

Essex Senior Echo

DECEMBER 2021/ JANUARY 2022

Holiday Greetings!

We wish you a joyous and festive holiday season! We are so grateful to be part of the Essex community and are overwhelmed by our selection as “Co-Employees of the Year” for the town of Essex! We are thrilled, and a tiny bit embarrassed, to receive such an honor and sincerely appreciate the recognition of our work.

That being said, we certainly don't do this alone!! The volunteer COA Board, led by Chairman Kay Joseph, Vice Chair Ralph Hawley, Treasurer Dick Denton, and Secretary Beverly Dolinsky, and Dawn Burnham, Priscilla Doucette, Millie Hamlen, Sue Lufkin, Susan Parady, Diane Polley, and Mary Wilhelm have been unwavering in their support, guidance, and many hours of work! Our board members represent the Council on Aging at a variety of town boards and projects, help plan and execute trips and events, and help keep our technology up to date! The Friends group, whose members and contributors are too numerous to mention, continues to provide support in innumerable ways and is vital to the success of many of our programs.

Many of you are probably familiar with our Front Desk volunteers ~ Caroline Craig, Dave Richardson, and Mary Wilhelm ~ we truly could not function without them and appreciate all they do to help create a welcoming environment for all! Our Grab 'n Go program provides a vital service to dozens of seniors every week ~ and every week the dynamic duo of Sue Lufkin and Sue Parady volunteer their time to distribute meals with a smile and warm greeting.

Sarah Williams volunteers as our Tech Guru on Tuesday afternoons to provide assistance with using and deciphering technology; Sally Rich is kind enough to offer Blood Pressure checks every month on Fridays before Mobile Market and the Balance in Motion class.

A team of volunteers ~ Dawn Burnham, Sara Richards, Sue Lufkin, Sue Parady, and Ann Buckley ~ make it all happen for our Mobile Market Grocery program! Dozens of seniors take advantage of this free program and our volunteers are the ones who organize it and make it an enjoyable, social experience for all...they even deliver!

We are incredibly fortunate for our volunteer class instructors ~ Dawn Burnham hosts the tasty and informative “Cooking for 1 or 2” program and Karen Birch teaches the fun dance class “Ol’ Soft Shoe”. Both instructors offer their unique gifts to our Essex seniors!

All our volunteers are gifts to us and the Senior Center!

We hope your holiday season is filled with the many gifts of our volunteers ~ time, talent, kindness, smiles, warmth, and laughter!

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

Hours of Operation:

Monday thru Friday
9:00 AM to 1:00 PM

Additional hours:
Tuesdays

1:00 PM to 5:00 PM
3:30 PM to 5:00 PM

Board Officers:

Chairman - Kay L. Joseph
Vice Chairman - Ralph Hawley
Treasurer - Dick Denton
Secretary - Beverly Dolinsky

Board Members at Large

Dawn Burnham
Priscilla Doucette
Millie Hamlen
Sue Lufkin
Susan Parady
Diane Polley
Mary Wilhelm

Council on Aging Staff:

Director: Kristin Crockett
kcrockett@essexma.org

Outreach Coordinator:
Tess Leary
tleary@essexma.org

Clerk: Kim Lufkin Williams
kwilliams@essexma.org

Follow us on Facebook!

Happy Holidays to you all ~ Kristin, Tess, and Kim

Social Services

OPEN ENROLLMENT IS HERE!

October 15 - December 7

MEDiCARE



There's only a few more days remaining! Have you reviewed your plan?

visit www.medicare.gov/find-a-plan

or call the Essex Senior Center and make an appointment with Kristin or Tess

2022 Medicare Premiums

On November 12, the Centers for Medicare and Medicaid Services announced the 2022 Medicare Parts A and B premiums, deductibles and coinsurance amounts, and the 2022 Part D income related monthly adjustment amounts. Most people with Medicare will see a 5.9% cost of living adjustment in their 2022 Social Security Benefits.

