# The Essex Senior Echo

# March 2020

Thinking about March, there are two things that immediately come to mind—first being St. Patrick's Day and luck, and the second being the old saying "In like a lion, out like a lamb". While we can certainly say that this has been a mild winter, the past several years we've seen that lion bring about some significant winter storms. We know that we'll start seeing the crocuses, and fields of grass and clover start to perk up. We are lucky to be here for another spring, and we are lucky to live in such a beautiful community. I hope you are looking forward to getting outdoors and enjoying the beautiful locations in and around Essex as much as I am —walking the Gloucester Boulevard, the Farmer's Markets, countless trails, the river, the lake, and the marsh.

One of our goals this year is to have some fun and unique outdoor adventures, both during the week and on the weekends. What would you be interested in? Kayaking? Stand-up Paddleboarding? Hiking? Birdwatching? Bocce? Pickleball? LET'S GO!

Kristin

Spring is coming!! I am looking forward to the warmer weather when more people are out and about with so many things to do! Even though the winter has been "quiet" we have been busy - our Friendship Day Celebration was a wonderful chance to appreciate the friendship and love in our lives...we especially appreciate Woodman's for donating the fabulous chowder and Karen Birch for bringing her ukulele and leading us all in the sing-along!

We have loads of events planned so be sure to check inside for activities that interest you - invite a friend to join you and give us a call so we save you a spot! A special event is the "Haverston Mills Town Meeting" comedy show that is sure to have you laughing! Free and Open to the Public, details of the performance are on Page 4.

We're also planning on doing some container gardening so if you have some ideas and are interested in getting your hands dirty, call me...HAPPY SPRING! ~Tess

### INCLEMENT WEATHER POLICY !

If Manchester-Essex Schools have a delayed opening or are closed due to inclement weather, the Essex Senior Center will also be closed. School closings are annonced on WBZ 4, WCVB 5, Fox25, WHDH 7

Cancellations by Beauport and CATA will be managed by them directly. The Phone Number for each agency can be found in the on Page 8 in the Transportation section of this newsletter.

### Parking Reminder:

The Town of Essex Parking Ban takes effect December 1. There is no parking on any street from Midnight through Dawn, except for Pickering St. (Eastern side)
Unfortunately, parking at the Senior Center can be difficult.
Please be courteous to our neighbors and do not block driveways - some are not paved.

Thank you for your considera-

## Council on Aging Board:

Chairman
Michele French
Vice Chairman
Ralph Hawley
Secretary
vacant
Treasurer
Kay Joseph

Members at Large
Nancy Beattie
Priscilla Doucette
Millie Hamlen
Patricia McGrath
Mary Wilhelm

Council on Aging Staff Members:

Director
Kristin Crockett
kcrockett@essexma.org

Outreach Coordinator
Tess Leary
tleary@essexma.org

And a big thank you to our many volunteers!

Senior Center Regular Hours of Operation:

Monday—Friday 9 AM to 1 PM

Essex Senior Center 17 Pickering St. Essex MA 01929

978-768-7932 coa@essexma.org

Follow us on Facebook

# **Social Services**

### Hands-Free Electronics While Driving - It's the Law

The new Massachusetts hands-free distracted driving law took effect on Sunday, February 23. This law is a significant change for drivers 18 and over and traffic enforcement as well. The new law prohibits operators of motor vehicles from using any mobile electronic device, including a cell phone, unless the device is used in hands-free mode. Drivers under 18 are not allowed to use any electronic devices.

### Drivers 18 and over are:

- Not permitted to hold or support any electronic device
- Only permitted to touch devices to activate the hands-free mode, and can only enable when the device is installed or properly mounted to the windshield, dashboard, or center console
- Not permitted to read or view text, images, or video displayed on a mobile electronic device; however, a driver may view a map generated by a navigation system or application on a mobile electronic device that is properly mounted



### Penalties for Violating the Hands-Free Law

1st offense – \$100 fine

2nd offense – \$250 fine, plus mandatory completion of a distracted driving educational program
3rd and subsequent offenses – \$500 fine, plus insurance surcharge and mandatory completion of distracted driving educational program



### Do You Have Medicare and Need to Change Plans?

Did you change your Medicare or Medicare Advantage plan last fall? Were your prescription **costs much higher** than expected? Are your **bills much higher** than anticipated? **Don't be trapped** into paying more than you should!

