



NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA
DIANE BERTOLINO, DIRECTOR
978-546-2573



dbertolino@rockportma.gov

HAPPY NEW YEAR

Jan-Feb 2017

WEEKLY ACTIVITIES

Monday thru Friday

Lunch 11:30AM

Monday

Strength & Balance

10-11AM

Bingo 1-3:30PM

Tuesday

Yoga 9-10AM

Tai-Chi

10:30-11:30AM

Wednesday

Tai Chi 9-10AM

Canasta 1-3PM

Thursday

Yoga 9-10AM

Duplicate Bridge
Class 10:30-11:30AM

Duplicate Bridge

12-4PM

Quilting/Knitting

1-3:30PM

Ping Pong

2-3:30PM

Friday

Strength & Balance

10-11AM

Yoga

11:30AM-12:30PM

**Exercise classes
for age 60+ \$4.00
per class**

Powerful Tool for Caregivers

Mondays, January 23rd-March 6th, 1-3PM. This is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. This class series meets once a week for six weeks. Class size is limited and registration is required. No class on Monday, February 20th. Sponsored by SeniorCare.

Chinese New Year Luncheon

Tuesday, January 24th, 12PM. We will be celebrating the Chinese New Year with a Chinese food luncheon at the Senior Center. Cost is \$6.00. Please pay when registering. Sponsored in part by the Friends of the Rockport COA.

Pigeon Cove Photographic Memories from circa 1850's-1950's

Monday, January 30th, 1PM. Come join Betty and John Erkkila for a sampling of vintage images of Rockport's North Village, "Souvenirs of Pigeon Cove." The one-time premier tourist destination of Rockport welcomed ordinary vacationers as well as luminaries such as Ralph Waldo Emerson, Alexander Graham Bell and a long list of other prominent people.

Memories of the "Blizzard of 78"

Monday, February 6th, 1:30PM. For an entire generation of New Englanders, there had never before been bad weather like the Blizzard of '78. Pierce Sears will share a video presentation of his photos from the "Blizzard of 78" in Rockport. RSVP, 978-546-2573.

Valentine Social



The Friends of the Rockport COA are throwing a party!



Save the date!

Tuesday, February 7th from 4-6PM

Music and light refreshments

Free, RSVP, 978-546-2573

Free Breakfast

Wednesday, February 15th, 9AM. We will be serving pancakes and sausage for breakfast. Space is limited. Please sign up early.

Reservations for Activities, Trips and Classes

We will take reservations and payments at the Senior Center on **Tuesday afternoons from 1:30-3PM and Thursday mornings from 9:30-11AM.**

Please allow ample time to sign up. No reservations will be made without payment. Anyone traveling with us must have an up-to-date Health Profile on file. If you have special health needs, you **MUST** travel with a companion who can provide assistance to you. Please arrive 15 minutes before departure time.



When a presentation is free, please call to register. If we do need to cancel, we can call the people who have signed up.

DAY TRIPS

Essex Technical School Luncheon

Tuesday, March 7th. We are once again invited to the Maple Street Bistro to enjoy a delicious lunch prepared by the culinary students. This is limited to 24 Rockport residents. They will have a school bus pick us up at the Rockport Depot at 10:30AM. Cost is \$8.00. This price does not include gratuity.

Boston Flower Show

Wednesday, March 22nd, 9:15AM. This year's theme is *Superheroes of the Garden*. Once again, spring blooms early in Boston with eye-popping colors and breathtaking garden displays. Browse the Garden Marketplace, the ultimate horticultural and gardening shopping experience. The bus will pick us up at the Rockport Depot. Cost is \$27.00.



Mobile Market

The COA, along with the Open Door and SeniorCare, offers the Senior Mobile Market. This 60+ program offers fresh fruits and vegetables, plus an assortment of canned goods, on the first Thursday of each month from 10-11AM. Don't miss out on this program. The income limits for a single person are \$1,670.00 per month and \$2,247.00 per month for two people. Applications are available by calling the Senior Center.

