

# The Essex Senior Echo

March 2018

*Spring is on its way – the days are brighter, the temperatures are warmer, and the snow is melting a little faster. All are signs that we are emerging from winter hibernation and readying ourselves to embrace the warmth, sunshine, and the increase in our activities that we all welcome ...*

*Here at the Senior Center, we have been working on all kinds of things to prepare for this busy season! We have a fantastic new look that has truly brought the sunshine inside – come by and see! We are planning more day trips and activities that we hope you will find appealing – check out the list in this newsletter and sign-up! Also, with two part time staff members, we are providing more assistance and information to Seniors in the areas of health and well-being, transportation, finance, insurance, housing, nutrition, and so much more – please contact us so we can help!*

*Spring is a wonderful time to meet new people and try new things – come join us in this great adventure at YOUR Senior Center!!*

*I have been on the job as Outreach Coordinator for four months now and want to thank you for your kindness, your support, and your guidance as I learn and strive to be what you need. I look forward to meeting more people, learning more in-depth about the services and benefits you deserve and which I can help secure, and sharing and growing with you here at the Senior Center!*

*Happy Spring!*

*Tess Leary, Outreach Coordinator*

*Our regular operating hours are Monday through Friday from 9:00 a.m. -12:00 p.m. During this time, the Senior Center building is open to the public and we would love for you to stop by. This is your Senior Center! Please come in and say hello, make use of our growing collection of games, meet some friends for a cup of coffee, catch up on the latest news, etc. You do not need to wait for a scheduled event! Our door is always open . . . And we would love to see you!*

# SOCIAL SERVICES

## Tax Relief Programs

Applications must be received by April 1

**Clause 37A: Blind—\$500.00**

**Clause 41C: Senior Exemption—\$500.00**

**Clause 22—Veterans— \$400 to full exemption**

**Applications are due by April 1**

*Please note: All property exemptions have ownership and domiciliary requirements.*

*Information for each of these programs is available at the Essex Senior Center or at the Assessor's Office*

## ***SHINE Update:***

### **Medicare Part B Open Enrollment Period**

January 1—March 31 is the General Open Enrollment for Medicare Part A and B (NOT Part D—the Prescription Drug Plans). If you have not enrolled in either Part A or Part B, and are not covered by a Employer Sponsored Group Plan through active employment, now is the time to apply. Go to [www.medicare.gov](http://www.medicare.gov) for more information, or contact Kristin.

## **Prescription Drug Plans**

Massachusetts does have 5-Star rated Prescription Drug plans. This means that if you chose to decline Part D Coverage, OR if you want to make a change, you CAN enroll into a 5 Star rated plan at any time during the year.



## **Senior Circuit Breaker Credit**

**Put up to \$1,070 in YOUR pocket!**

Many of our homeowners are eligible for this State Tax Refund, which is capped at \$1080!

To qualify, a person must be a Massachusetts resident age 65 years or older by Dec 31 2017; and must own or rent residential property in Massachusetts and occupy that property as their primary residence. Taxpayers must have an annual income of \$57,000 or LESS (for a single filer) \$72,000 or LESS (for Head of Household) and \$86,000 or LESS (for joint filers). Renters may be eligible because, for purposes of this program, the law assumes that 25% of their rent goes toward property tax.

To complete the Senior Circuit Breaker application, also required are: copy of proof of age, and copies of your 2017 property tax bill, 2017 mortgage statement, and 2017 Federal Income Tax form.

## **Property Tax Deferral**

### **Clause 41A—Tax Deferral for Seniors**

**Provided you meet the financial, ownership, and domiciliary requirements, residents over the age of 65 may be eligible to defer part of their property taxes. A deferral does not discharge the tax obligation but instead delays payment until the senior sells the property or passes away. Your income cannot exceed \$20,000. Deferred taxes are subject to additional interest charges.**

## **Fuel Assistance**

Fuel Assistance Applications are accepted through April 1. If you haven't already applied, Please call Action Inc at **978-283-2131**

Eligibility for Fuel Assistance may also qualify you for other discounts with National Grid Gas, National Grid electric and for Telephone service.