Most people with Medicare will pay the new premium amount because the increase in their benefit amount will cover the increase. However, a small number of people will see little or no increase and their Social Security benefit will stay the same. To qualify for the "Hold Harmless" provision, you must:

- Receive Social Security benefits or be entitled to receive them for Nov/Dec of the current year.
- Have your Medicare Part B premiums for December and January deducted from those benefits.

Hold Harmless Protections:

The hold harmless protection does NOT apply to you if :

- You enroll in Part B for the 1st time in 2022
- You pay an income-related monthly adjustment amount premium
- You are dually eligible for Medicaid and have your premium paid by a state Medicaid Agency (MassHealth)

2022 Medicare Premiums, Deductibles, and Coinsurance

Part A Hospital Days 1--60	\$1556 per benefit period
Part A Hospital Days 61-90	\$ 389 per day
Part B Monthly Premium:	\$170 (increase from 148.50)
Part B Annual Deductible:	\$233

AFFORDABLE HOUSING TRUST INFORMATION SESSION

DECEMBER 6 6:30PM - 8:00PM



Essex, through the Board of Selectmen and the Essex Housing Coalition (which is supported by the Citizens' Housing and Planning Association - CHAPA), is exploring the possibility of establishing a municipal affordable housing trust fund. You will learn what a housing trust fund is, how the fund functions and is managed, and the types of activities a trust can engage in. Examples from other Massachusetts communities will also be shared. The forum will be led by personnel from the Massachusetts Housing Partnership (MHP).

This is a REMOTE information session. We will provide access at the Essex Senior Center for those who do not have the ability to connect at home. Please RSVP if interested in participating at the Center.


<https://join.freeconferencecall.com/bzubricki> on-line meeting ID is bzubricki.

You should be joined in mute mode. However, if that is not the case, please click on the audio icon to mute your microphone. You can choose to activate your camera to show yourself, or not. The camera should be off, by default, when you join.

Social Services

Account Takeover Text Scams

Scammers are sending fake text messages alleging there's big trouble with your internet account, a credit card, bank account or shopping order on Amazon. They want you to click on links and provide personal info.

 **The Scheme:** The urgent-sounding text message may have a real-looking logo. "People don't expect scammers to use text messages, so they're more likely to click," Moore says.

How to Avoid: Remember, don't click on links in emails and texts that you haven't asked for. Call your bank or credit card company to check for a problem. Installing security software on your computer and keeping it updated is also crucial, says cybersecurity expert Brian Payne, of Old Dominion University in Norfolk, Virginia.

~ www.aarp.org "Top Scams Targeting Older Americans"

Eastern Essex Department of Veteran Services

Attention Veterans, Survive Doses, and families, come learn about Veterans' Benefits

Wednesday, December 15, 2021 at 10:00 am

Essex Senior Center
17 Pickering St
Essex, MA 01929

Topics covered include:

Local Benefit Chapter 115 for low-income Veterans & Surviving Spouses; Service-Connected Disability Claims; VA benefit Aid & Attendance; Welcome Home Bonus; Agent Orange; and more (bring your DD214 with you)

Any questions please contact Karen Tyler kt Tyler@eessexvets.com (978)356-6699

Website: www.eessexvets.com

Activities and Special Events

BALANCE IN MOTION

back in person

WITH DIANNA

Tuesdays and Fridays

10AM

Get yourself movin' and groovin' with Dianna's full body workout that will improve your balance, your fitness, and make you smile!

Please consider making a donation for this class



Technology Help with Sarah



Is technology a mystery? Are you afraid you'll mess it all up? Do you wish you knew how to use Facebook or do you have questions about texting or sending email?

Sarah, a middle-schooler with rad tech skills, will be at the Senior Center to help you and answer your questions!

