July / August 2022
WEEKLY ACTIVITIES

Monday
Brains & Balance  Games  
10:30-11:30 AM
Yoga  10:45-11:45AM
Bingo  1-3:30PM

Tuesday
Strength & Balance  
9-10AM
Strength & Balance  
3:00-4PM

Wednesday
Beginner Line Dancing  
9-10AM
Yoga 10:45—11:45AM
Canasta 1-3:30 PM

Thursday
Duplicate Bridge  
11AM-2:30PM
Quilting/Knitting  
1-3:30PM
Strength & Balance  
3-4PM

Friday
Strength & Balance  
9-10 AM

EXERCISE ROOM
By Appointment
Mon.-Thurs.  
9 AM-2PM
Friday  
9-11AM

"The Town of Rockport and its Council on Aging provide this information to assist the community. It does not endorse or recommend any of the vendors."

Rockport Hosted Regional Walk Kick Off

The weather did not cooperate for the regional kick off of Walk Massachusetts in May but New Englanders are known for their adaptability. Our walkers walked despite steady drizzle. Our community partners simply moved their booths inside. It all came together.

Many thanks to everyone involved, the American Legion for opening their doors to our group, and to our community partners, The Open Door, Mass in Motion, Element Care, Fitness for Everybody, Glen T. McLeod YMCA, Essex County Greenbelt, SeniorCare, Rockport Library and the Board of Health. Thanks to volunteers Dan Bing, Nancy Pittman, and Mary Ann Nay from Senator Bruce Tarr’s Office and special thanks to Root for preparing a delicious picnic lunch for everyone!

Summer time is made for early morning or late afternoon walks. You can still set your walking goal at www.WalkMaChallenge.com and earn prizes too. Fun fact: a one way trip from Back Beach to the tip of Bearskin Neck is 3/4 of a mile or 1 1/2 miles round trip. A walk from the Senior center to the end of T Wharf is a half mile, a mile round trip.

While supplies last, the senior center is offering complimentary gear to help you go. Stop in for a free reusable water bottle, a pedometer and local map of Rockport. Then get out and enjoy the sunshine and reap the physical and emotional benefits of walking.
Come Together for Congregate Meals

Enjoy a meal together every Monday, Tuesday and Thursday at the senior center. Serving time is 11:30AM. Reservations are required in advance. Call Michelle at 978-546-5027 by 11AM the day before you wish to come. Please note the menu could change due to availability. Monthly menus are available at the senior center.

This month’s Special Congregate Dining  Requested Donation $5

July 14th Summer Picnic
   Chicken Salad or Egg Salad
   Finger Sandwiches
   Potato Salad or Coleslaw
   Fresh Fruit

July 14th Dessert Bar
   Make Your Own
   Ice Cream Sundae
   Included in price of the
   Summer Picnic

Traveling Chef: Requested Donation $3

July 20th
   BBQ Chicken & Corn Bread
   Potato Salad & Salad
   Apple Pie

August 9th Friends Luncheon $10
   Limited Seating. Prepayment required.
   Lobster Roll
   Potato Chips
   Cookies
   With thanks to the Friends of
   Rockport Council on Aging

August 24th
   Summer Special Luncheon
   Details to Come
   Prepared by ROOT

LAST CALL FOR SUMMER DAY TRIPS

Enjoy a trip to regional points of interest. We take care of every detail so you can simply relax and enjoy yourself. Please note not every trip is suitable for those with mobility issues. Reservations and payments of either cash or check are due in advance. Don’t delay, sign up today! Reserve your spot by email: cworkman@rockportma.gov or call 978-546-2573. Masks required on the bus.

RHODE ISLAND LIGHTHOUSE CRUISE, Narragansett Bay, Monday, July 11th

Enjoy a pleasure cruise along the Narragansett Bay sailing past ten of Rhode Island’s beautiful lighthouses. Before the cruise, enjoy a brunch buffet at Quonset O’Club. Then board the ship and cruise from 1PM-2PM. The motor coach leaves from the Rockport Park n’ Ride Lot at 8:15AM and returns at approximately 5PM. This is a two hour drive each way. The cost is $115 per person and includes transportation, the narrated cruise and lunch. Payment for this trip is due July 8th.

CHARLES RIVERBOAT CRUISE, Boston, Wednesday, August 17th

Take a 70 minute narrated tour that loops through Boston and Cambridge with plenty of water-views that highlight historic sights including Beacon Hill and Harvard. Before the cruise, enjoy lunch at the Cheesecake Factory. The motorcoach will depart from the Rockport Park n’Ride Lot at 10:15AM and will return at approximately 5PM. The cost is $98 per person and includes transportation, the cruise and lunch. Payment is due by July 21st.
FREE WORKSHOPS AND SPECIAL EVENTS

THE MASS BAR ASSOCIATION PRESENTS: THE ESTATE PLAN SURVIVAL KIT, Wednesday July 13th 10:30-11:30AM

Worried about nursing home costs, long-term care costs, or Estate Taxes? What you need to know to protect your family, your assets, and your independence as you age is the subject of this free Elder Law Education Program presented by Certified Elder Law Attorney Patrick G. Curley of Curley Law Firm LLP. Learn strategies to better protect your home, savings and your independence. It will cover 1. Steps to avoid Guardianship, Conservatorship and Probate 2. The pros and cons of Revocable and Irrevocable Trusts and 3. Peace of mind planning for “what if scenarios.” The program is sponsored by the Massachusetts Bar Association with support from the Massachusetts Chapter of the National Academy of Elder Law Attorneys.

