

The Essex Senior Echo

September 2018

September is a beautiful time of year here in New England. The colors of autumn leaves begin to emerge, pumpkin flavored coffee and apple cider, mums line the streets. Summer crowds disperse and the kids head back to school. September, like the other months, has numerous month-long and special observances—such as National Yoga Month, National Suicide Prevention Week, Newspaper Carrier Day, and Ask a Stupid Question Day. September is also National Senior Center Month. This year the theme is “Senior Centers: Building Momentum!” Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise. Check out this newsletter and join us for our Open House (see corner box) on September 25th from 11:00 A.M. - 1:00 P.M.

In the last newsletter I discussed some of our new transportation policies, and unfortunately those policies were never implemented as our van continued to have significant mechanical issues. The decision was made to forgo additional repairs on the vehicle, and seek out alternative transportation services on a short term basis while the COA Board of Directors, Staff, and Town Officials work together to find the best options to provide transportation to our residents. To prevent further delays of service, we have arranged a temporary program through partnerships with Cape Ann Transit Authority, and with Beauport Ambulance Service. I believe that you will be happy with this solution, and hope that you will take advantage of the program. If you do use these services, please be sure to give us feedback! For more information about transportation, please see page 9.

Other exiting news this time of year...Medicare. Along with flyers for all the back to school sales, you can expect your mailbox to be filled to the brim with advertisements for various Medicare Supplemental Policies, Medicare Advantage Policies, Part D Plans, and more. This is the time of year that information about the changes becomes available. The Medicare Open Enrollment period is October 15 through December 7. For most Medicare Beneficiaries, this is the time to compare plans and make changes. Each year things such as preferred medications, preferred pharmacies, co-payments, premiums, etc are due to change. While your current plan may be working well for you, it is still worth your time to make sure that it will work next year! Consider attending a Medicare 101 presentation this month or making an appointment with our SHINE Counselor after October 15.



TUESDAY

SEPTEMBER 25

11:00 A.M. - 1:00 P.M.

**Join us as we celebrate
National Senior Center**

**Month by showing off our freshly painted
Building and offering a variety of
events and services including:**

**Flu Clinic (with High Dose available),
Action Inc., SeniorCare Inc., Veterans
Agent, Scrapbook of memories, refresh-
ments, and so much more!**

Social Services



PCA Workforce Council

Are you looking for a personal care worker? Are you a PCA looking for hours?

You'll find both at www.MassPCAdirectory.org

- Receive alerts when there's a match near you.
- Respond to workers and jobs that interest you.
- Use the message feature within the site, keep your personal information private until you are ready to share.

Don't wait, activate your free account today!



Voter Registration

There will be an important Fall Town Meeting held on October 16. followed by Elections for State and Federal Positions. Are you registered? If not, you can register to vote at the Town Clerk's Office, or we can assist you here at the center. If you are unable to drive and would like to register, we can bring a form to you!

Important Dates:

Voter Registration Deadline for Town Mtg:
October 5

Special Fall Town Meeting:
October 16, 7:30PM

Voter Registration for November elections:
October 17



FLU VACCINE

Arrangements can be made for home visits for homebound residents at no charge by contacting the Board of Health at 978-768-7614

MEDICARE

Updates



Open Enrollment Period begins October 15 and continues through December 7. If you are already on Medicare, you can expect your mailbox to be overflowing with advertisements for supplemental insurance. Please note, Kristin Crockett is our certified SHINE Counselor, and available to help you navigate the confusing world of Medicare.

Appointments for Open Enrollment one on one counseling will begin on Tuesday October 16. Other ongoing issues will continue to be addressed as needed.



MEDICARE 101 PRESENTATIONS

Essex Senior Center: Thursday, September 20 12:30

T.O.H.P. Library: TBD

Chebacco Terrace: Friday, September 28 10:00 AM

LIVING WELL WITH PARKINSON'S SYMPOSIUM

September 29, 2018

10am – 2pm

**Danvers Community YMCA
34 Pickering Street, Danvers**

Cost: \$25 per person

The event includes: boxed lunch (vegetarian option available), entrance to a vendor showcase, and giveaways.

