

Essex Senior Echo

JULY & AUGUST 2023

Welcome to our JULY and AUGUST Newsletter!

Our summer activities and events for July and August are all included but, fear not, a supplement and updated calendar will be sent out in August! July starts a new fiscal year for the Town of Essex and the COA, and a new year for our Board of Directors. Dick Denton, Beverly Dolinsky, and Gil Frieden have fulfilled their terms and are no longer going to serve on our Board of Directors. We are grateful for their dedication and all the support they provided to us over the past several years. They will be missed by our Board, but we look forward to seeing them around town and the COA!

Kim Williams - thank you! Kim has let us know she will be leaving the COA as a staff member to pursue some exciting opportunities in the area! Her last day of work here at the Senior Center is Thursday, July 13th - please be sure to stop in and say hello before she leaves and thank her for being part of our team!! We will miss her but fully expect she will come visit as often as possible ~ and maybe sing us a song or cook us some tasty treats!!

Summer is also a time to enjoy the many activities in the Cape Ann region - you'll find loads of suggestions in the newsletter and we hope you take advantage of living in such a beautiful area!

COMMUNITY SUPPORT:

Senior Care, Inc: 978-281-1750 seniorcareinc.org
Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their home.

Essex Housing Authority: 978-768-6821

Veteran's Services: 978-356-6699

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

Energy Assistance: 978-282-1000

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

Essex Police (non-emergency) 978-768-6200

Essex Fire (non-emergency) 978-768-6363

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 - Diane Polley
Treasurer - Open
Secretary - Ann Buckley

Board Members at Large

Ralph Hawley
Sue Lufkin
Susan Parady
Mary Wilhelm

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!

Activities and Special Events

Computer & Technology Assistance

Do you have questions about your computer, tablet, phone, etc? We have opportunities to get help!

Drop-in with Curt Wednesdays 1:00-3:00pm

Games

Wednesdays 1:00 p.m .

Scrabble, Boggle, Cribbage, Backgammon,



Board Games and More!

Join us, or make plans with a friend and come play ANY TIME!

Coffee with a Cop



Thursday, July 13

9:00-11:00 AM

Come grab a cup of coffee, a bite, and chat with our local's finest!

Guest Chef



Dan Trimble, Open Door

Thursday, July 27

1:00 PM



Join us to welcome our Guest Chef to our Kitchen for our monthly cooking demonstration! Samples and recipes will be available. Please RSVP

Salem Willows

JULY 19 \$4

Join us for an afternoon at Salem Willows. Enjoy ocean views, ice cream, popcorn, or even spend some time at the arcades!

Hop on the CATA bus at Memorial Park at 10:30 AM

or meet us there!



Chop Suey Sandwiches are back!

Massachusetts Day



Thursday, August 17

1:00 PM



Join us as we celebrate all things Massachusetts!! Food, fun, trivia, and so much more!! What do you know about your state?! Please RSVP!!



MONTHLY BOOK CLUB



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

Tuesday, July 25 ~ 1:00 PM

"The Last Thing He Told Me" by Laura Day

Tuesday, August 29 - 1:00 PM

"The Shell Seekers" by Rosamund Pilcher

Through the generosity of the ECOA Friends, multiple copies of each title are available to borrow and return.

New members are always welcome!

Activities and Special Events



Monday, August 21
10:30 a.m. - 4:00 p.m.
\$38.50 per person

Transportation included.
Please RSVP by 08/01/2023

Weather didn't cooperate, so we've moved our trip to August! A mecca for gardeners, foodies and anyone looking for inspiration and relaxation, lighten your spirit as you stroll the themed gardens and also enjoy a five course, gourmet herbal luncheon:

*Lemon Dill Dip, Gazpacho Soup,
Seasonal Salad plus your choice of:*

- *Blueberry BBQ Boneless Ribs or*
- *Summer Vegetable Arancini*

*Plus Raspberry Lemonade Whoopie Pie with
Mango Sorbet for Dessert*



MYSTERY RIDE

JOIN US FOR AN ADVENTURE
a scenic ride and a stop for a sweet
treat! **\$5.00**

Thursday July 13

Wednesday August 16

Please arrive at 12:15 at Memorial
Park, the van leaves at 12:30 PM
Transportation is free but seats are
limited.

