

Essex Senior Echo

FEBRUARY 2022

Covid! Covid! Covid! Delta! Omicron! What kind of sorority/fraternity is this?!

Here we are again ~ trying our darndest to stay safe and stay sane!! Our staff and volunteers have been working diligently to create and plan interesting and fun opportunities for our Seniors to enjoy in 2022 but we're stuck doing the limbo once again! Our doors are open, we are available to help, and we are very hopeful that the COA will soon resume its regular programs, bringing back the energy and companionship that is so needed. With that in mind, here are some updates:

We are so excited to announce our new series of events beginning in March: "Planning Your Life" is a collaboration with experts in their fields to offer a variety of informative presentations about topics related to planning for your next phase in life - retirement, down-sizing, housing, legal readiness, personal fulfillment, etc. Each session will be held at the Town Hall Auditorium the third Tuesday of the month at 6:30 PM. This exciting program will be offered from March through December, with pertinent topics of discussion each month. Go to page 5 for more details. Adults of all ages are encouraged and welcome to attend.

"Fika Fridays" is a monthly opportunity to gather, enjoy a cup of coffee, and address different topics in healthcare with Tracy Valletti, MS, CDP of Northeast Care Management.

"Talk of the Town" is a collaboration between the COA and Town Departments to provide seniors a chance to meet with representatives from various town departments who will be available at the Senior Center to chat with residents, give a presentation, or answer questions! See page 4 to learn more!

"Creative Crafts" is a special monthly program that will provide our talented seniors with the opportunity to get creative with new and fun crafting projects, including Venetian Painting and String Art. Go to page 5 for more information.

"ROOT North Shore" is a monthly meal program offered in collaboration with SeniorCare, Inc. Each meal sounds delicious - check out page 9 for details!

We truly hope to see you ~ you're welcome to stop by or call ~ we're happy to help in any way! Looking forward to seeing you soon! ~Kristin, Tess, and Kim

New Free Testing location:

PCR testing at Stage Fort Park in Gloucester. Appointments are required. To schedule an appointment visit



<https://curative.com/sites/34046>

For assistance scheduling, please call 888-702-9042

Senior Center Hours

In light of the current COVID trends, events scheduled in February are subject to be changed and/or cancelled. The Essex COA Board of Directors will be meeting on February 1 at 6pm. to discuss current COVID data and recommendations.

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
Thursdays
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
Gil Frieden
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!



Medicare Advantage Enrollment

Did you start the year with a Medicare Advantage plan? If so, you have an extra opportunity to make changes to your coverage through March 31.

High Prescription Costs?

MEDICARE



Many prescription drug plans include an annual deductible. Once paid, you'll be in your initial coverage phase. If your costs are high, or if you expect to enter the donut hole, Kristin and Tess may be able to help!

Property Tax Exemptions

Property Tax Exemption Applications due April 1. Each property tax exemption has ownership and domiciliary requirements, in addition to specific eligibility requirements. For more information, speak to Kristin or Tess at the Senior Center, or Brenda at the Assessor's Office.

Clause 37A: Blind Exemption \$500

Must have a Commission for the Blind Certificate

Clause 41C: Senior Exemption \$1000

Age 65 or older

Income and asset limits apply

Clause 22: Veteran Exemption \$400 to full exemption

Applicant must have at least 10% service connected disability. Amount is related to disability rating.

Circuit Breaker Tax Credit

If you are over 65, and have an income below \$62,000 single/\$93,000 couple, you may be eligible for a tax refund up to \$1,170. You may be eligible even if you don't normally file a tax return.

To apply, complete a Massachusetts Form 1 personal income tax return, along with a Schedule CB.

Property Tax Deferral

Essex residents over age 65 may be able to defer up to 50% of your property taxes. Income must be below the limits for the circuit breaker tax credit. (Currently \$62,000 single / \$93,000 couple)

Please note: deferred taxes are subject to interest charges.



SCAM ALERT

Scam artists will use any leverage they can get to separate you from your money. Sadly, that includes exploiting grandparents' love and concern for their grandchildren, giving rise to a breed of impostor fraud specifically targeting older Americans.

