



NEWS ON BROADWAY

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



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July-August 2016

WEEKLY ACTIVITIES

Monday thru Friday

Lunch 11:30AM

Monday

Strength & Balance

9-10AM

Bingo 1-3:30PM

Tuesday

Yoga 9-10AM

Wednesday

Tai Chi 9-10AM

Thursday

Yoga 9-10AM

Duplicate Bridge
Class 10:30-11:30AM

Quilting/Knitting
1-3:30PM

Duplicate Bridge
12-4PM

Ping Pong
2-3:30PM

Friday

Strength & Balance
9-10AM

Yoga
11:30AM-12:30PM

**Exercise classes
for age 60+**

\$4.00 per class

Diabetes and Movement

Wednesday, July 13th, 10:30AM. Chris Braid, Director of Rehabilitation at Golden Living Center, will explain how movement is good for everyone, no matter your age or diagnosis. It is important that people with diabetes stay active and move. No matter how you're feeling some days, it's mind over matter - push past the pain, aches or just the blues. Diabetes is a serious illness that can be controlled and even sometimes eliminated. Improving activity tolerance is improving the circulating system and improving your quality of life. In this discussion we will visit motion more in depth, making it fun and easy. Call to register.

Veterans Services Coffee Hour

Wednesday, July 20th, 12:30PM. Adam Curcuru, Director of Veterans Services in Gloucester and Rockport, will be here for an informal talk and coffee hour about benefits and services available to veterans. Stop by to meet Adam. Please call to register.



Annual Summer BBQ at Legion with Entertainment

Wednesday, July 27th, 11:30AM. We will have the Traveling Chef cook hamburgers and hot dogs on the grill on the grounds of the American Legion on Beach Street. Potato salad, pasta salad, lemonade, strawberry shortcake and watermelon will be served. There will be musical entertainment. Cost is \$3.00. Call Freda, 978-546-5027, to register. If it rains, it will be held at the senior center.

Downsizing and Selling

Monday, August 1st, 10:30-11:30AM. This presentation is hosted by LUX Realty North Shore Senior Real Estate Specialists, Jane Meterparel and Brian Marvelley. A Seniors Real Estate Specialist is a realtor who has received extensive training in helping the over fifty age group of homebuyers and sellers with lifestyle transitions. You can count on Seniors Real Estate Specialists to guide you through the process of selling and buying your home, making the transaction less stressful. Coffee and refreshments will be served. Call to register.

Family Caregiver Support Group

Wednesday, August 3rd, 1PM. This program is a free service through SeniorCare with no eligibility requirements needed to participate. This group will provide education, resources and support to family caregivers. There will be counseling for caregivers to assist in making decisions and assessing the merits of various options; Focus will be on peer support, education and training to reduce stress and develop coping skills. Private support meetings are available also. Please call to register.

Lobster Roll Luncheon

Wednesday, August 10th, 12PM. We will enjoy a delicious lobster roll luncheon from Mile Marker Restaurant. Element Care will provide dessert. Comedian David Shikes will return to entertain and make us laugh. Cost is \$8.00. Payment is required when registering. These lunches are always popular.

Reservations for Activities and Trips

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. Anyone traveling with us needs to 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. Payment is due when the reservation is made. Please arrive 15 minutes before departure time.

Sign up
early!

DAY TRIPS

Lighthouse Cruise

Tuesday, July 19th. We will depart at 8:15AM to Rhode Island for a 90-minute cruise showcasing ten of Rhode Island's most beautiful lighthouses. The captain will take you throughout Narragansett Bay, bringing you up close and personal to these historic landmarks. Before the cruise, you will enjoy a delicious lunch overlooking the Block Island Sound in the fishing port of Galilee, at George of Galilee Waterfront Seafood Restaurant. Approximate return time is 7PM. \$92.00 per person.

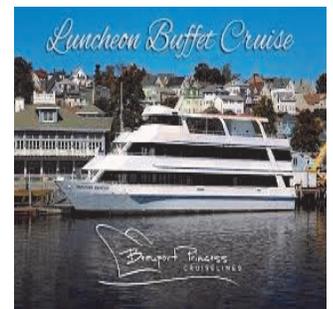


Portsmouth New Hampshire City Tour, Lunch and Isle of Shoals Cruise

Wednesday, August 17th. Departure at 8:45AM. The day will start with a guided tour of Portsmouth. A step-on guide joins us for an hour excursion of all the sights in this amazing city. Following our tour we will enjoy lunch at Warren's Lobster House in Kittery, Maine. After lunch we are off to the Isle of Shoals Steamship Company. We will board the ship in the afternoon from Portsmouth Harbor for a two and one half hour cruise of the harbor and the Isle of Shoals, and we will learn why this chain of nine islands, located off the Portsmouth coast, is an important part of New Hampshire history. We will see the Isle of Shoals, three lighthouses, the "Alcatraz of the East" naval prison, and the oldest, active naval shipyard, as well as many tugboats and naval ships. Don't miss this perfect summer day! Cost is \$92.00.

Beauport Princess Lunch Cruise

Wednesday, September 14th. We will board the beautiful Beauport Princess in Gloucester for their buffet lunch which will include salad, baked haddock, chicken piccata, penne alfredo, potato, vegetable, coffee and soda. The bar is available at your own expense: Gratuity on alcohol is not included. We will meet in their parking lot at 6 Rowe Square, Gloucester. We will begin boarding at 11AM. The boat departs at 11:30AM and returns to the dock at 2PM. Transportation is not included. Cost is \$35.00, payable with your reservation.



