



The Essex Senior Echo

July and August 2018

As we embark on the new fiscal year, I look back and see how far we've come in the last couple of years. When we completed our Community Needs Assessment, transportation was highlighted as one of the most important community concerns. I'm excited to see how much our transportation program has grown. The Council on Aging Board of Directors and staff have been working diligently to update our transportation program to best meet the growing needs of our residents. As part of this process, the COA will be instituting a number of changes. First I would like to thank Kay for the countless hours she has put into scheduling and organizing the transportation program. We certainly wouldn't have had all the success we have had without your support.

Effective July 1, there will be a number of changes made to our transportation program. If you have any questions about any of these changes, please let us know.

- To schedule a medical ride, please call the Center Monday through Friday from 9AM to 12 PM. Kristin and Tess will be working together for scheduling of all appointments, ride requests, and trips.
- The COA van is available for Medical appointments and other appointments/errands as necessary. The hours of operation will be from 8AM to 3PM Monday through Thursday. (*Friday appointments will only be available near our weekly grocery trips in Rowley and Gloucester.*)
- Please call to request an appointment a minimum of 4 business days in advance of the appointment.
- We do our best to accommodate all appointment requests, but please be aware that there are times when our vehicle is scheduled to be elsewhere. We may be combining your appointment with others, so please note that you may have times where you will be dropped off early, or have to wait a short while for a return ride.
- Our weekly grocery shopping trips are on Fridays. Beginning in July, we will alternate between Rowley and Gloucester Market Baskets. Shoppers will have an hour and a half to shop. There is a limit of 4 canvas bags per person, or 5 plastic bags.
- Recreational and social trips outside of the general area require a minimum of 7.
- We are now accepting voluntary donations. Envelopes will be available on the vehicle and can be left with the driver or dropped off at the Center. Suggested donation of \$2.00 for any rides within Essex, and to our surrounding communities of Ipswich, Hamilton, Beverly, Manchester-by-the-Sea, and Gloucester. Rides to Salem, Danvers, Peabody, and other non-surrounding communities we suggest \$3.00. Recreational trips will have posted prices.
- Out-of-town residents are always welcome at our events and trips as space is available. Due to increased popularity of some of our trips, we will be providing a priority sign up period for Essex Residents, and Essex Senior Center Volunteers for trips utilizing the Senior Center Van. Non-residents can sign up for trips 2 weeks prior to the trip.

If you have any questions or concerns about any of these new policies, please speak to me.

Social Services

Farmer's Market Coupons

The Essex Council on Aging will be distributing a select number of farmer's market coupons on **THURSDAY, July 19 at 11:00 AM**. Coupons will be distributed on a **First Come First Serve Basis**, in accordance with federal guidelines. In order to be eligible, your income must not exceed **185% of the Federal Poverty Level**.

| Household Size | Annual Income | Monthly Income |
|----------------|---------------|----------------|
| 1 | \$22,459 | \$1,872 |
| 2 | \$30,451 | \$2,538 |

The Massachusetts Senior Legal Helpline

1-800-342-5297

ARE YOU 60+ AND IN NEED OF LEGAL HELP?

The Helpline is a project of the Volunteer Lawyers Project of Boston. We provide free legal information and referral services to Massachusetts residents who are 60 years old or older.



The Helpline is open Monday through Friday 9AM—12 PM.

MEDICARE

Updates



Around this time each year, Social Security Administration sends letters out to those who may be eligible for some savings programs offered through SSA and MassHealth. If you received this letter, or would like additional information, please speak with Kristin.

1) Extra Help: reduces prescription copays, and monthly premiums. It also provides an option to change plans once during the year.

2) Medicare Savings Programs: Provides eligible individuals with assistance with Medicare costs, which may include Part B premiums, deductibles, coinsurance and copayments.

DID YOU KNOW?

Many Farmer's Market's and Farm Stands allow you to use your SNAP Benefits, such as these listed below. Be sure to check with each vendor!

