

**Yoga is back!** A new class has started and we are looking for you to join in. All ages are welcome. Both Chair and Floor Yoga are being taught. Classes are held on Wednesday at 10:00 AM at the Essex Senior Center on Pickering Street. Cost is only \$ 5.00 per class.



No sign up required, just show up Wednesday Mornings at 10:00 AM  
Call Evelyn Hickey for information 978 768 7901

### Lunch at the Windward in Essex on May 12, 2011 \$ 13.00 (AI)

The Windward Grille, one of the premier eating establishments in Essex, is nestled in the historic ship building town of Essex, 26 miles North of Boston, MA. Come dine in the warmth of an Old New England Farmhouse, built in 1680. The main house is over 300 years old. The reconstructed New England barn is an elegant bar and lounge area with dining in the loft above. We will meet at the Windward at noon!

For more information call Arlene Pizzo at 978 768 6947 or Rosemarie Carr at 978 768 7103

Sign up at the Center in person or call 978 768 7932 and request to be added to the list.

### DI BURRO'S IN HAVERHILL – MAY 25, 2011.

#### TRANSPORTATION, LUNCH AND ENTERTAINMENT.

#### ALL INCLUDED IN THE PER PERSON COST OF ONLY \$ 50.00.

**Featuring the "Shaw Brothers"** who accompany themselves on a variety of instruments, serve up their own unique blend of traditional and contemporary music interspersed with humor, poems and stories. With their delightful wit and easy charm, they establish a quick rapport with audiences of all ages. The result is entertainment at its best.

For more information call Arlene Pizzo at 978 768 6947 or Rosemarie Carr at 978 768 7103

Sign up at the Center in person or call 978 768 7932 and request to be added to the list.

#### Sign up for 1 or more of the 3 most easily forgotten programs:

#1:

**Birthday Party on May 13<sup>th</sup> at 1:00PM.**

That's the second Wednesday of the month. Come on down!

#2:

**Gentleman's B'fast. May 11<sup>th</sup> at 8:30AM.**

That's the second Monday of the month. Come on down gents!

#3:

**SeniorCare Luncheon May 7<sup>th</sup> at noon  
May 21<sup>st</sup> at noon.**

That's the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays.

## MAY 2011

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| 2   | 3   | 4  | 5   | 6   |
| Walking group<br>at 9:30 AM<br>Senior Club<br>at 12:15 PM     | YMCA<br>at 11:00 AM<br>Sew & Sew and Crafts<br>at 12:15 PM<br>Collage Course at<br>at 12:30 PM<br>PM Knitting<br>at 7:00 PM   | Yoga<br>at 10:00 AM  | Podiatrist<br>at 9:00 AM<br>YMCA<br>at 11:00 AM<br>SeniorCare Lunch<br>at 12:00 PM              | Van to Market Basket<br>at 10:00 AM<br>Line Dancing<br>at 11:00 AM<br>Game Day<br>at 12:15 PM |
| 9   | 10  | 11   | 12  | 13  |
| Gent's Breakfast<br>at 8:30 AM<br>Walking group<br>at 9:30 AM | Council on Aging<br>at 9:30 AM<br>YMCA<br>at 11:00 AM<br>TRIAD<br>at 11:00 AM<br>Sew & Sew & Crafts<br>at 12:15 PM<br>Collage at Studio<br>at 12:30 PM<br>PM Knitting<br>at 7:00 PM | Yoga<br>at 10:00 AM<br>Birthday Party<br>at 1:00 PM                                    | YMCA<br>at 11:00 AM<br>Windward Grill<br>at 12:15 PM  | Line Dancing<br>at 11:00 AM<br>Game Day<br>at 12:15 PM  |
| 16  | 17  | 18   | 19  | 20  |
| Walking group<br>at 9:30 AM<br>Senior Club<br>at 12:15 PM     | CATA Bus to the<br>at 10:00 AM<br>YMCA<br>at 11:00 AM<br>Sew & Sew and Crafts<br>at 12:15 PM<br>Collage at Studio<br>at 12:30 PM<br>PM Knitting<br>at 7:00 PM                       | Past Times<br>at 10:00 AM<br>Line Dancing<br>at 12:45 PM                               | YMCA<br>at 11:00 AM<br>Blood Pressure<br>at 11:00 AM<br>SeniorCare Lunch<br>at 12:00 PM         | Van to Market Basket<br>at 10:00 AM<br>Game Day<br>at 12:15 PM                                |
| 23  | 24  | 25   | 26  | 27  |
| Walking group<br>at 9:30 AM<br>MOVIE<br>at 12:15 PM           | YMCA<br>at 11:00 AM<br>Sew & Sew and Crafts<br>at 12:15 PM<br>Collage at Studio<br>at 12:30 PM<br>PM Knitting<br>at 7:00 PM   | Yoga<br>at 10:00 AM<br>Di Burro's (trip)<br>at 10:30 AM<br>Line Dancing<br>at 12:45 PM | YMCA<br>at 11:00 AM   | Game Day<br>at 12:15 PM   |
| 30  | 31  | 1  | 2   | 3   |
| Walking group<br>at 9:30 AM                                   | Friends of the C.O.A.<br>at 9:00 AM<br>YMCA<br>at 11:00 AM<br>Sew & Sew and Crafts<br>at 12:15 PM<br>Collage at Studio<br>at 12:30 PM<br>PM Knitting<br>at 7:00 PM                  | Yoga<br>at 10:00 AM  | YMCA<br>at 11:00 AM<br>SeniorCare Luncheon<br>at 12:00 PM<br>Webelos - Jim Albani<br>at 3:00 PM | Van to Market Basket<br>at 10:00 AM<br>Line Dancing<br>at 11:00 AM<br>Game Day<br>at 12:15 PM |

