

# Essex Senior Echo

MAY 2022

Every May we celebrate Older Americans Month (OAM). The theme for 2022 is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities and focus on aging in place - particularly, how older adults can plan to stay in their homes and live independently in our communities for as long as possible.

Planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique. In our year-long, monthly speaker series, "Planning Your Life: The Next Phase" local experts provide information and answer questions that can help you be ready for what comes next! The topic for May 17 is Elder Law and Estate Planning and June 21 is Organizing and Decluttering, both important aspects of navigating later years. Please plan to join us for these informative sessions.

We also have many fun events planned throughout the month, including: a special Kick-off for the WalkMA Challenge, Coffee with a Cop, Ice Cream Social, Open Door Nutrition Presentation, Art Classes, and so much more! We look forward to seeing you soon!

## Age my way!



### 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.  
[seniorcareinc.org](http://seniorcareinc.org)

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

**Veteran's Services: 978-356-3915**

**Protective Services: 800-922-2275** Call 24 Hours/day to report abuse or neglect

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

**Used Medical Equipment:** Masonic Hall, Ipswich 978-356-9716 Essex COA 978-768-7932

Essex Senior Center  
17 Pickering St.  
Essex MA 01929

978-768-7932

Hours of Operation:  
Monday thru Friday 9:00  
AM to 3:00 PM

Additional hours:  
Tuesdays  
1:00 PM to 5:00 PM  
Thursdays  
3:30 PM to 5:00 PM

Board Officers:

Chairman - Kay L. Joseph  
Vice Chairman - Ralph  
Hawley  
Treasurer - Dick Denton  
Secretary - Beverly Dolinsky

Board Members at  
Large

Dawn Burnham  
Priscilla Doucette  
Gil Frieden  
Millie Hamlen  
Sue Lufkin  
Susan Parady  
Diane Polley  
Mary Wilhelm

Council on Aging Staff:

Director: Kristin Crockett  
[kcrockett@essexma.org](mailto:kcrockett@essexma.org)

Outreach Coordinator:  
Tess Leary  
[tleary@essexma.org](mailto:tleary@essexma.org)

Clerk: Kim Lufkin Williams  
[kwilliams@essexma.org](mailto:kwilliams@essexma.org)

Follow us on Facebook!



## Prescription Advantage

Prescription Advantage announced the new income guidelines, effective April 1, 2022. If your monthly income is below \$3,398 (Single) or \$4,578 (Married), you may be eligible for Prescription Advantage at no cost. If your income is below \$5,663 (Single) or \$7,629 (Married) Prescription Advantage may still help you save money at the pharmacy! Speak to SHINE Councilors Tess or Kristin for more information, or call 800-Age-INFO



## MEDICARE



## At-Home COVID Tests

Medicare beneficiaries may now purchase over the counter, at home COVID tests at any participating pharmacy. Up to 8 tests per month will be covered by Medicare and Medicare Advantage plans. To access these tests, please use your Red, White, and Blue Medicare Part B card (Even if you have an Advantage Plan) at a participating pharmacy.

CVS, Walgreens, Walmart, and Costco are nationally participating pharmacies. For more information on participating local pharmacies, call 1-800-MEDICARE (1-800-633-4227)

**In person appointments now available at Social Security Offices.**

For more information or to schedule an appointment please visit [ssa.gov](https://ssa.gov) or call 800-772-1213



## SCAM ALERT



### **Fake Amazon Employees**

One-third of business-impostor fraud complaints involve scammers claiming they're from Amazon, the Federal Trade Commission (FTC) reports. Older adults are four times more likely to lose money and get hit harder — losing a median of \$1,500, versus \$814 for younger adults — in such scams. “Amazon is the biggest, best-known company in the [online sales] space,” Hamerstone says. So the impersonator scams “feel real” to people.

**How to stay safe:** Ignore calls, text messages, emails and social media messages about suspicious account activity, raffles or unauthorized purchases. If you think you have a real account problem, contact Amazon at 888-280-4331.

### **Local Tax Imposters**

Scammers are impersonating state, county and municipal law enforcement and tax collection agencies to get you to share sensitive personal information or send money to “settle your tax debt.” They may call, email or mail letters threatening to revoke your driver’s license or passport. Some pretend to offer state tax relief.