CAPE ANN Farmers Market:
Thursdays, 3:00-6:30 p.m.
Stage Fort Park, Gloucester

BEVERLY Farmers Market:
Mondays, 3:00-7:00 p.m.
Railroad Ave Beverly

DANVERS Farmers Market:
Wednesdays, 4:00-7:00 p.m.
87 Elm St. Danvers

SALEM Farmers Market:
Thursdays 3:00-7:00 p.m.
Derby Square Salem

Just around the corner. . . .

Medicare enrollment season is just around the corner! Are you familiar with how Medicare works?

We will have informational meetings scheduled throughout the fall. Keep your eye on the calendar.



Special Events

“Down River” Cruise with Essex River Cruises

***AUGUST 27, 2018
10:30 AM—1:00 PM***

Join us as we take a scenic journey down the meandering Essex River. Our chartered cruise will head down the marsh to Farnham’s, where you will have the choice of select menu items.

Whether you are a life-long Essex Resident, or new to our community you do not want to miss this great annual event!



Cooking Demonstration: Acord

**July 31, 2018
12 PM**

Did you miss our cooking demonstration? We were all blown away by the simple, and delicious recipes we tried. Many of us have already served the amazing “chocolate dip” to our families! (See recipe below) We are excited to announce that Acord will be returning to give us another demonstration. You do not want to miss this!

Did you know there’s a collection box for Acord at the T.O.H.P Library???

Chicken Berry Salad w/ Lemon Poppy Seed Dressing

3 cups mixed greens
3 cups fresh spinach
1 cup sliced strawberries
1 cup blueberries
½ red onion
1 can mandarin oranges
12oz canned chicken
½ cup sliced almonds (optional)
2 ounces feta cheese (optional, we can substitute any cheese for this!)



Chocolate Chickpea Dip w/ Fresh Strawberries

1 can garbanzo beans
3 tbsp cocoa powder
¼ tsp vanilla extract
¼ cup granulated sugar
1 tbs coconut oil (can substitute canola)
¼ cup milk (dairy or non-dairy)
water
Salt

Better Business Bureau 101 Presentation

**Wednesday, August 15
11:00 AM**



Better Business Bureau is a nonprofit public service organization with a mission to be the leader in advancing marketplace trust. BBB encourages and supports best practices by engaging with, and educating, consumers and businesses. For over 100 years BBB has helped people make smarter decisions and is evolving to meet fast changing marketplace needs. The BBB101 program will be a discussion on Better Business Bureau's mission, and how consumers can best utilize all of BBB's free services to help make educated and informed consumer decisions.

Important to Remember:

The Essex Senior Center is available as a cooling shelter! During extreme conditions, or during power outages, we will be open additional hours.



For Your Health



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes

Outside Temperature 80°



Time Elapsed:
20 minutes



Time Elapsed:
20 minutes



Time Elapsed:
20 minutes

During extreme heat the temperature in your car could be deadly.

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

206 people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

HEALTHY BALANCE IS IN YOUR CONTROL!

Find out if you are at a risk for falls through the ECOA/Gordon College CBMW Fall Risk Assessment

"National data indicate that falls are the largest single cause of restricted-activity days among older adults; are a leading precipitating cause of nursing home admissions; and account for six percent of all medical expenditures for persons 65 years of age and older." and this was 16 years ago. (Annals of Internal medicine, 2001)

According to the U.S. Center for Disease Control:

- Every Year one-third of all people age 65 and over will experience falls.
- Among those who fall, 20-30% will fracture a hip. The total cost of caring for falls in those age 65 and older exceeds \$20 billion annually

How might Balance effect me?

Maintaining balance is essential for carrying out activities of daily living such as washing and dressing, getting in and out of the car and walking up stairs. Not only might a balance problem affect your ability to carry out these and other tasks, it also puts you at an increased risk for falls. If not addressed, this increased fall risk may lead to more severe health consequences. People with a balance problem often become inactive due to a fear of falls. Unfortunately, inactivity often makes a balance problem worse.

Help is on the way!