# Sign up for these great Day Trips in 2018!

## March

### **BINGO AT THE INN AT EAST HILL FARM**

**Thursday, March 8                      \$69.00**

Take time to visit the Farm yard and animals, shop in the gift shop, or just relax and enjoy the views! Enjoy a delicious home-cooked meal and get ready to yell "BINGO!" as you play for Cash Prizes! Travel by luxury motor coach

### **BOSTON FLOWER & GARDEN SHOW**

**Wednesday, March 14                      \$17.00**

The Boston Flower & Garden Show is about inspiring, educating and motivating the region's gardeners. Transporation by COA Van; Lunch on your own

## April

### **CURRIER MUSEUM OF ART AND ZIMMERMAN HOUSE**

**Wednesday, April 18                      \$90.00**

Travel via luxury motor coach and join us for guided tours of these historic locations, and enjoy lunch at Fratello's.

## May

### **OLD STURBRIDGE VILLAGE**

**Wednesday, May 16th                      \$26.00**

Travel back in time to an 1830s New England Living History Museum! Enjoy the multitude of live exhibits such as the Sawmill, Blacksmith Shop, Simple Machines and so much more! COA van and Lunch is on your own.

## June

### **EAGLEMANIA**

**Tuesday, June 19th                      \$69.00**

Eaglemania is touted as the World's Greatest Eagles Nationally Touring tribute group. Enjoy all the Eagles' hits! Trip includes the Show and Lunch at the Danversport Yacht Club, Tax, and Gratuity.

### **HIGHFIELD HALL & GARDENS WALKING TOUR AND COONAMESSETT INN, FALMOUTH**

**Wednesday, June 27th \$89.00**

Experience the yesteryear of Cape Cod, learn the history of the estate, enjoy the art exhibitions, and spectacular gardens while on a walking tour of this historic landmark and cultural center. Lunch at the quaint Coonamessett Inn.

## July

### **LAKE WINNIPESAUKE, WRIGHT WAR MUSEUM WOLFEBORO, NH**

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

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**

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! COA van and Lunch on your own at the full-service "Institute Café"

### **SCITUATE LIGHT TOUR**

**Saturday, August 25th                      \$**

Enjoy a trip via luxury motor coach for a tour of Scituate Light, lunch at Barker's Tavern, and a narrated tour of the area with a boat ride on the Pilgrim Belle Paddleboat.

## September

### **KENNY ROGERS AND DOLLY PARTON TRIBUTE CONCERT AND LUNCH**

**Wednesday, September 12                      \$69.00**

This unforgettable tribute to two of the biggest names in Country Music recreates the magic of these superstars! Trip includes the Show and Lunch at Danversport Yacht Club, Tax, and Gratuity. COA van or drive on your own.

### **SOUTHWICK'S ZOO**

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

Explore more than 150 species from around the world, tour the Earth Discovery Center and see a variety of live demonstrations. COA van and Lunch on your own.

## October

### **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. Transportation by COA van.

## November

### **SEA FESTIVAL OF TREES**

**Tuesday, November 27th                      Price TBD**

Take in the magic of the holiday season and enjoy lunch at Spud's following this spectacular display! Transportation by COA van.

## December

### **LOCAL CHRISTMAS LIGHTS TOUR - Date TBD**

### **THE SICILIAN TENORS CHRISTMAS SHOW**

**Tuesday, December 4th                      \$69.00**

The Sicilian Tenors are ready to bring the joy of all our favorite Christmas songs to life at Danversport Yacht

**THE LARGEST  
FAIR ON THE  
EAST COAST!**



**ESSEX COA** presents...

**4-days/3-nights**

**WESTERN MASSACHUSETTS &  
THE BERKSHIRES** WITH **THE BIG E**

**FEATURING THE EASTERN STATES EXPOSITION,  
SPRINGFIELD MUSEUMS, NORMAN ROCKWELL MUSEUM,  
HANCOCK SHAKER VILLAGE, OLD STURBRIDGE VILLAGE &  
A SPECIAL FAREWELL PARTY AT YANKEE CANDLE VILLAGE**

