



This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at our senior center and elsewhere in the community.

- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

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

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!

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

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 1:00-3:00

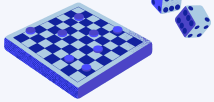
Teen Tech with Sarah 4/25 at 3:30 (Please RSVP)

Games

***NEW DAY* Wednesdays 1:00 p.m .**

Starting May 10th

Scrabble, Boggle, Cribbage, Backgammon,
Board Games and More!



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

Hearing Wellness Discussion Group

led by Beauport Hearing Care

Wednesday, May 10 10:30 a.m.



Come with any questions and funny personal stories about hearing. David and Judi Bergeron of Beauport Hearing Care in Magnolia have lots of stories. They are also full of knowledge about hearing loss because they both use hearing aids. And they just love helping people understand hearing wellness and how to safeguard it. Moreover, protecting your hearing is important for all of your life - whether or not you have any hearing loss. Hearing is a social experience: Let's talk about it together!

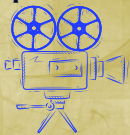
HEARING SCREENINGS BY APPT. to FOLLOW!

Heritage Films presents:

"A Special Memorial Day Presentation"

May 18

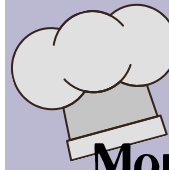
11:30 AM



Enjoy a short film followed by a discussion
with filmmaker Dan Tremblay,
and an optional lunch.

Please RSVP for the Film and/or Lunch!

Great for LOCAL HISTORY Buffs!!



Guest Chef



Monday, May 22 ~ 1:00 PM

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

Can you say SCRUMPDILLYICIOUS?

Please RSVP by May 18

Walking Club

It's time to put on your walking shoes and
get outside!!

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!



Contact COA to register at 978-768-7932

BOOK CLUB

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



Tuesday, May 30 ~ 1:00 PM

"Dictionary of Lost Words"

by Pip Williams

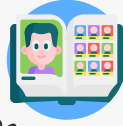


Through the generosity of the Friends, multiple copies
of each title are available to borrow~but please
return them for others to read!

New members are always welcome!

Activities and Special Events

Graduation Gallery Opening &



Ice Cream SOCIAL

THURSDAY, JUNE 1

5:00 - 7:00

Celebrate the Grand Opening of our Graduation Gallery and enjoy some tasty ice cream while seeing how many "grads" you recognize!! Great way to start the season!



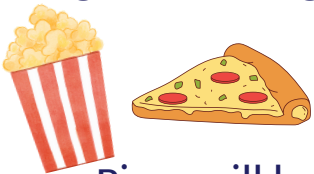
Monthly Movie

Wednesday, May 17

11:00 AM

We're excited to hit the road for movie fun with a private showing of a Best Picture Oscar-Winning Movie, which was filmed right here on "picturesque" Cape Ann!

CAPE ANN COMMUNITY CINEMA,
37 Whistlestop Mall
Rockport MA



Pizza will be provided. Drinks, candy and movie theater popcorn will be available for purchase.

Cost: \$5.00 Please RSVP

Meet us there or ride with CATA

First Wednesdays:

ALL AGES EVENTS

CELEBRATE SPRING WITH MINORI.

A JAPANESE TEA CEREMONY

05/03 1:30 PM



International performer, Minori Ishikawa, a native of Tochigi, Japan and Essex resident, has an extensive career in singing, dancing, poetry, and acting. Join us for this unique presentation of the Native Folk Traditions of Japan.

PLEASE RSVP. SEATS LIMITED! 978-768-7932

Next Month - Wednesday, June 7 join us for a fascinating Forensic Science Roadshow!

Delvena Theatre Company presents:

The Incredible Mae West

Friday May 12 at 1:00 PM

ESSEX TOWN HALL - 3rd FLOOR

Meet Hollywood legend blond bombshell, "Mae West" as portrayed by actress Lynne Moulton. Famous for her comedic one-liners, "Mae" will keep the audience entertained with an insight into her fascinating 80-year show business career, her philosophy of life and, of course, her singing. A humorous, yet informative production. After the performance, the actress will open up to the audience for discussion!



Please call the COA
to reserve your seat!
978-768-7932



Essex Eats
THE VILLAGE

\$ 15 **MAY 31**
12:00 NOON

Please RSVP

Meal Options
Baked Haddock
Burger
Fried Shrimp
Steak Tips

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 Thursdays
Provided by Open Door Provided by Senior Care

Breakfast/Brunch
Ladies Brunch: Tuesday, May 16 11:00

Please RSVP and come enjoy socializing and some tasty treats!