Please know that Medicare has acknowledged that some people may have "made the wrong plan choice because of inaccurate information from the new Plan Finder website."

Call **1-800-MEDICARE** (**1-800-633-4227**) and explain your situation. The Call Center representatives can help you *throughout the year* with options for **making changes**. You can also seek assistance through your local SHINE Counselor.

# Does your Insurance Company have a Fitness Benefit?

Did you know that some health insurance programs have member benefits that include reimbursement of gym memberships, and fitness classes? This can include fitness classes offered by your local COA!

If you would like to apply for reimbursement for the Balance in Motion Class or the Yoga class please speak with your insurance company, or see Kristin for assistance.

# LOW VISION GROUP

Community members with vision loss from Essex, Hamilton, and Wenham meet monthly to share information, laughs, support & friendship.

March 19th 11:00 AM Lunch at 12:00 PM Lunch at 12:00 PM

### Town of Essex Boards and Committees

•	Board of Appeals	978-768-7111
	Board of Assessors	978-768-7831
	Board of Fire Engineers	978-768-6511
•	Board of Library Trustees	978-768-7410
	Community Preservation Comm.	978-768-7111
	Board of Selectmen	978-768-7932
	Conomo Pt. Commissioners	
	ConomoPt Planning Comm.	978-768-6531
•	Conservation Commission	978-768-2509
•	Cultural Council	

Economic Development

Council on Aging
 Finance Committee
 Board of Health
 Understand Committee

**Historical Commission** 

Housing Authority 978-768-6821

Long Term Planning 978-768-6531

Public Safety Committee 978-768-6531

Public Works 978-768-6262

Shellfish Advisory Commission
Strategic Planning Committee

Town Building Committee

Youth Commission 978-768-3414

Remember that these boards and committees are public bodies and meetings are open! For more information, please see our website at www.essexma.org.

## **Social Services**

### NEW PROGRAM FROM OPEN DOOR!

The Open Door is launching a new program in Spring, 2020: **MEDICALLY TAILORED GRO-CERIES FOR SENIORS (MTGS).** The goal of this FREE 8-week program is to help people manage chronic health conditions, promote independence, and improve quality of life.

MTGS will provide clients 55 and older and living with at least one chronic illness (High Cholesterol, High Blood Pressure, Kidney Disease, Diabetes, and/or Weight Management) with weekly groceries customized for their medical condition.

Along with the free, medically tailored groceries, clients will attend 8 weekly diet & health workshops, get recipes, menus, and prep kits, and receive one-on-one counseling with a registered dietitian at Open Door in Gloucester. For more information/details, please contact Tess at 978-768-7932.

### **Property Tax Resources**

The deadline for Property Tax Exemptions is April 1

In general, the tax deadline is April 16, however if you haven't not filed to claim your circuit breaker refund, you can file anytime—up to 3 years—and still receive the credit.

Remember there are a number of tax relief options available. See Kristin or Tess for more information.



If you have a Walking Pass - please stop by the COA to complete some paperwork...

AND, if you have been walking or want to put a Spring in your step, get ready for the upcoming

WALKING CHALLENGE starting in April

Good Luck or Bad Luck?

# BE A SHINE COUNSELOR

Join us and become a resource for your family and community!

# CERTIFIED SHINE COUNSELOR TRAINING STARTS IN APRIL

To be considered for this amazing volunteer opportunity, contact Lisa Rose, Regional SHINE Director for a description of responsibilities and an application at 978-946-1374 or Irose@esmv.org



PODIATRY CLINIC Dr. Gregory Van Ess April 29th, 12:30-3:00 pm

The Essex and Manchester Councils on Aging are joining forces to offer a Podiatry Clinic with Dr. Gregory Van Ess,

whose services will be offered every 9 weeks on Wednesday afternoons at the Essex COA. Appointments are booked every 15 minutes. Slots fill quickly so please call to reserve your spot and bring your insurance card and paperwork!

	Good Luck of Bad Luck?													
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# **Special Events**



Comedy for the Ages – Senior Players Presents...

"The Haverston Mills Town Meeting" By Steve Henderson

The citizens of Haverston Mills range from sensible to eccentric to downright zany, but they are invariably fun to watch. And now the town faces a very important decision and everyone has an opinion. If only the Town Moderator can keep it together...

A thoroughly fun comedy performance!

