

# Essex Senior Echo

JUNE 2023

Welcome to the June Senior Center Newsletter! As we move into the summer months, we have many exciting events and activities planned for our members. From outdoor excursions to educational seminars, there is something for everyone. Our mission is to provide a welcoming and supportive community for seniors to socialize, learn, and enjoy their golden years. We hope that you will join us for the upcoming events and take advantage of all that our center has to offer. Stay tuned for updates and announcements in the newsletter!

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!

Graduation Gallery  
Opening &



Ice Cream  
**SOCIAL**

THURSDAY, JUNE 1

5:00 - 7:00

Please join us as we celebrate the opening of our Graduation Gallery, or stop by during our open hours anytime throughout the month of June!

Monday through Friday 9-3  
Tuesdays and Thursdays  
open until 5!

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!

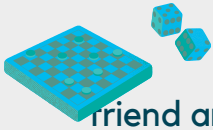
Drop-in with Curt Wednesdays 1:00-3:00pm

## 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!

FRIENDS OF THE ESSEX COA PRESENTS:

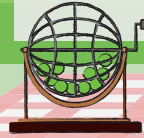
## Annual BBQ

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

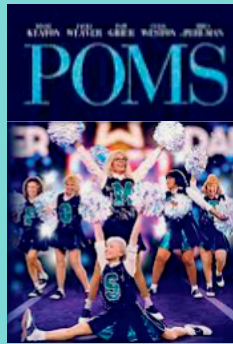


Bingo and prizes!!



## Monthly Movie:

June 21 1:00 PM



POMS is a comedy about a group of women who form a cheer leading squad at their retirement community, proving that you're never too old to 'bring it!' Join us for this hilariously fun movie as part of our Longest Day celebration. Popcorn and snacks will be available!



## Guest Chef



Monday, June 26 ~ 1:00 PM

Join us to welcome our Guest Chef, Caroline Craig, to learn how to make Strawberry Jam! Nothing says *summer* like fresh strawberries!!

Can you say SCRUMPDILLYICIOUS?  
Please RSVP by June 22

## OFFICE HOURS

Senator Tarr's Office: Mary Ann Nay  
3rd Thursday ~ 10:30 AM  
Veterans Service Officer: Karen Tyler  
3rd Thursday ~ 12:00 PM



## BOOK CLUB



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

Tuesday, June 27 ~ 1:00 PM

Fellowship Point by Alice Elliot Dark

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



**Monday, June 5**  
10:30 a.m. - 4:00 p.m.  
\$38.50 per person  
Van Transportation  
included. Please RSVP

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:

*Dip ~ Chive and garlic*

*Soup ~ French onion with gruyere toast*

*Salad ~ Heirloom tomato caprese*

*Bread ~ Whole wheat*

*Entree ~ Tuscan pork rollatini*

— or —

*Entree ~ Zucchini and summer squash  
ribbon ravioli*

*Dessert ~ Vanilla bourbon cheesecake with  
chocolate ganache and fresh strawberries*

Please register for this wonderful  
excursion no later than June 1st  
Call 978-768-7932 for more details.

## Forensic Science RoadShow

Wednesday, June 1

Venture into the world of CSI with this interactive program that introduces you to the fascinating subject of forensic science.

This program is presented by Paul Zambella, a former forensic scientist for 36 years at Massachusetts State Police Crime Lab.

Please RSVP!  
All ages welcome!



## It's Your Birthday! A Celebration

Thursday, June 8  
1:00 PM

Join us to celebrate all our  
friends with birthdays in  
MAY and JUNE.

No presents but lots of good  
cheer, tasty treats, and  
maybe a song or two!  
Please RSVP 978-768-7932

## Hearing Discussion Group

Wednesday June 14

10:30 AM



NEW

We had such a great time at our first hearing discussion group, that we've decided to keep this going! Come with any questions and/or some funny personal stories about hearing.

David and Judi Bergeron, of Beauport Hearing Care in Magnolia, have lots of stories and they just love helping people understand hearing wellness and how to safeguard it. They are also full of knowledge about hearing loss because they both use hearing aids.

Moreover, they are firm believers that 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!





