



NEWS ON BROADWAY

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



dbertolino@rockportma.gov

JAN.-FEB. 2015

WEEKLY ACTIVITIES

*Monday thru Friday

Lunch 11:30AM

*Monday

Arthritis Exercise

Class 10:30-11:30AM

Bingo 1-3:30PM

Yoga 2:30-3:30PM

*Tuesday

Yoga 9-10AM

Memoirs Group

10:15-11:15AM

*Wednesday

Tai Chi 9-10AM

Scrabble 1-3PM

*Thursday

Yoga 9-10AM

Quilting/Knitting

1-3:30PM

Duplicate Bridge

12-4PM

*Friday

Strength-Balance

Class 10-11AM

Exercise classes

are \$4.00 per
class for age 60 +

Re-gifting Party

Everyone seems to have gifts they receive but never use. Wrap a new, unused gift and bring it to the re-gifting party on Wednesday, January 14th, 12:30-1:30PM for some fun and socializing! You'll go home with a new gift. Refreshments will be served. Call to sign up.



Organize Your Computer and Office for the New Year

This free seminar on Tuesday, January 20th from 12:30-2PM will teach you how to de-clutter your computer and your office. Coleen Magrath of Digital HouseCalls and Jennifer Lyon of Organize That! will teach you about cleaning out "stuff" you don't want, how to organize and find what you want to keep. Whether it is paper or computer files, security passwords and backups, or learning the essentials of an organized office, you will gain the confidence you need to reach this goal. Call to sign up.

Jewelry Making Classes

There will be three jewelry making classes at the senior center on Monday, January 26th, February 2nd and February 9th from 10:30AM-12PM, taught by Susan from Beadles. She will bring all the tools and supplies. You will leave with a beautiful necklace, bracelet or earrings that you will be proud to say you made. Cost is \$5.00 for each class. Pre-registration with payment is required since space is limited.

Valentine Tea

We will be hosting an afternoon tea on Wednesday, February 11th at 1PM. Tea sandwiches and sweets will be served. Cost is \$5.00 and payable on registration days.



Chinese New Year Luncheon

We will be celebrating the Chinese New Year on Monday, February 23rd at 12PM with a Chinese food luncheon. The Glass Onion band will perform from 12:30-1:30PM. Cost is \$5.00. Please pay when registering.

Medication Safety

Join ABC Home Healthcare for a presentation on "Medication Safety" on Wednesday, February 25th at 12:30PM. As we age, we usually have more prescriptions and see multiple healthcare providers. Drug interactions can make a prescription less effective and have unexpected side effects. Some may even be potentially harmful. Jeanette Sheehan, MSN, R.N., Board Certified Nurse Practitioner will review common misconceptions about medications, as well as tips to help you better manage your prescriptions.

AARP Tax Help

Tuesday, February 3rd-April 14th, 1-4PM. AARP volunteers will be preparing taxes for seniors, free of charge. It will be first come, first serve. If they cannot finish your taxes by 4PM, you will have to return the following week to have them completed. This will be held in the lunch room on the first floor.



Birthday Parties

Come celebrate your birthday with us. We will have cake, ice cream, a free raffle and volunteer Bob Wech playing the piano. The dates are Thursday, January 29th and February 26th from 12:30-1PM.

Registration Times

Registration for classes or lunches that require payment are on Tuesdays, 1:30-3PM and Thursdays, 9:30-11AM. For free programs, please call so we can plan accordingly. Registration for the Senior-Care meals are done by calling Freda at 978-546-5027.

Reg-

Exercise Class News

Monday, 2:30-3:30PM, Susan Himml will be teaching an afternoon Yoga class beginning January 5th. Carol Pallazola's last Arthritis class will be on Monday, January 26th. Strength & Balance Class will begin on Fridays from 10-11AM beginning January 9th with instructor Elizabeth Reed. Mondays class will begin February 2nd from 10-11AM. All classes are \$4.00. Walk-ins welcome.

