

The Essex Senior Echo

February 2019

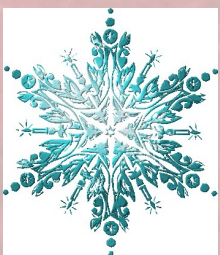
Walking home from school as an 9 year old girl, I could see her big, blue Cadillac parked in the driveway. "Nana Bea" was here! She lived down on the South Shore, and it was always exciting when she would make the drive to come and stay with us. Somedays it was just a few days, other times it could be a week or two. Our days would include playing the three special games she kept had in the trunk of the Blue Caddy, many sing-a-longs, and lots of laughter. When my kids ask about my Nana Bea, they are often perplexed about why she would stay over. It's hard for them to understand why she would need to stay; it's only an hour and a half drive, something we've done for a sports game only to return home at the end of it. It's hard to explain to them how we simply weren't as dependent on our cars back then, or how GPS, Siri and even Yahoo maps didn't exist.

According to AAA, today, the average American spends 17,600 minutes driving each year compared to 7,957 minutes per year in 1980 (according to USDOT). So much has changed just in these 40 years, especially for those over the age of 60! Driving down the road today there are more cars and traffic to contend with, flashing signs everywhere, drivers watching their GPS or talking on their phones, and fiddling with fancy computerized dashboards. The changes on the road impact more than just drivers, it also impacts pedestrians, bikers, and passengers. For those of us that are no longer driving, there are now a variety of transportation programs. Michele Ellicks, from the Registry of Motor Vehicles will be joining Police Chief Silva at the Essex Council on Aging for the Annual Police Luncheon on February 12. Presentations will be at 11AM, with lunch to follow at 12 Noon. Lunch will be provided by the Village Restaurant.

INCLEMENT WEATHER POLICY

If Manchester-Essex Schools have a delayed opening, or are closed, the Essex Senior Center will also be closed.

Please be sure to RSVP so we can contact you with cancellations.



Cancellations by Beaufort and CATA will be managed by them directly. Number can be found for each agency in this newsletter.

Parking Reminder:

The Town of Essex Parking ban takes effect December 1. There is no parking on any street from midnight through dawn, with the exception of Pickering St. (Eastern side)

Unfortunately, parking at the Senior Center can be difficult.

Please be courteous to our neighbors and do not block driveways, - some are not paved.

Thank you for your consideration.

Council on Aging Board :

Chairman
Michele French
Vice Chairman
Ralph Hawley
Secretary
Priscilla Doucette
Treasurer
Kay Joseph
Members at Large
Nancy Beattie
Susan Gould-Coviello
Millie Hamlen
Patricia McGrath
Mary Wilhelm

Council on Aging Staff Members:

Director
Kristin Crockett
kcrockett@essexma.org

Outreach Coordinator
Tess Leary
tleary@essexma.org

And a big thank you to our many volunteers!

Senior Center Regular Hours of Operation:

Monday—Thursday
9 AM to 1 PM
Friday
9AM to 12PM

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

Social Services

Circuit Breaker Informational Session

Rose Baker Senior Center

Thursday, February 21: 10:00 am

Do You Qualify for a Tax Credit and May not be Aware?

Sponsored by Senator Bruce Tarr:

Mr. Brian Lynch, Department of Revenue, will offer a session at the Gloucester Council on Aging/Rose Baker Senior Center, Thursday, February 21, 2019, 10:00—11:00 am, and discuss the Senior Circuit Breaker Tax Credit that is available to qualifying Massachusetts residents who are age 65 and over.

Discussion will include eligibility and qualifying criteria, how to calculate one's CB Credit amount, and how to file and receive the refundable credit from the Commonwealth through the Massachusetts Department of Revenue.

Cape Ann seniors are invited to attend.

Following the presentation, a Soup and Salad Bar (without reservation) and a complete Nutrition Program meal (RSVP required) is being offered without charge. We will appreciate receiving a count for those attending the luncheon.