How to stay safe: Ignore any such calls and emails. Real tax agencies, from the IRS to your town tax collector, do business by mail and won’t ask you for passwords or bank account or credit card info. They also won’t threaten to call the police or ask you to pay with gift cards, peer-to-peer (P2P) payment apps or cryptocurrency.

**Visit the AARP Fraud Watch Network at [www.aarp.org/fraudwatchnetwork](https://www.aarp.org/fraudwatchnetwork) or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you’ve fallen victim.**

## National Survey for Long Term Care Standards

The Mayer-Rothschild Foundation Designation of Excellence in Person-Centered Long-Term Care Project is developing a first-of-its-kind national standard of excellence in residential care for older adults. The research team has developed an online anonymous national survey about what might be important to you should you or a loved one need to move into an assisted living or nursing home community. The survey takes about 15-20 minutes and asks what aspects of care would be most important to you, including: physical environment, social needs and preferences, and what concerns you most about moving into one of these communities. This is an opportunity to shape the delivery of long term care in the years to come. The team is developing a Designation of Excellence so that consumers like you will know where you can get the best care.

Please consider completing this survey online at:

<https://redcap.um.maine.edu/surveys/>

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude.  
America will never forget their sacrifices."  
~ Harry S. Truman



## Wireless Providers to End 3G Coverage



**Unless otherwise extended, companies plan to end 3G service no later than:**

- AT&T: February 22, 2022
- Verizon: December 31, 2022
- T-Mobile (Sprint): March 31, 2022
- T-Mobile: July 1, 2022

Other wireless service companies (such as Mint, Boost, Cricket, etc.) will also be affected because they use these major carriers' networks.

*This means that you may no longer be able to call 9-1-1 and your medical or emergency devices may no longer work!*

3G technology has been one of the primary modes of wireless communication since 2002, and is now being replaced by 4G and 5G. All 3G devices, including phones, certain medical devices (including medical alert devices), tablets, smart watches and home security systems will be disabled from accessing communication services. Some 4G devices may be impacted if they use 3G networks.

Call your phone service provider, or the manufacturer of other devices to see if and when you will be impacted. You can donate unused phones at the Senior Center!



# Activities and Special Events



## "Talk of the Town"

Join us this month for a special Talk of the Town ~ on SATURDAY for  
*COFFEE WITH THE COPS!*

Saturday, May 7th at 10:00 AM  
Coffee and light refreshments will be served



NEW



## MONTHLY CRAFT

with Lowell and Kate

MAY 25 at 1:00 PM

NEW

Lowell and Kate are joining us each month with a new and exciting craft! This month you'll do some Venetian Painting!

Please RSVP so we have enough materials!



## Games at the COA



It's GAME TIME!! Join us for cards, Scrabble, Ping Pong, Board Games, etc.

Cornhole and Ping Pong

Thursday, May 12

1:00 PM



Board Games

Tuesdays, 3:00PM

Gil Frieden is ready to roll.

Come join him with assorted board games



## ZUMBA GOLD

Mondays at 9:30 A.M.

\$7 per class



Zumba is one of the most popular dance fitness programs in the world, and we are excited to offer this class!

The Zumba Gold Class is led by certified instructor Shelby Stickney and focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

## CONGREGATE MEALS

WEDNESDAYS, starting May 25 at 12:00 PM

We are thrilled to be able to offer congregate meals!

Please REGISTER in advance and join us for some Tacos and Quesadillas

## Drop-in Arts and Crafts



Do you love to knit, crochet, or sew? Do you like creating different projects? If so, join us with your own project, or help with items for the Friends Boutique.

Tuesdays 1:00 - 3:00 Arts and Crafts

Thursdays 10:00 - 12:00 Sewing Group

Thursdays 4:00 - 5:00 Neighborly Knitting

## DISCOVER SAN JOSE, COSTA RICA!

BRINGING THE WORLD TO YOU with

MAY 17 at 1:30 P.M.



Travel with your naturalist tour guide through the interesting city of San Jose, the Capital of Costa Rica. Experience firsthand how Costa Ricans go about their daily business, come and admire historical buildings, explore beautiful urban parks, and, in addition to that, we will see, talk and learn about medicinal plants that have been used for centuries in San Jose and Costa Rica

If you haven't played pickleball you don't know what you're missing! This cross between tennis, ping-pong, and badminton is fun, easy to learn, and ANYONE can play! All levels welcome.



