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.

Men’s Club—Monday, September 17th at 5:30 p.m.—Welcome back after a long hot summer! For our first meeting of the season we will be inviting Bob Upton to share his knowledge and slide show of over 100 slides of Revere Beach, “Then & Now”. Bob will guide us through the early years of “the beach” before 1896 until today at America’s First Public Beach. Bob has been sharing the rich history of Revere Beach with audiences throughout the region and the world online for more than 20 years. This presentation is very interactive as Bob will encourage participation and engagement with the audience. Please join us and share your memories and recollections of Revere Beach “Then & Now”. The menu will be provided by Fresh Food Catering and will be antipasto, crusty scala bread, chicken parmesan rosa, served over penne pasta & chocolate chip cannoli. Charge of $8pp for members of FDCOA and $10pp for non-members. Tickets are on sale now.

The Evening Dinner— Thursday, September 20th at 5pm. The meal is provided by Henry’s of Beverly. The menu will be signature chicken pot pie with mashed potato, fresh rolls & strawberry shortcake cup for dessert. Cost: $9 for FDCOA members & $11 non members. Tickets on sale now.

Danvers-Peabody 50 + Job Seekers Regional Networking Group!
Networking Works!! Your AGE really is your EDGE!! Start your journey toward self-realization, re-invention and transformation! For Mature Job Seekers...that’s YOU! (50 years of age +)
Tuesday, September 11th from 4:30pm-6:30pm at Danvers Council on Aging, 25 Stone St. Please call 978-762-0208 to register.

Sponsored by:
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Save the Date

9/2 Cirque Eloize at Foxwoods Casino Trip
9/7 Podiatry Clinic, 10am-2pm (by appt. only)
9/10 Crazy Cards, 9:30am-12pm
9/10 Book Club, 1pm-3pm
9/11 Kenny & Dolly Tribute Trip
9/12 Birthday Lunch, 12pm
9/17 Couponing with Judi, 10:30am-11:30am
9/17 Men’s Club, 5:30pm
9/18 Popcorn & a Movie, 1pm (see pg 4 for info)
9/27 Mr. Fix It, 9am-11:30am

- 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

Timely Topics

10:30am-11:30am

9/26 “Protect Your Independence and your nest Egg” – Atys Patrick Curley and Lucy Budman will present how you can protect assets, avoid costly probate and take control of your future and maintain your independence. You can RSVP to the Senior Center or Curly Law Firm at 781 245-2222 x 10.

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.

Travel Chef

September 18th at 12pm—Breakfast for Lunch. The entree will be: Frittata w/sausage, peppers & onions, spinach salad w/mandarins, citrus dressing, home fries, blueberry muffin & fruit salad. Suggested donation of $2.25 per person. Reservations by Monday, September 17th at 10am please.
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. Proper disposal of prescription drugs has become a problem for every community in the United States. The number of Americans who abuse prescription drugs illegally now exceeds the number of Americans who abuse cocaine, hallucinogens, inhalants, and heroin combined. Studies have shown that prescription drug abusers sometimes get the pills from medicine cabinets in homes. According to the Environmental Protection Agency, "The age-old advice of flushing pharmaceuticals down the toilet is now considered to be the least desirable of all alternatives." Once flushed down the drain or toilet, expired or unwanted medications become a source of pollution in wastewater and they generally can not be removed by treatment plants or septic systems. The Danvers Police Department provides a safe location in the lobby of the police station for Danvers residents to properly dispose of their unwanted prescription medications. The police department partnered with the United States post office who donated a used mailbox to be used as a secure safe for these items. There is also another used mailbox available for the safe disposal of used needles or “sharps”.

**Bingo Bonanza**  
**Wednesday, September 19th, 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 19th from 11am-2pm** 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!

