



# NEWS ON BROADWAY

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



Sept. - Oct. 2015

## WEEKLY ACTIVITIES

### \*Monday thru Friday

Lunch 11:30AM

### \*Monday

Strength & Balance

9-10AM

Bingo 1-3:30PM

### \*Tuesday

Yoga 9-10AM

Mexican Train

Dominoes 1-3:30PM

### \*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**

[dbertolino@rockportma.gov](mailto:dbertolino@rockportma.gov)

### **CATA Information Meeting**

Monday, September 21st, 10AM. CATA will present information about the current bus service, including specialized service for seniors and disabled customers. Questions and feedback about current service will be encouraged. If transportation to doctor appointments, shopping or the Senior Center are a concern to you, you should attend this meeting. Also, notice that there is a survey from CATA in this newsletter. Please take a moment to fill it out and return it to the Senior Center, or see the website address to fill it in online. Coffee and donuts will be provided, along with a raffle. Call to register.

### **Flu Shots & Hearing Tests**

Wednesday, September 23rd and Tuesday, October 20th from 1-3:30PM. We will be offering two flu shot clinics here at the Senior Center. Rite Aid will be administering the 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.

Mass Audiology will be giving free hearing tests during the same times. Call the Senior Center for an appointment. Give yourself ten minutes to have your hearing professionally checked. They will check your ear canal for wax buildup and screen you for hearing loss with an audiometer.

### **Afternoon Tea**

Tuesday, September 29th, 2-3:30PM. We will be holding an afternoon tea. Tea sandwiches, pastries and an assortment of teas will be served. Cost is \$5.00. Pre-registration and payment is required. Space is limited.

### **Top Dog Dinner**

Thursday, October 15th, 4:30PM. Come enjoy a delicious, gourmet hot dog with all the toppings. Reservations will not be taken October 1st. Cost is \$1.00.

### **Fish Shack Dinner**

Monday, October 19th, 5PM. The Fish Shack will once again prepare their delicious baked haddock dinner, along with dessert, and serve it at the Senior Center. Reservations will not be taken until Thursday, October 1st. Cost is \$5.00.

### **Halloween Luncheon**

Tuesday, October 27th, 12PM. Carol Pallazola from Element Care will host a luncheon of assorted deli sandwiches at the Senior Center, followed by a short presentation about the services offered by Element Care. Cost is \$2.00. Space is limited. Please RSVP.



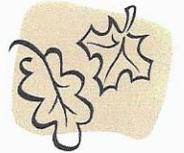
## ***Day Trips - Book Early***

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.***

### ***Wine & Cheese Tour***

Wednesday, September 16th. We will depart at 8:30AM on a New Hampshire adventure! The first stop is at Smith's Country Cheese located in Winchendon, MA. You will view the cheese-making process and enjoy some yummy samples. Then we are off to The Inn at East Hill Farm in Troy, NH where you will enjoy a delicious family style lunch of Yankee pot roast and roasted turkey. Following lunch, we are off to the beautiful LaBelle Winery in Amherst, NH for a tour and wine tasting. A must do for wine and cheese lovers! Cost is \$85.00. Approximate time we will return is 6:30PM. *Last chance to sign up is September 3rd.*



### ***Pioneer Valley Tour***

Tuesday, October 6th. We are leaving today at 8AM to the spectacular Bridge of Flowers in Shelburne Falls, MA. Remember your camera! We then will stop at the Yankee Candle Village in South Deerfield. We will enjoy an amazing lunch at Chandler's, an award-winning restaurant. You will have a choice of sliced sirloin, baked haddock, fresh roasted turkey or grilled vegetable lasagna and dessert. We will stop at Atkins Farm in Amherst, MA on the way home for a little shopping. Cost is \$70.00. We will return to Rockport approximately 7PM.

### ***Stockbridge Christmas Tour***

Wednesday, December 2nd. We will head to Stockbridge, MA at 7AM to start the day with a visit to the Norman Rockwell Museum. Following the museum we are off to 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 many 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.





