



NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA
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May-June 2016

WEEKLY ACTIVITIES

Monday thru Friday

Lunch 11:30AM

Monday

Strength & Balance

9-10AM

Bingo 1-3:30PM

Tuesday

Yoga 9-10AM

Fall Prevention

10:30-11:30AM

Wednesday

Tai Chi 9-10AM

Thursday

Yoga 9-10AM

Fall Prevention

10:30-11:30AM

Quilting/Knitting

1-3:30PM

Duplicate Bridge

12-4PM

Ping Pong

2-4PM

Friday

Strength & Balance

9-10AM

Yoga

11:30AM-12:30PM

**Exercise classes for
age 60+**

Mother's Day Tea

Tuesday, May 10th, 1-3PM. Come and enjoy an afternoon tea. Tea sandwiches, pastries and an assortment of teas will be served. Cost is \$5.00. Space is limited. Sponsored by Seacoast Nursing and Rehabilitation.



Homestead Seminar

Wednesday, May 11th, 1PM. Do you have a homestead on your property? Attend a free presentation to learn how to protect your home, your most valuable asset! Representatives from the Southern Essex District Registry of Deeds will explain the benefits of the Homestead Act, help you fill out and file the Declaration of Homestead and answer questions concerning homesteads. Call to pre-register and you will receive a complimentary copy of your deed on the day of the seminar.

Seniors Helping Seniors

Tuesday, May 17th, 8-11:30AM. The Rockport High School Senior Class, under the direction of Principal Gregg Bach, will be doing small projects for the senior citizens of Rockport. This will include raking, installing air conditioners, window screens, etc. If you have a project that you would like help with, please contact the Senior Center. Rain date is Wednesday, May 18th. Limited reservations.

Diabetic Shoe Fitting

Tuesday, May 17th, 9-11:30AM. Shoe fittings are by appointment and will only take 10 minutes. You will need to have your doctor sign a medical form, which we have here at the Senior Center, before the appointment.

Planning for Medicare-Countdown to 65

Tuesday, May 24th, 5PM. This important presentation will help you understand your health care options outside of the employer-sponsored coverage, whether you are planning on retiring or continuing to work. They will discuss what Medicare Parts A and B are, Medicare enrollment timeline, Medigap plans that help supplement Medicare coverage, Medicare Advantage plans, such as HMO and PPO, Medicare Part D prescription plans, and programs available to early retirees, such as COBRA. Sponsored by Blue Cross Blue Shield of Massachusetts.

Stephen Collins as Walt Whitman

Monday, June 13th, 1:30PM. This was rescheduled from April. Since the 1990's, Stephen's performances have captured the attention of the press. It is not just his stunning resemblance to Walt Whitman himself, but portrayal of the character. *This program is sponsored in part by the Rockport Cultural Council, a local agency supported by the Massachusetts Cultural Council.*



Hearing Tests

Wednesday, June 15th, 1-3PM. Mass Audiology will be doing hearing tests. If interested, please call to schedule an appointment.

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

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.



Block Island

Tuesday, June 7th. We will depart at 7:15AM and our first stop is Point Judith, Rhode Island, where you will board the ferry for a three-hour ride to Block Island. Here you will enjoy a 1 1/4 hour tour across the Island with a native Block Island guide. A delicious luncheon awaits you at the National Hotel. This property offers Victorian charm and fine cuisine, along with an ocean view. Entrees include grilled salmon, chicken breast or seafood cake, served with a salad, starch, vegetables, rolls, beverage, and apple rum cobbler for dessert. You will have some time to browse the shops. \$109.00 per person. Limited space available.

Lighthouse Cruise

Tuesday, July 19th. We will depart at 8:15AM to Rhode Island for a 90-minute cruise showcasing 10 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. Be sure to visit their gift shop too! \$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 2 1/2 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! \$92.00 per person.

Congregate Meal Site

SeniorCare lunches are served Monday-Friday at 11:30AM. Reservations for June lunches begin on **May 16th**. Any senior is welcome to attend by calling Freda at 978-546-5027, 24 hours in advance.

Monthly Special Luncheon \$2.00

Mother's Day Special

Thursday, May 5th. Stuffed chicken breast, sugar snap peas and carrot batons, au gratin potatoes, raisin bread, strawberry shortcake (angel food cake) w/whipped topping.



Father's Day Special

BBQ Thursday, June 16th. Ribs (bone-in), macaroni and cheese, baked beans, blueberry crisp and topping, cornbread.

Traveling Chef \$3.00

Comfort Food

Wednesday, May 11th. Grilled cheese sandwich, tomato soup, demi-tossed salad, fresh strawberries with whipped cream.



Summer Sundae Bar

Wednesday, June 1st. Chocolate or vanilla ice cream, hot fudge, strawberry sauce, whipped cream, sprinkles, crushed Oreos and cherries. Includes regular lunch menu.

Birthday Party

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



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 Wednesdays, May 11th and June 8th, 9:30-10:30AM.

MASS BAR Association presents Taking Control of Your Future

This free program gives you the opportunity to ask a lawyer questions. A complimentary resource guide will be given out to attendees. The date is not available at print time. If interested, call for the date and to register.

