

November 2021



# Oniontown Seniors Danvers Council on Aging

Accredited by   
National Institute of  
Senior Centers

Nationally Accredited  
Senior Center  
Awarded 2001, 2007, 2012,  
2018

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.



Public Health  
Prevent. Promote. Protect.

*Walgreens*

## Flu Clinic

25 Stone Street  
Danvers

Wednesday, November 10th  
2pm-4pm

Advance registration is required. Please call  
978-762-0208 to book an appointment

### DCOA Board

Gerri Cosgrove, President

Lawrence Chisholm

Don Gates, Immediate Past President

Marge Leonard, Vice President

C.R. Lyons

David Mills

Bill Nicholson

Barbara Remon, Secretary

### Friends of DCOA Board

Daniel Bennett, President

Leonel Espinal

Jim Feldman, Secretary

Joan Fernandes, Vice President

Alan Hartnett

Lew Hathaway

John Lamirande, Treasurer

Sandy Lane

Ellen Lefavour

Eileen Lubas

Karen Nelson

Jim Sears

Linda Swinnerton

Janice Tipert

Pam Wall, Immediate Past President

### Participant's Committee

Sandra Hallock, Chairman

Joanne Christopher

Leotia Demeule

Pamela Knight

Cheryl MacNeill

### DCOA Staff

Pamela K. Parkinson, Director

Maureen Howlett, Assistant Director

Paula Corcoran, Program Coordinator

Lorene Machado, Administrative

Assistant/Transportation Coordinator

Cathy Andre, Volunteer Coordinator/

Nutrition Coordinator

Lisa Westrate, Social Service/

Outreach

Michele Kurka, Supportive Day Program  
Coordinator

Cheryl Demirdogen & Priscilla Gerrard,  
Supportive Day Activity Coordinators

Kim Johnson, Receptionist

Joe Younger, SHINE Coordinator

Sandi McDonald, Financial Aide

## Men's Club

Monday November 15th at 5pm

Guest Speaker: Aaron Henry, Director of Land Use  
and Community Services

Aaron will join us to discuss Town Planning and  
Economic Development in Danvers. Dinner will consist  
of Home Made Meatloaf, Mashed Potatoes, gravy,  
corn and a dinner roll. Dessert will be freshly baked  
Brownie a la mode. **Please purchase tickets no later  
than Wednesday, November 10th.** Cost: \$8 FDCOA  
Members/\$10 Nonmembers

Monday—Friday 8am-4pm

Danvers Council on Aging

Phone: (978) 762-0208

25 Stone Street

(978) 762-0209

Danvers, MA 01923

Fax: (978) 762-0240

[www.danversma.gov](http://www.danversma.gov)

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## SAVE THE DATE

- 11/1 Couponing with Judi, 10:30am-11:30am  
 11/11 Veteran's Day, Senior Center Closed  
 11/15 Couponing with Judi, 10:30am-11:30am  
 11/15 Men's Club, 5pm (see front page for details)  
 11/18 Mr. Fix It, 9am-11:30am  
 11/23 Book Club, 2pm-3pm (see pg 3 for details)  
 11/25 Office Closed, Happy Thanksgiving
- Mondays, Wednesdays & Fridays: Walking Club, 9am-10am
  - Tuesdays & Thursdays Zumba, 9:15am-10am (\$30/\$42 for 12 sessions)
  - Wednesdays: Open time to play Mah Jongg, 12:30-3:30pm
  - Wednesdays: Line Dancing, 1:30pm-2:30pm
  - Thursdays: Maple Sugar Jazz Band, 1:15-3pm
  - Fridays: Knitting, 1pm-3:30pm



**Parkinson's Fitness is Back!!** We are happy to inform you that we are resuming our Friday, 1-2 PM Parkinson's Fitness class. This group will meet every Friday.

### Miss Tina is Back!!!

Line Dancing is back on Wednesdays!!!! **NEW TIME:** 1-2 PM. All levels of line dance. Beginners are welcome and encouraged to join. Cost is \$5FDCOA Member/\$7 Nonmembers.



**Mr. Fix It—Mr. Fix It is here the last Thursday of each month. This month Due to the Thanksgiving Holiday they will be here on Thursday, November 18th from 9 AM-11:30 AM.** Now is a good time to have your fans cleaned

before you store them away. Or if you use a portable heater, bring it in to be looked at to make sure it's up to code and working properly. But remember....they will try to fix anything you can bring in! Due to space limitations, if you cannot bring your item personally on the 18<sup>th</sup>, **please do not drop off your items until the afternoon of the 17<sup>th</sup>.** Please make sure to tag your item with your name, number, and the issue with the item.

**Podiatry Clinic—Dr. Gregory Van Ess, DPM** has returned to the Senior Center to help you with your foot care needs. He will be here next on **Friday, December 17<sup>th</sup>** from 9 AM-1:15 PM by appointment only. You must bring your insurance cards with you. If you need a referral from your physician, please do that in advance of your appointment. And don't forget to bring your insurance cards. Please call the Center at 978 762-0208 to schedule your appointment.



**Book Club: Tuesday, November 23<sup>rd</sup> from 2-3 PM.** The book will be: **"Verity" by Colleen Hoover.** Plot Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of best-selling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night their family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents would devastate the already grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue to love her.

Please email Paula at [pcorcoran@danversma.gov](mailto:pcorcoran@danversma.gov) or by phone at 978 762-0208 if you will be coming.

## SAVVY SENIOR SEMINAR

Join us on Thursday, December 9 at 10:30 AM for a **"Savvy Senior Seminar"**. The Massachusetts Attorney Generals office will offer a training on how to avoid financial exploitation, spot scammers, and protect yourself online this fall! Please call the center at 978 762-0208 to reserve your space for this informative program. Be advised that at this time, you must properly wear a face mask at all times in the senior center.



