



ONIONTOWN SENIORS

Volume 33, No.9



September 2017

Hours: Monday thru Friday 8am-5pm.
Danvers Council on Aging
25 Stone Street, Danvers, MA 01923

Phone: (978) 762-0208
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www.danversma.gov

Accredited by National Institute of Senior Centers

Nationally Accredited Senior Center—Awarded 2001, 2007, 2012

The mission of the Danvers Council on Aging and the Senior Center which it manages is to provide and advance those programs and services which enrich the lives of older adults in the Danvers Community.

DCOA Board

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Transportation Coordinator
Cathy Andre, Volunteer/MOW's Coordinator
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Judith Ryan, RN, Supportive Day Coordinator/
Public Health Nurse
Ana Quartarone, Receptionist
Ann Foster, SHINE Coordinator
Carol Roberts, SHINE Coordinator
Sandi McDonald, Financial Aide

New Website for DCOA—Effective in September, our website will be changing to www.danversma.gov. The Danvers Council on Aging page will be located by going to departments from top pull down menu and then selecting the Planning and Human Services Department icon. From there choose the Senior and Social Services icon under Divisions for our new website.

The Evening Dinner's are back!! Our next evening dinner will be Thursday, September 14th at 5pm. The meal is provided by Henry's of Beverly. The menu will be: chicken pot pie, whipped potato, roll and strawberry short cake for dessert. Cost: \$9 for FDCOA members and \$11 for non members. Tickets on sale Tuesday, September 5th at 10am.



Danvers Senior Center Men's Club
Wednesday, September 18, 2017
5:30-7:30pm

Guest Speaker Larry Comeau, Danvers Resident whom has had numerous opportunities to experience flight in various blimps across the North Shore. Larry will discuss how he came to be able to achieve this accomplishment during the early 1990's. Photography slide show will be shown. BBQ dinner including burgers, dogs, condiments, homemade baked beans and local corn on the cob will be served for \$5pp. Please register before Friday, September 15th.

Travel Chef—Tuesday, Sept. 12th at 12pm. The menu will be **Breakfast for Lunch:** Frittata with sausage, peppers & onions, spinach salad with mandarins, citrus dressing, home fries, blueberry muffin and fruit salad. Suggested donation of \$2.25 per person. Reservations by Monday, September 11th at 10am please.

Café increase— Due to food price increases we will be increasing our price for café menu items. Depending on the menu item, the cost will fluctuate. We will make every effort to try and keep prices down. Thank you for your understanding.

If you would like this newsletter sent monthly via e-mail send your email address to: Lmachado@danversma.gov

What's Happening This Month...



**Timely Topics
10:30am-11:30am**

There is no charge for this event, but if you plan on attending, please call 978-762-0208 or sign up at the front desk for this presentation so that we can plan appropriate space.

9/6 Trivia w/Jen – Jennifer Tineo of Genesis Health Care/Twin Oaks will be here for a morning of fun trivia.

9/27 Join the Brookdale Danvers “Choraliers” for a morning of fun and a good old fashioned sing along.

10/4 Join Ellen Graham, RN of Senior Living Advocates to learn more about **“Family Dynamics”** What/who is a family; what/who is dynamic; explore how family dynamics evolve; and strategies to navigate your family’s dynamics.



Scrabble – Join us on Monday afternoons at 1 PM to play Scrabble. Let’s get together to meet new friends and have some fun! All are welcome!

Save the Date

- 9/5 Pacific Northwest’s Coastal Treasures trip departs
- 9/6 Line Dancing begins, 2:30pm-3:30pm (see pg 19 for details)
- 9/7 American Music Cities trip departs
- 9/10 Cape Cod & Nantucket trip departs
- 9/11 Crazy Cards, 9:30am (see pg 12 for details)
- 9/11 Senator Lovely, 11am-12pm
- 9/12 Popcorn & a Movie, 1pm (see pg 4 for details)
- 9/13 Birthday Lunch, 12pm
- 9/14 Evening Dinner, 5pm (see front pg for details)
- 9/18 Evening Book Club, 5:30pm
- 9/20 Bingo Bonanza, Brentwood, 56 Liberty St, 11am (see page 3 for details)
- 9/21 One Night in Memphis trip departs
- 9/23 Ride the Rail in New Hampshire trip departs
- 9/28 Mr. Fix It, 9am-11:30am
- 9/29 Podiatry Clinic, 10am-2pm (by appointment only)

- Every Monday & Thursday Kiosk for Living Well, 9am-12pm
- Every Tuesday & Thursday Zumba, 9:15-10am (\$30/\$42 for 12 sessions)
- Every Thursday—Blood Pressure Clinic, 8:30am-11:30am (by appt. only)
- Every Thurs.—1:15-3 PM—Maple Sugar Jazz Band
- Every Friday-9am-12:30pm– Café (Note: no waffles)

TRIAD Corner



The Danvers TRIAD Council is a partnership which includes the Sheriff and District Attorney of Essex County, the Danvers Police and Fire Chiefs, the Council on Aging and supportive services, and seniors. Emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighborhood or be confined to your home. By planning ahead, you will have essential items if you need to evacuate:

- Have a disaster supplies kit packed and ready in one place before a disaster hits.
- Assemble enough supplies to last for at least 3 days.
- Store your supplies in one or more easy-to-carry containers, such as a backpack or duffle bag.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers, that you would need with your name, address and phone numbers.
- Keep your kit up-to-date.

Next month watch TRIAD Corner for “Making a Plan”.

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Bingo Bonanza
Wednesday, September 20, 11am-2pm
at Brentwood

Brentwood is generously sponsoring a Bingo Bonanza for the Danvers Senior Center to be held at their newly beautifully renovated facility at 56 Liberty Street in Danvers. This event which will be held on Wednesday, September 20th and will include bingo with amazing prizes as well as lunch for those attending. RSVP to the Senior Center at 978-762-0208. The Center will provide a shuttle to get everyone back and forth as parking is



Join us at Hunt Nursing & Retirement (Lindall Street) on September 6th from 2:15-3:15 PM, September 13th from 2:15-3:15 PM, and September 27th from 2:15-3:15 PM. There is no charge for this, but please register in advance by calling the senior center at 978-762-0208. Limited transportation is available, please ask about it when you register.

