



ONIONTOWN SENIORS

Volume 34, No.4

April 2018

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



Phone: (978) 762-0208
(978) 762-0209
Fax: (978) 762-0240
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

Don Gates, Chairman

Gerri Cosgrove Lawrence Chisholm
John Keohane Bob King
Marge Leonard Joseph Palmer
Barbara Remon Bob Sosnowski

Friends of DCOA Board

Pamela Wall, Chairman

Jim Feldman Joan Fernandes
Alan Hartnett Lew Hathaway
Sandy Lane Becky Kilborn
John Lamirande Eileen Lubas
Jim Sears Jim Tallo
Janice Tipert

Participant's Committee

Sandra Hallock, Chairman

Florence Celata Joanne Christopher
Leotia Demeule Pamela Knight
Cheryl MacNeill Margaret Rutherford

DCOA Staff

Pamela K. Parkinson, Director
Paula Corcoran, Program Coordinator
Lorene Machado, Administrative Assistant/
Transportation Coordinator
Cathy Andre, Volunteer/MOW's Coordinator
Lisa Westrate, Social Service/Outreach
Judith Ryan, RN, Supportive Day Coordinator/
Public Health Nurse
Ana Quartarone, Receptionist
Ann Foster, SHINE Coordinator
Carol Roberts, SHINE Coordinator
Sandi McDonald, Financial Aide

AARP Income Tax Assistance – As we go to press there are no appointments left for Tax Assistance appointments. If you are on the waiting list, that is not guarantee you will be seen here. You may call 1 888-227-7669 to find other locations that may have openings.

Annual Volunteer Appreciation Event

On Friday, April 20th we will “cruise “ aboard the SS Oniontown in recognition of our wonderful volunteers. Social at 5:30pm with complimentary beer, wine, “Sail Away Sangria” and stationary appetizers. Dinner provided by Henry’s will consist of Caribbean Chicken, Calypso rice, Jamaican Sweet Potatoes and an assortment of sweets for dessert. Entertainment TBA. Invitations will be sent to all volunteers who have provided 10 or more hours of service over the past year. If you don’t receive an invitation and feel you should have, please contact Cathy Andre at 978-762-0208.

In lieu of the Volunteer Appreciation Event there will be no Henry’s evening dinner in April!



Danvers Senior Center Men’s Club

April 23, 2018

5:30pm-7:00pm

The Men’s Club meeting this month will be held on April 23rd at 5:30pm. This month’s speaker will be Danvers native, Mike Armstrong, Assistant Director of Massachusetts Division of Marine Fisheries for 25 years. Mike earned his PH.D in Zoology Fisheries at UNH. He is a lecturer with marine Studies Consortium, Adjunct Professor at U MASS Amherst/Boston/Dartmouth. Mike will share his knowledge of our local fisheries and waterways as well as discussion of the effects of climate changes to the eco system. Dinner will be Salisbury steak w/roasted potatoes, green beans, chocolate whip cream roll. Charge of \$6pp for members of FDCOA and \$8pp for non-members. Tickets on sale April 2nd. Please make your reservation no later than Friday, April 20th.

Travel Chef — Tuesday, April 17th at 12pm. The menu will be French Crepes w/turkey, spinach , & swiss crepe, creamy mushroom sauce, wild rice pilaf, peas & asparagus, parker house roll, Boston cream cake. Suggested donation of \$2.25 per person. Reservations by Friday, April 13th at 10am please.

TRAVEL TALK

Travel Talk with Paul Dagrass of New England Journeys Tuesday, April 10th at 5 PM. Come hear more about the great trips scheduled for this year. No charge, but please register by calling the center at 978 762-0208

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.

4/4 Ellen Graham of Senior Living Advocates will present a program on Fall Prevention and Fall Safety in and around your home. Please join us for this informative program.

4/11 Brookdale Danvers presents an educational program on Heart Health called "Heart to Heart". It is guaranteed to be fun and informative with healthy snacks, a healthy basket raffle and give-aways!

4/25 Please join the North Shore Community College Occupational Therapy Students for a "Spring Safety Awareness" presentation. Fun for everyone!!!

5/9 – Laura Vigneau, Administrator of CareOne at Peabody as well as a Registered Dietitian will be here to discuss Nutrition and healthy choices you can make. All are welcome.

5/30 Learn how you can qualify for a no cost caption phone. Your local Clear Captions Representative, Becky Bushey will explain this federal program that provides caption phone service to those qualified who is hard of hearing. Refreshments and raffle.

Save the Date

- 4/2 Couponing w/Judi, 10:30am-11:30am
- 4/9 Crazy Cards, 9:30am-12pm
- 4/9 Book Club, 1pm-3pm
- 4/11 Mrs. Fix It, 10am-11:30am
- 4/11 Birthday Lunch, 12pm
- 4/12 Low Vision, 10:30am
- 4/13 Podiatry Clinic, 10am-2pm (by appt only)
- 4/13-4/19 Cherry Blossom Time trip departs
- 4/13-4/23 Tulip Time Trip departs
- 4/16 Patriot's Day, Senior Center Closed
- 4/17 Popcorn & a Movie, 1pm (see pg 4 for details)
- 4/22-4/26 San Antonio Fiesta trip departs
- 4/23 Men's Club, 5:30-7pm
- 4/25 Mrs. Fix It, 10am-11:30am
- 4/26 Mr. Fix It, 9am-11:30am
- 4/26 Historic Day in Boston Trip departs
- 4/26 Challenges of Living Alone (CLA), 1pm

- 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 Wednesday & Friday-12 PM— Café



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. Here are few tips for general safety in the home.

MAKE SURE:

- 1.) Smoke alarms are present in your home and are in working order. One way to help you remember to change the batteries is to do it on your birthday - don't forget to mark it on your calendar.
- 2) Telephones are located in each room and can be reached from the floor in case of a fall.
- 3) Emergency numbers and your address are posted by each telephone.
- 4) Medications are stored in a safe place according to instructions on the label of the package or container.

TABLE OF CONTENTS

What's Happening this Month2

Upcoming Events.....3 & 4

Transportation/ Volunteer Opportunities.....5

Special Interest Programs/Activities.....6-9

Day Trips.....10 & 11

Multi Day Trips12

Miscellaneous.....13

Low Vision, CLA & Veteran Info.....14—15

Sponsors/Birthday Lunch.....16 & 17

Menu & Calendar.....18 & 19

In Memory of & Donation Form.....20



Bingo Bonanza Wednesday, April 18th 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, April 18th 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 limited at their site. Join us for this fun event!



