



# NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA  
DIANE BERTOLINO, DIRECTOR



dbertolino@rockportma.gov

## March-April 2016 WEEKLY ACTIVITIES

### Monday thru Friday

Lunch 11:30AM

### Monday

\*Strength & Balance  
10-11AM

Bingo 1-3:30PM

### Tuesday

Yoga 9-10AM

### Wednesday

Tai Chi 9-10AM

### Thursday

Yoga 9-10AM

Quilting/Knitting

1-3:30PM

Duplicate Bridge

12-4PM

### Friday

\*Strength & Balance  
10-11AM

Yoga

11:30AM-12:30PM

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

**\* Strength & Balance  
Class will return to  
9-10AM on  
March 28th.**

### **Medication Safety**

Monday, March 7th, 1-2PM. A registered pharmacist from Conley's Drug Store will discuss many important issues concerning medications we may take on a daily basis. He will explain side effects typical with age, fall risks, drug interactions, over the counter drugs, herbal medicines and natural sources of vitamins in food. Please call to register.

### **Free Tai Chi in April**

Seacoast Nursing & Rehabilitation Center is pleased to sponsor the Tai Chi class for the month of April! Evidence about health benefits of Tai Chi is growing and includes increases in strength, flexibility and balance. Taking a Tai Chi class at the Senior Center is a great way to explore this gentle form of exercise, which is why Seacoast is sponsoring the Wednesday morning classes taught by Carla Mattioli.

### **Be Prepared for an Emergency**

Wednesday, March 16th, 12:30PM. Do you have a plan for a wild weather storms or a fire? What should you have on hand in case of an emergency? Do you know what a data breach is? Are you familiar with the term "shelter in place?" This important presentation will show you how to be safe if a disaster happens. This free presentation is sponsored by ABC Home Healthcare. Please RSVP, 978-546-2573.

### **Steven Collins as Walt Whitman**

Tuesday, April 5th, 1PM. Since the late 1990's, Stephen's performances have captured the attention of the press. It is not just the stunning resemblance to Walt Whitman himself, but the portrayal of the character, and the essence that he brings within arm's reach to the audience that makes the poet come to life.

*This program is supported in part by the Rockport Cultural Council, a local agency supported by the Massachusetts Cultural Council.*

### **Office of Consumer Affairs, Credit Card Skimming**

Wednesday, April 20th, 1PM. Robin Putman, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will do a presentation on credit card skimming devices. It will cover tips on how to spot skimming devices found at gas stations, ATM's and cash registers. Please call to register.

### **Low Vision Talk**

Tuesday, April 26th, 10:30AM. Commission for the Blind Rehab teacher, Kathy Fitzgerald, will talk about and demonstrate low-vision devices that are available for people who are sight impaired, such as magnifiers and talking clocks. Please call to register.



## ***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. 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.



## **DAY TRIPS**

### ***Tower Hill Botanic Garden & the Old Mill Restaurant***

Wednesday, March 30th. We will depart at 9:15AM from the Depot and enjoy a leisurely ride to Westminster for a delicious lunch at the Old Mill Restaurant where you will have a choice of baked stuffed chicken with supreme sauce or baked stuffed filet of sole amandine. Both meals served with potatoes, vegetables, corn fritters, rolls and butter, dessert & coffee. You will have time to shop in their Country Store before lunch. In the afternoon, we will head to Tower Hill Botanic Garden, New England's year-round botanic garden. Here you will enjoy a guided tour. Reserve your seat now! \$72.00 per person.

### ***Daffodil Days***

Wednesday, April 13th. We will depart at 8AM from the Park & Ride Lot and head to Rhode Island's Blithewold Mansion for Daffodil days! Celebrate spring at this beautiful thirty-three acre estate on Narragansett Bay with a spectacular display of more than 50,000 daffodils. Before your visit, you will feast on a wonderful lunch at Newport's, The Pier restaurant, located right on Howard Wharf and renowned for having the finest waterfront vistas in Newport! The return time will be approximately 6:30PM. \$85.00 per person.