BOCCE



Bocce Anyone?

The DCOA Bocce League meets every Tuesday (weather permitting) at the Senior Center from 10 AM – 12 Noon. Stop by and play or just come and cheer on the players. All are welcome.



Don't Ignore Your Medicare Mail!

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018.

During Medicare Open Enrollment (October 15 - December 7), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations... and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Danvers Council on Aging at 978-762-0208 or 1-800-AGE-INFO (1-800-243-4636) ... then press or say 3. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications.

DO NOT WAIT UNTIL IT'S TOO LATE!



Popcorn & A Movie Join us on Tuesday, September 12th at 1 pm for **“Lion”** – Plot: Five year old Saroo is trapped on a train that takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before

ultimately being adopted by an Australian Couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home. Based on the book **“A Long Way Home,”** written by Saroo Brierley. Starring: Dev Patel and Nicole Kidman. Rated PG-13 by the Motion Picture Association of America for thematic material and some sensuality. Please sign up at the front desk or call the senior center at 978 762-0208 if you plan on attending.

North Shore Elder Services Option Counselor

Knowing what options are available to you and your family at difficult points in your loved one’s life isn’t always easy. North Shore Elder Services provides individuals and caregivers with options counseling at any time. Our compassionate and educated counselors are able to meet with you at home, the hospital, a nursing facility, an assisted living facility, or even a community site to speak with you. You do not have to meet any income guidelines or be of a certain age to meet with our Options Counselors. An Options Counselor from North Shore Elder Services is available at the Danvers Council on Aging on Mondays and Thursdays from 9am-12pm.



Check in and you may win a prize!!!!

Are you using your card to check in on **“My Senior Center”** at the front desk every time you come to the center for a class, trip, activity or to enter your volunteer hours? There is a new category titled **“Raffle”**. Every day that you are at the Senior Center and check in, remember to touch on the Raffle option on the first page and you will earn an entry into the Raffle. A random winner will be selected on the first business day of each month to ensure that all entries from the previous month are included. **The July winner was Dom Benedetto who won a \$15 McKinnon's Gift Card.** So remember to check in on the computer each time you are here. If you don’t have a card, stop by the front desk and we’ll be happy to get you one!

Blood Pressure Clinics

By appointment. Judith Ryan, RN. Our Public Health Nurse will hold blood pressure clinics on Thursday mornings from 8:30-11:30 AM. Call the center at 978 762-0208 x114 to book your appointment.

Senator Joan Lovely

Senator Joan Lovely’s office will host district hours at the Danvers Council on Aging every other month. She will be here next on Monday, September 11th from 11am-12pm. Appointments are encouraged and can be made by phone at 617-722-1410 or by email at joan.lovely@masenate.gov The Senators office offers a range of constituent services to residents of the Second Essex District. If you have any questions or concerns regarding state government, please feel free to contact her or her staff.

Bereavement Loss and Change Support Group Wednesdays from 1:30-3pm

Support group for people who have experienced the death of a loved one and who want to understand the grieving process, find comfort, healing, and more meaning in their lives. Nancy Downey, PH. D. Leader

The Kiosk for Living Well

Like it or not, summer’s over. It’s time to get your back-to-school game on! Build your strenght and improve your balance at the Kiosk with Sylvia and Dacise. They will visit on Monday, September 18th between 9:00 and Noon.

The Healthy Hearts nurse comes to the Kiosk the following Monday, on September 11th. Have your blood pressure checked and feel free to discuss any medical concerns you have with Nicole, the Healthy Hearts nurse. She’ll be at the Kiosk between 9:30 and 11:30.

The Kiosk for Living Well is open every Monday and Thursday from 9:00-Noon.

The Danvers Council on Aging is purchasing a bench for the **Walking Path at the Highlands School**. The cost for the bench is \$2000. If you would like to make a donation toward the cost, you may drop your donation in the box at the front desk. Any amount is appreciated to help offset the cost of this bench. As you know, our Walking Club utilizes this path and the bench will be greatly appreciated by all.

Transportation



Medical transportation is available to Danvers residents age 60 or older, and/or disabled Danvers residents under the age of sixty. It is suggested that residents make transportation requests as early as possible for scheduling purposes. Due to high demand for booked appointments, we will get you to your appointment on time, however, you may need to wait for a return ride home. Individuals in wheelchairs can be accommodated.

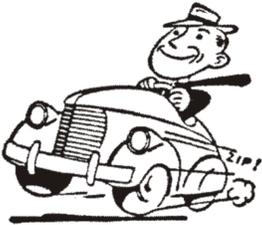
The suggested transportation donation is \$1.50 each way (\$3 round trip) donation for appointments within Danvers and \$2.50 each way (\$5 round trip) donation for appointments to the adjoining communities of Peabody, Beverly and Salem. For ease of donations, we are offering seniors the option to purchase a donation punch card for \$30. You may purchase a donation card at the front desk.

Please call Lorene to schedule a ride at 978-762-0208.

Mon, Tues, Wed, Thurs & Fri 9:30-1:30pm	Shopping Schedule
Senior medical rides to and from Danvers, Salem, Peabody and Beverly.	Transportation leaves for a shopping location from the Senior Center at 12:30pm.
9:30am—11:30am: Lunch pickups to Sr. Ctr	Mon: Market Basket, Middleton
12:30pm: Shoppers (from Sr. Ctr)	Tue: Stop & Shop (Rte 1/62), Danvers
1:00pm: Sr. Center Returns	Wed: Market Basket, Danvers or Target at Liberty Tree Mall
2:00pm: Shoppers Returned Home	Thu: Shaw's in Peabody or North Shore Mall, Peabody
3pm (Thurs only) Band Returns	Fri: Wal-Mart (Rt 114)
2:30pm-4:00pm Daycare Returns	PLEASE NOTE: The limit is <u>2 canvas bags per person</u> only. All shoppers need to be ready for a return ride home by <u>2pm.</u>

VOLUNTEER NEWS

We Need Our Volunteers More Than Ever!