Staff from the Peabody Institute Library Danvers are back at the Senior Center on the third Tuesday of each month from 1-3:30 PM. You can come in and browse a selection of books, pick up requested items, return books, even get a Library Card!! This month they will be here on **Tuesday, November 16th.** Stop in and say hello!!



**Coloring** is every Tuesday from 10:30-11:30 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 time. All supplies are provided! If you plan on coming and need transportation, please call Lorene to arrange that. You can also sign up for lunch that day also!!!



**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 ( **Nov. 1st & 15th** from 10:30am-11:30am) to learn how to organize your coupons; share coupons ideas and information.

## VOLUNTEER OPPORTUNITIES

To All Volunteers,

As we begin to resume activities and programs and are open again I would like to reach out to all former volunteers to ask if you could contact me to let me know if you still want to volunteer and in what capacity you may like to volunteer. Because it has been so long since we have needed any volunteers I am starting from scratch, which means I will need all returning volunteers to fill out paperwork again.

If you haven't volunteered before but would like to please let me know. I will also have paperwork packets at front desk that you can fill out and return. I will also need to make a copy of your drivers license when you return the paperwork.

We are starting off slowly so we may not have a position immediately but will keep you in mind when things get busy again and opportunities present themselves.

Please email me at [candre@danversma.gov](mailto:candre@danversma.gov) or call the senior center for more information.

I would also like to thank everyone who has volunteered in the past and hopefully we will see most of you here again!

All volunteer forms are available on our website. **Go to <https://www.danversma.gov>.** then go to: Departments, Senior & Social Services, Volunteer Opportunities.

**Happy Thanksgiving from all of us  
at the Danvers Senior Center**





## 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. Medical transportation service is available from **9:30am until 2:00pm Monday through Friday** for all Danvers appointments. Any out-of-town- appointments are considered individually in terms of how they 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.**

### Shopping Schedule

Please call the senior center to reserve your ride on the shopping van.

Shoppers will be brought to the Senior Center in the morning and leave from the Senior Center at **12:30pm** to one of the following locations and then **brought back to your home at 2pm**:

**Mon:** Market Basket **or** Target at Liberty Tree Mall

**Tue:** Stop & Shop (Rte 1/62), Danvers

**Wed:** Market Basket, Danvers

**Thu:** Shaw's in Peabody or North Shore Mall, Peabody

**Fri:** Wal-Mart (Rt 114)

Please Note: you are only allowed **2 shopping bags per person**

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

***This program has been made possible in part by funding from the Older Americans Act as granted by Elder Services of the Merrimack Valley and North Shore.***

**NOTE:** If an alternative format is required to review materials, please let us know and it will be provided for you.

**Notice of Nondiscrimination Rights & Protections to Beneficiaries:** Federal "Title VI/Nondiscrimination" Protections: The Danvers Council on Aging (DCOA) operates its programs, services, and activities in compliance with federal nondiscrimination laws including Title VI of the Civil Rights Act of 1964 (Title VI), the Civil Rights Restoration Act of 1987, and related statutes and regulations. Title VI prohibits discrimination in federally assisted programs and requires that no person in the United States of America shall, on the grounds of **race, color, or national origin** (including **limited English proficiency**), be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity receiving federal assistance. Related federal nondiscrimination laws administered by the Federal Highway Administration, the Federal Transit Administration, or both prohibit discrimination on the basis of **age, sex, and disability**. These protected categories are contemplated within DCOA's Title VI Programs consistent with federal interpretation and administration. Additionally, DCOA provides meaningful access to its programs, services, and activities to individuals with limited English proficiency, in compliance with US Department of Transportation policy and guidance on federal Executive Order 13166.

**State Nondiscrimination Protections:** DCOA also complies with the Massachusetts Public Accommodation Law, M.G.L. c272 SS 92a, 98, 98a,, prohibiting making any distinction, discrimination, or restriction in admission to or treatment in a place of public accommodation based on **race, color, religious creed, national origin, sex, sexual orientation, disability, or ancestry**. Likewise DCOA complies with the Governor's Executive Order 526, section 4 requiring all programs, activities, and services provided, performed, licensed, chartered, funded regulated, or contracted for by the state shall be conducted without unlawful discrimination based on **race, color, age, gender, ethnicity, sexual orientation, gender identity or expression, religion, creed, ancestry, national origin, disability, veteran's status** (including Vietnam-era veterans), or **background**.

**Additional Information:** To request additional information regarding Title VI and related federal and state nondiscrimination obligations, please contact: Title VI Specialist, MassDot, Office of Diversity and Civil Rights, 10 Park Plaza, Boston, MA 02116. 857-368-8580, TTY: 857-368-0603, [MASSDOT.CivilRights@state.ma.us](mailto:MASSDOT.CivilRights@state.ma.us)

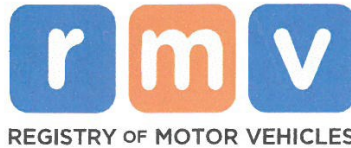
**Complaint Filing:** To file a complaint alleging a violation of Title VI or related federal nondiscrimination law, contact the Title VI Specialist (above) within 180 days of the alleged discriminatory conduct. To file a complaint alleging a violation of the state's Public Accommodation Law, contact the Massachusetts Commission Against Discrimination within 300 days of the alleged discriminatory conduct at: Massachusetts Commission Against Discrimination (MCAD), One Ashburton Place, 6th floor, Boston, MA 02109. 617-994-6000. TTY: 617-994-6196.