**Essex Eats**  
**THE FARM**

**\$ 15**      **JUNE 29**  
**12:00 NOON**

Please RSVP  
by June 19

**Meal Options**  
Baked Haddock  
Chicken Caesar Salad  
BangBang Shrimp Roll  
Local 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*                      *Thursdays*  
Provided by Open Door      Provided by Senior Care

*Breakfast/Brunch*

Ladies Brunch: Tuesday, June 20 11:00  
Chicken and Waffles



Please RSVP and come enjoy socializing and some tasty treats!



Men's Coffee and Donuts:  
Wednesday June 14 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, including Marshall's Farm Stand in Gloucester and Three Sisters Farm Stand in Ipswich!

For more information about HIP locations, visit [www.dtafinder.com](http://www.dtafinder.com) or see Tess or Kristin for more information.

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

*Celebrate National Egg Day ~ Saturday, June 3rd*

**Ingredients:**

- 1/3 Cup chopped mushrooms
- 1 tsp butter
- 1 egg
- 3 TBSP 2% milk
- 1/8 tsp pepper
- Dash ground nutmeg
- 1/4 cup shredded Swiss cheese
- 1 tsp real bacon bits
- 1 tsp minced chives

**Directions:**

1. In a small skillet, saute the mushrooms in butter until softened. In a small bowl, beat egg, milk, pepper and nutmeg. Stir in the mushrooms, cheese, bacon and chives.
2. Pour into a 5-in. pie plate coated with cooking spray. Bake at 350° for 30 minutes or until set. Let stand for 5 minutes before serving.



# 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**  
(Drop-In Games ANYTIME)

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

**Book Club Tuesday ~ June 27 1:00 PM**

**Chef of the Month ~ Monday, June 26 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, June 2 and 16 10:30 AM**

**COA Board Mtg Tuesday, June 6 6:00 PM**

**Friends Meeting Tuesday, June 13 3:00 PM**

**Ladies Brunch Tuesday, June 20 11:00 AM**

**Senator Tarr Office Hours ~ 3rd Thursday 10:30 AM**

**VSO Office Hours ~ 3rd Thursday 12:00**

**Men's Coffee/Donuts Wednesday, June 14 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.

## Concerned about Medicare Costs? There may be help!



Massachusetts recently increased the income and asset requirements for many programs. Did you know that if your income falls below \$2,309 per month, and your assets are below \$18,810 you may be eligible payment of your Medicare premium? (\$3,123 monthly income for a couple and \$27,260 in assets) This is a savings of at least \$164.90 per month!  
Please reach out to Kristin or Tess for more information.

### A "SOCIAL HEARING AID"

*Practicing these communication strategies boosts hearing and social happiness for all people at any hearing level. During times of social distancing and face masks, pencil and paper, marker with whiteboard, or smart phone captioning apps may be necessary.*

1. Get the Listener's attention FIRST! - especially if they are reading or otherwise preoccupied. Establish the topic....or a memory. Then, be sure to let the Listener know when you change the topic.
2. Slow down! Speak slowly and distinctly in your normal conversation voice, no shouting please.
3. Please speak to the Listener while in the same room! Never try to converse from another room.
4. Always talk to each other "face to face". Please don't talk to anyone's back. Speech Reading is a skill the Hard of Hearing Community uses!
5. Please finish your talk with the Listener before turning and walking away – and do not let your voice soften at the end of sentences.
6. CONTROL YOUR ENVIRONMENT! Make sure your voice is as loud as or LOUDER than the background noise (water running, radio, dishwashing machine, TV playing, or other people talking, etc.). If not...move to a quieter place such as a corner or into another room.
7. Let the Listener see your wonderful face! Please don't obstruct the view of your mouth while speaking...Keep your face well illuminated...no shadows – Speech Reading skills! Put Listener's back to the bright light.
8. REPHRASE rather than repeat – avoid repeating word sounds that the Listener is missing in the situation.
9. Let the Listener know you will explain later if necessary. Never say, "Never mind." The Listener may say, "Do you mind trying again?"
10. Please be patient, supportive, and loving. Try to avoid judging or blame when feeling the effects of your shared communication disorder...



**June 21, 2023**  
**Activities ALL day!**



The Longest Day is the day with the most light – the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association. At the Essex Senior Center we will be offering a full day of activities for people of all ages from 8AM - 8PM. Join us for some or all of our events, or make a donation.