Did you know that the 60+ population is the fastest growing segment of the population? The growing need for transportation to our senior population is placing an ever increasing demand on our Transportation Program. During FY2016 over 15,330 rides were provided to various locations including medical appointments, physical therapy, dialysis, adult and social day programs, shopping, banking, errands and other social activities. Many rides that cannot be accommodated by our vans because of availability could easily be accommodated in a personal vehicle. In response to this increasing need we are piloting a new "Volunteer Driven" Transportation Program by replicating similar programs running successfully all over the country.

We have a Mrs. Fix-It!!!! Come in on the 2ND or 4TH Wednesday of the month from 10:00-11:30 to meet with Denise and discuss any alterations, hemming etc. you may need. There is a charge for materials only.

~2017~

daytrip

(ALL DAY TRIPS INCLUDE MOTORCOACH TRANSPORTATION FROM THE SENIOR CENTER UNLESS SPECIFIED)

Thursday, September 21, 2017–“One Night in Memphis”- The Million Dollar Quartet, a tribute to that memorable night in Memphis when Elvis, Johnny Cash, Carl Perkins and Jerry Lee Lewis recorded at Sam Phillips’s Sun Studios. Held at the Venus De Milo with complete luncheon of Chicken Parmesan or Baked Scrod. Cost: \$89 (Best of Times)

Saturday, September 23, 2017 – Ride the Rail in New Hampshire! Head north to New Hampshire to enjoy the Fall Colors, taste some great local flavors & have a fun day. Visit and tasting at Fadden’s Maple Sugar, then head over to the Hobo Railroad to ride the Harvest Train. Enjoy a Hobo Sandwich lunch during the train ride, Visit will include samples of NH Made seasonal items & specialty products featuring the train ride. Time at Farm Stand & Train Yard and more. Cost: \$78 (All Around New England)

Sunday, September 24, 2017 –Lake Winnepesaukee - Travel via luxury 15 passenger van to Lake Winnepesaukee for a Dinner Cruise and visit Castle in the Clouds. Cost: \$139 (New England Journeys)

Thursday, October 5, 2017 – NH’s Foliage Splendor – Travel to New Hampshire with stops at the Granite State Candy Shoppe for a behind the scenes guided tour of the candy making process and samples of their magnificent chocolates. Lunch at the Common Man with your choice of Apple Walnut Chicken or Baked Haddock. Visit Meadow Ledge Farm. The farm features fresh baked good, fruits and vegetables and local made products. Cost: \$89 (Best of Times)

Thursday, October 12, 2017 – Telephones, Lakes & Native Americans! – Start the day with a visit to the New Hampshire Telephone Museum, then board the MV Kearsarge and cruise Lake Sunapee with lunch buffet onboard. Tour of the Mt. Kearsarge Native American Museum. Cost: \$99 (All Around New England)

Friday, October 13, 2017– Lincoln Family Home - Travel via luxury 15 passenger van to the Lincoln Family home and a tour of beautiful Southern Vermont. Travel through the Green Mountains, catered lunch at the mansion. Cost: \$159 (New England Journeys)

Thursday, October 19, 2017 – Jack O Lantern Spectacular - at the Roger Williams Zoo. Travel via luxury 15 passenger van to the Roger Williams Park and marvel at a display of 5,000 jack-o-lanterns illuminated in a night0time spectacle like you’ve never seen. Dinner included at Union Station Brewery in Providence. Cost: \$98 (New England Journeys)

November 5, 2017 -”Newport Playhouse” - Enjoy a luncheon buffet before you see the show “The Crazy Time”. This is a play about men trying to understand women and how they never will. Miles, a man in his mid-fifties, left his wife of 30 years and marries a woman half his age. Six months later the new wife leaves him, his business partner cheats him, and his first wife...who is looking better than ever, wants to buy his modern apartment for her and her extremely young boyfriend! After the show, enjoy a vaudeville style cabaret with music, songs, and more smiles. Cost: \$96 (All Around New England).

Tuesday, December 5, 2017 – Michael Buble Christmas Tribute featuring Scott Keo at the Danversport Yacht Club. Scott Keo looks, moves, sounds and swings like Michael with unbelievable accuracy energy and crowd involvement. Enjoy the show with a completed luncheon of Chicken or Baked Scrod. Transportation on your own. Cost: \$69 (Best of Times)



~MULTI-DAY TRIPS~
**PLEASE STOP BY THE SENIOR CENTER TO PICK UP
 DETAILED FLYERS ON ANY OF OUR TRIPS**

September 5-13, 2017 – The Pacific Northwest’s Coastal Treasures

featuring the San Juan Islands and Victoria – Trip includes r/t air, transportation to/from Logan airport. Highlights include Seattle, San Juan Islands, Friday Harbor, Victoria, Port Angeles, Olympic National Park, Hoh Rain Forest & much more. Cost: From \$3,999 p.p., d.o. (Collette)

September 7-11, 2017—American Music Cities of Nashville &

Memphis—Trip includes r/t air, travelers insurance, 3 nights at the Premier Gaylord Opryland Hotel in Nashville, 1 night lodging in Memphis, 4 breakfasts, 4 dinners. Touring includes riding tour of Memphis, Beale Street, Graceland, RCA Studio, performance at the Grand Ole Opry, and much more. Cost from \$1,799 p.p., d.o. (Best of Times)

September 10 -11, 2017 - Cape Cod & Nantucket Tour! – Travel to Sandwich Glass to visit the Sandwich Glass Museum, visit Provincetown, guided tour of Province lands, head to Hyannis for an overnight at the Cape Codder, journey to Nantucket for a narrated tour of the island and much more. Cost: from \$358 p.p., d.o. (All Around New England)

November 27-28, 2017 – A Berkshire Holiday – Trip includes overnight at the Williams Inn, Berkshire Museum, Winery with Tasting, Boars Head Feast & Show, Rockwell Museum with tour and much more. Cost from: \$331 p.p., d.o. (All Around New England)

