



NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA
978-546-2573



"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 in any way."

JULY-AUGUST 2018

WEEKLY ACTIVITIES

Monday thru Friday

Lunch 11:30AM

Monday

Strength & Balance

9-10AM

Bingo 1-3:30PM

Tuesday

Yoga 9-10AM

Tai-Chi

10:30-11:30AM

Movie 1:30PM

Strength & Balance

6:30-7:30PM

Wednesday

Tai-Chi 9-10AM

Canasta 1-3 PM

Thursday

Yoga 8:45-9:45AM

Yoga 10-11 AM

Duplicate Bridge Class

10:30-11:30AM

Duplicate Bridge

12-4PM

Quilting/Knitting

1-3:30PM

Strength & Balance

6:30-7:30PM

Friday

Strength & Balance

9-10AM

Yoga

11:30AM-12:30PM

**Exercise classes are
\$4.00 for age 60+**

Writing Your Memoir

Tuesday, July 10th, 10AM. Joseph N. Muzio, a retired college professor, former United States Marine Corps Officer, and a Rockport resident would like to share ways to tell your stories and life experiences on paper. He is a published author and has extensive writing background. The overall goal is to encourage senior citizens to do written remembrances of their lives and their families and to reflect on their importance. Suggestions and assistance will be offered. There is no charge. Call to register.

Massachusetts Bar Association's 2018 Elder Law Program

Monday, July 16th, 1PM. This event is part of a statewide Elder Law Education Program presented by Massachusetts Bar Association. It corresponds with the release of the revised 2018 edition of "Taking Control of Your Future: A Legal Checkup." Attorney Mary Milburn will cover many topics, including Veterans' Benefits, how to protect your home and assets, power of attorney, health-care proxies, reverse mortgages and Medicare/Medicaid changes. Call to register.

Annual Summer BBQ at Legion Grounds

Wednesday, July 18th, 11:30AM. SeniorCare's Traveling Chef will be cooking hamburgers and hot dogs on the grill at the grounds of the American Legion, Beach Street. Potato salad, pasta salad, lemonade, strawberry shortcake and watermelon will also be served. There will be musical entertainment. Cost is \$3.00. Call Freda, 978-546-5027 to register. If it rains, it will be held at the Senior Center.

Mind Diet

Wednesday, July 25th, 12:30PM. Nutrition can be used to combat the development of inflammation. Join us for a discussion on the role of diet and the delay of inflammation and Alzheimer's disease. Presented by Deb Davidson, Nutritionist at SeniorCare.

Lobster Roll Luncheon

Tuesday, August 28th, 12PM. Lobster roll lunch. \$10.00 payable when registering. Sponsored in part by the Friends of the Rockport COA. Element Care will provide dessert.

Evening Strength & Balance Class

Tuesdays and Thursdays, 6:30-7:30PM. This class is for people over the age of 60 who are interested in maintaining balance and functional strength (working on muscle groups used in activities of daily life). Expert games, obstacle courses, intentional balance work are presented with music and dynamic instruction with Elizabeth Reed. Wear comfortable clothes and sneakers. \$4.00/class.

Reservations for Trips and Activities

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 will need to have an up-to-date Health Profile. You can find the Health Profile on the Council on Aging website or pick one up in the office. 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. The bus driver's tip is not included in the price. **All trips depart from the Park n' Ride lot, Blue Gate Lane unless otherwise noted.**

Day Trips

Nantucket Daytrip & Tour

Wednesday, August 15th. Depart at 6:30AM. We will travel with the Steamship Authority to beautiful Nantucket. We will take a narrated tour of the island. After, we have the day to enjoy the island and lunch on your own. There are many places to choose from. \$95.00 includes roundtrip transportation, ferry and tour. Returns approximately at 8:30PM.

Plymouth Trolley Sightseeing Tour

Wednesday, September 19th. Depart at 7:45AM. Enjoy your time in historic Plymouth with a narrated trolley sightseeing tour. Your driver will guide you through the rich history, world famous sites and great shopping spots. Today's lunch will be at the Waterfront Bar & Grill for a buffet lunch. We will end our day with some free time to visit Pilgrim Memorial State Park. Here you will find fantastic views of Plymouth Harbor and the monuments. Returns approximately 4:30PM. \$87.00 per person.

White Mountain Foliage Tour

Wednesday, October 10th. Depart at 8:30AM. Enjoy a scenic ride to North Conway, NH. Begin the day with a wonderful lunch at the White Mountain Hotel with a choice of Broiled Scrod or Chicken Cordon Bleu. After lunch, we will have a step on guide for a two hour tour through the White Mountains. What a great way to see New Hampshire in the Fall. \$79.00 per person. Returns approximately 7PM.

Wrentham Village Premium Outlet Shopping Trip

Wednesday, November 28th. We will depart at 9AM for a day of shopping. Lunch is on your own and there are several choices. We will depart for home at 3PM. Cost is \$10.00. This trip is sponsored by the Friends of the Rockport COA.

