



NEWS ON BROADWAY

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



dbertolino@rockportma.gov

March-April 2015

WEEKLY ACTIVITIES

***Monday thru Friday**

Lunch 11:30AM

***Monday**

Strength & Balance
Class 10-11AM

Bingo 1-3:30PM

Yoga 2:30-3:30PM

***Tuesday**

Yoga 9-10AM

***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 60+**

Low Vision Talk

Thursday, March 5th, 10:30AM, Occupational Therapist, Jessica Eddy-Story will speak about low vision, age-related vision problems, and strategies and services that are available. This program is sponsored by Den Mar Rehabilitation Center. Call to register.

AGH Senior Supper Club

The Senior Supper Club at Addison Gilbert Hospital will meet on the second Tuesday of each month, beginning March 10th and April 14th from 4:30-6PM. A complimentary dinner is provided by the Café at Addison Gilbert Hospital followed by a speaker. Reservations can be made by calling the Senior Center. Space is limited.

Antique Appraisals

Monday, March 16th, 10:30AM. Do you have a favorite piece that you have always wondered about its value? Bring it in! Henry Jensen from Antiques and Collectables will give you a free appraisal. This is always a popular event and a lot of fun to see everyone's treasures. One item per person. Call to register.

Making Decisions When It Matters

Tuesday, March 24th, 10:30AM. This program empowers people to advocate for their healthcare wishes with family, friends and medical professionals, and provides practical tools for setting up advance directives. Sponsored by Care Dimensions. Call to register.

Bowl Painting for the Open Door

Tuesday, March 31st, 12:30-3:30PM. Bring your creativity and come paint a bowl for the Open Door Food Pantry. The bowls are available at the Empty Bowl meal in May. Please call to RSVP so we have an idea how many bowls we will need. This is a lot of fun and it helps support the Open Door.

Hawaii, Part 2

Monday, April 20th, 12:30PM. Jim Wallius will be back to share the sights of the islands of Hawaii, Kauai and Lanai; including people, places, flowers, birds, animals and scenery from his trips in 2008 and 2012. Call to register.

Am I Forgetful or Do I have Alzheimer's?

Tuesday, April 28th, 12:30PM. Most of the time our forgetfulness is due to normal aging, but Alzheimer's disease is progressive and coping with it requires careful advanced planning. Learn the warning signs of an advancing illness and when you should consider supportive care. Sponsored by Care Dimensions. Call to register.

Day Trips—Book Early

We will take reservations and payments at the Senior Center for the following trips on Tuesday afternoons from 1:30-3PM and Thursday mornings from 9:30-11AM. Checks for trips can be made out to the *Friends of the Rockport COA*. Parking for trips will be at the Park n' Ride lot at 2 Blue Gate Lane off of Main Street. This is the same entrance as the transfer station, stay to the right when you drive in.

Anyone that is traveling with us needs to have an up-to-date health form on file. You can get one from the Senior Center office or on the Town of Rockport's website.

If you are not self sufficient or have special health needs, you must travel with a companion who can provide assistance to you. Call the COA for trip details if you are uncertain of the demands on a trip.

Maple Street Bistro Luncheon at Essex Technical High School

Tuesday, March 17th, the students at Essex Technical have invited us back to show us their skills by preparing and serving a delicious three course luncheon. You will not be disappointed! Essex Technical supplies their school bus for transportation. They will pick us up at 10:45AM. Cost is \$10.00, tip is included. Space is limited. Sign up early on registration days.

Red Sox vs. Washington Nationals at Fenway Park

Wednesday, April 15th, we will depart at 11:30AM for Fenway Park to see the Red Sox play the Washington Nationals. The game begins at 1:35PM. Please sign up early as all tickets have to be paid for in advance. The cost is \$65.00, which includes transportation, game ticket and a \$10.00 credit towards an item of your choice at the concession. This does not include the driver's tip.

Twin Rivers Casino

Wednesday, May 6th we will leave for Twin Rivers Casino at 9:30AM for an afternoon of fun and excitement! Cost is \$28.00 which includes \$10.00 in free bonus play and a \$7.00 food credit and deluxe motor coach transportation. The driver's tip is not included. We will leaving the casino at 5:30PM. We should arrive home by 7:30PM.

Art Classes

Drawing & Painting with Carla Mattioli. Japanese brush & ink, watercolor painting techniques with inspiration from Classic Zen painting manuals. Tuesdays, April 7th-May 26th, from 1-3PM. Cost is \$40.00 plus \$10.00 for art supplies.

Working with Mixed Media Join Elizabeth Harty's class and gain an understanding of working with mixed media, acrylic paint, watercolor and collage. Experiment with a variety of tools and materials. We will cover the basics of composition, color and drawing as well as new techniques of mark making and layering. All levels are welcome. This five weeks of three-hour sessions will be on Wednesdays, April 1st-29th from 12:30-3:30PM. Cost is \$40 plus \$10.00 for art supplies.