December 13-14, 2017 – Indian Head Resort – White Mountain Holiday Getaway in Franconia Notch. Travel via luxury 15 passenger van, overnight in the heart of the White Mountains, Christmas Show and Entertainment and more. Cost from: \$209 p.p., d.o. (New England Journeys)

February 16-26, 2018 – Hawaii by Land & Sea – Trip includes r/t air, 7 night cruise aboard NCL’s Pride of America; highlights include Honolulu, Pearl Harbor, USS Arizona Memorial, Honolulu City Tour, Maui, Hilo, Kona, Kauai, North Shore of Oahu and much more. Cost from: \$5,149 p.p., d.o. (Collette)

March 27-April 4, 2018 – “Stay Put” Ireland – Trip includes r/t air, 7 nights at a 4 star hotel, breakfast and dinner daily, sightseeing to include Dublin, Limerick, Adare, Waterford, Galway, Cliffs of Moher, Ring of Kerry, Blarney Dingle Peninsula and more. Cost from: \$2,646 p.p., d.o. (Durgan)

April 13-23, 2018 – Tulip time on the Romantic Rhine & Mosel River Cruise – Trip includes: Airport Transfers, cruise, 2 nights in Switzerland and more. Stops include Amsterdam, Keukenhof Gardens, Cologne, Germany. Note: Free airfare on all reservations made by 9/30/17 – after that it is \$800 p.p. out of Boston. Cost from: \$3,749 p.p., d.o. (Mayflower Tours)

June 25-July 2, 2018 – America’s Cowboy Country- Includes r/t air, highlights include Grand Tetons, Yellowstone, Deadwood, Crazy Horse Memorial, Mt. Rushmore; Jackson Hole and much more. Cost from: \$3,699 p.p., d.o. (Collette)

October 12-17, 2018 – Albuquerque Balloon Fiesta – Trip included r/t air from Logan, 3 days hotel in Albuquerque, 2 days hotel in Santa Fe; highlights include Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center, Turquoise Trail, Santa Fe, Santa Fe School of Cooking and much more. Cost from: \$2,729 p.p., d.o. (Collette)

November 9-18, 2018 Boston to San Juan Repositioning Cruise – Sail from Boston with stops in St. Thomas, St. Maarten, St. Kitts, St. John’s, Tortola and San Juan; return flight to Boston. Cost from: \$1,449 p.p., d.o. (Dugan)



**THE FRIENDS
OF
THE DANVERS COUNCIL ON AGING**

As Fall approaches it is time again to reach out to our Friends of the Council on Aging, as we begin our 2017-2018 membership drive. Your support of the Friends of Danvers Council on Aging make it possible for the "Friends" to continue financial support of programs at the Senior Center. The Board of Directors for the Friends continues to identify programs, services, and equipment necessary to meet the needs of seniors by working closely with Pam Parkinson, Senior Center Director, and the Danvers Senior Center staff. We greatly appreciate all of you who have supported us in the past.

Recently funded by the Friends:

- Office equipment for the Senior Center staff
- Continued funding for the Supportive Day Program and Walking Club
- Spring and summer, flowers. Holiday decorations for the front of the Center.
- Lifetime enrichment scholarships for senior citizens; 2 @ \$200.00, 1 @ \$500.00
- Maple Sugar Jazz Band
- Replacement vans to provide transportation for the Senior Center
- Volunteer Appreciation Night.

Your support of the Friends has many benefits including:

- Discount coupons for car washes, restaurants, etc.
- Discount services/products at participating businesses with your Friends card
- Reduced fees for Senior Center classes and dinners
- Monthly newsletter

Donations received through the Friends support the Danvers Council on Aging with many items not always budgeted with tax dollars. Please consider supporting our mission to continue providing programs and services to older adults in the Danvers community.

Sincerely,
Pam Wall
2017-2018 President

_____ \$125 (& over) Diamond _____ \$100 Platinum _____ \$50 Gold _____ \$25 Silver

NAME _____ TELEPHONE _____

ADDRESS _____

Membership cards for Friends are per person. Minimum \$25 per individual card.
The Friends of the Danvers Council on Aging is a tax-exempt organization described in Section 501 (c) (3) of the Internal Revenue Code.

Please Remember: General Electric employees/retirees who donate will be matched by GE. You must register your donation with GE by calling 1-800-305-0669 or online at www.gefoundation.com.

FRIENDS OF THE DANVERS COUNCIL ON AGING

September 1, 2016—August 31, 2017

Diamond: Margaret Aieta, Joseph Atkinson, Dominic Benedetto, June Berube, Beverly Bolduc, Fred Carnevale, Linda Carnevale, Marie Cobuzzi, Rocco Cobuzzi, Peter Duncan, Dorothy Gamache, James Hart, Anna Hart, Robert King, Dr. Jacob Kriteman, Melody Kriteman, Gloria Lipinski, Helen McCauley, Marsha McDermott, Violet Ohanasian, Herbert Osgood, Joseph Palmer, Marigeri Parks, Eleanor Ross, Samuel Sayward, Ann Sayward, Ronald Walden.

Platinum: Polly Armstrong, Ernest Bianco, Tina Bianco, Maria Ciruolo, Alan Farrell, Dr. Marsha Gadzera, Helen Hanlon, Alan Hartnett, Anne Hayes, Judy Hoag, Nancy Karolides, Ed McCarthy, Esther, McCarthy, Wally Pennell, James Sears, Lee Sears, John Shea, James Tallo, Janice Tipert, Charles Winder.