**ALL DAY EVENTS:** Graduation Gallery ~ Puzzle Exchange ~ Shredding ~ Socializing

8AM: Guided walk with Gil at Cox Reservation  
9AM: Breakfast at Senior Center  
10AM: Outdoor Games  
11AM: Memory Cafe  
12 Noon: Lunch  
1PM: Games with Gil: Nostalgic Board Games  
2PM: Games with Gil: Buffalo Bingo

3PM: POMS Movie  
5PM: Dementia Friends Session  
6PM: All ages Musical Trivia

Please join us for this special day of events to raise awareness and help support the efforts of the Alzheimer's Association.

**Take a Stand**  
**Against Elder Abuse!**  
**Wednesday, June 7, 2023**  
**10:00 a.m. - 11:00 a.m.**



Meet at the Village Square  
to show your support and learn  
how you can help stop elder abuse.

As Americans, we believe in justice for all. Yet, every year an estimated 5 million, or 1 in 10 older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age. World Elder Abuse Awareness Day was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

**TO REPORT ELDER ABUSE OR AN ELDER AT RISK, CALL**  
**(800) 922-2275.**

# Friends of the Council on Aging

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



FRIENDS OF THE ESSEX COA PRESENTS:



## MONTHLY MEETING:

2nd Tuesday of the Month  
June 13 at 3:00 PM

## ARTS AND CRAFTS GROUP

Every Tuesday at 1:00pm we get together to socialize and work on craft projects for their Annual Boutique in November. It may seem far away but this is when the magic happens and talent and creativity flow! You can bring your own project or help with something already in progress.

The Friends are always looking for new ideas and fresh faces to join the fun!! Hope to see you on Tuesdays at 1:00pm!

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!

## 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 do or did you do during your summer school vacation?

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

### Beaches

### Gardening

### Summertime

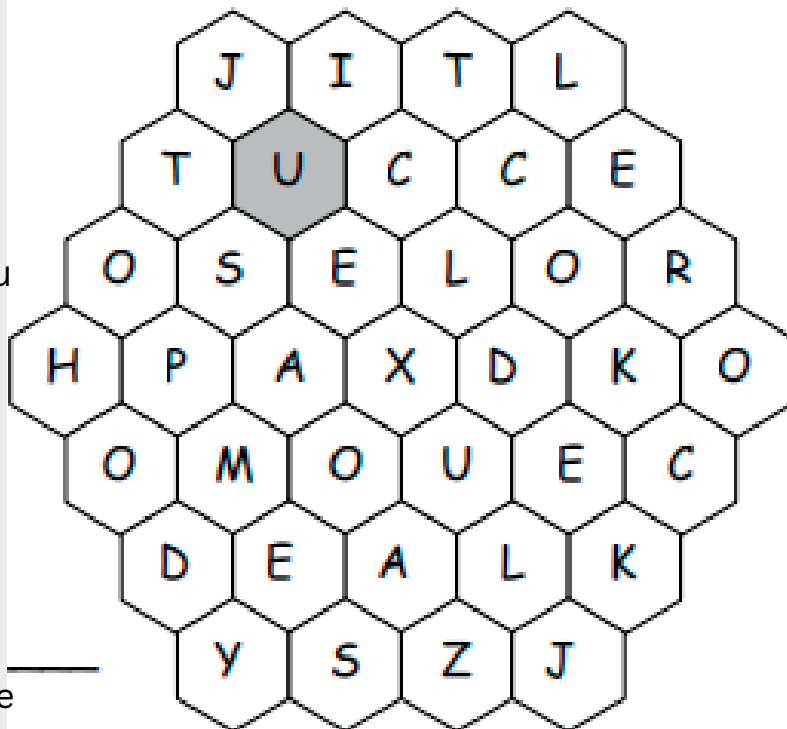
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### BUZZWORD

The shaded E and the six letters surrounding it spell JUSTICE, 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. fairness - JUSTICE - U
2. hair cleaning soap \_\_\_\_\_
3. bring things together \_\_\_\_\_
4. enthusiastic \_\_\_\_\_
5. skin at base of nails \_\_\_\_\_
6. in the future \_\_\_\_\_
7. not straight \_\_\_\_\_

Unscramble all 7 of the center letters to spell the BUZZWORD (individual sized dessert): \_\_\_\_\_



1. Justice 2. Shampoo 3. Collect 4. Zealous 5. Cuticle 6. Someday 7. Crooked Special Buzzword: Cupcake



Move only 2 glasses to make a sequence of - full - empty - full - empty - full - empty.

