

Essex Senior Echo



OCTOBER 2021

It's been so exciting to see the scarecrows pooping up all over town! We hope you take a tour around town, there are some very creative folks in the community.

October is an exciting month for us at the Senior Center. The Friends are working on their final touches for the annual boutique, we all start to shift gears as the weather gets cooler, and we begin to look at next year's calendar of events. We hope that with the vaccines and the booster shots available for many people COVID begins to settle down. The Cape Ann Regional Community Collaborative as well as Conley's pharmacy will continue to have clinics throughout the fall and winter. You can use vaxfinder.mass.gov to find appointments in other locations.

While masks are currently required in all municipal buildings, we have some great things happening now. We continue to offer Grab and Go meals on Mondays and Thursdays and look forward to being able to have in-person lunches soon. We offer three exercise classes a week. Consider stopping by and giving one of them a try. New this month will be our new regular cooking for 1 or 2 classes held the first two Wednesdays each month. Blood pressure clinics and office hours are back, and there's more - including a great presentation from the Senior Medical Patrol.

We know that not everyone is willing or able to go out and about just yet. We continue to work closely with the other Cape Ann communities on providing programming for you on 1623 Studios channel 67. If you can't join us in person, look for some great programs there!

Happy Fall!

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

Hours of Operation:
Monday thru Friday
9:00 AM to 1:00 PM

Additional hours:
Tuesdays
1:00 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
Millie Hamlen
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!

Protective Services for Elders: To report elder abuse or neglect
1-800-922-2275.

Fuel Assistance: Action, Inc
978-281-3900.

Used Medical Equipment:

Masonic Hall, Ipswich 978-356-9716
Essex COA 978-768-7932

Veterans Services: Karen Tyler,
Director of Veterans Services
978-356-6699

Essex Housing Authority:
978-768-6821

SeniorCare, Inc: Information, referral,
in-home services and Meals on Wheels.
978-281-1750.



Social Services



MEDICARE OPEN ENROLLMENT IS HERE!

October 15 - December 7

Please call the Essex Council on Aging to schedule an appointment with one of our SHINE Counselors (even if you don't think you want to make any changes!)



OPEN ENROLLMENT FAQs:

What is Open Enrollment?

Open enrollment is the one time of year in which you can change you Medicare Advantage Plans and/or your Part D Prescription Drug Coverage.

I am happy with my coverage, do I really need to do anything during the Open Enrollment Period?

If you do nothing, and your plan will continue to be offered next year, your plan will carry over. However, Medicare Advantage Plans and Prescription Drug Plans do make changes each year. You should still compare plans to see if better coverage is available.

I have retiree health coverage, does Open Enrollment apply to me?

If you receive your coverage through a former employer, you should be aware of your Open Enrollment Period and review your plan options at that time. Federal Employees have an Open Enrollment Period that runs 11/8 - 11/13. State/GIC retirees enrollment period is in the spring.

My prescription costs are very expensive. Is there something else I can do to lower costs?

There may be. Programs like Extra Help and Prescription Advantage are designed to help reduce drug costs. Sometimes just changing drug plans yields significant savings. Other times a drug company may have programs that can help. A SHINE counselor will be able to help you review your options, and potentially save money.

Can choosing a new drug plan really make a difference? How can switching plans make a difference in out-of-pocket costs?

Medicare drug plans can differ in ways that can have a big impact on your out-of-pocket costs, including monthly premiums, the list of drugs covered by each plan, how much the plan charges for preferred and non-preferred drugs, preferred pharmacies and how much the plan charges for high-cost specialty drugs. It is important to look at the overall anticipated costs, instead of just the monthly premium and/or deductible. Not everyone will save money by switching plans, but it generally makes sense for everyone to compare their plan options each year to see if there is a less expensive option for the coverage you need.

How can I review my plan options?

Kristin and Tess are both SHINE Counselors and available to assist you with this process. You can call the COA to schedule an appointment for open enrollment after October 4.. Appointments are available beginning Monday October 18. You can also go to Medicare's PlanFinder at www.medicare.gov/find-a-plan. Please complete the enclosed form and return it PRIOR to your appointment.