Please call 978-768-7932 to sign up

Monthly Movie at the COA

Thursday, July 20 at 1:00 PM ~ FREE

A Man Called Otto

Tom Hanks stars as a grump whose world is changed by an unlikely friendship with new neighbors! Bring a friend and enjoy some theater candy and popcorn! Please RSVP.

Monthly Movie Outing: Cape Ann

Cinema in Rockport

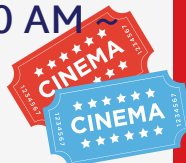
Thursday, August 24 ~ 11:00 AM

\$5.00 ~ PLEASE RSVP

The Fabelmans

(the life story of Director Steven Spielberg)
Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to be a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth. Best Picture nomination.

Transportation is available - please let us know if needed when you RSVP.



ROOT BEER FLOATS

and ELVIS HITS!



AUGUST 10 ~ 2:00PM

Celebrate National Root Beer Float Day and Elvis Awareness Week! Come hear/sing some of Elvis' greatest hits while enjoying a tasty root beer float! Please call to RSVP ~
978-768-7932

RED WHITE AND BLUE

CELEBRATION

NEW DATE/TIME

Thursday, July 6 1:00PM

Join us for a Patriotic Sing-a-long and enjoy a Red White and Blue shortcake (strawberry and blueberry)!

Please RSVP



Please RSVP

Essex Eats

ESSEX SEAFOOD

JULY 26

FRIED HADDOCK
FRIED SHRIMP
LOBSTER ROLL

\$ 15

THE BOAT HOUSE

AUGUST 23

Baked Haddock
Chicken Parm
Burger




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

Breakfast/Brunch

Ladies Brunch: Tuesday, July 18 11:00
Tuesday, August 15 11:00

Please RSVP

Men's Coffee and Donuts:
Wednesday July 12 9:30
Wednesday, August 9 9:30*




Farmers' Markets and SNAP/HIP

Summer brings fresh fruits and vegetables to the center of our tables!! Below is a list of local Farmers' Markets. In addition, if you receive SNAP benefits, you also qualify for HIP benefits - **automatic reimbursement** for purchases at participating vendors, \$15 per purchase, \$40 per month

Magnolia Community Farmers Market - Lexington Ave, Gloucester - SUNDAYS, 10:00AM-1:00PM

Rockport Farmers Market - Harvey Park - SATURDAYS, 9:00AM-1:00PM

The Community House Farmers Market - 284 Bay Road, Hamilton - FRIDAYS, 3:00PM-7:00PM

Beverly Farmers Market - Veterans Memorial Park/Rantoul Street - MONDAYS 3:00PM-7:00PM



Tropical Smoothie

Ingredients:

- 1 cup fresh or frozen pineapple chunks
- 1 banana
- 6 ounces vanilla yogurt
- 1 cup coconut or regular milk
- 1 tablespoon honey
- whipped cream (optional)

Directions:
In a blender, combine the pineapple, banana, yogurt, milk, and honey. Puree until smooth.




Chicken Salad with Grapes

Ingredients:

- 2 cups cooked, shredded chicken
- 2/3 cups mayo or sour cream
- 1 cup grapes, quartered
- 1/2 cup celery, sliced thinly

Directions:
Mix all ingredients together, salt and pepper to taste. Enjoy on bed of lettuce or bread. Can also add walnuts, apples, etc as variations.



Ongoing Activities and Programs

COA FITNESS PROGRAMS

BALANCE IN MOTION: \$5 Donation Requested
Tuesdays 10:00 AM
Fridays 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

MONDAY and THURSDAY GROOVE (Video)
Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class! Video, no Instructor.