Men's Coffee and Donuts:
Wednesday May 10, 9:30AM

Earn More SNAP Dollars with the Healthy Incentives Program (HIP)!

Spend your SNAP dollars on farm-fresh fruits and vegetables at participating Healthy Incentives Program (HIP) retailers and have the amount of your purchase instantly added back to your EBT card up to \$40!

Some local farmstands and grocery stores accept SNAP and HIP!
For more information about HIP locations, visit www.dtafinder.com or see Tess or Kristin for more information.

Fresh. Canned. Dried. Frozen.
It's **KIP** to be healthy!

Celebrate National BBQ Month: Roasted BBQ Chicken Drumsticks

Ingredients:

- 3 chicken drumsticks or legs.
- **Vegetables:** Use carrots, onions, and garlic.
- Olive oil
- **Seasonings:** Salt, black pepper, and smoked paprika.
- Your favorite BBQ Sauce

Directions:

1. For this easy baked chicken recipe, toss the chicken legs with olive oil, salt, pepper, and bbq sauce.
2. Place the vegetables in a lightly greased baking dish. Drizzle a little olive oil over the vegetables and add a pinch of salt, pepper, and smoked paprika. Mix the vegetables together so that the seasonings and oil are covering all of the vegetables. Place the drumsticks on top of the vegetables.
3. Bake for 40 minutes.

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 ~ May 30 1:00 PM

Chef of the Month ~ Monday, May 22 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, May 5 and 19 10:30 AM

COA Board Mtg Tuesday, May 9 6:00 PM

Friends Meeting Tuesday, May 9 3:00 PM

Ladies Brunch Tuesday, May 16 11:00 AM

Men's Coffee/Donuts Wednesday, May 10 9:30

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

Teen Tech Tuesday, May 16 3:30 PM
Sarah, a middle-schooler with rad tech skills, will help answer your phone or tablet questions!

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

The deadline for Fuel Assistance has been extended to May 13, 2023!
Have you applied? Contact Action Inc for more information. www.actioninc.org

MONEY, BILLS, UNCLAIMED FUND



Household Members Max. Annual Income

1	\$42,411
2	\$55,461



Concerned about Medicare Costs? There may be help!



Medicare premiums, deductibles and co-payments can add up. Luckily, there are several programs that can help a beneficiary with Medicare cost-sharing. Below is a list of these programs, their eligibility requirements, information about applying, and the benefits they provide. If you have questions about these programs, or would like to apply, please contact Kristin or Tess.

Income and Asset Limits as of March 1st 2023

	Gross Monthly Income Limit	Asset Limit	Application	Benefits
MassHealth (65+ years old)	\$1,215 (Individual) ¹	\$2,000 (Individual) ²	MassHealth SACA-2 form 1-800-841-2900	Supplemental health and drug coverage Automatic enrollment in Senior Buy-in Automatic enrollment in Extra Help
	\$1,644 (couple) ¹	\$3,000 (couple) ²		
MassHealth Senior Buy-in (QMB)	\$2,309 (Individual)	\$18,180 (Individual) ²	MassHealth SACA-2 form or Mass Buy-In form 1-800-841-2900	Pays Medicare Part A & B premiums Pays Medicare Part A & B deductibles & copays Automatic enrollment in Extra Help
	\$3,123 (couple)	\$27,260 (couple) ²		
MassHealth Buy-in (QI-1)	\$2,734 (Individual)	\$18,180 (individual) ²	MassHealth Buy-in Application 1-800-841-2900	Pays Medicare Part B premium Automatic enrollment in Extra Help
	\$3,698 (couple)	\$27,260 (couple) ²		
Extra Help Full	\$1,640 (Individual)	\$10,590 (Individual) ³	Social Security Application for Extra Help 1-800-772-1213	Reduces Part D premium Eliminates Part D deductible Lowers Part D copays to \$4.15/\$10.35
	\$2,219 (couple)	\$16,630 (couple) ³		
Extra Help Partial	\$1,823 (Individual)	\$16,660 (Individual) ³	Social Security Application for Extra Help 1-800-772-1213	Reduces Part D premium Reduces Part D deductible Lowers Part D copays to 15%
	\$2,465 (couple)	\$33,240 (couple) ³		
Prescription Advantage (65+ years old) (no enrollment fee)	\$3,645 (Individual)	NONE	Prescription Advantage Application 1-800-243-4636	Supplemental prescription coverage that reduces copays once the total retail costs of covered prescription drugs reaches \$4,660
	\$4,930 (couple)			
Prescription Advantage (65+ years old) (\$200 enrollment fee)	\$6,075 (Individual)		Prescription Advantage Application 1-800-243-4636	Supplemental prescription coverage that pays prescription copays once out-of-pocket drug costs reach \$4,080
	\$8,217 (couple)			
Health Safety Net	Full: \$1,823 (Individual) \$2,465 (couple)		MassHealth SACA-2 form (65+ years old) 1-800-841-2900	Pays for some services received at a hospital or Community Health Center (CHC) Rx & dental available at some CHC's
	Partial: \$3,645 (Individual) \$4,930 (couple)			

