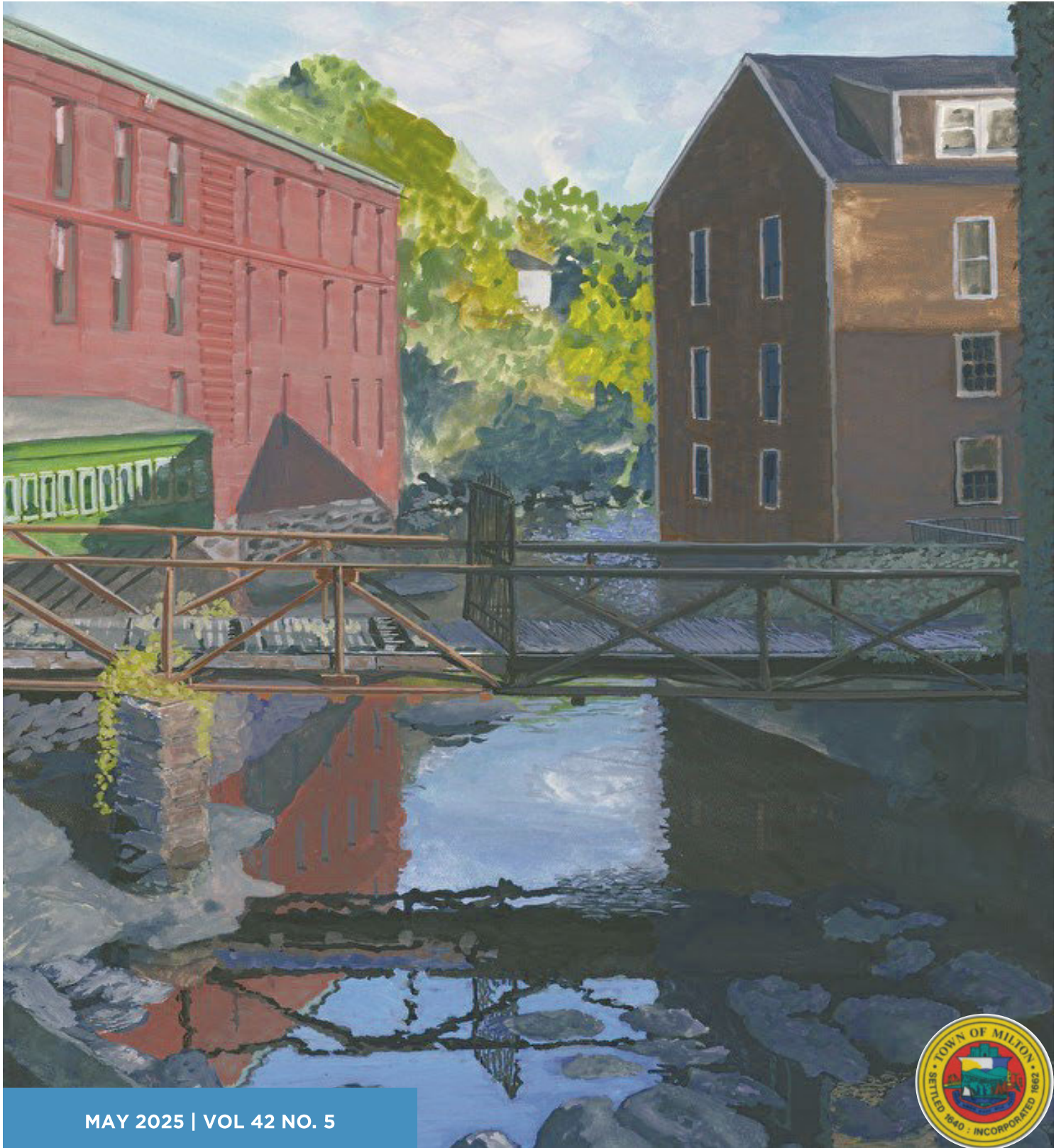


WALNUT STREET JOURNAL • MILTON COA

NEWSLETTER



MAY 2025 | VOL 42 NO. 5



Rising Tide at Milton Landing by Jed Sutter

Create memories that will last a *lifetime.*



elliott
PHYSICAL THERAPY

Hanover 781.347.3107
 Hingham 781.875.1913
 Dorchester 617.506.7210
 Easton 508.559.5108
 Milton 617.696.8141
 North Attleboro 508.316.0559
 Mansfield 508.639.5550
 Needham 781.675.2526
 South Boston 781.896.7005

www.elliottphysicaltherapy.com
 FAMILY OWNED AND OPERATED

Angels Among US!

Caregivers/HHA/Independent living

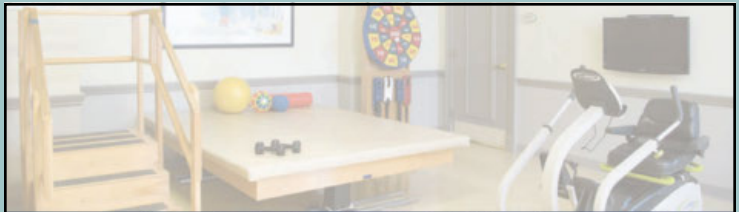
Fully Insured - HIPAA Compliant "Privacy"
 CORI/Background Checks
 All Major Credit Cards Accepted

- In Home Care for Aging Seniors & Adults with Disabilities
- + Professional & Personal Home Care Services
 - + PT/OT/RN's-LPN's/APRN,FNP/Legal & Financial Guidance
 - + Personal Assistance "HOME" Tasks • Safety & Wellness Checks
 - + Pick Up/Drop-off medical & personal appts • Family & Medical Advocacy
- Ask about your introductory discount on your 1st care service!**

Loretta T. DeGrazia, CNA
bluechiplady@yahoo.com

MCA/2024SP

P 781-844-2600
F: 617-689-0677



Your Solution for Rehabilitation,
 at **TWO** Convenient locations in the South Shore!

