



# NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA  
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## JAN.-FEB. 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

Scrabble 1-3PM

#### \*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

**Happy New  
Year!**

### ***Making Decisions When It Matters: Conversations about Health Care Proxy, Five Wishes and More***

Monday, January 11th, 10:30AM. This program empowers people to advocate for their health care wishes with family, friends and medical professionals, and provide practical tools for setting up advance directives. Sponsored by Care Dimensions. Please call to register.

### ***Senior Driving Safety***

Wednesday, January 13th, 10:30AM. Mature drivers need to keep up on the latest changes in roadway safety, and AAA can help. This program will cover the following: senior drivers are safe drivers: how to continue to drive safely on today's busy roadways: what "rules of the road" have changed. Do you know the top five most dangerous driving situations for seniors? Call to register for this free presentation, sponsored by AAA.

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

Tuesdays, February 2nd and 9th 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.

### ***Chinese New Year Luncheon***

We will be celebrating the Chinese New Year here at the Senior Center on Monday, February 8th, at 12PM with a Chinese food luncheon. Cost is \$6.00. Please pay when registering. Sponsored in part by the Friends of the Rockport COA.

### ***Living Well, Making Every Moment Count***

Wednesday, February 10th, 10:30AM. A conversation of what it means to live well, the barriers we face, and how we can start to do so. This free presentation is sponsored by Care Dimensions. Please call to register.

### ***Disability Placards***

Tuesday, February 16th, 10:15AM. Michele Ellicks from the Registry of Motor Vehicles will be here to discuss how to go about getting a disability placard and the rules that apply when you do have one. Please call to register.

### ***Reverse Mortgage***

Wednesday, February 24th, 10:30AM. Come and join David Tourtillott, CRMP from Homestead Mortgage. He will tell you the pros and cons of the Federally Insured Reverse Mortgage Program and how to use a reverse mortgage to age in place or downsize into a smaller, affordable home. David will also cover the recent changes that were enacted by HUD/FHA in 2015. 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. Reservations will only be made at time of payment.

### ***Essex Technical School Luncheon***

Tuesday, January 19th, 10AM. We are invited to the Maple Street Bistro to enjoy another delicious meal prepared by the culinary students. This is limited to 23 people. They will have a school bus pick us up at the Rockport Depot. Cost is \$8.00. This does not include the tip.



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

Tuesday afternoons starting February 2nd through April 12th, 1-4PM. 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.



### ***Computer Classes***

This month, we are giving you a variety of computer classes to choose from. Each class is from 10-11:30AM and cost is \$10.00 per class. Pre-registration and payment is required.

#### ***Bring Your Own Questions***

Monday, January 11th. Bring in your phones, tablets, pen and pencil, and our instructor will address your computer questions.

#### ***Apple Devices***

Thursday, January 14th. Bring your Apple iPhones, iPads, MacBook, laptops, pen and pencil, and we will explore the essential "apps" of email, internet surfing, messaging, photos and camera, with a brief talk about general maintenance and security.

#### ***Navigate the Internet***

Monday, January 25th. Bring your devices/laptops, pen and paper, and we will explore surfing the net safely and securely. Also learn some tips and tricks to make surfing the net more fun and productive.

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

Thursday, January 28th. Bring a pen and pencil, and 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, or anything you have on your computer.



### ***Intro to the iPad and iPhone***

***Tuesdays and Thursdays Feb.9th-18th*** 4 classes/\$40.00

You will learn how the iPad works from navigating the icons, settings, and "apps", to using email and taking pictures and videos: Your questions will be addressed. Required: make sure you have your Apple ID and password.

### **Congregate Meal Site**

SeniorCare lunches are served Monday-Friday at 11:30AM. \$2.00 donation is requested. Any senior is welcome to attend by calling Freda, 978-546-5027 at least 24 hours in advance.

### **Monthly Special Luncheon Taste of the South**

Thursday, January 14th. Ham with pineapple raisin sauce, collard greens, sweet potato casserole, banana pudding over vanilla wafers.

### **Sweetheart Celebration**

Thursday, February 11th. Baked seafood, fish, scallops, shrimp with béchamel sauce, cheddar cheese, bread crumbs on top. Wild rice with wheat berries, diced red peppers and peas, carrots with fresh dill and parsley, strawberry mousse.



### **Traveling Chef \$3.00 Asian Style Cuisine**

Thursday, January 21st. Chinese chicken wing and boneless rib, vegetable fried rice, ginger broccoli, fortune cookie and fresh pineapple.



### **American Carvery**

Wednesday, February 3rd. Turkey, gravy, baked potato, whole buttered green beans, parker house roll, pound cake with mixed berries.

**Free Duplicate Bridge Lessons**

**Thursdays 10:30AM-12:00PM**

**Walk-Ins Welcome**

### **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 January and February birthdays together on Thursday, January 28th, from 12:30-1PM. Please RSVP.