¹ If over the income limit, may qualify by meeting a deductible

² Primary residence and one vehicle are not counted ³ Primary residence, vehicles, and life insurance are not counted

Social Services

DECLUTTERING TIP OF THE MONTH: Purging Make-up and Toiletries

Unless you routinely set aside time to clean out your cosmetics stash, it's all too easy to keep makeup, toiletries, grooming tools, and medications long after their expiration dates. We're all guilty of it—but it's time to make a change. Not only are all of those past-their-prime grooming products taking up valuable space in your medicine cabinet or makeup bag; using old tools and makeup could actually result in dangerous skin and eye irritations.

Make-Up Items

- Concealer: 1 year
- Cream blush: 1 year
- Eyeliner: 3 months
- Eyeliner pencil: 2 years
- Eyeshadow: 1 year
- Foundation: 1 year
- Lip balm: 1 to 5 years
- Lip gloss: 1 year
- Lipstick: 2 years
- Liquid eyeliner: 3 months
- Makeup sponge: 1 month
- Mascara: 3 months
- Nail polish: 1 year
- Nail polish remover: indefinitely
- Powder blush: 2 years

Toiletries

- Bar soap: 18 months to 3 years
- Bath oil: 1 year

Toiletries (cont'd)

- Body bleaches and depilatories: 6 months
- Body lotion: 2 years
- Body wash: 3 years
- Deodorant: 1 to 2 years
- Disposable razors: every 5 to 7 shaves
- Eye cream: 1 year
- Face cream: 2 years
- Hair brush: 1 year
- Hair gel: 2 to 3 years
- Hair spray: 2 to 3 years
- Loofah: 6 months
- Medications: check the label
- Mouthwash: 3 years from the manufacture date
- Perfume: 1 to 2 years
- Shampoo and conditioner: 2 to 3 years
- Shaving cream: 2 years
- Sunscreen: three years
- Toothbrush: three months
- Tooth-whitening strips: 13 months



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 Cafes are scheduled as follows:

Rockport: May 10th

Essex: June 20th

We Are Still Seeking Yearbook Photos!

You can still participate in our "Graduation Gallery", coming this June:

Find your high school senior photo* and bring a copy to the Senior Center or email a copy to essexseniorphotos@gmail.com with your name, high school, city/town, and year of graduation. Don't forget to include your "Words of Wisdom" for today's graduating seniors!

*If you don't have a photo please let us know ~ we may be able to help you find it!



Do you recognize these faces? Find out who they are in June!

NEW

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!

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

MONTHLY MEETING:
2nd Tuesday of the Month
May 9 at 3:00 PM

FRIENDS OF THE ESSEX COA PRESENTS:



Annual BBQ
Tuesday, June 27
11:30 A.M. - 2:00 P.M.

Tuck's Point
Manchester

Join us for a summer BBQ complete with Grilled Chicken, Grilled Hamburgers, a variety of salads, and Strawberry Shortcake! Call to reserve your spot!
\$5.00 per person

Bingo and prizes!!

The graphic features a colorful banner with red, yellow, and green pennants at the top. Below the banner, there are stylized green trees and a blue sky. In the foreground, there is a picnic table with a red and white checkered tablecloth. On the table, there is a bowl of salad, a hamburger, and a drink. To the left of the table is a bingo cage.

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.



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 was the most embarrassing thing your parents do or used to do?