## **Transportation Options**

### **Dial-a-Ride**

CATA's Dial-a-Ride service is door to door for people over the age of 60, or an adult over 18 with a physical or mental disability. You must fill out an application before using this service, by contacting CATA, 978-283-7916. Once approved, you must schedule appointments at least 24 hours in advance. \$2.00 each way.

### **SeniorCare Volunteer Medical Transportation**

SeniorCare operates a volunteer medical transportation program for adults over 60. If you cannot find other transportation, call 978-281-1750. SeniorCare does not guarantee the availability of volunteers. Please give 3 days notice. Donation request will be sent to you at the end of the month.

### **Veterans Transportation**

The Cape Ann Transportation Authority, in collaboration with HB Software Solutions, recently launched **CANNRide.net**, a web portal that allows veterans and active military personnel to search for rides. Please visit the website for more information. There may also be additional transportation options available to veterans. For more information, please contact the Veteran's Service Office at 978-281-9740.

### **Beverly Hospital MRI Transportation Service**

Beverly Hospital offers free taxi service for self-mobile patients who have a scheduled MRI. Please call the scheduling office, 866-674-0466

### **Medicare Open Enrollment**

September 14th, 10:30AM. Lisa Rose, Regional SHINE Program Director, will do a presentation at the Senior Center about Open Enrollment. If you have a Medicare prescription drug plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: it is important to review, understand and save this information. During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer free and confidential counseling on all Medicare and related health insurance programs. Call Addison Gilbert Hospital, 978-283-4001, ext. 626 to make an appointment. They are currently helping seniors on Tuesdays, 8AM-4PM and Wednesdays from 9AM-12PM.

If you are interested in learning how to play Mexican Train Dominoes or Ping Pong, give us a call, 978-546-2573 so we can get a group together.

**CATA Survey** (Cape Ann Transportation Authority) If transportation is a concern to you, please take this survey and return it to the Senior Center. You can also do it online by going to <https://www.surveymonkey.com/r/QN3TKSS>

1. Are you aware of the Cape Ann Transportation Authority (CATA) bus service? Yes    No
  
2. Do you currently use the CATA bus service? Please circle all that apply.
  - a. Fixed Route (regular big bus)
  - b. Dial-a-Ride (little bus)
  - c. ADA Paratransit (little bus)
  - d. No
  
3. If not, why not? Please circle all that apply.
  - a. Schedule is not convenient (times, hours, etc)
  - b. Too costly
  - c. Prefer to drive and/or walk
  - d. Ride with family/friends
  - e. Other: \_\_\_\_\_
  
4. Where do you go on the bus? Please circle all that apply.
  - a. Senior Center
  - b. Medical Appointments
  - c. Grocery
  - d. Social Visits
  - e. Employment/Volunteer Activities
  - f. Other: \_\_\_\_\_
  
5. Do you know there are different bus fares? \$0.50/\$0.60 for seniors on the regular big bus, \$2.00/\$2.50 on the little bus. Yes    No
  
6. Are you aware of the Tuesday Grocery Store Shopping Trip offered on CATA (\$4.00 round trip)? Yes    No
  
7. Are you aware of the Wednesday Mall Trip offered on CATA once a month (\$5.00 round trip)? Yes    No
  
8. Would you be interested going to Liberty Tree/North Shore Malls on Mondays (\$5.00 round trip)? The bus would pick up and drop off at the Rockport Senior Center. Yes    No
  
9. Are you aware of the regular Saturday Mall bus that runs from the Gloucester Senior Center/Dunkin Donuts? Yes    No

Any Other Comments:

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Contact Information (Optional):

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone/Email: \_\_\_\_\_

### ***Intro to Computers***

September 15th-24th, Tuesdays and Thursdays, 10-11:30AM. We will start with a general discussion of technology terms; what are things like the Internet, Wi-Fi, Bluetooth, the Cloud, Android, Apps, FaceTime, Facebook and more? We will discuss all of these things and how they affect you. Then we will get started on the computer. Bring your devices with you. 4 Classes/\$40.00. Registration and payment is required.