Gold: Sandra Anastasi, Rodger Budgell, Jim Burg, Mary Burke, Donald Burke, Beverly Burnham, Nancy Caldarone, Judyann Cassidy, Barbara Chambers, Jean Chiavacci, Lawrence Chisholm, Judith Chisholm, Marie Comeau, Irene Conte, Eleanor Corson, Geraldine Cosgrove, George Cretecos, Yvonne Cretecos, Jim Crosby, Pat Crosby, Richard Cunningham, Judith Cunningham, Jane Dean, Margaret DeMelis, Leo Demeule, Leotia Demeule, Marie Diorio, Ann Doherty, Barbara Dube, Edward Dube, Jean Ebb, David Ellenton, Pauline Ellenton, Joseph Fanale, Eleanor Faye, Joan Fernandes, Robert Fitzgerald, Charlotte Fitzgerald, Judith Flachbart, Janice Flynn, Bob Gagnon, Norma Gates, Joan Geiger, Virginia Gilligan, Marian Graves, Irene Gronberg, Charles Gross, Kathleen Gross, Theresa Hagerty, Marie Heaphy, Ken Hersey, Eleanor Hersey, Shirley Hey, Jeannette Kasenenko, Becky Kilborn, Edward Klemm, Elizabeth Klemm, Edmund Kowalski, Sandra Lane, Carole Lane, Cynthia Lanphear, Elaine Laskaris, Nancy LeDuc, Barbara Lemiesz, Mary Leonard, Marjorie Leston, Harriet Levy, Jean Lewis, Sarah MacQuarrie, Joyce Maglione, Marjorie Marquis, Eleanor Marshall, Joseph McGregor, Alice Michaud, David Mills, Angela Mooney, Florence Mullen, Patricia Mullen, Mary Ellen Mullins, Marie Munsch, George Murphy, Joanne Murphy, Eleanor Newbegin, Barbara O'Keefe, Donald Pierce, Joseph Piffat, Barbara Piffat, Evelyn Ranklin, Phyllis Rodger, Dorothy Sabol, David Saunders, Julie Saunders, James Sheridan, Kathleen Sheridan, Pat Small, Charles Smith, Linda Smith, William Snyder, Maxine Snyder, Doris Soares, Robert Sosnowski, Norma Sosnowski, Gail Sullivan, Sarah (Sally) Symmes, Roger Talbot, Sharon Taskey, O. D. Taylor, Anne Taylor, Antoinette Theriault, Connie Tordiglione, Joan Turcotte, Joanne Twombly, John Vetere, Mary Vetere, Nancy Walor, Marjorie Watson, Arlene Wheeler, James Wittenhagen, Mary Wittenhagen, Mary Ann Woodbury.

Silver: Xenia Adoniou, Margaret Adrien, Jeannette Amero, Eileen Amore, Warren Anderson, Mary Anderson, Rosalie Anderson, Martha Ardiffe, Janice Arnoldy, Frank Arsenault, Mary Arsenault, Bea Atwood, Betty Avila, Rochelle Ayer Bartlett, Thom Ayers, Frank Babb, Catherine Babb, Claudette Bean, Mary Beatrice, Rita Beauvais, Mary Ellen Belmore, Joan Bentley, Terese Berg, Andrea Berman, Adrienne Bernardi, Bridgett Berrigan, Madeline Berube, Wilma Bishop, Florence Blanchard, Don Blaney, Eleanor Blaney, Mark Bobroff, Charles Boghosian, George Bohanon, Vincenza Bohanon, Lois Bolduc, Emanuel (Mickey) Boltas, Judy Bonnell, Helen Bontorno, Sandy Bornstein, Roland Bouchard, Emma Bouchard, Jacqueline Boudreau, Kathy Bourgault, Marion Bradbury, William Bradstreet, Adrienne Bradstreet, Eleanor Brandley, Claire Brennan, Joanne Briggs, Jean Brothers, Claire Brousseau, Paula Brown, Terri Brown, Tom Burbrier, Phyllis Bucci, Ann Buchanan, Joanne Buckley, Elinor Bullen, Jacqueline Bulpett, Andrea Bunde, Leonard Burgess, Carole Burton, Theresa Busby, Clara Byrne, Lee Callahan, Joan Cahee, Rita Callan, Dorothy Carlson, Mary Carney, Vivian Caron, Patricia Carr, John Carroll, Barbara Carroll, Cheryl Carver, Camille Casarano, Vicki Casarano, John Cashman, Diane Cashman, Kathleen Cassidy, Effie Casteris, Elaine Catalfamo, Florence Celata, Judith Celeste, Jan Chabot, Bill Chambers, Catherine Chambers, Frank Chambers, George Chandler, Ann Chandler, Ron Chane, Joan Chane, Doris Chapman, Nancy Chick, Judie Christensen, Joanne Christopher, Patty Chrystycz, Linda Cignetti, Angelina Ciruolo, Janice Clement, Alice Clinch, Brenda Cloutier, Antonio Cobuzzi, Constance Cobuzzi, Joan Coddens, Eileen Cody, Jacqueline Colanto, Doris Cole, Barbara Coleman, Peg Collins, Alice Comeau, Harry Connelly, Joyce Connelly, Margaret Connors, Ruth Connors, L L Contois, Marsha Coogan, Kathleen Coombe, Petrina Coppola, Laura Corbett, Janet Corbett, Sandra Corrado, Carl Cote, Linda Coulson, Emily Cousens, Kris Cowles, Anne Creeden, Don Cross, Rachel Cross, Ethel Crowell, Larry Crowley, Gertrude Cullen, Mary Ellen Cullen, Judy Cummings, Margaret Cummings, Elma Cunney, Priscilla Curda, Laurie Curran, Helen Cutter, Sally Cutter, Anne Cyr, Michael Daley, Andrea Daley, Jean Daley, Eddie Dalton, Margaret Dame, Nancy D'Arrigo, Jeannette Dash, Eileen Davis, Robert Dean Catherine Dean, Henry DeAngelis, Patricia Dearborn, Doris Decker, Grace Degan, Madeleine Delande, Arthur Delaney, Muriel Delaney, Lorraine Dellafera, Lorraine Dellazoppa, Mary Ann Deluca, John Dembowski, Jean Dembowski, Beatrice Demelo, Doris Demers, Ann Demers, Barbara Demeule, Diane Demille, Robert D'Entremont, Ruth D'Entremont, Marie Deschamps, Robert Devarenne, Marge Disciullo, Dorothy DiSorbo, Georgianna DiVincenzo, Albert Dodge, Ann Dominick, Cynthia Donlon, Anastatia Donovan, Lillian Dowdell, Florence Drapala, Catherine Driscoll, Larry Drouin, Judy Drouin, Loretta Duclow, Lorraine Duda, Marcia Duest, Janet Duest, Marie Duffy, Mildred Duggan, Thomas Dunn, Thomas Dunn, Lori Dupont, Dahria Dylingowski, Bruce Eaton, Margherita Eggleston, Wayne Eisenhauer, Patricia Elia, Nancy Endicott, Donna Eovacious, Alan Erskine, Janice Erskine, Julie Famico, Helen Farmer, John Farnsworth, Shirley Farrell, Myrna Fearer, Annette Fecteau, Carolyn Feeney, Carol Finkenaur, Richard Finney, Margaret Fiore, Herb Fish, Marion Fish, Carol Fitzgerald, Melissa Fleming, Tom Fletcher, Gayle Fletcher, Carol Flick, Mae Foley, Frances Foley, Jean Forster,