Life management with Parkinson's is best accomplished through as much education as possible about the condition. Please join us as we bring together four engaging guest speakers who will introduce proven, effective practices that can help you continue to live a full life, while managing the challenges Parkinson's creates.

Special Events



CRAFTS WITH KIDS

MONDAY, SEPTEMBER 10TH 10:00-10:45 A.M.

Starting Monday, September 10th the Essex Senior Center will host an intergenerational event every month with the young and the young at heart!

Each Monday there will be crafts and books to share - we'll need adults to help the wee ones with their craft, read stories, and have fun! Please consider bringing your grandchildren and friends along to join us as we partner with the Essex Youth Commission for a fun morning!



CROWN AND CRUMPETS

**EVERY WEDNESDAY, 10:00-11:00 A.M.
STARTING SEPTEMBER 10TH**

Join us as we watch the hit Netflix drama series "The Crown" and enjoy some scrumptious but proper treats to fit the occasion!

Each Wednesday we'll gather to follow the political rivalries and romance of Queen Elizabeth II's reign and the events that shaped the second half of the 20th century.

- ♦ Are you stuck in your job? Do you need help in a job search?
- ♦ Do you feel challenged by your age in seeking employment?
- ♦ Does your resume need updating?
- ♦ Do you need help getting connected with LinkedIn?
- ♦ Could you use the guidance of professional job coaches and the support of peers in similar situations?

**Join the new
50+ Job Seeker Networking Group**
Program Launch Monday, September 10th at 4:30pm

Ipswich Town Hall, Lower Level 25 Green Street
4:00pm Check-in 4:30pm to 6:30pm workshop
Fall Dates (All Mondays): 9/10, 9/24, 10/15, 10/22, 11/12, 11/26, 12/10

Registration required. To reserve your space visit:
www.mcoaonline.com/50plus or call 978-256-6650

"LUNCH OUT"

**Monday, September 10th
12:00 P.M.**

Windward Grille

\$14

BOOK CLUB

Are you interested in helping us start a Book Club? Please call and let us know so we can add your name to the list for a community read.

For Your Health



Driving Safely

It's your health — not your age — that matters most in driving safely. As you get older, you may notice physical changes that may affect driving such as changes in your strength, flexibility, and coordination.

As people age, their joints may get stiff and muscles may weaken. Some people have trouble walking or feel pain in their knees, legs, or ankles. They may not be able to turn their head easily, turn the steering wheel quickly, or brake safely. These problems can make it hard to drive safely.

Exercise can improve older drivers' strength and flexibility. In one study, 12 weeks of exercise improved older drivers' flexibility and coordination, and reduced driving errors.

Some exercises to try:

- Hand grip strengthening to help you hold on to the steering wheel
- Shoulder and upper arm flexibility exercises to make it easier to reach for your seat belt
- Neck and back flexibility exercises to help you turn to look behind you when backing out of a parking space or driveway
- Lower-body strength exercises to help with accelerating and braking

Here are some tips to help you drive safely:

- Talk with your doctor if you think pain, stiffness, or another health problem gets in the way of your driving.
- Always wear your seat belt.
- Stay off the cell phone.
- Make sure you can see and hear well enough to drive safely.
- Make sure your medications don't interfere with your driving.



Quick Tip

Make sure your car is a perfect fit. If possible, drive a car with power steering and power brakes, and check your side mirrors to eliminate any blind spots.