| | |
|--|--|
| <p>A Alliance Health at Braintree</p> <ul style="list-style-type: none"> • Short Term Rehab & Skilled Nursing Care • In House Rehab Team Onsite 7 Days Per Week • Long Term Care <p>175 Grove St Braintree, MA 02184 Phone: (781) 848-2050</p> | <p>A Alliance Health at Marina Bay</p> <ul style="list-style-type: none"> • Short Term Rehab & Skilled Nursing Care • In House Rehab Team Onsite 7 Days Per Week • Long Term Care • Outpatient Rehab Gym <p>2 Seaport Dr Quincy, MA 02171 Phone: (617) 769-5100</p> |
|--|--|



Tom O'Neill *The Firm Real Estate Group*
 Certified Senior Real Estate Specialist

617-721-5966 • tponeill2@gmail.com

Experience,
 Integrity, Results

Please Call for Details on Special Discounts for Milton COA Members.
 Tom and His Wife, Mary Grassa O'Neill, are Members and Supporters Of Milton's Council On Aging.

— CLIENT REVIEW —
 "Tom O'Neill was brilliant through the whole process of selling our Dad's estate. We both live out of the area and needed every aspect of the home sale taken care of. From initial preparation and staging the property inside and out to the removal of an underground oil tank, and even obtaining the death certificate and other paperwork. Tom did it all, masterfully, professionally and completely..."
 - John and David H.

Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO

4lpi.com/adcreator

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicomunities.com

(800) 477-4574 x6348



NEWS FROM THE DIRECTOR

Dear Friends:

May is Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults. This year's theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. Join us in honoring older adults' contributions, and explore the many opportunities for staying active and engaged as we age that are offered at the Milton COA.

Our ever-popular drive-thru Shredding Day sponsored by Norfolk District Attorney Michael Morrisey will be Friday, May 9 from 10 am to 12:30pm—or until the truck is full. May 7 we are hosting a Spring Planter Workshop with Cemetery Superintendent Lisa Ahern; May 12 our Great American Writers Series continues with a presentation on Emily Dickinson; May 13 we will be hosting a Downsizing and Decluttering workshop; on May 14 learn about the MyActiveCenter online registration process so you don't miss any of our events and activities; and, May 19, we have a class on Skin Care. We encourage prior registration for events and classes.

Happy Spring and Happy Mother's Day!

Christine Stanton

Milton Council on Aging

Age Policy

Priority is given to Milton residents age 60 and over. If space permits, non-Milton residents age 60 and over are welcome to participate. If a program is restricted to Milton residents, it will be noted in the description. A Milton resident is someone who primarily lives in Milton.

Class Program Cancellation

Programs that do not attain the minimum enrollment will be cancelled one business day in advance of the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes.

Program Specific Refund Policy

There may be a specific refund policy for a program. The specific policy information will be noted in the program description. No refund for exercise classes unless the class is cancelled by the instructor.

REGISTRATION

All programs require pre-registration.

How to Register

There are multiple ways to register for programs both with and without a fee::

1. **Online:** for both fee (with credit/debit card) and non-fee classes and events through MyActiveCenter (<https://MyActiveCenter.com>)
2. **In Person:** Cash or check payable to the Town of Milton unless otherwise noted at the Council on Aging.

Please note: Online registration and payment by credit card is available if you are registered with the Milton COA, and have an account created in MyActiveCenter.



FLIP THE SCRIPT ON AGING: MAY 2025

CENTER STAFF

DIRECTOR

Christine Stanton

OUTREACH COORDINATOR

Katie Rohan O'Brien

OUTREACH WORKER

David Higgins

SR. ADMINISTRATIVE ASSISTANT

Beverly Sutton

ADMINISTRATIVE ASSISTANT

Anne Olsen

CHAIR OF THE COA BOARD

Loraine E. Sumner

CHAIR OF THE FRIENDS BOARD

Doreen Harris

ELDER AFFAIRS OFFICER

Officer Patty Mandeville

VAN DRIVERS

Joe Mearn | Bill Curran
Stephen Downes | Bob Fallon
Hugh McCusker | Paul Samuelian
Tom Skusevich

CENTER INFORMATION:

Milton Council on Aging
10 Walnut St., Milton, MA 02186
617-898-4893

CENTER HOURS:

Monday - Thursday: 8 am - 5 pm
Friday: 8 am - 1:30 pm

MAY PROGRAMS

REGISTRATION REQUIRED SPECIAL PROGRAMS

APRIL 28

COFFEE in the Café/9 AM
BREAKFAST Bunch/9:30 AM
WALKING Group/10 AM

APRIL 30

DEVICE Troubleshooting/10 AM
CORE Activation/11:30 AM
CULINARY Journey AZ/1:30 PM

MAY 1

COOKING In/9:30 AM
WATERCOLOR/9:30 AM
ESAC/10 AM
LINE Dancing/11 AM
TREE Tour Milton Cemetery/1 PM