The Edwards Twins Holiday Show at the Newport Playhouse

Tuesday, December 4th. The world famous Edwards Twins are the one of the top impersonation acts in the world. Their vocals and looks will amaze you. You will think you are seeing Barbara Streisand, Sonny and Cher, Andrea Bocelli, Bette Midler, Johnny Mathis, Perry Como, Ray Charles, Stevie Wonder to Neil Diamond all in one show. Enjoy the extensive buffet which includes a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts. This show is highly requested and a sell out each year. Early Booking recommended! \$99.00 per person.

Attorney Advice

The first Thursday of each month, Troy Sullivan, an estate planning and probate attorney will meet with you to discuss your legal concerns and guide you in the right direction. 15 Minute consults 9:30-11AM by appointment.

North Shore VNA Nurse

The nurse will be at the Senior Center on the second Thursday of each month from 9:30-11:30AM. She is available to check your blood pressure, do diabetes testing, and answer your health care questions. No appointments are necessary.

Constituents Services

Constituent Services and Community Outreach Advisor, Dick Curran has office hours at the Senior Center once a month to address any issues you may need help with. No appointment is necessary. He will be here on Wednesdays: July 11th and August 15th from 11AM-12PM.

Knitting and Quilting Group

Join this group of knitters and quilters and socialize while working on your project.

Thursdays from 1-3:30PM.

Canasta

This group gets together on Wednesdays, 1-3:30PM. New players are welcome.

Shredder & Computers

The shredder and computers are available in the computer room on the second floor. Monday-Thursday 8:30AM-3:30PM and Fridays, 8:30AM-12:30PM.

Exercise Equipment

The exercise room is available for your use. Please come to the office before using the equipment to sign a one-time release form. The hours are Monday-Thursday 8:30AM-3:30PM and Fridays, 8:30AM-12:30PM.

Free Used Medical Equipment

The American Legion, 32 Beach St has used medical equipment such as walkers, toilet seats, canes and occasionally wheelchairs. Call Larry Story, 978-546-3726 to donate items or check on obtaining items.

Birthday Party

Thursday, August 9th, 12:30-1PM.

If you are 70+, come celebrate your July and August birthdays with us. We will be enjoying cake, ice cream and a free raffle. Bob Wech will play the piano. Please RSVP.



Button Cell Batteries

By recycling your button cell batteries here and at the Transfer Station, you are helping to support the Senior Center. Look for the boxes by the doors here at the center.

Do you need a ride for lunch?

Free transportation is available through CATA & the Council on Aging. Call 978-283-7916

Congregate Meal Site

SeniorCare lunches are served Monday-Friday at 11:30AM. All seniors are welcome to attend.



Meals must be enjoyed at the Senior Center. Reservations should be made at least 48 hours in advance for special luncheons and 24 hours in advance for the daily lunch, by calling Freda at 978-546-5027.

Summer Picnic

Thursday, July 19th

Turkey club sandwich with bacon, mayo, lettuce & tomato, country potato salad, coleslaw, Kaiser Roll and watermelon.

\$2.00

Lobster Roll Day

Thursday, August 16th

Lobster roll luncheon with dessert \$8.00.

For this meal, you will make your reservation with payment to Freda.

We will be closed on the 4th





2018 FREE FUN FRIDAYS!
10 VENUES EVERY WEEK, 100% FREE



July 6th

Boston Children's Museum
Peabody Essex Museum
Cape Cod Maritime Museum
Battleship Cove
Amelia Park Children's Museum
Gore Place
Falmouth Museum on the Green
Hancock Shaker Village
Pilgrim Hall Museum
New England Quilt Museum

July 13th

Edward M Kennedy Institute
Charles River Watershed Association
Larz Anderson Auto Museum
Chesterwood
The Telephone Museum
Ventfort Hall Mansion & Gilded Age Museum
The Sports Museum
Children's Museum at Holyoke
International Volleyball Hall of Fame
Mahaiwe Performing Arts Center

July 20th

Museum of Fine Arts, Boston
Gloucester Stage Company
The Gardens at Elm Bank (Mass Hort)
Chatham Shark Center
New Bedford Whaling Museum
Nantucket Maria Mitchell Association
Spellman Museum of Stamps & Postal History
Springfield Museums
Discovery Museum
The Hall at Patriot Place

July 27th

Isabella Stewart Gardener Museum
Boston Symphony Orchestra at Tanglewood
Commonwealth Shakespeare Company
JFK Hyannis Museum
Fitchburg Art Museum
Old Colony History Museum
Boston Athenaeum
Sandwich Glass Museum
Arnold Arboretum
Museum of Russian Icons

August 3rd

Franklin Park Zoo
Cape Cod Museum of Art
Children's Museum of Greater Fall River
Davis Museum at Wellesley College
Naumkeag, The Trustees