November 2021 Monday	Tuesday	Wednesday	Thursday	Friday
1) <b>Garlic Ginger Fish</b> w/ rice, veggie blend, roll & chilled fruit Cal:630; Carb:100; Sod:830	2) <b>Chicken Scampi</b> w/ rotini, broccoli, whole wheat bread & cookie Cal:715; Carb:80; Sod:990	3) <b>Meatloaf</b> w/gravy, potatoes, mix veggie, whole wheat bread & banana Cal:830; Carb:90; Sod:620	4) <b>Chicken Cordon Bleu*</b> w/squash, veggie blend, oat bread & Jell-O Cal:705; Carb:80; Sod:960	5) <b>Eggplant Parm*</b> Pasta w/sauce, cauliflower, pears & Vienna bread Cal:740; Carb:105; Sod:1165
8) <b>Pesto Chicken</b> w/rice pilaf, carrots, roll & chilled fruit Cal:810; Carb:100; Sod:1000	9) <b>Turkey a la King*</b> Noodles, green beans, white bread & cookie Cal:1145; Carb:125; Sod:1095	10) <b>Lasagna</b> w/meat sauce, veggie blend, oat bread, chilled fruit Cal:650; Carb:80; Sod:850	11) <b>Veteran's Day</b> <b>Senior Center Closed</b>	12) <b>Potato Crunch</b> Fish w/rice & beans, broccoli, burger bun & pudding Cal:955; Carb:130; Sod:990
15) <b>Swedish Meatballs</b> w/pasta, green beans, multigrain bread, yogurt & juice Cal:655; Carb:95; Sod:530	16) <b>Pot Roast</b> w/ gravy, veggie blend, mashed potato, whole wheat bread & chilled fruit Cal:565; Carb:70 Sod:630	17) <b>Hot Dog</b> w/baked beans, carrots, roll & chilled fruit Cal:660; Carb:85; Sod:1055	18) <b>Turkey w/gravy*</b> stuffing, mashed potato, squash, cookie & roll Cal:900; Carb:125; Sod:1380	19) <b>Mac &amp; Cheese</b> w/ stewed tomatoes, rye bread, chilled fruit Cal:695; Carb:98; Sod:815
22) <b>Ribeque*</b> w/sweet tater tots, veggie blend, biscuit & chocolate mousse Cal:850; Carb:105; Sod:1475	23) <b>Curry Chicken</b> w/ rice, carrots, whole wheat bread & chilled fruit Cal:915; Carb:80; Sod:830	24) <b>Salmon</b> w/cream sauce, roasted potato, broccoli, oat bread & cake Cal:740; Carb:95; Sod:890	25) <b>Thanksgiving Day</b> <b>Senior Center Closed</b>	26) <b>No Congregate meal today</b>
29) <b>Shepherd's Pie</b> w/ whole wheat roll & chilled fruit Cal: 735; Carb:90; Sod:690	30) <b>Spinach &amp; Cheese</b> <b>Frittata</b> w/home fries, veggie blend, croissant, yogurt & juice Cal:835; Carb:100 Sod:875	<p>Menu Subject to Change Without Notice</p> <p>Total Calories, Sodium &amp; Carbs include: Entrée, sides, dessert, fruit, bread, milk &amp; margarine. Sodium: milligrams noted in parenthesis</p> <p>Milk: 100 calories, 12 carbs &amp; 110 mg sodium, Margarine: 30 cal, 0 carbs &amp; 30 mg Sodium,</p> <p>*High sodium item (&gt;500mg), Shading = High sodium meal (&gt;1200), Total Calories, Sodium &amp; Carb include: Entrée, sides, dessert, fruit, bread, milk &amp; margarine.</p>		

A \$2.00 confidential donation is suggested per meal—Donation letters are mailed monthly.  
For cancellations, please call: **978-624-2263** at least 24 hrs in advance.

1) 8:30-9:30am Video Exercise 8:30-9:30am Tai Chi/\$25/ \$35 (6 classes) 9:45am-10:45am Strong Women, \$5/\$7 10:30-11:30am Couponing w/Judi 1pm-3:30pm Scrabble	2) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 10:30-11:30 Coloring 12:00pm-3:30pm Open Time Bridge 1pm-2pm Chair Yoga \$30/\$45 (6 classes)	3) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5/\$7 9am-12pm Watercolor as You Like It \$55/ \$75 (6 classes) 9:45-10:30am Chair Toning, \$30/\$45 12:30-3:30pm Watercolor as You Like It \$55/\$75 (6 classes) 12:30pm-3:30 pm Mah Jongg Players 1:00-2:00pm Line Dancing, Cost \$5/\$7	4) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15-3pm Maple Sugar Jazz Band	5) 8:30-9:30am Video Exercise 9am-10am Wii Bowling 10am-11:30am Bingo 1pm-3:30pm Knitting 1-2pm Parkinson Class
8) 8:30-9:30am Video Exercise 8:30-9:30am Tai Chi/\$25/ \$35 (6 classes) 9:45am-10:45am Strong Women, \$5/\$7 1pm-3:30pm Scrabble	9) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 10:30-11:30 Coloring 12:00pm-3:30pm Open Time Bridge 1pm-2pm Chair Yoga \$30/\$45 (6 classes)	10) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5/\$7 9am-12pm Watercolor as You Like It \$55/ \$75 (6 classes) 9:45-10:30am Chair Toning, \$30/\$45 12:30-3:30pm Watercolor as You Like It \$55/\$75 (6 classes) 12:30pm-3:30 pm Mah Jongg Players 1:00-2:00pm Line Dancing, Cost \$5/\$7	11) <b>Veteran's Day</b> <b>Senior Center Closed</b>	12) 8:30-9:30am Video Exercise 9am-10am Wii Bowling 10am-11:30am Bingo 1pm-3:30pm Knitting 1-2pm Parkinson Class
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22) 8:30-9:30am Video Exercise 8:30-9:30am Tai Chi/\$25/ \$35 (6 classes) 9:45am-10:45am Strong Women, \$5/\$7 1pm-3:30pm Scrabble	23) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 10:30-11:30 Coloring 12:00pm-3:30pm Open Time Bridge 2pm Book Club (see pg 3 for information)	24) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5/\$7 12:30pm-3:30 pm Mah Jongg Players 1:00-2:00pm Line Dancing, Cost \$5/\$7	25) <b>Thanksgiving Day</b> <b>Senior Center Closed</b>	26) <b>Office Open</b> <b>No activities for today</b>
29) 8:30-9:30am Video Exercise 9:45am-10:45am Strong Women, \$5/\$7 1pm-3:30pm Scrabble	30) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 10:30-11:30 Coloring 12:00pm-3:30pm Open Time Bridge			





