

Essex Senior Echo

SEPTEMBER 2022

September is National Senior Center Month! The theme of "Strengthening Community Connections" is found throughout our programs and events and something we try to focus on all year! We are delighted to be offering a variety of special events to celebrate... The 10,000 senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older Americans Act in 1973 and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment.

In celebration of National Senior Center Month, we will be offering a number of drawings. Drawings will be for a pamper yourself gift basket, a 1950s candy themed box, a 1960s candy themed box. Each time you sign in for an event, you will be entered into a drawing to win one of several prizes. If you "like" our Facebook page, or if you return/complete our survey you'll also be entered.

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
3:00 PM to 5:00 PM

Board Officers:

Chairman - Kay L. Joseph
Vice Chairman - Gil Frieden
Treasurer - Dick Denton
Secretary - Beverly Dolinsky

Board Members at Large

Ann Buckley
Ralph Hawley
Sue Lufkin
Susan Parady
Diane Polley
Mary Wilhelm

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

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

Council on Aging Staff:

Director: Kristin Crockett
kcrockett@essexma.org

Outreach Coordinator:
Tess Leary
tleary@essexma.org

Clerk: Kim Lufkin Williams
kwilliams@essexma.org

Follow us on Facebook!

WHAT IS MEDICARE?

This month's Planning Your Life Speaker Series presentation is Medicare 101!

Tuesday, September 20 at 7:00 PM
Essex Town Hall

Come learn all about Medicare PRIOR to
Open Enrollment Season

.....

Part A covers inpatient hospital stays, skilled nursing facility stays, some home health visits, and hospice care.

Part B covers physician visits, outpatient services, preventative services, and some home health visits.

Part C refers to a Medicare Advantage plan which is one option for supplementing Medicare.

Part D covers outpatient prescription drugs through private plans that contract with Medicare.

Medicare Open Enrollment

The annual Open Enrollment is just around the corner:

October 15 through December 7

It is important that each Medicare beneficiary take time to review their coverage for 2023.

Kristin and Tess are both SHINE Counselors, and will be available after October 15 to review your 2023 options.

Health Savings Accounts

Are you still working and have a high deductible health insurance plan with an HSA (Health Savings Account)? If you have an HSA and will soon be eligible for Medicare, it is important to understand how enrolling in Medicare will affect your HSA. You can not contribute to an HSA while on Medicare, and should discontinue contributing 6 months prior to joining Medicare. For more questions about HSAs and Medicare, contact your tax professional.

SCAM
ALERT

SCAM ALERT

The AARP Fraud Watch Network has been inundated with calls about scams involving someone impersonating an IRS agent, Medicare official, Social Security Administration officer, FBI agent or other government worker. Here are some of the impostor frauds we've heard about.

- 1. FTC fakes** The Helpline recently heard from a victim who lost \$150,000 to this scam, where a caller pretends to be a Federal Trade Commission (FTC) commissioner and asks for or demands money, in the form of gift cards, cryptocurrency, or you name it. The FTC sent out a warning this month that this scam is on the rise, and noted, "Whether the caller promises you a prize or threatens you with arrest — and even if they give a (fake) badge number — that's a scammer." It added that the FTC will never call, email, text or message you on social media to ask for money, nor will it threaten you with arrest. The agency asks people who receive these calls to report them to [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).
- 2. Medicare malice** A 90-year-old Maine resident received a call from someone claiming to be a Medicare official. The impostor said that Medicare was sending out new plastic cards to protect beneficiaries from the spread of COVID-19. The caller needed to confirm his Medicare number to make sure the card was accurate. He gave his Medicare number to the scammer but reported the incident to Medicare in time to stop any rip-offs.

Social Services

Talk of the Town



Mary Ann Nay, from Senator Bruce Tarr's Office

September 22

10:30 AM

Coffee and Donuts will be provided!