Grandparent scams typically work something like this: The victim gets a call from someone posing as his or her grandchild. This person explains, in a frantic-sounding voice, that he or she is in trouble: There's been an accident, or an arrest, or a robbery. To up the drama and urgency, the caller might claim to be hospitalized or stuck in a foreign country; to make the impersonation more convincing, he or she will throw in a few family particulars, gleaned from the actual grandchild's social media activity.

The impostor offers just enough detail about where and how the emergency happened to make it seem plausible and perhaps turns the phone over to another scammer who pretends to be a doctor, police officer or lawyer and backs up the story. The "grandchild" implores the target to wire money immediately, adding an anxious plea: "Don't tell Mom and Dad!"

Fraudsters have also been known to ply this trick by email, text message and social media. You can learn more about protecting yourself against scams by signing up for watchdog alerts at www.aarp.org

Social Services

COVID-19 Test Coverage Through Insurance

Information is accurate as of 1/18/2021 and is subject to change

Starting January 15, most people with a health plan can go online, or to a pharmacy or store to purchase an at-home over-the-counter COVID-19 diagnostic test at no cost - either through reimbursement or free of charge through their insurance. This applies whether you purchased your health plan on your own or whether you get health insurance through your job. Plans will cover up to 8 at home tests per month per person.

For people covered by original Medicare (including with a Medicare Supplement) Medicare pays for COVID-19 diagnostic tests performed by a laboratory, such as PCR and antigen tests, with no beneficiary cost sharing when the test is ordered by a physician, non-physician practitioner, pharmacist, or other authorized health care professional. People with Medicare can access one lab performed test without cost sharing per patient per year without an order.

At this time original Medicare cannot pay for at-home tests through this program. Beneficiaries can order tests through the White House program. Medicare Advantage plans may offer coverage and payment for at-home over-the-counter COVID-19 tests, so consumers covered by Medicare Advantage should check with their plan.

WHITE HOUSE AT HOME COVID-19 TESTS

Every household is able to order 4 at home COVID tests.

To order, please go to
COVIDtests.gov

Please note, this website will bring you to a test kit order form at the the US Postal Service site.

FAQs:

How will I get my test? Tests will be shipped via US Postal Services between 7-12 days from the order date.

What if I have a PO Box?

Residential PO Boxes are allowed.

What if I don't have online access?

Please call the Senior Center Monday - Friday 9-12. We will help you place your order.

Updated COVID Guidelines

In late December, the CDC updated COVID isolation and quarantine guidelines for individuals who are deemed close contacts as well as for those who test positive. Please see below for more information.

If you have COVID: People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask around others.

If you are exposed and:

- Unvaccinated: Quarantine for 5 days, followed by 5 days of mask wearing.
- Vaccinated: If your 2nd dose of Pfizer or Moderna was more than 6 months ago, or J&J more than 2 months ago, and you have not been boosted: Quarantine for 5 days, followed by 5 days of mask wearing.
- Vaccinated within 6 months, (2 for J&J) and/or Boosted: You do not need to quarantine but should wear a mask around others for 10 days.

For ALL those exposed, best practice also includes a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Activities and Special Events

BALANCE IN MOTION WITH DIANNA

back in
person



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

Monthly "Talk of the Town"

Beginning next month, representatives from various town departments will be available at the Senior Center to meet with residents, give a presentation, or answer questions!

March: Amy Reilly, Animal Control Officer

"Living with Wildlife"

April: Pamela Thorne, Town Clerk

"2020 Census Data"

Senior Cardio and Strength Class with Erin

Register with the Essex Council on Aging

Day: Wednesday

Time: 10 am



Essex, MA



Call the Essex Council On Aging to register: 978-768-7932
EBA Personal Training



Technology Help with Sarah



Is technology getting the best of you? Do you want to know how to use your phone? Need help with your iPad? Sarah, a middle-schooler with rad tech skills, will be at the Senior Center to help you and answer your questions!