FREE and Open to the Public Essex Senior Center 17 Pickering St, Essex, MA TUESDAY, APRIL 7 at 1:00 PM

Please REGISTER in advance - contact Tess at the Essex Council on Aging, 978-768-7932

### Lunch and Learn

The Essex COA hosts a Community Lunch every Thursday and frequently offers informational sessions on pertinent topics of interest. We are always looking for suggestions so if you'd like to learn more or would like to present about something, please let us know!

**Thursday, March 19** 



Lunch at 12:00 PM Presentation 12:30 PM

Screenings by Appointment at 1:00 PM

Put your Hearing Health at the top of your list! Sue Stein, from HEARINGLIFE will give a presentation about caring for your hearing and service options for improving your hearing now and for the future. She will then provide screenings for all registered participants.

Reserve your spot by calling the Essex COA at 978-768-7932.

### FREE CONCERTS

"Fridays in the Rose" | FREE Endicott College 12:00-12:45 p.m.

Friday, April 24

Pawtucket Falls Trio

Fridays in the Rose concerts are designed to give audiences a taste of the sublime in just enough time to listen! Singers, instrumentalists, actors, and dancers collaborate on pieces from various styles and genres.

Lunch out in Beverly after the concert!

"RSVP to Tess Leary at the Essex Senior
Center for more information and to request
tickets for a particular performance and to
choose a restaurant!

## MLB OPENING DAY CELEBRATION

THURSDAY, MARCH 26 12:00 PM

Wear the colors of your favorite team, test your knowledge in our baseball trivia challenge, and then enjoy Sausage, Peppers, and Onions on a Roll, and some classic ballpark food!

Please register in advance at the Essex COA so we can plan the fun!

# **2020 Trips and Events**

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

### **CAROLE KING TRIBUTE**

\$72pp

Tuesday, May 19th

**Danversport Yacht Club** 

Home Again is a tribute to multi-award winning singer-songwriter Carole King and is a true celebration of Carole King's music anthology and captures her "Beautiful" spirit! Fee includes Show Ticket, Plated Luncheon, Tax, and Gratuity. Drive on your own or contact the Essex COA.

### CHICAGO CELEBRATION

\$72pp

Thursday, September 17th Danversport Yacht Club

Relive the hits of the 2016 Rock 'n Roll Hall of Fame inductees with *Beginnings*, a flawless replication of three decades of inspired music in a show that includes nearly every timeless *Chicago* classic and chart hit!

Fee includes Show Ticket, Plated Luncheon, Meal Tax, and Gratuity. Drive on your own or contact the Essex COA.

### SHADES OF BUBLE

\$72pp

Tuesday, December 1st Danversport Yacht Club

Get your holidays in full swing! This threeman tribute to Michael Buble brings his swinging standards and pop hits to the stage with big -band era jazz standards, classic hits from the 50s, 60s, and 70s, and some of your favorite holiday classics from Michael Buble's charttopping Christmas album.

Fee includes Show Ticket, Plated Luncheon, Meal Tax, and Gratuity. Drive on your own or contact the Essex COA.

### BOSTON FLOWER/GARDEN SHOW Thursday, March 12th \$16pp Seaport World Trade Center, Boston

The Boston Flower & Garden Show provides a hint of Spring and brief reprieve from Winter! Come for inspiration and motivation or just

stroll around and enjoy the beauty...
Fee includes ticket admission and transportation by Manchester COA. Lunch is on your

own. Pick-up at 8:30 a.m. Return by 2:30 p.m.

### WINNIPESAUKE CRUISE, CASTLE IN THE CLOUDS, HARTS TURKEY FARM Wednesday, July 22nd \$129PP

Take a scenic Lake tour aboard the Doris E, enjoy a delicious full course luncheon at one of New Hampshire's landmark restaurants, and bring your camera to capture the spectacular views from Castle in the Clouds, overlooking Lake Winnipesaukee.

Fee includes Lake Cruise, Castle in the Clouds, Harts Turkey Farm Luncheon, Transportation, and Best of Times Tour Guide.

### **Trips with Manchester COA**

Rowley Market Basket FREE
Wednesday, March 11th 10:00 AM

Boston Flower/Garden Show \$16 Thursday, March 12th 8:30 AM

Price includes Ticket and Transportation; Lunch is on your own. See above for details.

