



Oniontown Seniors Danvers Council on Aging

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- Pamela K. Parkinson, Director
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- Paula Corcoran, Program Coordinator
- Lorene Machado, Administrative
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- Cathy Andre, Volunteer/Nutrition
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- Lisa Westrate, Social Service/Outreach
- Judith Ryan, RN, Supportive Day
Coordinator/Public Health Nurse
- Kim Johnson, Receptionist
- Ann Foster, SHINE Coordinator
- Carol Roberts, SHINE Coordinator
- Sandi McDonald, Financial Aide

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, January 27th, 5:30 PM. Speaker will be Jim Feldman of Care Dimension on the programs available at Care Dimensions. Menu: Spiral Ham, Au Gratin Potato, Green Beans, Dessert . Charge of \$8pp for members of FDCOA and \$10pp for nonmembers. Tickets are on sale now. All tickets must be purchased by the Thursday before.

AARP Tax Assistance - Trained volunteers will be assisting seniors with preparing their income tax at the Danvers Center, by appointment only, beginning, Tuesday, February 11th through Wednesday, April 15th from 1-4 PM. Due to the high demand of appointments, Danvers seniors only may call to schedule their appoint between January 6 thru January 18th. After this date all appointments will be on a first come, first served basis. Call the center at 978 762-0208 to schedule your appointment.

Monday—Friday 8am-5pm

Danvers Council on Aging 25 Stone Street Danvers, MA 01923
Phone: (978) 762-0208 (978) 762-0209 Fax:(978) 762-0240

www.danversma.gov

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

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- 1/1 New Year's Day, Senior Center Closed
 - 1/8 Birthday lunch, 12pm
 - 1/13 Crazy Cards, 9:30am-12pm
 - 1/13 Book Club, 1pm-3pm
 - 1/14 Memory Café, 1:30pm (see pg 8 for info)
 - 1/20 Martin Luther King Day, Senior Center closed
 - 1/21 Travel Chef, 12pm
 - 1/21 Popcorn & a Movie, 1pm (see pg 4 for info)
 - 1/27 Men's Club, 5:30pm
 - 1/27 Evening Book Club, 5:30pm(see pg 4 for info)
 - 1/30 Mr. Fix It, 9am-11:30am
- Every Tuesday & Thursday Zumba, 9:15-10am (\$30/\$42 for 12 sessions)
 - Every Thursday—Blood Pressure Clinic, 9:30am-12:00pm (by appt. only)
 - Every Thurs.—1:15-3 PM—Maple Sugar Jazz Band

50 + Job Seekers Networking Group is back!!

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 +).

Did you know that 85% of ALL jobs are found through networking? The Executive Office of Elder Affairs has funded a Networking Group for job seekers 50+ years old. If you are unemployed, underemployed, seeking a new career direction, re-entering the job market or are retired and looking for a "Second Act Career" this is the perfect group for you.

Every meeting is facilitated by a Human Resources Professional Career Coach whose topics will be relevant to career transition and job search. Meetings will include, guest speakers, access to hiring managers and opportunities to network, which according to statistics, has an 85% chance of opening the door to your future.

The group will meet the 2nd and 4th Wednesday of the month from 9:30am-12:00pm. Doors open at 9am, program runs 9:30am- 11:30am with a 1/2 hour at the conclusion for any additional questions. All meetings are held at the Danvers Council on Aging, 25 Stone St, Danvers. To register for this free workshop please go to: www.mcoonline.com/50plus or call Maureen Howlett at 978-762-0208.

TRIAD CORNER



The Danvers TRIAD Council is a partnership which includes the Sheriff and District Attorney of Essex County, the Danvers Police and Fire Chiefs, the Council on Aging and supportive services, and seniors.