Join us at Hunt Nursing & Retirement (Lindall Street) on Wednesday, April 4th from 2:15-3:15 PM; entertainment by Tommy Smith, Wednesday, April 11th from 2:15-3:15 PM; entertainment by Jim Moses and on Wednesday, April 25th from 2:15-3:15 PM; entertainment by Paul Wayne. 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. **Please note: All dates are “weather permitting”.**



Free Hearing Screening

Do you experience ringing or noises in your ears? Do you hear better with one ear than the other? Do you find it difficult to follow conversations in a crowded room? Sue Stein of Mass Audiology will conduct a free Hearing Screening on Tuesday, April 18th from 10 AM-12 Noon (By appointment) to help answer those questions and any others you may have as well as a free hearing aid clean and check. There is no charge, but please call 978 762-0208 to schedule your appointment.



You're getting a new Medicare card! Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.

Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.



Popcorn & A Movie

Join us on Tuesday, April 17th for “**Darkest Hour**”. Plot: This riveting historical drama depicts the early days of Winston Churchill’s leadership of the UK during WWII, as he tries to rally the nation to action while many of his contemporaries advocate peace talks with Hitler. Rated PG-13 by the Motion Picture Association of America for Thematic Elements. Please sign up at the front desk, or call the center at 978 762-0208 if you plan on attending.

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, April 9th from 9-10am**. 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.

Snow Cancellation Policy of the Danvers Senior Center

The Senior Center (transportation, meals and program) will be cancelled if the Danvers School System closes schools. If the school system has a delayed opening, all activities including transportation, prior to the time of delay will be cancelled. All school closings announcements are broadcast on local television stations as well as the radio station North Shore 104.9 (FM). If weather conditions occur during school vacation week, please call 978 762-0208 to receive updated cancellation information. The Council on Aging office will be open and staff available during inclement weather. As a reminder, it is important that you check in on “My Senior Center” on a daily basis so that if we need to change or cancel an activity, we will have an accurate listing of attendees. A feature of this program is that we are able to call people and let them know of any changes or cancellation.

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.



Evening Book Club – Evening Book Club – The Book Club will meet next on Monday, April 23rd at 5:30 PM. The book this month is “Ishmael” by Daniel Quinn. **PLOT: TEACHER SEEKS PUPIL.** Must have an earnest desire to save the world. Apply in person. It was just a three-line ad in the personals section, but it launched the adventure of a lifetime. So begins an utterly unique and captivating novel. In Ishmael, Daniel Quinn parses humanity’s origins and its relationship with nature, in search of an answer to this challenging question: How can we save the world from ourselves. Please call Paula at 978 762 -0208 x104 if you will be attending.



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 March winner was Tom Fletcher who won a DCOA Café Gift Certificate.** 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!

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.

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



VOLUNTEER OPPORTUNITIES

Would you like to share a bit of your free time? We are compiling a group of folks willing to do some friendly visiting. Going into folks homes to spend an hour or so in conversation and companionship.

Are you crafty? Can you knit? Or paint? We are looking for some people willing to share those talents and lead our social seniors group in some crafts. Please call Cathy if you want to share your special talent!

We are looking for drivers for our volunteer driver program to take clients to and from medical appointments call Lorene.

DANVERS COUNCIL ON AGING 2017/2018 SPECIAL INTEREST PROGRAMS/ACTIVITIES

SEMESTER BEGINS MONDAY, MAY 7, 2018

All classes are open to everyone, you do not need to be a Danvers resident or a senior to attend classes. Registration in advance is required for all classes on a first-come, first served basis.

Spring Session Registration: April 2-13, 2018
V May 7-June 11, 2018

SUMMER SESSION TO BE ANNOUNCED



DID YOU KNOW..... You can also register online. Go to our website: www.danversma.gov Click on **Department**, Scroll down and click on **Senior and Social Service** and then click on **Program Registration**.

Fees for classes are for current members of the Friends of the Danvers Council on Aging or nonmembers. One of the benefits of supporting the Friends of the DCOA is by paying the “member price”. All you need to do when you come in to sign up for a class is to show us your current Friends of the DCOA membership card.

****NOTE:** *All classes are 6 sessions unless specified in class description.*

MONDAYS

Strong Women, Strong Bones

8:15-9:15 AM Carole Lane Cost: \$5 per session member/\$7 Non member

Weight-bearing, resistance training based on the Tufts Medical Program. Please bring your hand weights.

Ongoing

Video Exercise

8:30-9:30 AM

Cost: Free

Join our group as they exercise to “Richard Simmons and the Silver Foxes”. This fitness dvd program is designed for “Silver Citizens”. Group meets Monday, Wednesday & Friday mornings.

Ongoing

Tai Chi for All

9:30-10:30 AM Johanna Hattendorf Cost: \$25 member/\$35 non member

In this six week class you will learn simple Tai Chi movements that anyone can do for health and wellness. Instead of complicated movements that can be discouraging for those starting out, you will learn simple movements that are the building blocks of Tai Chi and Chi Gong. Class size: 25

Sessions: V

Coupon with Judi

10:30-11:30 AM - Judi Martino

No charge

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 to learn how to organize your coupons, share coupons, ideas and information

Ongoing

Beginner/Intermediate Watercolor

1-3:30 PM Corinne Abercrombie

Cost: 55 Member/\$75 non Member

Corinne will take beginners thru intermediate students in this 6 week session. This is a great class if you are new to water color or haven't painted in a while, or even those with more experience!!! Supply list available.

Session: V

MONDAYS continued**Chair Yoga 1:30-2:30 PM Dot McKeen, RYT Cost: \$30 Member/\$45 non member**

Chair Yoga is a wonderful way to reduce stress, relieve muscular tension in neck, shoulders and back, increases flexibility, balance and endurance as well as enhances your well being. Class size: 30

Sessions: V

TUESDAYS**Zumba 9:15-10 AM Priscilla Gerrard Cost: \$30.00 Member/\$42 non member**

Low impact aerobics custom tailored to the fitness needs of the more mature fitness conscious individual. Class meets every Tuesday and Thursday. Purchase a "Passport to Health" card and have it punched every session you attend. Each card is good for 12 sessions. The card does not expire.