Gordon College Walking FREE
Mondays, Wednesdays, 9:00 AM
Fridays 10:00 AM

Bowling at Cape Ann Lanes \$3/String/\$3 Shoes March 13th and 25th

April 1st 11:45 AM



**Civic Participation and Employment** 

One of the areas of focus for the Age and Dementia Friendly Cape Ann Project is civic participation and employment. We are striving to make Cape Ann a region in which older adults are engaged in the civic life of their community and have access to

rewarding volunteer or paid work opportunities. Senior Care and the four Cape Ann communities are working collaboratively to make improvements in this area, but there are several great opportunities that are already in place.

**Town of Essex Opportunities** 

As you may already know, our annual town meeting and town elections are just around the corner—May 4, and May 11th. We have a small community that depends on participation in not only town meeting, but also in our town departments. There are many ways to be involved. This year we will have elections for the following positions:

- \* One Assessor, 3 year term
- \* One Selectman, 3 year term
- \* Two Constables, 1 year term
- \* One Library Board of Trustees, 3 year term

- \* One Moderator, 1 year term
- \* One Board of Health Member, 3 year term
- \* One School Committee Member, 1 year term
- \* One Planning Board Member, 5 year term

There are a number of other boards, including the Council on Aging, that have 'appointed' board members. These boards generally make recommendations for members in May, with terms starting in July. Some boards in town have vacant seats currently, and others have positions that will be vacant. If you would like more information about serving on these boards, we will have a list here at the COA, or you can reach out directly to those departments. There's a full listing of the boards in town on page \_\_\_\_\_\_. Additionally, in April we will be hosting an information session on the upcoming town meeting. Town officials will be here to answer questions about the different items on the warrant. Keep your eye on the calendar!

**Volunteer Opportunities** 

Certainly not everyone wants to participate in such a formal way, and we have so many other great opportunities throughout Cape Ann. It can be difficult to find those opportunities, so we are fortunate have the RSVP Program housed at Senior Care, Inc. in Gloucester. The RSVP Program is a federally funded program, and is locally sponsored by Senior Care. This program links volunteers age 55+ with non-profit and public agencies, helping to meet important community needs. They match a volunteer's interests and skills with opportunities throughout Cape Ann, but also in Beverly, Ipswich, Danvers, Marblehead, Peabody, Salem, Hamilton, Topsfield and Wenham! They are a great resource, and an excellent way to find opportunities that best fit your interests and skillset. For more information, contact RSVP at 978-281-1750 or visit www.thevolunteerlink.org

**Employment** 

According to AARP, adults over the age of 65 are twice as likely to continue working than they were in 1985. Some of us need the additional income to cover bills. Some of us have an 'encore career' to fund leisure activities and hobbies. For others, it is the desire to stay engaged. Even with historically low unemployment rates, it can be difficult for older workers to find appropriate employment. Yes, there is ageism, but that is not the only factor. Unlike years past, nowadays 85% of jobs are found through networking. The Mass. Councils on Aging are working to provide support and assistance to older workers through the regional 50+ Job Seekers Networking Groups. In this area, Ipswich and Danvers Host these groups. Ipswich's meetings are the 2nd and 4th Mondays from 4:30 to 6:30. Danvers' meetings are the 2nd and 4th Wednesdays from 9:30 to 11:30. If you are looking for a new full or part-time position, consider joining one of these groups. For more information call:

Ipswich 978-356-6650 or Danvers 978-762-0208.

# \* \* \* \* CLUB

### **BOOK CLUB**

There are few things more enjoyable than reading a good book, except perhaps then gathering for a lively discussion!

This Month's Book:

My Life in France, by Alex Prud'Homme and Julia Child

Tuesday, March 31st at 11:00 A.M.

Please join us for refreshments and conversation!

### **Walking Pass**

Through a collaboration with the Hamilton-Wenham Recreation Department, enjoy the indoor walking track at Gordon College's Bennett Center for FREE! This is a great opportunity to keep walking through inclement weather. Any Interested participants must register and pick up a walking pass. Registrations can be done through the Essex Senior Center or at the Hamilton Wenham Recreation Department.