# The RMV is offering “Senior Hours” on Wednesdays for customers to conduct Registry transactions.

Customers age 65 and older are welcome to visit the 27 designated Service Centers on Wednesdays from 9:00 a.m. to 10:00 a.m.; please note, a reservation is required.

These Service Centers are dedicated to processing all Registry transactions for older customers during Senior Hours.

## Designated Service Centers Offering Senior Hours:

- |                      |                  |
|----------------------|------------------|
| • Attleboro          | • Milford        |
| • Boston (Haymarket) | • Nantucket      |
| • Braintree          | • New Bedford    |
| • Brockton           | • North Adams    |
| • Danvers            | • Pittsfield     |
| • Easthampton        | • Plymouth       |
| • Fall River         | • Revere         |
| • Greenfield         | • South Yarmouth |
| • Haverhill          | • Southbridge    |
| • Lawrence           | • Springfield    |
| • Leominster         | • Taunton        |
| • Lowell             | • Watertown      |
| • Martha's Vineyard  | • Wilmington     |
|                      | • Worcester      |

## The RMV offers three ways to make a reservation:

- Go online for the quickest way:
  - Visit [myRMV Online Service Center](https://atlas-myrmv.massdot.state.ma.us/myrmv) at [atlas-myrmv.massdot.state.ma.us/myrmv](https://atlas-myrmv.massdot.state.ma.us/myrmv)
  - Select the “**Make/Cancel a Reservation**” button
  - Select the “**Senior Hours - All Transactions Except Road Tests (Must be 65 years or older)**” button
- Give us a ring:
  - Call **(857) 368-8005**; our dedicated phone line for customers over age 65
- Send us an email to:
  - [MassDOTRMVSeniors@dot.state.ma.us](mailto:MassDOTRMVSeniors@dot.state.ma.us)

## Are you a AAA member?

- Make a reservation now to renew or upgrade your driver's license/ ID or registration at a AAA location.
- Visit [AAA.com/Reservations](https://AAA.com/Reservations) to schedule a reservation.

[Mass.Gov/RMV](https://Mass.Gov/RMV) offers over 40 transactions and services that can be completed online including updating an address, renewing a Mass ID card, and requesting a replacement license or ID card.





## Massachusetts Library Collaborative 50+ Job Seekers Networking Group

**90% of jobs are found through networking – REALLY!**

Tewksbury Library has collaborated with 7 Mass. libraries and the Mass. Council on Aging. They are offering the 50+ Job Seekers Networking Group program to support people 50+ who are looking for a new job, a totally new career direction, re-entering the workforce after an employment gap or looking for a Second Act career.

Meet and network with fellow job seekers at our biweekly skill building and networking group meetings. Create a Job Search Tool Kit! Enhance your Networking skills! New Topic at each Meeting! **Breakout Rooms for small group networking.**

Come join Debbi Hope, MBA, PCIC, MC, an experienced Executive Career Coach, Certified Master Coach and Facilitator for this collaborative Networking Group.

This *free* 12 session interactive workshop series begins July 7th with a new job skill topic at each meeting. **In addition, we will have guest speakers and hiring managers join us!**

**WHERE:** All meetings will be via Zoom Video Conferencing.

**WHEN:** 1<sup>st</sup> and 3<sup>rd</sup> Wed, July - December, 2021 – 9:30-11:30

("Zoom room opens" at 9:00 am for informal networking and sharing resources).

If you have attended Greater Lowell 50+ JSNG – zoom link will be sent via email.

Preregistration:

<https://50plusjobseekers.org/outreach/registration/>

Register: MA Library Collab.

1/ July 7 Self-Assessment/Transferrable Skills

2/ July 21 Creating Your 'Career Story' Pitch

3/ Aug. 4 Developing a Resume – Part 1-

**Guest Speaker: Juanita Allen -Comm. of Mass. - Manager - Human Resources**

4/ Aug. 18 Developing a Resume/STARS – Part 2

5/ Sept. 8 Creating a LinkedIn Profile – the Basics

6/ Sept. 22 LinkedIn – Networking Tool

7/ Oct. 6 Marketing/Interviewing Brief

8/ Oct. 20 Interview Preparation/Strategy

9/ Nov. 3 Networking 2.0 "You Must Give to Get!"

10. Nov. 17 Hiring Employers Event

11/ Dec. 1 Marketing Plan/Plan your work/work your plan

12/ Dec. 15 Personal Branding



### Sponsoring Public Libraries:

Memorial Hall Library –  
Andover

Billerica Public Library  
Chelmsford Public Library  
Peabody Institute Library  
Danvers

Stevens Memorial Library –  
North Andover

Shrewsbury Public Library  
Tewksbury Library  
Wilmington Memorial Library

### **NETWORKING WORKS!!**

*Your AGE really is your EDGE!!*

Over the course of our 12- session Interactive Workshop Series, you'll learn how to create and execute your job search campaign. Refresh your job search tools – resume, career story, virtual interviewing in 2021, LinkedIn profiles, Marketing Plan and more. Join us to gain confidence and success. This preparation will Equip, Enable and Empower you in all aspects of the job search process.