### ***Battleship Cove Tour***

Wednesday, May 18th. We will depart at 9:15AM from the Park & Ride Lot and travel to Fall River, MA and begin our day with lunch at Jerry Remy's Sports Bar & Grill. We'll have our own menu with a choice of burgers, fish & chips, baked scrod, balsamic chicken or pizza. After lunch we are off to Battleship Cove Naval Heritage Museum. Don't miss this incredible journey, as we make our way through all the amazing exhibits. USS Massachusetts, USS Joseph P. Kennedy Jr., Pearl Harbor Experience, D-Day Room and so much more. A must see! \$77.00 per person.



---

### ***Cape Ann Symphony***

Sunday, March 20th, 2PM. The Cape Ann Symphony is offering a special rate of \$20.00 per person for the Rockport COA. Hear the world-class orchestra perform *Beethoven's Fifth Symphony*, possibly the most popular work ever written; Rodrigo's Concerto Aranjuez for guitar played by world renowned Grisha Goryachev; A world premier work by renowned composer Takashi Koto. Tickets are available on registration days at the Senior Center.

### **Congregate Meal Site**

SeniorCare lunches are served Monday-Friday at 11:30AM. Reservations for April lunches begin on April 1st. Any senior is welcome to attend by calling Freda, 978-546-5027 at least 24 hours in advance.

### **Monthly Special Luncheon \$2.00**

#### **St. Patrick's Day Luncheon with Musical Entertainment with Lou & Jim**

Thursday, March 17th. Corned beef au jus, carrot & turnip blend, potatoes with fresh parsley, strawberry mousse, Irish soda bread.



### **Greek Celebration**

Thursday, April 14th. Greek Lasagna with Béchamel Sauce, lemon garlic roasted potatoes, green beans with diced tomatoes, Greek salad, fresh fruit salad.

### **Traveling Chef \$3.00**

#### **New England Tradition**

Wednesday, March 2nd. Clam chowder with oyster crackers, roast turkey sandwich w/cranberry, mayo, lettuce and tomato, kaiser roll, Boston baked beans and a whoopie pie.



### **French Crepes**

Wednesday, April 6th. Turkey, spinach and Swiss crepe with creamy mushroom sauce, wild rice pilaf, peas and asparagus, parker house roll, Boston cream cake.

### **Birthday Party**

If you are 70+, come celebrate your birthday with us. We will have cake, ice cream, a free raffle, and our volunteer, Bob Wech, will be playing the piano. We will be celebrating March and April birthdays together on Thursday, March 31st from 12:30-1PM. Please RSVP.



### **Constituent Services**

Constituent Services Advisor, Dick Curran, has office hours at the Senior Center once per month to address any issues for which you may need help. No appointment is necessary. He will be here on Wednesdays, March 9th and April 13th, 9:30-10:30AM.

### **Signs and Symptoms of Cardiac Disease**

Wednesday, March 23rd. 10:30-11:30AM. Chris Braid, Director of Rehabilitation at Golden Living Center, will do a presentation on what risks factors equal the cause. Sponsored by Golden Living Center. Please call to register.

### **Continental Breakfast**

Wednesday, March 23rd, 9-10AM. Come and enjoy a delicious continental breakfast of fresh fruit, pastries, yogurt, juice, coffee and tea. Socialize with friends or meet new ones. \$2.00 per person. Pre-registration and payment is required. Carol Pallazola from Element Care will be there to share information about their program.



### **Bowl Painting for the Open Door**

Tuesday, March 29th, 9AM-12PM. Have some fun painting a bowl or two for the Open Door Food Pantry. Come alone or bring your friends! Please RSVP so we can have an idea how many bowls they will need to bring. This is a lot of fun. Come show your creative side. The Empty Bowl fundraiser date is May 12th, 4-8PM at Cruiseport in Gloucester.



## ***Duck Race Tickets***

The Duck Race is the annual fundraiser for The Friends of the Rockport COA. It will be held at Millbrook Meadow on Saturday, June 4th at 11AM. All the funds that are raised help keep the cost of classes, activities and luncheons affordable at the Senior Center. If you can help by purchasing or selling some tickets, please contact Faith Ronan, 978-546-7333. Tickets will also be available at the Senior Center.



