

# Essex Senior Echo

JANUARY 2022

Happy New Year!

We just want to wish you a healthy and happy start to 2022 and are excited about the many programs we'll be offering to support your goals...

We all make resolutions this time of year - eating more healthy foods, exercising more frequently, trying new things, being kinder to each other and ourselves, watching our spending, making doctor's appointments - it seems endless! Here at the Senior Center we too have goals - and they involve you!

We are always trying to offer programs and assistance that you are interested in and can help improve your daily life. There are many programs, long-standing favorites like Dianna's Balance Class, and more recent additions like Cooking for 1 or 2 with Dawn, that can really have a positive impact on people. In addition, we are able to provide assistance with issues involving housing, insurance, medical equipment, etc. Both Kristin and Tess are SHINE counselors who can help you navigate the often intimidating world of insurance coverage.

The next year will likely bring many challenges for each of us as we continue to battle the far-reaching impact of COVID but we hope to be able to offer a variety of interesting options for you, including trips near and far, a speaker series, special shows and entertainment, outdoor adventures, expanding our social services, and so much more! Please be sure to let us know if there is something in particular you're hoping we can offer...

We are looking forward to seeing you in the New Year!

~ Kristin, Tess, and Kim

Priscilla Doucette, a long-standing board member, has recently resigned from the Council on Aging Board of Directors. We want to thank her for her many years of dedication to the seniors here in Essex.

She will be missed!



*thank you*

## COVID - 19 Update:

With more people taking at-home COVID tests, please know that unless an individual contacts the Board of Health, these cases are not reported, contacts aren't traced, and you may not know you've been exposed.

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  
Millie Hamlen  
Sue Lufkin  
Susan Parady  
Diane Polley  
Mary Wilhelm  
Vacancy

### 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!

# Activities and Special Events



## Ongoing Fitness Classes

Balance in Motion with Dianna

Tuesdays and Fridays: 10:00 AM

Senior Cardio and Strength with Erin

Wednesdays: 10:00 AM

## Neighboring 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



## 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, January 11 & 25

3:30 - 5:00

(Please RSVP)

## COOKING FOR 1 OR 2

WEDNESDAYS

3:30 P.M.



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

January 12 - Mini Corn Dogs, Taco Squares, Loaded Nachos

## GAME TIME!

(Thursdays, 1pm - 3pm)

Come to the COA and play Rummy, Monopoly, Scrabble, Cribbage, and more. Games will be casual, pickup games to start.

## BOOK CLUB

Tuesday, January 25th 1:00 p.m.

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



Copies available at the Center! New members are always welcome - please join us!



## Cookie Delivery

The Friends would like to make a special cookie once a month and deliver some to Seniors of Essex. Please let us know if you would be interested in getting fresh baked cookies.

## Portraits of Dementia

Monday, January 24 1:30 (limited space) or call 978-281-1750 to schedule a viewing in January.

This travelling exhibit seeks destigmatize those living with dementia. To use empathy as a means for connection and understanding. To tell a more complex and complete story of those living with the disease and it's affect on their families and loved ones.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



January 2022

<p><b>3</b></p> <p>12:00 Grab 'n Go 1:00 Senior Club</p>	<p><b>4</b></p> <p>10:00 Balance in Motion 1:00 Arts and Crafts 6:00 COA Board Meeting</p>	<p><b>5</b></p> <p>10:00 Fit over Fifty 3:30 Cooking for 1 or 2</p>	<p><b>6</b></p> <p>9:00 Activity Planning Meeting 12:00 Grab 'n Go: <i>Beef Stuffed Pepper</i> 1:00 Afternoon Games 4:00 Neighborly Knitting</p>	<p><b>7</b></p> <p>9:30 Blood Pressure <b>10:00 Mobile Market</b> 10:00 Balance in Motion</p>
<p><b>10</b></p> <p>12:00 Grab 'n Go: <i>Ribecue</i></p>	<p><b>11</b></p> <p>10:00 Balance in Motion 1:00 Arts and Crafts 3:00 ECOA Friends Mtg 3:30 Teen Tech with Sarah</p>	<p><b>12</b></p> <p>10:00 Fit over Fifty 3:30 Cooking for 1 or 2</p>	<p><b>13</b></p> <p>12:00 Grab 'n Go: <i>Pot Roast</i> 1:00 Afternoon Games 4:00 Neighborly Knitting</p>	<p><b>14</b></p> <p>10:00 Balance in Motion</p>
<p><b>17</b></p> 	<p><b>18</b></p> <p>10:00 Balance in Motion 1:00 Arts and Crafts</p>	<p><b>19</b></p> <p>10:00 Fit over Fifty</p>	<p><b>20</b></p> <p>10:00 Senator Tarr's Office 2:00 Grab'n Go: <i>Dijon Pork</i> 12:30 Veteran Office Hours 1:00 Afternoon Games 4:00 Neighborly Knitting</p>	<p><b>21</b></p> <p>10:00 Balance in Motion <b>10:00 Mobile Market</b></p>
<p><b>24</b></p> <p>12:00 Grab 'n Go <i>Spinach&amp;Cheese Fritatta</i> 1:30 Trip: Portraits of Dementia, Gloucester</p>	<p><b>25</b></p> <p>10:00 Balance in Motion 1:00 Book Club 1:00 Arts and Crafts 3:30 Teen Tech with Sarah</p>	<p><b>26</b></p> <p>10:00 Fit over Fifty</p>	<p><b>27</b></p> <p>12:00 Grab 'n Go - <i>Spiral Ham - Meal provided by ROOT</i> 1:00 Afternoon Games 4:00 Neighborly Knitting</p>	<p><b>28</b></p> <p>10:00 Balance in Motion</p>
<p><b>31</b></p> <p>12:00 Grab 'n Go <i>Eggplant Parmesean</i></p>			<p><i>The COA Board thanks Vinny Caravella of The Scrapbook for preserving our Fire Department memorabilia!</i></p>	

# Council on Aging *Essex*

17 Pickering St  
Essex MA 01929

HAPPY  
*New Year*

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

Last month we forgot to include pictures  
of our featured Police Officer and Fire  
Fighter! We thank you both for all you  
do for us in Essex!

*Sgt. Bruce*



*Capt. Pereen*



## *Mobile Market*

**FRIDAY, JANUARY 7 AT 10:00 A.M. (ACORD)**

**FRIDAY, JANUARY 21 AT 10:00 A.M. (THE  
OPEN DOOR)**

## *Introducing: Root*

We are excited to work with Root through  
our Seniorcare partnership. Root will be  
providing a monthly meal. Their mission is to  
help young adults (aged 16-24) create a  
pathway to independence through  
foodservice training and employment. By  
developing essential life and work readiness  
skills, youth leave Root prepared for success  
in the workplace.

Be sure to sign up for this month's meal by  
January 6!

*This month's newsletter is an update for our January/February edition.  
Our full newsletter will return in February*