There are a number of scams out there that target seniors, and unfortunately Essex Residents are not immune! Just last month we were contacted by a resident who received a call from "Medicare" looking to verify her new card number. Fortunately, this resident did not give out any information, but the scammer also began asking specific questions about neighbors. Medicare, the IRS, Social Security will NOT contact you by phone for any reason. Do not give out any information. Typically, they are looking for

- Your birth date.
- Your birthplace.
- Your Social Security or you Medicare number.
- Your mother's maiden name.
- Either your entire credit card number, or the last eight digits of the number.
- Your bank account numbers.

Never give any information to someone who calls you. If you believe you've been victim to a scam such as this, please contact the Essex Police Department.

Property Tax Resources

Circuit Breaker Tax Credit: As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. Whether you own or rent your home (Public housing residents are not eligible). Your refund is determined based on a comparison of 10% of your income and your property taxes, or 25% of your rent. The maximum credit amount for tax year 2018 is \$1,100. To apply, complete Mass Form 1.

Property Tax Exemptions:

You must meet certain ownership and domiciliary requirements in addition to those listed.

For more information see Kristin or Tess at the Essex Senior Center, or Brenda at the Assessor's Office

Blind Exemption: Clause 37A
\$500.00

You must have a current Certificate from the Mass. Commission for the Blind.

Senior Exemption: Clause 41C
\$500.00

You must be 70 or older. Income must not exceed \$15,905 (Single) or \$18,351 (couple). Assets must be below \$34,254 (single) or \$36,703 (married)

Veteran's Exemption: Clauses 22, 22A-F
\$400 to full exemption

The applicant must have a 10% or greater service connected disability. Exemption amount is dependent on disability rating.

Property Tax Deferral

You may defer up to 50% of you property taxes if you are over age 65 and have an income less than \$20,000. Interest rates do apply and the taxes are due when you are no longer eligible, sell the home, or pass away.

Social Services

Veteran's Coffee Social

We are excited to announce that the Essex Senior Center will be sponsoring a Veteran's Coffee Social, for veterans of **ALL AGES**.

Essex—Senior Center

17 Pickering St.

Wednesdays 9:00 AM

Beverly - Vittorri-Rocci Post 56

143 Brimbal Ave.

Saturdays 8:30AM—10:00AM

Gloucester -Veteran's Services

12 Emerson Ave.

Fridays 7:30AM—9AM

Rockport -American Legion

32 Beach St.

Saturdays 8:00 AM—10:00 AM

SAVE THE DATE: Saturday, February 9, 9AM

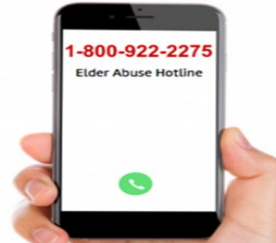
The Essex Veterans Association will be hosting an informal meeting at the Essex Fire Station. All Essex and other local veterans are welcome. Light refreshments will be served.

Fuel Assistance

Did you know that as many as 1 in 3 families living in Cape Ann may be eligible for fuel assistance? Action Inc.'s Fuel Assistance program is designed to help you pay your energy bills. This free, no-cost program is available to anyone who meets eligibility guidelines. All you have to do is apply.

Action Inc. will work with you to determine your eligibility for discounts on your gas, oil, electricity, and phone utility bills. Some participants may also be eligible for free weatherization, or energy efficient appliances and heating systems.

Call today at 978-281-3900 to see if you qualify.



REPORT ELDER ABUSE

1-800-922-2275

Operating 7 days a week 24 hours a day.

ESSEX COUNCIL ON AGING 100 CUPS OF COFFEE

Kristin and Tess plan to meet with
100 new faces for a cup of coffee
in 2019!



100 Cups of Coffee

Our new and exciting initiative at the Essex Council on Aging—100 Cups of Coffee—has officially begun. Over the course of the next year, it is our goal to meet with 100 Essex residents, businesses, and community groups for a cup of coffee and friendly conversation. You can come to us and see the center, or we can come to you. Kristin and Tess are both excited about this opportunity to get to meet new people, and help make better connections in this wonderful community!