Easter Flower Arranging

Thursday, April 2nd at 12:30PM. Audrey's Flower Shop will be here to teach you how to make an Easter Bunny arrangement. Cost is \$12.00 which includes all materials. Registration and payment is required.

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

Traveling Chef

New England Traditional

Thursday, March 19th, 11:30AM

Clam Chowder, Roast turkey sandwich with cranberry mayo on a Kaiser roll, corn on the cob, whoopee pie \$3.00

Italian Trattoria

Thursday, April 9th, 11:30AM

Pasta, vegetables, sauce, Caesar salad, chicken, parmesan cheese, garlic bread, lemon cake \$3.00

Special Luncheon

St. Patrick's Day Special

Thursday, March 12th, 11:30AM

Corned beef, cabbage, carrot, turnip and potatoes. Irish soda bread and Blarney stone parfait. \$2.00

Kick off to Spring

Thursday, April 16th

Turkey, spinach and Swiss cheese crepe, tarragon sauce, wild rice pilaf, peas and asparagus, Parker house roll, Boston cream Pie. \$2.00

SeniorCare lunches are served Monday-Friday at 11:30AM. Reservations must be made at least 24 hours in advance.

\$2.00 Donation



AARP Tax Help

Tax help will continue on Tuesdays until 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.



Strength & Balance Class

March classes will continue on Mondays and Fridays from 10-11AM with Instructor Elizabeth Reed. Beginning April 6th, Mondays and Fridays classes will be from 9-10AM with Instructor Linda Rowell.

Birthday Parties

Come celebrate your birthday with us. We will have cake, ice cream, a free raffle and volunteer Bob Wech playing the piano. We will be celebrating March and April birthdays together on Thursday, April 30th from 12:30-1PM.

Registration Times

Registration for day trips, 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 SeniorCare meals are done by calling Freda at 978-546-5027.

Computer Classes

Apple and iMac Class

March 10th, 12th, 17th and 19th, 10-11:30AM. Do you have an iPad, iPhone or iMac that you would like to learn more about? All Apple devices work the same. Come join us for an Apple class. Coleen from Digital Housecalls will show you how to use your devices and you will learn some shortcuts. Cost is \$40.00/4 classes.

Digital Camera Class

April 7th, 9th, 14th and 16th, 10-11:30AM. A basic look at taking photos and downloading them to the computer, editing photos and attaching them in emails. Learn how to create an album and send them to family and friends. You do need to bring your camera, owners manual, cables and a flash drive. Cost is \$40.00/4 classes.

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

NON-PROFIT
ROCKPORT MA
PERMIT 20

Seniors Helping Seniors

The Rockport High School Seniors will be doing small projects for the senior citizens of Rockport in May. This includes raking, organizing, putting in air conditioners, window screens, etc. If you have a project that you need help with, please contact the Senior Center 978-546-2573

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.

Senator Bruce Tarr's Representative Richard Curran, will have office hours here on Wednesday, March 11th and Wednesday, April 8th from 9-10:30AM.

Ask a Nurse Sarah Trenti will be at the Senior Center to check blood pressure, blood sugar and answer your health questions on Thursday, March 19th and Thursday, April 23rd from 10:30-11:30AM. Walk-in's welcome. This program is sponsored by Den-Mar Nursing and Rehabilitation Center.

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

News On Broadway 58 Broadway, Rockport MA

Diane Bertolino, Director 978-546-2573 March-April 2015

The Rockport Council on Aging strives to provide the best possible services. We value your input about the quality of services you receive. Your opinion is very important to us. We appreciate you taking the time to participate in this survey, and we hope you will give us the opportunity to learn how we can provide the best services possible.

Please answer the questions in the survey below. There is a place at the end of the survey for any additional suggestion or comments that you may have. Please mail the survey to the Rockport Senior Center, 58 Broadway, Rockport, MA 01966 or drop off in the marked box in the lunch room.

1. When do you usually attend the senior center?

Mornings _____ Afternoons _____

2. How long have you been using the Senior Center Services?

Less than a year? _____ 1-3 years _____ 4 years or more _____

3. How do you get to the senior center?

Own car _____ Walk _____ CATA _____ Ride with friend/relative _____

4. How often do you attend?

1 to 3 days a month _____ 1 day per week _____ 2-3 days per week _____

5 days per week _____

5. If we were able to purchase a van, would you use it for

Local Medical appointments _____ Out of Town Medical Appointments _____

Pharmacy _____ Shopping _____ Transportation to Senior Center _____

6. Would you use the van if you have to pay a fee for transportation?

Yes _____ No _____

7. Would you be interested in volunteering? If so, please include your name and contact information. _____

Think about the Senior Center activities and services that you receive.
 Please tell us how satisfied you are.