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

Gratefulness

Memorial Day

Springtime

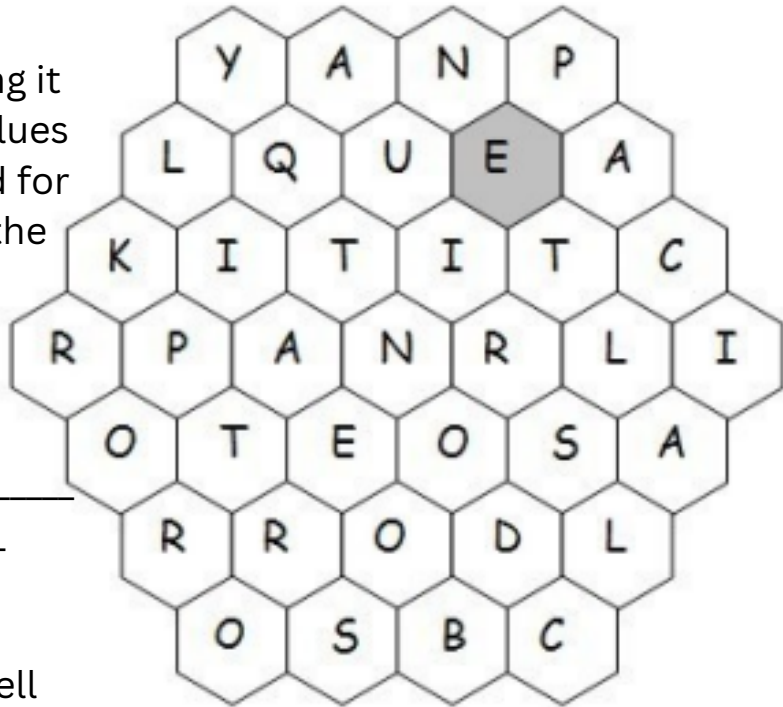
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_____	_____	_____

™ by Ann Richmond Fisher

The shaded E and the six letters surrounding it spell PETUNIA, which matches one of the clues below. In the same way, find a 7-letter word for each of the remaining clues. Keep track of the center letter for each answer you find.

1. flowering plant petunia -E
2. a solo performance _____
3. excellence _____
4. person receiving medical care _____
5. adult male domestic fowl _____
6. old item _____
7. opening in nose _____

Unscramble all 7 of the center letters to spell the BUZZWORD: (a coin) - - - - -.



Finish the number sequence



- 1, 4, 7, 10, 13, 16, 19, 22, ____.
- 3, 8, 13, 18, 23, 28, 33, 38, ____.
- 25, 23, 21, 19, 17, 15, ____.
- 1, 3, 9, 27, 81, 243, ____.

Answers: 25, 43, 13, 729



Best of Times: Show and Luncheon at Danversport Yacht Club

BeeGees Tribute Show ~ May 23rd

Experience the World's #1 Tribute to the BeeGees with the most authentic show to the original group. The show is a powerhouse combination of everything that made the BeeGees famous - great sounds, great looks, great stage presence!

Texas Tenors ~ June 21st

Since appearing on America's Got Talent in 2009, The Texas Tenors have performed over 1,300 concerts, released 4 Studio Albums, 2 PBS Specials, 4 DVDs, multiple singles and a children's book that have earned them recognition including 3 Emmy Awards. Now is your chance to see this national treasure live on stage!

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

Around Town



Welcoming people back to Downtown Essex!

Dining, Shop Hoping, Entertainment, Art Installations, Games, and more throughout Downtown Essex!

2023 Town Meeting and Election Calendar

Event	Location	Hours	Deadlines
May 1 - Annual Town Meeting	Essex Elementary School, 12 Story St	Begins at 7:30pm	Voter Registration deadline is April 21
May 8 - Annual Town Election	Essex Public Safety Building, 11 John Wise Ave	Polls Open 7am-8pm	Voter Registration deadline is April 21
May 8 Election - In-Person Early Voting	Essex Town Hall, 30 Martin St	April 24-27, May 1-4 7:30am-3:30pm	
May 8 Election - Vote by Mail	Applications not automatically mailed for local election	Last day to submit VBM application: May 1 at 5:00pm	Ballots must be returned by 8pm May 8 *

Don't Miss These Essex Events!

T.O.H.P Events:

Wednesday, May 3 12:00-5:00pm
Pie Fest

Monday, May 8 7:00pm
Ruth Bader Ginsberg "I Dissent"

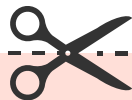
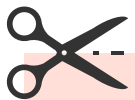
Thursday May, 18 6:00 pm
Community Read Reception & Lecture

Essex Community Breakfast

May 13 9:00-10:30
2nd Saturday every month
Congregational Church

Cox Reservation

Wednesday May 10
GreenbeltGo App Walk & Tutorial



Words of Wisdom from our Seniors to High School Seniors



Name: _____ Maiden Name _____

High School: _____

City/State: _____ Year of Graduation: _____

Words of Wisdom: _____



Council on Aging
Essex

17 Pickering St
Essex MA 01929

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

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

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Transportation Information and much more . . .	Pg. 8



Memorial Day Poem

Happened today, and in the past;
Sacrifice made, for ours to last.