The major mission of our program is to provide job seekers in the 50+ demographic with the confidence, refreshed and necessary tools and skills to launch and implement a successful job or encore career search campaign.



Massachusetts  
Councils On Aging

## Day Trip

**Saturday, November 27, 2021 - An Enchanted Holiday Trip - SOLD OUT!!** Note: All passengers must show proof of vaccination at time of booking. Masks will be per CDC and venue requirements Cost: \$119 (All Around New England).

**Sunday, November 28, 2021 - Lunch & Show at Newport Playhouse!** Trip includes deluxe transportation to the Newport Playhouse. Complete luncheon. Enjoy the play "A Christmas for Carol". Carol tends to take Christmas too far at work with decorations, presents and overbearing traditions that not everyone celebrates in the office. Her co-workers love her, but this time of year she gets on everyone's last nerve, so they formulate a plan for the company party that night. With wacky office hijinks, pranks, and an office romance. Will they be able to help Carol remember the true meaning of Christmas? After the show, enjoy dessert and a vaudeville style cabaret show. Note: All passengers must show proof of vaccination at the time of booking. Masks will be per CDC and venue requirement. Cost: \$112.00 (All Around New England)

## Multi Day Trip

**December 5-6, 2021 - Holiday Fun in the White Mountains!! - SOLD OUT!** Note: All passengers must show proof of vaccination at time of booking. Masks will be per CDC and venue requirements. Cost: \$399 p.p., d.o. (All Around New England)

**August 26 -September 2, 2022 - Cruise Alaska!** - Sail on the Celebrity Solstice for an 8 day 7 night trip of a lifetime. Trip includes roundtrip air from Boston, cruise, port charges fees, etc. Depart from Seattle, Washington with ports of call to include Ketchikan, Juneau, Skagway Alaska as well as cruising the Inside Passage and Victoria British Columbia. Included are classic beverage package, prepaid gratuities, wifi internet package. Passport required. Cost from \$2,743 p.p., d.o. (Grand American Tours)

## Social Day Program

The Danvers Council on Aging "Supportive Seniors" Adult Day Program is happy to announce that our program is now open Mondays thru Fridays. If you or anyone you know could benefit from a social, supervised and supportive environment please contact Michele Kurka or Pam Parkinson for more information at 978-762-0208.

## DANVERS PEOPLE TO PEOPLE FOOD PANTRY

The Danvers People to People Pantry is OPEN for shopping and we are taking food donations again.

Many thanks to all who contribute for their kindness and generosity. If you know anyone in need, have them call the Pantry at 978-739-4188.

We are open at 12 Sylvan Street near the Town Hall:

Tuesdays and Thursdays 9 am to Noon

Alternate Wednesdays 4 pm to 6 pm.

The Danvers Community Council has oversight of the pantry and is also a source of assistance for Danvers residents who are struggling with financial needs. Call Maureen at the Senior Center for further information 978-762-0208. The Pantry will be offering Grocery Store Gift Cards for Thanksgiving if you are a member.

Best wishes for this Holiday!

## Senator Joan Lovely Office Hours

### Update on Senator Lovely's virtual office hours

Sen. Lovely is continuing to host office hours virtually but has changed the date and time for when they are held. Office hours will be held every Tuesday from 4-5pm. Constituents can register online using this link:

[https://forms.office.com/Pages/ResponsePage.aspx?id=a36UCyb\\_E0uuHFc8Z1DIiLJhBhk7qg1AsTM\\_nfCoYklUQINFUTdDQ0U0SVY5N1hWQUNDUzJVNk9VOS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=a36UCyb_E0uuHFc8Z1DIiLJhBhk7qg1AsTM_nfCoYklUQINFUTdDQ0U0SVY5N1hWQUNDUzJVNk9VOS4u)

As always, if constituents would like to set up a phone call with the office, contact via phone at 617-722-1410.

## BLOOD PRESSURE CLINIC

### Blood Pressure Clinics -

Please Note:

Blood Pressure Clinics **are cancelled until further notice.**



# DANVERS COUNCIL ON AGING 2021 SPECIAL INTEREST PROGRAMS/ACTIVITIES

**SEMESTER BEGINS MONDAY, DECEMBER 6, 2021 UNLESS NOTED**

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.

**REGISTRATION: November 15-29, 2021 9 am—4 pm for registration.**

PLEASE NOTE START DATE AND TIME OF CLASS, AS SOME HAVE CHANGED.

**SENIOR CENTER HOURS ARE CURRENTLY 8 AM TO 4 PM**

***DID YOU KNOW....***You can also register online. Go to our website: [www.danversma.gov](http://www.danversma.gov)  
Click on **Department**, Click on **Planning and Human Services**, 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**

### **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**

**8:30-9:30 AM Marsha Kingston**

**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: 15

**Strong Women, Strong Bones NEW TIME: 9:45-10:45 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.

### **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**

## **MONDAYS** continued:

### **Scrabble**

**1-3:30 PM**

**Cost: Free**

Join us on Monday afternoons to play Scrabble. So let's get together to meet new friends and have some fun! All are welcome!