State Senator Bruce Tarr is the Senate Minority Leader and proudly represents The First Essex and Middlesex District, consisting of the City of Gloucester and the towns of Boxford, Essex, Georgetown, Groveland, Hamilton, Ipswich, Manchester, Middleton, Newbury, North Andover (Precincts 5, 6, 7 and 8), North Reading, Rockport, Rowley, Wenham, West Newbury, and Wilmington.

Come meet Mary Ann Nay from his constituent services team!

LIVING WITH COYOTES

Essex Senior Center

Thursday, September 8

6:00 pm



Presented by Essex Animal
Control Officer: Amy Reilly

Coyotes can thrive close to humans in suburban and urban areas. They require only a source of food, water, and cover. If you want to make your property less attractive to coyotes and avoid having any problems with these predators, follow these basic practices:

- Don't try to feed or pet coyotes
- Secure your garbage
- Keep bird feeder areas clean
- Close off crawl spaces
- Cut back bushy edges
- Don't let coyotes intimidate you, scare them off with loud noise, lights, or the garden hose.

DROUGHT

As you know, we are in the midst of a critical level three drought. The Town is taking important steps at this time to preserve the current water supply and prevent a serious level

drop given the unknown of when significant rainfall will occur in the area. The Town is requiring that residents forego all outdoor non-essential water use until further notice. The water ban includes, but is not limited to, lawn irrigation systems, sprinklers, car washing, boat washing, hot tubs and pool filling. Limited hand watering is allowed between the hours of 7PM and 7AM. Violations of this mandatory water ban can result in a fine of \$50 for the first violation and \$100 for each subsequent violation per day. If you have any questions please call the Water Department at 978-768-6262.

IT'S HURRICANE SEASON

Despite the lack of rain, we can't forget that it is hurricane season! Most Atlantic hurricanes come after Aug 20.

Make a Plan.
Build a Kit.
Stay Informed.



Activities and Special Events

MONDAYS	Zumba Video 9:30
TUESDAYS	Balance in Motion 10:00
WEDNESDAYS	Fit Over 50 10:00
THURSDAYS	Zumba Video 9:30
FRIDAYS	Balance in Motion 10:00
VIRTUAL	For. Every. Body Fitness Channel 67 Part of the Cape Ann Virtual Senior Center



Good Neighbor Day!

September 28!

Stop by and pick up a special goody bag
9:30 AM and 11 AM

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

Monthly Art Class with Lowell and Kate
Wednesday, September 28 2:00PM

Games

Drop-in Cribbage

Wednesdays 9:30 am



Board Games

Thursdays 1:00

★ ★ ★ ★ ★
SEPTEMBER 11, 2022

ESSEX POLICE DEPARTMENT CAR SHOW

1:00 - 4:00 PM
RAIN DATE SEPT. 18

FREE ADMISSION
FREE TO ENTER
YOUR VEHICLE

- ANTIQUE
- TRUCKS
- CLASSIC
- MOTORCYCLES
- MUSCLE
- SPECIAL INTEREST

• JUDGE'S CHOICE AWARD
• RUSTY CAN FOOD TRUCK
• J&C ENTERTAINMENT

SPONSORED BY
 BrooklineBank

Shepard Memorial Park, 24 Martin St. Essex
EssexMAPD.org • 978-768-6628

BOOK CLUB

Join us at 1:00 p.m. for a lively discussion about the current book of the month and other topics!

Tuesday, September 27

"Salt to the Sea" by Ruta Septys

Tuesday, October 25

"Companion Piece: A Novel" by Ali Smith

Through the generosity of the Friends, multiple



copies of each title are available to borrow!

New members are always welcome!



Essex Eats

Join us each month for a fixed-price meal at a fabulous local restaurant!

Tuesday, September 27 12:00 Noon

Ripple on the Water

\$15.00 per person - Please RSVP!

Thank you to the Friends for subsidizing the meal.