OUTDOOR WALKING CLUB
Please let us know if you want to join our Outdoor Walking Club for regular group outings around the town of Essex - and maybe even venture beyond!

COA ACTIVITIES

Afternoon Games Wednesdays 1:00 - 3:00 PM

Arts & Crafts Tuesdays 1:00 - 3:00 PM

Book Club Tuesday ~ July 25 1:00 PM
August 29 1:00 PM

Chef of the Month ~ Thursday, July 27 1:00 PM

Computer Help ~ Wednesdays, 1:00-3:00 PM
Curt will help solve your tech problems!

Grab & Go Meals Mondays & Thursdays NOON

Mobile Market Friday, July 7 and 21 10:30 AM
August 4 and 18 10:30 AM

COA Board Mtg Tuesday, July 11 6:00 PM
August 1 6:00 PM

Friends Meeting Tuesday, July 11 3:00 PM
August 8 3:00 PM

Ladies Brunch Tuesday, July 18 11:00 AM
August 15 11:00 AM

Men's Coffee/Donuts Wednesday, July 12 9:30
August 9 9:30

Monthly Cookie Delivery
Call to sign up for a monthly cookie delivery, sponsored by the Friends of the Essex COA

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/Medicare 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.

Social Services

TRANSFER STATION STICKERS AND BAGS

New Transfer Station stickers will be on sale online or by mail only. Stickers will be available for purchase after June 13th and will expire on August 31, 2024.

New sticker prices will be:

- Regular stickers \$150
- Senior stickers (65 and over)\$75.

Once you have the new sticker you will need Pay as you throw bags in order to dispose of trash. Recycling will be unlimited and covered by the price of the sticker.

Costs of Bags: 15 Gallon Bags\$2.50



DPW Representatives will be at the Essex Senior Center
JULY 6 9:00 AM to 11:00 AM



Produce Bags and Farmer's Market Coupons

**Date: To Be Determined
Please sign up for updates**



The Essex COA will be providing fresh produce in conjunction with the Farmer's Market Coupon Program. Thanks to generous donations, we are able to provide additional bags to Essex Seniors, regardless of income. Participation will be on a first come, first serve basis, as per federal requirements.

USDA Farmer's Market Coupon Program Disclaimer

Discrimination clause: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992

4th of July Festivities

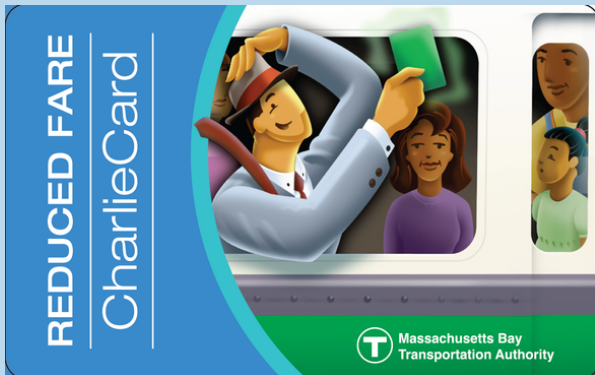
Manchester Parade - 9:30 AM-12:00 PM, Evening concert at Masconomo Park
Gloucester Fishtown Horribles Parade & Concert - 6:00 PM, Fireworks - 9:15 PM
Rockport Firemen's Parade (6:00PM), Concert (8:00PM) & Bonfire (9:00 PM)

Social Services

DECLUTTERING TIPS OF THE MONTH: JULY & AUGUST

July is the perfect time to tackle those craft items, such as paints, pens and other drawing materials. Once you've sorted out the ones to donate, place the others in labelled storage boxes. As well as this, sort out all of your books, board games and DVDs in your living room or games room.

Not sure what to do during August? The experts recommend recycling thread-bare towels, sheets, blankets and linens or donating them to your local animal shelter. Be sure to cut out the elastics on bedsheets. Local Animals



Thursday July 20
10:30 AM

Senior Charlie Cards

Did you know Seniors are eligible for reduced fare MTBA Charlie Cards? These cards are good for 8 years!