On the second Tuesday of each month from 11:00 a.m.-12:00 p.m. the Gordon College Center for Balance, Mobility and Wellness will be onsite at the ECOA doing fall risk screens and talking about ways to help prevent falls. These simple, safe screens take about 8 minutes and can be extremely helpful in understanding what risk for falling you may have and which variables you need to work on in order to prevent future or re-current falling.

Food Services



The Essex Council on Aging offers SeniorCare meals every Thursday!
Complete menus will be posted at the Senior Center once available

Suggested Donation of \$2.00 per meal and \$3.00 for the Chef's Meal

THURSDAY, JULY 5

Entrée: Orange Bourbon Chicken

THURSDAY, JULY 12

Entrée: Shredded Beef Taco Salad

THURSDAY, JULY 19

CHEF 'S MEAL

COOKOUT: Chicken Breast, Barbecue Sauce, Burger Roll, Potato Salad, Cole Slaw, Brownie, Lemonade

THURSDAY, JULY 26

Entrée: Chicken Meatballs with Country Gravy

AUGUST MEALS:

Menu was unavailable at the time of print. Dates of meals are: THURSDAY, AUGUST 2, 9, 23

THURSDAY, AUGUST 16

***Choice of Lobster Roll Special \$6
Or Roast Beef Sandwich \$2***

RSVP with your choice of meal

THURSDAY, AUGUST 30

5th Thursday Lunch by Open Door



Join us for Lunch every Thursday at 12:00 p.m. Please call to make a reservation at the Senior Center no later than 11:00 A.M. Tuesday.

DID YOU KNOW?

SENIORCARE also provides Daily Community Meals at the Councils on Aging of Beverly, Gloucester, Hamilton, Ipswich, and Rockport. For a small donation you can socialize and enjoy a daily meal between 11:30 a.m.-12:00 p.m., Monday through Friday, excluding holidays.

