

# Oniontown Seniors Danvers Council on Aging

Nationally Accredited  
Senior Center  
Awarded 2001, 2007, 2012



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

**DCOA Board**

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- Leotia Demeule
- Pamela Knight
- Cheryl MacNeill
- Margaret Rutherford

**DCOA Staff**

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

**The Men's Club— Monday, June 11th at 5:30pm.** Forensic Science Roadshow. Venture into the world of CSA with this interactive program that introduces you to the fascination subject of forensic science. Paul Zambella was employed as a Forensic Scientist at the Massachusetts State Police Crime Laboratory for 36 years. He participated in more than 500 crime scene investigations and taught courses in Forensic Science at Northeastern University, Salem State University and Hesser College. The menu will be provided by Fresh Food Catering and will be London broil, loaded potato salad, baked stuffed tomato & tiramisu for desert. Charge of \$6pp for members of FDCOA and \$8pp for non-members. Tickets are on sale now.

**The Evening Dinner— Thursday, June 14th at 5pm.** The meal is provided by Henry's of Beverly. The menu will be lobster salad & chicken salad finger roll with pickle spear, potato chips, Italian pasta salad & key lime dessert cup for dessert. Cost: \$9 for FDCOA members & \$11 non members. Tickets on sale now.

**Family Festival Senior Picnic— Tuesday, June 19th from 11:30am-2pm.** Danvers residents age 60 and older are invited to enjoy a wonderful luncheon of grilled Hawaiian marinated chicken kabobs with peppers, red onion and fresh cubed pineapple, Polynesian rice, Kings Hawaiian rolls and butter, grilled pound cake with grilled pineapple and caramel sauce topped with fresh whipped cream & fresh fruit punch. Tickets are \$6 for FDCOA members/\$8 for non-members **Tickets will go on sale Monday June 4th at 10am.** There will be open seating (both indoors and out) for this event. The Kiwanis Club of Danvers will assist with cooking and serving as always! Entertainment by Alan Labella This event sells out every year, so get your tickets early and celebrate with good food and good friends!!

**Get Ready....Patio Parties are coming back!!!** Patio Parties will be on Wednesday evenings at 5 PM beginning, Wednesday, July 11<sup>th</sup>. Live entertainment will be sponsored by Brentwood Rehab.

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

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)

## SAVE THE DATE

- 6/2 Essex Steam Train & Riverboat trip departs
- 6/3 Lake Winnepesaukee Brunch trip departs
- 6/4 Couponing with Judi, 10:30am-11:30am
- 6/11 Crazy Cards, 9:30am-12pm
- 6/11 Book Club, 1pm
- 6/11 Evening Book Club, 5:30pm (see pg 4 for details)
- 6/12 Popcorn & a Movie, 1pm (see pg 4 for details)
- 6/13 Mrs. Fix It, 10am-11:30am
- 6/13 Birthday Lunch, 12pm
- 6/14 Low Vision Mtg, 10:30am
- 6/15 Podiatry Clinic, 10am-2pm (by appt only)
- 6/18 Couponing with Judi, 10:30am-11:30am
- 6/19 Eaglemania at Danversport trip departs
- 6/24 A Seaside Journey trio departs
- 6/25-7/2 America's Cowboy Country trip departs
- 6/27 Mrs. Fix It, 10am-11:30am
- 6/28 Mr. Fix It, 9am-11:30am
- 6/28 CLA (Challenges of Living Alone ) 1pm
  - Every Tuesday & Thursday Zumba, 9:15-10am (\$30/\$42 for 12 sessions)
  - Every Thursday—Blood Pressure Clinic, 8:30am-11:30am (by appt. only)
  - Every Thurs.—1:15-3 PM—Maple Sugar Jazz Band
  - Every Wednesday & Friday-12 PM- Café

## TIMELY TOPICS

10:30am-11:30am

**5/13— Nick Rowe from Vitality Rehabilitation.** Whether you find yourself in a hospital, skilled nursing facility or even at home, the goal is to be with you every step of the way. Vitality Rehabilitation will assist with preventing re-hospitalizations, offering support to you and your family and much more.