Wives to widows, families torn;
Gave their lives, for them we mourn.

Gone forever, souls are lost;
Freedom comes, with this cost.

Enjoy the life, they did preserve;
Fate they suffered, did not deserve.

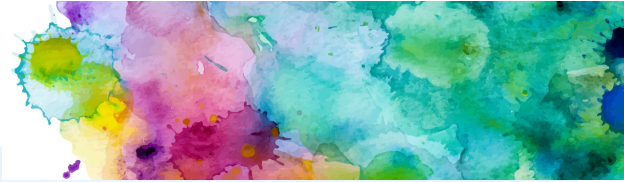
On this day, lest we forget;
To them we owe, our life in debt.

by Don Neilson

Add a subheading



MAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

9:30 Groove Fitness Video
10:30 Shredding
12:00 Grab 'n Go

2

10:00 Balance in Motion Class

3

1:00 Computer Assistance
1:30 **Inter-generational Spring Celebration with Minori**

4

9:30 Groove Fitness Video
12:00 Grab 'n Go

5

10:00 Balance
10:30 Mobile Market: Acord
12:00 Senior Club

8

9:30 Groove Fitness Video
10:30 Shredding
12:00 Grab 'n Go

9

10:00 Balance in Motion Class
3:00 Friends Mtg
6:00 COA Board Mtg

10

9:30 Men's Coffee/Donuts
10:30 Hearing Wellness Talk
11:15 Hearing Screening Appt
1:00 Computer
1:00 Games

11

9:30 Groove Fitness Video
12:00 Grab 'n Go

12

10:00 Balance in Motion Class
1:00 **Mae West @ Town Hall**

15

9:30 Groove Fitness Video
10:30 Shredding
12:00 Grab 'n Go

16

10:00 Balance in Motion Class
11:00 Ladies Brunch
1:00 Arts & Crafts

17

11:00 **MOVIE DAY TRIP**
1:00 Computer Assistance
1:00 Games

18

9:30 Groove Fitness Video
11:30 Heritage Films: Memorial Day Special
12:00 Grab 'n Go

19

10:00 Balance
10:30 Mobile Market: Open Door
12:00 Senior Club

22

9:30 Groove Fitness Video
10:30 Shredding
12:00 Grab 'n Go
1:00 Guest Chef

23

10:00 Balance in Motion Class
1:00 Arts & Crafts

24

1:00 Computer Assistance
1:00 Games

25

9:30 Groove Fitness Video
12:00 Grab 'n Go

26

10:00 Balance in Motion Class

29

MEMORIAL DAY



REMEMBER AND HONOR

30

10:00 Balance in Motion Class
1:00 Arts & Crafts
1:00 Book Club

31

12:00 Essex Eats: The Village
1:00 Computer Assistance
1:00 Games

1

9:30 Groove Fitness Video
12:00 Grab 'n Go

2

10:00 Balance
10:30 Mobile Market
12:00 Senior Club

CALENDAR OF SPECIAL EVENTS



MAY 2023



Monday, May 1	7:00 PM	Essex Annual Town Meeting
Wednesday, May 3	1:30 PM	Spring Celebration with Minori * All ages welcome! Bring the grandkids!
Friday, May 5	10:30 AM	Mobile Market - Acord Food Pantry
Wednesday, May 10	9:30 AM	Men's Coffee and Donuts
	10:30 AM	Hearing Wellness Group
	11:15 AM	Hearing Screenings by appointment
	12:00	*Rockport Memory Cafe, (978) 546-2573**
Friday, May 12	1:00 PM	Delvena Theater presents "Mae West" *Town Hall, 3rd Floor*
Tuesday, May 16	11:00 AM	Ladies Brunch
Wednesday, May 17	11:00 AM	Movie @ Cape Ann Community Cinema
Thursday, May 18	10:30 AM	Heritage Films: Memorial Day Special
Friday, May 19		Mobile Market - Open Door
Monday, May 22	1:00 PM	Guest Chef
Monday, May 23	1:00 PM	BeeGees Tribute Concert at Danversport
Tuesday, May 30	1:00 PM	Book Club: "The Dictionary of Lost Words"
Wednesday, May 31	12.00 PM	Essex Eats: The Village

Upcoming Events:

Thursday, June 1		Graduation Gallery & Ice Cream Social
Wednesday, June 7		Forensic Science Roadshow
Tuesday, June 27	5:00 - 7:00 PM	Friends Annual BBQ and Bingo Game

Do we have your photos for our Graduation Gallery? Did you send us some words of wisdom for our graduating seniors? It's not too late!