



# NEWS ON BROADWAY

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



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## Nov.-Dec. 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

Duplicate Bridge

12-4PM

Quilting/Knitting

1-3:30PM

Ping Pong

2-3:30PM

#### Friday

Strength & Balance

9-10AM

(Nov. 4th & 18th,

10-11AM)

Yoga

11:30AM-12:30PM

### Exercise classes

for age 60+ \$4.00

### **Seniors Helping Seniors**

Thursday, November 10th, 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 racking leaves, removing air conditioners, window screens, etc. If you have something that you need help with, please contact the Senior Center. Limited Reservations will be taken.

### **Medicare Open Enrollment**

Monday, November 14th, 10:30AM. It's that time of year again! A SHINE representative will present an Open Enrollment informational session. Medicare's Open Enrollment period: October 15th-December 7th. Your health insurance needs are as unique as you. Because Medicare plans change every year, Medicare's Annual Open Enrollment period is an opportunity to review your Medicare plan to ensure it is the most cost-effective plan for you. Call to register.

### **Technology and iPhone Use of Health Apps**

Tuesday, November 15th, 1PM. Come learn how the apps on your iPhone can help organize your medical information, social information and increase safety. Step by step instructions will be provided for apps such as Instant Heart Rate monitoring, Medisafe, Skype and more. You need to bring your iPhones, your Apple ID and email address to download these apps. Sponsored by Den Mar Rehabilitation and Nursing Center.

### **Holiday Wreath Decorating**

Wednesday, November 30th, 10AM and 12:30PM. Join us to decorate a beautiful holiday wreath to hang on your door. There will be two sessions. Cost is \$10.00. Space is limited. If you have something that you would like to bring to personalize your wreath, please bring it along. If anyone has new holiday craft supplies that you would like to donate, you can drop them off at the Senior Center.



### **Rockport in the 50's, 60's and 70's**

Tuesday, December 13th, 1:30PM. Pierce Sears will be sharing his pictures of Rockport from the past, with a video presentation. Come and reminisce, see the changes from over the years past. Please call to RSVP.

### ***Reservations for Activities, Trips and Classes***

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. No reservations will be made without payment. When a presentation is free, please call to register. If we do need to cancel, we can call the people who have signed 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. Please arrive 15 minutes before departure time.



### ***DAY TRIP***



#### ***Merrimack Outlets Shopping Trip***

Tuesday, December 6th, 9AM, depart from the Park n' Ride lot. We will be traveling by motor coach for a fun-filled day of tax-free shopping at the outlet stores in Merrimack, NH. There is a food court available with a variety of choices to have lunch on your own. We will leave the mall at 3PM to return home. Cost is \$10.00. This trip is sponsored in part by the Friends of the Rockport COA.



#### ***Representative from Senator Bruce Tarr's Office***

Constituent Services and Community Outreach 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 the following Wednesdays: November 9th and December 7th, 9:30-10:30AM.

#### ***Mobile Market***

The COA, along with the Open Door and SeniorCare, 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***

The nurse will be at the Senior Center on the 2nd Thursday of each month from 9:30-11:30AM. She can check your blood pressure and answer any health questions you may have.

#### ***SHINE Councilor (Serving Health Information Needs of Everyone)***

The SHINE program provides Massachusetts elders with access to health insurance information, counseling and assistance free of charge with a trained health counselor. SHINE Councilor, Diane Derow, will be at the Senior Center on the first Friday of each month, 9:30-12:30PM. Call the Senior Center for an appointment, 978-546-2573.

### ***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***

#### ***Thanksgiving Luncheon***

Tuesday, November 17th.

Turkey, gravy, cranberry sauce, whipped potatoes, stuffing, butternut squash, dinner roll and apple pie.



#### ***Winter Holiday Luncheon***

Thursday, December 15th.

Roasted Lamb, pan gravy, roasted gravy, garlic green beans, parker house rolls and crumb topped berry cheesecake for dessert.

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

#### ***Stuffed Baked Potato***

Tuesday, November 29th.

Baked potato with a hearty chili, butter, sour cream, cheddar cheese, bacon bits, salsa, broccoli, whole wheat dinner roll, coconut cream pie.



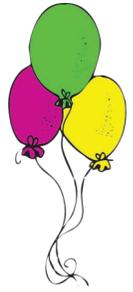
#### ***Stir Fry Luncheon***

Thursday, December 8th.

Stir fry style gnocchi with butternut squash, roasted brussel sprouts with maple and bacon. Mixed greens salad, red onion & cranberries, Wheat bread, chocolate rice crispy treat for dessert.

### ***Birthday Party***

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



### ***Recycle Your Button Cell Batteries***

When you drop off your button cell batteries in the boxes at the Transfer Station and at the Senior Center, it helps the Senior Center to earn money. These batteries are from hearing aids, watches, cameras, calculators, car remote controls, and some toys.

### ***Jewelry Making Class***

Friday, December 9th, 9-10AM. Seaside Boutique and Beads, formerly Beadles, is offering a jewelry making class. You will be able to make a necklace for \$5.00, bracelet for \$3.00 and earrings for \$2.00. You will register by calling the Senior Center. The class will be held at their location, 23 Dock Square. Payment will be made to Susan at Seaside Boutique and Beads on the day of the class. Space is limited.



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### ***Pre Diabetes, What Is It and What Can You Do About it?***

Monday, December 12th, 1PM. Come learn about the importance of blood sugar numbers, qualifiers for diabetes diagnosis, tests to confirm diagnosis, and the damage it can do to your body. Find out what it is, why it is bad, what you can do to have better quality of life. Call to register. Sponsored by Den Mar Rehabilitation and Nursing Center.