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Learn to Coupon with Judi - Did you know that you can save 30-80% on your groceries? You can spend as little as a half hour of preparing in advance to save on your weekly grocery bill. Do you know how to “double up” on a sale? Do you know where to find coupons? Join Judi Martino on the first and third Monday of the month (September 18th from 10:30-11:30 AM) to learn how to organize your coupons; share coupons ideas and information. Note: September 4th is Labor Day so there will not be a class.

Crazy Cards– A fun way to play whist! A game of fun and laughs! Anyone can play, no card skills needed. Prizes awarded each week. Group will meet the 2nd Monday of the month from 9:30am-Noon. This month will be Monday, September 11th. Must sign up in advance at the senior center (limited to 28 players). Cost: \$1.00 members/\$3.00 non members.

Book Club –The Book Club will be meeting on Monday, September 11th from 1pm-3pm. The book topic will be “So Close to Home” by Michael J. Tougias. All are welcome!

Coloring – Mondays from 10-11 AM. According to psychologists, coloring is the best alternative to meditation. Coloring allows you to unlock your creative potential. Perhaps more important, it helps relieve tension and anxiety. It also unlocks memories of childhood and simpler times. All supplies are provided. Join us!!

Parkinson’s Fitness & Movement – Along with the Wednesday morning (10:30-11:30 AM) class we have added a Friday class also. Friday classes are from 1-2 PM. Do you have Parkinson’s Disease? If so, this exercise class is for you. Linda Hall and Marilyn Freeman of Parkinson’s Fitness will lead you through a variety of customized exercise to improve balance and stability, agility, cognitive awareness, and strength-training by ability levels. There is no charge for this as the Wednesday class is generously sponsored by Genesis Health Care at Hathorne Hill, and the Friday class is generously sponsored by Parkinson’s Fitness. Please call Paula to register at 978-762-0208 ext 104.

Fitness Center - Did you know that the Danvers Council on Aging offers a Fitness Center for seniors? This state of the art fitness center offers a commercial grade treadmill, elliptical, recumbent bicycles and universal gym. The Fitness Center is open Monday through Friday, 9am—4pm. All participants are required to sign a medical waiver prior to using equipment. Please go to the front desk to fill out a medical waiver.



DANVERS COUNCIL ON AGING

Nationally Accredited Senior Center - 2001 - 2007 - 2013

Are you sick and tired of spending a fortune on store bought cards?

Kathy Rosenfield will show you how to make beautiful and simple cards. No art skills are required. You will leave this class with 3 of your own handmade cards and hopefully a desire to make more!

Class will be held on Tuesday, September 26, from 10 AM-12 Noon. Cost is \$15 FDCOA Member/\$20 Non members and includes all supplies!! Sign up today. Class size limited to 5.

Mr. Fix It - Are you left in the dark because your lamp doesn't work? Is your toast not toasted? Bring any item which does not work properly to Mr. Fix-It and we will evaluate and repair if possible. Mr. Fix It will be at the Senior Center on Thursday, September 28th from 9am-11:30am. Due to space limitations, if you cannot bring your item on the 28th, please do not drop off your items until Wed. September 27th. Thank you.

Operation Troop Support Items for September—In keeping with the growing needs of our troops, we will be collecting these needed items for the month of September: instant breakfast, instant cereal, instant oatmeal & instant soup, & toiletry items. Please drop off items at the Danvers Council on Aging, 25 Stone Street.

Medical Equipment—We are currently in need of bath benches. We are not accepting any other items at this time. We will update monthly any items needed. These items are loaned to seniors at no charge to assist them in their recuperation. You may drop these items off at the front desk at the Senior Center if you have any to donate.

Facebook—Did you know that you can get current updates on activities, classes, etc. just by liking us on Facebook? We update on a regular basis any changes/additions in our activities and on any programming. Search for us at: Danvers Council on Aging and Senior Center, click Like, and you will be kept up to date!

Circle of Hope-Does someone close to you (spouse/partner, child, grandchild, or trusted caregiver) withhold your medication, use your money without permission, limit your phone calls, or tell you when or where you can go? Do you feel that nothing you ever do or say is "right?" If so, you are not alone. Are you looking to be among peers in a safe space to share your experience? Help us help you, by joining a free educational support group for seniors over 50 every Tuesday from 11 am to 12 pm at the Danvers Council on Aging. This group is completely confidential. The group is sponsored by CALL-NS, Confronting Abuse in Later Life-North Shore, a grant which aims to provide outreach and education around abuse, neglect, and financial exploitation of elders fifty years and over. For more information, contact: Carolyn Lewis at 978-624-2248

SOCIAL SERVICES ANNOUNCEMENTS

OUTREACH COORDINATOR, Lisa Westrate 978)762-0208 x105

Lisa Westrate is available for information and referral regarding services and benefits that may be helpful to you. Call to schedule an appointment. Home visits are possible upon request.

LOW VISION SUPPORT GROUP next meeting: September 14, at 10:30

This group is for those experiencing any type of vision loss, ranging from a small degree of vision loss, to those who are totally blind. We usually meet on the 2nd Thursday of each month in September 10:30 – 11:30am.

In September, we will take part in something a little different than our typical meetings of information and sharing. You must come to find out what, but I will tell you that the main secret ingredient involves SAND! Bring your creativity and a friend that you think might benefit from the group!

