



NEWS ON BROADWAY

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



dbertolino@rockportma.gov

Nov.-Dec. 2015

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

Scrabble 1-3PM

***Thursday**

Yoga 9-10AM

Quilting/Knitting

1-3:30PM

Duplicate Bridge

12-4PM

***Friday**

Strength & Balance

9-10AM

Yoga

11:30AM-12:30PM

Exercise classes

for age 60+ are

\$4.00 per class



Veterans Services

Wednesday, November 4th, 10-11:30AM. Carol Dacey from the Bedford VA will do a presentation on services that are available to veterans. There will be a free information handout. Please call to register.



Senior Care Options

Thursday, November 5th, 10-11AM. Lauren Gray, Outreach and Enrollment Specialist from Commonwealth Care Alliance will be here during the Senior Mobile Market. This health plan is free to people who already have Mass Health.

Senior Charlie Card

Monday, November 9th, 10:30AM-1PM. Senator Bruce Tarr's Representative, Richard Curran, will be taking applications for the Senior Charlie Card for Rockport Seniors only. This program will help seniors receive a discount on the MBTA's public transportation system. To participate, you must be at least 65 years old and have a valid, state issued photo ID or passport that includes your birthdate. Your photo will be taken for the Charlie Card.

Strokes of Genius Art Exhibit

Tuesday, November 10th, 10:30AM. The Rockport Art Association presents a new exhibit, Strokes of Genius: Women Artists of New England, Past and Present. This exhibit features over 90 works of art by 50 women artists. They are offering a guided tour for \$5.00. Pre-payment and registration by November 9th.

Carbon Monoxide Education

Monday, November 16th, 10:30AM. The Rockport Fire Department and Hildy Feuerbach will speak about ways to stay safe in your home from Carbon Monoxide, a poisonous gas that is colorless, odorless and tasteless. The law requires that you have Carbon Monoxide and smoke detectors in your homes. The Fire Department may be able to assist you in purchasing and installing a detector. Please call to register.

Book Reading

Tuesday, November 17th, 10:30AM. Local resident, Sharon Chace will discuss her writing process and do a reading from her book, *Cape Ann and Beyond the Cut Bridge: Culling and Cartwheeling?* This is a book of poetry framed by essays. Please call to register.

Holiday Wreath Decorating

Tuesday, December 1st, 12:30PM. Audrey's Flower Shop will be here to show you how to decorate a beautiful holiday wreath for your door. It will be ready to hang when you leave. Cost is \$10.00. Registration and payment is required.

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 Rockport COA**. 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 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 while on a trip. The bus driver's tip is not included in the prices listed below. \$2.00-\$3.00 is customary.

Parking for all 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.

Stockbridge Christmas Tour

Wednesday, December 2nd. We will depart at 7AM and head to Stockbridge, MA to start the day with a visit to the Norman Rockwell Museum. Following the museum we are off for a delicious lunch at The Red Lion Inn located in the heart of the Berkshires. This historic Inn has hosted quite a few presidents over the years. After lunch you will have free time in downtown Stockbridge for some last minute Christmas shopping. We will depart late afternoon for the Bright Nights in Forest Park, Springfield, MA. You don't want to miss this Christmas lighting spectacular. Cost is \$95.00. We will return approximately 8PM.



Wrentham Village premium Outlet Shopping Trip

Tuesday, December 8th. We will depart at 9AM for a day to finish your Christmas shopping or to just browse through the stores. Upon arrival, you will be given a VIP coupon book. Lunch is on your own and there are several choices. We will depart for home at 3PM. Cost is \$10.00.



Mall Shopping with CATA

Cape Ann Transportation Authority has begun 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 in Gloucester at the Rose Baker Senior Center and then continue to the Mall. The return trip to Rockport will begin at 1PM. Cost is \$5.00 roundtrip. Reservations can be made by calling CATA at 978-283-7916.

Computer Classes

Intermediate iPad/iPhone

Tuesdays and Thursdays, November 10th -November 19th. 10-11:30AM. We'll go deeper into what makes the iPad and iPhone tick. We will also concentrate on specific areas starting with your questions and what you would like to learn. Bring your Apple ID and password. \$40.00/4 classes.