Tuesdays: December 7 & 14 January 11 & 25

3:30 - 5:00

(Please RSVP)

BOOK CLUB

Join us at 1:00 p.m. for a lively discussion about the current book of the month and other topics!

Tuesday, December 14th

"The 13th Gift" by Joanne Huist Smith

Tuesday, January 25th

The Book of Joy by His Holiness the Dalai Lama and Archbishop Desmond Tutu

Through the generosity of the Friends, there are multiple copies of each title available to borrow!



New members are always welcome - please join us!

New Art Class

Wednesday

December 17

11:00 A.M.

Interested in creating some take-home art made out of seaglass, or learning how to create fun designs using string and paint? Perfect for decoration, for fun, or as a gift for a friend or family member. No need to bring anything - all materials provided.

Please RSVP by December 12.

Space is limited to 10



WEDNESDAYS

3:30 P.M.

COOKING FOR 1 OR 2

December 1 - Lasagna for 2 with Garlic Bread, Cookies and freezing them

December 8 - Holiday Brownies Ricotta Dip, and Whoopie Pies

January 5 - Not Your Momma's Grilled Cheese, Hearty Soup, and Scones

January 12 - Mini Corn Dogs, Taco Squares



Activities and Special Events



Intergenerational Movie

Hamilton

Thursday, December 30, 1:00 PM

Bring your grandchildren to see the smash hit "Hamilton".

This sung-through musical is about the rise and fall of Founding Father Alexander Hamilton. It focuses on his immigrant roots, his quest to earn status on the battlefield, and later, helping to form the United States government. It's told from the perspective of Hamilton's lifelong rival, Aaron Burr.

2022 Trips

The Essex Council on Aging is excited to announce that we will be partnering with the Hamilton, Manchester-by-the-Sea, and Wenham Councils on Aging to offer a variety of trips throughout 2022! Trips will include local destinations such as the Cape Ann Museum and lunch (tentatively planned for February), as well as other destinations such as the Merrimack Outlets (tentatively planned for April). Keep your eye on the newsletter!

Neighborhood Knitting!



Join us on Thursday afternoons for a new knitting group!!

Stop by and socialize, bring your projects, get some help from experienced knitters, and make some nice items along with some nice friends!

THURSDAYS AT 4:00 PM
STARTING IN DECEMBER!

HOLIDAY DECORATING WORKSHOP

TUESDAY, DECEMBER 7

1:00 P.M.

Wear your jingle bells and join the fun while creating a holiday decoration for your home! Workshop is limited to 15 participants so please register in advance! This free event is sponsored by The Friends of ECOA

Cape Ann Museum Slow Art Tour

Join the Essex and Manchester Council on Aging for a private tour of the Cape Ann Museum.

Tuesday, December 14 ~ \$5.00 per person

Transportation available through Manchester COA.

Call 978-526-7500 to register

Around Town

Town of Essex Memory Tree Ceremony 2021.

Town Hall, December 16, 2021 ~ 6:30pm.

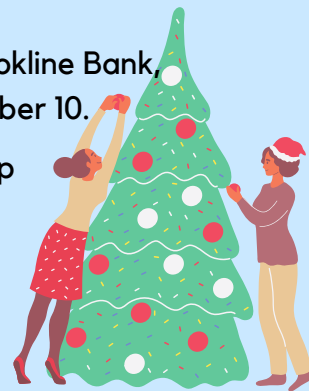
You may register those to be remembered by completing a form, available at Brookline Bank, Town Hall or The Essex Senior Center. The deadline for registration is December 10.

If you are not able to attend the ceremony on the 16th, you may pick up your ornament at the Essex Brookline Bank after the 16th.

Santa by Boat

Friday, December 17, 2021 ~ 5:00 p.m.

Thank you to the many volunteers to are working to ensure that these great Essex traditions continue!



Meet our 1st Responders

ESSEX FIRE CAPTAIN DAVID PEREEN

I am the owner of Pereen Plumbing, Plumbing Inspector in Manchester, Assistant Plumbing Inspector in Essex, and husband of Ruth Pereen, Chairman of the Essex Board of Selectmen.