Hamilton-Wenham Recreation

Cape Ann YMCA

Beverly YMCA



Please contact each facility for times and rates.



# Ongoing Activities and Programs

## COA FITNESS PROGRAMS



**YOGA:** Mondays 5:00 PM \$5.00 per class

Dianna is back to lead you in healthy movements and poses that will leave you feeling relaxed and limber! Punch Card available!

**BALANCE IN MOTION:** Donation Requested  
Tuesdays 10:00 AM  
Fridays 10:00 AM

**FIT OVER FIFTY:** Donation Requested  
Wednesdays 10:00 AM



**ZUMBA GOLD** with Shelby \$7.00 per class

Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class! Punch Card available!

**WALKING CLUB:** The MCOA Walk Massachusetts Challenge is just around the corner and this year it is open to EVERYONE aged 5 and older! Sign up at: [www.walkmachallenge.com](http://www.walkmachallenge.com). Are you interested in leading a walking group? Meet at the Center, or meet at a trail! Call us and let us know.

## COA ACTIVITIES

**Afternoon Games** Tuesdays, 3:00 PM

**Arts & Crafts** Tuesdays 1:00 PM to 3:00 PM  
Special crafting class held the 2nd Tuesday each month.

**Book Club** Tuesday, May 31 1:00 PM  
A Woman of No Importance - The Untold Story of the Spy who Helped win WWII" by Sonia Purnell

**Cookie of the Month Club** - sign up for a special delivery of homemade cookies! Delivery May 3

**Cooking with Dawn** Wednesdays, May 4, 11  
May 4 ~ Salad in a Jar and May 11 ~ Crepes

**Drop-In Games** Tuesdays- Scrabble - 11:00AM

**Fika Fridays** Friday, May 13 - 11:00 AM

**Grab & Go Meals** Mondays & Thursdays NOON

**Mobile Market** 10:00 - May 6 and May 20

**Neighborly Knitting** Thursdays, 4:00 P.M.

**COA Board Meeting** Tuesday, May 3 6:00 PM

**Friends Monthly Meeting** Tuesday, May 10 3:00 PM

**Ladies Brunch** Tuesday, May 17 11:00AM  
Shepherd's Pie and Fried Egg and Melon Slices

**Men's Breakfast** CALL US!!! We want to get this group going again. Please let us know if you are interested so we can bring this back!

**Tech Help with Sarah** Tuesdays, May 10, 24  
Sarah, a middle-schooler with rad tech skills, will help answer your questions about your phone, zoom, & more!

**Sewing Group** Thursdays 10-12  
Drop in with your own project or help others with theirs while you chat and socialize!

## COA SERVICES

### INFORMATION AND REFERRAL 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:** Stop by and use the Essex COA shredder, an individual machine which shreds 10 pages at a time.

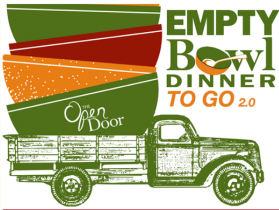
**MEDICAL EQUIPMENT LOANS** Mon-Fri 9-1 The COA has a variety of medical equipment available for people to borrow. Please call ahead and we'll be happy to help you!

**CONSTITUENT SERVICES:** 3rd Thursday, 10:30 Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed.

**VETS SERVICE OFFICE HOURS:** 3rd Thursday 12:00, Karen Tyler will be available to meet with you.

**SNAP APPLICATIONS:** The Essex COA can provide assistance with applying for SNAP/food stamp benefits.

# Around Town



**MAY 7, 2022  
4-6 P.M.**

## **THE OPEN DOOR**

**28 EMERSON AVE. GLOUCESTER**

**FOR MORE INFORMATION ON THIS GREAT  
FUNDRAISER, VISIT [WWW.FOODPANTRY.ORG](http://WWW.FOODPANTRY.ORG)**

*IPSWICH COA:*

*Memory Cafe - May 11, 10:30-12:00*

*Low Vision Group - May 12*

**"The Great Animal Orchestra"** Peabody Essex Museum This audio visual exhibition was created by musician who found animal vocalizations akin to musical harmony and orchestral organization. The van will leave the COA at 9:30. Lunch will be at the museum's Atrium Café. Cost is \$16 plus lunch.