**Hunt Nursing & Retirement (Lindall Street)**  
**2:15pm-3:15pm**
Wednesday, September 12th, Dave Caponigro  
Monday, September 17th, Joey Canzone  
Wednesday, September 26th, Bob Allison  
There is no charge for this, but please register in advance by calling the senior center at 978-762-0208.
Evening Book Club – The Book Club will meet next on Monday, September 17th at 5:30 PM. The book this month is “The House We Grew Up In” by Lisa Jewell

PLOT: Meet the picture perfect Bird with 4 children. Their father is a sweet, gangly man, but it’s their beautiful, free-spirited mother Lorelei who spins the center. In those early years, Lorelei tries to freeze time by filling their simple home with precious mementos. Easter egg foils are her favorite. She hangs all the children’s art, to her husband’s chagrin. Then one Easter weekend, a tragedy so devastating occurs that, almost imperceptibly, it begins to tear the family apart. Years pass and the children have become adults, while Lorelei has become the county’s worst hoarder. She has alienated her husband and children and has been living as a recluse. But then something happens that beckons the family back to the house they grew up in – to finally understand the events of that long-ago Easter weekend and to unearth the many secrets hidden within the nooks and crannies of home. Please call Paula at 978 762-0208 x104 if you will be attending.

Popcorn & A Movie – Join us on Tuesday, September 18th for “Won’t You Be My Neighbor”. Plot: This documentary paints a portrait of the philosophy and work of cardigan-wearing children’s entertainer Fred Rogers, star of the popular show “Mister Rogers’ Neighborhood.” Mister Rogers creatively communicated themes of empathy and acceptance using a colorful cast of puppets and friends for more than 30 years. Along with archival footage, Rogers’ contemporaries and castmates reflect on his legacy. Rated PG-13 by the Motion Picture Association of America for Language, Mature Thematic issues. Please sign up at the front desk, or call the center at 978 762-0208 if you plan on 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 July winner was Cynthia Landry who received 4 free Strong Women classes. 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!

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, October 22nd 9am-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.
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.

<table>
<thead>
<tr>
<th>Mon, Tues, Wed, Thurs &amp; Fri</th>
<th>9:30-1:30pm</th>
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<tbody>
<tr>
<td>Senior medical rides to and from Danvers, Salem, Peabody and Beverly.</td>
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<tr>
<th>Time</th>
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<tr>
<td>9:30am—11:30am</td>
<td>Lunch pickups to Sr. Ctr</td>
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<tr>
<td>12:30pm</td>
<td>Shoppers (from Sr. Ctr)</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Sr. Center Returns</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Shoppers Returned Home</td>
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<tr>
<td>3pm (Thurs only)</td>
<td>Band Returns</td>
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Shopping Schedule

Transportation leaves for a shopping location from the Senior Center at 12:30pm.

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Market Basket, Middleton</td>
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<tr>
<td>Tue</td>
<td>Stop &amp; Shop (Rte 1/62), Danvers</td>
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<tr>
<td>Wed</td>
<td>Market Basket, Danvers or Target at Liberty Tree Mall</td>
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<tr>
<td>Thu</td>
<td>Shaw's in Peabody or North Shore Mall, Peabody</td>
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<tr>
<td>Fri</td>
<td>Wal-Mart (Rt 114)</td>
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PLEASE NOTE: The limit is 2 canvas bags per person only. All shoppers need to be ready for a return ride home by 2pm.

VOLUNTEER OPPORTUNITIES

We are interested in reaching out to our friends at the senior housing properties and beyond and to do this we are looking for volunteers who would be willing to visit with folks and introduce our programs and services to those who may not be familiar with us. It is important that volunteer is familiar with the center and what we do. Clear communication and a friendly demeanor a must. Driver’s license and Cori Background check is required. Please contact Cathy for further information.

We have a gentleman who is willing to help with small odd jobs and removal of A/C units. If you need help please call the center and we will put you in touch with our volunteer.
(All Day Trips Include Motorcoach Transportation from the Senior Center Unless Specified)

Sunday, September 2, 2018 - Cirque Eloize at Foxwoods Casino - SOLD OUT. 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)

Tuesday, October 9, 2018 - Jack-o-Lantern Spectacular at Roger Williams Park Zoo - You will marvel at a display of over 5,000 jack-o-lanterns illuminated in a night-time spectacle like you’ve never seen. Dinner at Union Station Brewery in Providence. Cost: $115.00 (New England Journeys)

Friday, October 12, 2018 - Mohawk Trail - Visit Shelburne Falls, The Bridge of Flowers, Mount Greylock & The Hairpin Turn. Enjoy a complete dinner at the Golden Eagle Restaurant. Cost: $125.00 (New England Journeys)