Ongoing

Open Time to Play Bridge 12:00-4:30 PM No Cost

Tables of 4 may be reserved by calling the center at 978 762-0208 or 978 762-0209. Come as part of a group or by yourself and make new friends!

Ongoing

WEDNESDAYS**Strong Women, Strong Bones 8:30-9:30 AM Carole Lane Cost: \$5 per session member/\$7 Non member**

Weight-bearing, resistance training based on the Tufts Medical Program. Please bring your hand weights.

Ongoing

Video Exercise 8:30-9:30 AM Cost: Free

Join our group as they exercise to "Richard Simmons and the Silver Foxes". This fitness dvd program is designed for "Silver Citizens". Group meets Monday, Wednesday & Friday mornings.

Ongoing

Watercolors As You Like It 9:00 AM-12:00 PM Karen Nastuk Cost: Members \$55 Member/ \$75 non member

This is an advanced class that welcomes beginners. Offers step by step technique—building projects but some work on their own subjects with suggestions and group support.. Additional supplies required. Class size: 9

Sessions: V

Chair Toning 9:45 – 10:30 AM Priscilla Gerrard Cost: \$30/\$45

Chair Toning is a program to strengthen and tone various body parts. It is a non-stress, low-impact class. It is appropriate for any age and level of physical capability. Participants are seated throughout the program. Exercises are done for warm-up, toning and strength and cool-down. Weights can be used for a portion of the class – but this is optional. Suggested weights are 1-3 lb hand weights. Upper body, lower body and core strengthening/toning are the focus of this class. Emphasis on breathing and control with movement throughout. Participants are not expected to use weights or do certain exercises if this is beyond their ability or comfort level. Class size: 15

Sessions: V

Parkinson's Fitness & Movement 10:30-11:30 AM Linda & Keith Hall Cost: No Charge

Do you have Parkinson's Disease? If so, this exercise class is for you. Linda and Keith Hall of Parkinson's Fitness will lead you through a variety of customized exercises to improve balance and stability, agility, cognitive awareness, and strength-training by ability levels. This program was created to promote self-motivation and positive attitudes. There is no charge for this due to the generosity of Genesis Health Care/Hathorne Hill..

Session: Ongoing

WEDNESDAYS continued**Open Time to Play Mah Jongg****1-4 PM****No Cost**

Tables of 4 may be reserved by calling the center at 978 762-0208 or 978 762-0209. Sign up as part of a group or by yourself and make new friends! Tiles will be supplied by the Senior Center.

Ongoing**Café****12 Noon****\$3.00**

A delicious luncheon entrée is prepared by staff (September thru June only). Menu is printed in monthly newsletter. Orders may be placed in advance.

September—June**Quilters & Rug Braiders****1-4 PM****No Cost**

Individuals work on their own projects. All are welcome.

Ongoing**Bereavement, Loss and Change Support Group****1:30-3:00 PM, Nancy Downey, Ph.D.****No Cost**

A 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.

Ongoing**Line Dancing****2:30-3:30 PM Tina LaFlam****Cost: \$5 Member/\$7 Non member**

Sessions: Ongoing - Begins on Wednesday, September 13th and is ongoing through June 6th.

THURSDAYS**Zumba****9:15-10 AM Priscilla Gerrard****Cost: \$30.00 Member/\$42 non member**

Low impact aerobics custom tailored to the fitness needs of the more mature fitness conscious individual. Class meets every Tuesday and Thursday. Purchase a "Passport to Health" card and have it punched every session you attend. Each card is good for 12 sessions. The card does not expire.

Ongoing**POUND Fitness****10-11 AM Jennifer Leshin****Cost: \$30.00 Member/\$45 Non Member**

POUND is the world's first cardio jam session inspired by the energizing fun of playing the drums. Using Ripstix, lightly weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out. It addresses your rhythm, coordination, speed, agility, balance, and endurance in each incredible class. Designed for ALL fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out! Class will meet for 6 weeks beginning Thursday, March 8 from 10-11 AM.

Class size limited to 10

Maple Sugar Jazz Band**1:15-3 PM****No Cost**

Join John Kendrick and his Maple Sugar Jazz Band for live music and dancing every Thursday.

Ongoing**FRIDAYS****Video Exercise****8:30-9:30 AM****Cost: Free**

Join our group as they exercise to "Richard Simmons and the Silver Foxes". This fitness dvd program is designed for "Silver Citizens". Group meets Monday, Wednesday & Friday mornings.

Ongoing**Woodcarving****9 AM-12 Noon****No Cost**

Beginners and intermediates welcome. Participants will work on their own projects. Please provide your own tools and supplies.

Ongoing**Wii Bowling****9-10 AM****No Cost**

Have you ever tried Wii Bowling? Join us to play weekly. This is a game anyone can play.

Ongoing

Friday Continues**BINGO****10 AM—12 Noon****\$1.00 per card**

Join us for a fun morning of Bingo. \$1.00 per card. All proceeds go to the winners!!

Ongoing**Café****12 Noon****\$3.00**

A delicious luncheon entrée is prepared by staff (September thru June only). Menu is printed in monthly newsletter. Orders may be placed in advance.

September—June**Parkinson's Fitness & Movement****1-2 PM Linda & Keith Hall****Cost: No Charge**

Do you have Parkinson's Disease? If so, this exercise class is for you. Linda and Keith Hall of Parkinson's Fitness will lead you through a variety of customized exercises to improve balance and stability, agility, cognitive awareness, and strength-training by ability levels. This program was created to promote self-motivation and positive attitudes. There is no charge for this.

Session: Ongoing**Knitting****1-4 PM****No Cost**

All participants work on their own projects. Members help each other over the tricky points and help you turn out an item just like the photo in the instructions. All Welcome!

Ongoing**Refund Policy:**

You may cancel your enrollment in a program/class prior to the program's start date and request a refund. The cost of the program/class minus a \$5.00 processing fee will be refunded. A refund will be issued in the form of a credit to the credit card you registered with or as a check. **Registration fees are nonrefundable if cancelled on or after a program start date.** The Danvers Council on Aging cannot refund fees requested on or after a start date of a program, or for sessions missed due to personal illness or other personal situations.