**Please call to register.**



**ANNUAL TOWN MEETING ~ MONDAY, MAY 2 ~ 7:30 p.m.**

**The Annual Town Meeting will be held at the  
Essex Elementary School (12 Story Street).**

**ANNUAL TOWN ELECTION ~ MONDAY, MAY 9th ~ 7:00 a.m.-8:00 p.m.**

**Public Safety Building, 11 John Wise Avenue**

### ***Vote by Mail***

For the 2022 annual town election, there will be no early in-person voting and no "no excuse" vote by mail option. Absentee ballots are currently the only option to vote by mail.

### ***Absentee Voting***

Absentee ballots must be requested in writing at least 4 business days before Election Day. Applications are available for download, but any written request is acceptable if it has your signature on it. A member of your family may also make the request on your behalf. Applications can be submitted by mail, email, or fax. If you are emailing your application, you may either scan or take a photo of your signed application and email it to your local election office. Typed signatures are not acceptable.

To qualify for an absentee ballot, you must:

- Be away from your city/town on Election Day; or
- Have a disability that keeps you from voting at your polling place; or
- Have a religious belief that prevents you from voting at your polling place on Election Day

***If you need transportation to vote or to attend Town Meeting, please let us know.***



# For Your Health



## Mental Health Awareness Month

Mental health is wealth! The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.

You can call 1-800-273-TALK (8255) or text 'MHA' to 741741. You can also visit the following websites for more information:

1. Mental Health America: <https://mhanational.org/get-involved/contact-us>
2. Suicide Crisis Lines: [https://en.wikipedia.org/wiki/List\\_of\\_suicide\\_crisis\\_lines](https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines)
3. Suicide Prevention Lines: <https://suicidepreventionlifeline.org/talk-to-someone-now/>

According to MedlinePlus some types of mental health disorders are:

- "Anxiety disorders", including panic disorder, obsessive-compulsive disorder, and phobias.
- Depression, bipolar disorder, and other mood disorders.
- Eating disorders.
- Personality disorders.
- Post-traumatic stress disorder.
- Psychotic disorders, including schizophrenia."



## Just for Fun



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

## Memorial Day Wordsearch

WORLD WAR	AMBERLEY VETERANS	UNKNOWN SOLDIER
SOLDIER	SERVICE	SALUTE
REMEMBRANCE	OBSERVANCE	MONUMENT
MEMORIAL DAY	MEDAL	KOREAN WAR
HEROES	GRATITUDE	FREEDOM
FLAG	DIGNITY	DESERT STORM
COUNTRY	CONMEMORATE	CIVIL WAR
CEMETARY	ACKNOWLEDGE	TRIBUTE
		RESPECT
		MILITARY
		HONOR
		FLOWERS
		DECORATION DAY
		CEREMONY



## Memorial Day Trivia

1. Which President started Memorial Day?
  2. What was Memorial Day first called?
  3. Which are the Memorial Day Flowers?
  4. For how many years was Memorial Day dedicated to Civil War soldiers?
  5. When was Memorial Day moved from May 30 to the last Monday in May?
  6. What major sporting event traditionally takes place every Memorial Day Weekend?
- (Answers can be found on Page 6)





# Nutrition



## Grab and Go

Grab 'n Go Meals are offered on Mondays and Thursdays at noon.

Please register at the Senior Center 2 business days in advance.

Menus will be at the Senior Center when available.

The Meals on Wheels program is also available to Essex Seniors. If you would like more information on Meals on Wheels, call Senior Care, Inc. at 978-281-1750

## Mobile Market

The COA MOBILE MARKET, with the support of Open Door and Acord Food Pantries, is open to all seniors. Please let us know if you're planning on participating so we can plan accordingly.

Delivery is available for seniors unable to attend the Market.

**FRIDAY, MAY 6 and 20**

**10:00-11:00 A.M.**



**May 25 at NOON**

Tacos and Quesadillas with Vegetables and Dessert.  
Advance registration is required.