Have you scheduled your cup of coffee?

Special Events



MADI GRAS

In celebration of Madi Gras Season, The Essex COA will be serving a traditional Pancake Dinner on Tuesday, March 5 at 12pm. RSVP by 2/28

SAVE THE DATE: SPECIAL MEALS

FRIENDS OF THE COA ITALIAN LUNCHEON 4/8

RED SOX OPENING DAY: 4/9

Intergenerational Movie: Small Foot

Tuesday, February 19

It's February School Vacation Week, and many of our grandchildren are around. Bring them down to the Essex Senior Center for popcorn and a movie.



Migo is a friendly Yeti whose world gets turned upside down when he discovers something that he didn't know existed -- a human. He soon faces banishment from his snowy home when the rest of the villagers refuse to believe his fantastic tale. Hoping to prove them wrong, Migo embarks on an epic journey to find the mysterious creature that can put him back in good graces with his simple community.

Book Club

There are few things more enjoyable than settling in with a good book and a cup of tea to wile away the winter hours... except maybe reading a great book and then gathering with friends for a lively discussion! Please join us for **BOOK CLUB** – bring your ideas and enthusiasm on

Tuesday, February 26 at 10:00 a.m.

Correction: This is a monthly group, not weekly as was indicated in the January Newsletter

Lunch and Learn

The Essex COA will be providing a speaker and lunch at least once each month. Typically these events will be on Thursdays, however due to scheduling availability, it may be a different day. We are always looking for suggestions, so if you'd like to learn more about something, or would like to present about something, please let us know!

**Tuesday, February 12:
11AM**

"Shifting Gears" at the Annual Police Luncheon

Driving today is not like it was even 15 years ago. More drivers are on the road, and more drivers are distracted. As we age, there are other changes that happen with our mobility, vision, hearing, etc. that impact our driving. The Essex Police Department and Michele Ellicks from the Registry of Motor Vehicles will here at the Annual Police Luncheon to discuss rules of the road, defensive driving, and safe driving tips for older drivers.

Thursday, March 14

**"Ireland to America"
Roger Ticknell
1:30PM**



Lunch will be served at 12:30

Irish and Irish-American sing-alongs, beautiful ballads, lively instruments, Irish Step Dancing and Spoon playing instruction as well!

Lunch will be a traditional St. Patrick's Day lunch.

**Thursday, March 21
"CBD Oil"**

Lunch: 12:00 Presentation: 1:00

Kurt Kalker, RN from Cape Ann Botanicals will be joining us and delivering an informational presentation about how CBD can be effective for a multitude of issues relating to quality of life.

As a practicing nurse for 25 years, he understands the health challenges facing the aging population. He encourages audience participation as he reviews the science and promising research around CBD and how it can be an effective alternative to pharmaceuticals for seniors.

Here's a sample of topics he will be discussing: •What is CBD and the science of how it works in the body •The benefits of CBD specifically for mood and mobility. •Studies about CBD effectiveness with Cancer, Dementia and Parkinson's.

For Your Health



YMCA of the North Shore

Corner Stone Program:

CORNER STONE PROVIDES...

- A complimentary Y membership to cancer survivors (those diagnosed within the past 5 years) and their families for one year (with extended options for those still receiving treatment).
- Access to all of our member benefits and specialized programs to help those with cancer and recovering from cancer build strength and a sense of community.
- A complimentary week of summer camp for all children in the family enrolled in the program.
- A schedule of special drop-in babysitting for parents who are currently in treatment.
- A non-clinical environment where you and your family can feel comfortable and supported.

For more information, please reach out the YMCA directly:

Cape Ann YMCA
71 Middle St.
Gloucester

Greater Beverly YMCA
254 Essex St.
Beverly

Ipswich Family YMCA
110 County Rd.
Ipswich

the *healthy* living
Center of Excellence

The Savvy Caregiver Program

*The Savvy Caregiver Program is a **FREE** six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!*

Sponsored by SeniorCare Inc.