Tuesdays, February 8 & 22

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, February 22nd

"THE PERSONAL LIBRARIAN" by Marie Benedict,
chosen in celebration of national Black History
Month

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



New members are always welcome -
please join us!

COOKING FOR 1 OR 2

WEDNESDAYS AT 3:30 P.M.

February 2 - "Not Your
Grandma's" Grilled Cheese

February 9 - Chocolate Covered
Strawberries, Heart-Shaped
Brownies





Planning Your Life

The COA is excited to be collaborating with experts in their fields to offer a variety of informative presentations about topics related to planning for your next phase in life - retirement, down-sizing, housing, legal readiness, personal fulfillment, etc.

All presentations will be held on the 3rd Tuesday of the month at 7:00 p.m. at the Town Hall Auditorium.

March 15 Housing Options, Part 1

April 19 Housing Options Part 2

May 17 Elder Law

June 21 Decluttering

and more . . .



Upcoming Events

We have some new and exciting things planned for 2022! As always, please let us know if there's something you are interested in! We would be happy to work with you to add it to the calendar.

Armchair Travel Club: We will be partnering with Beeyonder to offer live tours around the world, without having to leave Essex! Tours begin in March

Creative Crafts

We had a great time with our first Sea Glass art class, and are excited to welcome back Kate and Lowell! This dynamic duo will be teaching a number of unique art classes throughout the year. (Space will be limited, so watch the calendar!)

Ongoing Events

Stop on by during our regular business hours, meet a friend for a friendly game of chess or Scrabble, or join one of our drop in activities!

Tuesdays: Arts and Crafts 1:00 pm

Thursdays: Games 1:00 pm

Neighborly Knitting 4:00 pm



MONTHLY CRAFT EVENT

On the 2nd Tuesday of each month, the Friends of the Council on Aging will be sponsoring a special craft event. These events are limited in number, so please sign up early.

February 8, 1:00 pm: Valentine's Day Craft

March 8, 1:00 pm: Terrariums

Senior Club will be taking a break during the winter months. They will return in March.

Around Town

TOHP BURNHAM LIBRARY ~ VIRTUAL PROGRAM: The Great British Baking Tour

WEDNESDAY, FEBRUARY 9 7:00—8:00 PM Enjoy a delightful culinary tour of the UK inspired by “The Great British Baking Show” television series. Learn about making a proper cup of tea, regional specialties, and their origins. To participate and for more information, go to: www.essexpubliclibrary.org

TOWN CLERK OFFICE

ELECTION NEWS ~Nomination papers for 2022 local elected municipal offices are available. The 2022 annual local election is May 9, 2022. The following offices will be on the ballot: One Assessor for 3 years, One Moderator for 1 year, One Board of Selectman member for 3 years, One Board of Health member for 3 years, Two Constables for 1 year, One Regional School Committee member for 3 years, One Board of Library Trustees member for 3 years, One Housing Authority member for 5 years, One Planning Board member for 5 years.

The deadline to takeout/obtain nomination papers is Thursday, March 17 at 5:00 p.m.

DOG LICENSES ~ Town Bylaws require all dogs 6 months or older wear a collar or similar device, be licensed and tagged. Failure to renew a dog license by March 31st will result in a fine of \$15.00 in addition to the cost to the license.

Tips from our 1st Responders

Heating caused almost 7000 fires over the past five years and is the #2 cause of home fires in Massachusetts. Use your home heating system and space heating appliances wisely and responsibly.

THE ABCs of FIRE SAFETY

- Make sure there are working smoke alarms and carbon monoxide alarms on every level, including one outside the bedrooms.
- Test smoke and carbon monoxide alarms monthly and change batteries twice a year, when you change the clocks.
- Have the chimney and your furnace and hot water heater professionally checked every year.
- Do not use Space Heaters as your #1 heating source/Don't use the gas stove or oven for heat.
- Gas leaks can be dangerous - if you smell something like rotten eggs or you think there is a leak: get outside, CALL 911, do not smoke or turn on or off electrical switches (sparks can cause explosion)
- Use only heavy-duty extension cords.
- Make sure your house number is large and clearly visible for responders

Essex History: Black History Month

During the Colonial Period (1675-1775) Essex (then known as Chebacco Parish) was part of Ipswich. During this time, we know black slaves were living here, and it is likely they were here prior to 1675. Ipswich residents played a number of roles in the abolition of slavery in Massachusetts, as well as with the Underground railroad.