VISIT

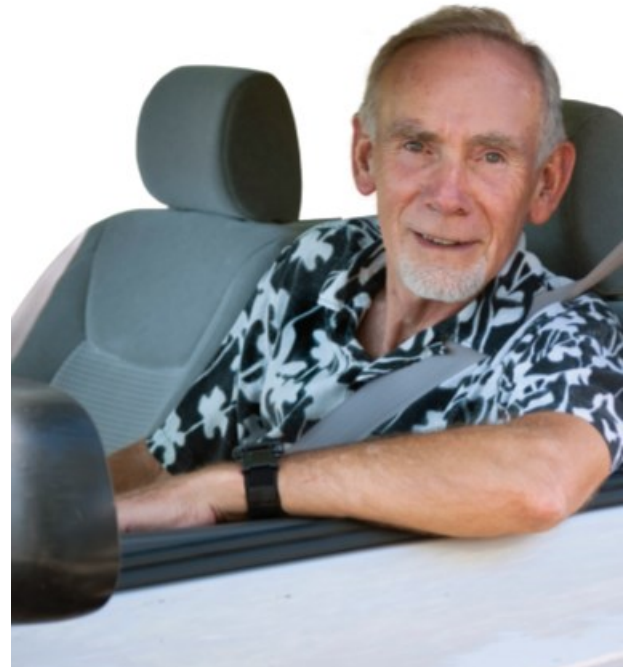
www.nia.nih.gov/Go4Life

- Try the sample exercises.
www.nhtsa.gov/Senior-Drivers

- Learn more about safe driving.

www.nihseniorhealth.gov

- Read more about how your health affects driving.



National Institute on Aging

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

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

September 6th: "Little Italy"

Chicken Parmigiana w/Fresh Marinara Sauce, Fettucini, Parmesan, Zucchini and Summer Squash with Garlic Oil and Oregano, Garlic Bread, Tiramisu

September 13th:

Tuna Salad, White Bean and Cucumber Salad, Roasted Carrot Salad, Pudding, Whole Wheat Dinner Roll

September 20th: Traveling Chef ~ "Breakfast for Lunch"

Frittata with Sausage, Peppers, and Onions; Spinach Salad with Mandarin Oranges in a Citrus Dressing, Home Fries, Blueberry Muffin, and Fruit Salad

September 27th:

Orange Bourbon Chicken, Whipped Potatoes, Green Beans, Jell-O, Bread

October 4th: "Oktoberfest"

Chicken Schnitzel, Creamy Mustard Sauce, Fennel Apple Slaw, German Potato Salad, Brioche Roll, Apple Strudel with Whipped Topping.

FARMERS' MARKET COUPON BOOKLETS/SNAP

A limited number of coupon booklets for the Massachusetts Senior Farmers' Market Nutrition Program are available to Essex residents only, on a first-come, first-served basis. **Coupons are available at the Essex Senior Center. The coupons and SNAP benefits are accepted throughout Massachusetts, including these local Markets:**

Beverly (Mondays, 3:00-6:00 pm through October 1) Veteran's Park, Rantoul Street

Danvers (Wednesday, 4:00-7:00 pm through October) 87 Elm Street

Gloucester (Thursdays, 3:00-6:30 pm through October 11) Stage Fort Park

Ipswich (Saturdays, 10:00 am-1:00 pm through September) Center Green, Hall Haskell House

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.