### ***iPad/iPhone Class***

October 6th-15th, Tuesdays & Thursdays, 10-11:30AM. Learn how to navigate your iPad and iPhone. 4 Classes/\$40.00. Registration and payment is required.

### ***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 Luncheon Special***

#### ***Little Italy***

Thursday, September 17th. Chicken Saltimbocca with prosciutto and fresh ginger, pardelle noodles, lemon garlic broccoli, limoncello cake and garlic bread. Reservations begin September 1st.

#### ***Autumn Fest***

Wednesday, October 21st. Pumpkin Ravioli with diced chicken with sage cream sauce, zucchini and carrots, apple spice cake, and sourdough roll. Reservations begin October 1st.

### ***Traveling Chef***

#### ***French Dip***

September 23rd. Roast beef with au jus, caramelized onions and blue cheese, sautéed green beans, arugula salad w/dressing, baguette and Crème Brule. Reservations begin September 1st. \$3.00.



#### ***Mediterranean Lunch***

October 7th. Chicken Souvlaki in pita bread with tzatziki sauce, fattoush salad, lemon couscous, Greek sugar cookie. Reservations begin October 1st. \$3.00.

### ***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, playing the piano. We will be celebrating September and October birthdays together on Thursday, September 24th, from 12:30-1PM. Please RSVP.



# Art Classes

### ***Autumn 2015 Painting Class***

#### ***Seascapes, Skyscapes, Landscapes***

Tuesdays, September 22th-November 17th, 1:30-3:30PM. (There will be no class on October 20th.) Enjoy brush and ink, pastel, watercolor and gouache. With inspiration from Zen painting, wet on wet and dry stretch techniques. No prior art experience necessary. 8 weeks/\$80.00 plus \$15.00 for art materials.

### ***Drawing & Painting Refresher Class***

Wednesdays, September 30th-October 28th, 12:30-3:30. Refresh your skills in composition, color, drawing and painting. We will include collage and print-making techniques. All levels are welcome. Demonstrations and critiques will be included. Come join Elizabeth Harty and learn to express your unique talents. 5 weeks/\$80.00 plus \$15.00 for art materials.

### ***Veterans Services***

Wednesday, November 4th, 10-11:30AM.

Carol Dacey from the Bedford VA will do a presentation on services available to veterans.



### ***Medicare Scam***

There is a new scam to get your personal medical information. The impersonator uses the name of the COA director in that town. They will ask a few questions about your doctor, your meds and your Medicare number. Please remember that **no one** will call and ask for your Medicare number! If they do, just hang up and, if possible, get their phone number from the caller ID and contact the local police.

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

NON-PROFIT  
ROCKPORT MA  
PERMIT 20

***Yoga Class Time Change***

There will no longer be a Yoga class on Monday. A new class will start on Fridays at 11:30AM beginning September 4th.

***Benefits Checkup***

This is a free online tool that helps seniors screen their eligibility for federal, state and private benefits programs that are available to help pay for food, medicine and heat. Go to [www.benefitscheckup.org](http://www.benefitscheckup.org) to start the process or contact the Senior Center for help.

**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 9:30AM-12PM. 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, September 9th and October 14th, from 9-10AM.

***AGH Senior Supper Club***

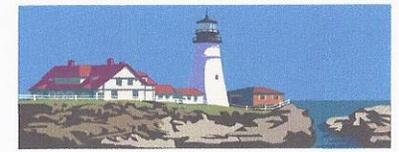
The Senior Supper Club at Addison Gilbert Hospital will meet on the second Tuesday of the month, September 8th and October 13th, from 4:30-6PM. A complimentary dinner is provided by the Café at Addison Gilbert Hospital, followed by a speaker. Reservations can be made by calling the Senior Center, 978-546-2573. Space is limited.