Here is an interesting tidbit from that time-period.

"In the Inferior Court of Common Pleas, in March, 1765, Jenny Slew, a slave in Ipswich, Massachusetts, brought suit against her master John Whipple Jr. on a plea of trespass. She lost her first attempt, but appealed to the Superior Court of Judicature, and at the November term in 1766, the jury found for the appellant and awarded her £4, "money damage."

<https://historicipswich.org/2021/03/26/ipswich-slavery-and-the-civil-war/>

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:
2nd Tuesday of the Month
3:00 PM

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

VALENTINE'S DAY DINNER

*Sponsored by the Friends of
the Essex Council on Aging*

Thursday, February 10
Pick-up 4:00-5:00 P.M.

\$10 for your choice of Shrimp
Cocktail or Chicken Soup; Lobster
Roll with coleslaw or turkey wrap
with chips and salad; includes
dessert and Great Marsh Seltzer.

Please return to senior center with
payment by February 7



Name: _____

Phone: _____

Appetizer: (Choose one)

☐ Shrimp Cocktail ☐ Chicken Soup

Entrée: (Choose one)

☐ Lobster Roll ☐ Turkey Wrap

Delivery available
please contact the COA

Nutrition

Grab and Go

Grab and Go Meals* are offered on Mondays and Thursdays at 12 Noon. Please register by calling the Senior Center 2 business days in advance.

Meals on Wheels

Call SeniorCare at 978-281-1750

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.

FRIDAY, February 11 and 18 10:00 A.M.

We hope you have been enjoying the **Grab & Go lunches**. SeniorCare Inc has been pleased to provide these meals free due to the generosity of donors and grants that came at the onset of the COVID pandemic.

While there still is no charge for meals, we gently suggest a \$2 donation per meal. This only covers a part of the total meal expense. Donations are always anonymous and voluntary and directly support the provision of meals to older adults in our community. No one will be denied service based on their ability to donate.

**We are currently unable to include the Grab n Go meal MENU in the newsletter due to time printing deadlines, but we will offer printed menus when they become available.*

Transportation

Transportation for Essex seniors is provided through CATA for a \$2.50 fare. Please call to schedule your ride by 1:00pm 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



For Your Health

February is American Heart Month!

Heart disease is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship. Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

Be more physically active.

Eat a nutritious diet.

Reduce stress.

Track your heart health stats.

Maintain a healthy weight.

Quit smoking.

Get 7-8 hours of quality sleep.

You don't have to make big changes all at once. Small steps will get you where you want to go!

SNAP Benefits and Eligibility

SNAP Benefits can help you expand your healthy food budget and explore opportunities to support your wellbeing by offering:

- Monthly funds on an EBT card to buy food
 - \$40, \$60 or \$80 a month put back on your EBT card when you use SNAP to buy local produce via the Healthy Incentives Program (HIP) with many local farmstands participating.
- Find out more information at <https://www.mass.gov/snap-benefits> or contact Tess at the Senior Center

New Monthly Meal Partnership

SeniorCare, Inc has partnered with ROOT North Shore to provide a special Grab 'n Go meal every month! ROOT North Shore is a program designed to help young adults create a pathway to independence through foodservice training and employment.

The ROOT North Shore February menu is: Beef Stew~Roasted Vegetables(Brussel sprouts, carrots, squash, & potatoes)~Whole Grain Bread Roll~Baked Pear with Walnut Crumble~Milk

This month's meal is TUESDAY, FEBRUARY 22 at 12:00 p.m.

The deadline to register is FEBRUARY 10 - give us a call to sign up!!