- Winter is no time to be left without heating oil or propane. Make sure to clear all the snow and ice leading to and around the fuel pipe.
- Snow must be removed from around all exhaust vents as well as above your tanks. Blocked vents force carbon monoxide into the house.
- Gutters must be cleaned to prevent ice dams causing interior leaks.
- Be prepared for the first snowstorm by ensuring your snow blower is in working order, snow shovels are available, as well as snow melt.
- Do not turn your thermostat off if you are leaving your house for any length of time. It should be set at the lowest temperature that will prevent your pipes from freezing.

TRAVEL CHEF

Travel Chef—Tuesday, January 21st—Asian Style Cuisine: Chinese chicken wing, boneless ribs, sweet & sour sauce, vegetable fried rice, sesame ginger broccoli, fortune cookie & fresh pineapple. Suggested donation of \$2.25 per person, Reservations by Friday, January 17th at 10am.



Bingo Bonanza, Wednesday, January 15th, 11am-2pm at Brentwood

Brentwood is generously sponsoring a Bingo Bonanza for the Danvers Senior Center to be held at their facility at 56 Liberty Street in Danvers. This event which will be held on **Wednesday, January 15th 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!

UPCOMING EVENTS



Evening Book Club - The Book Club will meet next on Monday, January 27, 2020 at 5:30 PM. This month the

book selected was **"Finding Chika"** by **Mitch Albom**. Plot: Chika was born 2 days before the devastating earthquake that decimated Haiti in 2010. She was brought to the Have Faith Haiti orphanage that Albom operates in Port Au Prince. With no children of their own, the forty-plus children who live, play and go to school at the orphanage have become family to Mitch and his wife Janine. Mitch and Janine bring Chika to Detroit hopeful that American medical care can soon return her to her homeland. Instead, Chika becomes a permanent part of their household and their lives, as they embark on a 2 year, around the world journey to find a cure. Please call Paula at 978 762-0208 x104 if you will be attending



Popcorn & A Movie - Join us on Tuesday, January 21st at 1 PM for **"Downton Abbey"** Plot: The Crawley family prepares for an

official royal visit to their family house in Yorkshire 1927. They experience physical, social, and psychological upheavals as King George V, Queen Mary, and their royal entourage descend on the eponymous mansion. Rated PG by the Motion Picture Association of America for Language, Sexual Situations and Thematic Elements. Please sign up at the front desk or call the center at 978 762-0208 if you plan on attending as seating can be limited.

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, January 13, 2020, 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.

Volunteer Opportunities

I am currently trying to recruit students from the high school to shovel walkways and stairs (not driveways or large areas) for seniors who have no one else to help them. I am putting together a list of seniors who need this service. There is no guarantee I will be able to find volunteers, but I am hopeful. If you are homebound and need this service, please call the center and we will put your name on the list.

I have a volunteer who is willing to go with seniors to Dr. visits. If you need this assistance or want more information please call Cathy.



Pop Up Library: On Wednesday, January 15th from 10AM-1PM The Peabody Institute Library will be

coming to the Senior Center. The Library now has vehicle that they are able to take on the road with books. Stop by and "check out" books and other materials the library has to offer. The library will be making an appearance here on a monthly basis. Don't forget to bring your library card!!

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.**

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

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

Mon, Tues, Wed, Thurs & Fri 9:30-1:30pm	
Senior medical rides to and from Danvers, Salem, Peabody and Beverly.	
9:30am—11:30am:	Lunch pickups to Sr. Ctr
12:30pm:	Shoppers (from Sr. Ctr)
1:00pm:	Sr. Center Returns
2:00pm:	Shoppers Returned Home
3pm (Thurs only)	Band Returns
2:30pm-4:00pm	Daycare Returns

Shopping Schedule	
Transportation leaves for a shopping location from the Senior Center at 12:30pm .	
<u>Mon:</u>	Market Basket, Middleton
<u>Tue:</u>	Stop & Shop (Rte 1/62), Danvers
<u>Wed:</u>	Market Basket, Danvers or Target at Liberty Tree Mall
<u>Thu:</u>	Shaw's in Peabody or North Shore Mall, Peabody
<u>Fri:</u>	Wal-Mart (Rt 114)
<u>PLEASE NOTE:</u> The limit is <u>2 canvas bags per person</u> only. All shoppers need to be ready for a return ride home by <u>2pm</u>.	