Please contact each COA directly to make your reservation.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <p>9:00 Walking Club</p> <p>10:00 Drop-in Games</p> <p>12:15 Senior Club</p> <p>5:30 Yoga</p> | <p>3</p> <p>10:00 Balance Class</p> <p>1:00 Arts & Crafts</p> | <p>CLOSED</p> <p>4TH</p> <p>JULY</p> <p>IN OBSERVANCE OF INDEPENDENCE DAY</p> | <p>5</p> <p>10:00 Shredding</p> <p>12:00 SeniorCare Luncheon with Chef</p> | <p>6</p> <p><u>9:30 Market Basket (Rowley Marketplace)</u></p> <p>10:00 Balance Class</p> |
| <p>9</p> <p>8:30 Men's Breakfast</p> <p>9:00 Walking Club</p> <p>10:00 Drop-in Games</p> <p>5:30 Yoga</p> | <p>10</p> <p>9:00 Village Pancake House</p> <p>10:00 Balance Class</p> <p>11:00-12:00 Balance Screening by Gordon</p> <p>1:00 Arts & Crafts</p> | <p>11</p> <p><u>10:00 Ocean State Job Lots, Danvers and lunch</u></p> | <p>12</p> <p><u>8:00 Oxford Casino</u></p> <p>10:00 Shredding</p> <p>12:00 SeniorCare Luncheon</p> | <p>13</p> <p><u>9:30 Market Basket (Gloucester)</u></p> <p>10:00 Mobile Market</p> <p>10:00 Balance Class</p> |
| <p>16</p> <p>9:00 Walking Club</p> <p>10:00 Drop-in Games</p> <p>12:15 Senior Club</p> <p>5:30 Yoga</p> | <p>17</p> <p>1:00 Arts & Crafts</p> <p>6:30 Friends of COA</p> | <p>18</p> <p>12:00 Essex Lunch Bunch—Windward Grill \$14.00</p> | <p>19</p> <p>9:00 Sen Tarr's Office</p> <p>11:00 Blood Pressure</p> <p>11:00 Farmer's Market Coupon</p> <p>12:00 SeniorCare Luncheon</p> | <p>20</p> <p><u>9:30 Market Basket (Rowley Marketplace)</u></p> <p>10:00 Balance Class</p> |
| <p>23</p> <p>9:00 Walking Club</p> <p>9:00 Ladies Breakfast & Bingo</p> <p>10:00 Drop-in Games</p> <p><u>10:00 Salem Willows and Witch House</u></p> <p>5:30 Yoga</p> | <p>24</p> <p>10:00 Balance Class</p> <p>1:00 Arts & Crafts</p> | <p>25</p> | <p>26</p> <p>10:00 Shredding</p> <p>12:00 SeniorCare Lunch and Learn</p> | <p>27</p> <p><u>9:30 Market Basket (Gloucester)</u></p> <p>10:00 Balance Class</p> |
| <p>30</p> <p>9:00 Walking Club</p> <p>9:00 Wolfeboro/ Wright Museum</p> <p>10:00 Drop-in Games</p> <p>5:30 Yoga</p> | <p>31</p> <p>10:00 Balance Class</p> <p>12:00 Accord Cooking for One Demo</p> <p><u>12:00 Plainridge Park</u></p> <p>1:00 Arts & Crafts</p> | | | <p>Color Code:</p> <p>Meal</p> <p>Fitness Program</p> <p>Special Event</p> <p><u>Van Trip</u></p> <p>Meeting</p> |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Color Code: Meal Fitness Program Special Event <u>Van Trip</u> Meeting | | 1 | 2 10:00 Shredding 12:00 SeniorCare Lunch with Chef | 3 <u>9:30 Market Basket</u> <u>(Rowley Marketplace)</u> 10:00 Balance Class |
| 6 9:00 Walking Club 10:00 Drop-in Games 5:30 Yoga | 7 10:00 Balance Class 11:00 Balance Screening 1:00 Arts & Crafts 6:00 COA Meeting | 8 | 9 <u>8:00 Oxford Casino</u> 10:00 Shredding 12:00 SeniorCare Lunch | 10 <u>9:30 Market Basket</u> <u>(Gloucester)</u> 10:00 Mobile Market 10:00 Balance Class |
| 13 8:30 Men's Break- fast 9:00 Walking Club 10:00 Drop-in Games 5:30 Yoga | 14 9:00 Village Pancake House 10:00 Balance Class 11:00-12:00 Bal- ance Screening by Gordon 1:00 Arts & Crafts | 15 11:00 Better Busi- ness Bureau 101 Presentation | 16 9:00 Sen Tarr's Office 11:00 Blood Pressure 12:00 SeniorCare Lunch | 17 <u>9:30 Market Basket</u> <u>(Rowley Marketplace)</u> 10:00 Balance Class |
| 20 9:00 Walking Club 10:00 Drop-in Games <u>10:00 Salem Willows</u> <u>and Witch House</u> <u>12:15 Senior Club</u> 5:30 Yoga | 21 10:00 Balance Class 1:00 Arts & Crafts 6:30 Friends of COA | 22 12:00 Essex Lunch Bunch—The Village \$14.00 | 23 10:00 Shredding 12:00 SeniorCare Lunch | 24 <u>9:30 Market Basket</u> <u>(Gloucester)</u> 10:00 Balance Class |
| 27 9:00 Walking Club 9:00 Ladies Break- fast & Bingo 10:30 Down River 10:00 Drop-in Games 5:30 Yoga | 28 10:00 Balance Class <u>12:00 Plainridge</u> <u>Park</u> 1:00 Arts & Crafts | 29 | 30 10:00 Shredding 12:00 5th Thursday Luncheon sponsored by Open Door | 31 <u>9:30 Market Basket</u> <u>(Rowley Marketplace)</u> 10:00 Balance Class |

2018 SPECIAL TRIPS AND TRAVELS

July

SALEM WITCH MUSEUM AND LUNCH

Monday, July 23 **\$15.00**

Join us for a quick trip on the Senior Center van to the Salem Witch Museum, followed by lunch in the area. \$15.00 Admission includes transportation and admission.