I joined the Essex Fire Department in 1990 as a Firefighter/EMT. I worked my way through the ranks to Lieutenant of Engine 1. I was promoted to Captain of the Essex Fire Department in 2021. I have proudly served for 31 years and I look forward to another 9 years of service ~ my goal is to recruit and train the next generation of call firefighters to continue serving our beautiful town!

SERGEANT DANIEL BRUCE

I grew up in Essex with a large, extended family with numerous ties to the community. I graduated from Essex Elementary School and Manchester-Essex High School. I went to the University of Massachusetts at Lowell where I received my Bachelor's and Master's Degrees in Criminal Justice. I've been on the department since 2008, starting as a public safety dispatcher before becoming a Reserve Police Officer in 2009. From 2010 to 2013 I worked for the Town of Andover. In 2013 I became a full-time police officer for Essex, where I was assigned the night shift. I graduated the Reading Police Academy in 2015 and was the Assistant Accreditation Manager. I was promoted to one of two Sargent positions in 2019. I currently serve the Town of Essex as the Administrative Sergeant and Accreditation Manager and live in town with my beautiful wife and two children.

The American Legion, Post 3, Gloucester will again be delivering Holiday Dinners in Essex.

To order a meal or volunteer, please call 978-283-7117 and leave a message with your name address, phone number, and number of meals. You may also email: nestorlaw@aol.com.



Volunteer drivers and monetary donations are also needed.

Donations can be sent to:

American Legion, Post 3, PO BOX 122 Gloucester MA 01931



Friends of the Council on Aging

The Friends of the Essex Council on Aging is a private non-profit organization whose purpose is to financially assist the Essex Council on Aging in providing social services to residents over the age of 60 in Essex, and to do other things that necessarily render a service for the elderly residents of Essex. Please consider joining the Friends or making a donation!

MONTHLY MEETING:
December 14th and January 11th
3:00 PM

Dawn Burnham, President
Mary Wilhelm, Vice President
Ellen Hull, Secretary
Kay Joseph, Treasurer



FRIENDS OF ECOA HOLIDAY MEAL

It's that time of year for another wonderful holiday celebration with fantastic meals from your favorite Essex Restaurants!

THURSDAY, DECEMBER 9

Meal selections include your choice of
STEAK TIPS ~ BAKED HADDOCK ~ CHICKEN PICCATTA
served with either **CLAM CHOWDER** or **BEEF STEW**, **DINNER ROLL** and
EGGNOG BREAD PUDDING.

Pick-up will be available from 4:00-5:00 P.M.

Meal Cost: \$10.00 per Senior ~ Registration starts November 8

Essex Seniors and current members of the Friends of the ECOA can register for a holiday meal by calling the Senior Center (978-768-7932).

RESERVATIONS AND PAYMENT ARE DUE DECEMBER 6TH

Nutrition

Grab and Go

Grab and Go Meals are offered on Mondays and Thursdays at 12 Noon.

(January Menu not yet available!)

Please be sure to register for Grab and Go Meals by calling the Senior Center 2 business days in advance.

Mondays

DEC 6 Salisbury Steak, Mashed Potatoes, Carrots, Dessert
DEC 13 Eggplant Parmesan, Pasta with Sauce, Zucchini, Dessert
DEC 20 Mediterranean Chicken, Rice Pilaf, Carrots, Dessert
DEC 27 Swedish Meatballs, Pasta, Green Beans, Dessert

Thursdays

DEC 2 Hot Dogs, Baked Beans, Coleslaw, Apple Crisp
DEC 9 Breaded Chicken, Mac&Cheese, Collards, Corn Bread, Dessert
DEC 16 Glazed Ham, Potatoes, Green Beans, Cheesecake
DEC 23 Lasagna Marinara, Broccoli, Dessert
DEC 30 Chicken Pot Pie, Mashed Potatoes, Dessert

Meals on Wheels

The Meals on Wheels program is available to Essex Seniors. If you would like more information on Meals on Wheels, call Senior Care, Inc. at 978-281-1750

Breakfast/Brunch

Women's Winter Weather Watchers' Brunch ~ starting in January, one Tuesday each month we'll try to sneak in a gathering for fun, food, and friends!