2020 MULTI DAY TRIPS

We are in the process of lining up trips for 2020. Listed below are upcoming multi day trips. Dates will be listed in the February newsletter when all flyers are available. Lots more trips will be coming soon!

February 15-23, 2020 - Spotlight on the French Riviera featuring Nice's Carnival.

Includes r/t air, transfers. Highlights include Nice, Antique Market, St. Tropez, Vineyard & Wine tasting, Monaco, Monte Carlo Casino, Cannes, Antibes, Nice Carnival and much, much more. Cost from: \$2,999 p.p, d.o. (Collette)

April 5-16, 2020 - Costa Rica: A world of Nature - Trip includes r/t air, lodging.

Highlights include: Tortuguero National Park, Tirimbina Rainforest Center, Chocolate Making Demonstration, River Safair, Finca Experience, and much more. Cost from: \$3,739 p.p., d.o, (Collette)

June 4-12, 2020 - Bluegrass Country & the Smokey - Trip include r/t air, lodging.

Highlights include Churchill Downs, Kentucky Derby Museum, Great Smoky Mountains National Park, Asheville, Biltmore Estate and more. Cost from: \$2,949 p.p., d.o. (Collette)

September 25 - October 2, 2020 - Discover Canyon Country - Trip include r/t air, lodging.

Highlights include Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powel, Las Vegas and more. Cost from: \$2,999 p.p., d.o. (Collette)

September 2020 - Kentucky Bluegrass, Bourbon Trail & Nashville - Includes r/t air, 1

night Louisville, 1 night Lexington, 2 nights Gatlinburg, 2 night Nashville. Tours include Jim Bean Distillery, Wild Horse Saloon, Grand Ole Opry, County Music Hall of Fame, Churchill Downs, Louisville Slugger Factory and more. (Best of Times) Call for flyer availability and date confirmation

Travel Talk - Join Vinnie Brown of Collette for an information presentation on the 2020 Discover Canyon Country Trip. Presentation will be held on **Wednesday, February 26 at 4 PM**. No charge to attend the presentation, but please call to let us know you are coming.

2020 DAY TRIPS

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

We are in the process of lining up trips for 2020. Listed below are upcoming day trips. Dates will be listed in the February newsletter when all flyers are available. Lots of trips will be coming soon!

Friday, March 6, 2020 - Lobster Bake at Captain Jack's & Mohegan Sun Casino - Depart via luxury motorcoach to Narragansett Bay in Wakefield, Rhode Island with a visit to Captain Jack's for an unforgettable meal to kit of the day. Following lunch enjoy about 3 hours to test your skill at Lady Luck, do shopping or catch an afternoon lounge show at Mohegan Sun. Luncheon choice of Lobster or Prime Rib. Cost: \$99 (New England Journeys)

Tuesday, March 17, 2020 - St. Patrick's Day Celebration - Depart via deluxe motorcoach to the Aqua Turf Club in Connecticut for a complete luncheon of Corned Beef and Cabbage and much more. Entertainment by Padraig Allen and The McLean Avenue Band from Ireland presenting a retrospect of Celtic folklore, traditional songs, dancing, and pop Irish music. Cost: \$129 (New England Journeys)

Tuesday, May 19, 2020—Carole King Tribute at the Danversport Yacht Club. Deb DeLucca is a singer songwriter that recreates an authentic look, feel, and most importantly, sounds of Carole King live in Concert. Complete Luncheon. Cost: \$72.00 (Best of Times)

June 16, 2020—Comedy Hypnosis Show at Lake Pearl - Comedy hypnotist Richard Barker brings his charm and experience to blow the minds of audiences. Complete meal. Cost: 92.00 (Best of Times) Call for flyer availability and date confirmation.