# Transportation



## CATA

Transportation for Essex seniors is provided through CATA for \$2.50 fare. Please call to schedule your ride by 1:00pm at least 2 BUSINESS days before your appointment.

978-283-7916

**TRANSPORTATION IS AVAILABLE MONDAY – FRIDAY, TO AND FROM THE FOLLOWING COMMUNITIES:**

\*ROCKPORT \*GLOUCESTER \*MANCHESTER  
\*ESSEX \*IPSWICH \*HAMILTON  
\*WENHAM \*BEVERLY \*PEABODY \*SALEM  
\*DANVERS

Other transportation options may be available for medical appointments.

For more information contact:  
Senior Care Medical Transportation  
978-281-1750

## Cape Ann Seniors on the GO

OPENING THE DOOR TO FOOD, FITNESS AND FUN



FREE TRANSPORTATION AVAILABLE  
FOR ALL ESSEX RESIDENTS AGE 65+



## THURSDAYS

**Grocery Shopping @  
Stop n Shop, Market Basket  
& Shaws & Gloucester Fish Markets**



**PICKUPS from your home start @ 10:00 am**  
**RETURN home starts @ 11:45 am**

**Reserve your free seat by calling CATA (978) 283-7916**

Only 2 bags per person are allowed on the bus.

Per the Governor's Executive Order, all riders must wear a face covering that completely covers their nose and mouth while using public transit. Please maintain a safe distance from others and stay home if you are not feeling well.

Cape Ann Seniors on the GO is a collaborative effort of:



Essex Council on Aging



## **ESSEX TECH LUNCHEON - Monday, June 6 - 10:30 - \$13 per person**

Join the fun and have a tasty meal at the restaurant of Essex Tech!

Enjoy a fabulous lunch cooked and served by Essex Tech students; we'll go early to have time to peruse the bakery and gift shop. Transportation will be available. Please register by Thursday, June 2.

## **PICKETY PLACE - Friday, June 3rd - Mason, NH - \$50**

Stroll the many themed gardens and visit the greenhouse, check out the Little Red Riding Hood museum (complete with the Big Bad Wolf!) and the gift shop filled with unique gift ideas along with hundreds of herbs, blends, teas, spices, and more! Enjoy a gourmet five course luncheon which includes: Fresh salsa with blue corn chips, classic french onion soup with gruyere, wedge salad with red zinfandel vinaigrette, Assorted breads, Your choice of blackberry barbecue braised boneless beef short ribs OR yukon and battered seasonal vegetable stack with brownie thins and pistachio gelato with strawberries. Payment due at registration.

## **Simon Pearce Glassblowing and King Arthur Fall Foliage Trip - October 6 - \$129**

Head to Vermont and enjoy the fabulous foliage, stop at Queechee Gorge for some amazing views and then take a guided tour of the headquarters of Simon Pearce and experience hand made glass blowing in progress! After enjoying a fantastic meal at The Mill Restaurant (the Vermont Cheddar Soup is highly recommended) we'll travel to the King Arthur Factory for a tour that will delight your senses! Choice of Ocean Trout OR Grilled Chicken Sandwich. This is a Best of Times trip that includes transportation by Motorcoach. Contact Essex COA for more details and to register.

## **"BEST OF TIMES" SHOWS\***

### **TRIBUTE TO PAUL MCCARTNEY ~ WEDNESDAY, JUNE 15 ~ \$74**

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

### **PATSY CLINE TRIBUTE SHOW ~ THURSDAY, JUNE 23 ~ \$74**

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

### **MICHAEL BUBLE TRIBUTE ~ TUESDAY, SEPTEMBER 21 ~ \$74**

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

### **CHER TRIBUTE - THE BEAT GOES ON~ THURSDAY, NOVEMBER 17 ~ \$74**

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

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

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

**\*ALL SHOWS ARE AT DANVERSPORT YACHT CLUB. PAYMENT IS DUE AT REGISTRATION\***

Reserve your tickets soon, deadlines come and go quickly!