Switch the 2nd full glass from the right and the 2nd empty glass from the left.

## O, T, T, F, F, S, S, ?

### What is the next letter?

E, for the number Eight, which follows One, Two, Three, Four, Five, Six, Seven



## **Best of Times: Show and Luncheon at Danversport Yacht Club**

### **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 ~ \$112**

Cruise Gloucester Harbor aboard the Beauport Princess and enjoy extraordinary views only seen from the water, dance to live entertainment with music and dancing and top it off with a delicious Lobsterbake Buffet!

#### **Winnepesaukee Cruise, Harts Turkey Farm, Castle in the Clouds~ August 17 ~ \$130**

Trip includes a two hour cruise on Lake Winnepesaukee, Lunch at Harts Turkey Farm, and a visit to Castle in the Clouds to enjoy breathtaking views from the spectacular turn-of-the century 16-room Arts & Crafts mansion.

#### **Simon Pearce Glassblowing & King Arthur Foliage Trip ~ October 12 ~ \$130**

Head North to Vermont and enjoy fabulous Fall foliage on the way to Queechee Gorge. You'll also head to Simon Pearce Glassblowing headquarters and enjoy a delicious meal at the Mill Restaurant.

### **Best of Times Overnight Trips**

#### **Spectacular Saratoga! ~ August 22-24**

~ \$699pp Double, \$859 Single Occupancy ~ DEADLINE to reserve is June 23rd

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 ~ DEADLINE to reserve is July 23rd

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.

# Around Town



If you haven't heard, the Town of Essex did not pass the proposed budget override for the Manchester-Essex Schools. This means that the town may be asked to vote on a new budget. Stay tuned for more information.

Massachusetts has enacted no excuse vote by mail for all elections and you can apply to receive a ballot for all elections held in a given year. Also, If you have a health condition, disability that prevents you from voting in person, you can apply to become a permanent absentee voter. Submit a note written and signed by your doctor on their letterhead which explains your disability and certifies their agreement that you are eligible to become a permanent absentee voter. You only need to do that once! Please reach out to the Town Clerk if you have more questions. Both Vote by Mail and Absentee Ballot applications are available from the Town Clerk and at the Senior Center. View this link for more information:

<https://www.sec.state.ma.us/divisions/elections/voting-information/vote-by-mail.htm>

## Don't Miss These Essex Events!

### Essex Community Breakfast

May 13 9:00-10:30a.m.

2nd Saturday every month  
Congregational Church

### Greenbelt's 34th Annual Art in the Barn

Fri, Jun 9 - Sat, Jun 10, 2023

10:00a.m.-5:00p.m.

### Essex River Day

Saturday, June 17

Starts at 5:00pm, behind Town Hall

## Upcoming events

**RED WHITE AND BLUE**  
CELEBRATION

**JULY 5**  
**11:00 AM**

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

## Essex River Day

Saturday, June 17 5:00pm

This has always been a special time to celebrate Essex with the annual bonfire, music and food trucks! It starts around 5:00pm and is located behind Town Hall.

## "Coffee with a Cop"

Thursday, July 13

9:00-11:00 a.m.

Join us for some local discussion while enjoying some coffee and treats with the dedicated officers of Essex PD!

# Council on Aging *Essex*

17 Pickering St  
Essex MA 01929

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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.

## LOOK INSIDE FOR...

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Pickety Place Trip  
Forensic Science Road Show  
Hearing Discussion Group  
Help with Medicare Costs  
.. . And more



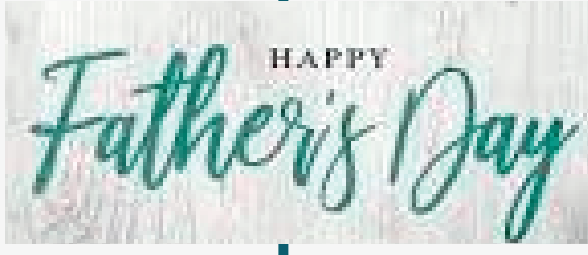
THURSDAY, JUNE 1

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!