LAKE WINNIPESAUKE, WRIGHT WAR MUSEUM WOLFEBORO, NH

Monday, July 30th **\$83.00 pp**

Travel by luxury motor coach to Wolfeboro, NH for a narrated paddlewheel riverboat cruise, enjoy lunch at The Wolfeboro Inn, and explore the Wright War Museum which honors the enduring legacy of WWII Americans. Includes transportation, boat ride, lunch, and museum.

August

EDWARD M. KENNEDY INSTITUTE FOR THE UNITED STATES SENATE

Wednesday, August 15th **\$12.00 pp**

Experience Democracy, interact with a variety of digital exhibits, explore replicas of the Senate Chamber and his office, and take part in a live vote!

SCITUATE LIGHT TOUR

Saturday, August 25th **\$101.00 pp**

Enjoy a trip via luxury motor coach* for a tour of Scituate Light including the Scituate Light Runway Exhibit, lunch at Barker's Tavern, the second oldest house in the United States. We'll see Plymouth Rock and enjoy a narrated tour of the area with a boat ride on the Pilgrim Belle Paddleboat.

*Depart from Hamilton COA at 8:30 a.m.

September

KENNY ROGERS AND DOLLY PARTON TRIBUTE CONCERT AND LUNCH

Wednesday, September 12 **\$69.00 pp**

Trip includes the Show and Lunch at Danversport Yacht Club, Tax, and Gratuity. Transportation by COA van from Memorial Park or drive on your own.

SOUTHWICK ZOO

Wednesday, September 19th **\$22.00 pp**

Explore more than 150 species, tour the Earth Discovery Center and see a variety of live demonstrations.

Travel via COA van.

Depart from Memorial Park at 9:00 a.m.

October

FALL FOLIAGE TOURS NORTH CONWAY, NH

Tuesday, October 2 **Price TBD**

Enjoy the scenic vistas and colorful New England foliage as we travel to North Conway, NH. You'll have lunch and enjoy an old-fashioned railroad experience as you journey on historic rail routes in vintage passenger cars all aboard the Conway Scenic Railroad.

OLD MILL RESTAURANT

Thursday, October 11th **Price TBD**

At the gateway of the Mohawk Trail, enjoy the fine food, gift shop, and scenic vistas of this former saw mill.

November

NEW ENGLAND PATRIOTS GAME AND NASHVILLE, TENNESSEE

November 10-12 **\$1449 pp**

Experience the Country Music Capital of the World AND see our New England Patriots battle the Tennessee Titans. Includes roundtrip airfare from Logan Airport, 2 nights lodging at the Opryland Hotel, Breakfast, and a Reserved seat to see the sold-out game between Patriots vs Titans at Nissan Stadium on Sunday afternoon at 1:00 p.m.

SEA FESTIVAL OF TREES

Tuesday, November 27th **Price TBD**

Take in the magic of the holiday season during our annual trip to the Sea Festival of Trees. Following this spectacular holiday display, we'll enjoy dining at Spud's Restaurant.

December

LOCAL CHRISTMAS LIGHTS TOUR - Date TBD

THE SICILIAN TENORS CHRISTMAS SHOW

Tuesday, December 4th - New Date 12/5 \$69.00

The Sicilian Tenors are ready to bring the joy of all your favorite Christmas songs to life at Danversport Yacht Club. Trip includes the Show and Lunch at Danversport Yacht Club, Tax, and Gratuity. Transportation via COA van from Memorial Park or drive on your own.

Extended Stay Trip Offering: Boston to Bermuda Cruise May 10-17, 2019

Discover the quaint neighborhoods and pristine pink beaches of blissful Bermuda on an unforgettable cruise with Best of Times and NCL. For more info, see flyer at the Center or speak with Tess.

Ongoing Activities

FITNESS PROGRAMS

YOGA: Join us every **Monday from 5:30-6:30 P.M.** for a series of modified yoga stretching and exercises designed to develop mind and body. Come and see how much better you feel! Drop-ins are welcome. A donation of \$5 per class is suggested.