Men's Breakfast will resume in 2022!

Mobile Market

The COA MOBILE MARKET, with the support of Open Door and Acord Food Pantries, is open to all seniors. Please let us know if you're planning on participating so we can plan accordingly. Delivery is available for seniors unable to attend the Market; pre-registration is required for delivery.

On designated Fridays, from 10:00-11:00, seniors come to the Senior Center and "go shopping" right here, choosing from a variety of fresh fruits and vegetables, dairy, protein, and snack items all provided by Acord and Open Door.

ESSEX COA MOBILE MARKET SCHEDULE:

FRIDAY, DECEMBER 10 and JANUARY 7 AT 10:00 A.M. (ACORD FOOD PANTRY)

FRIDAY, DECEMBER 21 (2:00 PM) and JANUARY 21 (10:00 A.M.) (THE OPEN DOOR)

For Your Health



Am I eligible for a COVID-19 booster shot?



Who?

Individuals **18+** who are fully vaccinated

When?

- At least 6 months after Pfizer or Moderna
- At least 2 months after J&J

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot



Vaccine Clinics:

Essex Town Hall
Thursdays 10:30 - 12:30

Hamilton Senior Center
Wednesdays 3:30-6:30

Ipswich, Our Lady of Hope
Mondays 2:00 - 4:00

Have you received your booster?

In Massachusetts, less than half of our vaccinated 65+ residents have received a booster doses. If you received your initial vaccine early on, you may have waning immunity. Schedule your booster today! There are more than 1,000 locations across the state!

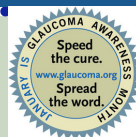
Older Driver Awareness Week

December 6-10

We all experience physical and mental changes as we age. Some may be so minor that we don't notice them, while others may interfere with daily life. These changes can impact our driving ability. Have you considered how a regular exercise routine can improve your driving?

- Strength Exercises like biceps curls and squats can help enhance a driver's strength - important for things like pushing on the brake pedal.
- Range of Motion is central to actions like putting on your seatbelt easily. Exercises like back stretches and heel drops can improve your range of motion.
- Flexibility is necessary for movements like getting in and out of your car easily. Consider exercises like chest and shoulder expansions and shoulder stretches.
- Coordination can help with the integration of movement in your upper and lower body, such as simultaneously braking and turning. Soccer kicks and lateral steps are good exercises for boosting your coordination.

Consider joining one of our fitness classes!



January 2022

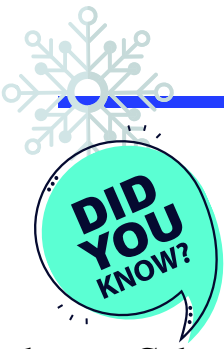
Glaucoma Awareness Month

National Glaucoma Awareness Month is an important time to spread the word about this sight-stealing disease.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve.

The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.



January 4 is National Trivia Day!

Nostalgic college students in the 1960s, along with others, began to informally trade

questions and answers about the popular culture of their youth. After writing trivia columns, Columbia University students Ed Goodgold and Dan Carlinsky created the earliest inter-collegiate quiz bowls that tested culturally (and emotionally) significant, yet virtually useless information, which they dubbed trivia contests. Trivia (Dell, 1966) was the first book treating trivia in the revolutionary new sense, authored by Ed Goodgold and Dan Carlinsky. This book achieved a ranking on the New York Times bestseller list.