## **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**

**12:00-3:30 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**

### **Chair Yoga**

**1-2 PM**

**Dot McKeen, RYT**

**Cost: \$30 member/\$45 non member**

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

### **Monthly Book Club**

**2-3:30 PM Led by Paula Corcoran**

**No Cost**

***Tuesday, November 23<sup>rd</sup> from 2-3 PM.*** The book will be: "**Verity**" by **Colleen Hoover**.

Plot Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of best-selling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night their family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents would devastate the already grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue to love her.

Please email Paula at [pcorcoran@danversma.gov](mailto:pcorcoran@danversma.gov) or by phone at 978 762-0208 if you will be coming.

## WEDNESDAYS:

### Video Exercise

**NOTE TIME: 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**

### Strong Women, Strong Bones **NEW TIME: 8:30-9:30AM Carole Lane**

**Cost: \$5 per session member**

**\$7 per session non member**

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

### Watercolors As You Like It **9:00 AM-12:00 PM Karen Nastuk**

**Cost: \$55 member**

**\$75 non member**

Six classes for beginners and intermediates to enhance painting skills. Additional supplies required. Class size: 9

### Chair Toning

**9:45-10:30 AM Priscilla Gerrard**

**Cost: \$30 member**

**\$45 non member**

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: 25

### Watercolors As You Like It **12:30PM-3:30 PM Karen Nastuk**

**Cost: \$55 member**

**\$75 non member**

Six classes for beginners and intermediates to enhance painting skills. Additional supplies required. Class size: 9

### Open Time to Play Mah Jongg **NOTE NEW TIME: 12:30-3:30 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! Some tiles will be supplied by the Senior Center. **Ongoing**

### Line Dancing

**1:00-2:00 PM Tina LaFlam**

**Cost: \$5 Member**

**\$7 Non member**

Line Dancing is back on Wednesdays!!!! **NEW TIME: 1-2 PM.** All levels of line dance. Beginners are welcome and encouraged to join.



## 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**

### Mr. Fix It

9-11:30 AM

Cost: Parts

If you have a small appliance, fan, heater, lamp, etc. that isn't working or may need a new plug, Bring it in on **November 18th** and this crew will do their best to get your item back up and running properly!!

### 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.

## 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**

### Wii Bowling

9-10 AM

No Cost

### Parkinson's Fitness & Movement

1-2PM Linda & Keith Hall

No cost

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 program due to the generous sponsorship of Genesis Health Care/Hathorne Hill.

### Knitting

1-3:30 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**

## FITNESS CENTER

Monday thru Friday 9 AM—3 PM

Enjoy the use of our machine...Elliptical, treadmill, recumbent bike and more. Please make sure to stop by the front desk before your first visit to fill out a one time liability waiver.

### 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.

### NOTICE!!!

**BOTH GROUPS NOW MEET ON TUESDAYS INSTEAD OF THURSDAYS.**



Our groups are free and open to anyone in the area who could benefit from the information and support provided by the group.

For more info, contact

Lisa Westrate,  
group facilitator,  
978-762-0208 x105

LWestrate  
@danversma.gov

To request a ride to a group, contact  
Lorene Machado,  
978-762-0208 x101.

### **LOW VISION GROUP - SECOND TUESDAY\* AT 10:30 AM**

*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.*

On 11/9 we'll hear about the Massachusetts Equipment Distribution Program. MassEDP provides services to people who have difficulty using standard telephones. The program provides adaptive telephone equipment to enable individuals to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech.

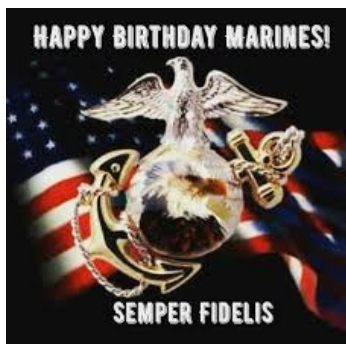
### **CHALLENGES OF LIVING ALONE - 4th TUESDAY at 1:00 pm**

Back by popular demand, on 11/23, we will have another chance to focus on smart phone basics. We will specifically talk about how to set up and use email from our phones and the benefits of doing so, as well as how to access and download apps from the app store. If you have other smartphone questions, please call or email Lisa (see contact info on left-hand side).

*The CLA group is open to anyone looking for support in successful solo-survival. It's a place to meet new acquaintances and build friendships while sharing common experiences.*

## Danvers Veterans Upcoming Events

**November 3<sup>rd</sup>** the Danvers Veteran Department will be hosting a Veteran social breakfast with coffee and donuts every 1<sup>st</sup> Wednesday of the month starting November 3,2021 at 9am at the Danvers Senior center 25 Stone Street.



**November 10- Marine Corps  
turns 246 years old**



**Veterans Day Ceremony** -will take place at the Thrope School in Danvers on November 11 at 11am. The ceremony will take place in the back lot of the school. If weather is an issue the ceremony will take place inside the cafeteria (masks required) indoors.

**November 18 -Veteran Appreciation Bus Trip to the American Heritage Museum** sponsored by the O'Donnell Funeral Home the bus leaves O'Donnell Funeral Home at 9:00am the address is 84 Washington Square Salem, MA. RSVP (978)744-2350. Boxed lunch will be provided. The bus returns at 4:00.



**Operation Troop Support Items for November**—In keeping with the growing needs of our troops, we will be collecting these needed items for the month of November: blankets, pillows, "NEW" T-Shirts, socks or underwear for the wounded and as always personal size hygiene items. Please drop off items at the Danvers Council on Aging, 25 Stone Street.





## NATIONAL HEALTHY SKIN MONTH: **Nourish Your Skin From Within**

Your skin is your largest organ, so it is important to take care of it. Generally, what you eat that's good for your body is good for your skin too. A well-balanced plate filled with vegetables and fruits is the healthiest and simplest approach to supporting skin health. Learn more about skin-supporting nutrients and foods to include on your balanced plate.

