



NEWS ON BROADWAY

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



MAY-JUNE 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

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

Friday

Strength & Balance

9-10AM

Yoga

11:30AM-12:30PM

Exercise classes are

\$4.00 for age 60+



Rockport COA Honored for Innovative Senior Program

The Rockport Senior Center has been recognized by the National Council on Aging National Institute of Senior Centers with a 2017 Programs of Excellence Award for their Lucky Duck Race Fundraiser. The Rockport Senior Center was one of sixteen programs honored with the annual recognition for innovative, creative, and replicable programs for older adults. "Rockport Senior Center is an important destination for older adults in the Town of Rockport, and we work hard to keep our programs fun and educational for our members," said Diane Bertolino, Director. "We are honored to receive a NISC Programs of Excellence Award, and hope that other senior centers across the country will be able to replicate the Lucky Duck Race Fundraiser to benefit their members."

Hearing and Brain Fitness: Better Health through Brain Hearing

Monday, May 21st, 12:30-1:30PM. May is *Better Hearing Month*. Attend this event to learn about the human hearing system, your brain, and how you can keep your brain sharper through hearing. Free hearing screenings will be offered after the presentation. We will answer your questions about hearing aids and explain the role of aural rehabilitation and brain fitness in hearing health. Beauport Hearing Care takes a more holistic approach, good nutrition and exercise matter as well. Better hearing is not just about hearing aids! Please call to register. There will be door prizes and gifts too!

Veterans Breakfast

Tuesday, May 22nd, 8:30AM. We will be serving freshly made breakfast sandwiches along with a fruit cup, coffee and juice. Adam Curcuru, Director of Veteran Services will be here to discuss programs that are available. Please call to register by Thursday, May 17th. All Veterans are welcome.



Lobster Roll Luncheon

Tuesday, June 5th, 12PM. Ed Conway always enjoyed his time at the Senior Center with his many friends, especially at the lobster roll luncheons. Donations were received in his name and a free luncheon in his memory will be held. Space is limited. Rockport residents have first preference. After May 17th it will be open to others. Lunch is to be enjoyed here at the Senior Center.

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, 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 unless otherwise noted.**

Day Trips

The Hall at Patriot Place

Wednesday, May 16th, 9AM. Let's visit the home of our five-time Superbowl Champions in Foxboro, MA. We will begin the day with time to eat lunch and shop on your own at Patriot Place. Patriot's Place features more than 1.3 million square feet of shopping, dining and entertainment. We will then meet for an afternoon visit and tour of the Hall at Patriot Place. Return home approximately 5PM. \$45.00 per person includes admission and transportation.

Kennebunkport, ME

Wednesday, June 13th, 10AM. We will travel to Kennebunkport, ME. Our first stop will be lunch at Warren's Lobster House in Kittery. 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. You'll hear about the seaside Franciscan Monastery and the legend of the elegant Wedding Cake House and the shipbuilding history of these villages. After the tour we will have free time to shop in Kennebunkport. Includes roundtrip transportation, guided tour and lunch. Return time home is approximately 7PM.

Nantucket Daytrip & Tour

Wednesday, August 15th. Once we arrive in Hyannis we will board the ferry to Nantucket. We will take a narrated tour of Nantucket, after that we will 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.

Plymouth Trolley Sightseeing Tour

Wednesday, September 19th. 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. Before we hop on the trolley tour, we'll visit the Mayflower Society House. Today's lunch will be at the Waterfront Bar & Grill. \$85.00 per person.

For more information on the following trips, contact the office, 978-546-2573.

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|-------------------------------------------|----------------------------|
| <i>White Mountain Foliage Tour</i> | <i>October 10th</i> |
| <i>Shopping Trip to Outlets</i> | <i>November</i> |
| <i>Edwards Twins Holiday Show</i> | <i>December 4th</i> |

Duck Race Fundraiser



Saturday, June 9th, 11AM.

The Friends of the Rockport COA will be having their annual fundraiser at Millbrook Meadow on Beach Street. Hundreds of plastic ducks will race down the meadow to the finish line. Will your duck be the lucky duck winner this year? The money earned from this fundraiser assist with the cost of activities and programs here at the Senior Center. Tickets are available for \$5.00 each at the Senior Center or by calling Faith, 978-546-7333. This is an National award winning program.