WALKING CLUB: Start your week off right by joining the Walking Club on **Monday** mornings at **9:00 A.M.** Depart from the Senior Center. Please let us know by Friday if you are planning to join us for the first time so we know to wait!

BALANCE IN MOTION: Dianna Daly will get you grooving to the fabulous music while you perform a variety of Fall Prevention and Strengthening Exercises from **10:00-11:00 A.M. every Tuesday and Friday.** Appropriate for all fitness levels. Donations requested.

BALANCE SCREENING: On the second Tuesday of each month immediately following the Balance in Motion Class, the Gordon College Center for Balance, Mobility and Wellness will evaluate your Balance and Risk of Falling and provide recommendations for safe and effective physical activity. Appointments are requested and drop-ins are welcome on the **second Tuesday of the month from 11:00 A.M.-12:00 P.M.**

LINE DANCING*: Join us every **Wednesday at 12:45 P.M.** for a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls, and release stress so you feel great! There is a \$6 fee for the class led by Tina LaFlam.

CLASS IS ON BREAK FOR THE SUMMER

CLUBS AND ACTIVITIES

MOBILE MARKET: Open Door Food Pantry comes to the Senior Center on the **2nd Friday of the month from 10:00-11:00 A.M.**

GROCERY SHOPPING: Take the COA Van to Market Basket every **Friday at 10:00 A.M.** We go to Rowley on the 1st and 3rd Fridays, and Gloucester on the 2nd and 4th Fridays. Please call to make a reservation.

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

MEN'S BREAKFAST: Join this wonderful group for a hearty meal and lively conversation on the **second Tuesday of each month** starting at **8:30 A.M.** The breakfast often includes guest speakers on a variety of interesting topics.

LADIES' BREAKFAST AND BINGO: Enjoy a delicious meal and some friendly conversation at **9:00 A.M. on the 4th Monday** of every month. After your meal, stay for a while and join in the fun and games while we play some Bingo!

VILLAGE PANCAKE HOUSE: Meet us at the Village Pancake House in Rowley at **9:00 A.M.** on the 2nd Tuesday of the month. Please RSVP to make a reservation.

DROP-IN GAMES: Mondays at 10:00 A.M. stop by for some socializing and some friendly competition! Choose from a variety of games including Cribbage, Rummikub, Scrabble, Boggle, Cards, Puzzles, or bring your own!

ARTS & CRAFTS: Tuesdays at 1:00 P.M. share your creativity, learn some new skills, and join in the lively social scene.

Transportation

Essex Council on Aging offers transportation services to all Essex residents over the age of 60, as well as disabled Essex residents under the age of 60. In addition, we provide transportation to the Rowley Market Place on the 1st and 3rd Fridays of the month and the Gloucester Crossing Shopping Center on the 2nd and 4th Fridays. In order to use our transportation services, you must be registered with the Senior Center and have your key card!

To register for a Medical Appointment (minimum 3 business days notice) or Sign-up for a Group Trip

Please call the Senior Center Monday-Friday from 9:00 A.M.-12:00 P.M.

978-768-7932

JULY DAY TRIPS

July 10 Village Pancake House Meet us at the Village Pancake House in Rowley at **9:00 A.M.** Please RSVP so the reservation is for the correct number of guests!

July 11 Ocean State Job Lots and Lunch, Danvers \$2
Join us for a shopping and lunch excursion to Ocean State Job Lots, followed by lunch on your own.

July 12 Oxford Casino \$10.00
Meet at 8:00 A.M. to depart for the Casino in Oxford, Maine. We bet you'll have a "wicked good time" with friends, old and new!

July 17 Art Grows Here and Wenham Teahouse \$2
Head to the neighboring towns of Hamilton and Wenham for a bus tour of "Art Grows Here", an outdoor art installation, followed by lunch at the Wenham Tea House.