### **Winter Art Classes Trees through the Four Seasons**



### **Enjoying the spirit of nature with Carla Mattioli**

Tuesdays, January 12-February 16th, 1:30-3:30PM. Mixed media: pastel, oriental brush and ink, cut paper. No prior art experience is required. Come and enjoy the beauty of nature with us, indoors and warm! \$60.00 for 6 weeks plus a \$15.00 art material fee.

### **Bold Landscapes with Elizabeth Harty**

Wednesdays, January 20-March 9th, 1-3PM. Create bold, colorful landscapes using acrylics, watercolor and collage. All levels of ability are welcome. \$80.00 for 8 weeks plus a \$15.00 art materials fee.



**Carla Mattioli's Fall Art Class.**

### **Dick Curran**

### **Assistant to Senator Bruce Tarr**

Dick has office hours at the Senior Center once per month to address any issues you may have. No appointment is necessary. He will be here on Wednesdays, January 13th, 9-10AM, February 10th, 9:30-10:30AM

## ***Property Tax Work-Off Abatement***

The Senior Citizen Property Tax Work-Off Abatement will assist residents over the age of 60 with the payment of their property tax. The goal is to reduce the amount of property tax for participating seniors citizens by a maximum of \$750.00 per household. Participants must be Rockport residents who own and occupy their home. Acceptance into the program is subject to income guidelines and the ability to place the applicant in an available position. Applications must be filled out completely and accompanied by a copy of the applicant's most recent tax bill. The minimum hourly wage will be applied to all jobs. Applications are available on the town's website, [www.rockportma.gov](http://www.rockportma.gov), the Selectmen's office or at the Senior Center.

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

January 4th through March 25th, class time will be 10:00-11:00AM. Elizabeth Reed will be the temporary instructor during this time. The class time will return to the 9AM beginning on Monday, March 28th.

## ***Diabetes Education***

Tuesday, January 26th, 10:30-11:30AM  
Gillian Arathuzik, RD-CDE and  
Joan Hagerty, RN, CTTS  
Sponsored by Addison Gilbert Hospital  
Please call to register.



**30 people participated in the Holiday wreath making classes sponsored in part by the Friends of the Rockport COA**

## ***Winter Weather Reminder***

When Rockport Schools or Town Hall are closed due to bad weather, classes will be cancelled at the Senior Center. We want every one of you to be safe. Also check the Town of Rockport's website for information on closings.



## ***A Letter from Our Director***

Dear Seniors,

Happy New Year! As we say good-bye to 2015, we must review this past year. It was great seeing many new faces take part in the programs we have offered. We have had several new participants take advantage of our strength & balance classes, our yoga classes, tai chi, and duplicate bridge. We have become a popular place to be. Not only do we have Rockport residents participating, people from Lynnfield, Beverly, Danvers, Gloucester, Manchester, and Salem have participated in some of our day trips.

Last year, we traveled to Fenway Park, Block Island, Martha's Vineyard, Providence, RI, New Hampshire, Shelburne Falls, Stockbridge, MA, and Wrentham, MA. Locally, we enjoyed Gloucester harbor on the Beauport Princess, the Annisquam Village Players, Camelot, and lunch at the Essex Technical School in Danvers.

We are fortunate that the Friends of Rockport Council on Aging have financially assisted our programs and events to make them affordable and extra special for everyone who attends. We have been able to offer more programs with their financial assistance. Some of the events they have helped with are the breakfasts, monthly birthday parties, ice cream socials, wreath making, flower arranging, shopping trip, art supplies, afternoon tea, Chinese food luncheons and our popular lobster roll luncheons. I would like to thank all the members for their fundraising and commitment to the seniors.

I would also like to thank our local businesses, non-profits, and town departments for their donations, presentations, and partnerships with our center.

A special thank you to our dedicated volunteers, board members, and staff who have helped us make our programs very successful. We couldn't do it without your assistance.

Best wishes to everyone for a happy, healthy New Year.

Sincerely,

Diane Bertolino, Director

### ***Mall Shopping with CATA***

Cape Ann Transportation Authority will continue picking up seniors at the Rockport Senior Center to go to Liberty Tree and North Shore Malls on Wednesdays at 9:30AM.

They will also stop at the Rose Baker Senior Center and then continue to the Mall.

The return trip to Rockport will begin at 1PM. The cost is \$5.00 roundtrip.

This is also a good way to get your exercise during the cold months.

Take the bus to the malls, walk inside where you will be out of the elements instead of walking in the cold and icy streets.

Reservations can be made by calling CATA at 978-283-7916.



ROCKPORT COUNCIL ON AGING  
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NON-PROFIT  
ROCKPORT MA  
PERMIT 20



We want to congratulate Pat Olson for recently receiving the Helen Muise Community Service Award from Julie LaFontaine of The Open Door. This award was for giving of her time and talents to the Senior Mobile Market at the senior center and at Millbrook Park.

### **Senior 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** 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***