Thursday, August 13, 2020—Martha's Vineyard Day Trip-Enjoy a ferry ride, tour of Martha's Vineyard, tour guide and dinner on the mainland. Cost: \$165.00 (Best of Times)

Sunday, October 18, 2020 - The British Invasion Years at Lake Pearl - Enjoy a wonderful meal at Lake Pearl. Then enjoy chart toppers by the iconic British groups such as The Zombies, Dave Clark Five, Rolling Stones, The Hollies and more. Also enjoy songs from The Monkees, Simon & Garfunkel, The Beach Boys and more. Cost: 92.00 (Best of Times)

Tuesday, December 1, 2020 - Michael Buble Christmas Tribute - A tribute to Michael Buble with swinging standards and pop hits of Michael Buble in an unforgettable performance at the Danversport Yacht Club. Complete Luncheon. Cost: \$72.00(Best of Times)

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 **Tuesday, January 14th, 1:30-3pm**. RSVP requested but not required. For further information, contact Judith Ryan 978-762-0208

SOCIAL 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.



Operation Troop Support Items for January—In keeping with the growing needs of our troops, we will be collecting these needed items for the month of January: Cookies, candies & sweets 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.

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 (**January 6th** from 10:30am-11:30am) to learn how to organize your coupons; share coupons ideas and information. Note: January 20th is Martin Luther King 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, January 13th**. Must sign up in advance at the senior center (limited to 28 players). Cost \$1.00 members/\$3.00 non members.



Book Club -A Book Club with a Difference. We decide as a group on the monthly topic. Then we each find our own book to discuss. We have great discussions on our choices. The next meeting will be held on **Monday, January 13th at 1pm**. The book topic will be Reader's Choice—Any topic, fiction or non-fiction. 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, January 30th** from 9am-11:30am. Due to space limitations, if you cannot bring your item on the 30th please do not drop off your items until Wed. January 29th Thank you.



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!

1/8 Trivia with Twin Oaks!! Nicole Goodwin & Jennifer Tineo will be here to test your knowledge. Prizes and light refreshments will be provided.

1/29 Cooking for one demonstration with Chef Ian from Residence at Pearl Street.

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.



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 winner was Leah Magnifico who won a Zumba card.** So remember to check in on the computer each time you are here. If you don't have a card, stop by the front desk and we'll be happy to get you one!

SCAM ALERT...

There is a new scam going around where you receive a phone call from a local number and the person is claiming to be from National Grid wanting to review your latest bill. The caller then asks for further information to verify that it is your account. **DO NOT** give out **ANY** information and hang up the phone. A representative from National Grid told us that these scams have been increasing in the area. Remember don't give out **ANY** personal information to anyone you don't know.

BLOOD PRESSURE CLINIC

Blood Pressure Clinics - Appointment Required. Judith Ryan, RN. our Public Health Nurse, will hold blood pressure clinics on Thursday mornings from 9:30am-12pm Call the center at 978-762-0208 x114 to book your appointment.

DANVERS PEOPLE TO PEOPLE FOOD PANTRY

The Danvers People to People would like to thank the very generous people in our community who contributed to the needs of our shoppers this Holiday Season. Turkey Gift Card donations this Thanksgiving met all of our needs and more. Toys, food and money provided for so many this Christmas. There were 85 families who received stockings, toys and gift cards and 160 elders who were treated to gifts, and gift cards.

There are a few organizations that I would like to acknowledge for sponsoring toys and gifts for our families and elders; The Knights of Columbus, the Lion's Club, the Kiwanis, The Rotary Club, The Pillsbury Foundation, All Saints Church, Saint Richard's, Saint Mary's and the Maple Street Church, our neighbor Holy Trinity United Methodist Church, The Smith School, Seaboard, Millipore, Abiomed, EP Management, Simple Title, the Girl Scouts, the Danvers Library, the Danvers Firefighters, East Boston Savings, Century 21 and many individual contributors. If I have left off naming any - please forgive me.