Mary Ann Nay, Deputy Director Senator Tarr's office will be hosting a Charlie Card Session. Make an appointment and be sure to bring your state-issued ID or passport.

MEMORY CAFES

The Essex Council on Aging is working with SeniorCare and the other Cape Ann Communities to offer a Memory Café. Here in Essex, we are also looking to add a Caregiver Support Group. In order to help us gauge interest, please let us know if you are interested in either.

Memory Cafe kits are available from SeniorCare

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



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
July 11, August 8 at 3:00 PM

Officers: Dawn Burnham, President
Gil Frieden, Vice President
Ellen Hull, Secretary
Kay Joseph, Treasurer

Board Members:
Priscilla Doucette
Susanne Morrow
Ruth Hughes
Joyce Woodman
Alice Gray



Scarecrows will be back in October - it's not too early to create your vision!

A limited number of scarecrow kits will be available at \$25 each.

What will YOUR scarecrow look like?

Transportation

Transportation for Essex seniors is provided through CATA for \$2.00 fare. Call to schedule your ride by 1:00 pm at least 2 BUSINESS days before your ride.

Did You Know? You can also request a ride to go shopping or to the hairdresser in any of these communities?! Take advantage of this great service!!

Transportation is available Monday - Friday, to and from the following communities:

*Rockport *Gloucester *Manchester *Essex *Ipswich *Hamilton
*Wenham *Beverly *Peabody *Salem *Danvers *Rowley

Monday appointment, call by 1pm Thursday
Tuesday appointment, call by 1 pm Friday
Wednesday appointment, call by 1 pm Monday
Thursday appointment, call by 1 pm Tuesday
~~Friday appointment, call by 1pm Wednesday~~

Participation requires a one time registration. For more info call CATA: 978-283-7916

Transportation to Medical appointments is also provided by volunteers through Senior Care's Medical Transportation Program. To request a ride, call 978-281-1750

VOLUNTEERS NEEDED! Would you be willing to volunteer to drive people to medical appointments? If so, please call Senior Care at 978-281-1750



Conversation Starter: What is your favorite way to spend a summer day!

Can you fill up the lines in each section by making new words from the word on top?

Bathing suit

Down River

Lemonade

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I Love Barbecues

Word Search



Can you find and circle these BARBECUE words?

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

- | | |
|----------|-----------|
| APRON | MARINADE |
| BACKYARD | MUSIC |
| BARBECUE | NEIGHBOR |
| BURGER | RIBS |
| BURNT | SAUSAGE |
| CHARCOAL | SEAR |
| CHARRED | SIZZLE |
| FLAME | SKEWER |
| FRIENDS | SMOKE |
| FUN | SPATULA |
| GRILL | SUMMER |
| HOT DOG | TONGS |
| HUNGRY | WELL DONE |



Best of Times: Show and Luncheon at Danversport Yacht Club

Best of Times Day Trips

Lobsterbake Cruise Gloucester Harbor ~ July 27th ~ \$139

Winnepesaukee Cruise, Harts Turkey Farm, Castle in the Clouds ~ August 17 ~ \$159

Simon Pearce Glassblowing & King Arthur Foliage Trip ~ October 12 ~ \$159

Best of Times Overnight Trips

Spectacular Saratoga! ~ August 22-24

~ \$699pp Double, \$859 Single Occupancy

Explore Saratoga Springs and Lake George on this amazing 3 day, 2 night adventure.

Enjoy Saratoga Race Course, Dinner Cruise on Lake George, Saratoga Casino, Guided Tour of the Saratoga Battlefield and experience WWII history up close and personal with a Guided Tour of the USS Slater. You'll also visit the Norman Rockwell Museum in Stockbridge, MA while en route to Saratoga.