HEALTHY AGING, HEALTHY SKIN Workshop, Tuesday, July 19th 10:15-11:15AM

The importance of preserving healthy skin cannot be overstated. Education Coordinator Carol Pallazolla and a licensed nurse from Element Care will present evidenced-based information on how to care for your skin. The largest organ in your body, your skin provides a buffer from harmful elements like bacteria, chemicals and ultra violet rays. Learn how to identify concerning trouble spots. Get helpful home remedy tips on how to nourish and protect your skin and hear the latest on sunscreens, including which brands protect your skin without harming the habitat that supports ocean life. Light refreshments will be served.

GREENBELT PATHS, A Presentation August 9th, 10:15-11:15AM

There are more than 17,500 acres of natural public conserved land nearby that are loaded with walking trails and are free to the public. Surely you’ve seen the Greenbelt markers along the side of the road. Attend this presentation to find out about the individual trails behind the markers, which ones offer an easy hike or is a good place to spot wildlife or take in a beautiful view. Mary Ellen Kelly from the Essex County Greenbelt will provide information and maps that outline routes of varying distances and terrain, with something suitable for every fitness and interest level.

KEEP DANCING! LINE DANCING CLASSES EXTENDED Wednesdays 9:00-10:00AM

Rockporters are joyfully lining up and dancing to choreographed moves guided by instructor Tina LaFlam. No experience necessary for this class, just come prepared to move to music and have a lot of fun. Learning a sequence of repetitive choreographed steps is incredible for improving coordination, memory and balance. $5 a class. Drop in’s welcome.

GROWING IN POPULARITY: BRAINS & BALANCE GAMES —Mondays 10:30AM-11:30AM

Build and maintain fluid pathways from your brain to your body. This class was introduced in May and it continues to gain more “brain gamers.” It is designed for older adults interested in enhancing brain function, neuroplasticity and mobility. Lace up your sneakers and join Elizabeth Reed every Monday for fun and games and fitness. $4 a class. Drop in’s welcome.
Attorney Advice and Estate Planning
The first Thursday of each month, Attorney Troy Sullivan, will discuss your legal concerns. All appointments are by phone at this time. 15 Minute consults, 9:30-11AM. Call the COA for an appointment, 978-546-2573.

North Shore VNA Nurse
The nurse will be at the Senior Center on the second Thursday of each month from 9-11AM. She is available to check your blood pressure, pulse, heart and lung monitoring, diabetes testing and answer your healthcare questions. No appointments are necessary.

Constituents Services
Constituent Services and Community Outreach Adviser, Mary Ann Nay representative for Senator Bruce Tarr, holds office hours at the Senior Center once a month. She is here to address any issues of concern. No appointment necessary. Meet her Wednesday, July 7th and Wednesday, August 10th from 11-12PM.

Speediest Delivery Service
The quickest way to receive the newsletter is through email. The post office is taking longer to deliver, often a couple of weeks. Supply your email address and we will add it to the email distribution list for news you can use. Email cworkman@rockportma.gov.

Volunteer Medical Drivers Needed
SeniorCare seeks kind-hearted drivers to transport older Cape Ann residents to medical appointments. Find your purpose! Call 978-865-3572 x568.

Free Taxi Rides
The Rockport Council on Aging is provides free taxi rides to out-of-town medical appointments. Call the Senior Center to schedule your ride. Please give one week’s notice. This service is made possible through a grant from CATA and the Cape Ann Community Foundation.

Donations to the “Friends of the Rockport COA”
Michael Neagle
Susan Herron

In Memory of Josephine Shallow
Joanne Shallow

In Memory of Tim Murphy
William and Mary Lou Cahalane

In Memory of Jean Crowell
Sue Lee

Thank You!

IMAGINE 100 CANDLES...

That’s how many birthdays a special Rockport resident celebrated recently. FYI: In 1922, the average life expectancy was about 58 years, life saving insulin was used for the first time, gasoline cost 11 cents and King Tut’s tomb was discovered. It’s mind boggling to think of all the inventions, advancements and world events that one experiences over the course of a lifetime!

HAPPY BIRTHDAY!

We will be closed the following day:

Monday, July 4th
INDEPENDENCE DAY
Back in November, The Council on Aging joined many other statewide councils in purchasing and implementing “My Senior Center,” a software program dedicated to assisting senior centers with their daily administration. The program performs a variety of tasks from tracking attendance numbers to creating special event Rsvp lists, even printing mailing labels for the newsletter! For the program to run effectively, we need to collect and keep current information on file for you and provide you with your own personal key tag. The key tag is a little plastic card with a unique bar code assigned to you. When you swipe it on the computer located in the entranceway, it links you to every service and event taking place that day at the center.

Don’t have a key tag yet? Getting one is easy. Simply stop in any time and we will set you up with one and show you how to use it. If you plan to go on a bus trip, we will also take a photo of you for our records. We do not share your information with anyone outside the COA.

Next time you visit the center - for any reason - from shredding paper to sharing a meal, please remember to swipe your card. Your assistance along with the computer software will help us keep the center running smoothly. Thanks for your help!

Rockport COA & Rockport Library Present

MOVIE MATINEES
Tuesdays 2PM at the Rockport Library

JULY

THE ART OF RACING IN THE RAIN 2022 JULY 5th (PG)
DOUBLE INDEMNITY 1944 JULY 12th (PG)
DUNE 2021 JULY 19th (PG-13)
DOWNTON ABBEY 2019 JULY 26th (PG)

AUGUST MATINEES

HARVEY 1950 AUG 2nd (Not rated)
BELFAST 2022 AUG 9th (PG-13)
I STILL BELIEVE 2020 AUG 16th (PG)
DOG 2022 AUG 23rd (PG-13)
LICORICE PIZZA 2021 AUG 30th (R)
Donations
We welcome all donations. If you would like to make a tax-deductible donation in memory or in honor of someone, or a bequest, please make checks payable to the 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