I would also like to thank Larry DiLorenzo from Danversport for his continued support of our Pantry, and for hosting his annual Christmas Party for the children and their families. Food, fun, music and Santa were highlights of his generosity, it will never be forgotten by all attended.



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.

January 2020 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
		1) New Year's Day Senior Center Closed	2) Meatloaf w/gravy, cheddar whipped pota- toes, hearty veg soup, peach crisp & pull apart roll. Cal: 827; Sod: 1067	3) Cranberry Glaze Chicken w/roasted sweet potatoes, brussel sprouts, chocolate pud- ding & whole wheat bread. Cal: 610; Sod:618
6) Sweet & Sour Meat- balls (chicken) w/fried rice, cabbage & carrots, pineapple & multigrain bread. Cal: 758; Sod: 1013	7) Yankee Pot Roast w/ Italian Zucchini, cream of mushroom soup, crackers, chilled fruit & dinner roll Cal: 574; Sod: 709	8) Chicken Pot Pie w/ roasted sweet potatoes, yogurt & juice, & wheat bread Cal: 679; Sod: 917	9) Monthly Special BBQ Shredded Beef w/ delmonico potatoes, parslied green beans, blueberry crisp & knotted roll Cal: 946; Sod: 982	10) American Chop Suey w/garlic, kale & spinach, caesar salad, chilled peaches & whole grain bread Cal: 830; Sod: 983
13) Salisbury Steak w/gravy, mashed pota- toes, lentil soup, crackers, apple spice cake & oatmeal bread Cal: 1048; Sod: 1552	14) Oven Fried Chicken w/mac & cheese, south- ern greens, mandarin or- anges & honey wheat bread Cal: 732; Sod: 972	15) Egg & Cheese Croissant w/broccoli, corn chowder, crackers & chilled fruit Cal: 581-; Sod: 769	16) Stuffed Peppers w/rustic tomato sauce, au gratin potato, jello & scali bread Cal: 762; Sod: 848	17) Pulled Pork w/ BBQ sauce, roasted sweet potatoes, brus- sel sprouts, fresh fruit & hamburger roll Cal: 953; Sod: 1049
20) Martin Luther King Day Senior Center Closed	21) Travel Chef Asian Style Cuisine: Chinese chicken wing, boneless ribs, sweet & sour sauce, vegetable fried rice, sesame ginger broccoli, fortune cookie & fresh pineapple.	22) Turkey w/gravy cran- berry sauce, whipped sweet potato, green beans, ap- plesauce & dinner roll Cal: 682; Sod: 854	23) Homestyle Chicken Nuggets w/honey mus- tard, potato wedges, peas, yogurt & juice, oatmeal bread Cal: 791; Sod: 1062	24) Hot Dog w/ mustard, relish, baked beans, coleslaw, man- darin oranges & hot dog roll Cal: 834; Sod: 1455
27) Chicken Mirabella Rice Florentine, car- rots, mandarin oranges & snack n loaf Cal: 897; Sod: 654	28) Stuffed Shells w/ marinara, spinach sal- ad, broccoli, honeydew melon & Vienna bread Cal: 711; Sod: 978	29) Ribecue w/honey BBQ sauce, rustic cut potatoes, corn, pineapple & hearty wheat bread Cal: 664; Sod: 1215	30) Beef Stew w/ mashed potatoes, pump- kin square & rye bread Cal: 792; Sod: 843	31) Sloppy Joe w/ mixed veggie, cauli- flower cheddar soup, crackers, chocolate mousse & burger roll Cal: 892; Sod: 1016

Before getting lunch, please inform your server of any allergies you may have.

