



# NEWS ON BROADWAY

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



## MARCH-APRIL 2018

### WEEKLY ACTIVITIES

#### Monday thru Friday

Lunch 11:30AM

#### Monday

Strength & Balance

9-10AM

Enhance Fitness

10:30-11:30AM

Bingo 1-3:30PM

#### Tuesday

Yoga 9-10AM

Tai-Chi

10:30-11:30AM

Movie 1:30PM

#### Wednesday

Tai-Chi 9-10AM

Enhance Fitness

10:30-11:30AM

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

Ping Pong 2-3:30PM

#### Friday

Strength & Balance

9-10AM

Enhance Fitness

10:15-11:15AM

Yoga

11:30AM-12:30PM

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

### ***Essex Tech Lunch***

Tuesday, March 6th, we will depart at 10:30AM from the Park N' Ride lot and travel by school bus for a delicious lunch, prepared by the culinary students at Essex Technical School in Middleton. This is always a delicious meal. Space is limited. \$8.00 per person.

### ***Free Clear Captions Phone***

Monday, March 19th, 12:30PM. Are you having trouble hearing on the phone? Get your FREE caption phone. This is a no cost, federal program. Captioned phone conversations are displayed on screen so you never miss what is being said. No income qualifications required. You will look forward to being able to hear and see your calls and connect with people again. Call to register.

### ***Bowl Painting For the Open Door***

Tuesday, March 20th, 9-11AM. Come join in the fun, bring your friends and paint some bowls for a great cause. Everyone is welcome. Please call to register so we know how many bowls will be needed.

### ***Free Consults with Lawyer***

Troy M. Sullivan, Esq. an estate planning and probate attorney will be available to answer questions about elder law issues including probate, wills, trusts, guardianships and conservatorships at the Senior Center on the first Thursday of every month from 9:30 to 11AM, beginning on April 5th. Call for an appointment. The computer room will be closed during this time.

### ***How To Self-Publish Your Book and Post It For Sale On Amazon for Under \$10.00***

Monday, April 9th, 1PM. It can be fiction, non-fiction, a children's book, a photo book, a memoir or an autobiography. Henry M. Quinlan, publisher at Omni Publishing Co., [www.omni-pub.com](http://www.omni-pub.com), has over 40 years of experience in book publishing and has spoken extensively about self-publishing. He offers tips and suggestions on writing and self-publishing, including how to fund your book and market it. Please RSVP by April 5th.

### ***Spring Fling***

Wednesday, April 11th, 4-6PM. We are having a party! We hope you can make it. There will be music and delicious appetizers prepared by My Place by the Sea. Space is limited. Rockport residents have first preference. After March 27th it will be open to others. This is sponsored by the Friends of the Rockport COA. \$3.00, payable when you register.



## ***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**. Anyone traveling with us needs to have an up-to-date Health Profile. 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 unless otherwise noted.***

## ***Day Trips***

### ***Boston Flower & Garden Show***

Wednesday, March 14th. We will depart at 9:15AM to make our way to the Boston Flower & Garden Show at the Seaport World Trade Center. There will be landscaped gardens, edible gardening and floral designs to view. Tickets and transportation are included for \$20.00. The bus is paid for in part by the Friends of the Rockport COA. Lunch will be on your own. We will depart at 2PM to head home.



### ***The Hall at Patriot Place***

Wednesday, May 16th, 9AM. Let's visit the home of our 5-time Superbowl Champions in Foxboro, MA. We will begin the day with some time to eat with lunch on your own and shop at Patriot Place. We will then meet for an afternoon visit and tour of the Hall at Patriot Place. The Hall is one of a kind experience to enjoy. There are traditional museum artifacts combined with cutting-edge technology. Return home approximately 5PM. \$45.00 per person includes admission and transportation. Final payment due by May 8th.



### ***Kennebunkport, ME***

Wednesday, June 13th, 10AM. We will travel to Kennebunkport, ME. Our first stop will be for lunch at Warren's Lobster House in Kittery where you will have a choice of top sirloin steak, baked haddock, seafood casserole or chicken parmesan. We will take a 1 1/2 hour guided tour of the southern Maine coastal villages of Kennebunk and Kennebunkport and we will drive by the Bush family estate at Walker's Point. We will have free time to shop in Kennebunkport. Includes roundtrip transportation, guided tour and lunch. \$70.00 per person. Return home at approximately 7PM. Final payment and meal choices by June 5th.