SeniorCare
Elder Services | Information | Solutions

Fridays 9am-1130am

February 1- March 8, 2019

SeniorCare Inc 49 Blackburn Center Gloucester MA 01930

For More Info or To Register
Pre-Registration is REQUIRED

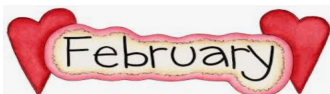
Call Beverly Flanagan at 978-281-1750
Essex Senior Echo

February

Monday	Tue	Wed	Thu	Fri
			Jan 31: Regionalization Discussion at Essex Town Hall—7PM	1 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class (Cancelled)
4 9:00 Walking Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 1:30 Art Class	5 10:00 Balance Class 12:00 Madi Gras Pancake Dinner 1:30 Arts and Crafts 6:00 COA Mtg	6 <u>10:00 Walmart with CATA</u> 11:30 Line Dancing 7PM Public Forum for Public Safety Building (Town Hall)	7 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch : Eggplant Parmesan, Pasta, Spinach,	8 <u>9:30 Market Basket with CATA</u> 10:00 Mobile Market 10:30 Balance Class
11 8:30 Mens Bkfst 9:00 Walking Group 10:30 Sweatin' to the Oldies 1:30 Art Class 5:30 Yoga 7:30 Special Town Mtg EES	12 10:00 Balance Class 11:00 Police Lunch Shifting Gears 1:30 Arts and Crafts	13 9:00 Veteran's Coffee <u>10:00 XMAS TREE SHOP WITH CATA</u> 11:30 Line Dancing 12:00 Essex Eat Out Windward Grille	14 7:00-9:30 MOW Breakfast Fundraiser at the Gloucester House 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch : Chicken Meatball Stroganoff, Peas, Noodles,	15 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class 6:00 Bicentennial Ice Cream Social—EES
18 9:00 Walking Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 1:30 Art Class 5:30 Yoga (OFFICE CLOSED)	19 9:00 Village Pancake House 10:00 Balance Class 12:30 Movie: SMALLFOOT 1:30 Arts and Crafts 6:30 FECOA	20 9:00 Veteran's Coffee <u>10:00 TRADER JOES WITH CATA</u> 11:30 Line Dancing 8:00 OXFORD	21 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch : Country Fried Steak, Twice Baked Potatoes, Tomatoes, Red Velvet Cake **Tax Presentation** Rose Baker Center**	22 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
25 9:00 Walking Group 10:30 Sweatin' to the Oldies 11:00 Ladies' Brunch & Bingo 5:30 Yoga	26 10:00 Balance Class 11:00 Book Club 1:00 Arts and Crafts	27 9:00 Veteran's Coffee <u>10:00 LIBERTY TREE/NORTHSHORE WITH CATA</u> 11:30 Line Dancing	28 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch : Shephard's Pie, Butternut Squash, Chocolate Cake	

2019 Trips and Events

We are currently planning our schedule of trips, be sure to check in as new trips will be added throughout the year! All trips will depart from Memorial Park unless otherwise noted.



Police Luncheon FREE
Lunch provided by the Village Restaurant and the Essex Police Department. Presentation on Driving Safety by Chief Silva, and Michele Ellicks from the Registry of Motor Vehicles.

Oxford Casino \$15.00
Wednesday, February 20 8:00 AM
Join us for a Wicked Good Time at the Oxford Casino in Oxford, Maine. *Minimum of 7 participants*



Mardi Gras Luncheon FREE
Tuesday, March 5
Join us for lunch as we celebrate Mardi Gras, complete with beads, music, and so much more! Please RSVP at the Senior Center.

Boston Flower Show \$25.00
Wednesday, March 13 Time: TBD
Get a taste of spring at the Annual Boston Flower Show! Cost includes ticket and transportation.
A minimum of 7 participants is required for this trip to occur. If you would like to attend the event, but want to go a different day, we can provide tickets. Please speak with Kristin or Tess.

