



NEWS ON BROADWAY

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



dbertolino@rockportma.gov

Sept-October 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

Fall Prevention

10:30-11:30AM

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

Yoga

11:30AM-12:30PM

Exercise classes for

age 60+ \$4.00

Fall Prevention Exercise Class

Wednesdays, beginning September 7th, 10:30-11:30AM. Elizabeth Reed will be instructing the fall prevention class. For your best benefit, we suggest you try to attend each week. \$4.00/class.

Senior Care Options

Wednesday, September 7th, 11AM. Lauren Grey, Outreach and Enrollment Specialist from Commonwealth Care Alliance, will explain the benefits of the SCO program. This plan covers many health care expenses that Mass Health does not cover. Senior Care Options is free and available to people 65 and older who are currently on Mass Health. Call to register.

Flu Shots

Monday, September 26th, 1-3:30PM. Rite Aid Pharmacy will be coming to the Senior Center to administer flu shots. You will need to have your insurance card with you. Most people are covered under Medicare Part B. HMO Tufts Navigator does not cover the flu shot. If you do not have insurance coverage, the cost will be \$29.99. No appointment is needed.

Online Safety

Wednesday, September 28th, 10:30AM. Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present "Consumer University" with a focus of online safety. It will also cover how to protect yourself from scams and identity theft. Call to register.

Ready, Set, Winter

Wednesday, October 12th, 12:30PM. Winter weather in New England requires us to adapt our driving and our vehicles to sometimes dangerous road conditions. AAA's Car Doctor and Manager of Traffic Advocacy will present a free program that serves as a lesson in winter driving and preparedness. Defensive driving techniques will also be discussed, which will serve drivers year round. Call to register.

Fish Shack Dinner

Tuesday, October 18th, 4:30PM. The Fish Shack will prepare a delicious baked haddock dinner to be served at the Senior Center. Limited space. Cost is \$5.00, payable at the time of reservation.

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.**

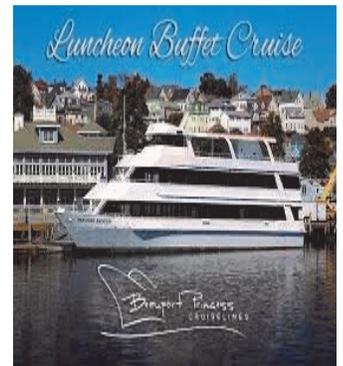
Please allow ample time to sign up. Anyone traveling with us needs to have an up-to-date Health Profile on file. If you have special health needs, you **MUST** travel with a companion who can provide assistance to you. Payment is due when the reservation is made. Please arrive 15 minutes before departure time.



DAY TRIPS

Beauport Princess Lunch Cruise

Wednesday, September 14th. We will board the beautiful Beauport Princess in Gloucester for their buffet lunch which will include salad, baked haddock, chicken picatta, penne alfredo, potato, vegetable, coffee and soda. The bar is available at your own expense. Gratuity on alcohol is not included. We will meet in their parking lot at 6 Rowe Square, Gloucester. We will begin boarding at 11AM. The boat departs at 11:30AM and returns to the dock at 2PM. Transportation is not included. Cost is \$35.00, payable with your reservation. Last date to sign up is Thursday, September 8th.



Indian Princess Foliage Tour

Tuesday, September 27th. We will depart at 8AM and head to Webster, Massachusetts. We will be

boarding the Indian Princess, a modern day replica of a grand riverboat. She is one of the few authentic paddlewheel riverboats still in operation. Lunch will be at the Point Breeze Restaurant, where you'll enjoy panoramic views of the Webster Lake while enjoying a choice of delicious baked scrod or baked chicken entree. We will stop at Northbridge and Foppema's Farm Stand. We will return home at approximately 5PM after a delightful day exploring Central Massachusetts and enjoying the beautiful area foliage. Cost is \$70.00.

Sold Out!

Christmas in the White Mountains

Wednesday, November 9th. We depart at 8:30AM and make our way to the White Mountains of New Hampshire. We arrive at the famous Indian Head Resort in Lincoln for a day filled with great food and fun! We will enjoy a welcome reception upon arrival, followed by a deluxe luncheon buffet.