Elder Abuse Awareness Day

Thursday, June 14th, 10AM-12PM

Join us at Five Corners

***Sponsored by the Rockport Police,
Rockport COA & SeniorCare***

Attorney Advice

1st Thursday Every Month

15 Minute Consults 9:30-11AM

Attorney Troy M. Sullivan, an estate planning and probate attorney will be available to meet with you briefly to discuss your legal concerns and help guide you in the right direction. Call for an appointment. *The computer and fitness room will be closed during this time.*

Home Modification Loan Program

Home Modification Loan Program is a state funded lending program that provides loans to home-owners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities. This program is not a repair program. Some examples of projects funded through HMLP include ramps and lifts, hardwired alarm systems, fencing, sensory spaces, accessory dwelling units, and bathroom and kitchen adaptations. The applications and more information can be found at: cedac.org/hmlp or by contacting Susan Gillam at 1-866-500-5599.

Birthday Party

Thursday, May 31st, 12:30-1PM. If you are 70+, come celebrate your May and June birthdays with us. We will be enjoying cake, ice cream and a free raffle. Bob Wech will play the piano. Please RSVP.

AGH Supper, Dine & Learn

The Senior Suppers at Addison Gilbert Hospital will meet on Wednesday, May 30th and June 27th from 4:30-6PM. 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.

Movies

Tuesdays 1:30PM

May 1st

No Movie Today

May 8th

Just Getting Started

May 15th

No Movie, (Voting is Here)

May 22nd

Jumanji

May 29th

Daddy's Home 2

June 5th

Central Intelligence

June 12th

The Commuter

June 19th

The Post

June 26th

The Greatest Showman

May is Older Americans Month

The 2018 theme for Older Americans Month is *Engage at Every Age*. This emphasizes that you are never too old to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness by coming to some of the activities at the senior center such as exercise classes, art, card games, bingos and volunteering. These are just a few examples of what being engaged can mean. No matter where you are in life, there is no better time than now to start!

Transfer Station & Parking Stickers

Tuesday, May 1st, 1-4PM and May 8th, 12:30-3:30PM. Do you need help applying for your transfer station and parking sticker.? If so, call for an appointment at the Senior Center.

Charlie Cards

Monday, May 14th, 1-2PM. CATA will be taking applications for the Senior Charlie Card. Cost is \$3.00. To participate you must be at least 60 years old and bring a government issued ID that has your birthdate on it. With this card, seniors receive a discount on the CATA and MBTA's public transportation system. No registration is necessary.

Honoring Choices

Honoring Choices Massachusetts is a consumer oriented non-profit organization focused on the rights of every adult to direct their health care choices and make a plan to receive the best possible care that honors their values and choices, all through their lives. Everyone can download free, Massachusetts-based health care planning information and tools to make their own health care plan. The website is www.honoringchoicesmass.com

**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. They cannot be brought home. 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

American Carvery

Wednesday, May 23rd

Roast Beef, gravy, baked potato/sour cream, whole buttered green beans, pound cake w/mixed berry sauce and Parker House rolls.



Summer Sundae Bar

Wednesday, June 27th

Chocolate or vanilla ice cream, hot fudge or strawberry sauce, whipped topping, sprinkles, crushed Oreos and cherries. This will be served after regular lunch.

Monthly Special Lunch \$2.00

Mother's Day Special

Thursday, May 10th

Broccoli & Cheese stuffed chicken breast, baby carrots with fresh dill, Au Gratin potatoes, strawberry shortcake, multigrain bread.



Father's Day Special

Thursday, June 14th

BBQ Ribs, macaroni & cheese, baked beans, peach & blueberry crisp with topping, white dinner roll.



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 Class

Out Into Nature: Spring Into Summer Drawing & Painting Class

Tuesdays, May 29th-July 3rd, 1:30-3:30PM. Taught by Carla Mattioli, M.A. Explore the drama of light, darkness and color as revealed in and through the four elements of nature: earth, water, air and warmth. We will visit a garden of a friend in the class and spend time drawing and painting from nature using pastels and wet on wet watercolors. Beginners are welcome. 6 weeks/\$60.00. Payment is due when registering.

Landscape Painting

Wednesdays, May 23rd-June 13th, 12:30-2:30PM. Taught by Elizabeth Harty. This class will focus on a loose and expressive approach to landscape painting using watercolor, acrylic and graphite. Topics will include the basics, strong composition, color mixing, brushwork, contrast, color and design. Demonstrations and critiques will be offered. We will work from photographs and nature. Enjoy bringing your own unique style to your art. All levels are welcome. 4 weeks/\$40.00. Payment is due when registering.

Memorial Gifts Made to "Friends of the Rockport COA"



Donations were received from:

David & Enid Wise

Janet Rainier

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.

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 Senior Center will not
have activities except for lunch
on the following dates:***

Tuesday, May 1st &

Tuesday, May 15th

***We will be closed on
Monday, May 28th
Memorial Day***

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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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: May 7th and June 11th from 11AM-12PM.

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