

# Essex Senior Echo

APRIL 2022

Spring has arrived—the days are brighter, the temperatures are warmer, and the snow has melted away. All are signs that we emerged from winter hibernation and are readying ourselves to embrace the warmth, sunshine, and the increase in our activities that we all welcome. Here at the Senior Center, we have been working on all kinds of things to prepare for this busy season.

We have some great events planned this month - such as Monday night yoga, and a new Zumba Gold class. We are providing an opportunity for you to learn more about this year's town meeting and budget. We have a number of great local trips in the works. Hopefully something on our calendar appeals to you. Is there something else you would like to see? Is there a class that you would be willing to host? Please let Kristin or Tess know!

We are excited to let you know that the Walk Massachusetts challenge is back this year. New this year is the option, the challenge is open to all Massachusetts residents ages 5 and older. If you are under 60 at the time of registration you'll be asked to sponsor and older adult to walk with or walk for. So . . . walk with your kids, grandkids or neighbors. Improve your health and help support the COA! You can register at [www.walkmachallenge.com](http://www.walkmachallenge.com) or if you don't have internet access, we can register you at the Senior Center. There will be 85 winners of Visa gift cards, Amazon Gift Cards, and Dunkin Donuts gift cards. Each registered individual who completes a challenge will earn an entry for the Essex COA. Sixteen Senior centers will earn prizes ranging from \$250 up to \$1000. Registration opens April 1, and the Cape Ann kick off event will be held in early May!

coming  
SOON

In the next few months keep your eyes peeled for some fun and special events including: Ukrainian Egg Decorating, Ice Cream Social, Veterans' Breakfast, Hearing Screenings, Open House and MORE!

## 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!



## Shine Update

## MEDICARE



**Medicare Savings Program**—also known as “MassHealth Buy-In” programs—are programs that help older residents and people living with disabilities save money on their Medicare coverage. If you live in Massachusetts with limited income and assets and you’re eligible for Medicare, you may qualify for a Medicare Savings Program. Your monthly Medicare Part B premium is currently deducted from your Social Security benefit. If you qualify, a Medicare Savings Program will pay your monthly Medicare Part B premium. In some cases, a Medicare Savings Program may pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium if you have one.

If your income and assets are below the amounts listed here, you may qualify for help from one of these programs. For more information, contact Kristin or Tess, or call MassHealth Customer Service at 800-841-2900

You are	Your income is at or below*	And your assets are at or below
Single Individual	\$1,869/month	\$16,800
Married Couple	\$2,518/month	\$25,200




**Congratulations**  
**Dick Curran!**

Thank you for all the years you've supported Essex Seniors through Senator Tarr's Office.

### 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



## SCAM ALERT




### AARP Fraud Watch alert: ID Theft — What to Do Next

We take a lot of precautions to protect our personal information, but we’re not the only people responsible for our data. So many different entities have our personal information it’s hard to keep track of. Our banks, health providers, email TV and Internet provider, retailers and more all have our data and many of them have been hacked. The reality is that most Americans have already had their identity compromised. So what can we do to protect ourselves after the fact?

Here are 3 steps to protecting yourself after your personal information has been stolen.

- 1) Sign up for credit monitoring that will alert you if someone tried to open an account in your name.
- 2) Place a free security freeze on your credit to help stop identity thieves from opening new accounts in your name.
- 3) Establish online access to all of your bank accounts, credit cards and retirement accounts and check them frequently.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

**Visit the AARP Fraud Watch Network at [www.aarp.org/fraudwatchnetwork](http://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.**

## 9-1-1 Disability Indicator System



NOW AVAILABLE FOR CELLPHONES, LANDLINES, and VOICE OVER IP LINES!

The Massachusetts Disability Indicator Program offers a free, voluntary service that alerts 9-1-1 personnel that an individual with a disability may have unique safety, communications or other needs in case of an emergency. Once submitted, if 9-1-1 is called from your line an indicator will alert the dispatcher. Information will be relayed to the first responders. This can be vital information in an emergency. Disabilities include Life Support System, Mobility Impairment, Blind, Deaf or Hard of Hearing, TTY, Speech Impairment, or Cognitive Impairment. Forms are available at the Senior Center, on our website, or on the Essex Police Department Website.



CareDimensions

*Community Education, Webinar Series 2022*

*Making Decisions When It Matters Most: Conversations About Health Care Proxy, Five Wishes & More*

Tuesday, April 19, 2022 12:00 - 1:00 PM (Preregistration Required)

This program empowers people to advocate for their health care wishes with family, friends, and medical professionals, and provides practical tools for setting up advance directives.