MAY 2

MAGIC Moments Concert/11 AM

MAY 3

HIKING/10 AM

MAY 5

TECH Support/9 AM
CASTLE Island/9:30 AM
SING Out/11 AM

MAY 6

OPEN Ukulele/9:30 AM
KNITTING & SANDI VISITS/10 AM
CIRCUIT Training/11 AM
CRAFT WORKSHOP/1 PM

MAY 7

BLOOD Pressure/11 AM
FIT to Lose/11 AM
SPRING Planter/1:30 PM

MAY 8

GENEALOGY/11:15 AM

MAY 9

SHRED Event/10 AM

MAY 12

EMILY Dickinson/1 PM

MAY 13

SCENIC Walk/10 AM
SHOULD I Stay or Go?/1:30 PM

MAY 14

HEARING/9:30 AM
INTRO MyActiveCenter/10 AM
THE Roaring 20's/1:30 PM

MAY 15

BOOK Club/11:15 AM

MAY 16

CULINARY Tour-Maine/10:30 AM

MAY 19

BREAKFAST BUNCH/9:30 AM
SKIN CARE/1 PM

MAY 21

LINDEN Place/8:45 AM
COMMUNITY Table/2 PM

MAY 23

HIP Hop Chair Dance/10 AM

MAY 28

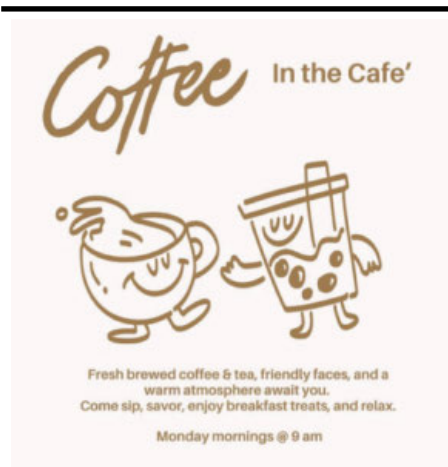
WATERCOLOR Poppies/1:30 PM

MAY 30

COFFEE on the Patio/9 AM

JUNE 2

WEDDING Week Starts



COFFEE IN THE CAFÉ

Mondays at 9:00 am

Join us for a morning filled with freshly brewed coffee, tea, and delicious breakfast treats. Enjoy the welcoming atmosphere and connect with others. Everyone is invited—Please be sure to register!

PICKLEBALL

Mon., Wed., & Fri. 9:00 am

Weather permitting held outdoors at Kelly Field for experienced players. Registration and exercise waiver required to play.

Come and Join us

BREAKFAST BUNCH



Monday, April 28 &
Monday, May 19
9:30 AM

Milton Council on Aging



Tickets: \$5+

RISE & SHINE!

BREAKFAST BUNCH

Mon., Apr. 28 & May 19, 9:30 am

Join us for a delicious, full breakfast! Enjoy all your morning favorites served with a warm smile and enjoy great company.

Whether you're here for the food or the friends, it's the perfect way to start your day. Ticket: \$5.

Reservations open to Milton residents for the May 19 breakfast thru May 9. Open to all on May 12.

WALKING GROUPS

Mondays & Wednesday at 10 am
Thursdays at 5:30 pm

Walks are friendly and supportive, with a pace that works for all.

Monday group is led by Chris; Wednesday group, sponsored by Elliott Physical Therapy, and led by Jake; Thursday group led by Loraine at Milton Cemetery.

Registration and waiver required.

Register online at
MyActiveCenter.com or
 call 617-898-4893



Milton COA

WALKING GROUPS

Mondays and Wednesdays
 10 am: Milton COA
 Thursdays 5:30 pm:
 Milton Cemetery Office
 Tuesday 10 am: Monthly
 Scenic Walk: Location varies



Register: MyActiveCenter.com or
 at the Milton COA

MAY PROGRAMS



A Culinary Journey Across America

with Chef and Cookbook
 Author Didi Emmons
COOKING CLASSES

Arizona: April 30, 1:30 pm
 Maine: May 16, 10:30 am
 California: June 27, 10:30 am

Registration:
MyActiveCenter.com or
 at the COA

Navigating Technology Workshop

DEVICE TROUBLESHOOTING

Wednesday, April 30, 10 am

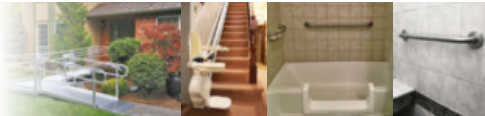
Join us for a session designed to help you troubleshoot common technology issues with your devices. Whether you're using a smartphone, tablet, computer, or other digital devices, this workshop will guide you through simple techniques to resolve common problems. Fee: \$5

CORE ACTIVATION

Starts Wed., April 30, 11:30 am

Six-week program designed to stabilize the core using movements normally not used in daily life. This series is at capacity and waitlist only.

FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE



FREE HOME SAFETY ASSESSMENTS

Grab Bars, Stairlifts, Ramps, Residential Elevators, Barrier-Free Showers & More
 16 Production Road | Walpole, Ma

508.269.9227 | OakleyHomeAccess.com | MA reg 193504

Law Office of Philip D. Murphy



Philip D. Murphy, Esq.
 JD, LLM (Taxation), Certified Elder Law Attorney
 Specializing in Elder and Special Needs Law,
 Estate Planning and Probate

1050 Canton Avenue, Milton, MA 02186 | Email: pdmlaw@comcast.net

Ph: 617-273-5602 Cell: 617-548-7972 Fax: 617-273-5603

ALFRED D. THOMAS FUNERAL HOME

ADVANCED FUNERAL PLANNING
 AND SERVICES

617-696-4200

www.alfreddthomas.com

326 Granite Avenue, Milton, MA 02186



WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
 BRING YOUR PASSION.
 WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

The Most Important Number in Real Estate

KEATING BROKERAGE

no one will work harder for you

617-699-7179

www.keatingbrokerage.com



Kevin G. Keating



For ad info. call 1-800-477-4574 • www.lpiconmunities.com

Milton Council on Aging, Milton, MA

06-5361

MAY PROGRAMS

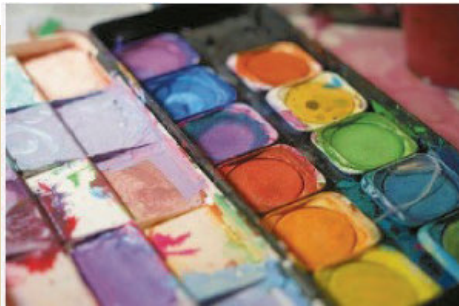
REGISTRATION REQUIRED SPECIAL PROGRAMS

COOKING IN

Thursdays 9:30-11:30 am

"Cooking In" is in the lobby of the COA with delicious seasonal meals for purchase on Thursday mornings.

Menu varies. Entrees \$10 ea. Cash, check, or Venmo. You must be a member of the Milton COA.