CHALLENGES OF LIVING ALONE (CLA) meeting date: September 28th 1-2pm

The Challenges of Living Alone group is open to anyone looking for support in successful solo-survival. It's an opportunity to learn new tricks and make new friends with others who are going through similar things. We typically meet on the 4th Thursday of each month from 1 – 2 pm.

Assignments: 1. Since this will be our 1st meeting back after a little break, please bring in an item from home that represents something you did (or wish you did!) during the summer. 2. (On-going) Please bring in the name & contact information for a local business or private contractor with whom you had a positive experience to add to our *Word-of-Mouth Directory*.

Last February, our group discussion topic was on tax abatements, exceptions, & credits available for Seniors. We primarily focused on the Massachusetts Circuit Breaker Tax Credit and Local Property Tax Abatements. It was exciting to me that almost every person in the room that day said that they learned about a way to save \$500-\$1000 a year that they didn't know about before.

Property Tax Abatement Season runs from October through March & at our meeting on 9/28 you will have the opportunity to act! Pamela Zimmerman from the Danvers Assessors Department will be coming with information about the qualifying guidelines, answers to your questions, as well as applications for eligible Danvers Homeowners. If you think you may be eligible, leave your contact information (Name, phone number & street address) for Lisa Westrate at the Senior Center so that Pamela Zimmerman can look up your property prior to the meeting. See you on the 28th!

If you have questions about this group, or would like to be added to the group call list, please contact Lisa Westrate, Group Leader/Outreach at 978-762-0208 x105.

VETERANS' SERVICES ANNOUNCEMENTS

**Veterans' Service Officer
Peter Mirandi 978-777-0001 x 3025**

DANVERS VETERANS & WIDOW(ER)S

You MAY be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES & possibly additional FINANCIAL ASSISTANCE through Massachusetts Chapter 115

Single: Income is below \$1,915/mo & assets less than \$3,200 Couple: Combined income is below \$2,585/mo & assets less than \$7,000
For information about Chapter 115 Benefits or to schedule an appointment, contact Danvers Veterans' Service Officer,
Peter Mirandi, at (978) 777-0001 x3025 or Outreach Coordinator, Lisa Westrate, at (978) 762-0208 x105

VA HOSPITAL TRANSPORTATION OPTIONS

Veterans must schedule his/her own appointment with the VA.

BEDFORD

DEPARTS at **9:30 am** Monday - Friday
Vittori Rocci Post #56
143 Brimbal Ave. Beverly

Call the Gloucester VA Clinic at **781-687-2000 or 1800-838-6331 or 978-282-0676 with at least 24 hour notice** to be added to the Gloucester – Bedford Shuttle with a Beverly pick up. *Cost: Free*

JAMAICA PLAIN

DEPARTS at **8:30 am** 1st Tues & 3rd Wed each month
Torigian Community Life Center
Peabody Council on Aging
79 Central St. Peabody

Call 978-531-2254 to schedule a ride to Jamaica Plain. *Cost: \$5/vet (+one optional escort)* (This shuttle is sponsored by Lahey Clinic, Mayor Ed Bettencourt & the Community Life Center)

Veterans who need transportation to/from the Vittori Rocci Post #56 in Beverly or the Torigian Community Life Center please call Lorene at **978-762-0208** with at least 48 hours advance notice to schedule a ride with the Danvers Senior Center van.

SCAM ALERT...

A senior received a call that stated the caller was from the "Published House Clearing" and because you are a member of the senior center and pay your electric bill you have won \$500,000. The caller goes on to say that 200 seniors were chosen to win \$500,000. All you have to do is send \$99 via a Western Union check and they will come to your home with a check for \$500,000. This is a scam. If you receive this call, hang up immediately and contact the Danvers Police Department.

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- Hartnett's Auto Body**, \$3.00 off any car wash (coupon needed)

Would you benefit from a free monthly bag of groceries?

You may be eligible for the Commodity Supplemental Food Program (CSFP)! The Danvers Council on Aging will begin working with the Greater Boston Food Bank to provide the CSFP once a month beginning in September for individuals **60 years of age** or older. Eligibility is determined by age, **gross** monthly income and household size- please see the chart below.

Household Size	Weekly	Monthly	Annual
1	\$ 295.00	\$ 1,276.00	\$ 15,301.00
2	\$ 399.00	\$ 1,726.00	\$ 20,709.00
3	\$ 503.00	\$ 2,177.00	\$ 26,117.00
4	\$ 607.00	\$ 2,628.00	\$ 31,525.00

Verification of **identity, age, residence and income** will be required upon applying. Please contact Lisa Westrate at 978-762-0208 for more information.



Birthday Lunch (The 2nd Wednesday of each month)

The next Birthday Lunch will be held on Wednesday, September 13th at 12pm. If you are celebrating a birthday in the month of September, lunch is on us! August birthdays were from left: Sarah MacQuarrie, Joanne Twombly, Esther Pelletier, Peg Collins & Helen Bontorno. Please call & register by September 12th at 10am.

Social Seniors Supportive Day Program

We continue to accept applications for participation in this unique program. If you or someone you know may be interested please contact Judith Ryan at (978)762-0208, for more information. We are happy to offer a risk “FREE” trial day and financial assistance may be available to Danvers residents 60 and older through the generosity of the Clara & Harvey Pillsbury Foundation.

SPONSORS

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Donald E. Kowalski, DDS, 10% off regular fees.