Have you heard the new craze sweeping across the pond? WORDLE is a British daily word game with the goal of guessing the WORDLE in 6 tries. Each guess must be a valid 5 letter word - after each guess the color of the tiles will change to indicate how close your guess was to the WORDLE...



You can check it out at www.powerlanguage.co.uk/wordle
Fair warning: this game can be addictive!

Names of Ipswich Slaves Wordsearch

A	Y	E	K	Q	J	E	N	N	Y	S	H	E	W	A
O	T	M	L	S	H	M	H	O	T	A	L	P	R	N
U	M	G	H	L	A	S	A	R	R	J	Y	O	J	I
O	F	X	V	J	I	B	N	J	P	O	L	Q	K	S
E	E	F	F	U	C	D	I	C	U	F	A	V	P	A
O	W	H	E	A	N	E	D	N	E	P	B	H	T	M
T	I	W	D	N	A	N	X	S	A	B	I	E	P	A
Y	Y	L	W	T	F	W	T	H	R	L	L	T	O	T
O	F	B	A	H	H	E	W	I	L	O	H	P	E	S
A	I	N	R	O	R	O	S	I	I	B	V	E	M	R
M	N	P	D	N	B	T	P	V	S	A	I	T	H	O
D	P	D	I	Y	O	J	E	T	H	R	O	E	L	S
A	D	Q	R	C	W	G	S	U	N	E	V	R	Z	R
X	W	X	H	E	S	F	S	V	Z	C	C	K	W	U
F	C	S	S	I	W	E	L	S	E	L	R	A	H	C

Andrew	Jethro
Anthony	Jupiter
Bristo	Ned
Charles Lewis	Peter
Cuffee	Phillip
Cursor	Plato
Dille	Sabina
Dinah	Scipio
Edward	Tamasin
Ester	Venus
Flora	Violet
JennyShew	



Names from historicipswich.org

Would You Rather ...

Eat only red food or white food?
Receive 100 roses or 100 candy bars?
Sing in public or dance in public?
Get an expensive gift . . . or go on vacation?
Romantic movie or a comedy?

COOK'S CORNER

We all have favorite meals and recipes we used to make for our families. You can still make those great meals. Buy some small containers (Dollar Store) that hold one or two portions. Cook the recipe then pack it in the containers. Date the container and write what it is. Place them in the freezer. Now you can have your favorites again!

Essex Senior Center Registration

Name: _____ Date of Birth: _____

Address: _____ City/State: _____ ZIP: _____

Mailing Address: (if different) _____

Home: _____ Cell: _____

Is it OK text you? Yes No

Is it OK to send automated calls? Yes No

Email Address: _____

Do you want a Digital Newsletter? Y N

Do you want a mailed newsletter? Y N

Spouse: _____ Date of Birth : _____

Home: _____ Cell: _____ May we text you? Y N

Email Address: _____

Digital Newsletter? Y N

Emergency Contact 1 (not residing with you): _____

Phone: _____ Relationship: _____

Address: _____

Emergency Contact 2 (not residing with you): _____

Phone: _____ Relationship: _____

Address: _____

Are you interested in volunteering? N Y (if yes, in what capacity) _____

In the event of an emergency, is there medical information/allergy information you would like us to relay to
Emergency Personnel? _____

Demographic Information (Optional)

Do you live alone? Y N

Are you a Veteran / Spouse of a Veteran? Y N

Race: African-American Asian Caucasian Native American Pacific Islander Other: _____

Ethnicity: Hispanic Non-Hispanic

Do you have a key tag to check into the building? Yes No I did, but lost it

FOR OFFICE USE ONLY:

Date Received: _____ MSC Updated: _____

Key Tag Number: _____ Spouse Key Tag Number: _____



Trips and Excursions

BEST OF TIMES TRIPS AND SHOWS*

CELTIC ANGELS OF IRELAND THURSDAY, MARCH 10 \$74

includes Show and luncheon with your choice of Corned Beef & Cabbage or Scrod with Dessert.

TRIBUTE TO PAUL MCCARTNEY WEDNESDAY, JUNE 15 \$74

includes Show and luncheon with your choice of Chicken or Fish entre with Dessert.