Painting Flowers with Watercolor & Pastels with Carla Mattioli, M.A.

Tuesdays, May 10-June 28th, 1:30-3:30PM. Join us as we open our eyes and hearts to the beauty we might otherwise miss. Try out drawing and painting with a seven-color palette, using pastels and watercolors in wet and dry veiling technique. Enjoy beautiful flowers from your garden a little longer! No prior experience in painting required. 8 week class/\$80.00 plus a \$15.00 supply fee.



Painting What You See with Elizabeth Harty

Wednesdays, May 18th-June 22nd, 1-3PM. Using acrylic and graphite, learn techniques that make it easy to paint what you see. Painting in a representational style or using abstraction, learn simple perspective, elements of composition, drawing techniques and color. Incorporate figures, animals, boats, rocks and plants into your paintings. All levels welcome. 6-week class/\$60.00 plus a \$15.00 supply fee.

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 May 17th and June 21st at 4:30PM. Reservations are required by contacting the Senior Center. Space is limited.

**Lobster Roll Luncheon
in Honor of Older
Americans Month**

Wednesday, May 25th,
11:30AM. Let's celebrate Older
Americans Month with a delicious lobster roll
lunch from Roy Moore Lobster Company. The
cost is \$8.00. This is sponsored in part by the
Friends of the COA. Sign up early. These
luncheons are always popular. Limited space.



Ping Pong

**Join in the fun on Thursday
afternoons from 2-4PM.**



**Commonwealth of Massachusetts
20th Annual Senior Art Exhibit**

The theme for 2016 is "Paint Your Favorite
Memory" and is open to all citizens age 62
and older. Art entries will be accepted from
both amateur and professional artists and will
be displayed at the Commonwealth Museum.
All medium of art is acceptable. The artwork
should represent personal interpretations of
this year's theme. The size requirements are a
minimum of 5 by 7 inches and a maximum of
18 by 24 inches. If an artist is unable to mat
and frame the entry, they will provide basic
matting. Print your name, address, telephone
number and the medium used, on the back of
the artwork, and enclose a signed authoriza-
tion form in order for the artwork to be dis-
played. The deadline for entry is July 1st. The
address and authorization forms are available
at the Senior Center. An annual award cere-
mony will be held at the Commonwealth Mu-
seum at a date to be announced. At the time
of the ceremony, artwork may be retrieved. If
an artist is unable to attend, your artwork will
be returned to you.

Charlie Cards

Monday, May 23rd, 1-3PM. CATA will be taking appli-
cations for the Senior Charlie Card. Cost is \$3.00.
With this card, seniors receive a discount on the
CATA and MBTA's public transportation system. To
participate you must be at least 60 and bring a gov-
ernment issued photo ID that includes your birthdate.

Duck Race Tickets 

The Friends of the Rockport COA are having their
annual fundraiser on Saturday, June 4th, at 11AM
at Millbrook Meadow on Beach Street. All funds
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.



**Friends of the Rockport COA member, Mary Ann
Camp, selling Lucky Duck Tickets**



Kay Murphy enjoying St. Patrick's Day Punch

Medication Disposal

The Rockport Police Department recently installed a safe and secure medication disposal box in the lobby of the police station at 168 Main St. The medication disposal box was provided by Addison Gilbert Hospital and will allow residents 24-hour access to discreetly drop off unwanted medications. It is important for people to properly dispose of unwanted medication so it does not end up in the wrong hands. Liquids and needles are not accepted.



Good Morning Rockport Police Wellness Check

Good Morning Rockport Police Wellness Check is open to all senior residents. Seniors enrolled in the program are required to call the Police Department at 978-546-1212, 7 days a week, between 8-10AM. If a call is not received at the station, a phone call is made to the senior's home. If there is no answer, a cruiser is sent to check on the senior. To enroll, call Special Officer Roger Lesch at 978-546-1212, ext 13.



On a recent bus trip, Fran Crivello and Ruth Magner enjoyed a delicious lunch at the Old Mill Restaurant in Westminster MA

VOTING

Tuesday, May 3rd, there will be no classes or activities due to voting being held in the building.

Fall Prevention Exercise Class

This exercise class is held on Tuesdays and Thursdays, 10:30-11:30AM. It is sponsored by a grant received from MASS COA and the Dept. of Elder Affairs to help with your balance, strength and flexibility. Elizabeth Reed is the instructor. Cost is \$2.00 per class for age 60+.



A big thank you to the Friends of the Rockport COA for recently purchasing two new treadmills for our exercise room

Senior Citizen Property Tax Work-Off Abatement Program

This program is to assist residents 60 and over with the payment of their property taxes. Acceptance into the program is subject to income guidelines and the ability to place the applicant in an available position within a town department. The minimum wage will be applied to all jobs, with a maximum earning capacity of \$750.00 per year. Work must be completed within the year. Applications are available at the Selectmen's Office at Town Hall or on the Town's Website.



Continental Breakfast Buffet

ROCKPORT COUNCIL ON AGING
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ROCKPORT, MA 01966

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, May 30th



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