Rocco’s Pizza House, 10% off regular prices (excludes delivery/catering)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Before getting lunch, please inform your server of any allergies you may have</p>				
<p>4) Labor Day Senior Center Closed</p>	<p>5) Stuffed Shells w/marinara sauce, broccoli, garden salad w/ranch, chocolate cake & Vienna bread Calories: 755; Sodium: 1285</p>	<p>6) Tarragon Chicken Salad w/lettuce leaf, pasta salad, tomato soup w/crackers, yogurt & juice & wheat hot dog roll Calories: 719; Sodium: 941</p>	<p>7) Roast Beef w/mushroom gravy, roasted brussel sprouts w/garlic, cheddar whipped potatoes, strawberry mousse & rye bread Calories: 596; Sodium: 636</p>	<p>8) Lemon Citrus Chicken w/garden peas, rustic cut sweet potatoes, mandarin oranges & wheat roll Calories: 717; Sodium: 728</p>
<p>11) Breaded White Fish w/ tartar sauce, cauliflower, corn & red pepper, butternut squash soup w/crackers, mixed fruit & snack & loaf bread Calories: 844; Sodium: 753</p>	<p>12) Breakfast for Lunch Frittata with sausage, peppers & onions, spinach salad with mandarins, citrus dressing, home fries, blueberry muffin and fruit salad. Calories: N/A; Sodium: N/A</p>	<p>13) Tuna Salad w/3-bean salad, vegetable pasta salad, peach cobbler & wheat bread Calories: 921; Sodium: 942</p>	<p>14) Meatball Sub w/marinara sauce, broccoli, potato wedges, parmesan cheese packet, fresh fruit & wheat sub roll Calories: 738; Sodium: 1154</p>	<p>15) Chicken Fajita w/peppers & onions, black beans & corn, Spanish rice, flan style pudding & whole grain tortilla Calories: 642; Sodium: 596 Café: BBQ Baby Back Ribs w/ homemade harvest rice pilaf & cornbread \$4.00</p>
<p>18) Hamburger w/ketchup, kale & white bean soup w/crackers, garlic spinach, orange & hamburger bun Calories: 799; Sodium: 990</p>	<p>19) Chicken Pot Pie w/peas & carrots, red bliss potatoes w/parsley, vanilla pudding & whole wheat roll Calories: 599; Sodium: 552</p>	<p>20) New England Baked Haddock w/garden salad w/house dressing, rice pilaf, lemon wedge, yogurt & juice & oatmeal bread Calories: 685; Sodium: 885</p>	<p>21) Little Italy Chicken parmesan w/fettuccini noodles, zucchini & summer squash, tiramisu & garlic bread Calories: 832; Sodium: 898</p>	<p>22) Sweet & Sour Pork w/carrots, fried rice, chilled pineapple, multigrain bread Calories: 766; Sodium: 770 Café: Dave's Garden Fresh Vegetable Soup w/crackers & tuna salad roll \$3.00</p>
<p>25) BBQ Pulled Pork w/ green beans, potato wedges, pineapple, whole wheat burger bun Calories: 942; Sodium: 956</p>	<p>26) Teriyaki Chicken Meatballs w/asian vegetable blend, jasmine rice, chilled mandarin & snack & loaf Calories: 717; Sodium: 868</p>	<p>27) Steak over Mixed Greens w/French dressing, mushroom barley soup w/crackers, raisins & wheat bread Calories: 948; Sodium: 728</p>	<p>28) Orange Bourbon Chicken w/whipped potatoes, green beans, jello & whole wheat roll Calories: 587; Sodium: 879</p>	<p>29) American Chop Suey w/kale, caesar salad, oatmeal raisin cookie & dinner roll Calories: 970; Sodium: 1192 Café: Spaghetti w/homemade meatballs, freshly grated parmesan cheese & garlic bread \$3.50</p>

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>Every Wed & Thurs: Shine 10am-12:00pm By Appointment Only</p> <p>Monday thru Friday Billiards, 9am-4:30pm Cribbage, 12:30-4:30pm Fitness Center, 9am-4:00pm</p>	<p>4)</p> <p>Labor Day Senior Center Closed</p>	<p>5) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>6) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 10:30am-11:30am Parkinson's Fitness 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 1:30pm-3:00pm Bereavement 2:30-3:30pm Line Dancing \$5/\$7</p>	<p>7) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>1) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>11) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 9am-11am Drawing, \$55/\$75 (6 classes) 9:30-10:30 Tai Chi for All, \$25/\$35 (6 Classes) 10am-11am Coloring 1pm-3:30pm Beginner/Intermediate Watercolor \$55/\$75 (6 classes) 1pm-4pm Card/board games (free) 1pm-3pm Book Club 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes)</p>	<p>12) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>13) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as You Like It \$55/\$75 (6 classes) 9:45am-10:30 Chair Toning, \$30/\$45 (6 classes) 10:30am-11:30am Parkinson's Fitness 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 1:30pm-3:00pm Bereavement 2:30-3:30pm Line Dancing \$5/\$7</p>	<p>14) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 10:15am-11am Chair Toning, \$30/\$45 (6 classes) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>15) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>	<p>8) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>18) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 9am-11am Drawing, \$55/\$75 (6 classes) 9:30-10:30 Tai Chi for All, \$25/\$35 (6 Classes) 10am-11am Coloring 1pm-3:30pm Beginner/Intermediate Watercolor \$55/\$75 (6 classes) 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes) 5:30pm-7:30pm Book Club (free)</p>	<p>19) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>20) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as You Like It \$55/\$75 (6 classes) 9:45am-10:30 Chair Toning, \$30/\$45 (6 classes) 10:30am-11:30am Parkinson's Fitness 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 1:30pm-3:00pm Bereavement 2:30-3:30pm Line Dancing \$5/\$7</p>	<p>21) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 10:15am-11am Chair Toning, \$30/\$45 (6 classes) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>22) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>	<p>8) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>25) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 9am-11am Drawing, \$55/\$75 (6 classes) 9:30-10:30 Tai Chi for All, \$25/\$35 (6 Classes) 10am-11am Coloring 1pm-3:30pm Beginner/Intermediate Watercolor \$55/\$75 (6 classes) 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes) 5:30pm-7:30pm Book Club (free)</p>	<p>26) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>27) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as You Like It \$55/\$75 (6 classes) 9:45am-10:30 Chair Toning, \$30/\$45 (6 classes) 10:30am-11:30am Parkinson's Fitness 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 1:30pm-3:00pm Bereavement 2:30-3:30pm Line Dancing \$5/\$7</p>	<p>28) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 9:30am Mr. Fix It 10:15am-11am Chair Toning, \$30/\$45 (6 classes) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>29) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>	<p>8) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>



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