### Circuit Breaker Tax Credit



Have you filed for your 2021 Circuit Breaker Tax Credit? Homeowners or renters age 65 or older may be eligible for up to a \$1,170 refund! For more information, see Kristin or Tess. or visit [www.mass.gov](http://www.mass.gov)



**April 30, 2022**  
10:00 AM - 2:00 PM  
Essex Police Department

Did you know that there is now a prescription drop box at the Police Station available 24 hours a day? Take advantage and safely dispose of expired medication!

## 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 Essex Town Clerk, Pamela Thorne at the Senior Center

"Census 2020" Thursday, April 14 10:00 AM

Coffee and refreshments will be served



**NEW**

## MONTHLY CRAFT

with Lowell and Kate

APRIL 27 at 2:00 PM

**NEW**

Lowell and Kate are joining us each month with a new and exciting craft!

This month we will be making beautiful String Art.

Please RSVP so we have enough materials!



## Games at the COA



Have fun and test your skills at a variety of games, or try some new ones.

Cornhole and Ping Pong

Board Games

Thursday, April 14

Tuesdays, 3:00PM

1:00 PM

Gil Frieden is ready to roll.

Come join him with assorted board games



**Mondays 9:30**

Zumba is one of the most popular dance fitness programs in the world, and we are excited to offer this class! Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!



## CONGREGATE MEAL

WEDNESDAY, APRIL 27 at 12:00 PM

We are thrilled to be able to offer a congregate meal as we continue our re-opening from Covid restrictions! Register and join us for Hot Dogs and Baked Beans with Dessert



## 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

## BRINGING THE WORLD TO YOU

with BEEYONDER on APRIL 21 at 1:30 PM

### The streets of Auckland New Zealand

Starting downtown at Commercial Bay our walk will take us to the Ferry Building to explore the history, architecture, nature and discover the recent development and uniqueness of the area, while standing on a giant shelf. We follow the Waitemata harbour front to the Viaduct Harbour with it's lively restaurant scene and super yachts. Great views of the skyline and Sky Tower. Walking further we cross two drawbridges arriving in Wynyard Quarter with its fabulous architecture, lifestyle, fun, history and culture. This is a great introduction to Tāmaki Makaurau and our stories

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!

**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!

**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) starting April 1. 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** Thursdays, 1:00 PM - 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, April 26 1:00 PM

"The Lincoln Highway" by Amor Towles

**Cooking with Dawn** Wednesdays, March 2, 9

April 6 ~ Hand Pies

April 13 ~ Matzo Ball Soup, Koogle, Passover Brownies

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

**Fika Fridays** Friday, April 8 - 11:00 AM

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

**Mobile Market** 10:00 - April 1 and April 15

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

**COA Board Meeting** Tuesday, April 5 6:00 PM

**Friends Monthly Meeting** Tuesday, April 12 3:00 PM

**Ladies Brunch** Tuesday, April 19 11:00AM

Strawberry Waffles

**Men's Breakfast** Coming Soon!

We want to get this group going again. Please let us know if you are interested!

**Tech Help with Sarah** Tuesdays, April 5, 26

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

**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.

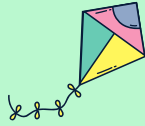
# Around Town

## Informational Session about Town Meeting and Budget FAQ

Thursday, April 28 10AM

Ruth Pereen, Selectman and Jeff Soulard, Town Accountant will be at the COA on April 28 to review budgets and warrant items for the upcoming town meeting. Do you have questions about the upcoming meeting? Now is the time to ask. Please RSVP.

### Kite Day at Cogswell's Grant



**Saturday, April 9 ~ 10:00 AM - 4:00 PM**

Come fly a kite at Cogswell's Grant! Bring your own kite or build one and watch professional kite flyers from Kites Over New England!

A limited number of kite-building workshops will be held with all materials included, where kids and adults can make kites and learn how to fly them.

### Happenings at Other COAs

#### *IPSWICH COA:*

**Low Vision Group - April 26, 10:30-12:00**

**Memory Cafe - April 13, 10:30**

#### *MANCHESTER COA:*

**(Register in advance by calling 978-526-7500)**

**Podiatry Clinic - 11:00 - May 3**

**at Dr. Van Ess' Office**

**Market Basket - Rowley - Thursdays 9:30**

## Meet our 1st Responders

### Lieutenant Joe Lafata

I joined the Essex Fire Department in 1989 as a Firefighter/EMT. Since 2007 I have been the EMS Lieutenant. My responsibilities are to make sure both ambulances are clean, fully stocked, and ready to roll. I also maintain the ambulance state certifications, which means preparing for the state inspection every 2 years. Most of my time is spent making sure our 24 EMT's and 10 Paramedics are current with all of their certifications, and monitoring documentation from calls that we've had.