Congregate Meal Program Suggested Donation: \$2.25

<p>Every Thurs: Shine: 10am-12:00pm By Appt. Only</p>	<p>Monday thru Friday Billiards, 9am-4:30pm Cribbage 12:30-4:30 Fitness Rm 9am-4:00</p>	<p>1) New Year's Day Senior Center Closed</p>	<p>2) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>3) 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula</p>
<p>6) 8:15am-9:15 Strg Women \$5 8:30-9:30am Video Exercise 9:30-10:30am Tai Chi/\$25/\$35 -6class 10am-11am Coloring 10:30am Couponing w/Judi 12:30-3:30 Watercolor w/Bruce \$55/\$75 (6 classes) 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45-6 class</p>	<p>7) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>8) 8:00-9:00am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as you Like It \$55/\$75 9:35am-10:35am Chair Toning, \$30/\$45 (6 wks) 10:30am-11:30am Parkinson's Fitness 12:30-3:30pm Watercolor as you Like It \$55/\$75 (6 classes) 1pm-4pm Mah Jongg Players (6 classes) 1:30pm-2:30pm Line Dancing \$5/\$7</p>	<p>9) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>10) 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>13) 8:15am-9:15 Strg Women \$5 8:30-9:30am Video Exercise 9:30am Crazy Cards \$1/\$3 9:30-10:30am Tai Chi/\$25/\$35 -6class 10am-11am Coloring 12:30-3:30 Watercolor w/Bruce \$55/\$75 (6 classes) 1pm Book Club 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45-6 class</p>	<p>14) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>15) 8:00-9:00am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as you Like It \$55/\$75 9:35am-10:35am Chair Toning, \$30/\$45 (6 wk 10:30am-11:30am Parkinson's Fitness 12:30-3:30pm Watercolor as you Like It \$55/\$75 (6 classes) 1pm-4pm Mah Jongg Players (6 classes) 1:30pm-2:30pm Line Dancing \$5/\$7</p>	<p>16) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>17) 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>20) Martin Luther King Day Senior Center Closed</p>	<p>21) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>22) 8:00-9:00am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as you Like It \$55/\$75 9:35am-10:35am Chair Toning, \$30/\$45 (6 weeks) 10:30am-11:30am Parkinson's Fitness 12:30-3:30pm Watercolor as you Like It \$55/\$75 (6 classes) 1pm-4pm Mah Jongg Players (6 classes) 1:30pm-2:30pm Line Dancing \$5/\$7</p>	<p>23) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>24) 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula</p>
<p>27) 8:15am-9:15 Strg Women \$5 8:30-9:30am Video Exercise 9:30-10:30am Tai Chi/\$25/\$35 -6class 10am-11am Coloring 12:30-3:30 Watercolor w/Bruce \$55/\$75 (6 classes) 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45-6 class</p>	<p>28) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>29) 8:00-9:00am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as you Like It \$55/\$75 9:35am-10:35am Chair Toning, \$30/\$45 (6 weeks) 10:30am-11:30am Parkinson's Fitness 12:30-3:30pm Watercolor as you Like It \$55/\$75 (6 classes) 1pm-4pm Mah Jongg Players (6 classes) 1:30pm-2:30pm Line Dancing \$5/\$7</p>	<p>30) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>31) 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula</p>

Maximize your SNAP Benefits

Tell DTA about your expenses! You may get credit for these expenses even if you are currently not paying for them in full. This may help to increase your SNAP benefits!

Utility Costs: Heating, Cooling, Electricity, Trash Collection, Water & Sewerage, Phone

DOR Child Support Payments: You may receive credit for paying court ordered child support

Shelter Costs: Rent, Mortgage (Principal, Interest, Taxes, & Insurance), Condo Fees, etc.

Dependent Care Costs: Tell us about childcare or adult dependent care costs

Medical Costs: Elderly or disabled clients may claim Co-pays, Prescriptions, Over-the-Counter Medications, Health Insurance, Transportation, etc.