Ongoing Activities and Programs

COA FITNESS PROGRAMS

BALANCE IN MOTION: \$5 Donation Requested
Tuesdays 10:00 AM **No class Aug 1-15**
Fridays 10:00 AM

FIT OVER FIFTY:  \$5 Donation Requested
Wednesdays 10:00 AM

CAPE ANN VIRTUAL SENIOR CENTER

Tune into Channel 67 for a number of fitness programs sponsored by the Cape Ann Councils on Aging and the Friends of the Essex Council on Aging

ZUMBA (Video)

Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class! *Congratulations Shelby on your new job! We will miss you.*

THURSDAY DROP IN VIDEO:

9:30 AM Get your daily workout in with friends! Fitness videos will be used, no live instruction

WALKING CLUB: One month left to win prizes for you and the Essex Senior Center! Register and log your steps at: www.walkmachallenge.com

COA ACTIVITIES

Afternoon Games	Thursdays	1:00 - 3:00 PM
Arts & Crafts	Tuesdays	1:00 to 3:00 PM
Book Club	Tuesday Sept 27	1:00 PM
Crafts with Lowell & Kate	Wednesday, Sept 28	2:00 PM
Cooking with Dawn	Wednesday Sept 7, 14	3:30 PM
Grab & Go Meals	Mondays & Thursdays	NOON
Mobile Market	Friday Sept 2, 16	10:30 AM
COA Board Meeting	Tuesday, Sept 6	6:00 PM
Friends Meeting	Tuesday, Sept 13	3:00 PM
Ladies Brunch	Tuesday, Sept 20	11:00 AM
Men's Coffee & Donuts	Wednesday, Sept 21	9:00 AM
Monthly Cookie Delivery Call to sign up for a monthly cookie delivery, sponsored by the Friends of the Essex Council on Aging		
Tech Help Sarah	Every other Tuesday	3:30 PM
Sarah, a middle-schooler with rad tech skills, will help answer your questions about your phone, zoom, & more!		

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 Senior Center has a variety of medical equipment available at no cost. Please remember to complete the Release Form before taking any equipment.

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 12:30, Karen Tyler will be available to meet with you.

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

Activities and Special Events

"Energy Delivery: A Consumer Warning"

Wednesday, September 7 11:00 AM

presented by the Massachusetts Attorney General's Office.

Energy costs are changing rapidly. Protect yourself and your wallet with information from the Massachusetts Attorney General's Office!

Planning Your Life:

The Next Phase
A Free Monthly Speaker Series

Tuesday, September 20

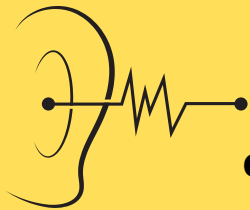
7:00 PM



MEDICARE 101

HEAR YE! HEAR YE! BEAUPORT HEARING IS COMING!

THURSDAY, SEPTEMBER 29 ~ 11:00 A.M.



LOSING YOUR HEARING CAN FEEL LIKE LOSING PART OF YOURSELF.

**CALL THE SENIOR CENTER TO SCHEDULE A FREE HEARING SCREENING
WITH BEAUPORT HEARING AT THE ESSEX SENIOR CENTER**

Just for Fun

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

HEALTHY BRAIN FOODS

1. **Avocado**: full of antioxidants.
2. **Blueberry**: yummy and brain healthy berries.
3. **Coffee**: Anti-inflammatory, full of antioxidants and a great way to kick start the day.
4. **Grains**: Whole grains specifically are full of fiber.
5. **Leafy Greens**: kale, spinach and salad greens.
6. **Green Tea**: not a coffee drinker? green tea contains a chemical that can help guard against Alzheimer's disease.
7. **Legumes**: beans high in protein, fiber and flavor
8. **Nuts**: A great snack!