	Very Satisfied	Satisfied	Not Satisfied
1. With the variety of activities	_____	_____	_____
2. With the quality of programs	_____	_____	_____
3. That the staff is courteous	_____	_____	_____
4. Overall satisfaction with programs and services offered at the center	_____	_____	_____

Please indicate whether you agree or disagree with the following as a result of your center services;

	Agree	Disagree	Not Sure
A) Your quality of life has improved	_____	_____	_____
B) You are more involved socially	_____	_____	_____
C) You are more physically active	_____	_____	_____
D) You are better able to remain independent in your own home	_____	_____	_____
E) You are healthier than you were before coming to the center	_____	_____	_____
F) You stay involved with community events and activities	_____	_____	_____

What is Your age? 60-70 ___ 71-80 ___ 81-90 ___ 90+ ___

What is your gender? Male _____ Female _____

Please let us know your suggestions and comments below.

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

Director: Diane Bertolino 978-546-2573

8:00-1:00 PM FRI



<p>Mon. 2 10:00-11:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga</p>	<p>Tues. 3  9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:00 Art Class 12:30-4:00 Mahjong 1:00-4:00 AARP Tax Preparation</p>	<p>Wed. 4  9:00-10:30 Tai Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble 1:00-3:00 Art class</p>	<p>Thurs. 5  9:00-10:00 Yoga 9:30-11 Register for Programs 10:00-11:00 Sr. Mobile Market 10:30-11:30 Low Vision Talk 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting</p>	<p>Fri. 6 10:00-11:00 Strength/Balance 11:30-12:15 Lunch</p>
<p>Mon. 9 10:00-11:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga</p>	<p>Tues. 10 9:00-10:00 Yoga 10:00-11:30 iMac/Apple Computer Class 11:30-12:15 Lunch 1:00-3:00 Art Class 12:30-4:00 Mahjong 1:00-4:00 AARP Tax Preparation 1:30-3:00 Register for Programs 4:30-6:00 Senior Supper Club</p>	<p>Wed. 11 9:00-10:30 Tai Chi 9:00-10:30 Dick Curran, Senator Tarr's Rep. 11:30-12:15 Lunch 1:00- 3:00 Scrabble 1:00-3:00 Art class 1:30-3:00 Rescheduled Valentine Tea</p>	<p>Thurs. 12  9:00-10:00 Yoga 9:30-11:00 Register for Programs 9:30-11:30 VNA Blood Pressure Clinic 10:00-11:30 iMac/Apple Computer Class 11:30-12:15 St. Patrick's Day Luncheon 12:00-4:00 Duplicate Bridge 1:00-2:30 Knitting/Quilting</p>	<p>Fri. 13 10:00-11:00 Strength/Balance 11:30-12:15 Lunch</p> 
<p>Mon. 16 10:00-11:00 Strength/Balance 10:30-11:30 Antique Appraisals 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga</p> 	<p>Tues. 17  9:00-10:00 Yoga 10:00-11:30 iMac/apple Computer Class 10:45 Essex Technical Luncheon 11:30-12:15 Lunch 12:30-4:00 Mahjong 1:00-3:00 Art Class 1:00-4:00 AARP Tax Preparation</p>	<p>Wed. 18 9:00-10:30 Tai Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble</p> 	<p>Thurs. 19 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:30 iMac/Apple Computer Class 10:30-11:30 Ask a Nurse 11:30-12:15 Traveling Chef Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting</p>	<p>Fri. 20 10:00-11:00 Strength/Balance 11:30-12:15 Lunch</p> 
<p>Mon. 23 10:00-11:00 Strength/Balance 10:30-12:00 Jewelry Class 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga</p>	<p>Tues. 24 9:00-10:00 Yoga 10:30-11:30 Making Decisions When It Matters 11:30-12:15 Lunch 12:30-4:00 Mahjong 1:00-3:00 Art Class 1:00-4:00 AARP Tax Preparation 1:30-3:00 Register for Programs</p>	<p>Wed. 25 9:00-10:30 Tai Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble</p>	<p>Thurs. 26  9:00-10:00 Yoga 9:30-11:00 Register for Programs 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 12:30-1:00 Birthday Party 1:00-3:30 Knitting/Quilting</p>	<p>Fri. 27 10:00-11:00 Strength/Balance 11:30-12:15 Lunch</p>
<p>Mon. 30 10:00-11:00 Strength/Balance 10:30-12:00 Jewelry Class 11:30-12:15 Lunch 1:00-3:30 Bingo</p> 	<p>Tues. 31  9:00-10:00 Yoga 11:30-12:15 Lunch 12:30-3:30 Bowl Painting for Open Door 1:00-3:00 Art Class 1:00-4:00 AARP Tax Preparation 1:30-3:00 Register for Programs</p>	<p>FITNESS ROOM AVAILABLE Monday-Friday Monday-Thurs. 9:00-3:00 Friday 9:00-12:00 2nd floor</p>	<p>If you would like to receive your newsletter by e-mail, send your information to Paula Bertolino at pbertolino@rockportma.gov</p>	<p>Registration for trips and programs that require payment are on Tuesdays, 1:30-3:00 Thursdays, 9:30-11:00</p>