The indoor track is available the following times:
Mondays and Wednesdays: 9:00-11:30 AM
Fridays: 10:00-11:30 AM
Multiple Transportation Options are available:

Groups trips: Manchester COA Individual trips: Call Beauport to schedule

# MARCH 2020

Mon	Tuo	Wed	Thu	Fri
2	Tue 3	4	5	6
9:00 Walking Club 10:00 Writing Group 10:00 Crafty Kids 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga	10:00 Balance Class 1:30 Arts & Crafts 6:00 COA Board Meeting	9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing	10:00 Drop-in Games 11:00 BP Clinic 12:00 SeniorCare Lunch: Roast Turkey	9:30 Market Basket with CATA 10:00 Walking Club at Gordon College 10:30 Balance Class
9 8:30 Men's Brkfst 9:00 Walking Club 10:00 Writing Group 10:30 Sweatin' to the Oldies 5:00 Yoga	10 9:00 Village Pancake House 10:00 Balance Class 12:30Glass Blowing Workshop at The Bubble Factory	9:00 Walking Club at Gordon College 10:00 CATA Shopping 10:15 MB via MCOA 11:00 Line Dancing	12 8:30 NE Flower Show 10:00 Drop-in Games 12:00 SeniorCare Lunch: Corned Beef & Cabbage 4:00 MERHS Holiday Dinner and Music	13 9:30 Market Basket with CATA 10:00 Walking Club 10:00 Mobile Market 10:30 BalanceClass 11:45 Bowling with MCOA
16 9:00 Walking Club 10:00 Writing Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga	17 10:00 Balance Class 1:30 Arts & Crafts 6:30 FECOA Mtg	18 9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing	19 9:30 Sen Tarr's Rep 10:30 Veteran's Officer 11:00 Low Vision Grp 12:00 SeniorCare Lunch: Hot Dogs 12:30 Hearing Life Intro and Screenings	20 9:30 Market Basket with CATA 10:00 Walking Club at Gordon College 10:30 Balance Class
9:00 Walking Club 10:00 Writing Group 10:30 Sweatin' to the Oldies 2:00 Talk of the Town w/Animal Control 5:00 Yoga	10:00 Balance Class 1:30 Arts & Crafts	259:00 Walking Club 10:00 CATA Shopping 11:00 Line Dancing 11:45 Bowling w/ MCOA 1:00 Cape Ann Museum Tours (FREE)	26 10:00 Drop-in Games 12:00 SeniorCare Lunch: MLB Opening Day Celebration— Sausage, Pepper, and Onions with Classic Ballpark Food	9:30 Market Basket with CATA 10:00 Walking Club at Gordon College 10:30 Balance Class
30 9:00 Walking Club at Gordon College 10:00 Drop-in Games 12:00 Italian Lunch 5:00 Yoga	31 10:00 BalanceClass 11:00 Book Club 1:30 Arts & Crafts			

# **Transportation**

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

Medical and non-medical (i.e. grocery and other stores, restaurants, salons, banks, offices, etc.) are available.

Monday through Friday 8:00 AM - 4:00 PM in the following communities:

Essex Ipswich Rockport Gloucester Manchester Hamilton Wenham Beverly Danvers Peabody

To schedule a ride call at least 24 hours in advance.

**CATA Shopping Trips:** Provided by Cape Ann Transit Authority (CATA)

978-283-7916

• Friday Morning Market Basket, Rowley: Pick up 9:30 at your home. Limit 2 bags

\$4.00

• Weekly Wednesday Shopping Trips: Leaves from Essex Senior Center 10AM

\$5.00

To participate, you must be pre-registered with CATA.

Please call CATA directly for shopping schedules and registration information.

**Senior Care RSVP Medical Transportation:** 

978-281-1750

**Manchester Council on Aging Group Trips:** 

978-526-7500

The COA is happy to assist, but please do not leave a voicemail regarding transportation!

# **Community Food Resources**

### JOIN US FOR OUR COMMUNITY MEAL EVERY THURSDAY AT NOON!

\$2.00 Voluntary and Confidential Donation Appreciated (\$3.00 for Traveling Chef Meals) Sponsored by SeniorCare (Transportation is available) Please register by Tuesday.