Sunday, October 14, 2018 - “Friesians of Majesty” - Travel to the Green Mountains and experience the most beautiful and mesmerizing horses in the world. Complete luncheon at the New England House in Brattleboro. Travel to Townsend to visit the amazing horses for a dazzling 2 hour show presenting their skill and glamour. You’ll view their European stables and meet these gentle giants up close! Cost: $125.00 (New England Journeys)

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)
2018 DAY TRIPS

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)

Saturday, December 8, 2018 – Yuletide Newport - Head to Newport RI for a visit to “The Marble House” built in 1888 - fully decorated in holiday style. Delicious luncheon on the waterfront and a visit to LaSalette where New England’s largest and most colorful lights are on display. Cost: 129.00 (New England Journeys)

Wednesday, December 12, 2018 – Holiday Pops - SOLD OUT Cost: $159.00 (New England Journeys)

Saturday, December 15, 2018 – A Yuletide Journey - Travel to Spencer, Mass. to visit the St. Joseph’s Abbey, Lunch at the Salem Cross Inn, visit to Yankee Candle and then “Bright Lights” for an amazing spectacle of color and holiday lights. Cost: $109.00 (New England Journeys)

SUPPORT SERVICES

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.

Jewelry Donations for Annual Holiday Fair

Since we sold out of all our jewelry at the Holiday Fair last year, we are starting to accept donations of costume jewelry for our Holiday Fair this December. You may drop jewelry donations to Paula anytime now. As always, thank you all for your support!
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)

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 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)
March 3-7, 2019 – Spotlight on San Antonio – Trip includes r/t air, single hotel stay, River Walk, Mission San Jose, The Alamo, LBJ Ranch, Paseo del Rio Cruise and much more. Cost: from $1,999 p.p., d.o. Rates go up $100 for bookings after 10/3/18 (Collette)

March 29-April 12, 2019 – Southern Caribbean Cruise from Boston – trip includes 14 night cruise aboard the NCL Gem, $300 on board credit, on board gratuities, Best of Times tour of St. Thomas, ultimate beverage package, and ports to include: St. Thomas, St. Maarten, Antigua, Barbados, St. Lucia, St. Kitts, Tortola and much, much more. Cost: from: $1,949 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)

May 7-14, 2019 – Discover Mackinac Island – Featuring the Grand Hotel and the Tulip Festival. Trip includes r/t air, highlights include: Chicago, Millennium Park, Holland Tulip Festival, Grand Rapids, Mackinac Island, The Grand Hotel, Frankenmuth, Greenfield Village and Henry Ford Museum. Cost: from $2,999 p.p., d.o. Rates go up $100 for bookings after 11/7/18. (Collette)


TRAVEL TALKS

Join us on Wednesday, September 5th at 5:30 PM for a presentation on the newly added tour “Tulip Time on the Romantic Rhine River Cruise” scheduled for April 17 2017. Megan Long of Mayflowers tours will present a slide show. This tour includes free air fare until 9/12/18. You only need to place your deposit now to ensure this offer. Please call Paula at 978 762-0208 to register.

Join us on Tuesday, September 25th at 10 AM as Vinnie Brown of Collette presents a program on the upcoming San Antonio Trip as well as the Mackinac Island Trip. Please call Paula at 978 762-0208 to register for this program.
Before getting lunch, please inform your server of any allergies you may have.

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<tr>
<th>September 2018</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>3) Labor Day</td>
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<tr>
<td><strong>Senior Center Closed</strong></td>
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<tr>
<td>10) Breaded Fish w/tartar sauce, macaroni &amp; cheese, broccoli, raisins &amp; multigrain bread Cal: 757; Sod: 840</td>
</tr>
<tr>
<td>17) Hamburger w/ketchup, potato wedges, peas, yogurt &amp; juice &amp; hamburger bun Cal: 875; Sod: 1152</td>
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<tr>
<td>24) Beef Stew w/peas &amp; carrots, whipped potatoes, brownie &amp; whole wheat roll Cal: 835; Sod: 683</td>
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| **Tuesday**    |
| 4) Stuffed Shells w/marinara sauce, broccoli, garden salad w/dressing, chilled pears & Vienna bread Cal: 736; Sod: 941 |
| 11) Turkey w/gravy, cranberry sauce, whipped potato, carrots, apple crisp & scali bread Cal: 606; Sod: 926 |
| 18) Travel Chef  Breakfast for lunch Frittata w/sausage, peppers & onions, spinach salad w/mandarins, citrus dressing, home fries, blueberry muffin & fruit salad Cal: N/A; Sod: N/A |
| 25) Teriyaki Chicken Meatballs w/jasmine rice, mandarin veggie blend, chilled mandarin oranges & Vienna bread Cal: 627; Sod: 774 |