Nutrition



Gazpacho Soup



Ingredients:

6 large ripe tomatoes
2 red bell peppers
2 medium yellow onions
2 large shallots
2 large cucumbers
½ cup red wine vinegar
½ cup olive oil
1 ½ cups canned tomato juice
3 eggs, lightly beaten
½ cup chopped fresh dill
Pinch of cayenne pepper
Salt and pepper, to taste

Directions:

1. Core and coarsely chop the tomatoes; save the juices. Stem, seed and coarsely chop the peppers. Peel and coarsely chop the onions and shallots. Peel, seed, and coarsely chop the cucumbers.
2. In a bowl whisk together the vinegar, olive oil, reserved tomato juices, canned tomato juices and eggs.
3. In a blender or a food processor, puree the vegetables in small batches, adding the tomato juice mixture as necessary. Do not puree completely; the gazpacho should retain some of its crunch.
4. Stir in the cilantro, cayenne, and salt and pepper. Cover and chill for at least 4 hours.

Grab and Go

Mondays and Thursdays at 12 Noon, and must be picked up by 12:30.

Please register 2 business days in advance.

Mondays
Provided by Open Door

Thursdays
Provided by Senior Care

Monthly Root Meal

Wednesday, Sept. 28 Eggplant Parmesan
(RSVP by Friday, September 16, 2022)

Wednesday, Oct. 26 Chicken Cacciatore
(RSVP by Friday, October 14, 2022)

Breakfast/Brunch

Ladies Brunch: Tuesday, Sept. 20, 11:00
Please RSVP and enjoy a delicious meal!



Celebrate National Creme-filled Donuts Day!



Men's Coffee and Donuts:

Wednesday, Sept. 14 9:00AM



Transportation



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

CATA

Transportation for Essex seniors is provided through CATA for \$2.00 fare.

Please call to schedule your ride by 1:00pm at least 2 BUSINESS days in advance.

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, please contact:

Senior Care Medical Transportation

978-281-1750

TOP 10 BEST

BEST & WORST FOODS TO EAT FOR BRAIN HEALTH WORST



Avocados. Rich in antioxidants that suppress free radicals, can prevent neuron death, may help prevent neurodegenerative disease. Contains monounsaturated fatty acids and folate, both help prevent Alzheimer's. ^{12 21}



Blueberries. Researchers have found that eating 2 servings of blueberries per week may delay cognitive decline by 2 1/2 years. ⁵



Coffee. Has anti-inflammatory and antioxidant compounds that protect the brain from damage. One study showed 3-5 cups of coffee/day at midlife was associated with a 65% decreased Alzheimer's risk. ⁶



Dark Chocolate. Cacao is a rich source of flavonoids that promote neuron and blood vessel growth in the brain, stimulate brain blood flow, and may improve recall and cognitive processing. ^{7 8 9 10}



Green Tea. Green tea contains EGCG, a flavonoid that can bind to and prevent formation of beta-amyloid proteins, helping to prevent Alzheimer's. White, oolong, black, and peppermint tea have brain benefits, too. ^{11 12 13}



Herbs & Spices. Turmeric reduces inflammation and increases blood flow to the brain. Apigenin in parsley, thyme, oregano, and basil, can protect the brain from inflammation, oxidation, and plaque formation. ^{14 15 16 17}



Leafy Greens. One study found that a daily serving of leafy green vegetables could slow cognitive aging by 11 years. Put kale, collard greens, spinach, and salad lettuces on your menu! ¹⁸



Legumes. High in protein and fiber that may halt or significantly slow Alzheimer's progression by preventing formation of amyloid- β plaque. Get at least 3 weekly servings of beans for optimal brain health. ^{19 20 21}



Nuts & Seeds. Anti-inflammatory and rich in sterols, stanols, fiber, minerals, and vitamin E, which protect brain cells from oxidative damage and boost cognitive function. ^{22 23}



Whole Grains. Diets rich in whole grains (high in fiber and vitamin E) are associated with lower risk of cognitive decline. Enjoy 3 servings/day of whole grains such as quinoa, amaranth, oatmeal, teff, and buckwheat. ^{24 25}



Processed Foods. High in saturated and trans fats, added sugar and refined carbs, all of which are associated with poorer cognitive outcomes. ^{26 27 28 29}