More Resources

To find local food sources please call Project Bread's Food Source Hotline at 1-800-645-8333. To find nutritional advice please visit the Food & Nutrition Service website at www.choosemyplate.gov.

To find essential health & human services programs in your area please call 2-1-1

To find local employment & training providers please visit www.snappathtowork.org

For more information on DTA programs please visit mass.gov/dta

TRIAD - SENIOR SAFETY - On Monday, January 13*, representatives from the Danvers Triad Council will be visiting **Olde Salem Village** to share refreshments and information about safety programs available for Danvers Seniors & Disabled Individuals. Please join us at 1:30 PM in the Club House at 43 Village Post Road. 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 2/10*



Do You Need Help Paying Your Heating Bills & Keeping Your Home Warm This Winter?

The Fuel Assistance Program at NSCAP (North Shore Community Action Programs, Inc.) helps income-eligible households pay their winter heating bills, even if the cost of heat is included in your rent*.

If your gross household income falls within the limits shown in this chart, you *may* qualify for payment of **up to \$1,100** paid towards your winter heating bills. Eligible National Grid customers may qualify for a discount of up to 29% off their gas bills, too! (*Some restrictions apply)

2019-2020 INCOME GUIDELINES

Household Members	Maximum Gross Income**	Household Members	Maximum Gross Income**
1	\$37,360	3	\$60,351
2	\$48,855	5	\$71,846



FUEL SEASON RUNS FROM OCTOBER 1ST – APRIL 30th



For an APPOINTMENT at NSCAP in Peabody, call: (978) 531-0767 X136

To get ASSISTANCE with your NEW or RECERTIFICATION application, or if you have questions about eligibility, call Lisa Westrate at the Danvers Senior Center: (978) 978-762-0208 x105

North Shore Community Action Programs, Inc.
119 Rear Foster Street, Building #13
Peabody, MA 01960

Serving Salem, Peabody, Beverly, Danvers, Marblehead, Middleton and Topsfield

Revised August 2019

** 60% of Estimated State Median Income Effective August 9, 2019



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

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

LOW VISION GROUP - 2nd Thurs each mo at 10:30-11:30

This group is for those experiencing any type of vision loss ranging from a small degree of vision loss to those who are totally blind. You do not need to be a senior, or live in Danvers, to attend this group.

At our next meeting on January 9th, our topic of discussion will be on Safety and Fire Prevention, with a guest appearance from Danvers Fire Department. We will discuss the safety programs available through the Triad Counsel and Matthew Aquaro, Fire Fighter, will share tips for preventing fires at home.

CHALLENGES OF LIVING ALONE (CLA) - 4th Thursday/ mo 1-2pm

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.

For details on our next meeting on January 23rd, see the description in the Low Vision Group section above. Mr. Aquaro will join us at both meetings.

OTHER LOCAL NETWORKING AND SUPPORT

50+ JOB SEEKERS NETWORKING GROUP - 2nd & 4th Wednesdays 9:30am– 12pm

Danvers COA (2nd) Contact: Maureen Howlette Danvers Senior Center 978-762-0208

BEREAVEMENT SUPPORT - CareDimensions offers groups for various needs

Bertolon Center for Grief & Healing, 78 Liberty St. Danvers. Call for details: 855-774-5100

CAREGIVER SUPPORT GROUP - 1st & 3rd Wednesdays, 10:30-12 or 7-8:30

North Shore Elder Services, 300 Rosewood Dr., Suite 200, Danvers Contact: 978-750-4540

HOARDING - Next 10-week group will begin in February. Once it begins, groups are closed.