SEPTEMBERSEP-

Monday	Tuesday	Wednesday	Thursday	Friday
Color Code: Meal Special Event <u>Van Trip</u> Meeting				
3 CLOSED for Labor Day	4 10:00 Balance Class 1:30 Arts & Crafts 6:00 COA Meeting	5 <u>10:00 Walmart with</u> <u>CATA</u> 12:45 Line Dancing	6 10:00 Shredding 12:00 SeniorCare Lunch	7 <u>9:30 Market Basket</u> <u>with CATA</u> 10:30 Balance Class
10 8:30 Men's Break- fast 9:00 Walking Club 10:00 Crafts w Kids 12:00 "Lunch Out" 5:30 Yoga	11 9:00 Village Pancake House 10:00 Balance Class 11:00-12:00 Balance Screening by Gordon 1:30 Arts & Crafts	12 10:00 Crown and Crumpets <u>10:00 XMAS TREE</u> <u>SHOP WITH CATA</u> "KENNY & DOLLY" 12:45 Line Dancing	13 9:00 Sen Tarr's Office 11:00 Blood Pressure 12:00 SeniorCare Lunch	14 <u>9:30 Market Basket</u> <u>with CATA</u> 10:00 Mobile Market 10:30 Balance Class
17 9:00 Walking Club 10:00 Drop-in Games 12:15 Senior Club 5:30 Yoga	18 10:00 Balance Class 1:30 Arts & Crafts 6:30 Friends of COA	19 SOUTHWICK ZOO <u>10:00 TRADER</u> <u>JOES WITH CATA</u> 10:00 Crown and Crumpets 12:45 Line Dancing	20 10:00 Shredding 12:00 SeniorCare Lunch with Chef 12:30 Lunch 'n Learn : "Medicare 101 "	21 <u>9:30 Market Basket</u> <u>with CATA</u> 10:30 Balance Class
24 9:00 Walking Club 9:00 Ladies' Breakfast & Bingo 10:00 Drop-in Games 5:30 Yoga	25 10:00 Balance Class <u>11:00—1:00 OPEN</u> <u>HOUSE/FLU CLINIC</u> 1:30 Arts & Crafts	26 MGM Casino 10:00 Crown and Crumpets <u>10:00 Liberty Tree</u> <u>or North Shore Mall</u> <u>with CATA</u> 12:45 Line Dancing	27 10:00 Shredding 12:00 SeniorCare Lunch	28 <u>9:30 Market Basket</u> <u>with CATA</u> 10:30 Balance Class 10:00 Medicare 101 at Chebacco Terrace Common Room



TUESDAY, SEPTEMBER 25TH
11:00 A.M. - 1:00 P.M.

*Join us as we celebrate September as
National Senior Center Month!*

Meet the staff, enjoy light refreshments, check out our
freshly painted interior and our fabulous Scrapbook as you
learn about how your Senior Center is
“BUILDING MOMENTUM!”

In addition to our programs, some of the Vendors attending
include:

Action, Inc.
SeniorCare, Inc.
Veterans Affairs
Flu Clinic (high dose available)
And MORE!

Essex Council on Aging~17 Pickering Street~Essex
978.768.7932

ACORD FOOD PANTRY NUTRITION AND COOKING FOR ONE OR TWO!

On July 31 the Essex Senior Center hosted its second in a series of Nutrition Workshops in conjunction with Acord Food Pantry. Several seniors enjoyed the demonstration and sampling of the recipes presented by Kristen Morrell, a registered dietician working with Acord Food Pantry to bring healthy cooking options using the items available at Acord or other food pantries. We'll let you know when our next workshop is scheduled!

BLUEBERRY CORN SALAD WITH HONEY LIME VINAIGRETTE

Prep Time: 10 Min Cook Time: 10 Min Total Time: 20 Min

Ingredients:

3 ears fresh corn
1 cup blueberries
1/4 cup red onion, diced
1/4 cup cilantro, chopped
1/2 jalapeno pepper, seeded and diced
1 tbsp lime juice 1 tbsp olive oil
1/2 tbsp honey
1/4 tsp salt
1/4 tsp black pepper
1/8 tsp cumin

Directions:

1 For grilled corn: Grill the corn for 8-10 minutes, turning a few times, until the corn is lightly browned on all sides. Cut the corn from the husk.

2 Mix together the lime juice, olive oil, honey, salt, pepper, and cumin to create the dressing.

3 Toss together all the ingredients with the dressing. Season with salt and pepper if needed.

ROASTED EGGPLANT AND GARLIC MAYO

1 large eggplant (1 1/2 pounds sliced into 1/2-inch-thick rounds)
1/4 cup olive oil
1/4 teaspoon smoked paprika
Kosher salt, ground pepper
1 garlic clove, finely grated
1/2 cup mayonnaise
2 teaspoons Sherry vinegar

Directions:

1 Preheat oven to 400°.

2 Place eggplant slices on a large rimmed baking sheet and rub both sides with oil. Season with paprika, salt, and pepper. Roast until golden and tender, 30-40 minutes.

3 Whisk garlic, mayonnaise, and vinegar in a small bowl; set aside.

DO AHEAD: Eggplant can be roasted 1 day ahead. Cover and chill.