THE ART of WATERCOLOR

An Intermediate Class

Thurs., May 1, 8, 15 & 22, 9:30 am

A 4-week lab with teacher and artist Camille DeMarco. In this continuation of watercolor fundamentals, artists will practice previously acquired skills. Students will practice their use of the wet-on-wet, wet-on-dry, color gradients, washes, and glazing techniques, and apply these to floral images, landscapes, and objects. Prior watercolor experience recommended. Each session 1.5 hrs. Fee: \$40

ESAC/NUTRITION & MASSHEALTH ASSISTANCE

Thursday, May 1, 10 am

A representative from ESAC Boston will be at the COA to assist with applications for home heating (LIHEAP), SNAP (formerly food stamps), and MassHealth. Call to schedule an appointment.



LINE DANCING

Returns Thurs. May 1

Tuesdays at 2 pm &

Thursdays at 11 am

Join us for a fun and energizing session that boosts coordination, balance, cardiovascular health, and brain memory – all while grooving to a variety of music genres. Perfect for beginners. \$5



TREE TOUR

Thursday, May 1, 1 pm

Meet us for a walk through the grounds of Milton Cemetery with Superintendent Lisa Ahern. During this 90-min. walk, Lisa will talk about the significance of the trees at the cemetery which has arboretum status. Registration required.

MAGIC MOMENTS

Friday, May 2, 11 am

Join us for a concert featuring the songs from the 50's, 60's and 70's from artists such as Elvis, Gene Pitney, Patsy Cline, and The Vogues just to mention a few. Registration required.

Register online at
MyActiveCenter.com or
call 617-898-4893

SERVICES

LEGAL & FINANCIAL CONSULTATIONS

Two local elder law attorneys, Atty. Philip Murphy and Atty. Andrew Pelletier will meet with Milton residents age 60+ via telephone for the 1st Wednesday of the month for one 30-minute consultation at no charge. Call to schedule.

Jason Luck, a partner at Commonwealth Financial Group in Boston is available to speak with you in person, via phone, or on Zoom to go over your financial "well-being". The 2nd Wednesday of the month.

SHINE

SHINE (Serving the Health Insurance Needs of Everyone) counselors are available for Medicare and health insurance consultations by appointment on Tuesdays.

NOTARY PUBLIC SERVICES

Christine Stanton and Katie Rohan O'Brien are both Notary Publics and available by appointment to notarize your documents at no charge.

TRANSPORTATION

Curb-to-curb transportation services are offered by the Milton Council on Aging (COA) for Milton residents age 60 and older. If you are interested in learning about, or using, our transportation services please call to schedule an appointment with a member of our Outreach team.

The above services are offered by appointment only. Please call to schedule at: 617-898-4893

MAY PROGRAMS



MAGIC MOMENTS
★ NEW DATE ★

FRIDAY **11 AM**
May 2

Music from the 50s, 60s & 70s

Register:
MyActiveCenter.com or
in person at the COA



HIKING GROUP

Saturday, May 3 & 17, 10 am
Grab your water bottle and hit the trails! Explore the scenic beauty of the Blue Hills, where every hike offers fresh air and stunning views on trails that average 5 miles. Perfect for outdoor enthusiasts looking for a peaceful escape! Exercise waiver and COA registration required. Register by 4 pm Wed. prior to receive meeting location.

TECH SUPPORT

Monday, May 5, 9:00 am

Twenty minute one-on-one tech support with our instructor. Appointments can be scheduled on MyActiveCenter.com or at the COA. Fee: \$5 due at registration.



CASTLE ISLAND

Monday, May 5, 9:30 am

Hop aboard the COA van for a ride to Castle Island. Enjoy a walk around the island, bring a brown bag lunch, or enjoy lunch (on you) from Sullivan's. Fee: \$5. Registration required. Limited to 14.



Assisted Living Locators
Your local senior living advisor

Independent Living
Assisted Living Communities
Alzheimer's / Memory Care Communities
In-Home Care
Geriatric Care Managers

No-cost senior living placement service.
CONTACT US TODAY
617-981-2444



John Moniz, CDP
Vice President of Placement & Aging Strategy
Greater Boston Advisor

ASSISTEDLIVINGLOCATORS.COM/BOSTON



Home Delivered Meals Volunteer

- Deliver packaged meals to elders within the SSES Service Area.
- Create your own volunteering schedule (At least 1 day per week).
- Mileage reimbursement.
- Help to keep elders safe in their own homes.
- Enrich your life by helping others.

Deliver More Than Meals: Deliver Hope



For more information about this important volunteer advocacy work, call us at South Shore Elder Services at (781) 848-3910 or visit us online at www.sselder.org/volunteer/

Our Program's Territory Includes:

- Braintree • Cohasset • Hingham • Holbrook
- Hull • Milton • Norwell • Quincy • Randolph
- Scituate • Weymouth

ADVERTISE HERE

to reach your community



Call 800-477-4574

MAY PROGRAMS



SING OUT: COMMUNITY MUSIC GROUP

Mondays, 11 am to 12 Noon

Studies show music has a positive impact on your health and mood, but did you know that singing can also help with maintenance of cognitive skills and speech? This group is a great space for anyone who loves to sing! Whether you live for karaoke night, sing to yourself in the shower, or enjoy singing in choirs, we'd love to sing with you! We welcome all, including...

- Those experiencing memory loss & their support partners
- Those experiencing aphasia/ataxia
- Those seeking to maintain or improve speech and/or breath support

This is a fun community space where we sing, chat, and explore a variety of music experiences in a friendly, relaxed environment.

UKULELE OPEN STUDIO

Tuesdays, 9:30 am

Join this welcoming group where all levels of ukulele players come together to collaborate.

KNITTING GROUP

Tuesdays at 10 am

If you are an experienced knitter or crocheter join us for this welcoming group. Registration required.



MEET SANDI

Tuesdays at 10:00 am

Sandi, a certified therapy dog, visits every week. Come by for a warm greeting & cup of coffee.

CIRCUIT TRAINING

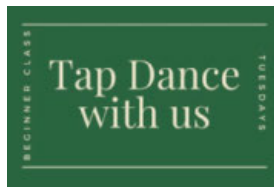
Tuesdays at 11:00 am

This fun, upbeat class designed to prevent and reverse the effects of osteoporosis and muscle loss returns on May 6. Chairs and walls used for stability. Class size is limited and pre-registration required. Fee: \$5.