# JUNE

MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY

			<p><b>1</b> 9:30 Groove Fitness Video 12:00 Grab 'n Go <b>5:00-7:00PM GRADUATION GALLERY AND ICE CREAM SOCIAL</b></p>	<p><b>2</b> 10:00 Balance 10:30 Mobile Market: Acord 12:00 Senior Club</p>
<p><b>5</b> 9:30 Groove Fitness Video 10:30 Shredding <b>11:00 PICKITY PLACE TRIP</b> 12:00 Grab 'n Go</p>	<p><b>6</b> 10:00 Balance in Motion Class 1:00 Arts &amp; Crafts 6:00 COA BOARD MEETING</p>	<p><b>7</b> 9:30 Men's Coffee/Donuts <b>10:00 World Elder Abuse Day Event</b> 1:00 Computer Assistance 1:00 Games <b>1:30 Forensic Science Roadshow</b></p>	<p><b>8</b> 9:30 Groove Fitness Video 12:00 Grab 'n Go <b>1:00 Birthdays Celebration!</b></p>	<p><b>9</b> 10:00 Balance in Motion Class</p>
<p><b>12</b> 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go</p>	<p><b>13</b> 10:00 Balance in Motion Class 1:00 Arts &amp; Crafts 3:00 FRIENDS MTG</p>	<p><b>14</b> 10:30 Hearing Group 1:00 Computer Assistance 1:00 Games</p>	<p><b>15</b> 9:30 Groove Fitness Video 10:30 Sen. Tarr's Office Rep. 12:00 Grab 'n Go 12:30 Veterans Services</p>	<p><b>16</b> 10:00 Balance 10:30 Mobile Market: Open Door 12:00 Senior Club</p>
<p><b>19</b> 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go</p>	<p><b>20</b> 10:00 Balance in Motion Class <b>11:00 Ladies' Brunch</b> 1:00 Arts &amp; Crafts <b>1:00 Book Club*</b> moved due to BBQ</p>	<p><b>21 THE LONGEST DAY</b> <b>8:00AM-8:00PM LONGEST DAY ACTIVITIES - see Newsletter for specific events and times</b></p>	<p><b>22</b> 9:30 Groove Fitness Video 12:00 Grab 'n Go</p>	<p><b>23</b> 10:00 Balance in Motion Class</p>
<p><b>26</b> 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go <b>1:00 Guest Chef</b></p>	<p><b>27</b> 10:00 Balance in Motion Class <b>11:00 FRIENDS ANNUAL BBQ AT TUCK'S POINT</b></p>	<p><b>28</b> 1:00 Computer Assistance 1:00 Games</p>	<p><b>29</b> 9:30 Groove Fitness Video 12:00 Grab 'n Go  12:00 Essex Eats - The Farm</p>	<p><b>30</b> 10:00 Balance in Motion Class 12:00 Senior Club</p>



Our Graduation Gallery is on display all month!!



## CALENDAR OF SPECIAL EVENTS



# JUNE 2023



Thursday, June 1	5:00-7:00 PM	Graduation Gallery Grand Opening and Ice Cream Social
Friday, June 2	10:30 AM	Mobile Market - Acord Food Pantry
Monday, June 5	10:30 AM	Trip to Pickity Place
Wednesday, June 7	9:30 AM	Men's Coffee and Donuts
	10:00 AM	World Elder Abuse Day Event
	1:30 PM	Forensic Science Roadshow - all ages!
Thursday, June 8	1:00 PM	It's Your Birthdays - A Celebration!
Wednesday, June 14	10:30 AM	Hearing Group
Thursday, June 15	10:30 AM	Senator Tarr's Office Rep, Mary Ann Nay
	12:30 PM	Veterans' Service Officer, Karen Tyler
Friday, June 16	10:30 AM	Mobile Market - The Open Door
Tuesday, June 20	11:00 AM	Ladies Brunch
	1:00 PM	Book Club (changed due to BBQ)
Wednesday, June 21	8:00 AM to 8:00 PM	"The Longest Day" Events - please see Newsletter for complete details.
	11:00 AM	Texas Tenors at Danversport
Thursday, June 29	12:00 PM	Essex Eats ~ The Farm
Monday, June 26	1:00 PM	Guest Chef ~ Caroline Craig
Tuesday, June 27	11:00 AM	Friends Annual BBQ
Wednesday, July 5	11:00 AM	Red, White, and Blue Celebration
Thursday, July 13	9:00-11:00 AM	Coffee with a Cop



*Our Graduation Gallery is on display all month!!*