### ***Trip to Thacher Island***

Monday, July 23rd with a rain date of Tuesday, July 24th, the Thacher Island Association have volunteered to take twenty-four seniors on a boat trip to Thacher Island. Two boats, each with a maximum of 6 people each will depart from T-Wharf at 9AM and return at 11:30AM and 9:30AM boats will return at noon. The volunteers will serve coffee and Brother's Brew donuts at 10:30AM at the campground. Bathroom facilities are available. The museum in the principal's keeper's house will be open as well as the south tower for any brave soul wishing to climb to the top. Rockport residents have first preference. It is open to others beginning April 1st, if there is still room. Register early due to limited room. Donations are accepted on the island.

### ***Circuit Breaker Tax Credit***

The Circuit Breaker is a property tax credit that was designed by Legislature with the hope of alleviating some of the burdens that property taxes can create. If you are a Massachusetts resident, age 65 or older. (For joint filers, it is sufficient if one taxpayer is at least 65 years of age.) Tax payers must own or rent residential property in Massachusetts and occupy the property as your primary residence. Taxpayers must have an annual income of \$57,000 or less for a single filer, \$72,000 or less for a head of household, and \$86,000 or less for joint filers. The tax credit is capped at \$1,080.

You must file a Massachusetts state income tax return and include Schedule CB, the Circuit Breaker Credit form.

There are some exclusions, such as taxpayers who receive federal or state rent subsidy directly, or those who live in a property tax exempt facility, Property that is valued over \$747,000 and others.

### ***AARP Tax Help***

AARP volunteers will be preparing taxes for senior citizens, free of charge on Tuesday afternoons, 1-4PM through April 11th. If they cannot finish your taxes by 4PM, you will have to return the following week to be completed. No appointments. Please do not arrive before 12:30PM.

### ***AGH Supper, Dine & Learn***

The Senior Suppers at Addison Gilbert Hospital will meet on the fourth Wednesday of the month, March 28th and April 25th from 4-6PM. They serve a delicious meal and have different speakers from the community each month. Rockport residents, please call the senior center to make reservations. Space is limited.

### **Free Movies**

#### **Tuesdays 1:30PM**

**March 6th**

Wonder

**March 13th**

The Stray

**March 20th**

Battle of the Sexes

**March 27th**

Last Word

**April 3rd**

Thank You for Your Service

**April 10**

American Made

**April 17th**

Marshall

**April 24th**

Mark Felt: The Man Who Brought  
Down the White House

### ***Aqua-Fit Swimming***

Aqua-Fit Swimming programs, which provide low-impact exercises, are offered for seniors at the Cape Ann YMCA, 71 Middle Street. They are funded by Lahey Health and there is no cost to you.

- Tuesdays 9-10AM
- Fridays 12:15 –1:15PM



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### ***Good Morning Rockport Police Wellness Check***

Good Morning Rockport Police Wellness Check is open to any senior resident. Seniors enrolled in the program are required to call the department 7 days a week, between 8-10AM. (Only seniors who sign up for the program will be on the check-in list.) If a call is not received at the station, a phone call is made to the senior's home. If there is no answer, an officer is sent to the senior's home. To enroll call Roger Lesch, Elder Affairs Coordinator at 978-546-1212, ext. 13.

### ***Birthday Party***

Thursday, March 29th, 12:30-1PM. If you are 70+, come celebrate your March and April birthdays with us. We will be enjoying cake, ice cream and a free raffle. Bob Wech will play the piano. Please RSVP.



### ***SCAMS***

Senior citizens are at a higher risk of becoming the victims of scams. Don't become a victim. Make yourself aware and think before you react.

Below are some scams to be aware of:  
The IRS is NOT going to call you. Hang up, it's a scam.

Medicare does NOT call you.

The FBI does not call you at home.

"Can You Hear Me" is a scam, hang up and say nothing.

Your grandchild is not jailed in Canada, or in any other country. Do not wire money, or make a deposit in a bank as instructed. This is a well known scam.