DOMESTIC VIOLENCE AWARENESS MONTH

National Domestic Violence Awareness Month is an annual designation observed in October. For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support. But for millions of others, home is anything but a sanctuary. Are you an older adult who has been abused by a companion, caregiver, child or grandchild? Do you know an older adult who has been abused? Remember, abuse can come in a variety of forms—physical abuse, sexual abuse, neglect, financial exploitation, self-neglect, and abandonment.

CONTACT: Elder Abuse Hotline, 7 days a week, 24 hours a day. 1-800-922-2275 or dial 9-1-1

★ THE GLOBAL WAR ON TERROR SPEAKER SERIES ★

SATURDAY, 11/06/2021, 5:00PM - 9:00PM

**SSG (RET) RYAN PITTS
MEDAL OF HONOR,
AFGHANISTAN
REFLECTION**

**CHRISTIE COOMBS,
9-11 FAMILY MEMBER
REFLECTION**



IPSWICH HIGH SCHOOL PERFORMING ARTS CENTER
130 HIGH STREET, IPSWICH, MA

If you're lucky enough to get old,
I think you should celebrate it. ~ Iris Apfel

Fuel Assistance

While warm days are still ahead, winter is just around the corner. This means heating season and high energy costs. As many as 1 in 3 households may be eligible for Fuel Assistance. This is a free program for those who qualify! For more information, call

Action at
978-281-3900



Medical Equipment

If you need medical equipment, there are a few different options for you.

Essex Council on Aging 978-768-7932
Masonic Hall, Ipswich 978-356-9716
Mass. Requirement:
www.dmereuse.org

Protect Yourself From Medicare Fraud! Thursday, Oct 28

Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud each year?

Come meet a representative of the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This free information workshop will provide you with the tools to become a more informed and engaged health care consumer, including the importance of protecting your Medicare number.



Activities and Special Events



PRACTICE POSITIVITY

WEDNESDAYS 2:00 – 3:00 PM VIA ZOOM

OCTOBER 20TH, OCTOBER 27TH, NOVEMBER 3RD, NOVEMBER 10TH, AND NOVEMBER 17TH, 2021

IN A SPECIAL COLLABORATION WITH ENDICOTT COLLEGE HONORS STUDENTS AND AGE & DEMENTIA FRIENDLY CAPE ANN, WE INVITE YOU TO PRACTICE SKILLS THAT LEAD TO A HAPPIER AND MORE MEANINGFUL LIFE AS ADVOCATED WITHIN THE FIELD OF POSITIVE PSYCHOLOGY. DURING FIVE WEEKLY DROP IN SESSIONS, PARTICIPANTS WILL REFLECT ON THEIR PERCEIVED HAPPINESS AND WELL-BEING. PARTICIPANTS WILL PRACTICE SKILLS SUCH AS HAPPINESS, MINDFULNESS, OPTIMISM, CONNECTION, AND KINDNESS. ALL OF THESE EVIDENCE-BASED SKILLS ENHANCE A POSITIVE LIFESTYLE. YOU CAN ATTEND ANY OR ALL OF THE CLASSES AS THEY DO NOT HAVE TO BE TAKEN IN ANY ORDER. CLASSES WILL BE OFFERED ONLINE, ZOOM INFORMATION WILL BE SHARED UPON REGISTRATION. TO SIGN UP PLEASE EMAIL CARRIE.JOHNSON@SENIORCAREINC.ORG OR CALL 978-281-1750

IF YOU WOULD LIKE TO PARTICIPATE AND DON'T HAVE A COMPUTER, PLEASE CALL THE COA TO MAKE ARRANGEMENTS TO JOIN US AT THE CENTER!



Technology Help with Sarah



Do you wish you knew how to use Facebook? Have questions about texting or sending email? Sarah, a middle-schooler with rad tech skills, will be at the Senior Center to answer your questions!