Indian Princess Foliage Tour

Tuesday, September 27th. We will depart at 8AM and head to Webster, Massachusetts. We will be boarding the Indian Princess, a modern day replica of a grand riverboat. She is one of the few authentic paddlewheel riverboats still in operation. Lunch will be at the Point Breeze Restaurant, where you'll enjoy panoramic views of the Webster Lake while enjoying a choice of delicious baked scrod or baked chicken entree. We will stop at Northbridge and Foppema's Farm Stand. We will return home at approximately 5PM after a delightful day exploring Central Massachusetts and enjoying the beautiful area foliage. Cost is \$70.00.

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

Summer Picnic

Thursday, July 14th. Egg salad & chicken salad finger sandwiches, vegetable pasta salad, fruit salad, hoodsie.

Constituent Services

Constituent Services 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 Wednesday, August 10th, 9:30-10:30AM.

Duck Race

The Friends of the Rockport COA would like to thank everyone who supported their annual fundraiser. All proceeds earned, help keep the costs of activities, classes and events affordable at the Senior Center.



The winners are:

1st Ingrid Brown 2nd Bethany Carlson
3rd Joanna Markus 4th Greg Hamifan



Members of the Friends of the Rockport COA and Senior Center

Senior Supper Club

The Senior Supper Club at Addison Gilbert Hospital meets on the third Tuesday of the month. A complimentary dinner is provided by the Café at Addison Gilbert Hospital, followed by a speaker. The dates are July 19th and August 16th at 4:30PM. Reservations are required by contacting the Senior Center. Space is limited.

Birthday Party

If you are 70+, come celebrate your birthday with us. We will be celebrating July and August birthdays on Thursday, July 28th, from 12:30-1PM. We will have cake, ice cream, a free raffle. Volunteer, Bob Wech, will be playing the piano. Please RSVP.



Happy 101 Birthday to Edith Humlin!



Ducks making their way to the finish line!

FREE FUN FRIDAYS!

If you are looking for something to do this summer, check out all the places that are listed below. There are eight choices each week that you can visit on Fridays for free this summer!

July 1st

Boston Children's Museum
The Sports Museum
The Heritage Museum & Gardens
Falmouth Museum on the Green
Cape Cod Maritime Museum
Amelia Park Children's Museum
Jacob's Pillow Dance Festival
Wenham Museum

July 8th

Museum of Fine Arts, Boston
Plymouth Plantation
Peabody Essex Museum
Cape Ann Museum
Buttonwood Park Zoo
Children's Museum in Easton
The Hall at Patriots Place
Provincetown Art Association and Museum

July 15th

Edward M. Kennedy Institute
Boston Athenaeum
Larz Anderson Museum
Cape Cod Children's Museum
Edward Gorey House
Danforth Art Museum/School
Spellman Museum of Stamps and Postal History
Fitchburg Art Museum

July 22nd

Boston Harbor Islands National and State Park
Arnold Arboretum of Harvard University
New Bedford Whaling Museum
Cape Cod Museum of Art
Pilgrim Hall Museum
The Eric Carle Museum
Fruitlands Museum
Museum of Russian Icons

July 29th

John F. Kennedy Presidential Library & Museum
Commonwealth Museum
Battleship Cove

Marine Museum at Fall River
Sandwich Glass Museum
Nantucket Whaling Museum
Tower Hill Botanical Garden
Commonwealth Shakespeare Company

August 5th

Harvard Museum of National History
The Old State House
The Greenway Carousel
Springfield Museums
Historic Deerfield
Hancock Shaker Village
The Old Manse, The Trustees
Worcester Historical Museum

August 12th

MIT Museum
The Museum of NCAAA
Concord Museum
Garden in the Woods
Mahaiwe Performing Arts Center
Naumkeag, the Trustees
Emily Dickinson Museum
The Metropolitan Waterworks Museum

August 19th

The Institute of Contemporary Art/Boston
USS Constitution Museum
The Discovery Museum
EcoTarium

The Children's Museum of Greater Fall River
New England Historic Genealogical Society
Fuller Craft Museum
Griffin Photography Museum

August 26th

Franklin Park Zoo
Old Sturbridge Village
Freedom Trail Foundation
The Museum of African American History
Norman Rockwell Museum
Berkshire Museum
Ventfort Hall Mansion and Gilded Age Museum
Cape Cod Museum of Natural History





We traveled to Battleship Cove in Fall River and enjoyed the day touring the ships, submarine and museum along with lunch at Jerry Remy's Sports Bar & Grill.

The Rockport seniors group included many veterans who enjoyed the day.



Wednesday Mall Bus

Trips start this July!

Each Wednesday, CATA provides service to shopping centers outside Cape Ann for senior and disabled customers!

Trips start this July!

Pickup Times

Rockport Senior Center at 9:30AM
Gloucester Senior Center at 9:45AM

Mall Bus Schedule

First Wednesday	Wal-Mart
Second Wednesday	Christmas Tree Shops
Third Wednesday	Trader Joe's
Fourth Wednesday	Liberty Tree & North Shore Malls
Fifth Wednesday	Liberty Tree & North Shore Malls

The bus will leave to return to the Gloucester and Rockport Senior Centers at 1:00pm.



\$5.00 Round trip



For additional information, please call 978-283-7916



Navy Veteran, David Arnold, and his wife, Barbara

ROCKPORT COUNCIL ON AGING
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NON-PROFIT
ROCKPORT MA
PERMIT 20

SHINE Councilor
(Serving Health Information Needs of Elders)

SHINE Councilor, Diane Derow, will be at the Senior Center on the first Friday of the month, 9:30-12:30PM to assist seniors with their insurance needs. Call the Senior Center for an appointment.

CLOSED MONDAY



Senior Mobile Market

The COA, along with the Open Door and Senior-Care, 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 will be at the Senior Center on the 2nd Thursday of each month from 9:30-11:30AM. She will check blood pressure and answer any health questions you may have.

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