CRAFT WORKSHOP

Tuesday, May 6, 1:00 pm

With an assortment of ribbons you will make a forever lasting floral corsage. Fee: \$5



INTRO TO TAP DANCING

Tuesdays at 2:45 pm

Ready to add some rhythm to your life? Our *Intro to Tap Dancing* class is the perfect way to get moving, have fun, and tap into your creativity! Join us for a friendly, low-pressure class and welcoming environment, where you can learn the basics, improve your coordination, and enjoy the music. Get fit, have fun, and make new friends along the way. Fee: \$5

BLOOD PRESSURE CHECK

Wednesday, May 7, 11:00 am

Stop by the COA and have a registered nurse from the Milton Health Department check your blood pressure for you.

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

**Register online at
MyActiveCenter.com or
call 617-898-4893**

Note: The Milton Council on Aging does not endorse any businesses, presentations, seminars, or advertisers.

Health & Wellness

PICKLEBALL, Mon., Wed., Fri., 9-11 am. Held outdoors (weather permitting) at Kelly Field for experienced players. Milton COA membership, signed exercise waiver, event registration required to play.

WALKING GROUPS, Mon. 10 am led by Chris, Wed. 10 am led by Jake from *Elliott PT*, Thurs. 5:30 pm led by Loraine at Milton Cemetery. Walking is a great way to maintain and/or improve your health. Weather permitting. Please register in advance.

MAT YOGA, Tuesday, 9 am with Fran. Roll out your mat and join us! Floor based, low-impact class geared to open, soothe, comfort and restore while helping to improve balance and coordination. Fee: \$5.

CHAIR YOGA, Tuesday, 10 am with Fran. Increase flexibility and mobility by stretching the body, and building muscle strength + reduce stress. Improve balance and circulation from a chair. Fee: \$5.

CIRCUIT TRAINING, Tues., 11 am Fun, upbeat class designed to prevent and reverse the effects of osteoporosis and muscle loss. Chairs and walls used for stability. Preregistration required. Fee: \$5.

TAI CHI, Tues., Noon & Thurs., 10 am, with Vince. Through a series of gentle exercises and stretches you will build stamina, increase flexibility and joint mobility, improving balance, coordination, and agility and enhance your balance to reduce the risk of falls. Fee: \$5

STRENGTH with MAGGIE, Tues. & Thurs., 1 pm with Maggie. Stay active to build muscle mass, promote bone health, and keep your joints engaged. Stronger muscles can help improve balance and coordination, which can reduce the risk of falls. Beginners welcome! Fee: \$5

LINE DANCING, Tues. 2 pm & Thurs. 11 am. Improve coordination and balance, increase cardiovascular health and brain memory with Jean while moving to different genres of music. Beginners welcome! Fee: \$5

INTRO to TAP DANCING, Tues. 2:45 pm. Join the fun and reap the health benefits of increased energy, cognitive stimulation, cardiovascular health, improved balance, and bone strength. Fee: \$5

ZUMBA GOLD, Wednesday 10 am, with Mary Ellen. Latin inspired dance workout at a lower intensity. Get indoor activity to get your heart rate up and boost your cardio, all while having have fun. Fee: \$5

CORE ACTIVATION, Wednesday 11:30 am. 6 Week course continues in May weeks for those already enrolled. \$30

FLOW YOGA, Thurs 8:45 am, 1-hour advanced class for those with yoga experience. Athletic in nature, floor work. Contact COA for details.

HIKING, Sat., May 3 & 17, 10 am. Did you know hiking is a great way to stay active and healthy? Enjoy nature during a 5-mile hike in the beautiful Blue Hills while improving heart health and energy. Signed exercise waiver and preregistration required. Meeting location will be emailed to those who register by 4 pm the Wednesday prior to the hike.

Register online at
[MyActiveCenter.com](https://www.MyActiveCenter.com) or
call 617-898-4893

Strength Training for Healthier Aging

As we age, maintaining muscle strength is essential for mobility and overall health. Research from the National Institute on Aging shows strength training helps preserve muscle mass, improve mobility, and promote healthier aging.

Why Muscle Mass Matters Muscle loss, or sarcopenia, begins around age 30 and accelerates after 65 for women and 70 for men. Strength training can slow or even reverse this decline, helping maintain independence and reduce the risk of falls and chronic diseases.

Science Behind Strength Training Strength training, including weightlifting and resistance exercises, builds muscle by challenging the body to lift against gravity. Combining resistance training with walking is effective in improving function and preventing disability.

Strength Training and Obesity For older adults with obesity, strength training is crucial. Combining weightlifting with diet and aerobic exercise is more effective than aerobic exercise alone, helping reduce fat & improve mobility.

Tips for Staying Strong

- Set realistic goals.
- Incorporate balance exercises like tai chi or yoga.
- Make movement part of your daily routine with walking, stretching, or fun activities.
- Aim for 150 mins of activity per week, including strength training 1-2 times per week

Any activity is better than none!

MAY PROGRAMS

FIT TO LOSE

Wednesday, May 7 & 21, 11am

Self-supported healthy aging and weight loss group. All welcome. Whether you are just getting started or continuing the journey. Suggested donation: \$1



Spring Planter
Workshop
with
Lisa Ahern
Wed., May 7, 1:30 pm



SPRING PLANTER WORKSHOP

Wednesday, May 7, 1:30 pm

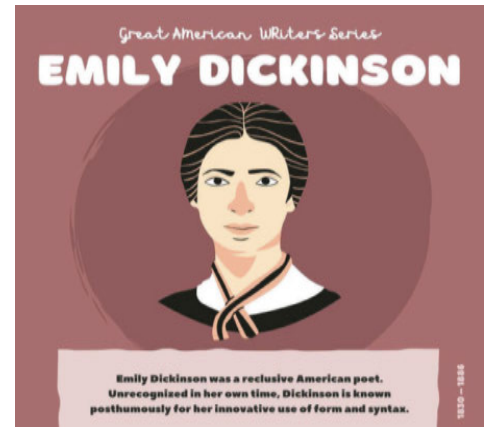
Get ready to bloom this spring! Join us for a demonstration workshop led by Milton Cemetery Superintendent and gardener extraordinaire, Lisa Ahern. Whether you're a seasoned gardener or just starting, Lisa will guide you through creating the perfect spring planter with tips on selecting the right plants, arrangement, and care. Fee: \$5



GENEALOGY CLUB

Thurs., May 8, 11:15 am

Interested in your family history or passionate about uncovering the past? Whether you are an experienced researcher or a beginner, join us to explore the exciting world of genealogy. Learn tips, discover new resources, and connect with others who share your love for history. Registration required. Capped at 20.