What better way to kick off the holiday season than with a festive Christmas Party, complete with Santa and a gift! There will be a floor show and a dance band. We will return home at approximately 6:45PM. Cost is \$84.00.



Art Classes

Rockport residents will be given preference signing up until Thursday, September 8th. After that date, it will be open to all seniors. Classes are 8 weeks/cost is \$80.00 plus \$15.00 for art materials.



Breathing in Color, Moods of Day & Evening

Tuesdays, September 13th-November 1st, 1:30-3:30PM. This eight-week series, taught by Carla Mattioli, of wet-in-wet watercolor and pastel drawing exercises, exploring skyscape and landscape moods from sunset through moonrise and round thru to sunrise. We will explore the dynamics of complementary colors in this series. These painting exercises help to quiet and open the eye of the heart, and awaken us to seeing colors of nature more vividly.

Inspiration through Nature with Elizabeth Harty

Wednesdays, September 14th-November 2nd, 1-3PM. Find Inspiration through nature while also learning basic drawing and painting skills. Cape Ann offers many natural opportunities to find inspiration through rock formations, beautiful pebbles, cloud formations, native plant life, seasonal changes create exciting color changes in our landscape. Discover your own unique style incorporating collage and mixed media techniques. Work can be representational or abstract. Class is open to all levels of ability. Come join us and have a great time.

The art students have been sharing their work in our lunch room. Take a minute to check it out. They have done a great job and everyone has enjoyed it.



The Annual Summer BBQ was enjoyed by many on a beautiful summer day, overlooking Back Beach with musical entertainment by Tony Malionek. Food was provided by SeniorCare's Traveling Chef program.



Canasta & Pickleball

If you are interested in playing Canasta or Pickleball during the winter months, please call and let us know, as we have someone interested in teaching others these fun games.



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	Wal-Mart
2nd Wednesday	Christmas Tree Shop
3rd Wednesday	Trader Joe's
4th Wednesday	Liberty Tree & North Shore Malls
5th Wednesday	Liberty Tree & North Shore Malls

Strength & Balance Time Change

On the following dates, the Strength and Balance class will begin at 10AM with Instructor Elizabeth Reed.
September 2, 23, 26, 30, October 3, 28, 31 and November 4.

VOTING

Thursday, September 8th, classes and the VNA Nurse will be cancelled for the day, due to voting at the Senior Center. Lunch will still be served at 11:30AM.
Registration for classes and activities will still be available, 9:30-11AM upstairs in the office.



Computer Classes taught by Coleen McGrath iPad & iPhone

Mondays and Wednesdays, September 12th-September 21st, 10-11:30AM. Learn how the iPhone and iPad work from navigating the icons, settings, and "apps" to using email, surfing the internet, taking pictures and videos, sending messages, etc. We will concentrate on the topics that the class is interested in, so bring your devices and all of the paraphernalia that comes with them.

Required materials: Apple ID and password (and other passwords). Not sure what that is? We'll go over it in class. Bring your iPad or iPhone, a stylus if you have one, and all of the cables that come with your device. \$40.00/4 classes. Payment is due when registering.

Windows 10

Mondays and Wednesdays, October 17th-October 26th, 10-11:30AM. What are the differences and similarities to Windows 7? Learn to organize your "desktop" for easier use. What is a "tile", an "app"? What about your documents, pictures, etc.? How do I backup my data? Surfing the internet, best practices and security in Windows 10 and on the internet. We'll answer any other questions you might have.

Required materials: Bring your laptop and any cables, mouse, flash drives you might need. \$40.00/4 classes. Payment is due when registering.



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

NON-PROFIT
ROCKPORT MA
PERMIT 20

***Recycle Your
Button Cell
Batteries***

Save your batteries from hearing aids, watches, camera, calculators, car remote controls, and some toys. Look for the boxes around town, at the Transfer Station and at the Senior Center. Proceeds from the collection will assist the COA.

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

The nurse will be at the Senior Center on the 2nd Thursday of each month from 9:30-11:30AM. There will be no health clinic the month of September. She can check blood pressure and answer any health questions you may have.

SHINE Councilor (Serving Health Information Needs of Elders)

The SHINE program provides Massachusetts elders with access to health insurance information, counseling and assistance free of charge with trained health counselors. 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.

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