| **Wednesday**  |
| 5) Sliced Steak w/mixed green salad, tomato & cucumbers, veggie pasta salad, dressing, chilled pineapple & wheat bread Cal: 977; Sod: 438 |
| 12) Deviled Egg Salad w/lettuce leaf, chicken noodle soup w/crackers, tomato & cucumber salad, honey dew & hot dog roll Cal: 616; Sod: 901 |
| 19) Baked Haddock w/lemon wedge, whipped potato, caesar salad, snack & loaf & multi grain bread Cal: 690; Sod: 1180 |
| 26) Turkey & Cheese Sandwich w/lettuce leaf & mayo, pasta salad, tomato soup, crackers, cantaloupe & oatmeal bread Cal: 790; Sod: 1076 |

| **Thursday**   |
| 6) Little Italy Chicken Parmesan w/fresh marinara, fettuccini noodles, zucchini & summer squash w/Parmesan cheese, tiramisu & garlic bread Cal: 890; Sod: 955 |
| 13) Meatball Sub w/marinara sauce, sweet potato fries, garden salad, dressing, chilled pineapple & sub roll Cal: 616; Sod: 901 |
| 20) Lasagna w/marinara sauce, green beans, kale & white bean soup, crackers, cantaloupe & oatmeal bread Cal: 631; Sod: 864 |
| 27) Orange Bourbon Chicken w/whipped potatoes, green beans, jello, white bread Cal: 607; Sod: 783 |

| **Friday**     |
| 7) Rib Q w/BBQ sauce, whipped potato, seasoned carrots, Jello & hamburger roll Cal: 639; Sod: 1174 |
| 14) Chicken Fajita w/green pepper & onion, corn, seasoned black beans, salsa, flan style pudding & whole grain tortilla Cal: 719; Sod: 1037 |
| 21) Pineapple Chicken w/fried rice, carrots & cheddar cheese & white bread Cal: 782; Sod: 564 |
| 28) American Chop Suey w/onions & peppers, broccoli, mixed green salad w/ranch, raisins & whole wheat dinner roll Cal: 841; Sod: 956 |

**Suggested Donation $2.25**

**Wednesday**

**Thursday**

**Friday**

**Café:**
- Pulled Pork Sandwich & coleslaw
- Pork Chops O’Brien w/green beans & a roll
- Polish Cabbage Rolls (galumpki’s) w/a crusty roll
- Gourmet Grilled Cheese on artisan bread w/pecans & red pepper jelly served w/tomato bisque
- Italian Stromboli filled w/prosciutto, salami, mortadella & cheese served w/pasta vegetable salad
- Cheese Steak Sub w/peppers & onion, chips & a pickle

Calories: N/A; Sod: N/A

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<th>Activity</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
<td>9:15am</td>
<td>Strong Body Exercise</td>
<td>Paula</td>
<td>$5</td>
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<tr>
<td>10am</td>
<td>Chair Toning</td>
<td>Paula</td>
<td>$30</td>
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<tr>
<td>10:15am</td>
<td>Tai Chi</td>
<td>Paula</td>
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<tr>
<td>2:30pm</td>
<td>Chair Yoga</td>
<td>Paula</td>
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<td>2:30pm</td>
<td>Card/Board games</td>
<td>Free</td>
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<tr>
<td>3:30pm</td>
<td>Line Dancing</td>
<td>$5/$7</td>
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<td>4:30pm</td>
<td>Open Desk</td>
<td>Free</td>
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<tr>
<td>5:00pm</td>
<td>Open Desk</td>
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**Seniors**