# The Essex Senior Echo

Essex Senior Center  
17 Pickering Street  
Essex, MA 01929

Telephone 978 768 7932

MAY 2011

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**It's election time** for the following three organizations: The Council on Aging and TRIAD in May and the Friends of the Council on Aging in June. Nomination Committee Reports are due and nominations from the floor are in order. Voting also takes place at the meeting.

**Part Time Van Driver Funding** is to be included in the COA budget for Fiscal Year 2012. The need for a part time driver has become obvious with the increased demand for the services of our new van. We are thankful to the Finance Committee and the Selectmen for recognizing our need. Thanks also go to our wonderful volunteer drivers George Harvey and Keith Symmes. Thanks also to Evelyn Hickey for the transportation scheduling she has done. Plans, schedules and procedures have yet to be established for this new service. Hopefully, it will insure Essex elders' availability for transportation within and beyond the Town of Essex.

**April COA Meeting in April** included a visit by representatives of SeniorCare including: President Tom Tanous, Executive Director Kay Beirwiler, Home Care Manager, Scot Trenti, and SeniorCare Treasurer, Cindy Cameron. Police Chief Peter Silva was represented by Essex Police Officer Rob Gilardi.

SeniorCare, Inc. is a Massachusetts Aging Services Access Point (ASAP). In this capacity it's a one-stop portal for elder services or information in our area. SeniorCare can help with any aging related question you may have call 978-282-1570 or 866-927-1050. (This is an important contact to remember – take advantage of it!) SeniorCare, Inc. has an area of responsibility including Essex, Beverly, Gloucester, Manchester-by-the-Sea, Rockport, Hamilton, Ipswich, Topfield, and Wenham.

## Essex Council on Aging

Robert Cameron, Chairman

Marlene Sanders, Vice Chairman

Priscilla Doucette, Secretary

Thayne Symmes, Treasurer

Keith Symmes

Harold Addison

Effie Andrews

Walter Andrews

Rosemarie Carr

Arlene Pizzo

Gloria Story.

## Friends of the Essex COA

Arlene Pizzo, President

Evelyn Hickey, Vice President

Ellen Hull, Secretary

Cynthia Cameron, Treasurer

## Essex TRIAD Council

Evelyn Hickey, Chairman

Rosemarie Carr, Vice Chairman

Robert Cameron, Secretary

## Senior Citizens' Club

Gloria Story, President

Nancy Paone, Vice President

Evelyn Hickey, Secretary

Rosemarie Carr, Treasurer

A publication of the Essex Council on Aging and the Friends of the Essex Council on Aging. It is supported, in part, by funding provided by the Mass Executive Office of Elder Affairs (EOEA).

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ESSEX, MA.

**The Essex Senior Echo**  
17 Pickering Street – Essex, MA 01929  
**MAY 2011**

## TRIAD Council's "CHINESE LUNCHEON" will be held on JUNE 10<sup>TH</sup> at the Essex Senior Center at 11:00AM

**No Charge for this Program! - Reservations are Limited! Signing up is required!**

To sign up, either visit or call the Center at 978 768 7932 and get your name on the "Chinese Lunch List".

**A FREE RAFFLE** of a fully equipped "grab and go" bag (ready to receive your personal emergency supplies) will be won by a lucky participant. This gift has been graciously donated by John Russell of the Essex County Sheriff's Department. The Essex Health Department developed this bag and in case you don't win the raffle, these bags can be purchased from them. Call 978 768 7614 for price and availability.

**This TRIAD luncheon** was announced at the April TRIAD meeting by Essex Police Chief Peter Silva and TRIAD Chair Evelyn Hickey. Essex County Sheriff's Assistant Superintendent Jason Ebacher will speak on the importance of having a Power of Attorney and Health Care Proxies. Photo identification will be available for those who are interested in obtaining a photo IDs. A Fortune Palace Luncheon will follow the presentation.

## Seniors "rainy day success": a visit to the Museum of Fine Arts in Boston.

A total of eleven Seniors traveled by van to Boston's Museum of Fine Arts on Wednesday, April 14<sup>th</sup> to visit the new Art of the Americas wing, and the Museum's newest presentation, a display of glass art.

The "Art of the America's" wing is beautiful. The four levels demonstrated the art of North, Central and South America, from the 17 to the 20<sup>th</sup> century.

Glass Art by artist Dale Chihuly revolutionized the art of blown glass, moving it into the realm of large-scale sculpture and establishing the use of glass as a vehicle for installation and environmental art. This exhibition represents the artist's creative vision over the last four decades.

Connie Perrigo and Dot Presutti join others in enjoying the Art of the America's display at the MFA.

