mountain Rail Road, Grafton Cheese Shop & Lunch at New England House Restaurant $99

More Info is available at the COA or by calling (617) 698-2326.

Make Checks Payable to: Quincy Retiree Association

P.O. Box 690456

Quincy, MA 02269-0456

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The Common Market Restaurant Quincy Presents:

**Songs from the Heart with Corrina Sowers Adler**

Thursday, April 23rd 11:30am

$39 includes Matinee, Lunch, Gratuity & Tax, Coffee, Tea and Show. We have reserved 20 tickets. Transportation is available.

Call (617) 898-4893 Make Checks payable to the Milton COA
April Events Requiring Registration         Call (617) 898-4893 to Register

Friday, April 3rd  11am—Lunch and Learn with Ellen Carr, Occupational Therapist from BID-MILTON. Ellen is a Hand Specialist who will speak about common hand diagnoses and adaptive equipment that can help overcome painful or weak hands and will bring samples of splints and equipment that can be used to increase independence for self-care and home management activities.

Wednesday, April 8th  10:30am—Men’s Group Trip to JFK Museum and Lunch on your own at Florian Hall

Tuesday, April 9th  9am—Mah Jongg Refresher Course for those with knowledge of the game

Friday, April 10th  11am—Aging in Place with Bayada Home Healthcare. Lunch provided

Monday, April 13th  2:30pm—MOVIE—”On the Basis of Sex” The True Story of Ruth Bader Ginsburg

Thursday, April 16th  2:30pm—Ballroom Dance Demonstration presented by Brightview Senior Living

Friday, April 17th 11am—A Cultural and Historical Reflection of the 1960s Through the Music of The Beatles with Fran Hart, founding member of the Beatles Tribute Band 4EverFab.

Thursday, April 23rd 11:30am—Songs from the Heart with Corrina Sowers Adler at Common Market Restaurant Quincy  Lunch & Show $39 Transportation available

Friday, April 24th 10:30am—Magic Show—Bring the Grandchildren! Magician Jack Ryan presents an all ages show.

Wednesday, April 29th 2:30pm—Remedies for Achy Joints with Elliott Physical Therapy

In April, the COA Van is going to:

Thursday, April 9th 10:30am—Castle Island/Sullivan’s

Wednesday, April 15th 10am—Trader Joe’s/Christmas Tree Shops, Foxborough

Wednesday, April 29th 10:30am—Lunch at Strawberry Fair Restaurant, Norwell $20 Check payable to Friends of the COA

Call (617) 898-4893 to reserve your spot.
Ballroom Dancing Demonstration: Thursday, April 16th  2:30 p.m. Arko Beybutyan will host an afternoon of dancing lessons, music and refreshments; no partner required. Beybutyan is a past Latin Dance Champion, Rhythm Dance Finalist on “Armenia Dancing with the Stars” and “So You Think You Can Dance” participant. Free! Sponsored by Brightview Senior Living in Canton.

FALL PREVENTION PROGRAM
AGING STRONG: STRENGTHENING THE BODY & MIND
This EXERCISE program empowers Aging Adults with skills that decrease falls and increase independence. A FREE fall prevention exercise program with Debbie Lyn Toomey, RN Tufts Medical Center.
4 Week Program  March 24th, April 7th, 14th, & 21st  9am—10:30am
Sign up required

Mandala Art Therapy—Relax, Color and De-stress
Wednesdays 2pm—3:30pm
Mandala is the Sanskrit word for “circle” or “completion” and has spiritual meaning in many cultures. Creating a mandala in art therapy can be a relaxing and centering process for self-discovery and healing. Drop in.
Men’s Trip to JFK Museum and Lunch at Florian Hall

Wednesday, April 8th  10:30 am  Limited to 12 Men

A docent will guide you through the Library viewing the Presidential, Mural and Hemingway Rooms as well as the main areas of the JFK Library. We will meet at the COA at 10:30am for Coffee. Van will leave at 11am for our tour at 11:30am. We will end with lunch on your own at the popular Florian Hall and will return to the COA by 3pm. This will be the first of many events for MEN ONLY. Please call (617) 898-4893 to register as there are only 12 spots available.

MySeniorCenter Automated Check-in System coming April 1st

A new, automated check-in system called MySeniorCenter will soon be installed in the foyer at the Milton COA. It’s specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to The MA Executive Office of Elder Services and the Town of Milton. Once MySeniorCenter is running smoothly, our registration process will be more efficient and we’ll stand a better chance of receiving funding for future activities. MySeniorCenter will be up and running on April 1st.

Remedies for Achy Joints  presented by Elliott Physical Therapy

Wednesday, April 29th  2:30pm

RSVP by calling (617) 898-4893 Refreshments will be provided.
## APRIL 2020

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**Milton Council on Aging**

**REFLEXOLOGY APPTS**

8:30 Pickleball
9 COA Board Mtg
12:30 Hand & Foot
1 Cribbage
1 Strength Training
1 ART CLASS

**TRADER JOES**

8:30 Pickleball
9 COA Board Mtg
12:30 Hand & Foot
1 Cribbage
1 Strength Training
1 ART CLASS

**COMMON MARKET**

9 Tai Chi
10 Fit to Lose
11:30 Chair
Strength & Bal.
11:30 Chair Massage Appts
1 Strength Training
1 Wii Bowling/ Cards
2:15 Pickleball

**PATRIOTS DAY**

COA CLOSED

**ELECTION DAY**

8:30 Pickleball
12:30 Hand & Foot
1 Cribbage
1 Strength Training
1 ART CLASS

**STRAWBERRY FAIR**

9 Tai Chi
10 Fit to Lose
11:30 Chair
Strength & Bal.
1 Strength Training
1 Wii Bowling/ Cards
2:15 Pickleball

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**Please Note:**

The Milton Council on Aging does not endorse any businesses, presentations, seminars, or advertisers at the Senior Center.