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**Fitness Classes**

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**Card Games**

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<th>Activity</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15am</td>
<td>Strong Body Exercise</td>
<td>Paula</td>
<td>$5</td>
</tr>
<tr>
<td>10am</td>
<td>Chair Toning</td>
<td>Paula</td>
<td>$30</td>
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<tr>
<td>10:15am</td>
<td>Tai Chi</td>
<td>Paula</td>
<td>$25</td>
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<tr>
<td>2:30pm</td>
<td>Chair Yoga</td>
<td>Paula</td>
<td>$25</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Card/Board games</td>
<td>Free</td>
<td></td>
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<tr>
<td>3:30pm</td>
<td>Line Dancing</td>
<td>$5/$7</td>
<td></td>
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<tr>
<td>4:30pm</td>
<td>Open Desk</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td>Open Desk</td>
<td>Free</td>
<td></td>
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</table>

**Other Activities**

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>Open Desk</td>
<td>Free</td>
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</tr>
</tbody>
</table>

**Notes:**

- All activities are free unless otherwise noted.
- Fee is for class only, not per activity.
- Contact Paula for registration or more information.
As Fall approaches it is time again to reach out to our Friends of the Council on Aging, as we begin our 2018-2019 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:
- Continued funding for the Supportive Day Program
- Seasonal planting and holiday decorations for the COA grounds
- Lifetime enrichment scholarships; 5 @ $200.00, 1 @ $500.00
- Maple Sugar Jazz Band
- Replacement vans to provide transportation for the Senior Center
- Volunteer Appreciation Night
- New DCOA apparel for van drivers
- New microphone
- Window tinting in hallway to reduce sun glare

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
2018-2019 President

__________________________

$125 (above) 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.
September 1, 2017—August 31, 2018

**Diamond:** Margaret Aieta, Polly Armstrong, Dominic Benedetto, Tina Bianco, Ernest, Bianco, Vincenza Bohanon, Beverly Bolduc, Fred Carnevale, Linda Carnevale, Lawrence Chisholm, Judy Chisholm, Anne Cyr, Dorothy Gamache, Eleanor Hersey, Ken Hersey, Mary Ann Kent, Robert King, Jacob Kriteman, Melody Kriteman, Gloria Lipinski, Helen McCauley, Marsha McDermott, Violet Ohanasian, Marigeri, Parks, Eleanor Ross, Dorothy Sabol, Samuel Sayward, Ann Sayward, Ron Walden & Charles Winder.


**Silver:** Margaret Adrien, Gayle Albani, Mary Allen, Jeannette Amero, Eileen Amore, Warren Anderson, Betty Anderson, Rosalie Anderson, Janice Arnoldy, Mary Arsenault, Francis Arsenault, Beatrice Atwood, Betty Avila, Thomas Ayers, Frank Babb, Cathy Babb, Grace Backman, Linda Baker, Gayle Barstow, Greg Barstow, Rochelle Bartlett-Ayer, Dorothy Bates, Claudette Bean, Mary Beatrice, Barry Beausoleil, Rita Beauvais, Joan Bentley,

Thank you to all our donors. It is through the generosity of people like you that enables us to provide much needed social, education, and recreational programs.

Please see the Friends Membership renewal plea that is located on page 12 of this newsletter. Your continued support as always is greatly appreciated.
MEMORY CAFÉ

Memory Café is coming to the Senior Center! A Memory Café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory Cafés meet at a variety of places in Massachusetts communities. Each memory café is different. Some cafés invite guest artists, some offer information about memory changes and all cafés are about relaxing and chatting. All cafés share these goals:

- To help guests feel comfortable and to know they are not alone.
- To talk with others who understand what you are going through.
- To leave behind limitations and instead focus on strengths.
- To enjoy the company of others.
- To explore something new.

Join us for refreshments, activities and conversation in a welcoming place for caregivers and individuals living with memory changes October 9th and November 13th 1:30-3pm. RSVP requested but not required. For further information, contact Judith Ryan 978-762-0208

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It’s that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from October 15th through December 7th! REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call the Danvers Council on Aging at 978-762-0208 or call 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 volunteer will call you back, as soon as possible.
**ACTIVITIES**

**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 17th from 10:30am-11:30am) to learn how to organize your coupons; share coupons ideas and information. **Note:** September 3rd 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 10th** 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 10th** from 1pm-3pm. The book topic will be Code Girls by Liza Mundy. 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.

**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 27th** from 9am-11:30am. Due to space limitations, if you cannot bring your item on the 27th please do not drop off your items until Wed. September 26th. Thank you.