I have been employed at Applied / Varian in Gloucester for the past 41 years working in health and safety and emergency response. My wife and I bought our home on Goodwin Court in 1993, and raised our 2 boys here.

I was raised in Gloucester, and my wife is from Ipswich; but being a Farnham she has roots here too ~ we met while she was working at her family's restaurant!

It has been a pleasure to serve the Town of Essex, and my only regret is that I only have 2 years to serve until I have to retire!

### Officer James C. Romeos

I have been working for the Essex Police Department since early 2007. I also spent 6 years working for the Wenham Fire Department as a firefighter and an EMT. I attended Danvers High School and went on to Salem State College and graduated with my Bachelors Degree in Criminal Justice. I attended the Randolph 2nd MPOC Academy in 2009/10. I am assigned to the 8-4 shift as the traffic officer and am also the town's juvenile officer, one of the firearm licensing officers, and a CPR instructor.

My wife, a dispatcher in Salem, and I live in Danvers with our two sons, age 16 and 8. I enjoy spending time with my family, particularly at our camp in Wakefield NH. I love to be out on a boat, ocean or lake and my passion is owning and working on classic cars and motorcycles. I have always loved the town of Essex. One thing that attracted me to the Essex Police Department was community policing. I have met a lot of people since I have been hired, and forged many friendships along the way. Being able to bridge the gap between law enforcement and citizens is paramount, and a great benefit to the community as a whole. If you see me out and about, come over and say hello!



# For Your Health



## Stress Awareness Month

Long-term stress can impact more than just your mind. Health issues that can happen as a result of stress can include headaches, stomach disorders, depression - as well as even more serious issues like stroke and heart disease.

What can you do to prevent or manage stress?

What else can you do?

Focus on **The Big Three**: Eat Healthy, Exercise, Get enough sleep!

- **Learn how to relax:** Try meditating or deep breathing. If this is new, try the 4-7-8 deep breathing technique. Inhale for 4 seconds, hold your breath for 7, breathe out for 8.
- **Put your feelings on paper:** Thoughts running through your head? Write it down, which signals to your brain that the thought is safe and it no longer needs to hold on to it.
- **Be proactive:** What is causing you stress? Can something wait? What can you change?
- **Talk about your problems:** Confiding in a friend or family member can go a long way. Licensed professionals can also provide helpful tools.
- **Do something you enjoy:** Learning new skills, and taking time to do something you love creates an outlet for relieving stress.
- **Smile:** Simply smiling can actually help improve your mood! Laughing has been clinically proven to be good for your health!



## 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:  
April 12 3:00 PM



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



# 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, APRIL 1 and 15

10:00-11:00 A.M.



April 28 at NOON

Sliced Honey Ham, Roasted Vegetables, Steamed Asparagus, Vanilla Pudding with Strawberries.

Advance registration is required.

# 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**

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

## 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





## **SHOP THE OUTLETS - Monday, April 11 - Merrimack, NH \$20 plus cost of Lunch**

Take a ride and shop 'til you drop at the more than 100 outlet stores offering tax-free shopping, including Bloomingdale's, Tommy Hilfiger, Banana Republic, J Crew, Polo, Nautica, and so many more! Then enjoy lunch at The Common Man, a restaurant serving award-winning, classic comfort fare in a historical building that was once the home of Matthew Thornton, a signer of the Declaration of Independence!

Contact Essex COA for more details and to register.

## **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.

Registration begins Monday, April 4 at 9:00. 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***



# Just for Fun



Find the underlined words

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

*Happy Trails to you*

- Appleton Farms, Hamilton/Ipswich
- Boulevard Gloucester
- Bradley Palmer Topsfield
- Chebacco Woods Essex/Hamilton
- Cogswell Grant Essex
- Coolidge Point Manchester
- Cox Reservation Essex
- Delmater Sanctuary, Rockport
- Goose Cove, Gloucester
- Halibut Point, Rockport
- J.C. Phillips, Wenham
- Monoliths, (formerly Agassiz, Manchester)
- Patton Park, Hamilton
- Pine Pit, Rockport
- Ravenswood, Gloucester
- Sagamore Hill, Hamilton
- Seine Field, Rockport
- Stage Fort Part, Gloucester
- Willowdale, Topsfield



## LOOKING FOR DONATIONS:

The COA is looking for donations of the following:

- items for gift bags such as wrapped snacks, notepads, lotion, wrapped candy, etc
- Board games (no missing pieces please)
- K-cups

Who was "His Honor The Mayor of Essex"?

by Laurel Eisenhauer

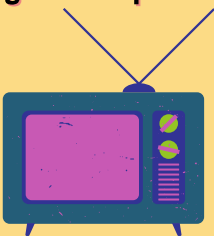


His Honor The Mayor of Essex was a honey-brown bow-legged Basset hound named Butch who resided in Essex in the 1960's.