Test your trivia knowledge with these trivia questions: **(answers can be found on page 1.)**

1. What does "www" stand for in a website browser?
2. How long is an Olympic swimming pool (in meters)?
3. What countries made up the original Axis powers in World War II?
4. Which country do cities of Perth, Adelaide & Brisbane belong to?
5. What geometric shape is generally used for stop signs?
6. What is "cynophobia"?
7. What punctuation mark ends an imperative sentence?
8. Who named the Pacific Ocean?
9. How many languages are written from right to left?
10. How many countries still have the shilling as currency? Bonus point: Which countries?
11. What is the name of the biggest technology company in South Korea?
12. Which animal can be seen on the Porsche logo?
13. Which monarch officially made Valentine's Day a holiday in 1537?
14. Who was the first woman to win a Nobel Prize (in 1903)?
15. The first dictionary was written by?
16. What is a group of flamingos called?
17. What is the name of the largest ocean on earth?
18. Demolition of the Berlin wall separating East and West Germany began in what year?
19. Who was the first woman pilot to fly solo across the Atlantic?
20. What is the least common color of M&M?
21. What was the first toy ever advertised on Television?
22. In which city was Anne Frank's hiding place?
23. Which Disney film features the song "When You Wish Upon a Star"?
24. Which bone are babies born without?
25. Who invented scissors?

Transportation

Transportation for Essex seniors is provided through CATA for \$2.50 fare. Please call to schedule your ride by 1pm at least 2 BUSINESS days before your appointment.

TRANSPORTATION IS AVAILABLE MONDAY – FRIDAY, TO AND FROM THE FOLLOWING COMMUNITIES:

***ROCKPORT *GLOUCESTER *MANCHESTER *ESSEX *IPSWICH *HAMILTON
*WENHAM *BEVERLY *PEABODY *SALEM *DANVERS**

To schedule an appointment for Monday, call by 1pm Thursday

To schedule an appointment for Tuesday, call by 1 pm Friday

To schedule an appointment for Wednesday,, call by 1 pm Monday

To schedule an appointment for Thursday, call by 1 pm Tuesday

To schedule an appointment for Friday, call by 1pm Wednesday

Participation in transportation services requires a one time registration. Forms are available at the Essex Senior Center.

CATA: 978-283-7916

Manchester Council on Aging: 978-526-7500

Other transportation options may be available for medical appointments. For more information contact:

Senior Care Medical Transportation

978-281-1750

Cape Ann Virtual Senior Center

Cape Ann Museum Slow Art Tour

December 14



Join the Essex and Manchester Council on Aging for a private tour of the Cape Ann Museum.

\$5.00 per person

Transportation available through Manchester COA. Call 978-526-7500 to register

DON'T FORGET

The Cape Ann Virtual Senior Center has a variety of programming options on Channel 67

Council on Aging *Essex*

17 Pickering St
Essex MA 01929

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ESSEX, MA.

RETURN RECEIPT REQUESTED

A monthly publication from the Essex Council on Aging,
supported in part by the Mass. Executive Office of Elder Affairs.

25.Leonard Da Vinci 24. Kneecap 23.Pinocchio, 22.Amsterdam, 21.Mr.
Potato Head, 20.Brown, 19.Amelia Earhart, 18.1989, 17.Pacific
Ocean,16.Flamboyance of flamingos, 15.Robert Cawdrey, 14.Marie Curie,
13.Henry VIII, 12.Horse, 11.Samsung, 10.Four, Kenya, Uganda, Tanzania,
and Somalia, 9.12, 8.Ferdinand Magellan, 7.A period or exclamation point,
6.Fear of dogs, 5.Octagon, 4.Australia, 3.Germany, Italy, and Japan, 2.50
meters, 1.World Wide Web

Check out what's happening!

- Memory Tree Celebration is back!
- Slow Art Museum Tour at the Cape Ann Museum for Essex and Manchester residents.
- Medicare Open Enrollment has only a few days left!