St. Patrick's Day Celebration FREE
Thursday, March 14 *12:30 p.m.
Get your green on for a St. Patty's Day lunch and enjoy some Irish music with Roger Ticknell
Please register at the Senior Center by 3/12

Oxford Casino \$15.00
Wednesday, March 20 8:00 AM
Join us for a Wicked Good Time at the Oxford Casino in Oxford, Maine. *Minimum of 7 participants*



Red Sox Opening Day: FREE
Join us for delicious Sausage Peppers and Onions as we watch the Red Sox World Series Trophy be awarded..

Dancing Dream: An ABBA Tribute \$69.00
April 24 11:00 AM
Celebrate the music of one of the most commercially successful acts in the history of popular music, topping the charts worldwide from 1974 to 1982 – ABBA. Luncheon at Danversport included



The Edward Twins \$92.00
Sunday May 19 Lake Pearl, Wrentham

Essex COA Health and Wellness Fair
Wednesday, May 15



Redneck Tenors \$69.00
June 18 Danversport



Diamond's and Pearl's Cash and Kings \$69
August 28 Wrentham



Atlantic City Boys \$69.00
September 17 Danversport 9/25

Don't worry, more trips and events being added!

Transportation

Individual Trips: Provided by Beauport Ambulance Services **978-281-6955**

Monday through Friday 8AM—4PM in the following communities:

Essex	Ipswich	Rockport	Gloucester	Manchester
Hamilton	Wenham	Beverly	Danvers	Peabody

Destinations in the communities include, but are not limited to: Essex and other Senior Centers, Medical Offices, Pharmacy, Banks, Grocery Stores, Salon, Restaurants, Fitness Facilities, etc. Medical and other appointments outside of the service area may be accommodated on an as-needed, case by case basis. *Please note, these rides are scheduled in conjunction with other scheduled appointments for Essex residents, and residents of other communities. You may have other stops while en-route to your scheduled destination.*

CATA Group Shopping Trips: Provided by Cape Ann Transit Authority (CATA) **978-283-7916**

Friday Morning Market Basket, Rowley \$2.00 Each Way

Pick up is at your home approximately 9:30. You will have 1 hour to shop. Limit: 2 bags

Weekly Wednesday Shopping Trips \$5.00

Trips depart the Essex Senior Center at 10AM

Week 1

Walmart Shopping
Danvers

Week 2

Christmas Tree Shop
Lynnfield

Week 3

Trader Joes
Peabody

Week 4

Liberty Tree/North
Shore Mall

Week 5

Ocean State Job Lots
Danvers

To schedule a ride call:

Beauport: 978-281-6955 CATA 978-283-7916

**Or you may call the Senior Center Monday-Friday from 9:00 A.M.-12:00 P.M.
978-768-79632**

Please do not leave a voicemail regarding transportation!



How is the Angel Gabriel connected to Essex? By Laurel Eisenhauer

The Angel Gabriel was one of five ships traveling from Bristol, England to the colonies in 1635. It was shipwrecked on August 14-15, 1635 in the harbor at Pemaquid, Maine during a major hurricane. Despite many attempts the wreckage has ever been located. A trunk belonging to the Cogswell family survived and is on display at the Colonial Pemaquid Museum.

Most of the passengers were on land and survived the storm and eventually made their way to towns in southern New Hampshire and northeast Massachusetts. Several came to Ipswich and settled there or in Chebacco Parish (which later became the separate town of Essex). One of the passengers –John Cogswell - established a farm on land granted to him. This is now called Cogswell's Grant in Essex.

Names of passengers believed to be on the Angle Gabriel: Andrews, Bailey, Beck, Burnham, Blaesdell, Cogswell, Furber, Haines, Hook, Simpson, Tuttle. Some people think the ship on top of the Town Hall represents the ship Angel Gabriel.

Friends of the COA

The Friends of the Essex Council on Aging is a private non-profit organization whose purpose is to seek donations 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.

Officers:

Mary Wilhelm President
Betty Smith Vice President
Ellen Hull Secretary
Kay Joseph Treasurer

Join the **Friends of the Council on Aging Meeting**

**February
6:30 PM**

Please attend our meetings! We discuss new projects, programs, and fundraising.