Art Classes

There will be two art classes offered on Tuesdays and Wednesdays from 1-3PM. Cost is \$40.00/8 weeks, plus a \$10.00 supplies fee. Class is limited to ten people. Registration is on Tuesdays, 1:30-3PM and Thursdays, 9:30-11AM. Payment is due with registration.



The Creative Power of Color

Carla Mattioli's art class will be held on Tuesdays from January 20th through March 10th from 1-3PM. Explore the dynamic life of colors between darkness and light. Enjoy the journey into the inner nature of color: mood, gesture, harmony and polarity. Wet technique in watercolor, pastels, charcoal and conte crayon. No prior art experience necessary. Beginners and experienced artists welcome.

Experiment with Mixed Media

Elizabeth Harty's class will held on Wednesdays from January 21th through March 11th, from 1-3PM. You will gain an understanding of working with mixed media, acrylic paint and collage. We will experiment with a variety of tools and materials. We will also cover the basics of composition, techniques of mark making and layering. All levels are welcome.

Traveling Chef

Mediterranean Lunch, Thursday, January 8th, 11:30AM

Chicken Souvlaki, Tzatziki Sauce, tomatoes and onions, lemon couscous, fattoush salad, pita bread, Greek sugar cookie. \$3.00 Donation.

Oriental Soup Noodle Bar, Wednesday, February 25th, 11:30AM

Chicken Broth, fresh vegetables, tossed oriental salad, crispy chow mein noodles, ginger ice cream. \$3.00 Donation

Special Luncheon

Taste of the South, Thursday, January 15th, 11:30AM

Ham with pineapple raisin sauce, Southern style green beans, sweet potato casserole, chocolate cake with bourbon chocolate sauce and whipped cream. \$2.00 Donation.

Italian Harvest, Thursday, February 19th, 11:30AM

Seafood casserole, rice, salad, roll and strawberry mousse. \$2.00 Donation.

SeniorCare meal reservations are made by calling Freda at 978-546-5027.

Computer Classes

The following classes will be held twice a week on Tuesdays and Thursdays from 10-11:30AM. \$40.00 fee for four classes. Payment is due when registering.

Apple Class

January 13th, 15th, 20th and 22nd. Do you have an iPad, iPhone or want to learn more about the iMac? Come join us for our first Apple class. The center has just received some iMacs that are ready to go. All Apple devices work the same. You will learn some new tricks in this class.

Intro to Computers

Classes will be held on February 10th, 12th, 17th and 19th. Learn basic computer skills such as how to use the mouse, desktop, icons, Internet and how to use it safely.

Get Your Newsletter by Email

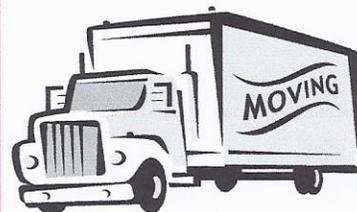
Why wait for the mail to get your newsletter? Get it early and in color! To switch to the email list, send an email to Paula, pbertolino@rockportma.gov or call 978-546-2573.

Benefits Checkup

Benefits Checkup is a free online service that helps seniors find and enroll in benefits to help pay for food, medicine, heat and more. The website is www.benefitscheckup.org/mcoa. Call to schedule an appointment with Karen on Wednesdays, 10AM –12PM to assist you online.

Moving?

If you plan on moving, please update your new address, phone number and email address with the office so you won't miss receiving the newsletter.



News On Broadway 58 Broadway, Rockport MA

Diane Bertolino, Director 978-546-2573 January-February 2015

News from Our Director

Dear Seniors,

Happy New Year! This past year was very successful. We have offered many monthly travel opportunities for everyone, sometimes having two buses traveling to New Hampshire, Maine and Massachusetts. Our local businesses have been very supportive donating dinner and luncheon events for you. We have distributed approximately 6,000 pounds of food this past year at our mobile markets. Our exercise classes have grown and we will be adding more for you this coming year. Our art and computer classes are continuing and have grown as well. The hand work, knitting, and quilting is very popular along with bingo and duplicate bridge. We encourage people to book classes, luncheons and events early as we frequently have a wait list.