He was owned by the Freeman Selig family on Pickering Street but he hung out in the Village Market with other stops on his daily route. This usually included a stop at the Kenneth Elwell home on Willow Court where he sometimes got a refreshing bath and a meal. He also would visit the Story Shipyard, bringing along his own bone treat he had gotten from the Village Market. He was a veteran hitchhiker and waited patiently by the side of the road until someone stopped and offered him a ride. He had a standing noon date in the Village Market delivery truck to the home of John MacDonald.

## Cape Ann Virtual Senior Center

Don't Forget about our great lineup on Channel 67



# April

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>		<p><b>APRIL SHOWERS Bring MAY FLOWERS</b></p> 	<p>Don't forget we are open daily! Drop in with a friend and enjoy a cup of coffee, watch the news, or play a game.</p>	<p>1 10:00 Balance in Motion 10:00 Mobile Market</p>
<p>4 9:30 ZUMBA GOLD 10:30 Drop in Shredding 12:00 Grab 'n Go: 1:00 Senior Club</p>	<p>5 10:00 Balance in Motion 11:00 Scrabble 1:00 Arts and Crafts 3:30 Teen Tech with Sarah 6:00 COA Board Meeting</p>	<p>6 10:00 Fit over Fifty 12:00 Movie:  3:30 Cooking for 1 or 2:  <i>Kristin and Tess at conference</i></p>	<p>7 9:30 Activity Planning Meeting 10:00 Sewing 12:00 Grab 'n Go  4:00 Afternoon Knitting</p>	<p>8 10:00 Balance in Motion 11:00 Fika Fridays</p>
<p>11 9:30 ZUMBA GOLD 10:30 Drop in Shredding 12:00 Grab 'n Go 5:00 Yoga</p>	<p>12 10:00 Balance in Motion 11:00 Scrabble 1:00 Art Class 3:00 Games 3:00 ECOA Friends Mtg</p>	<p>13 10:00 Fit over Fifty 12:00 Movie  3:30 Cooking for 1 or 2</p>	<p>14 12:00 Grab 'n Go 10:00 Talk of the Town: Town Clerk 10:00 Sewing 1:00 Cornhole and Ping Pong 4:00 Afternoon Knitting</p>	<p>15 10:00 Balance in Motion 10:00 Mobile Market</p>
<p>18 9:30 ZUMBA GOLD 10:30 Drop in Shredding 12:00 Grab 'n Go 1:00 Senior Club 5:00 Yoga  <i>Kristin Vacation</i></p>	<p>19 10:00 Balance in Motion 11:00 Scrabble 10:30 Amsterdam Visit 1:00 Arts and Crafts 3:00 Games  7:00 Planning Your Life: Town Hall Auditorium <i>Kristin Vacation</i></p>	<p>20 10:00 Fit over Fifty 12:00 Movie  <i>Kristin Vacation</i></p>	<p>21 10:30 Sen. Tarr's Office 10 -12 Sewing 12:00 Grab 'n Go 12:30 Veteran Office Hours 1:30 AUCKLAND Street Tour with Beeyondr 4:00 Afternoon Knitting</p>	<p>22 10:00 Balance in Motion  <i>Kristin Vacation</i></p>
<p>25 9:30 ZUMBA GOLD 10:30 Drop in Shredding 12:00 Grab 'n Go 5:00 Yoga <i>Kristin Vacation</i></p>	<p>26 10:00 Balance in Motion 11:00 Scrabble 1:00 Book Club 1:00 Arts and Crafts 3:00 Games 3:30 Teen Tech with Sarah</p>	<p>27 10:00 Fit over Fifty 12:00 Movie 12:00 Lunch AT COA: Hot Dogs /Baked Beans 2:00 String Art with Lowell and Kate</p>	<p>28 10:00 TOWN MEETING INFORMATION SESSION 10 Sewing 12:00 Grab 'n Go 4:00 Afternoon Knitting</p>	<p>29 10:00 Balance in Motion</p>



## Planning Your Life Series: Housing Options

Tuesday April 19 7:00 P.M. Essex Town Hall, Third Floor

# Council on Aging *Essex*

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## Meet our 1st Responders

see page 6



Lieutenant  
Joseph  
Lafata



Officer James  
Romeos



## Check out what's happening this month!

- Walk Massachusetts Challenge is back! Sign up and help us win!
- New Zumba Gold Class on Mondays at 9:30!
- Yoga is back at 5:00 on Mondays!
- New sewing group Thursdays at 10

## Planning Your Life: *The Next Phase*

A Free Monthly Speaker Series



### Housing Options



TUESDAY, APRIL 19

7:00 PM

ESSEX TOWN HALL, 3RD FLOOR