Processed Meats. Foods like bacon, sausage, beef jerky, and lunch meats that have been smoked or preserved with nitrites form compounds called nitrosamines, which promote neurodegeneration. ³⁰



Red Meat. Concentrated source of heme iron. An excess increases oxidative stress that's toxic to the brain and raises risk for Alzheimer's advancement. ^{31 32}



Butter & Vegan Butter Substitutes. Concentrated sources of saturated fat, regular consumption of which is associated with cognitive decline. Studies recommend no more than one tablespoon per day. ^{33 34 35 36}



Aspartame. Acts as a stressor in the body, raising cortisol levels and causing excess production of free radicals. Artificially-sweetened sodas are associated with a higher risk for stroke and dementia. ^{37 38 39}



Fried Food. Associated with worsened memory and cognitive function, especially when animal-derived ingredients are used. ^{40 41 42}



Cheese. A leading source of saturated and trans fats, which have been linked to increased oxidative stress and poorer cognitive outcomes. ^{43 44 45 46 47}



Pastries & Sweets. Eating processed baked goods spikes insulin production, which can lead to insulin resistance in the brain, impairing memory and cognitive function. ^{48 49 50}



Sugary Drinks. Drinking multiple sugary drinks per day is linked to smaller brain size and worse memory. Regularly drinking two sodas per day may worsen memory function similar to aging more than ten years. ⁵¹



Excessive Alcohol. Heavy drinking — defined as drinking more than 8 drinks per week — is associated with faster cognitive decline. ^{52 53 54}

Friends of the Council on Aging

The Friends of the Essex Council on Aging is a 501(c)3 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:
2nd Tuesday of the Month
Sept 13 3:00 PM

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

FRIENDS BOUTIQUE



Save the Date - Friday, November 4th 6:00-8:00 p.m.

Saturday, November 5th 9:00 a.m.-1:00 p.m.



Anyone interested in helping with set-up or working on the days of the sale should sign up and a Boutique Coordinator will contact you. Donations of Handmade items are appreciated.

Trips and Excursions



"TURKEY TRAIN" ~ MONDAY, OCTOBER 3 ~ \$119

All Aboard New Hampshire's Turkey Train! Travel to central New Hampshire and Lake Winnepesaukee on board a deluxe motorcoach for a day of fun! Hop on the Turkey Train to enjoy the Turkey Luncheon by Hart's Turkey Farm and see the magnificent Fall foliage as the train rides along the shores of Lake Winnepesaukee. We'll continue the adventurous day with a Mystery Stop that is sure to "sweeten your day". This is a Best of Times trip and all expenses are included.



"BEST OF TIMES" SHOWS*



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.

September

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

September is National Senior Center Month - come join us to celebrate!

5 OFFICE CLOSED



6

10:00 Balance Class
1:00 Arts and Crafts
6:00 COA Board Meeting
7am-8pm: Election

31

9:30 Cribbage
11:30 Bowling Cape Ann Lanes,

1

9:30 Drop-in Fitness
10:00 Activity Planning Meeting
12:00 Grab 'n Go
1:00 Games

2

9:30 Blood Pressure
10:00 Balance in Motion Class
10:30 Mobile Market
12:00 Senior Club

9

10:00 Balance in Motion Class



12

10:30 DOWN RIVER CRUISE
12:00 Grab 'n Go

13

10:00 Balance Class
1:00 Arts and Crafts
3:00 Friends ECOA Meeting
3:30 Teen Tech

14

9:00 Men's Coffee and Donuts
9:30 Cribbage
10:00 Fit over Fifty
3:30 Cooking for 1 or 2 with Dawn

15

9:30 Drop-in Fitness
12:00 Grab 'n Go
1:00 Games

16

10:00 Balance in Motion Class
10:30 Mobile Market
12:00 Senior Club

19

10:30 Shredding
12:00 Grab 'n Go

20

10:00 Balance Class
11:00 Ladies Brunch
1:00 Arts and Crafts
7:00 SPEAKER SERIES: Medicare:

21

9:30 Cribbage
10:00 Fit over Fifty
11:00 MICHAEL BUBLE AT DANVERS

22:30 Drop-in Fitness

10:30 TALK OF THE TOWN with Sen Tarr's Office
12:00 Grab 'n Go
12:30 Karen Tyler, Veteran Service Off.
1:00 Games

23

10:00 Balance in Motion Class

26

10:30 Shredding
12:00 Grab 'n Go

27

10:00 Balance Class
1:00 Arts and Crafts
1:00 PM Book Club
3:30 PM Teen Tech

28

9:30 Cribbage
9:30 GOOD NEIGHBOR BAGS
10:00 Fit over Fifty
12:00 ROOT Meal
2:00 Art with Lowell and Kate

29

9:30 Drop-in Fitness
11:00 BEAUPORT HEARING EXAMS
12:00 Grab 'n Go
1:00 Games

30

10:00 Balance in Motion Class

Around Town

ELECTION

EVENT	LOCATION	VOTER REGISTRATION DEADLINE	IN- PERSON EARLY VOTING PERIOD	LAST DAY TO REQUEST VOTE BY MAIL BALLOT	LAST DAY TO RETURN BALLOT
September 6 State Primary Election	Public Safety Building, 11 John Wise Ave, 7am-8pm	August 27	Aug 27 - Sept 2	August 29	Received by 8:00pm September 6th
November 8 State Election	Public Safety Building, 11 John Wise Ave, 7am-8pm	October 29	Oct 22 - Nov 4	November 1	Postmarked or received by Nov 8

SOLD OUT

Down River Cruise



September 12

We have a waitlist. If you are signed up and can not attend, please let us know!

LOOKING FOR SOMETHING TO DO?

Essex Elementary School is looking for crossing guards and recess/lunch monitors. These are paid positions, and a great way to stay involved in the community.



For more information call 978-768-7324

TRAILS & SAILS

ESSEX NATIONAL HERITAGE AREA

Trails & Sails is an event series that brings appreciation and awareness for heritage resources. There are many events throughout Essex County from September 16 - 25.. Here are just some events in Essex + surrounding communities accessible via CATA!

ESSEX:

Tour Greenbelt's Historic Cox Reservation

Tues. 09/20

Register for a 1-hour tour with Kate Bowditch, (this is after CATA's operating hours, but still worth checking out!)

"Crossroads: Change in Rural America"

Wed. 9/21 - 11:00 am to 6:00 pm

"Crossroads" explores how rural American communities changed in the 20th century. Essex Town Hall, 30 Martin st.

IPSWICH:

Road Through a Marsh - Sea Level Rise and Our Future at Crane Beach, Ipswich Thurs. 09/22

GLOUCESTER Hammond Castle Museum

Tues. 9/20 - 10:00 am to 3:00 pm Reservations req'd

ROCKPORT:

Rocky Neck Art Colony Walking Tour Fri. 9/16, Thu 09/22

Reservations required.

For more information, or for a full listing of events, go to www.trailsandsails.org.

Council on Aging *Essex*

17 Pickering St
Essex MA 01929

NON PROFIT RATE
U.S.POSTAGE PAID
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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.

15th
Annual



Vote Now!

Visit any BankGloucester
location or go online to
BankGloucester.com
from **Sept. 1st - Sept. 30th**
to vote for your favorite
local organizations!

Scan below to learn about this years
organizations and cast your vote!



Here at the Essex
Senior Center, we
are honored to be
nominated for this
award alongside so
many wonderful
organizations! Please
considering voting
for us. Voting is
open September 1 -
September 30 in
person or online

One vote per customer, per email address. Up to 3 organizations may be selected. Paper ballot
available in-branch, but may not be removed from the bank. Votes must be received by September
30th at 11:59 PM to be counted.



Gloucester | Ipswich | Essex

BankGloucester.com | 978-283-8200