July 23 Salem Willows and Witch House \$15
Enjoy this local oceanfront amusement park named for the beautiful white willow trees and packed with games, food, and fun! Learn the history of the Salem Witch Trials during our visit to the Witch House. **Depart 10:00 A.M.**

July 31 Plainridge Park Casino & Harness Races \$10
Enjoy a day of watching live harness racing and/or try your luck at the casino of Plainridge Park. Depart 12:00 p.m.

Please note: If interested in a group trip, please sign up as soon as possible. Trips require a minimum of 7 passengers to operate.

AUGUST DAY TRIPS

August 1 Hyman's Shoe Sale \$2
10:00 A.M. Join us for the annual sale in Newburyport followed by lunch at Spud's.

August 9 Oxford Casino \$10
Meet at 8:00 A.M. to depart for the Casino in Oxford, Maine. We bet you'll have a "wicked good time" with friends, old and new!

August 14 Village Pancake House Meet us at the Village Pancake House in Rowley at **9:00 A.M.** Please RSVP so the reservation is for the correct number of guests!

August 15 Edward Kennedy Institute for U.S. Senate \$5
Depart at 9:30 A.M. and explore replicas of the Senate Chamber and interact with a variety of digital exhibits.

August 25 Scituate Light Tour \$83
Travel via luxury motor coach, tour Scituate Light with lunch at Barker's Tavern and a narrated tour aboard the Pilgrim Belle Paddleboat.

Aug 28 Plainridge Park Casino and Harness Races \$10
Enjoy a day of watching live harness racing and/or try your luck at the casino of Plainridge Park. Depart 12:00 p.m.

If you would like to attend a trip but are unable to drive to Memorial Park, please let us know and we will make alternate arrangements.

Weekly Grocery Shopping Trips:

There is a limit of 4 canvas bags, or 5 plastic bags per passenger. If you are in need of canvas bags, please let us know.

Rowley Market Plaza Stores

Market Basket
CVS
TJ Maxx
Olympia Sports
Backstage Salon

Gloucester Crossing Stores

Market Basket
Marshalls
Ace Hardware
AT&T
Great Clips
Dollar Tree
Verizon

Friends of the COA

"You are never too old to set another goal or to dream a new dream..."
- C. S. Lewis



ESSEX SENIOR CITIZENS CLUB

The Essex Senior Citizen's Club is a private membership organization that meets at the Essex COA on the First and Third Mondays of the Month for a meeting, light lunch and Bingo or other activity. New members are always welcome.
Dues are \$10.00 for the year

Officers:

Martha Thompson President
Nancy Paone Vice President
Carla Symmonds Secretary
Kay Joseph Treasurer

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

The Friends' Annual Appeal will be going out over the next several weeks. This appeal, along with our Annual Boutique, is how we raise money for so many different things throughout the year. Please consider making a donation to support the older residents of Essex.

Join the
**Friends of the Council
on Aging Meeting**
July 17 6:30 P.M.
August 21 6:30 P.M.

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

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

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?

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 No

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

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

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 *July/August*

Council on Aging Board Members:

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

Council on Aging Staff Members:

| | |
|---------------------------|------------------|
| Director | Kristin Crockett |
| Outreach Coordinator | Tess Leary |
| Transportation Department | Gerri Konopka |
| | Sonny Thompson |
| | George Harvey |

And a big thank you to our many volunteers!

Hours of Operation:

Monday—Friday 9-12

978-768-7932

coa@essexma.org

Follow up on Facebook!

New This Month!

Volunteers needed!

Are you able to answer the phones a few hours a week? We need assistance on Tuesday and Thursday mornings, and are also looking for some help in the afternoons.

Do you know someone who could use a friendly phone call? Refer him or her for our Well Check Program, offered in conjunction with the Medical Reserve Corps. Call Kristin or Tess to make a referral.

Are you tech savvy? Would you be willing to help us keep our website up to date?

This month's newsletter is a combined 2 month newsletter and covers the months of July and August. There is the possibility that new events will be added, so please keep in touch with us via Facebook, or checking the calendar at the Center to stay up to date!