**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!
**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 and as always personal size hygiene items. Please drop off items at the Danvers Council on Aging, 25 Stone Street.

**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.

**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 (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!!!

**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.

**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!

**Medical Equipment** — At this time, we do not have storage for any more equipment. We will advise when we run low on items.

**BLOOD PRESSURE CLINIC**

**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.
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 2nd Thursday of each month.
Our next meeting is on September 13th at 10:30am. If you would like to learn more about the group or need assistance, call Lisa Westrate, Group Leader/Outreach, at 978-762-0208 x105. Have a peaceful and safe summer!

CHALLENGES OF LIVING ALONE (CLA):
The CLA group is open to anyone looking for support in successful solo-survival! After our summer break, we’ll resume our monthly meetings on Thursday, 9/27, at 1pm. Do you know what options are available to you in the future? Would you like to remain home for as long as possible, but don’t know what resources and supports are available? Do you wonder where you could turn for guidance to learn more about facilities in the area that could meet your needs? Kathy Perrella, Program Manager for the Options and Caregiver Programs at NSES, will meet with us on September 27th, to tell about these valuable resources. Option Counselors can explore with you what supports, services, and resources are available to remain as independent as possible. Following her general overview of the Options Program and Caregiver Program, Kathy will use the rest of the time to answer individual questions. If you would like to learn more about the group, please contact Lisa Westrate, Group Leader/Outreach at 978-762-0208 x105

SENIOR SAFETY - On Monday 9/17*, members of the Danvers TRIAD committee will be joining residents at Tapley Manor to share information about safety programs available for Danvers Seniors & Disabled Individuals. Please join us at 1:30 PM at for refreshments and presentation in the Community Room. 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 9/24.

FUEL ASSISTANCE - Yes, it may still be wicked hot outside but the heating season is right around the corner! It’s not too early to consider whether one is eligible for fuel assistance. In September North Shore Community Action Program (NSCAP), will begin to mail out re-certification applications for those who were enrolled in the program during the 2017-2018 fuel season. For those interested in applying for the first time for the 2018-2019 fuel season may contact NSCAP at 978-531-0767 in mid-October to make an appointment. Alternatively, Danvers seniors who would like assistance with the application or recertification process, can call Lisa Westrate at 978-762-0208 x105 to make an appointment.
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 $2,023/mo & assets less than $5,000 Couple: Combined income is below $2,743/mo & assets less than $9,800

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.

For information about Chapter 115 Benefits or to schedule an appointment, contact Danvers Veterans' Service Officer, Peter Mirandi, at (978) 777-0001 x 3025 or Outreach Coordinator, Lisa Westrate, at (978) 762-0208 x105
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)

Birthday Lunch (The 2nd Wednesday of each month)
The next Birthday Lunch will be held on Wednesday, September 12th at 12pm. If you are celebrating a birthday in the month of September, lunch is on us! August’s Birthday were from left Ester Pelletier, Barbara Chambers and Peg Collins. Please call & register by Tuesday, September 11th at 10am.

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.

<table>
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<th>Weekly</th>
<th>Monthly</th>
<th>Annual</th>
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<tr>
<td>1</td>
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<td>2</td>
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<td>4</td>
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<td>$2,628.00</td>
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</tbody>
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Verification of identity, age, residence and income will be required upon applying. Please contact Lisa Westrate at 978-762-0208 for more information.
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.

A Living Memorial / Honor

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: ____________________________ State: _________ Zip: _________

City: ____________________________

Donor’s Name
____________________________________________________________________________________________

Address: ____________________________ State: _________ Zip: _________

City: ____________________________

In Memory of
Larry Mallia
By
Donna Bonomo, Marion & Dana Carr, Patricia & John Cassola, Richard & Diane Cullen, Gauthier & Co., Amy Graydon, Rose Moschetto, Rose Marie Pellicio, Ralph & Marie Reid, Richard & Sharon Stansfield, Jill Sterner

In Memory of
Robert Martin
By
Michelle & Douglas Abell

In Memory of
Maria Ciruolo
By
Care One at Essex Park

In Memory of
Gladys M. Powers
By
Robert Powers Sr., Mary Collier

In Memory of
Ann Taylor
By
Ann Garabedian & Charles Boghosian

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