**YOU DO NOT NEED TO BE A
SENIOR TO HELP!**



Essex's Bicentennial Year is finally here! Consider attending on of the many events, by the monthly historical displays at Town Hall during regular business hours.

Kick off party is Friday, February 15, and is an Ice Cream Party at EES

Did you know that in addition to general donations, the Friends of the Council on Aging can accept Memorial Donations? Or donations in honor of someone?

All donations will be acknowledged in the Essex Senior Echo

If you would like to make a Memorial Donation to the Friends of the Essex Council on Aging, please mail in this form:

Mail to: PO Box 112 Essex MA 01984

Choose one: In Honor Of: _____

In Memory of: _____

Person to be notified:

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Is this an anonymous gift? Yes (If yes, your name will not be listed in newsletter, if applicable, family will be notified of a donation without giving the name of donor)

No

Thank you for your support of the Friends of the Essex Council on Aging

Around Town

IMPORTANT TOWN EVENTS:

January 31 - Regionalization discussion at Essex Town Hall - 7 pm

Saturday 2/2 - Tea at the Library - 11 am

2/6 Public Forum for the Public Safety Building - Wednesday, February 6th, 7 PM - Town Hall 3rd floor.

2/11 - Special Town Meeting - 7:30 at EES

2/15- Ice Cream Social for Essex Bicentennial - 6 pm at EES




45th Annual Valentine's Day Meals on Wheels Breakfast Fundraiser

Thursday, February 14, 2019 • 7:00 a.m. - 9:30 a.m.

Supporting Essex Elementary



There has been a lot of talk over these past few months about Essex Elementary. While most of us no longer have children in the school system, there are still things we can do to support our youngest residents!

Box Tops Collection:

Box Tops are found on a variety of grocery items. Each submitted box top earns money for the school. A collection box will remain available at the front desk.

AmazonSmile:

Do you shop on Amazon? If so, you can designate an organization—such as the Essex Elementary PTO—to receive 0.5% of your purchase. It doesn't cost anything, just start shopping at www.smile.amazon.com

"Fridays in the Rose"
FREE

Endicott College
12:00-12:45 p.m.

Friday, February 15
Friday, March 8
Friday, April 19

Essex Piano Trio
George Darrah Quartet
Faculty/Student Showcase



Fridays in the Rose concerts are designed to give audiences a taste of the sublime in just enough time to listen! Singers, instrumentalists, actors, and dancers collaborate on pieces from various styles and genres. Lunch out in Beverly after the concert. RSVP Tess Leary for more information and to request tickets.

From the Desk of the Town Clerk:



It's time to renew your dog's license!
\$15.00 spay/neutered
\$24.00 intact

PERMANENT ABSENTEE VOTING

You may be eligible to become a Permanent Absentee Voter if a physical disability makes you unable to:

- * travel to the polls to vote
- * fill out a ballot without assistance

In order to apply to become a permanent absentee voter, you will need to obtain a signed letter from your doctor on their letterhead which explains your disability and certifies their agreement that you are eligible to become a permanent absentee voter.



You only need to do that once! Submit the letter to the Town Clerk and it will be kept on file.

Essex Senior Club

The Essex Senior Club meets on the 1st and 3rd Monday each month for a business meeting, lunch, and BINGO. For more information about the club, meetings, or membership, please speak with Martha Thompson, Kay Joseph, or Nancy Paone.

Ongoing Activities

FITNESS PROGRAMS

YOGA: Monday 5:30-6:30 P.M. \$5.00
Modified yoga stretching and exercises designed to develop mind and body. Drop-ins are welcome.

WALKING CLUB: Mondays 9AM
Depart from Senior Center. RSVP by Friday to join.

BALANCE IN MOTION: Donation requested
Tuesday 10AM Friday 10:30 AM
Dianna will get you grooving to fabulous music while you perform a variety of Fall Prevention and Strengthening Exercises. Appropriate for all fitness levels.