AARP Volunteer Tax Preparer, Lenny Goodman

### ***Strength & Balance Class Time Change***

Beginning Monday, March 28th, Linda Rowell's class time will return to 9AM.



### ***The Health Benefits of Volunteering***

Research demonstrates that volunteering provides individual health benefits in addition to social benefits. While studies may differ in terms of their specific findings, they consistently demonstrate that there is a significant relationship between volunteering and good health; when individuals volunteer, they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression.

The Senior Center has volunteer opportunities available, including setting up tables and chairs for classes and activities, servers for luncheons, teas and breakfast, and preparing mailings. We would like to find someone to volunteer to teach flower arranging, wreath making, or other crafts. Volunteers are also needed for instruction for card and board games, assistance in the computer room and fitness room. Let us know what talents you would like to share with us.

### ***AARP Tax Help***

On Tuesday afternoons, now through April 12th, from 1-3:30PM AARP volunteers will be preparing taxes for seniors, free of charge. It is first come, first serve. If they cannot finish your taxes by 4PM, you will have to return the following week to have them completed. Tax preparation is held on the first floor, in the lunchroom.



### ***Benefits Checkup***

Benefits Checkup is an online tool that screens your eligibility for federal and state benefit programs that are available to help you. You can apply for many of the programs online or you can print out the application form. Go to their website, [www.benefitscheckup.org/mcoa](http://www.benefitscheckup.org/mcoa) to start the process or call the Senior Center to arrange a time that we could help you here.

### ***Jewelry Making Classes***

Tuesdays, March 15th and March 22nd from 12:30-2PM. Susan Hough from Beadles bead shop will bring all the tools and beads that you will need to leave with a beautiful necklace, bracelet or earrings. Cost is \$5.00 per class. Pre-registration and payment is required.

### ***Art Classes***

#### ***Spring 2016 Nature Drawing & Painting with Carla Mattioli, M.A.***

Tuesdays, March 8th-April 26th. 1:30-3:30PM. Japanese Brush & Ink, watercolor painting techniques with inspiration from Classic Zen painting materials. 8-week class. Cost is \$80.00 plus \$15.00 for art supplies.

#### ***Colorful Paintings with Elizabeth Harty***

Wednesdays, March 30th-May 4th. 1-3PM. Learn easy techniques to create beautiful colorful compositions with acrylics, graphite and collage. Class sessions will help students simplify and clarify what is important. Have fun exploring color and mark-marking. Open to all levels of ability. 6-week class. Cost is \$60.00 plus \$15.00 for art supplies.



### ***Computer Classes***

#### ***Organizing Your Computer***

Tuesday, April 12th & Thursday, April 14th, 10-11:30AM. We will explore “decluttering” and organizing your computer. We’ll talk about quick and efficient ways to get rid of what you don’t want and arrange what you do want in a more streamlined and organized way. Whether it’s documents and spreadsheets, photos and music, passwords and backups, anything you have on your computer. We will give you the tools to “clean house” and make sense of your data. Cost is \$20.00 for 2 classes.

### ***Extra Help Program***

Look into the *Extra Help* program from Social Security Administration and you may be eligible to apply for *Extra Help* in meeting prescription drug costs. You can be a homeowner and still *potentially* qualify for this program. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An *Extra Help* application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at Senior Center or at Addison Gilbert Hospital.

The monthly income limit for 1 person is \$1,491 and \$13,640 Asset limit.

For two people the monthly income limit is \$2,011 and \$27,250 Asset limit.

[www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp)

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

NON-PROFIT  
ROCKPORT MA  
PERMIT 20

### ***SHINE Councilor***

#### ***(Serving Health Information Needs of Elders)***

Diane Derow will be at the Senior Center on the first Friday of the month, 10AM-12:30PM to assist seniors with their insurance needs. Call the Senior Center for an appointment.

### **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***