Carotenoids or Vitamin A derivatives may protect against skin damage from UV radiation and skin cancer. Rich food sources: sweet potatoes, carrots, pumpkins, spinach, mangos, tomatoes, watermelon, red cabbage, grapefruit and guava

Vitamin C supports collagen synthesis and wound healing. Rich food sources: citrus fruits, bell peppers, strawberries, kiwi and broccoli

Vitamin E acts synergistically with carotenoids and Vitamin C and may protect against aging skin. Rich food sources: wheat germ, sunflower and safflower oils, peanuts, hazelnuts, almonds, sunflower seeds, spinach, avocado and salmon

Vitamin D may prevent sun-induced skin damage and skin cancer and protect against aging skin. Rich food sources: fortified cow's milk and non-dairy foods, fatty fish, egg yolk and mushrooms exposed to UV

Omega 3 Fatty acids may improve skin barrier function, inhibit UV-induced inflammation and hyperpigmentation, attenuate dry skin, accelerate wound healing, prevent skin cancer and preserve collagen. Rich food sources: fatty fish, flaxseed, chia seeds, walnuts, soy foods, some eggs and canola oil

Polyphenols may protect skin from adverse effects of UV radiation, induce death of damaged unwanted cells, prevent tumor growth and have anti-aging effects. Rich food sources: dark chocolate, green and black tea, turmeric, grapes (red, purple or black), berries, citrus fruits, apples, soy, legumes, spinach, whole grain wheat flour, onions and dried herbs and spices

Water makes up 64% of your skin and keeps it hydrated so it will look plumper and have more elasticity. Rich food sources: celery, watermelon, strawberries, lettuce, cucumbers, oranges, apples, zucchini, cauliflower, low sodium soup & water

Sources: <https://health.clevelandclinic.org/23-foods-good-skin/>, <https://www.dermatologytimes.com/view/how-to-eat-for-healthy-skin>, <https://doi.org/10.4161/derm.22876>, <https://doi.org/10.3390/mdl6080256>, <https://doi.org/10.2147/CCID.S86822>

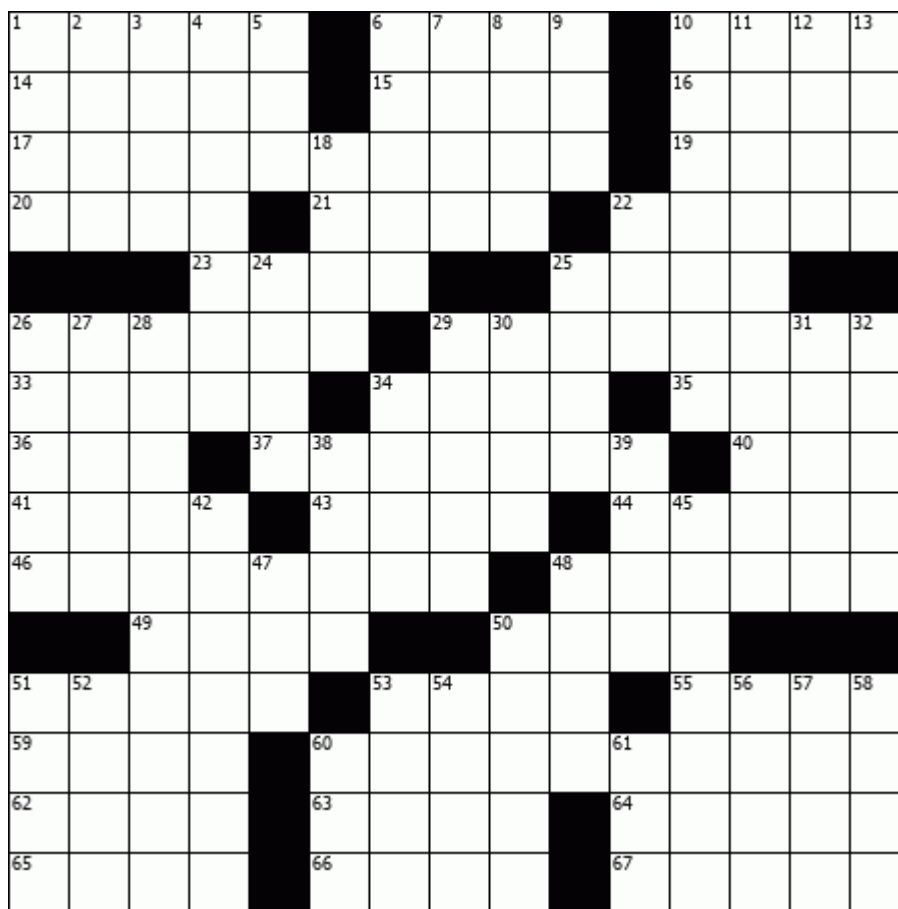
**TRIO Community  
Meals**



## Across

1. Green fruits
6. Use a keyboard
10. Molecule part
14. From Dublin
15. \_\_\_\_ model
16. Asian desert
17. Marriage arranger
19. Greek Cupid
20. Cruising
21. Served perfectly
22. Poker stakes
23. Peel
25. Flank
26. Seldom
29. Green gems
33. Living quarters
34. Merriment
35. Mailbox opening
36. Narrow bed
37. Occupations
40. Bride's response (2 wds.)
41. Like a villain
43. Shaving cut
44. Male voice
46. Dweller
48. Actress \_\_\_\_ Richards
49. Skier's surface

50. Makes a dress
51. Ice pellets
53. Shopper's delight
55. Robin's abode
59. Angler's bait
60. Satisfactory
62. Korea's continent
63. Show concern
64. Of the city
65. Young adult
66. Difficult journey
67. Trials