I would like to thank our staff, volunteers, friends group and council members for helping to make our senior center a great place to be. We look forward to providing programs and services for our residents in the coming year.

In our next newsletter, we will be sending a survey along for you to let us know how we are doing and any suggestions you may have. I hope you will take the time to fill it out and return it to us as your input is very important.

Best wishes for a happy, healthy New Year,

Diane Bertolino

Director

January

*T'was the month after Christmas, and all through the house, nothing would fit me, not even a blouse;
The cookies I nibbled, the eggnog I had to taste, at the holiday parties had gone to my waist. When I got on the scales there arose such a number! When I walked to the store (less a walk than a lumber), I'd remember the marvelous meals I'd prepared, The gravies and sauces and beef nicely rared. The wine and the rum balls; the bread and the cheese, and the way I'd never said "No thank you, please." As I dressed myself in my husband's old shirt, and prepared once again to do battle with dirt, I said to myself, as only I can, "You can't spend a winter disguised as a man!" So, away with the last of the sour cream dip. Get rid of the fruit cake, every cracker and chip. Every last bit of food that I like must be banished, 'til all the additional ounces have vanished. I won't have a cookie, not even a lick. I'll want only to chew on a long celery stick. I won't have hot biscuits, or corn bread, or pie. I'll munch on a carrot and quietly cry. I'm hungry, I'm lonesome, and life is a bore. But isn't that what January is for?*

Unable to giggle, no longer a riot.

Happy New Year to all and to all a good diet!

Author Unknown



Edith Humlin and daughter Jane Hyry enjoy a baked haddock dinner provided by the Fish Shack



Fish Shack owners Karen and Kenny Porter served homemade apple crisp to 50 seniors at the center.



My Place by the Sea owners, Barbara Stavropoulos and Chef Kathy Milbury



Bill and Shirley Christenson, Kathy Perry and Marie Alfreri



The Fish Shack Restaurant and My Place by the Sea have been very generous by donating delicious meals to over 50 seniors. This is always a special treat and enjoyed by all who attend.

Pictured to the left, Frances and John Fleming enjoying dinner at My Place by the Sea

ROCKPORT COUNCIL ON AGING
DIANE BERTOLINO, DIRECTOR
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PERMIT 20



Ask A Nurse

Sarah Trenti, R.N. will be at the Senior Center once a month on Thursday, January 22nd and February 26th, 10:30-11:30AM. She can check your blood pressure, blood sugar and answer your health questions. No appointment necessary. This program is sponsored by Den Mar Nursing and Rehabilitation Center.

Senior Mobile Market (formerly Brown Bag)

The COA, along with the Open Door and Senior Care, offer the Senior Mobile Market. This 60+ program offers fresh fruit 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 available by calling the Senior Center.

North Shore VNA Nurse will be at the Senior Center on the 2nd Thursday of each month from 9:30AM-12PM. She will check blood pressure and answer any health questions you may have.

SHINE Counselor (Serving Health Information Needs of Elders) Sefatia Romeo Theken will be at the Rockport Senior Center on the third Tuesday of each month, 1:30-4PM to assist seniors with their insurance needs.

Senator Bruce Tarr's representative Richard Curran, will have office hours here on Wednesday, February 11th from 9-10:30AM.

The Rockport Council on Aging would like to thank Addison Gilbert Hospital for sponsoring the printing of our newsletter



JANUARY 2015 ROCKPORT COA SENIOR CENTER HOURS 8:00-4:00 PM M.-TH.

Diane Bertolino, Director 978-546-2573

8:00-1:00 PM FRI.