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*Happy Holidays*

### ***Registry of Motor Vehicles***

The Senior Center is a host site for the Massachusetts Registry of Motor Vehicles to give you an opportunity to conduct some transactions online, by appointment. We will be assisting seniors, under age 75, with license and registration renewals, change of address, lost or stolen disability placard and how to replace it. If you are 75 or older, you can complete the renewal application online to take to the Registry, to reduce your wait time there. If you do not have an e-mail address, we have set up a secure e-mail address at the Senior Center. You must have a valid checking account or credit card to process any transaction; no cash will be accepted. All information is kept confidential. Call for an appointment, 978-546-2573.

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### ***Reminiscences of Wendi Beth Hahn 1956-2016***

In November of 2001, Marcia Hahn, a COA Board member, mentioned that her daughter, Wendi was a certified fitness instructor and personal trainer. At that time, we were looking for new programming for Seniors. We were located at Rockport High School Apartment building in the community room. The class soon began in January, 2002 with a total of 14 people and continued under Wendi's direction until December, 2012 when she was unable to continue teaching due to her health.

Wendi was a funny and witty person. While instructing the students, she would tell funny jokes and stories about her job as a Bar Manager in Hamilton. During class, Wendi would name the human body parts with the correct terminology, give her relevant paper sheet hand-outs from time to time, the annual trek to the end of Bearskin Neck for a group photo, the Strudel Stroll, holiday-themed parties with costumes, delectables, piano playing, gifts, and more. The regular, excellent hour-long classes sped by, with attendees patiently crammed together. When the exercise group moved to the Community House building, to show their affection for Wendi, the seniors once arranged for an accordionist to serenade their cherished teacher with "Happy Birthday" to celebrate her fifty-something birthday. Anyone who came in contact with her will forever retain and revel in the countless ways in which she brightened our world. Students describe Wendi as talented, humorous, personable, generous and caring. When the self-defense program for seniors began, Wendi was recruited to teach the class known as D.E.C.I.D.E. as she was also a boxer. While attending training for this new program, the trainers tried to recruit Wendi to teach across the state as they saw her talent. Wendi taught the program for the COA and graduated 20 seniors from Rockport.

After class, Wendi would walk along the ever-changing ocean and delighted in the miracles of nature's beauty. She generously demonstrated kindness and compassion toward others.

Wendi has fulfilled her life's destiny and now dwells as a sparkling star above. We may wish to ruminate on an anonymous quotation: "You never really leave a place you love. Part of it you take with you, leaving a part of yourself behind."

Rest in eternal peace, adored and unforgettable Wendi.

Written by: Diane Bertolino & Betty Erkkila



### **Wednesday Mall Bus Trips**



Each Wednesday, CATA provides service to shopping centers outside of Cape Ann for seniors and disabled customers. They will pickup at the Senior Center on Wednesdays at 9:30AM. The bus will start the return trip at 1PM to Gloucester and Rockport Senior Center. \$5.00 round trip. For more information, call 978-283-7916.

1st Wednesday	Walmart
2nd Wednesday	Christmas Tree Shop
3rd Wednesday	Trader Joe's
4th Wednesday	Liberty Tree & North Shore Malls

### **CodeRED**

CodeRed is an emergency notification system used by town officials to notify residents of emergencies or important announcements by telephone, cell phone, and text message. To sign up, go to the Town of Rockport's website, click on CodeRED button on the left and fill out the form. There is no charge for this service. On your caller ID, it will show up as a 866 number.

### **Winter Weather Reminder**



When Rockport Schools are closed due to bad weather, the Senior Center classes will be cancelled. You can also check the Town of Rockport's website for information on closings.

### **Be Prepared for Possible Power Outages**

Stock up on essential food and water, special diet foods, medications, candles, flashlights, batteries, and have a fully charged cell phone available.

## **VOTING**

**Voting will be held here on Tuesday, November 8th. There will be no classes or activities. Lunch will still be served.**

### **AGH Supper Club Holiday Meal**

Tuesday, November 15th, 4:30PM. The Senior Supper Club at Addison Gilbert Hospital will be hosting their Holiday Meal. A complimentary dinner is provided by the Café at Addison Gilbert Hospital. Reservations are required by contacting the Senior Center. Space is limited. This will be the last meal for this year.



### **Elder Abuse Awareness Day**

Thursday, November 10th, 10AM-12PM.

Join us for Elder Abuse Awareness at Five Corners. Sponsored by Rockport Police, Rockport COA and SeniorCare.

### **Canasta**

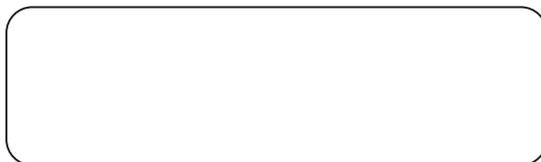
We will begin playing canasta on Wednesday, November 9th, 1-3PM. Come and join in the fun if you are interested in playing or learning how to play. The dates are November 9th, 16th, 30th, December 7th and 14th. We will continue weekly, after the holidays, beginning on January 11th.

**The Rockport Council on Aging would like to thank**

**Addison Gilbert Hospital for sponsoring the printing of our newsletter**

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

NON-PROFIT  
ROCKPORT MA  
PERMIT 20



### ***Donations***

We welcome all donations. If you would like to make a tax-deductible donation in memory, in honor of someone, or bequest: please makes checks payable to the *Friends of Rockport COA*.

Please enclose a check payable to 'Friends of Rockport COA'. \$\_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please Circle: In Memory or In Honor of \_\_\_\_\_

***Mail to Friends of Rockport COA, c/o 58 Broadway, Rockport, MA 01966***