Do not send money in hopes to receive twice as much. This is a postal scam and is fraud.

Do not give out ANY PART OF YOUR SOCIAL SECURITY NUMBER TO ANYONE!

Do your research on any contractor doing work in your home. Be careful if someone knocks on your door asking to do work on your home.

Call the Police, the Council on Aging, and speak to bank representatives if you have questions.



### ***Congregate Meal Site***

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

### ***Traveling Chef \$3.00***

#### ***Pasta Bar***

Wednesday, March 21st  
Corkscrew Pasta with Marinara or Alfredo sauce with a meat-ball, garlic broccoli, Vienna bread, and Limon cello cake.



#### ***French Crepes***

Wednesday, April 4th  
Turkey, spinach and Swiss cheese crepes with creamy mushroom sauce, wild rice pilaf, peas and asparagus, parker house roll and Boston cream pie.

### ***Monthly Special Lunch \$2.00***

#### ***St. Patrick's Day Special***

Thursday, March 15th  
Corned Beef with cabbage, carrot, turnip, potatoes, Irish soda bread and Crème de menthe bars.



#### ***Spring Celebration***

Thursday, April 19th  
Seafood bake with Béchamel Sauce, cheddar cheese, bread crumbs, zucchini and summer squash blend, pull apart roll, strawberry mousse with whipped cream.

***CLOSED***

***PATRIOT'S DAY***

***April 16th***



### **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

### **Art Classes**

#### **Drawing & Painting from Nature**

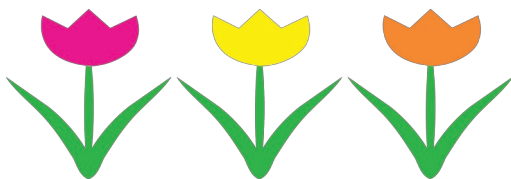
Tuesdays, March 20-May 8th, 1:30-3:30PM.

Carla Mattioli will teach you to let go of your fear to draw and paint and to deepen your imagination in the world of color! Enter the living world of color through guided watercolor and nature drawing exercises designed to enhance your perception and creative imagination. Beginners welcome. Cost is \$80.00/8 weeks. Payment is due when registering.



#### **Colorful Painting**

Wednesdays, March 28th-May 16th, 1-3PM. Elizabeth Harty will teach you techniques to create colorful compositions with acrylics, graphite and collage. Class sessions will help students simplify and clarify what is important. Have fun exploring color and mark-making. Cost is \$80.00/8 weeks. Payment is due when registering.



### **Memorial Gifts Made to "Friends of the Rockport COA"**



Donations were received from:

Carol Schaefer Judd

Ellen & Chris Velline

In Memory of Edward Conway:

Sue Conway Solomon

Shirley Conway

### **North Shore VNA Nurse**

The nurse will be at the Senior Center on the 2nd Thursday of each month from 9:30-11:30AM. She is available to check your blood pressure, do diabetes and cholesterol testing, and answer your health care questions. No appointments are necessary.

### **Canasta**

Wednesdays, 1-3PM. If you are interested in playing or learning how to play Canasta, please join in the fun. New members are always welcome.

### **Ping Pong**

Thursdays, 2-3:30PM. Everyone is welcome to come join in the fun. We are looking for a volunteer to set-up and take down the Ping-Pong table each week.

### **Button Cell Batteries**

By recycling your button cell batteries here and at the Transfer Station, you help support the Senior Center. You find them in hearing aids, watches, calculators, toys and other small electronic items.

**The Rockport Council on Aging would like to thank**

**Addison Gilbert Hospital for sponsoring the printing of our newsletter.**

ROCKPORT COUNCIL ON AGING  
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ROCKPORT, MA 01966

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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 the Senior Center for an appointment, 978-546-2573.

**Representative from Senator Bruce Tarr's Office**

Constituent Services and Community Outreach Advisor, Dick Curran has office hours at the Senior Center once a month to address any issues for which you may need help. No appointment is necessary. He will be here on Wednesdays: March 7th and April 11th from 11AM-12PM. The computer room will be closed during this time.

**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. 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 or at the Mobile Market.

**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**