March 5 Roasted Turkey with Gravy, Cranberry Sauce, Green Beans, Butternut Squash Soup, Oatmeal

Bread, Coconut Cake

March 12 Corned Beef and Cabbage, Potatoes, Carrots, and Turnip, Marble Rye Bread, Crème de

Menthe Bar

- March 19 Beef Hot Dog on a Roll, Condiments, Baked Beans, Coleslaw, Mandarin Oranges
- March 26 MLB Opening Day Celebration! Sausage, Peppers, and Onions on a Roll, and Classic Ballpark Snacks

### Open Door Pantry

Mobile Market at COA- Friday, March 13 10-11 a.m. Ipswich Hours: Tues, Thurs 11-5; Wed 11-7 Gloucester Hours: Mon, Wed, Thurs 10-7; Tues, Fri 10-5

Acord Food Pantry, 69 Willow St, Hamilton Now offering food distribution exclusively for Seniors (age 60+) Thursdays, 9:30-10:30 a.m. Other Hours: Wed 9:30-11 Thurs 6:30-7:30 p.m. Sat 9-11 MARKET BASKET - ROWLEY With the Manchester COA

FREE Door-to-Door Transportation 10:15 AM

Wednesday, March 11th

Please contact the Manchester COA 978.526.7500 to reserve a spot on the van for one or both of these trips!

Please note: Minimum number of riders required.

# Friends of the COA

The Friends of the Essex Council on Aging is a private non-profit organization whose purpose is to seek donations to financially assist the Essex Council on Aging in providing social services to residents over the age of 60 in Essex, and to do other things that necessarily render a service for the elderly residents of Essex.

### Officers:

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

Please Come to the Friends of the Council on Aging Meeting
Tuesday, March 17
6:30 PM

Discuss new ideas, programs, and projects.

YOU DO NOT NEED TO BE A SENIOR TO HELP!



Friends of the Essex Council on Aging Italian Luncheon Monday, March 30 at 12:00 PM \$5.00 per person

The Friends of the Essex Council on Aging are sponsoring a fantastic
Italian Luncheon Buffet
with food from Destino's in Gloucester

Limit: 35 Please RSVP Early to save your spot!!

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: DO Box 112 Fasox MA 01084

	Mail to. PO box 112	ESSEX IVI	A 01964	
Choose one:	In Honor Of: In Memory of:		· · · · · · · · · · · · · · · · · · ·	
Person to be notified:	·			
Name:	· · · · · · · · · · · · · · · · · · ·			
Address:				
City:		State:	ZIP:	
Is this an anony	mous gift? Yes	No		
(If yes, your nan	ne will not be listed ir	n the newsle	tter and, if applicable, fam	ily
will be not	ified of a donation wi	thout giving	the name of donor)	

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

# **Around Town**

### "THE GREAT AMERICAN AFGHAN SQUARES PROJECT"

The Friends of the Essex Council on Aging invite you to join in a special project ~ The Great American Afghan Squares Project" ~ an idea that builds community while creating a one-of-a-kind piece of art. The special afghan will be created square by square by individuals of all ages, finished by the Friends' group, and raffled off at the Friends' Annual Holiday Boutique in November.

Knitters are asked to create one square to be part of the afghan - all yarn and patterns are available free of charge and can be picked up at the Essex Senior Center during the weekly Arts and Crafts session on Tuesdays from 1:30-3:30 p.m. Please contact the Senior Center to make arrangements for a different pick-up time/day or for more information about this wonderful community project.

# DO YOU KNOW HOW TO KNIT OR CROCHET? DO YOU WANT TO LEARN?

The Friends of the Essex Council on Aging Arts and Crafts Group will be hosting a "Sit and Knit" gathering on the LAST TUES-DAY of each month, beginning

Tuesday, March 31st 6:30 p.m. - 8:00 p.m.

Bring your current project and socialize or come and learn some new techniques!

## ESSEX BOARD OF HEALTH PRESENTS:

GET THE FACTS ABOUT THE CORONAVIRUS - COVID-19

Saturday, March 14th 10:00 A.M. Town Hall Auditorium

Join the Essex Board of Health and Dr. Driscoll for a discussion and guidance about what we can do for protection from the novel Coronavirus - Covid-19

FREE AND OPEN TO THE PUBLIC!



### Arts and Crafts Group

TUESDAYS at 1:30PM

This fun group is back and ready for action! Please join us - bring your projects and ideas to share, make a variety of items, and enjoy each other's company. We'll also do special craft projects throughout the year and make items for our Annual Boutique...



### **GLASS BLOWING WORKSHOP!**

Tuesday, March 10th 12:30-2:30 PM

Make your own Paperweight or Bowl
The Bubble Factory
Cost: \$35

Please call the COA now to reserve your spot!