**Walking Club**

Welcome Spring!! Are you ready to get out and enjoy the fresh air? Our Walking Club will be meeting every Monday, Wednesday and Friday from 9-10 AM beginning on April 9th (weather permitting). We walk on the path at the Senior Center/Highlands School. Each lap is between 1/4 and 1/3 of a mile. Plenty of parking and access to facilities at the senior center. This year we are planning on field trips to other locations to walk as well. If you are interested in joining the club call Paula at 978 762-0208 x104 and leave your name and phone number. All are welcome!!!

The 5th Graders at Highlands School are continuing their visits with us on Fridays. The students will be here from 12-1 PM on April 6, 13 & 27 and May 4, 11 & 18. This is a great opportunity to interact with the students (some of them may be your neighbor or grandchild!). The Students will also be bringing Italian Ice for everyone. Come on in and support the kids, and while you are here why not enjoy the lunch entrée from our weekly Café.



~2018~

daytrip

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

Thursday, April 26, 2018 – Historic Day in Boston & Cambridge – Head to Cambridge for a date with Longfellow & George Washington! The house you visit served as Washington’s headquarters during the siege of Boston in 1775. Longfellow lived here a total of 45 years also. After your guided tour enjoy a buffet dinner at S & S Deli. Last stop will be the Old South Meetinghouse for a talk by local author Brooke Barbier “Boston in the American Revolution”. Cost: \$75.00 (All Around New England)

Thursday, May 3, 2018 – “New York’s 9/11 Memorial & Museum” – **SOLD OUT** Cost: \$149.00 (New England Journeys)

Sunday May 6, 2018 – Whaling & Warships – Travel to the New Bedford Whaling Museum to hear about the dangerous voyages taken to achieve the ultimate prize. Visit the Seaman’s Bethel which opened in the 1820’s to offer a place of character building to the seamen employed out of this port. Visit Battleship Cove in Fall River with the world’s largest collection of historic naval ships and lunch on the USS Massachusetts! Cost \$98.00 (All Around New England)

Wednesday, May 23, 2018 – The Everly Brothers & Simon & Garfunkel Tribute – Lantana’s in Randolph. The first half of the show is “Everything Everly with some of their 35 top 100 hits. Followed by the Simon & Garfunkel tribute with songs from their top 50 hits. Complete luncheon is included. Cost: \$92.00 (Best of Times)

Thursday, May 31, 2018 – “The Green Mountain State” – Travel **SOLD OUT** Cost: \$139.00 (New England Journeys)

Saturday, June 2, 2018 – Essex Steam Train & Riverboat! Travel **SOLD OUT**. Cost: \$105.00 (All Around New England)

Sunday, June 3, 2018 – “Lake Winnepesaukee Brunch” – Travel via deluxe motorcoach for a “Champagne Brunch” aboard the m/s Mount Washington as she cruises the water and islands of Lake Winnepesaukee. Next, travel to Canterbury Shaker Village for a guide tour. In it’s heyday – 300 Shakers lived and worked here. Guided tour throughout the village’s buildings, place of worship and landscaped gardens. Cost: \$159.00 (New England Journeys)

Tuesday, June 19, 2018 – Eaglemania at Danversport – The Worlds Greatest Eagles Tribute Band Live in concert. You will hear hits of the Eagles, as well as Don Henley, Glen Frey, and Joe Walsh’s solo albums. Luncheon choice of Chicken or Schrod. Transportation on your own. Cost: 69.00 (Best of Times)

Sunday, June 24, 2018 – “A Seaside Journey” – Travel via luxury 15 passenger van to Cape Ann. Afternoon departure. Enjoy a 2-hour journey with Essex River Cruises along the salt marshes and rivers of Cape Ann. Coffee, tea & pastries aboard. From there, head to Bearskin Neck for a delicious meal at Brackett’s Oceanview, a seaside restaurant overlooking the beach and seacoast. Cost: \$119.00 (New England Journeys)

Sunday, July 1, 2018 – Lunch & Show at Newport Playhouse – Travel to Newport Playhouse for a delicious buffet lunch followed by the show “Remember Me?” Plot: On the surface Mary and Brian (a couple in their fifties) have a comfortable marriage, they seem to have it all. The marriage has grown tired. But one morning while Brian is playing tennis, their lives are turned upside down when Mary’s old college boyfriend show up. After the show, there will be a vaudeville style cabaret with music and songs. Cost: \$96 (All Around New England)

Monday, July 9, 2018 – “Footsteps of JFK” – SOLD OUT. Cost: \$98.00 (New England Journeys)

Thursday, July 12, 2018 – Classic Cape Cod at Heritage Plantation – Travel via 15 passenger luxury van to Sandwich, MA to Heritage Plantation and Gardens. There are award winning flower gardens, waterfall and sculpture exhibit, folk art museums and more. Free trolley service is available through the gardens to minimize walking and to enjoy the essence of tranquility. Full course dinner at the historic Daniel Webster Inn. Cost: \$129.00 (New England Journeys)

Tuesday, July 17, 2018 – Lobster! Lobster! Lobster! – Travel to Foster’s Clambake Restaurant for a traditional lobsterbake. Entertainment by Jimmy Mazz with his impressions of Frank Sinatra, Dean Martin, Tony Bennett, Tony Orlando and more. Cost: \$99.00 (Best of Times)

Thursday, July 19, 2018 – “Downeast Maine Adventure” – Travel via luxury 15 passenger van to Portland for a cruise of the Casco Bay and its islands...Destination: Bailey Island and Cook’s Lobster House for a Lobster Roll, Broiled Haddock, Grilled Chicken Caesar Salad or Grilled Sirloin. Next stop...Freeport. Cost: \$129.00 (New England Journeys).