PATSY CLINE TRIBUTE SHOW THURSDAY, JUNE 23 \$74

includes Show and luncheon with your choice of Chicken or Fish entre with Dessert.

MICHAEL BUBLE TRIBUTE TUESDAY, SEPTEMBER 21 \$74

includes Show and luncheon with your choice of Chicken or Fish entre with Dessert.

CHER TRIBUTE - THE BEAT GOES ON \$74

includes Show and Thanksgiving Dinner with all the fixins' and Dessert.

CHRISTMAS WITH PAUL ANKA TRIBUTE TUESDAY, DECEMBER 6 \$74

includes Show and luncheon with your choice of Chicken or Fish entre with Dessert.

***ALL SHOWS ARE AT DANVERSPORT YACHT CLUB**

Transportation is on your own. Contact the COA for assistance.



Cape Ann Virtual Senior Center

Cape Ann Virtual Senior Center

Presented by the
Essex • Gloucester • Manchester by the Sea • Rockport
Councils on Aging

Bringing your Council on Aging to the safety of your home

A collaboration of
Councils on Aging of
Essex, Rockport, Gloucester & Manchester by the Sea
Senior Care Inc.
Age & Dementia Friendly Cape Ann
1623 Studios


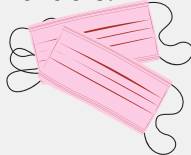
Keep your eye on Channel 67, or visit 1623studios.org for a full programming schedule.

New programs airing in February including fitness programs through Every Body Fitness, the Adventures of Mabel and Jerry, and more . . .



February 2022


MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

	1 10:00 Balance in Motion 1:00 Arts and Crafts 3:30 Teen Tech with Sarah 6:00 COA Board Meeting	2 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 3:30 Cooking for 1 or 2	3 9:00 Activity Planning Meeting 12:00 Grab 'n Go 1:00 Afternoon Games 4:00 Neighborly Knitting	4 9:30 Blood Pressure
7 12:00 Grab 'n Go	8 10:00 Balance in Motion 1:00 Arts and Crafts: Valentine's Day Craft 3:00 ECOA Friends Mtg	9 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 3:30 Cooking for 1 or 2	10 12:00 Grab 'n Go: Special Lunch: Chicken Scampi 1:00 "Mabel and Jerry" Channel 67 1:00 Afternoon Games 4:00 FECOA Valentine Dinner	11 10:00 Balance in Motion 10:00 Mobile Market
14 12:00 Grab 'n Go	15 10:00 Balance in Motion 11:00 Ladies Brunch 3:30 Teen Tech with Sarah	16 10:00 Fit over Fifty 11:00 Nutrition Presentation 11:30 Bowling Cape Ann Lanes, 978-283-9753	17 10:30 Senator Tarr's Office 12:00 Grab 'n Go 12:30 Veteran Office Hours 1:00 Afternoon Games 4:00 Neighborly Knitting	18 10:00 Balance in Motion 10:00 Mobile Market
21 	22 10:00 Balance in Motion 12:00 Special Luncheon: Root Meal <i>(RSVP by 2/10)</i> 1:00 Book Club 1:00 Arts and Crafts	23 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753	24 12:00 Grab 'n Go 1:00 Afternoon Games 4:00 Neighborly Knitting	25 10:00 Balance in Motion
28 12:00 Grab 'n Go		Check out the Line up on Channel 67!		Do you need a cloth mask? Or a KN95? We have some available. 



Council on Aging *Essex*

17 Pickering St
Essex MA 01929

NON PROFIT RATE
U.S.POSTAGE PAID
PERMIT NO.18
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.

PLEASE NOTE:

Everyone entering the Senior
Center needs to check in AND out
of the building using the kiosk.

Let us know if you have any
questions!



Are you registered?

Do you receive our phone updates? Do you
want to receive notification when our
newsletters are posted online? Is your
emergency contact information up to date?

Please complete a registration form and
return it in February or March to be entered
into a drawing. Forms are available at the
Senior Center. We will have a number of
prizes.

Inside this newsletter:

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