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

*Please note, trips may require a minimum number of participants in order to operate*

# Friends of the Council on Aging

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

## MONTHLY MEETING:

May 10 3:00 PM



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

## FRIENDS OF THE ESSEX COA PRESENT:

# Annual BBQ

**Tuesday, June 28**

**11:30 A.M. - 2:00 P.M.**

Tuck's Point, 17 Tuck's Point Lane  
Manchester-by-the-Sea

**PLEASE RSVP BY JUNE 24**



Join us for a summer BBQ complete with  
Grilled Chicken, Grilled Hamburgers, a variety  
of salads, and Strawberry Shortcake for  
dessert!

\$5.00 Per Person







Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 ZUMBA GOLD 10:30 Drop in Shredding 12:00 Grab 'n Go: 1:00 Senior Club	3 10:00 Balance in Motion 11:00 Scrabble 1:00 Arts and Crafts 3:30 Teen Tech with Sarah 6:00 COA Board Meeting	4 Kickoff of Walk MA Challenge in Rockport 10:00 Fit over Fifty 12:00 Movie:  3:30 Cooking for 1 or 2: <i>Kristin and Tess at conference</i>	5 9:30 Activity Planning Meeting 10:00 Sewing 12:00 Grab 'n Go  4:00 Afternoon Knitting	6 10:00 Balance in Motion 10:00 Mobile Market
9 9:30 ZUMBA GOLD 10:30 Drop in Shredding 12:00 Grab 'n Go 5:00 Yoga	10 10:00 Balance in Motion 11:00 Scrabble 1:00 Arts and Crafts 1:30 BEEYONDER – Costa Rica Street Tour 3:00 Games 3:00 ECOA Friends Mtg	11 10:00 Fit over Fifty 12:00 Movie:  3:30 Cooking for 1 or 2:	12 10:00 Sewing 12:00 Grab 'n Go  4:00 Afternoon Knitting	13 10:00 Balance in Motion 11:00 Fika Fridays
16 9:30 ZUMBA GOLD 10:30 Drop in Shredding 12:00 Grab 'n Go 1:00 Senior Club 5:00 Yoga	17 10:00 Balance in Motion 11:00 Scrabble 1:00 Arts and Crafts 3:00 Games  7:00 Planning Your Life: Town Hall Auditorium	18 10:00 Fit over Fifty 12:00 Movie	19 12:00 Grab 'n Go 10:00 Sewing 1:00 Cornhole and Ping Pong 4:00 Afternoon Knitting 6:00 Ice Cream Social	20 10:00 Balance in Motion 10:00 Mobile Market
23 9:30 ZUMBA GOLD 10:30 Drop in Shredding 12:00 Grab 'n Go 5:00 Yoga	24 10:00 Balance In Motion 11:00 Scrabble 1:00 Arts and Crafts 3:00 Games with Gil	25 9:00 Veteran's Breakfast 10:00 Fit over Fifty 12:00 Movie 12:00 Lunch AT COA 2:00 Art with Lowell and Kate	26 10:30 Sen. Tarr's Office 10 –12 Sewing 12:00 Grab 'n Go 12:30 Veteran Office Hours 4:00 Afternoon Knitting	27 10:00 Balance in Motion
30 OFFICE CLOSED 	31 10:00 Balance in Motion 11:00 Scrabble 1:00 Book Club 1:00 Arts and Crafts 3:00 Games 3:30 Teen Tech w/Sarah		<b>Cape Ann Virtual Senior Center</b> Don't Forget about our great lineup on <b>Channel 67</b> 	The Senior Club is a private club that meets twice a month at the Senior Center. For more information about joining the club, please contact Kay Joseph

## Planning Your Life Series: Estate Planning

Tuesday May 17 7:00 P.M. Essex Town Hall, Third Floor

Council on Aging  
*Essex*

17 Pickering St  
Essex MA 01929

NON PROFIT RATE  
U.S.POSTAGE PAID  
PERMIT NO.18  
ESSEX, MA.

ADDRESS CORRECTION REQUESTED

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

## *Happy Mother's Day*

We can never thank our  
moms enough for  
everything they've done  
and continue to do for us.  
Happy Mother's Day to  
every mom out there –  
and thank you!



In celebration of Older  
American's Month, we have a  
number of great events this  
month and next. Check out our  
insert!

Our First Responders interviews will be  
back next month.

TO ALL PRESENT AND PAST  
U.S. SERVICEMEN AND WOMEN

**WE THANK YOU FOR  
YOUR SERVICES.**