**September 18 – 21, 2018**

**\$699** per person twin occupancy

*Includes breakfast daily, one lunch, and dinner nightly!*

**OUR WESTERN MASSACHUSETTS & BERKSHIRES "BIG E" TOUR ITINERARY**

**DAY 1:** Depart and drive to Springfield, arriving mid-morning (the Fair opens at 10 am) at the **Eastern States Exhibition** (hosted by all six New England states- the largest state fair on the Eastern Seaboard of the U.S.). Website: <http://www.thebige.com/>. At the **Avenue of States Exhibition**, you will find replicas of each New England state's capitol building, as well as food and goods unique to each state. **Storowton Village** is a complete replica of a 19<sup>th</sup> century village right on the Fairgrounds. Another highlight is the **Wine and Cheese Barn and Mallory Rotunda**, with a special sculpture made from butter. Explore the Fairgrounds and enjoy lunch (on own). Depart the fair at 2:30 pm (hands will be stamped for re-entry) and drive to our hotel for check-in and time to freshen up and unpack. We will depart the hotel at 4 pm to return to the fair. A dine-around coupon will be provided for dinner at your choice of many venues with time to view the daily parade at 5 pm, and entrance to the concert at 8 pm featuring a live show at the Fair's concert venue. Return to hotel after the concert. (D)

**DAY 2:** After breakfast, depart your hotel for **Springfield Museums** (<https://springfieldmuseums.org/>) with 5 complexes (Art, History, Science and **Dr. Seuss Sculpture Garden**, and brand new **Dr. Seuss Museum**). Depart Museum complex by noon for the **Big E** in time for lunch (on your own) with plenty of time this afternoon to fully explore the Fairgrounds. At 5 pm enjoy a private sit-down dinner at the historic Coliseum.

At 7 pm we have reserved seats for the **Big E Circus** under the Big Top, featuring hand-picked circus acts from around the world. We will return to the hotel after the show. (B, D)

**DAY 3:** After breakfast, we are off to historic beautiful **Stockbridge**, with time to browse the shops and explore the **Norman Rockwell Museum** (<http://www.nrm.org/>) with entrance fee included. Lunch is included today either at a local restaurant or at the Museum (depending on group size) then off to the **Hancock Shaker Village** (<https://hancockshakervillage.org/>) for a tour. Return to the hotel to relax and freshen up before visiting the **Yankee Candle Village** (<http://www.yankeecandle.com>) for a private event at 6:30 pm. We have the run of the Village and 30% off the entire store along with games, raffles, beer & wine sampling, live entertainment (a band with song and dance). We will also enjoy dinner within the Village. Return to the hotel for our last overnight. (B, L, D)

**DAY 4:** After breakfast and check-out, we will head east to **Old Sturbridge Village** (<https://www.osv.org/>) for a visit to this impressive living history museum recreating an 1830's New England settlement. Admission is included and you are free to explore the village, enjoying lunch on your own (the village boasts a tavern, café, cafeteria, and bake shop). Mid-afternoon departure to return home, avoiding rush hour. (B)

**OUR BIG E TOUR INCLUDES ALL OF THE FOLLOWING:**

- 4 days' luxury motorcoach transportation.
- 3 nights' first-class hotel with portorage of luggage at the hotel.
- Buffet breakfast daily, lunch on Day 3, and dinner nightly. Beer and wine sampling Day 3, plus nightly entertainment.
- All room and meal taxes and gratuities for all included meals.
- All admissions and sightseeing illustrated on the daily itinerary (Eastern States Exhibition (Parade, Concert ticket, Circus ticket, plenty of time to explore the Fair over two half-days) entrance to the Museums of Springfield (1 ticket for all 5 attractions) Norman Rockwell Museum and Hancock Shaker Village entrance and tour, and Old Sturbridge Village). Special farewell extravaganza at the Yankee Candle Village.
- Hosted/escorted at site.

**A \$50 DEPOSIT\* IS DUE UPON RECEIPT OF FLYER. FINAL PAYMENT DUE 6 WEEKS PRIOR TO DEPARTURE**

\*Just \$10 is nonrefundable up to final payment.