Tuesdays, October 12 & 26

3:30 - 5:00

(Please RSVP)

COOKING FOR 1 OR 2



Monday October 6 3:30 PM

Monday October 13 3:30 PM

Cooking for 1 or 2 and tired of finding recipes for 6? Join us at the Essex Senior Center for a fun class! Bring family recipes, learn new recipes, and discover new tips and tricks from Dawn Burnham. Please RSVP

BOOK CLUB

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

Tuesday, October 26th

"The Lost Apothecary"

by Sarah Penner

Tess has extra copies if you need to borrow one!





Activities and Special Events



YESTERDAY ONCE MORE: NOVEMBER 18, 2021 (THURSDAY)

DANVERSPORT YACHT CLUB \$72

FROM THE CARPENTERS CLOSE TO YOU TO ABBA'S DANCING QUEEN... AND THE MAMAS AND PAPAS' CALIFORNIA DREAMING TO THE 5TH DIMENSION'S UP, UP AND AWAY, YOU'LL ENJOY NON-STOP HITS, COLORFUL CHOREOGRAPHY AND INFORMATIVE AND HUMOROUS BANTER. FOR EVERYONE WHO REMEMBERS THIS MUSIC IT'S A RETURN TO RICH HARMONIES AND RELATABLE SONGS. FOR ANYONE WHO SIMPLY LOVES GREAT POP MUSIC AND AMAZING VOCAL BLENDS, THIS IS A SHOW NOT TO BE MISSED.

CHRISTMAS AT THE NEWPORT MANSIONS: DECEMBER 4 (SATURDAY)

\$99

COME AND SEE TWO OF NEWPORT'S MOST ELEGANT MANSIONS DECORATED AND ON DISPLAY DURING THIS WONDERFUL TIME OF THE YEAR. VISITS TO THE BREAKERS AND THE MARBLE HOUSE. LUNCH WILL BE ON YOUR OWN AT THE FAMOUS BOWEN'S WHARF AREA OF NEWPORT.

CALLING ALL DANCERS AND WANNABES!

Put a little dance in your step with our 6-week "Old Easy Soft Shoe Dance Class" taught by Karen Birch. Moves can be performed while seated. Wear comfortable street shoes, preferably non-rubber soled-shoes

**MONDAYS, 9:30-10:30
OCTOBER 18-NOVEMBER 22**

PLEASE REGISTER IN ADVANCE
CLASS SIZE IS LIMITED

FALL DECORATING WORKSHOP

**TUESDAY, OCTOBER 19TH
1:00 P.M.**

We'll make a Centerpiece
you'll be able to take home!



The Great Essex Scarecrow Festival

Scarecrow Viewing Tour

October 15 10:00 AM - 12:00 PM

Please join the Friends of the Council on Aging for a tour around Essex to check out the creativity our residents have shown with their Scarecrows!

Space will be limited on the van so please be sure to RSVP.



October





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>CALENDAR CODE: MEALS/GROCERY ZOOM EVENT SENIOR CENTER EVENT SPECIAL EVENT EXERCISE (IN PERSON)</p>				<p>1 10:00 Balance in Motion</p>
<p>4 12:00 Grab 'n Go 12:30 Movie: 1:00 Senior Club</p>	<p>5 10:00 Balance in Motion 10:30 LOW VISION GROUP, Ipswich COA 1:00 Arts and Crafts 6:00 COA Board Meeting</p>	<p>6 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 3:30 Cooking for 1 or 2</p>	<p>7 12:00 Grab 'n Go</p>	<p>8 9:30 Blood Pressure 10:00 Mobile Market 10:00 Balance in Motion</p>
<p>11</p>  	<p>12 10:00 Balance in Motion 1:00 Arts and Crafts 3:30 Tech Time with Sarah</p>	<p>13 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 3:30 Cooking for 1 or 2</p>	<p>14 12:00 Grab 'n Go 1:00 Medicare 101</p>	<p>15 10:00 Balance in Motion 10:00 Scarecrow Tour Bus*</p>
<p>18 8:30 Men's Breakfast 9:30 Ol' Soft Shoe 12:00 Grab 'n Go 12:30 Movie: POMS 1:00 Senior Club</p>	<p>19 10:00 Balance in Motion 11:00 Ladies Brunch 1:00 Fall Workshop 3:00 Friends of COA Mtg</p>	<p>20 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 2:00 Practice Positivity</p>	<p>21 10:30 Sen. Tarr's Office 12:00 Grab 'n Go 12:30 Essex Veterans Office Hours</p>	<p>22 10:00 Balance in Motion</p>
<p>25 9:30 Ol' Soft Shoe 12:00 Grab 'n Go 12:30 Movie:</p>	<p>26 10:00 Balance in Motion 1100 Book Club 1:00 Arts and Crafts 3:30 Tech time with Sarah</p>	<p>27 10:00 Fit over Fifty 11:30 Bowling Cape Ann Lanes, 978-283-9753 2:00 Practice Positivity</p>	<p>28 12:00 Grab 'n Go 12:30 Senior Medicare Patrol</p>	<p>29 10:00 Balance in Motion</p>