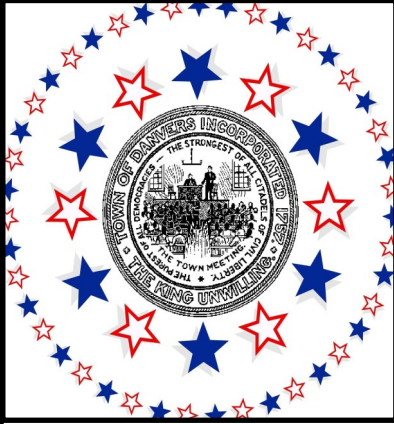
North Shore Center for Hoarding & Cluttering - Eileen Dacey—978-624-2207

MEMORY CAFÉ - 2nd Tuesday of the month, 1:30-3pm

Danvers Senior Center, Contact Judith Ryan 978-762-0208 x114

VETERANS SOCIAL - Thursdays 5-6pm NSCC, Danvers Math & Science Bldg. Cafeteria

VETERANS' SERVICES



PETER M. MIRANDI, VSO
Danvers Town Hall
 1 Sylvan St. Danvers, MA 01923
 978-777-0001 x 3025



VETERANS OFFICE HOURS
M, T, & W: 8 am - 5 pm
Thurs: 8 am - 7:30 pm
Friday: 8 am - 1:30 pm

What are Ch 115 Benefits? Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides financial assistance for eligible Veterans, their dependents, and surviving spouses.

What are the eligibility requirements for Ch 115?

1. Fit the Massachusetts Definition of a Veteran
2. Be a resident of Massachusetts
3. Meet Financial Eligibility Guidelines (*see chart*)

Ch 115 Eligibility Guidelines 2019		
	<u>Income</u>	<u>Asset</u>
Individual	\$2081/mo	\$5000
Couple	\$2818/mo	\$9800

How do Veterans apply for Ch 115? You may apply for benefits by contacting the VSO (Veterans Service Officer) assigned to your city/town. Peter Mirandi is the Danvers VSO

How can I learn more? Contact Peter Mirandi or Leanne Puleo in the Veterans Office or Lisa Westrate at the Senior Center. Visit us online at www.danversma.gov/departments/veterans-services

TRANSPORTATION to VA MEDICAL CENTER

**“Gloucester to Bedford”
SHUTTLE STOP**

Vittori Rocci Post #56, Beverly

Monday - Friday

9:30am - Departs
Vittori Rocci Post #56
 143 Brimbal Ave. Beverly
1:00pm - Departs
Bedford VA Hospital
 200 Springs Rd, Bedford

Call the Bedford VA at 781-687-2000 **with at least 24-hr notice** to request to be added to the Gloucester-Bedford Shuttle *w/ a Beverly pick up.*

***Peabody to JAMAICA PLAIN*
SHUTTLE SERVICE**

Torigian Senior Ctr, 79 Central St., Peabody

<u>1st Tuesday</u> 7:30am - Departs <i>Torigian Sr. Ctr.</i>	<u>3rd Wednesday</u> 7:30am - Departs <i>Torigian Sr. Ctr.</i>
2:00pm - Departs <i>VA Medical Ctr.</i> Jamaica Plain, MA	1:00pm - Departs <i>VA Medical Ctr.</i> Jamaica Plain, MA

Reservations required.
 Call the Torigian Senior Center at 978-531-2254 to reserve your seat .
 One assistant may accompany veteran.

Note: *Veterans are responsible for scheduling their own Drs. appointments with the VA & arranging transportation to the Shuttle Service Locations.*

If you need transportation to/from the Shuttle Stop locations, call Lorene at 978-762-0208 with at least 48-hrs notice to request a ride with the Danvers Senior Center van.

DANVERS VETERANS'

COFFEE

Social



★ **Thursdays 5-6 pm** ★

NSSC Math & Science Building

1 Ferncroft Rd. Danvers

(978) 762-4187

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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!

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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, January 8th at 12pm. If you are celebrating a birthday in the month of January lunch is on us!
December's Birthdays were Seated: Mike Roach;
Standing: Tom Fletcher.

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.

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 19 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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COUNCIL ON AGING AND THE EXECUTIVE OFFICE OF ELDER AFFAIRS.

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