<p>Registration for trips, lunches and activities are on Tuesday 1:30-3PM and Thursdays 9:30-11AM Payment is due when registering.</p>	<p>If you would like to receive your newsletter by email, send your information to Paula at pbertolino@rockportma.gov</p>	 <p>Shredder Available</p>	<p>Thurs. 1</p> <p>HAPPY NEW YEAR</p> <p>CLOSED</p>	<p>Fri. 2</p> <p>11:30 Lunch</p>  <p>Exercise Equipment Available</p>
<p>Mon. 5 10:30-11:30 Arthritis Exercise 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga</p>	<p>Tues.6 9:00-10:00 Yoga 10:15-11:15 Memoirs 11:30-12:15 Lunch 1:30-3:00 Register for Programs</p>	<p>Wed. 7 9:00-10:00 Tai-Chi 11:30-12:15 Lunch 1:00- 3:00 Scrabble</p>	 <p>Thurs. 8 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:00 Mobile Market 9:30-12:00 VNA Nurse 11:30-12:15 Traveling Chef Lunch 1:00-3:30 Knitting/Quilting 12:00-4:00 Duplicate Bridge</p> 	<p>Fri. 9 10:00-11:00 Strength/Balance 11:30-12:15 Lunch</p> 
<p>Mon. 12 10:30-11:30 Arthritis Class 11:30-12:15 Lunch 1:00-3:00 Bingo 2:30-3:30 Yoga</p>	<p>Tues. 13 9:00-10:00 Yoga 10:00-11:30 Apple Computer Class 10:15-11:15 Memoirs Group 11:30-12:15 Lunch 1:30-3:00 Register for Programs</p>	<p>Wed. 14 9:00-10:00 Tai -Chi 11:30-12:15 Lunch 12:30-1:30 Re-Gifting Party 1:00-3:00 Scrabble</p>	<p>Thurs. 15 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:30 Apple Computer Class 11:30-12:15 Special Lunch 1:00-3:30 Knitting/Quilting 12:00-4:00 Duplicate Bridge</p>	<p>Fri. 16 10:00-11:00 Strength/Balance 11:30-12:15 Lunch</p>
<p>Mon. 19</p> <p>Martin Luther King Day</p> <p>CLOSED</p>	<p>Tues. 20 9:00- 10:00 Yoga 10:00-11:30 Apple Computer Class 10:15-11:15 Memoirs 11:30-12:15 Lunch 1:00-3:00 Carla's Art Class 12:30-2:00 Organizing Computer & Office 1:30-4:00 Sefatia Romeo Theken</p>	<p>Wed. 21 9:00-10:00 Tai - Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble 1:00-3:00 Elizabeth's Art Class</p>	 <p>Thurs. 22 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:30 Apple Computer Class 10:30-11:30 Ask a Nurse 11:30-12:15 Lunch 1:00-3:30 Knitting/Quilting 12:00-4:00 Duplicate Bridge</p>	<p>Fri. 23 10:00-11:00 Strength & Balance 11:30-12:15 Lunch</p> 
<p>Mon. 26 10:30 -11:30 Arthritis Exercise Class 10:30-12:00 Jewelry Making Class 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga</p>	<p>Tues. 27 9:00-10:00 Yoga 10:15-11:15 Memoirs 11:30-12:15 Lunch 1:00-3:00 Carla's Art Class 1:30-3:00 Register for Programs</p>	<p>Wed. 28 9:00-10:00 Tai- Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble 1:00-3:00 Elizabeth's Art Class</p>	<p>Thurs. 29 9:00-10:00 Yoga 9:30-11:00 Register for Programs 11:30-12:15 Lunch 12:30-1:00 Birthday Party 1:00-3:30 Knitting/Quilting 12:00-4:00 Duplicate Bridge</p>	<p>Fri.30 10:00-11:00 Strength & Balance 11:30-12:15 Lunch</p>