## THURSDAY, MARCH 15TH

**\*12:30 p.m.\***

### **ST. PATRICK'S DAY LUNCH and IRISH MUSIC CONCERT with Roger Tincknell**

Start your St. Patrick's Day celebration early and join us for a traditional lunch of Corned Beef and Cabbage with Irish Soda Bread and Crème de Menthe bar, hosted by SeniorCare.

*Everyone is Irish on St. Patrick's Day so wear your green and enjoy a concert celebrating the music of Ireland!*

Roger Tincknell will delight you with his "Ireland to America" music, performing Irish sing-alongs and instrumentals. Irish step dancing and spoon playing will also be part of the fun!

Please call the Senior Center to register.  
\*please note the change in time for this lunch only

### **Winter Parking Ban**

Reminder that Essex has a winter parking ban in effect December 1 through April 1. There is no parking on any street, with the exception of Pickering St. from Midnight through Dawn.

### **INCLEMENT WEATHER POLICY**

If Manchester-Essex Schools have a delayed opening, or are closed, the Essex Senior Center and Transportation Services will also be closed. Additionally, transportation may be cancelled due to weather and safety concerns even if the Senior Center is open. We will contact those who have a previously scheduled ride.

### **Balance Screening**

Did you know that every 11 seconds an older adult falls in the US? 1 out of 5 falls results in a serious injury such as a broken bone, or head injury.

The Center for Balance and Wellness at Gordon College will be offering a free balance screening to Essex Residents at 11AM on the 2nd Tuesday of each month right here at the Senior Center!

Screenings will take about 10 minutes. Please call to sign up or come early and check out our 10:00 a.m. Balance Class!

Walk-ins will be accommodated as space is available.

### **MEN'S AND WOMEN'S BREAKFASTS**

Have you stopped by for one of our monthly breakfasts?

*MEN'S BREAKFAST* is held at the Senior Center on the 2nd Monday of the Month

*WOMEN'S BREAKFAST* is held on the 4th Monday of the Month at the Senior Center



### **ESSEX SENIOR CITIZENS CLUB**

The Essex Senior Citizen's Club is a private membership organization that meets at the Essex Council on Aging on the First and Third Monday of the Months for a meeting, lite lunch and Bingo.

New members are always welcome. Dues are \$10.

Officers:

Millie Hamlen . . . . . President

Nancy Paone . . . . . Vice President

Kay Joseph . . . . . Secretary / Treasurer

# March 2018

Mon	Tue	Wed	Thu	Fri
9:00 Walking Club 12:15 Senior Club 5:30 Yoga	10:00 Balance in Motion	12:45 Line Dancing	<b>1</b> 12:00 Senior Care Luncheon 12:30 Game Group	<b>2</b> <b>9:30 Market Basket</b> 10:00 Balance in Motion
<b>5</b> 9:00 Walking Club 5:30 Yoga	<b>6</b> 10:00 Balance in Motion	<b>7</b> 12:45 Line Dancing	<b>8</b> <b>Bingo and Lunch at The Inn at East Hill Farm</b>	<b>9</b> <b>9:30 Market Basket</b> 10:00 Mobile Market 10:00 Balance in Motion
<b>12</b> 8:30 Men's Breakfast 9:00 Walking Club 12:15 Senior Club 5:30 Yoga	<b>13</b> <b>9:00 Village Pancake House</b> Balance Screening 10:00 Balance in Motion	<b>14</b> <b>9:30 Boston Flower Show</b> 12:45 Line Dancing	<b>15</b> 9:00 Senator Tarr's Office 10:00 Blood Pressure Clinic <b>*12:30 Senior Care Lunch</b> 1:30 Guest Performer: Roger Tincknell sings "Ireland to America" for St. Patty's Day	<b>16</b> <b>9:30 Market Basket</b> 10:00 Balance in Motion
<b>19</b> 9:00 Walking Club 5:30 Yoga	<b>20</b> 10:00 Balance in Motion	<b>21</b> 12:45 Line Dancing	<b>22</b> <b>8:00 Oxford Casino</b>	<b>23</b> <b>9:30 Market Basket</b> 10:00 Balance in Motion
<b>26</b> 8:30 Women's Breakfast 9:00 Walking Club 5:30 Yoga	<b>27</b> 10:00 Balance in Motion	<b>28</b> 11:00 Cracker Barrel, Londonderry 2:45 Line Dancing	<b>29</b> 12:00 Luncheon and MLB Opening Day Festivities 12:30 Baseball Games	<b>30</b> <b>9:30 Market Basket</b> 10:00 Balance in Motion