Newsletter Highlights:

- Meet some First Responders
- Friends Holiday Meal info
- Holiday Decorating Workshop
- Test your Trivia Knowledge
- New Art Class December 17



December 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 3:30 Cooking for 1 or 2</p>	<p>2 12:00 Grab 'n Go 4:00 Neighborly Knitting</p>	<p>3 9:30 Blood Pressure 10:00 Balance in Motion</p>
<p>6 12:00 Grab 'n Go 6:00 Affordable Housing Information Session</p>	<p>7 10:00 Balance in Motion 1:00 Arts and Crafts 1:00 HOLIDAY DECOR WORKSHOP 3:30 Teen Tech with Sarah 6:00 COA BOARD MTG</p>	<p>8 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 3:30 Cooking for 1 or 2 <i>Kristin Vacation</i></p>	<p>9 12:00 Grab 'n Go 4:00 Neighborly Knitting <i>Kristin Vacation</i></p>	<p>10 10:00 Balance in Motion 10:00 Mobile Market</p>
<p>13 12:00 Grab 'n Go 1:00 Senior Club</p>	<p>14 10:00 Balance in Motion 1:00 Book Club 3:30 Teen Tech with Sarah</p>	<p>15 10:00 VETERANS BENEFITS INFO 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753</p>	<p>16 12:00 Grab 'n Go 12:30 Veteran Office Hours 4:00 Neighborly Knitting Memory Tree</p>	<p>17 10:00 Balance in Motion</p>
<p>20 12:00 Grab 'n Go</p>	<p>21 10:00 Balance in Motion 1:00 Arts and Crafts @:00 Mobile Market</p>	<p>22 10:00 Fit over Fifty 11:00 DASH Diet Presentation 11:30 Bowling Cape Ann Lanes, 978-283-9753</p>	<p>23 12:00 Grab 'n Go</p>	<p>24 OFFICE CLOSED </p>
<p>27 12:00 Grab 'n Go</p>	<p>28 10:00 Balance in Motion 1:00 Arts and Crafts</p>	<p>29 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753</p>	<p>30 12:00 Grab 'n Go 1:00 Bring the Grandkids to our Intergenerational Movie "Hamilton" 4:00 Neighborly Knitting</p>	<p>31 OFFICE CLOSED </p>



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 2022



3 12:00 Grab 'n Go 1:00 Senior Club	4 10:00 Balance in Motion 1:00 Arts and Crafts 3:30 Teen Tech with Sarah 6:00 COA Board Meeting	5 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 3:30 Cooking for 1 or 2	6 9:00 Activity Planning Meeting 12:00 Grab 'n Go 1:00 Trivia 4:00 Neighborly Knitting	7 9:30 Blood Pressure 10:00 Mobile Market
10 12:00 Grab 'n Go	11 10:00 Balance in Motion 1:00 Arts and Crafts 3:00 ECOA Friends Mtg	12 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 3:30 Cooking for 1 or 2	13 12:00 Grab 'n Go 4:00 Neighborly Knitting	14 10:00 Balance in Motion Cape Ann Museum Slow Art Tour
17 12:00 Grab 'n Go 1:00 Senior Club	18 10:00 Balance in Motion 11:00 Ladies Brunch 1:00 Fall Workshop 3:30 Teen Tech with Sarah	19 10:00 Fit over Fifty 11:00 Nutrition Presentation 11:30 Bowling Cape Ann Lanes, 978-283-9753	20 12:00 Grab 'n Go 12:30 Veteran Office Hours 4:00 Neighborly Knitting	21 10:00 Balance in Motion 2:00 Mobile Market
24 12:00 Grab 'n Go	25 10:00 Balance in Motion 1:00 Book Club 1:00 Arts and Crafts	26 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753	27 12:00 Grab 'n Go 4:00 Neighborly Knitting	28 10:00 Balance in Motion
31 12:00 Grab 'n Go				