For Your Health

LOW VISION GROUP

Tuesday, October 5th 10:00 to 11:30 A.M.

Ipswich COA

A rep from SeniorCare Inc. will be talking about the "Consumer Directed Care" program. This state funded program allows consumers to employ friends and family to assist with daily living. If you are living with limited vision or blindness, our low-vision group meets monthly to share information, laughs, support and friendship.

Transportation is available. New members always welcome!



Flu Clinic

Saturday, October 16

10:00 AM - 1:00 PM

Essex Public Safety Building
Use the QR Code to register,
or call the Essex Senior Center
for assistance

Are your reusable cloth masks in need of replacement?



Masks are available at the Senior Center.
Just stop by.

COVID-19 UPDATES

At the time of printing, the CDC approved a booster shot for certain individuals who received the Pfizer vaccine at least 6 months ago. The Greater Cape Ann Community Collaborative will be offering booster shots in addition to vaccinations for those who are currently unvaccinated. (At this time, boosters have not been authorized for Moderna or Johnson and Johnson. GCACC clinics do currently offer all three vaccinations, however availability may vary at each location.)

Pfizer boosters is approved for:

65 or older

18 - 64 with specific underlying medical conditions

18-64 in an institutional setting, or those whose occupation increases risk of exposure

Essex

Thursdays 10:30 AM

T.O.H.P Library

Schedule an appointment at capeannclinic.com or call 2-1-1 for assistance

Topsfield

Thursdays 2:00 PM

T.O.H.P Library

Hamilton

Wednesdays 3:30 - 6:30

Hamilton Senior Center

Ipswich

Mondays 1:00 - 4:00

Our Lady of Hope

Rockport

10:00 - 12:00

Community House



MASKS ARE NOW REQUIRED IN ALL MUNICIPAL BUILDINGS, INCLUDING THE SENIOR CENTER.

Do you need additional masks? We have plenty available! Call us or stop by.



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:
OCTOBER 12
3:00 PM

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

Holiday Boutique

FRIENDS OF THE ESSEX COUNCIL ON AGING

Friday November 5 6-8 p.m.

Saturday November 6 9 a.m. - 1 p.m.

Get a head start on your holiday shopping and support the Friends of the Essex Council on Aging at the same time. There will be many unique and handmade items for sale!

Transportation

TRANSPORTATION FOR ESSEX SENIORS IS PROVIDED THROUGH CATA FOR \$2.50 FARE. PLEASE CALL TO SCHEDULE YOUR RIDE BY 1PM AT LEAST 2 BUSINESS DAYS BEFORE YOUR APPOINTMENT. TRANSPORTATION IS AVAILABLE MONDAY - FRIDAY, TO AND FROM THE FOLLOWING COMMUNITIES:

***ROCKPORT *GLOUCESTER *MANCHESTER *ESSEX *IPSWICH *HAMILTON
*WENHAM *BEVERLY *PEABODY *SALEM *DANVERS**

To schedule an appointment for Monday, call by 1pm Thursday
To schedule an appointment for Tuesday, call by 1 pm Friday
To schedule an appointment for Wednesday,, call by 1 pm Monday
To schedule an appointment for Thursday, call by 1 pm Tuesday
To schedule an appointment for Friday, call by 1pm Wednesday