## Down

- |                        |                            |                               |
|------------------------|----------------------------|-------------------------------|
| 1. Peruvian capital    | 22. Broadcast              | 45. Catch                     |
| 2. Nest eggs (abbr.)   | 24. Actor ____ Guinness    | 47. Polka ____                |
| 3. Tiny insect         | 25. Clairvoyant person     | 48. Not shallow               |
| 4. Got free            | 26. Professional speedster | 50. Streamlined               |
| 5. Hush!               | 27. Higher than            | 51. Hit                       |
| 6. Small amount        | 28. Cooking device         | 52. Misplace                  |
| 7. Oxen's harness      | 29. Choose by vote         | 53. "The Lion King" villain   |
| 8. Implored            | 30. Submissive             | 54. Land measure              |
| 9. Eternally, in poems | 31. Extinct birds          | 56. Wanes                     |
| 10. Schedules          | 32. Supermarket            | 57. Wood strip                |
| 11. Meat-filled pasta  | 34. Beam                   | 58. Perfect gymnastics scores |
| 12. Woodwind           | 38. Afresh                 | 60. Perform                   |
| 13. Hit-or-____        | 39. Brood                  | 61. Mummy name                |
| 18. ____ Poppins       | 42. Offensive tackle, e.g. |                               |

**Puzzle Solution on pg 21**

## COVID Booster Vaccine Information

The purpose of this informational piece is to provide education and to answer questions the reader may have regarding the COVID booster vaccine. As always, please refer to your health care provider for any further questions or concerns related to the COVID booster vaccine.

### **Am I eligible for the COVID booster?**

As of October 20<sup>th</sup>, 2021, emergency use authorizations for the booster vaccine have been granted to recipients of Moderna and Johnson & Johnson's Janssen vaccines (FDA, 2021). Pfizer-BioNTech primary series and booster vaccine have been FDA approved.

The populations who are currently eligible for the COVID booster vaccine are people aged 65 years and older, adults 50-64 years with underlying medical conditions, residents who are 18 years and older residing in a long-term care setting, people ages 18-49 with underlying medical conditions, and employees between the ages 18-64 who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional settings (*COVID-19 Booster Vaccine*, 2020). The Pfizer-BioNTech and Moderna booster vaccine can be administered at least 6 months after completion of the primary series (FDA, 2021). The Janssen booster vaccine can be administered at least 2 months after the primary vaccine has been completed (FDA, 2021).

### **I thought I was already fully vaccinated? Why do I need a booster?**

You are considered fully vaccinated 2 weeks after completion of your primary vaccine series. However, no vaccine is 100% effective (*COVID-19 Booster Vaccine*, 2020). There have been some studies revealing that the vaccine efficacy could wane over time. Due to the waning efficacy for Pfizer-BioNTech of about 84% around 6 months post primary vaccine series it is recommended immunocompromised individuals, individuals >65 years old, and those who are at high risk of exposure should receive the booster vaccine (*COVID-19: Questions and answers*, 2021). Currently, the efficacy of the Moderna and Johnson & Johnson's Janssen vaccines is being reviewed and discussed.

### **Are there any risks with getting the booster vaccine?**

There is currently limited information regarding the risks of the booster vaccine. However, the common side effects from the COVID vaccine include the following: fatigue, headache, muscle pain, chills, fever, and nausea (Edwards & Orenstein, 2021). At the site of the injection there may be swelling, pain, and redness (Edwards & Orenstein, 2021). Discuss with your primary care provider prior to taking any over-the-counter remedies to relieve your discomfort after your vaccine. It is advised to hydrate the day of your vaccine.



## When should I call my doctor?

Your symptoms and discomfort should subside within a few days of receiving your vaccine. However, if your side effects are causing you concern and have not gone away after a few days you should contact your primary care provider (*COVID-19 Booster Vaccine, 2020*).

### JULIA CAHILL MSN FNP STUDENT HEALTH PROMOTION PROJECT

There may be redness and/or tenderness at the injection site, but if it becomes worse after 24 hours it is recommended that you contact your primary care provider.

Please refer to your health care provider for any further questions or concerns related to the COVID vaccines and booster vaccines. For more information and updates, please visit

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Puzzle Solution © OnlineCrosswords.net

L	I	M	E	S		T	Y	P	E		A	T	O	M
I	R	I	S	H		R	O	L	E		G	O	B	I
M	A	T	C	H	M	A	K	E	R		E	R	O	S
A	S	E	A		A	C	E	D		A	N	T	E	S
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C	O	T		C	A	R	E	E	R	S		I	D	O
E	V	I	L		N	I	C	K		T	E	N	O	R
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A	S	I	A		C	A	R	E		U	R	B	A	N
T	E	E	N		T	R	E	K		T	E	S	T	S

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- Personalized Touring of Communities

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**NorthEast Community Bank**: It's about family, community, friendship and relationships. It's the way we live.

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

## IN MEMORY OF

In lieu of flowers, please consider making a tax-deductible contribution in memory of a loved one. A coupon is located on **the back page** 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.



### **In Memory of Connie Cobuzzi**

For the Social Day Program  
From  
Tina Cobuzzi-Mosho,  
Tony & Antonietta Cobuzzi



### **In Memory of Marie Deschamps**

From  
Danvers High Class of 1977  
Maryann Kowalski  
Nancy LaForge, Joanna Stanton &  
Maureen Sherman  
Robert & Tina Maeder  
The Wallan Family



### **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.

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

# GIFTS TO THE FRIENDS OF THE DCOA

Friends of the Danvers Council on Aging  
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. Please see pg 23 for memorials.

## 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: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Donor's Name

Address: \_\_\_\_\_ City: \_\_\_\_\_

\_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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