GREAT AMERICAN WRITERS EMILY DICKINSON

Mon., May 12, 1:30 pm

Dr. Larry Lowenthal will join us as we continue our "Great American Writers" series with a presentation on Emily Dickinson. Little known during her life, Emily Dickinson is now regarded as one of the most important figures in American and world literature. After her death in 1886, her sister, Lavinia, discovered over 1,800 poems hidden in drawers, closets, cabinets, and shoe boxes all dealing brilliantly with themes of death, immortality, aesthetics, society, nature, and spirituality. Her quirky, utterly unorthodox poetic style and her startling insights into every aspect of the human condition, and endeared her to millions. Fee: \$5.

SCENIC WALK

Tuesday, May 13, 10 am

Join us for a spring walk and escape into the serenity of nature. The walk is approximately 2 hours and 5 miles over moderate terrain. Wear comfortable walking shoes, dress in layers, and bring a water bottle. COA registration and a signed exercise waiver required. Meeting location will be emailed.

FREE Shredding Event

for All Milton Residents
Friday, May 9, 2025, 10 am - 12:30 pm
Milton Council on Aging
Sponsored by
Norfolk County District Attorney
Michael Morrissey

Drive-thru, contactless shredding event will be in the parking lot of the Milton COA. Shredding will be done onsite. Event will end when truck is full. Come early.

All documents and papers must be in paper bags only. We are unable to accept boxes, plastic bags, or containers.



Milton Council on Aging
10 Walnut Street, Milton
617-898-4893

FREE SHREDDING EVENT

Friday, May 9, 10 am

Event is for Milton households and sponsored by Norfolk County Dist. Attorney Michael Morrissey. Drive-thru, contactless shredding event held onsite. Event will end when the truck is full. Come early. NOTE: All documents and papers must be in paper bags ONLY. We are unable to accept boxes, plastic bags, or containers.

MAY PROGRAMS



SHOULD I STAY? OR, SHOULD I GO?

Tuesday, May 13, 1:30 pm

Should I stay or should I go? Are you overwhelmed with your current living situation. Are you ready to downsize, or just ready to clear the clutter and live a more simple life? Join Kim Madigan of Simply Madcats as she shares her secrets for decluttering and living in a more peaceful home. Registration required. Participation capped at 20.

HEARING CLINIC

Wed., May 14, 9:30 am

At Home Hearing will be at the COA to perform hearing tests, and service and clean your hearing aids at no charge. If hearing loss is detected recommendations will be made. Schedule your appointment on MyActiveCenter.com or by us.

Navigating Technology Workshop

INTRO MyActiveCenter.com

Wednesday, May 14, 10 am

Join us for a session designed to teach you how to register for classes and events held at the COA on MyActiveCenter.com. Through step by step instruction you will set up your own account, and register for a program or class. Fee: \$5



THE ROARING 20's

Wed., May 14, 1:30 pm

The 1920s was an exciting decade, filled with new technologies (including radio and "talking pictures"), new opportunities (women got the right to vote and began running for office), amazing events (including Charles

Milton Council on Aging | Page 11

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit Ipcommunities.com/adcreator

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com

HOME SOLUTIONS

Safety Bars
Odd Jobs
Light Carpentry
Painting
Minor Plumbing
Cleaning

Keeping your home safe and comfortable
Free estimates | Fully insured

(508) 944-1370 info@therapygardens.com
www.therapygardens.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

Authorized Provider SafeStreets **833-287-3502**



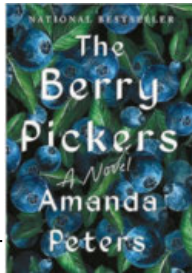
MAY PROGRAMS

Lindbergh's solo flight across the Atlantic), new fashions, new hit songs, new dance crazes, new slang, and even some new controversies (Prohibition, for example). Join media historian Donna Halper for the first of a 3-part series as she takes us back to a decade that began with so much promises and ended with the arrival of the Great Depression. Donna will join us in August for a presentation on the 1930's and in December for a presentation on the 1940. Fee: \$5 registration required.

BOOK CLUB

Thursday, May 15, 11:15 am

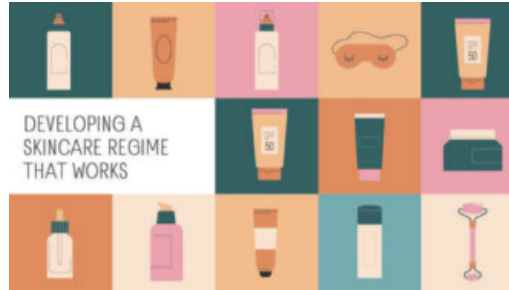
This month's selection is *"The Berry Pickers"*, a National Bestseller, 2023 Barnes & Noble Discover Prize Winner, and Winner of the Andrew Carnegie Medal for Excellence in Fiction by Amanda Peters. In the novel, a four-year-old Mi'kmaq girl goes missing from the blueberry fields of Maine, sparking a mystery that will haunt the survivors, unravel a family, and remain unsolved for nearly fifty years. Registration required. Attendance capped to facilitate conversation.