**PARTICIPATION IN TRANSPORTATION SERVICES REQUIRES A ONE TIME REGISTRATION. FORMS ARE AVAILABLE AT THE ESSEX SENIOR CENTER.
CATA: 978-283-7916**

MANCHESTER COUNCIL ON AGING: 978-526-7500

OTHER TRANSPORTATION OPTIONS MAY BE AVAILABLE FOR MEDICAL APPOINTMENTS. FOR MORE INFORMATION CONTACT:

**SENIOR CARE MEDICAL TRANSPORTATION 978-281-1750
ESSEX COUNCIL ON AGING 978-768-7932**

Nutrition

Grab and Go

Grab and Go Meals are offered on Mondays and Thursdays at 12 Noon.

Please be sure to register for Grab and Go Meals by calling the Senior Center 2 business days in advance.

Mondays

OCTOBER 4 Swedish Meatballs, Pasta, Green Beans, Dessert

OCTOBER 11 **NO MEAL SERVED, COLUMBUS DAY**

OCTOBER 18 Meatloaf and Gravy, Mashed Potatoes, Dessert

OCTOBER 25 BBQ Chicken, Mac&Cheese, Collards, Corn Bread, Dessert

Thursdays

OCTOBER 7 Chicken Pot Pie, Mashed Potatoes, Dessert

OCTOBER 14 Special: Stuffed Rigatoni w/Pumpkin Cream Sauce, Brussel Sprouts, Apple Crisp

OCTOBER 21 Hot Dog, Baked Beans, Coleslaw, Dessert

OCTOBER 28 Bratwurst, German Potato Salad, Sauerkraut, Apple Strudel

Meals on Wheels

The Meals on Wheels program is available to Essex Seniors. If you would like more information on Meals on Wheels, call Senior Care, Inc. at 978-281-1750

Breakfast/Brunch

Ladies Brunch: Tuesday, October 19 11:00 a.m.

Men's Breakfast: Monday, October 18 8:30 a.m.

**You must RSVP for the breakfasts so we can be sure to have enough food! **

Mobile Market

Twice per month we will be offering a MOBILE MARKET with the support of Open Door and Acord Food Pantries. Delivery will be available only to those needing that service—please let us know.

The Mobile Market is open to all seniors ~ just let us know you're coming!

On designated Fridays, seniors come to the Senior Center and "go shopping" right here, choosing from a variety of fresh fruits and vegetables, dairy, protein, and snack items all provided by Acord and Open Door.

ESSEX COA MOBILE MARKET SCHEDULE:

FRIDAY, OCTOBER 8 (ACORD) 10:00-11:00 A.M.

FRIDAY, OCTOBER 22 (OPEN DOOR) 2:00-3:00 P.M.

(please note this month's change in time for Open Door Mobile Market)

Essex Updates

Fall Town Meeting

Fall Town Meeting is scheduled for Monday, November 15 at 7:30pm inside in the gym at Essex Elementary School, 12 Story St. The voter registration deadline to participate in the meeting is October 26, 2021. You can register and update your voter status by online at: www.registertovoteMA.com or register in person at Town Hall by 8pm on 10/26.

2022 Resident Parking Stickers are Now Available

Please note that the renewal date for Resident Parking stickers has been changed to align with the renewal date for Transfer Station stickers. Sticker prices are \$5.00 or \$1.00 for residents 65 years and older. You must provide your vehicle registration, proof of residency (if your registration does not have an Essex address) and cash or a check made out to Town of Essex. Stickers can be purchased at the Town Clerk's office Monday-Thursday 7:30am-3:30pm or online at: <https://epay.cityhallsystems.com>. Transfer Station stickers can also be used in place of Resident Parking Stickers (i.e. you don't need both on the same vehicle).