BEEF SALAD AND ASSEMBLY

4 scallions, thinly sliced
1 cup mixed tender fresh herb leaves & arugula (such as flat-leaf parsley, dill, and mint)
1/2 cup chopped pickled beets
1/4 cup chopped pitted oil-cured olives
1 tablespoon olive oil
4 6x4-inch pieces focaccia, split
6 ounces feta, thinly sliced or crumbled

Directions:

1 Toss scallions, herbs, beets, olives, capers, and oil in a medium bowl to combine.

2 Spread cut sides of focaccia with garlic mayo.

3 Build sandwiches.

Ongoing Activities

FITNESS PROGRAMS

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

Modified yoga stretching and exercises designed to develop mind and body. Come and see how much better you feel! Drop-ins are welcome.

WALKING CLUB: Mondays 9AM

Start your week off right with the Walking Club. Depart from the Senior Center. Please let us know by Friday if you are planning to join us for the first time.

BALANCE IN MOTION: Donation requested Tuesday 10AM Friday 10:30 AM

Dianna will get you grooving to fabulous music while you perform a variety of Fall Prevention and Strengthening Exercises. Appropriate for all fitness levels. Donations requested.

BALANCE SCREENING: 2nd Tuesday 11:00—12:00

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.

LINE DANCING: Wednesday at 12:45 P.M. \$7.00

A fabulous mind-body workout while dancing your way to better health! With Tina's instruction, 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!

ACTIVITIES

CROWN AND CRUMPETS: Wednesdays 10AM

Have you wondered what all the fuss was about? Stop by and watch Netflix's "The Crown" while enjoying tea and light refreshments.

MOBILE MARKET: 2nd Friday 10:00-11:00

Open Door offers fresh produce and other food to Essex Residents over 60, and residents of Chebacco Terrace.

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

Join this wonderful group for a hearty meal and lively conversation. The breakfast often includes guest speakers on a variety of interesting topics.

LADIES' BREAKFAST: 4th Monday 9AM

Enjoy a delicious meal and some friendly conversation at After your meal, stay for a while and join in the fun and games while we play some Bingo!

VILLAGE PANCAKE HOUSE: 2nd Tuesday 9 AM

Meet us at the Village Pancake House in Rowley for breakfast and great company. Please RSVP by Monday.

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. Bring your own project or work on items for the Friends Boutique.

KIDS AND CRAFTS: Scheduled Monthly 10AM

Intergenerational Program in partnership with the Essex Youth Commission. Stop by for storytime and crafts with Essex Youngsters, or bring your own grandchild.

CLUBS AND MEETINGS

ESSEX COA MEETING: 1st Tuesday 6:00 P.M.

Meeting agendas and minutes are posted on the Town's Website. Please join us and support *your* COA!

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.

ESSEX SENIOR CITIZENS CLUB: 1st and 3rd Mon

The "Club" is a private membership organization that gets together for a meeting, light lunch and Bingo or other activity. Dues are \$10 per year. Speak to Martha Thompson or Kay Joseph for more info.

BOOK CLUB: Are you interested in a community read every month? Contact Tess and we'll select a book, get reading, and get together for a great discussion!!

Transportation

BEAUPORT Individual Trips: Provided by Beauport Ambulance Services*

Monday through Friday 8:00 A.M. — 4:00 P.M. in the following communities:

Essex	Ipswich	Rockport	Gloucester	Manchester
Hamilton	Wenham	Beverly	Danvers	Peabody

Destinations in the communities include, but are not limited to: Essex and other Senior Centers, Medical Offices, Pharmacy, Banks, Grocery Stores, Salons, Restaurants, Fitness Facilities, etc. Medical appointments in communities outside of the service area may be accommodated on an as-needed, case by case basis.

Please note, these rides are scheduled in conjunction with other scheduled appointments for Essex residents, and residents of other communities. You may have other stops while en-route to your scheduled destination.

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

Friday Morning Market Basket, Rowley \$2.00 Each Way

Pick up is at your home approximately 9:30. You will have 1 hour to shop.