Thursday, July 26, 2018 – “The Notch Train” - Travel via luxury 15 passenger van to North Conway. Travel via private “dome car” and enjoy spectacular scenery past 50 miles of cliffs, bluffs, ravines and glorious mountain vistas enroute to Crawford Notch. Three course deluxe lunch in the “Hattie Evans” Dining Car. Stop for approx. an hour at Crawford station across from Saco Lake. Cost: \$195.00 (New England Journey)

Saturday, August 11, 2018 -Mainely at Sea – Travel to Portland Maine to catch the ferry to Bailey Island, enjoying a narrated two-hour cruise out to Casco Bay. Once on the island enjoy a light lunch by the water at Cook’s Lobster with your choice of Lobster Roll, Haddock or Chicken sandwich. Stop at Portland Light on the way home. Cost: \$108.00 (All Around New England)

Tuesday, August 14, 2018 – Bobby Rydell Live in Concert! – Legend Bobby Rydell will perform chart busting hits such as Volare, Wild One, We Got Love and many more at the Venus De Milo. Complete luncheon included. Cost: \$99.00 (Best of Times)

Thursday, August 23, 2018 – Strawberry Banke/Winery Tour – Visit the Strawberry Banke Museum, a 10 acre living history museum. Complete luncheon in Portsmouth and a visit to Flag Hill Winery for a tasting. Cost: \$109.00 (Best of Times)

Sunday, September 2, 2018 - Cirque Eloize at Foxwoods Casino – Travel to Foxwoods to see Cirque Eloize celebrate its 25th Anniversary! The show “Hotel” is the story of a place and the travelers who pass through it. A stopover where lives intersect, collide and juxtapose. Acrobatics, theatre, dance and live music, will dray you into a colorful and timeless world. Trip includes a meal voucher good for a free buffet or \$10 towards a meal in one of the Foxwoods restaurants, a free play, driver gratuity, escort, snacks and more. Cost: \$75.00 (All Around New England)

Tuesday, September 11, 2018 – Kenny & Dolly Tribute – Enjoy the songs of both Kenny and Dolly in this fabulous show. Songs include duets of their hits as well as individual hit song from each. Complete luncheon included at the Danversport. Transportation on your own. Cost: \$69.00 (Best of Times)

Thursday, September 20, 2018 – Russian Icon Museum – This is the only museum in the USA dedicated to Russian Icons some dating to the 15th Century! Lunch at a local restaurant, the tour the Worcester Art Museum. When the Higgins Armory closed the collection became part of the Art Museum. Learn about the different kinds of arms and armor that were used by knights and soldiers in this interactive program. Cost: \$96.00 (All Around New England)

Saturday, November 3, 2018 – Mohegan Sun – Enjoy a day at the casino! Trip includes \$10 play coupon, \$15 lunch coupon good for a free buffet or \$15 off a meal in one of the restaurants, escort, driver gratuity, snacks, and more! Cost: \$40 (All Around New England)

Thursday, November 15, 2018 – Rod Stewart Tribute – Join us at the Venus De Milo for lunch and the show. Rob Caudill is the worlds #1 tribute to Rod Stewart. Don’t miss out. Cost: \$92.00 (Best of Times)

Saturday, November 17, 2018 – A Special Thanksgiving Feast – Travel to Amherst NH and Labelle Winery for a very special pre-thanksgiving experience. Demonstration by a chef preparing a fantastic turkey dinner. Everyone will have a complete turkey dinner and sample some wonderful wines. On they way home, a stop at a local orchard. Cost: \$84 (All Around New England)

~MULTI-DAY TRIPS~

PLEASE STOP BY THE SENIOR CENTER TO PICK UP DETAILED FLYERS ON ANY OF OUR TRIPS

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)

April 13-19, 2018 – Cherry Blossom Time in Our Nation’s Capital - SOLD OUT (Mayflower Tours)

April 22-26, 2018 – San Antonio Fiesta – Trip includes round trip air/transfers, 4 nights on the San Antonio Riverwalk, cruise along the Paseo del Rio; Guided tour of San Antonio, reserved seating to the River Parade, visit LBJ National Park, National Museum of the Pacific War, The Alamo and more. Cost from \$2,124 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)

July 8-20, 2018 – Alaska Adventure Cruise – Featuring the Inside Passage, Alaska Railroad and Denali National Park. Trip includes round trip air/transfers, 7 day inside passage cruise on the Norwegian Sun. Visit, Ketchikan, Juneau, Skagway, Glacier Bay National Park, Anchorage and much, much more. Cost: from: \$4,499 p.p., d.o. (Mayflower Tours)

August 19-23, 2018 - Big Sky Montana – Trip includes r/t deluxe motorcoach, r/t air, 4 nights at Big Sky Deluxe Resort, Guided tours of Yellowstone National Park, Top of the Lone Peak, Whitewater River Adventure, 8 meals and much more. Cost: from \$2,599 p.p., d.o. (Best of Times)

September 7-15, 2018 – Colorado’s Historic Trains – Highlights include round trip air/transfers, travel along the Arkansas River Valley; Durango & Silverton Narrow Gauge Railroad; Ride through the Rockies aboard the Cumbres & Toltec Railroad; Ride the Royal Gorge Route across Hanging Bridge; Rocky Mountain National Park; Mesa Verde National Park and much more. Cost from: \$3,249 p.p., d.o. (Mayflower Tours)

September 18-21, 2018 – Western Mass & The Berkshires with The Big E – Trip includes 3 nights first class hotel, all admissions and sightseeing to include Eastern States Exhibition (parade, concert ticket, circus ticket), entrance to the Museums of Springfield, Norman Rockwell Museum, Hancock Shaker Village, Old Sturbridge Village. Special farewell extravaganza at the Yankee Candle Village. Cost from: \$699, p.p., do. (Durgan)

October 7-11, 2018 – Penn Dutch & Gettysburg – Travel via deluxe motorcoach. Highlights include: Meal with Amish Family in their home; Amish Country Homestead, Farmland Tour, Farm Visit, Sight & Sound Theater production of “Jesus”; Battlefield tour in Gettysburg, Confederate Lunch at historic restaurant in Gettysburg, Special Historical presentation and more. Cost from: \$1051 p.p., d.o. (All Around New England)

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 3-12, 2018 – Splendid Sicilia – Trip includes r/t air. Highlights include Palermo, Monreale, Corleone, Cafalu, Farm Visit, Agrigento, Taormina and Siracusa. Cost from \$3,599 p.p.do. Price increase of \$200 for bookings made after May 4th. Join us on Monday, March 12th at 5:30 pm for a presentation on this fabulous program. (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)