National Grid - Power Outages

If National Grid has your cellular phone number (not land line) as the number of record, you will receive text messages informing you about your power outage, with periodic updates, and estimated time of repair. Contact them to confirm your information (1-800-322-3223).

Halloween Treats!

Get in the Halloween "spirit" during the month of October! You can enter your name into a free "Surprise Drawing" every time you wear Halloween-themed or "Halloween-orange" clothing to the Senior Center! The drawing will be held on Friday, October 29 and the winner will be notified.

A Halloween box will be located at the Front Desk to enter the drawing...if the spirit moves you!

Don't forget to check your smoke detector and carbon monoxide batteries!



Do you have a fire extinguisher? Do you know where it is? Has it expired?

REVERSE 911

Do you want to receive emergency alerts from the Town on your mobile phone? This is different than the calls coming from the Senior Center! To register go to essexma.org and click on this link at the bottom of the page.



*Publicly listed landlines will be added to the alert system. If you would like to opt out, you can do so from the town webpage. If you need assistance registering your mobile phone, or opting-out, please contact Kristin



Essex Scarecrow Festival Official Participant List



Scarecrows are on display at these addresses - see if you can spot them all!

- | | | |
|----------------------|-------------------|-------------------------|
| 21 Apple Street | 6 LeBaron Road | 3 Orchard Road |
| 21A Apple Street | 5R Lufkin Street | 8 Patriots Landing |
| 24 Belcher Street | 8 Lufkin Street | 5 Pickering Street |
| 3 Brook Pasture Lane | 7 Main Street | 19 Pickering Street |
| 93 Choate Street | 8 Main Street | 23 Pickering Street |
| 102 Choate Street | 16 Main Street | 27 Pond Street |
| 86 Conomo Point Road | 22 Main Street | 30 Pond Street |
| 1 County Road | 30 Main Street | 17 Prospect Street |
| 7 Eastern Avenue | 34 Main Street | 18 Prospect Street |
| 22 Eastern Avenue | 39 Main Street | 34A Robbins Island Road |
| 60 Eastern Avenue | 53 Main Street | 2 Southern Avenue |
| 65 Eastern Avenue | 60 Main Street | 23 Story Street |
| 123R Eastern Avenue | 64 Main Street | 37 Story Street |
| 143 Eastern Avenue | 79 Main Street | 4 Turtle Back Road |
| 3 Evans Way | 136 Main Street | 15 Western Avenue |
| 10 Harlow Street | 152 Main Street | 18 Western Avenue |
| 18 John Wise Avenue | 24 Maple Street | 22 Western Avenue |
| 22 John Wise Avenue | 4 Martin Street | 67 Western Avenue |
| 24 John Wise Avenue | 10 Martin Street | 143R Western Avenue |
| 35 John Wise Avenue | 15 Martin Street | |
| 171 John Wise Avenue | 54 Martin Street | |
| 177 John Wise Avenue | 94 Martin Street | |
| 178 John Wise Avenue | 97 Martin Street | |
| 1 Kings Court | 109 Martin Street | |

*Special thanks go out to these
businesses and organizations
for their participation:*

- Bank Gloucester
- Brookline Bank
- Cape Ann Pizza
- Cape Ann SUP
- Ernie's Service Station
- Essex Bird Shop & Pet Supply
- Essex Post Office
- Essex Seafood
- First Congregational Church
of Essex
- Precision Roofing
- St. John the Baptist Church
- Sea Meadow Gifts & Gardens
- T.O.H.P Burnham Public Library
- Woodman's of Essex

**Thank you for supporting
Friends of the Essex Council on Aging!**





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

Look inside for more information about:

Medicare Open Enrollment
Scarecrow Viewing Tour and Map
Ol' Soft Shoe Classes
Fall Decorating Workshop

Look inside for more information about:

Grab 'n Go Menus
New Cooking Class for 1 or 2
Halloween Drawing for a special treat
Mobile Market Schedule



How many scarecrows have you seen around town? There could be over 100 on display! Join us for a tour on Friday, October 15 as we take a ride around Essex and check out all the fun, creative scarecrows in our community! Please contact the COA to reserve your spot on the van!!