Senior Care Inc

# LUNCH MENU

1st and 3rd Thursdays of the Month



**March 1, 2018 — 12:00 p.m.**

Travelling Chef: PASTA BAR—Marinara or Alfredo Sauces, Corkscrew Pasta, 1 Large Meatball, Garlic Broccoli, Vienna Bread, and Limoncello Cake for Dessert

**March 15, 2018 — \*12:30 p.m.**

*Please RSVP by March 13th*

Celebrate St. Patrick's Day!

Corned Beef, Cabbage Wedge, Carrots and Turnip Blend, Potatoes, Crème de Menthe Bar and Irish Soda Bread. **Enjoy Irish Music with Roger Ticknell: Ireland to America**

*\*Please note change in time for this lunch only*

**April 5, 2018**

**12:00 p.m.**

**Travelling Chef: French Crepes**

Turkey, Spinach & Swiss Crepes, Creamy Mushroom Sauce, Wild Rice Pilaf, Peas and Asparagus, Parker House Roll, Boston Cream Pie

*Please be sure to RSVP as soon as possible, but no later than 12pm on the Tuesday before a meal.  
Menu is subject to change*

**Transportation to our Thursdays meals is available!**

If you would like to join us, but don't have a ride, please call us at the center and let us know you would like to schedule the van when making your reservation!

## **FIFTH THURSDAY LUNCHEON AND BASEBALL OPENING DAY CELEBRATION**

# RED SOX

**MARCH 29TH, 12:00 P.M.**

*Join us for an All-American Ball-park Lunch and snacks as we kick-off baseball season and cheer on our favorite teams! Wear your lucky team shirt and/or hat and play some trivia as we watch the major leaguers PLAY BALL!! Please sign up in advance and see Tess Leary for more information .*

## Essex Mobile Market, Sponsored by Open Door

Friday, March 9, 2018

10:00 AM to 11:00 AM

The Mobile Market is a program offered by the Open Door Pantry. If you are interested in participating but unable to attend due to scheduling conflict or lack of transportation, call us and we will try to make alternative arrangements. If you are grocery shopping with us and would like to participate, we will hold a bag for you!

## Open Door Food Pantry, Gloucester

23 Emerson Ave, Gloucester.

Monday, Wednesday, and Thursday from 10-7      Tuesday and Friday from 10-5.

The Community Meals are available 7 days a week at various locations in Gloucester. Meals are from 5-6 Monday through Saturday, and from 4-5 on Sundays. For more information, you may pick up a brochure at the Essex Senior Center, or call the Open Door at 978-283-6776.

## Open Door Food Pantry, Ipswich

Tuesdays from 11-5 and Thursdays from 11-7 at 00 Southern Heights in Ipswich

## Acord Food Pantry, Hamilton

69 Willow St. Hamilton

Wednesday 9:30AM—11:00 AM      Thursday 6:30 pm—7:30 PM      Saturday 9:00 AM—11:00 AM

You may attend Acord once every 7 days even if you attend other Food Assistance Programs. Available items include Meat, Milk, Dairy Products, Fresh Fruit and Vegetables in addition to non-perishable food.

## **IT'S A SNAP!!**

**The Supplemental Nutritional Assistance Program – SNAP** – offers a monthly benefit to buy nutritious foods. Eligibility for SNAP benefits depends on financial and nonfinancial criteria. Please contact Tess Leary at the Senior Center for more information.