December 2-3, 2018 – Holiday Fun in the White Mountains – Enjoy an overnight at the deluxe White Mountain Hotel and Resort. Enjoy an all you can eat Grand Sunday Brunch, Visit Zeb’s old-fashioned Country store, Afternoon show in the Echo Ballroom. Dinner in the Ledges Dining Room. And after dinner and evening Christmas Show! And much more. Cost: \$369 p.p., d.o. (All Around New England)

December 9-10, 2018 – Christmas New York Style – Travel to New York for a fabulous holiday trip. Highlights include: lodging at the Sheraton in Tarrytown, NY, tours of The Union Church of Pocantico Hills, Lyndhurst Castle, Holiday Show at Westchester Broadway Dinner Theatre and of course the Radio City Music Hall Christmas Spectacular Show. Cost from: \$449 p.p, d.o. (Best of Times)

April 19-29, 2019 – Tulip Time on the Rhine & Mosel River Cruise-Cruise aboard the MS Emerald Sun, Highlights include Narrated canal cruise in Amsterdam, Keukenhof Gardens, Cologne Germany, Strasbourg, France, Lucerne, Switzerland and much more. Free air fare if booked by March 31, 2018 after that air is \$850 per person. Cost from: \$3,999 per person, d.o. (Mayflower Tours)

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 (**April 2nd** from 10:30am-11:30am) to learn how to organize your coupons; share coupons ideas and information. Note: April 16th is Patriot’s 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, April 9th**. 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, April 9th** from 1pm-3pm. The book topic will be a Biography. 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.

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!

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, April 26th** from 9am-11:30am. Due to space limitations, if you cannot bring your item on the 29th please do not drop off your items until Wed. April 25th. Thank you.

Mrs. Fix It...Denise Calcagno will be coming to the Senior Center the second and fourth Wednesday’s from 10am-11:30am each month. This month she will be at the Senior Center on **April 11th & 25th**.

Operation Troop Support Items for April—In keeping with the growing needs of our troops, we will be collecting these needed items for the month of April: Needed for the combat support hospitals: new twin sheets, blankets and sweatsuits and as always personal size hygiene 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:

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 meet on the second Thursday of each month at 10:30am. For those who were disappointed that snow caused us to miss Chrys Peralta from Massachusetts Association for the Blind (MAB), mark your calendars for June 14th. For our April 12th meeting, we will get a visit from one of our most popular guests. Gayle Yarnell will share about the wonderful service provided by the Perkins Talking Book Library for those with vision loss, or those who have trouble reading because of the increased struggle to hold a book steady. 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.

CHALLENGES OF LIVING ALONE (CLA) meets on the Fourth Thursday of the month from 1-2pm.

After retirement, or the loss of a spouse, establishing a new normal can take some creativity. On April 26th, we will share ideas on how to occupy yourself, organize your time, and avoid isolation that can occur when your routine changes and you may not have regular contact with the same people in your life. Please come with suggestions! Hope to see you there!

***RESOURCES WANTED! Please bring in the name & contact information for a resource you've used, or would recommend as a "clean-out" service to eliminate junk or valuable items. What organizations will come pick up donated items? Other much requested resources are: repair services and trustworthy appraisers for antiques, collectables or specialty items. If you know of any of these, or similar resources, please bring the information with you on 3/22 or email me at LWestrate@danversma.gov *** The Challenges of Living Alone group is open to anyone looking for support in successful solo-survival. If you have questions about this group, or would like to be added to the group call list, please contact Lisa Westrate, Group Facilitator/Outreach at 978-762-0208 x105.

SENIOR SAFETY - On Monday 4/9* The Danvers **TRIAD** committee will be Joining Residents at Fairweather Apartments to share refreshments and information about safety programs available for Danvers Seniors & Disabled Individuals. Please join us at 1 PM in the Community Room at 11 Porter Street. Call the Senior Center or stop at the front desk to RSVP: 978-762-0208.

*In the event of an unforeseen cancellation, the presentation will be held on 5/14.

Tip:

If you have any doubts whether a business is legitimate, verify it with the Better Business Bureau or the Attorney General.

Never give your credit card or checking account number to anyone who calls on the phone.

AARP Safe Driver Program

Monday, May, 21, 2018 from 10 AM – 3 PM

This course will help adapt to personal changes – vision, hearing, medical conditions, etc. We will show simple safety strategies and how to adapt safety strategies in all driving situations. You will learn of the changes in Massachusetts driving laws and review available technology to aid senior drivers. Some insurance companies in Massachusetts give an additional discount for any students who complete this class. Cost is \$15 for AARP members and \$20 non members. **CHECKS ONLY – payable to AARP.** Please put your membership number on the check.

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

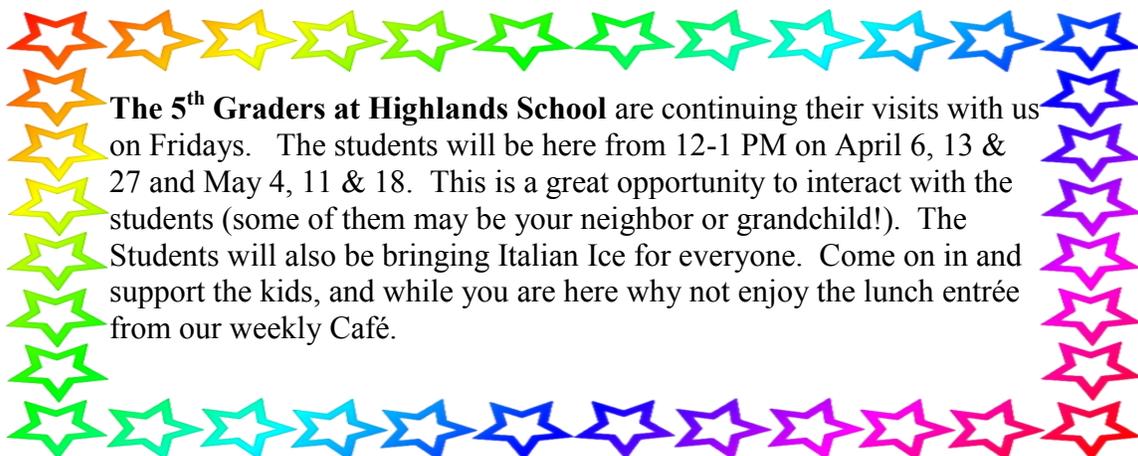
DEPARTS at **8:30 am** 1st Tues & 3rd Wed each month
Torigian Community Life Center
Peabody Council on Aging
79 Central St. Peabody

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.