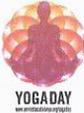
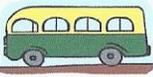
***The Rockport Council on Aging would like to thank  
Addison Gilbert Hospital for sponsoring the printing of our newsletter***



September 2015 ROCKPORT COA 58 Broadway 978-546-2573

SENIOR CENTER HOURS 8:00-4:00PM Mon.-Thurs. 8:00-1:00PM Friday



<p><b>No Yoga on Mondays.</b> <b>New Yoga Class starts on Fridays at 11:30</b></p> 	<p>Tues. 1 9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:30 Mexican Train Dominoes 1:30-3:00 Register for Programs</p>	<p>Wed. 2 9:00-10:00 Tai Chi 11:30-12:15 Lunch 1:00- 3:00 Scrabble</p>	<p>Thurs. 3 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:00 Brown Bag 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 1:00-3:30 Ping Pong</p> 	<p>Fri. 4 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch</p> 
<p>Mon. 7</p>  <p><b>HAPPY LABOR DAY</b> <b>CLOSED</b></p>	<p>Tues. 8 9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:30 Mexican Train Dominoes 1:30-3:00 Register for Programs 4:30-6:00 AGH Supper Club</p>	<p>Wed. 9 9:00-10:00 Tai Chi 9:00-10:00 Bruce Tarr's Representative 11:30-12:15 Lunch 11:00 Beaufort Princess Trip 1:00- 3:00 Scrabble</p> 	<p>Thurs. 10 9:00-10:00 Yoga 9:30-11:00 Register for Programs 9:30-11:30 Nurse 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 1:00-3:30 Ping Pong</p> 	<p>Fri. 11 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch</p>
<p>Mon. 14 9:00-10:00 Strength/Balance 10:30-11:30 Open Enrollment Meeting 11:30-12:15 Lunch 1:00-3:30 Bingo</p> 	<p>Tues. 15 9:00-10:00 Yoga 10:00-11:30 Intro to Computers 11:30-12:15 Lunch 1:00-3:30 Mexican Train Dominoes 1:30-3:00 Register for Programs</p> 	<p>Wed. 16 8:30 Wine &amp; Cheese Daytrip 9:00-10:00 Tai Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble</p> 	<p>Thurs. 17 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:30 Intro to Computers 10:30-11:30 Free Bridge Lesson 11:30-12:15 Monthly Special Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 1:00-3:30 Ping Pong</p> 	<p>Fri. 18 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch</p> <p><b>Call Freda, 978-546-5027 for lunch reservations</b></p>
<p>Mon. 21 9:00-10:00 Strength/Balance <b>10:00 CATA Transportation Meeting</b> 11:30-12:15 Lunch 1:00-3:30 Bingo</p> 	<p>Tues. 22 9:00-10:00 Yoga 10:00-11:30 Intro to Computers 11:30-12:15 Lunch 1:00-3:30 Mexican Train Dominoes 1:30-3:30 Carla's Art Class 1:30-3:00 Register for Programs</p> 	<p>Wed. 23 9:00-10:00 Tai Chi 11:30-12:15 Traveling Chef 1:00-3:30 Flu Shots and Hearing Tests 1:00-3:00 Scrabble</p> 	<p>Thurs. 24 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:30 intro to Computers 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 12:30-1:00 Sept.- Oct. Birthday Party 1:30-3:30 Knitting/Quilting 1:00-3:30 Ping Pong</p> 	<p>Fri. 25 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch</p>
<p>Mon. 28 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo</p>	<p>Tues. 29 9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:30 Mexican Train Dominoes 1:30-3:30 Carla's Art Class 1:30-3:00 Register for Programs 2:00-3:30 Afternoon Tea</p> 	<p>Wed. 30 9:00-10:00 Tai Chi 11:30-12:15 Lunch 12:30-3:30 Elizabeth's Art Class 1:00-3:00 Scrabble</p> 	<p><b>Get Your Flu Shot on Wednesday, September 23rd. Just walk in, bring your insurance card. Hearing Tests are by appointment only. Call for an appointment, 978-546-2573.</b></p> <p><b>If Transportation is a concern. Come to the meeting with CATA on September 21st at 10AM</b></p>	