Worcester Historical Museum
Osterville Historical Museum
Historic Deerfield
The Eric Carl Museum of Picture Book Art
Paragon Carousel

August 10th

Boston Harbor Islands National and State Park
The Institute of Contemporary Art/Boston
Jacob's Pillow
Cahoon Museum of American Art
Nichols House Museum
Museum of the National Center of Afro-American Artists
Wenham Museum
Fuller Craft Museum
The Greenway Carousel
Freedom Trail Foundation

August 17th

John F Kennedy Presidential Library & Museum
Pilmouth Plantation
Commonwealth Museum
Lynn Museum
New England Historic Genealogical Society
Fort Devens Museum
Fruitlands Museum, The Trustees
Old State House
Berkshire Museum
Museum of the First Corps of Cadets

August 24th

Harvard Museum of Science & Culture
Buttonwood Park Zoo
MASS MoCA
Heritage Museum & Gardens
Cape Cod Children's Museum
Smith College Museum of Art
The Old Manse, The Trustees
Emily Dickinson Museum
Hull Lifesaving Museum
Museum of African American History

August 31st

Old Sturbridge Village
EcoTarium
Norman Rockwell Museum
Cape Cod Museum of Natural History
Chatham Marconi Maritime Center
USS Constitution Museum
Cape Ann Museum
Griffith Museum of Photography
Provincetown Art Association and Museum
The Mary Baker Eddy Library & Mapparium

Wednesday Mall Bus Trips

CATA provides service to shopping centers outside of Cape Ann for seniors and disabled customers. They will pick up at the Senior Center on Wednesdays at 9:30AM. The bus will start the return trip at 1PM to Gloucester and Rockport Senior Centers. \$5.00 round trip, call 978-283-7916.

1st Wednesday	Walmart
2nd Wednesday	Christmas Tree Shop
3rd Wednesday	Trader Joe's
4th Wednesday	Liberty Tree & North Shore Mall
5th Wednesday	Ocean State Job Lots

New Medicare Cards Targeted by Thieves

The new Medicare cards are starting to be mailed to all 58 million beneficiaries. Each will have a unique, randomly generated 11-character Medicare beneficiary identifier (MBI). Cards will be randomly shipped over the next year. If your friend gets one before you, don't worry. The new card will no longer have your social security numbers, which aided scammers in opening fraudulent financial accounts, filing bogus tax refunds and otherwise stealing your money and identity. They still want your card details, so guard your MBI just as you did your previous Medicare number. Don't leave the number in emails or on your computer in digital files, which could be easily intercepted. Check every statement from Medicare for bogus services and billings. Someone who has your number can bill thousands of dollars in treatment and equipment. If you get a phone call saying Medicare needs to verify your identity before a new card is issued, that you need to pay for a replacement card, don't believe it. Your new card will automatically be mailed sometime in the next year. There is no charge or action required. When your new card comes, be sure to destroy your old card. Don't toss it in the trash. Shred it. You don't want your Social Security number sitting in plain view.

Farmers Market Coupons

On Thursday, July 19th, 1PM we will be distributing Farmers Market Coupons. To qualify, you must be at least 60 years old and eligible for one program that requires proof of income such as fuel assistance, food stamps or the Senior Mobile Market. Your monthly income must be \$1872.00 or less for 1 person or \$2538.00 or less for a couple. One per household. Sponsored by SeniorCare.

Friends of the Rockport COA are looking for new members. They meet once a month. Their main mission is to raise funds to help support the Senior Center by keeping costs lower. If interested, contact Kathy Hurlburt, 978-281-1480.

Movies

Tuesdays 1:30PM

July 10th

Father Figures

July 17th

Same Kind of Different As Me

July 24th

Forever My Girl

July 31st

All I Wish For

August 7th

I Can Only Imagine

August 14th

Game Night

August 21st

Max

August 28th

Midnight Sun

The Rockport Council on Aging would like to thank

Addison Gilbert Hospital for sponsoring the printing of our newsletter.

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

NON-PROFIT
U.S. POSTAGE
PAID
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ROCKPORT MA

RETURN SERVICE REQUESTED



SHINE Councilor (Serving Health Information Needs of Everyone)

The SHINE program provides Massachusetts elders with access to health insurance information, counseling and assistance free of charge with a trained health counselor. SHINE Councilor, Diane Derow will be at the Senior Center on the first Friday of each month, 9:30-12:30PM. Call for an appointment, 978-546-2573.

Mobile Market

The COA, along with the Open Door and SeniorCare, offers the Senior Mobile Market. This 60+ program offers free fresh fruits and vegetables, plus an assortment of canned goods on the first Thursday of each month from 10-11AM. Applications are available by calling the Senior Center or at the Mobile Market. Carol Pallazolla will be at the Mobile Market on August 2nd if you would like information about Element Care.



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 _____