North Shore VNA Nurse

The nurse will be at the Senior Center on the 2nd Thursday of each month from 9:30-11:30AM. She can check your blood pressure and answer any health questions you may have.

SHINE Councilor (Serving Health Information Needs of Everyone)

The SHINE program provides Massachusetts elders with access to health insurance information, counseling and assistance free of charge with a trained health counselor. SHINE Councilor, Diane Derow, will be at the Senior Center on the first Friday of each month, 9:30-12:30PM. Call the Senior Center for an appointment, 978-546-2573.

Congregate Meal Site

SeniorCare lunches are served Monday-Friday at 11:30AM. All seniors are welcome to attend by calling Freda at 978-546-5027. Reservations should be made 48 hours in advance for special luncheons and 24 hours in advance for the daily lunch.

Monthly Special Luncheon \$2.00

Taste of the South

Thursday, January 12th

Ham with pineapple raisin sauce, french peas with green onion, parsley and butter, sweet potato casserole, banana pudding over vanilla wafers, hearty white bread.

Sweetheart Celebration

Thursday, February 9th

Seafood Bake (fish, scallop and shrimp) bread crumb topped in a cheddar and béchamel sauce. Jasmine rice with peas, baby carrots with fresh dill and parsley, strawberry mousse with valentine sprinkles and pull-apart bread.

Traveling Chef \$3.00

Asian Style Cuisine

Wednesday, January 11th

Chinese chicken wing and a boneless rib, duck sauce, vegetable fried rice, sesame ginger broccoli, fortune cookie and fresh pineapple.



Valentino's Lasagna

Thursday, February 16th

Lasagna with meat sauce, old style Caesar salad, garlic bread and carrot cake.

***Remember to Recycle Your
Button Cell Batteries Here***

Computer Classes

We offer a variety of computer classes. All classes are taught by Coleen Mcgrath. Classes are held on Mondays and Wednesdays, 10-11:30AM. We need a minimum of three people to conduct a class. Cost is \$40.00/4 classes per session. If interested in any of the classes that are listed below, please call, 978-546-2573.



- Beginner Computer
- Intermediate Computer
- Advanced Computer
- iPad
- iPhone/Android
- How to Navigate the Internet
- Digital Camera
- Organizing Your Computer Files
- Questions and Answers About Your Electronics



43rd Annual Meals on Wheels Valentine's Day Breakfast Fundraiser

Friday, February 10th, 2017

7-9:30AM

The Gloucester House
63 Rogers St

Breakfast Buffet \$12.00 per person
Tickets available at the door.

*Thank you for supporting
SeniorCare Meals on Wheels!*

Representative from Senator Bruce Tarr's Office

Constituent Services and Community Outreach Advisor, Dick Curran has office hours at the Senior Center once a month to address any issues for which you may need help. No appointment is necessary. He will be here on the following Wednesdays: January 11th and February 8th from 9:30-10:30AM.

Dear Seniors,

Happy New Year! In reflecting upon 2016, we find that our exercise programs are extremely popular. Many Rockport seniors are very health conscious. How many Senior Centers can say that they have had a 97-year-old participate in strength/balance and fall prevention classes regularly? This is one way that seniors in our community stay connected and healthy. Our current teachers are a special breed of people who care and provide the best education for our students. For a New Year's resolution, if you have never attended the Senior Center, we encourage you to give it a try in 2017. We look forward to meeting you!

In our travels this past year, we have been to the Maple Street Bistro, Tower Hill Botanical Garden, Battleship Cove Tour, Block Island, Narragansett Bay, Rhode Island Lighthouse Tour, Portsmouth, NH Tour and Isle of Shoals Cruise, Cruise Lake Chaubungungamaug, also known as Webster Lake in Massachusetts, on the Indian Princess, Gloucester Harbor Tour and lunch aboard the Beauport Princess, and shopping at Merrimack Outlets in New Hampshire.