Limit: 2 bags (The Essex COA has canvas bags available)

Weekly Wednesday Shopping Trips

Trips depart the Essex Senior Center at 10AM \$5.00*

Week 1	Week 2	Week 3	Week 4	Week 5
Walmart Shopping Danvers	Christmas Tree Shop Lynnfield	Trader Joes Peabody	Liberty Tree/North Shore Mall	Ocean State Job Lots Danvers

**If you need transportation to the Senior Center for these trips, please let us know.*

***Call Kristin or Tess at the Senior Center Monday-Friday from 9:00 A.M.-12:00 P.M at least ONE DAY IN ADVANCE. Trips can also be scheduled months in advance. Please do not leave a voicemail.**

Upcoming Recreational COA Trips

SOUTHWICK ZOO

Wednesday, September 19th \$22.00

Explore more than 150 species, tour the Earth Discovery Center and see a variety of live demonstrations.
Depart from Memorial Park at 9:00 a.m.

MGM CASINO, SPRINGFIELD

Wednesday, September 26 \$10.00

BUDDY HOLLY

Thursday, October 11th \$92

A tribute to the music of Buddy Holly, Ritchie Valens, The Big Bopper and more. Cost includes transportation, lunch, show, and gratuity. Depart Memorial Park, 9:30AM for Lake Pearl, Wrentham.

FALL FOLIAGE TOURS

NORTH CONWAY, NH

Tuesday, October 2 Price TBD

Enjoy the scenic vistas and New England foliage in North Conway, NH. You'll have lunch and journey on historic, vintage routes of the Conway Scenic Railroad.

OLD MILL RESTAURANT

Tuesday, October 16th Located at the gateway of the Mohawk Trail, enjoy the fine food, gift shop, and beautiful, scenic vistas of this former saw mill.

THE SICILIAN TENORS CHRISTMAS SHOW

Wednesday, December 5th \$69.00

Get in the holiday spirit with these classic Christmas songs! The Sicilian Tenors will present "Christmas Amore" and enjoy lunch at Danversport Yacht Club. Tickets are limited.

Friends of the COA

SAVE THE DATE!

November 2nd and 3rd

Its hard to believe but November is almost here and that means the **6TH ANNUAL FRIENDS' BOUTIQUE!**

Your help and support is needed - please try to volunteer and/or donate handmade items or cash.

The Friends' Boutique is a two day event that offers loads of handmade gifts and products for children, sports lovers, locals, and much more!



Thank you to the Friends of the Council on Aging for their support of our new Flower Garden!

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

Join the Friends of the Council on Aging Meeting

September 18 6:30 PM

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

The following people have been remembered fondly with a donation in their honor to the Friends of the Council on Aging:

*Arlene Pizzo
Paul McDermott*

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
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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

September 2018

Council on Aging Board Members:

Michele FrenchChairman
Ralph HawleyVice Chairman
Priscilla DoucetteSecretary
Kay JosephTreasurer
Nancy Beattie	Susan Gould-Coviello
Millie Hamlen	Patricia McGrath
Mary Wilhelm	

Council on Aging Staff Members:

Director	Kristin Crockett
Outreach Coordinator	Tess Leary
Front Desk Assistants	Jane Murphy
	Ken Collins
	Bill Mitchell

And a big thank you to all our volunteers!

Hours of Operation:

Monday—Friday 9-12

978-768-7932

coa@essexma.org

Follow us on Facebook!

New This Month!

Despite our van having to come off of the road,
we are still able to offer transportation services!
Check out the details of our new Transportation
program with Beauport and CATA on page 10.

**Have you not had a chance to stop by the
Senior Center and Meet our staff? Now's
your chance. We are hosting an Open House
and Flu Clinic (With High Dose Available!)
Please stop by on September 25, 11:00-1:00**

Crafts with Kids Program
Monday, September 10
10:00 - 11:00 A.M.

Medicare 101 Presentations
Kristin Crockett, SHINE Counselor, will offer
Medicare assistance on:
Thursday, September 20, 12:30 Essex COA
Friday, September 28, 10:00 Chebacco Terrace