### *What can you buy with SNAP?*

Foods for the household to eat, such as: breads and cereals; fruits and vegetables; meats, fish and poultry; and dairy products. Seeds and plants which produce food for the household to eat.

### *Maximize SNAP benefits with HIP!!*

**The Healthy Incentives Program – HIP** – is a new part of SNAP that encourages households to spend SNAP dollars on local fruits and vegetables to earn HIP incentives.

An equal amount of money, up to your monthly limit, is instantly added back to your EBT card and your receipt will show the amount of **additional SNAP dollars** your purchase earned! If you **receive \$15 monthly in SNAP** you can potentially earn up to \$55 in SNAP benefits by completing three (3) \$15 purchases of fruits and vegetables for each month!

### *WHERE can you make your SNAP/HIP purchases?*

#### **Beverly Winter Farmers Market**

Franco American Club, 44 Park Street, Beverly, MA 01915

Dates & Times: 3/26, 4/30 - Mondays, 3:00 pm - 7:00 pm

EBT-SNAP Accepted

#### **Newburyport Winter Farmers' Market**

Tanner Marketplace Event Tent, Snow or Shine!

75 Water Street, Newburyport, MA

Dates & Times: 3/4, 3/18, 4/8, 4/22—Sundays, 10:00 a.m.-1:00 p.m.

EBT-SNAP Accepted

## Walking Safely in Rural Areas

**Walking is great exercise and can be particularly enjoyable away from the hustle and bustle of city streets. But walking in rural areas requires special care.**

Unpaved surfaces may provide uneven footing. Often the vehicles on rural roads travel at much higher speeds than walkers are used to, and drivers won't expect to see someone walking on or near the side of the road.

**Go4Life has the following safety tips for those who want to enjoy a walk in the country:**

- Always walk facing oncoming traffic.
- Look for a smooth, stable surface alongside the road.
- If there are guardrails, see if there's a smooth, flat surface behind the barrier where you can walk. If you need to walk on a paved shoulder, stay as far away from traffic as possible.
- Watch for bridges and narrow shoulders.
- Be sure drivers can see you. Wear light or brightly colored clothing.
- If you walk during low-light hours—at dusk or dawn—be sure you have reflective material on your jacket or walking shoes and carry a flashlight.
- Be careful when crossing the road. Look left, right, and left again before crossing. Don't assume drivers will stop.
- Look across ALL lanes you must cross and make sure each lane is clear before proceeding. Just because one driver stops, don't presume drivers in other lanes will stop for you.
- Take along a cell phone and an ID, especially if walking alone.



### Quick Tip

Be sure to wear sturdy shoes that give you proper footing. For more information, see the **Go4Life** tip sheet *Fitness Clothes and Shoes*.  
[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.

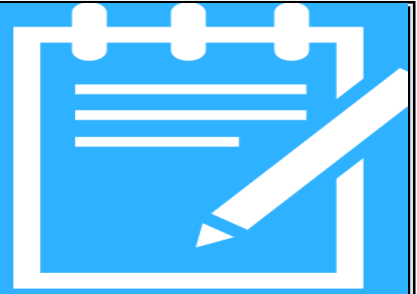


National Institute on Aging

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

# Transportation

TO SCHEDULE A RIDE FOR A MEDICAL  
OR OTHER APPOINTMENT, PLEASE CALL  
978-347-8115  
FOR A GROUP TRIP, CALL 978-768-7932



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 Basket every Friday. The van also provides transportation for shopping excursions, and other social events including the Casino in Oxford ME! In order to use our transportation services, you must be registered with the Senior Center!

To register for a Medical Appointment please call and leave a message at

**978-347-8115**

If you would like to sign up for a group trip, please contact us at the Center during regular business hours.

**978-768-7932**

**\*\*\*\* All Van Trips are limited to a maximum of 12 ambulatory passengers,  
plus 2 additional seats for those in a Wheel Chair \*\*\***

**SIGN UP FOR ALL EVENTS AND TRIPS AT THE SENIOR CENTER**  
**When signing up, use first AND last names, and phone number!**

**Please note:** If interested in a group trip, please sign up as soon as possible. Trips may be cancelled due to lack of interest.