A CULINARY JOURNEY ACROSS AMERICA: MAINE

Friday, May 16, 10:30 am

Join us for our cooking series featuring flavors from across the U.S. In May the series continues with a focus on cuisine and recipes from Maine. This month's menu includes: Tarragon Potato Salad with Hardboiled Eggs, Downeast Smokey Haddock Chowder, and a delicious Blueberry Cardamom Cake. Samples of prepared food will be shared with participants. Registration required. Fee: \$5



DEVELOPING A SKINCARE REGIME THAT WORKS

Mon., May 19, 1 pm

No matter your age, skin type, or definition of beauty, one thing remains universal—the desire for healthy, radiant, and hydrated skin. This class is designed for women 60 and older who want to develop an effective skincare regimen tailored to their needs. You'll learn: How to identify your skin type and choose products that work for you; Essential skincare steps; Key ingredients such as retinol, hyaluronic acid, vitamin C, and peptides; Popular treatments that work to help you achieve your best skin at any age. Fee: \$5

LINDEN PLACE MANSION

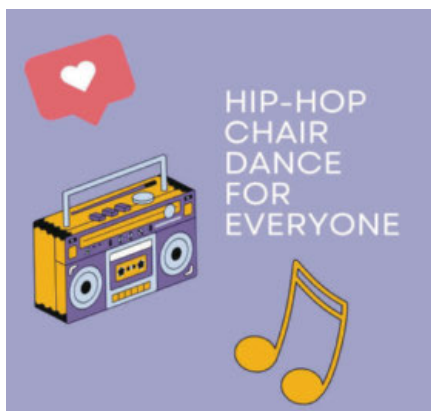
Wednesday, May 21, 2025

Trip is waitlist only at this time.

COMMUNITY TABLE

Wed., May 21, 2 pm

Gather at our communal table & enjoy a delicious, from scratch meal prepared by our volunteers. Registration for Milton residents thru May 9. Open to all on May 11. Fee: \$5



HIP HOP CHAIR DANCE

Friday, May 25, 10 am

Back by popular demand! Hip Hop has blended multiple artistic elements to become a means of seeing, celebrating, experiencing, understanding, confronting, and commenting on life and the world. Join us to learn contemporary Hip Hop moves done in a chair!

INTRO TO APPLEPAY

A Navigating Technology Workshop

Wed., May 28, 10:00 am

Learn the basics of using Apple Pay, a secure and convenient way to make payments. Whether you're new to digital payments or looking to get more comfortable, this workshop will provide simple, step-by-step instructions. Fee: \$5



WATERCOLOR POPPIES

Wed., May 28, 1:30 pm

Create a realistic rendering of this striking flower. Watercolor paint is the perfect medium for the delicate leaves of poppies. You'll learn the basics of painting with watercolors and create two paintings of poppies by the end of the program. Fee: \$10 Registration capped at 15.

UPCOMING PROGRAMS & TRIPS



CUP OF JOE ON THE PATIO

Friday, May 30, 9 am

Join us on the patio for coffee and breakfast treats as we kick off the summer programming.

PICKITY PLACE

Thursday, June 26, 2025

Enjoy a one of a kind day trip to Pickity Place. Complete details at the COA and on MyActiveCenter.com.

ANNOUNCING WEDDING WEEK



June 2-6 2025

Milton COA

Movie "Father of the Bride" Mon. June 2, 1:30 pm
Wedding Photos & Cake Wed., June 4, 1:30 pm
Wedding Fashions & Lunch Fri., June 6 11 am
Register MyActiveCenter.com or at the COA

Milton Council on Aging | Page 13

LIVE A FULLER LIFE



Water aerobics in the indoor pool is a popular activity at Fuller Village.

Fuller Village
in Milton

What if the next part of your life was actually the best part of your life? At Fuller Village, we not only ask that question, but we answer it with an acclaimed, close-knit community where adventure, excitement, fun and friendship are all ageless. It's time to make your move because here, your life could be *Fuller*.



617-433-5147
www.FullerVillage.org
1399 Blue Hill Avenue
Milton, MA



For ad info. call 1-800-477-4574 • www.lpicommunities.com

Milton Council on Aging, Milton, MA

06-5361

More than just a place to live.



MRE Milton Residences for the Elderly, Inc.
www.mreinc.org 617-698-3005

Affordable Senior Apartment Living

Winter Valley
600 Canton Avenue, Milton

16 Private Apartments available with services. Prices range from \$2,250 to \$5,475*
*Two meals / 1 hour services per day.
*Price subject to change

Independent living in studio and one or two bedroom apartments. On site amenities. Activities and trips. Transportation available for a fee.

Unquity House

30 Curtis Road, Milton
Independent living in studio and one bedroom apartments. On site amenities. Activities and trips. Public transportation nearby.

Now accepting applications for the wait list.

D O L A N

FUNERALS – CREMATION
PREPLANNING

East Milton Square & Dorchester Lower Mills
617-698-6264
Dolan & Chapman 617-696-6612
www.dolanfuneral.com

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicommunities.com

**Thinking of downsizing?
Or
Just want to simplify your life?**

Call Kim Madigan (aka MadCat) of Simply Madcats for a one hour in home consult.

COA special \$100 if you mention this ad

Simplymadcats.com • (617) 833-8097



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com

(800) 477-4574 x6348



617-471-1224

bodysmithquincy@gmail.com
www.thebodysmithshop.com

Collision work • Auto Services • Car Detailing
Pre & Post Scans • Ceramic Coating
Towing Services • Rental Services

John E. Driscoll

Residential • Commercial • Insured

Spring & Fall Clean Ups • Weekly Lawn Maintenance
Mulching • Weeding & Flower Care • Rubbish Removal
Hedge & Shrub Trimming • Snowplowing/Bobcat Service Available

617-698-3109

**CAREGIVERS
who TRULY CARE**

- Bathing & Dressing
- Incontinence Care
- Medication Reminders
- Meal Preparation
- Light Housekeeping
- Transportation
- and More