Kentucky Bluegrass, Bourbon Trail & Nashville ~ September 18-24

~ \$3699 Double, \$4299 Single Occupancy

This 7 day, 6 night trip features Churchill Downs, Bourbon Trail, Horse Country, Gatlinburg, TN, the Great Smoky Mountains, and Nashville, TN and includes roundtrip airfare with special travel through Daniel Boone National Forest, Country Music Hall of Fame, and show at the Grand Ole Opry with Backstage Tour.

Pennsylvania Dutch Tour and The Miracle of Christmas ~ December 5-7

~ \$759 Double, \$899 Single Occupancy



"Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land."

Ronald Reagan

Around Town



Gloucester 400 Events

www.GloucesterMa400.org

Cemetery Tours - all Summer

Maritime Rendezvous - July 6-10

Gloucester Story - August 10 - Plein Air production of "Gloucester Story"

Gloucester Fisheries Heritage Festival - August 12 and 13 - celebrating fishing, lobstering, schooners, and more!

Fisherman's Memorial Service - August 19

400 Years Race - August 27 - Sanctioned one-mile race in downtown Gloucester for all ages and paces.

Schooner Festival - August 31 through September 4 - 39th Annual that has been super-sized for the Gloucester 400 celebration.

July and August - Culture Splash Summer Thursdays:

Every Thursday night the Rocky Neck and Harbortown districts will welcome visitors from 4:00-7:00 pm, sharing their work with performances, openings, live music and art, dance and more. **FREE** www.discovergloucester.com

Gloucester Maritime Rendezvous:

Thursday, July 6 - Monday, July 10

International Dory Races and exhibits with opportunities to get on board for deck tours, sailing options, and charters.

www.Gloucesterschoonerfestival.com

Summer of Spielberg Movies on the Lawn:

Every Thursday in July at Hammond Castle

Bring a picnic dinner and a blanket! Doors open at 6:00 pm, movie starts at 8:00 pm

www.Hammondcastle.org

Cape Ann Symphony Pops in the Park Concert

Friday, July 28 at 8:00 PM

Stage Fort Park

A FREE concert celebrating Gloucester's 400th!

Cape Ann Museum Courtyard Concert Series:

FREE concerts every Thursday featuring local and regional musicians ranging from Latin tunes to pop, acoustic folk to rock music, and chamber music to bluegrass.

Concerts every Thursday from 5:30-7:00 pm

capeannmuseum.org

Don't Miss These Essex Events!



July 1 at Tucks Point

T.O.H.P.:

Hours of Operation:

Monday, 1:00 PM - 7:00 PM

Tuesday, 1:00 PM - 5:00 PM

Wednesday, 1:00 PM - 7:00 PM

Thursday, 10:00 AM - 5:00 PM

Friday, 1:00 PM - 5:00 PM

Saturday, 10:00 AM - 12:00 PM

Essex Community Breakfast

July 8 and August 12

9:00-10:30 AM

2nd Saturday every month

Congregational Church

Transfer Station Stickers

Thursday, July 6

at Essex Senior Center

9:00-11:00 AM

ATTENTION ALL VETERANS & FAMILY MEMBERS



"Have you or a loved one received a Purple Heart for military service? We would like to honor you/them at an upcoming event.

Please contact the Veteran's Services Office at 978-356-6699 or email kbell@eessexvets.com

Thank you!"

Council on Aging
Essex

17 Pickering St
Essex MA 01929

NON PROFIT RATE
U.S.POSTAGE PAID
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ESSEX, MA.

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

CONGRATULATIONS!

The Essex Council on Aging and the Board of Directors is thrilled to share the news that our **Veterans' Gallery** exhibit has been selected as the Runner-Up in the 2023 National Councils on Aging and National Institute of Senior Centers Programs of Excellence ~ in the category "Modernizing Senior Centers" National Awards!

We are delighted to receive this unexpected and welcome recognition! We would like to take this opportunity to recognize Sue Parady ~ a dedicated Board member and volunteer whose vision and talent brought the Veterans Gallery to life here at the Essex COA!

We look forward to offering more unique and special programs to our seniors and the Essex community.