Intro to Digital Cameras

Tuesday and Thursdays, December 1st -December 10th. 10-11:30AM. The holidays will be right around the corner and you'll want to take pictures. You will learn the basics of downloading, organizing, editing and even creating photo albums. Bring your camera, or even your phone or iPad (they take great pictures) and join us. Bring your camera/devices and all the paraphernalia. \$40.00/4 classes.

Special Lunches

SeniorCare lunches are served Monday-Friday at 11:30AM. \$2.00 donation. Reservations must be made at least 24 hours in advance by calling Freda, 978-546-5027.

Monthly Special Luncheon with Music Thanksgiving Lunch

Thursday, November 19th

Turkey, gravy, cranberry sauce, whipped potatoes, stuffing, butternut squash, apple pie, dinner roll. \$2.00



Winter Holiday Lunch

Thursday, December 17th

Roast Sirloin, mushroom demi glaze, creamy mashed potatoes, roasted garlic green beans, molasses cookie and a parker house roll. \$2.00.

Reservations begin December 1st.

Traveling Chef

Baked Stuffed Potato

Wednesday, November 4th

Baked potato with chili, butter, sour cream, cheddar cheese, bacon bits, salsa, broccoli, whole wheat dinner roll and coconut cream pie. \$3.00



Pasta Bar

Thursday, December 10th

Meatball, Pasta with a choice of Alfredo or Marinara Sauces, Vienna bread, Limoncello cake. \$3.00.

Reservations begin December 1st.

Food Stamp Applications

Friday, November 6th, 10:30AM-12PM. Normanda Newport from the Open Door will be here taking applications for food stamps. Please call the senior center for an appointment.

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 November and December birthdays together on Thursday, December 3rd from 12:30-1PM. Please RSVP.



Rockport COA Parking

The Senior Center has five designated parking spots on Main Street that you do need a permit to park in. These spots are for use while attending Senior Center activities only. The free permits are available in the office.

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 everyone of you to be safe.



Art Class

Beginning Ikebana Workshop: The Japanese Art of Flower Arranging with Carla Mattioli

Monday, November 16th, 2-4PM. Ikebana is a meditative art form using flowers, branches and space to explore mass, color and line. Relating simply and directly with the materials, we can relax our mind and learn to create something beautiful for ourselves or as a gift. Together we will learn a simple Ikebana style of flowering arranging with an autumn theme. We will view a slideshow of examples of different Ikebana arrangements and how they evolved over time. Please bring a few of your favorite flowers, leaves, greenery, a low vase or bowl, scissors and a flower frog. Class cost is \$15.00. Pre-payment and registration is required.

Elder Abuse Awareness Day

Thursday, November 12th, 10 to Noon

Please join us at Five Corners.

**Sponsored by the Rockport Police Department
and the Rockport Council on Aging.**

Do You Want to Learn How to Play Mexican Train Dominoes

If you are interested in learning how to play, give us a call so we can get a group together to begin playing weekly.

2015 was a great year!

We have traveled to Martha's Vineyard, Block Island, Fenway Park, New Hampshire, Essex Technical School, Providence RI, and enjoyed Cape Ann on the Beauport Princess.





These pictures are a small representation of the activities which include afternoon tea, birthday parties, art, jewelry, floral arranging classes along with six exercises classes each week. Also, included is the Rockport High School class of 2015, "Seniors Helping Seniors."



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

NON-PROFIT
ROCKPORT MA
PERMIT 20

Registration and Payment

When signing up and paying for an activity at the Senior Center, please come at the times listed below:

Tuesdays, 1:30-3PM

Thursdays, 9:30-11AM

Change of Address

If you have recently moved, please give us a call with your new information or send an e-mail to Paula at pbertolino@rockportma.gov

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.

Senator Bruce Tarr's Representative, Richard Curran, will have constituents hours here on Wednesday, November 4th and December 16th, from 9-10AM.

AGH Senior Supper Club Holiday Meal

The Senior Supper Club at Addison Gilbert Hospital will meet on the second Tuesday of the month, November 10th, 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 at 978-546-2573. Space is limited.

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