LINE DANCING: Wednesday at 12:45 P.M. \$5.00
A fabulous mind-body workout while dancing your way to better health!

SWEATING TO THE OLDIES
Monday 10:00 AM Thursday 10:00 AM
Bring a friend, and get yourself in shape with Richard Simmons!

ACTIVITIES

MOBILE MARKET: 2nd Friday 10:00-11:00
Open Door offers fresh produce and other food to Essex Residents over 60, and residents of Chebacco Terrace.

MEN'S BREAKFAST: 2nd Monday 8:30 \$3.00
The breakfast often includes guest speakers on a variety of interesting topics.

LADIES' BRUNCH: 4th Monday 11AM
Enjoy a delicious meal and some friendly conversation. Please RSVP

VILLAGE PANCAKE HOUSE: 2nd Tuesday 9 AM
Meet us at the Village Pancake House in Rowley for breakfast and great company. Please RSVP by Monday.

DROP-IN GAMES: Mondays at 10:00 A.M.
Choose from a variety of games, or bring your own!

ARTS & CRAFTS: Tuesdays at 1:30 P.M.
Share your creativity, learn some new skills, and join in the lively social scene. Bring your own project or work on items for the Friends Boutique.

ESSEX EAT OUT: Varies, Refer to Calendar
Join a great group for lunch at various locations throughout Essex and Cape Ann.

CLUBS AND MEETINGS

COA MEETING: 1st Tuesday

FRIENDS OF ESSEX COA: The Friends Group supports many programs and activities at the Senior Center. Monthly meetings, 3rd Tuesday of the month at 6:30 P.M.

ESSEX SENIOR CITIZENS CLUB: 1st and 3rd Mon
The "Club" is a private membership organization that gets together for a meeting, light lunch and Bingo or other activity. Dues are \$10 per year.

VETERAN'S COFFEE SOCIAL: Wednesdays, 9AM

COA SERVICES:

INFORMATION AND REFERRAL SERVICES
Individual assistance with a variety of topics, including, but not limited to SNAP benefits, caregiver support, Transportation, Housing, Social Security, etc.

SHINE Counseling By appointment
Individual counseling regarding Medicare, prescription drug coverage, supplemental plans, Medicare Advantage plans, etc.

RMV and Me: By appointment
The Essex COA is partnered with the RMV to assist Essex residents with various online transactions such as license and registration renewals.

SHREDDING: Mon, Thurs 10AM
Stop by and use the Essex COA shredder. It's an individual machine that can shred about 10 documents at a time.

MEDICAL EQUIPMENT LOAN Mon– Fri 9-12
The COA has various medical equipment items such as walker, wheelchairs, etc. available to Essex residents.

MRC Well Checks
Through a partnership with Medical Reserve Corps, we offer friendly phone calls to homebound seniors. For more information, please contact Kristin

RETURN SERVICE REQUESTED

A Monthly publication from the Essex Council on Aging, and supported
in part by the Massachusetts Executive Office of Elder Affairs.

The Essex Senior Echo

February 2019

It is important that each time you visit us at the center for lunch, a class, or a cup of coffee, that you check in at the Kiosk. Thanks to a number of generous community members, the Council on Aging has been gifted a number of gift cards to Market Basket, Target, CVS, and a few other places. We will begin offering a monthly drawing for folks who check in. Each check-in gives you an additional chance to win. For example, if you stop by on Monday morning for Drop-In Board Games, then come back for our evening Yoga Class that would be 2 entries! If you don't have a keytag, or are not registered with us, please be sure to speak with Kristin or Tess, or complete the yellow form at the front desk.

Volunteers Needed!

We are actively seeking volunteers to answer phones and greet visitors from 9-12 on Tuesdays, Wednesdays, and Fridays. If interested, please let us know!

Do you have the following items lying around, that you won't use? We can put them to good use here!

- Board Games (Complete) * Puzzles (1000 pieces) * K-cups
- *Wii Games *Individually Wrapped Candy