FUEL ASSISTANCE

Fuel Assistance is available for those whose income is less than \$34,380 for an individual or \$44,958 for a household of two. To apply call NSCAP directly at 978-531-0767 to make an appointment. You can also contact Lisa Westrate at 978-762-0208 x105 to schedule an appointment at the Senior Center. Lisa also makes home visits, if necessary, upon request.



The 5th Graders at Highlands School are continuing their visits with us on Fridays. The students will be here from 12-1 PM on April 6, 13 & 27 and May 4, 11 & 18. This is a great opportunity to interact with the students (some of them may be your neighbor or grandchild!). The Students will also be bringing Italian Ice for everyone. Come on in and support the kids, and while you are here why not enjoy the lunch entrée from our weekly Café.

Kevin M. Lyons · Amanda Lyons Brinkley · C.R. Lyons III

C.R. Lyons & Sons

FUNERAL DIRECTORS
28 Elm Street • Danvers Square

978-777-7900
www.lyonsfuneral.com

*A Danvers family serving the community
for over eighty years.*

Assisted Living Specializing in Memory Care



SEASONS OF DANVERS
A MEMORY CARE ASSISTED LIVING COMMUNITY
MANAGED BY NORTHBRIDGE COMPANIES

Just off Route 62
at 44 Summer Street
in Danvers, MA

Call us anytime at
978.777.0230
to stop in for lunch
& see our model
apartments.

Visit us online: seasonsofdanvers.com

**HELPING PATIENTS RECOVER
IN "SUITE" STYLE!**



Hathorne Hill
Genesis HealthCare®

15 Kirkbride Drive | Danvers, MA 01923
978-716-3600 | www.HathorneHill.com

Located across from Lahey Outpatient Center in Danvers



Twin Oaks Center
Genesis HealthCare®

ShortStay Care | LongTerm Care | Dementia Care

63 Locust Street - Danvers, MA 01923-2240
978-777-0011 - www.genesisbcc.com



The Brentwood
Rehabilitation & Healthcare Center
A Proud Member of Marquis Health Services

56 Liberty Street
Danvers, MA 01923
978.777.2700
TheBrentwoodRehab.com



Neuro Recovery
Our innovative program, under our team of
neuro physicians use the latest technology.



Joanne MacInnis, RN
President / Owner

Aberdeen Home Care, Inc.
8 Cherry Street Danvers, MA 01923
Cell: 978-500-5161 Fax: 978-927-3392

ABERDEEN
HOME CARE, INC.




**We'll take care
of your family
like you're a part
of ours.**

CareDimensions.org
888-283-1722



CareDimensions
HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

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)



Due to the Blizzard on March 13th, we invite those birthday people as well as April Birthday's to join us for lunch which will be held on Wednesday, April 11th at 12pm. If you are celebrating a birthday in the month of March or April, lunch is on us! Please call & register by Tuesday, April 10th 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.

OUR CORPORATE SPONSORS

Please present your card when requesting a discount

Cherry Street Chiropractic & Wellness Center, call for a Free Osteoporosis Screening 978-774-4468.

Curran Brothers Florists, 10% off cash & carry sales (no wire orders)