The Friends of Rockport Council on Aging have financially assisted our many programs and events. Special thanks to the Friends Group members for their financial assistance, fundraising, and commitment to the Rockport seniors.

I would like to thank our local businesses, non-profits, and town departments for their donations, presentations, and partnerships with our center.

A special thank you to our dedicated volunteers, board members, and staff who have helped make our programs very successful. We couldn't do it without your assistance.

Best wishes to everyone for a happy, healthy New Year.

Sincerely,

Diane Bertolino, Director

AARP Tax Help

Tuesday afternoons beginning February 7th through April 11th, 1-4PM. AARP volunteers will be preparing taxes for seniors, free-of-charge. No appointments. They will take you in the order that you arrive. If they cannot finish your taxes by 4PM, you will have to return the following week. Tax preparation is held on the first floor, in the lunch room. Please do not arrive before 12:30PM.



Jokers and Pegs

If you are interested in learning to play this game, please call the Senior Center.

Birthday Party

If you are 70+, come celebrate your birthday with us. We will be celebrating January and February birthdays on Thursday, February 2nd, from 12:30-1PM. We will have cake, ice cream, a free raffle. Volunteer, Bob Wech, will be playing the piano. Please RSVP.



Wednesday Mall Bus Trips

CATA provides service to shopping centers outside of Cape Ann for seniors and disabled customers. They will pickup at the Senior Center on Wednesdays at 9:30AM. The bus will start the return trip at 1PM to Gloucester and Rockport Senior Centers. \$5.00 round trip. For more information, call 978-283-7916.

1st Wednesday	Walmart
2nd Wednesday	Christmas Tree Shop
3rd Wednesday	Trader Joe's
4th Wednesday	Liberty Tree & North Shore Malls
5th Wednesday	Liberty Tree & North Shore Malls

Winter Weather Reminder



When Rockport Schools are closed due to bad weather, the Senior Center classes will be cancelled. If the schools are on a delay, the Senior Center follows the delay and any activities prior to the delay are cancelled. You can also check the Town of Rockport's website for information on closings.

Art Classes

Light, Darkness, Color & Space

Tuesdays, January 10th-February 28th. 1:30-3:30PM. Create winter nature arrangements with inspiration from oriental flower arranging with Carla Mattioli. Enjoy Zen painting techniques to sketch/paint our nature arrangements using brush and ink, watercolors and colored chalk pastels. Let winter beauty inspire your art and your heart! Class cost is \$80.00, plus a \$15.00 art supplies fee.

Layering with Acrylics

Wednesdays, January 18th-March 8th, 1-3PM. Come and join Elizabeth Harty as she teaches you how to use stencils, transfers and collage, as well as various tools to create a rich surface of texture and color. We will always review basic drawing and painting techniques and the principles of good composition, design, color and perspective. All levels are welcome. Class cost is \$80.00, plus a \$15.00 art supplies fee.

Please note:

Rockport residents will have first preference.

Memorial Gifts Made to



"Friends of the Rockport COA"

In Memory of Wendi Hahn:

Barbara Stewart

Barbara Arnold

In Memory of Rae Correale:

Thoma Robertson

In Honor of Friends

In Honor of Diane Bertolino:

Ruth Gillies

Donations

Donations were received from:

Susan Herron

Elizabeth Linsenmayer

Nan Webber

Don Charest

Charles Lane

Marshall Saville

The Rockport Council on Aging would like to thank

Addison Gilbert Hospital for sponsoring the printing of our newsletter

ROCKPORT COUNCIL ON AGING
DIANE BERTOLINO, DIRECTOR
58 BROADWAY
ROCKPORT, MA 01966

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Donations

We welcome all donations. If you would like to make a tax-deductible donation in memory or in honor of someone, or a bequest, please make checks payable to the *Friends of Rockport COA*.

Please enclose a check payable to 'Friends of Rockport COA'.

\$_____.

Name _____

Address _____

Town _____ State _____

Zip _____

Please Circle: In Memory or In Honor of _____