Call today: (800) 410-2570
CornerstoneCaregiving.com



For ad info. call 1-800-477-4574 • www.lpicommunities.com

Milton Council on Aging, Milton, MA

06-5361

MAY 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 28 9:00 am: Coffee Café 9:00 am: Pickleball 9:30 am: Breakfast Bunch 10:00 am: Walking Group 11:30 am: Hand & Foot 1:00 pm: Cribbage 2:00 pm: Back Alley | 29 <p style="text-align: center;">Town Election</p> <p style="text-align: center;">No in person classes or events at the COA</p> | 30 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Device Troubleshooting 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:30 am: Core Activ-1 12:00 pm: Mahjongg 1:30 pm: Culinary Journey: Arizona | 1 8:45 am: Flow Yoga 9:30 am: Cooking In 9:30 am: Watercolor-1 10:00 am: ESAC 10:00 am: TaiChi/Games 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strngth & Tree 2:15 pm: Cornhole 3:00 pm: Back Alley 5:30 pm: Walking Grp | 2 9:00 am: Pickleball 11:00 am: Magic Moments Concert <hr/> <p style="text-align: center;">Sat. May 3</p> 10:00 am: Hiking |
| 5 9:00 am: Coffee Café 9:00 am: Pickleball 9:00 am: Tech Support 9:30 am: Castle Island 10:00 am: Walking Group 11:00 am: Sing Out 11:30 am: Hand & Foot 1:00 pm: Cribbage 2:00 pm: Back Alley | 6 9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 11:00 am: Circuit Train 12:00 pm: Dom/Tai Chi 12:30 pm: SHINE 1:00 pm: Craft Workshp 1:00 pm: Strength 2:00 pm: Line Dancing 2:45 pm: Intro to Tap | 7 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Blood Pressure 11:00 am: Fit to Lose 11:30 am: Core Activ-2 12:00 pm: Mahjongg 1:00 pm: Legal Consult 1:30 pm: Spring Planter | 8 8:45 am: Flow Yoga 9:30 am: Cooking In 9:30 am: Watercolor-2 10:00 am: TaiChi/Games 11:00 am: Line Dancing 11:15 am: Genealogy 12:15 pm: Whist 1:00 pm: Strength 2:15 pm: Cornhole 3:00 pm: Back Alley 5:30 pm: Walking Grp | 9 9:00 am: Pickleball 10:00 am: Shred Event |
| 12 9:00 am: Board of Dir. 9:00 am: Coffee Cafe 9:00 am: Pickleball 10:00 am: Friends MCOA 10:00 am: Walking Group 11:00 am: Sing Out 11:30 am: Hand & Foot 1:00 pm: Emily Dickinson 1:00 pm: Cribbage 2:00 pm: Back Alley | 13 9:00 am: Mat Yoga 9:00 am: SHINE 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 10:00 am: Scenic Walk 11:00 am: Circuit Train 12:00 pm: Dom/Tai Chi 1:00 pm: Strength 1:30 pm: Should I Stay? 2:00 pm: Line Dancing 2:45 pm: Intro to Tap | 14 9:00 am: Pickleball 9:30 am: Bridge 9:30 am: Hearing 10:00 am: MyActiveCtr 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:30 am: Core Activ-3 12:00 pm: Mahjongg 1:00 pm: Fin'l Consult 1:30 pm: Roaring 20's | 15 8:45 am: Flow Yoga 9:30 am: Cooking In 9:30 am: Watercolor-3 10:00 am: TaiChi/Games 11:00 am: Line Dancing 11:15 am: Book Club 12:15 pm: Whist 1:00 pm: Strength 2:15 pm: Cornhole 3:00 pm: Back Alley 5:30 pm: Walking Grp | 16 9:00 am: Pickleball 10:30 am: Culinary Tour—Maine <hr/> <p style="text-align: center;">Sat., May 17</p> 10:00 am Hiking |
| 19 9:00 am: Coffee Cafe 9:00 am: Pickleball 9:30 am: Breakfast Bunch 10:00 am: Walking Group 11:00 am: Sing Out 11:30 am: Hand & Foot 1:00 pm: Cribbage 1:00 pm: Skin Care 2:00 pm: Back Alley | 20 9:00 am: Mat Yoga 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 11:00 am: Circuit Train 12:00 pm: Dom/Tai Chi 12:30 pm: SHINE 1:00 pm: Strength 2:00 pm: Line Dancing 2:45 pm: Intro to Tap | 21 8:45 am: Linden Place 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:00 am: Fit to Lose 11:30 am: Core Activ-4 12:00 pm: Mahjongg 2:00 pm: Community Table | 22 8:45 am: Flow Yoga 9:30 am: Cooking In 9:30 am: Watercolor-4 10:00 am: TaiChi/Games 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strength 2:15 pm: Cornhole 3:00 pm: Back Alley 5:30 pm: Walking Grp | 23 9:00 am: Pickleball 10:00 am: Hip Hop Chair Dance |
| 26 <p style="text-align: center;">Milton COA Closed in Observance of the Holiday</p> | 27 9:00 am: Mat Yoga 9:00 am: SHINE 9:30 am: Open Ukulele 10:00 am: Chair Yoga 10:00 am: Knit'g/Sandi 11:00 am: Circuit Train 12:00 pm: Hand & Foot 12:00 pm: Tai Chi 1:00 pm: Strength 2:00 pm: Line Dancing 2:45 pm: Intro to Tap | 28 9:00 am: Pickleball 9:30 am: Bridge 10:00 am: Apple Pay 10:00 am: Walking Grp 10:00 am: Zumba Gold 11:30 am: Core Activ-5 12:00 pm: Mahjongg 1:30 pm: Poppies | 29 8:45 am: Flow Yoga 9:30 am: Cooking In 10:00 am: TaiChi/Games 11:00 am: Line Dancing 12:15 pm: Whist 1:00 pm: Strength 2:15 pm: Cornhole 3:00 pm: Back Alley 5:30 pm: Walking | 30 9:00 am: Coffee on the Patio 9:00 am: Pickleball |

MILTON COUNCIL ON AGING

10 Walnut Street
Milton Massachusetts 02186



Non-profit
US Postage
PAID
Permit #
53532

ADDRESS SERVICE REQUESTED

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**