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

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

Lahey Health at Home, Providing quality in home care since 1987 at 978-922-7062

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

April 2018 Congregate Meal Program Suggested Donation: \$2.25

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) Beef Stew w/mashed potatoes, chocolate mousse & biscuit Cal: 840; Sod: 862</p>	<p>3) Lemon Thyme Chicken w/garden salad, dressing, roasted potatoes, fruit crisp & dinner roll Cal: 837; Sod: 603</p>	<p>4) Sweet & Sour Chix Meatballs w/ fried rice, mandarin veggie blend, pineapple& oatmeal bread Cal: 829; Sod: 767 Café: Bowl of Sundried Tomato/ Chicken & White Bean Soup w/ artisan bread</p>	<p>5) Hot Dog w/mustard & relish, carrots, baked beans, mandarin oranges & hot dog roll Cal: 746; Sod: 1271</p>	<p>6) Stuffed Shells w/marinara sauce, roasted cauliflower, minestrone soup, crackers, cantaloupe & hearty wheat bread Cal: 590; Sod: 1188 Café: Pork Chops O'Brien, casserole of sautéed pork chops baked w/ potatoes, sour cream, cheese and French Fried Onion rings, corn & warm dinner roll</p>
<p>9) Beef Shephard's Pie w/ mashed potato, corn, peas, roasted butternut squash, chocolate cake & whole wheat bread Cal: 744; Sod: 672</p>	<p>10) Chicken Marsala w/ fresh mushrooms, roasted carrots, rice, mandarine oranges & oatmeal bread Cal: 633; Sod: 731</p>	<p>11) American Chop Suey w/marinara sauce, broccoli, caesar salad w/dressing, chilled fruit, snack & loaf Cal: 912; Sod: 990 Café: Stuffed Red Peppers w/ warm pita bread w/butter</p>	<p>12) Chicken Pot Pie w/peas & carrots, steamed red bliss potatoes, yogurt & juice & dinner roll Cal: 752; Sod: 967</p>	<p>13) Potato Pollock w/tartar sauce, mac & cheese, tomato soup, crackers, cantaloupe & whole wheat bread Cal: 724; Sod: 1052 Café: Chicken Cordon Bleu w/ homemade rice pilaf & fresh broccoli</p>
<p>16) Patriot's Day Senior Center Closed Before getting lunch, please inform your server of any allergies you may have</p>	<p>17) Travel Chef French Crepes w/turkey, spinach, & swiss crepe creamy mushroom sauce, wild rice pilaf, peas & asparagus, parker house roll, Boston cream cake</p>	<p>18) Honey Rosemary Pork w/ roasted sweet potato, mushroom soup, crackers, coconut cake & multigrain bread Cal: 809; Sod: 1019 Café: Famous Burger Bar with all the fixings & french fries</p>	<p>19) Spring Celebration Seafood Bake w/ paella style rice w/ peas & turmeric, zucchini & summer squash blend, strawberry mousse & pull apart roll</p>	<p>20) Broccoli & Cheese Egg Bake w/ red bliss potatoes, maple glazed carrots, mandarin oranges & oatmeal bread Cal: 829; Sod: 871 Café: Freshly made Chicken Salad w/cranberries & walnuts served on artisan bread w/potato chips</p>
<p>23) Stuffed Pepper w/rustic tomato sauce, au gratin potatoes, barley & veg soup, crackers, raisins & snack & loaf Cal: 984; Sod: 818</p>	<p>24) BBQ Chicken w/ green beans, baked potato, sour cream, mandarin oranges & corn bread Cal: 710; Sod: 756</p>	<p>25) Haddock w/lemon wedge, rice pilaf, broccoli & cheddar soup, crackers, chilled pineapple & multigrain bread Cal: 896; Sod: 1220 Café: Homemade Meatloaf w/ Pam's mashed potatoes, corn, warm roll & butter</p>	<p>26) Roasted turkey w/ gravy, cranberry sauce, peas, whipped potatoes, fruit crisp & whole wheat bread Cal: 661; Sod: 922</p>	<p>27) Salisbury Steak w/gravy, sweet potatoes, corn & red pepper mix, Jell-o & whole wheat bread Cal: 705; Sod: 864 Café: Individual Serving Quiche Lorraine w/hash brown potatoes</p>
<p>30) Lasagna w/marinara sauce, peas, caesar salad w/dressing, cantaloupe & whole wheat roll Cal: 612; Sod: 1148</p>	<p>To make a reservation for lunch please call no later than 10am the day before</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 10am-11am Coloring 10:30am Couponing w/Judi 1pm-4pm Card/board games (free) 9:30-10:30am Tai Chi for all \$25/\$35 1pm-3:30pm Beginner/Intermediate Watercolor, \$55/\$75 (6 classes) 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes)</p>	<p>3) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>4) 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 2:30-3:30pm Line Dancing \$5/\$7</p>	<p>5) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>6) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Will Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>9) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 9:30-10:30am Tai Chi for all \$25/\$35 9:30am-12pm Crazy Cards \$1/\$3 10am-11am Coloring 1pm-3pm Book Club (free) 1pm-4pm Card/board games (free) 1pm-3:30pm Beginner/Intermediate Watercolor, \$55/\$75 (6 classes) 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes)</p>	<p>10) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>11) 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) 10am-11:30am Mrs. Fix It 10:30am-11:30am Parkinson's Fitness 12pm Birthday Lunch 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 2:30-3:30pm Line Dancing \$5/\$7</p>	<p>12) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 10am-11am Pound Fitness \$30/\$45 (6 classes) 10:30am Low Vision Mtg 1:15pm-3:00pm Maple Sugar Jazz Band 1:30pm-3:30pm Mah Jongg \$25/\$35 (6 classes)</p>	<p>13) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Will Bowling 10am BINGO 10am-2pm Podiatry Clinic 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>16) Patriot's Day Senior Center Closed</p>	<p>17) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>18) 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 2:30-3:30pm Line Dancing \$5/\$7</p>	<p>19) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>20) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Will Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>23) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 10am-11am Coloring 1pm-4pm Card/board games (free) 5:30pm Evening Book Club</p>	<p>24) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>25) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 10am-11:30am Mrs. Fix It 10:30am-11:30am Parkinson's Fitness 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 2:30-3:30pm Line Dancing \$5/\$7</p>	<p>26) 9am-11:30am Mr. Fix It 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band 1pm CLA Mtg</p>	<p>27) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Will Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Fitness Class, call Paula to register</p>
<p>30) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 10am-11am Coloring 1pm-4pm Card/board games (free)</p>	<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>		



**In Memory of
Marie Ciruolo**

By

The Adrien Family, Ms. Jolyne Boyle,
Mr. & Mrs.

Francis Casali, Jr.,

The Cobuzzi Family (Donna,
Antionietta, Frank & Maria) Mr. & Mrs.
Antonio Cobuzzi, Mr. & Mrs. John
Coviello, Wayne & Toni Keller, Mr. &
Mrs. Guy Labrecque,

Donata Mosho, Roger & Audrey
Michaud, Ms. Norma Painchaud,
Dick & Pat Rogers, Staff at Garrett
Nagle & Co, Nils & JoAnn Swanson,
Mr. & Mrs. Donald Terenzoni

GIFTS TO THE FRIENDS OF THE DCOA



**In Memory of
Rudy Marcucci**

By

Mr. & Mrs. Robert Brooks, , Marjorie
Crosby, Terri Groome & Paul Belanger

**In Memory of
Thomas Gauthier**

By

Ernie & Tina Bianco

**In Memory of
Roz Masse**

By

Judy Cummings, Marie Deschamps,
Valerie Hatch, Joyce Hampson & Edie
Santamaria, Buffy Spencer & Donald
Williams

**In Memory of
George Summers**

By

Donna Eovacious

**In Memory of
Jacob H. Shafman**

By

Joyce Hampson

**In Memory of
Joe Sadoway**

By

Mr. & Mrs. Timothy Chicoine, Ms. Nan-
cy Mento, Mr. & Mrs. Bruce Milani,
Mr. & Mrs. George Papamechail

Friends of the Danvers Council on Aging

A Living Memorial / Honor

25 Stone Street, Danvers, MA 01923

**In lieu of flowers, please consider
making a tax-deductible contribution
in memory of a loved one. This
coupon is for your convenience in
making a gift that will bring more
opportunities and enhance services
for senior citizens today and tomorrow.
Families of those honored will be
notified of your contribution.**

I am enclosing \$ _____ (Please make check payable to FRIENDS
of DCOA)

Please check one of the following:

In Memory of _____ In Honor of _____

Send Card to: _____

Address: _____

City: _____ State: _____ Zip: _____

Donor's Name _____

Address: _____

City: _____ State: _____ Zip: _____

This newsletter is made possible through funding assistance from THE FRIENDS OF THE DANVERS
COUNCIL ON AGING AND THE EXECUTIVE OFFICE OF ELDER AFFAIRS.

NON-PROFIT ORGANIZATION
U.S. Postage Paid
Bulk Permit No. 109
Danvers, MA 01923

Danvers Senior Center
25 Stone Street
Danvers, MA 01923