# Ongoing Activities

### FITNESS PROGRAMS

YOGA: Mondays 5:30-6:30 P.M. \$5.00

Drop-ins are welcome.

WALKING CLUB: Mon/Wed 9AM, Friday 10:00AM If you are new to the group, please call by noon Friday so we know to wait for you! Check out Page 6 for info about our Free Indoor Walking Pass at Gordon College!

BALANCE IN MOTION: **Donation requested** Fridays 10:30 AM **Tuesdays 10AM** 

Appropriate for all fitness levels.

LINE DANCING: Wednesdays at 11:00AM \$5.00 Beginners are welcome - first class free - join the fun!!

### **ACTIVITIES**

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

MEN'S BREAKFAST: 2nd Monday 8:30 AM \$3.00

LADIES' BRUNCH: Last Monday 11AM \$3.00

**WRITING GROUP: Monday 10:00 AM** 

VILLAGE PANCAKE HOUSE: 2nd Tuesday 9 AM Please RSVP by Monday.

DROP-IN GAMES: Thursdays at 10:00 A.M.

ARTS & CRAFTS: Tuesdays at 1:30 P.M.

ESSEX EAT OUT: Varies, Refer to Calendar

**CRAFTY KIDS: First Monday, 10AM** 

### **CLUBS AND MEETINGS**

COA MEETING: 1st Tuesday, 6:00 PM

FRIENDS OF ESSEX COA: 3rd Tuesday, 6:30

**BOOK CLUB: Last Tuesday 11AM** 

\*ESSEX SENIOR CITIZENS CLUB: 1st and 3rd **Mon** The "Club" is a private membership organization. For more information, please contact Nancy Paone, President, Millie Hamlen, Vice President, Carla Symonds, Secretary, or Kay Joseph, Treasurer

### COA SERVICES

### INFORMATION AND REFERAL SERVICES

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

### **SHINE Counseling**

Individual counseling about Medicare, prescription coverage, supplemental and Medicare Advantage plans, etc.

### RMV and Me:

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

**SHREDDING:** Mon, Thurs 10AM

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

### MEDICAL EQUIPMENT LOANS Mon-Fri 9-12

### **MRC Well Checks**

Through a partnership with Medical Reserve Corps, we offer friendly phone calls to homebound seniors.

**BLOOD PRESSSURE Check:** 3rd Thursday, 11:00

**CONSTITUENT SERVICES:** 3rd Thursday, 9:30

Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr. comes to the Senior Center to address any issues you may have. No appointment needed.

### **COMMUNITY SUPPORT:**

Senior Care, Inc: 978-281-1750

Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their homes. www.seniorcareinc.org

**Essex Housing Authority:** 978-768-6821

Veteran's Services: 978-356-3915

Assistance navigating the various services available to Essex Veterans of all ages. Essex COA 3rd Thursday of each month, 10:30-11:30 AM

**Protective Services:** 800-922-2275

Call 24 Hours/day to report abuse or neglect of an elder

**Energy Assistance:** 978-256-6650

Action Inc provides Fuel Assistance and other programs to help reduce energy costs for income eligible residents.

## Council on Aging Essex

17 Pickering Street Essex, MA 01929

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### RETURN SERVICE REQUESTED

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## The Essex Senior Echo March 2020

The Essex Board of Health Presents: Get the Facts About the Coronavirus - Covid-19 Saturday, March 14 10:00 AM Town Hall Auditorium (more details on page 10)

Talk of the Town: Animal Control Officer

Monday, March 23 2:00 PM

Spring is around the corner, and we'll all be emerging from winter hibernation, including local wildlife. Join us to learn what Amy Reilly does here in Essex, and how we can best co-exist with our natural neighbors. Light Refreshments will be provided. RSVP

Cape Ann Museum Tours

The Cape Ann Museum and the Age and Dementia Friendly Cape Ann Project have joined forces to offer unique tours of collections relevant to each Cape Ann Community. Refreshments will be served. Admission is free. Contact the COA to register. Space is limited. Wednesday, March 25th 1PM

Tom and T.M. Nicolas: A Father and Sons Journey in Paint (Rockport)

Wednesday, April 29 1PM Odds Were Against Me (Manchester and Essex) Wednesday May 27 1PM:

Folly Cove Designers (Gloucester)