*If requesting medical transportation, please give us as much notice as possible your trip. We may not be able to accommodate trips with less than a 5 day notice.*

## **March 13 Village Pancake House**

Meet us at the restaurant at 9:00 AM. Please be sure to call by Friday March 9th to RSVP

## **March 22 Oxford Casino**

Pick up 8:00 A.M. Return Approx. 6:00 P.M.  
Join us for a "Wicked Good Time" as we venture out to the Oxford Casino in Maine. Please sign up in advance.



## **March 28 Cracker Barrel Lunch**

Pick up 11:00 A.M. for an excursion to Londonderry, NH to enjoy an experience reminiscent of America's country heritage with real home-style food and shopping at the Old Country Store. Please register at the Senior Center.

## **April 4 Museum of Fine Arts**

Pick up 9:30 A.M. for a trip to Boston's MFA. Marvel at the grand masters of art and design; enjoy the artfully prepared dishes of the dining venues. Please register ahead.

## **COA Board Meeting**

The Essex Council on Aging is a municipal board, and its meetings are open to the public. Please join us and learn more about what's happening at your Senior Center!



**Tuesday, March 6  
6:00 P.M.  
Upstairs**

**In accordance with Open Meeting Law, the  
agenda will be posted online at  
[www.essexma.org](http://www.essexma.org)**

## **April 10 Village Pancake House**

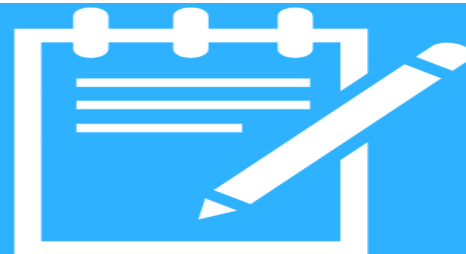
Meet us at the restaurant at 9:00 AM. Please be sure to call by Friday April 6th to RSVP

## **April 17 Christmas Tree Shop**

Pick up 11:00 A.M. to head to Newington, NH for some shopping at The Christmas Tree Shop and lunch at Ruby Tuesdays Restaurant. Please sign up in advance.

*All trips leave from Memorial Park unless otherwise noted. If you would like to attend a trip but are unable to drive to the pick up location, please call and we will make alternate arrangements*

# *Friends of the Essex Council on Aging*



## **FRIENDS OF THE COUNCIL ON AGING**

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



On May 1, the Friends of the Council on Aging will be delivering May Baskets to Essex residents over the age of 90, or homebound residents. We are seeking donations of pre-wrapped candy, pre-wrapped baked goods, and other small items etc

Please drop items off at the Center during our regular business hours.

If you know someone who is eligible to receive a May Basket, please call the Senior Center and let us know.

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

A Monthly Publication from the Essex Senior Center and  
Essex Council on Aging, supported in part, by funding provided by  
the Massachusetts Executive Office of Elder Affairs

RETURN SERVICE REQUESTED

This newsletter is supported, in part, by funding provided by the  
Mass Executive Office of Elder Affairs (EOEA).

**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 9AM—12PM**

**978-768-7932**

**coa@essexma.org**

**This month:**

**BE SURE TO WEAR YOUR GREEN ON  
THURSDAY, MARCH 15TH  
12:30 P.M.  
FOR A TRADITIONAL  
ST. PATRICK'S DAY LUNCH OF CORNED  
BEEF AND CABBAGE  
AND STAY FOR OUR FUN IRISH MUSIC  
CONCERT BY ROGER TINCKNELL**

**THE ARTS AND CRAFTS  
AFTERNOON GROUP IS BACK!  
JOIN US ON TUESDAYS AT 1:30 P.M.**

**CELEBRATE OPENING DAY OF BASEBALL!  
THURSDAY, MARCH 29TH  
12:00 P.M.  
LUNCH IS AN ALL-AMERICAN BALLPARK  
FRANK WITH SNACKS  
STAY FOR TRIVIA AND BASEBALL GAMES  
ON THE BIG SCREEN!**