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

## TRAVEL CHEF

**June 12th at 12pm—Summer Sundae Bar.** The entrée will be stuffed shells with marinara sauce, broccoli, garden salad, dressing, fresh fruit & wheat roll. The Sundae Bar will be vanilla ice cream, hot fudge, strawberry sauce, whipped topping, sprinkles, crushed oreos & cherries. **Please note: In order to purchase the sundae you must also sign up for lunch.** Suggested donation of \$2.25 per person. Reservations by Monday, June 11th at 10am please.

## 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. Our Triad Council has produced our sixth program called "The Triad Corner" with Danvers Community Access Television (DCAT) to bring more awareness to the public about our Triad programs. The show was taped on May 3rd and will continue to air on DCAT during the month of June on the following schedule:

June 2 at 1:30 p.m.    June 6 at 9:30 a.m.    June 7 at 3:00 pm.    June 9 at 1:30 p.m.  
June 13 at 9:30 a.m    June 14 at 3:00 pm    June 16 at 1:30 p.m..    June 20 at 9:30 a.m.  
June 21 at 3:00 pm    June 23 at 1:30 p.m    June 27 at 9:30 a.m    June 28 at 3:00 pm  
June 30 at 1:30 p.m

The show will also be available anytime in June on DCAT's website: [www.danverstv.org](http://www.danverstv.org) Click on the "VIDEOS" tab at the top of the Home Page. Then type "Triad" into the Search box and hit ENTER. Then click on the Triad Corner icon. It runs like a YouTube video. You can also enlarge the screen by clicking on the two arrows on the right side of the bar at the bottom of the small screen. Lew Hathaway, Triad Vice Chair, is the host for the show and his guest is Danvers Fire Prevention Officer Capt. Jim Brooks. The show provides several safety tips for seniors to be made aware of the dangers of hoarding in the home. There are two videos mentioned in the program which dramatically show these dangers firefighters face in going into a home where there has been a hoarding problem. Copy these links from these two fire departments into your web browser:

<https://www.youtube.com/watch?v=IHrSITzFe9w>    Columbus, OH  
[https://www.youtube.com/watch?v=pPZHII\\_whQA](https://www.youtube.com/watch?v=pPZHII_whQA)    Kalamazoo, MI

After watching the show if you would like more information about any of the topics you have seen, call the Danvers Senior Center at 978-762-0208. You may also contact Fire Capt. Jim Brooks at 978-774-3917.



### Bingo Bonanza

**Wednesday, June 20th 11am-2pm  
at Brentwood**

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

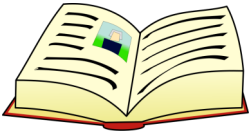


**Hunt Nursing & Retirement (Lindall Street)  
2:15pm-3:15pm**

Wednesday, June 6th, George Lyons  
Wednesday, June 13th, Dwayne Sullivan  
Wednesday, June 27th, Paul Harty

There is no charge for this, but please register in advance by calling the senior center at 978-762-0208.

## UPCOMING EVENTS



**Evening Book Club** - The Book Club will meet next on Monday, June 11<sup>th</sup> at 5:30 PM. The book this month is "**A Prayer for Owen Meany**" by John Irving. **PLOT:** Eleven-year-old Owen Meany, playing in a Little League baseball game in Gravesend, New Hampshire, hits a foul ball and kills his best friend's mother. Owen doesn't believe in accidents; he believes he is God's instrument. What happens to Owen after the 1953 foul is both extraordinary and terrifying. At moments a comic, self-deluded victim, but in the end the principal, tragic actor in a divine plan, Owen Meany is the most heartbreaking hero John Irving has yet created. Please call Paula at 978 762-0208 x104 if you will be attending.

### **Senator Joan Lovely**

**Senator Joan Lovely's office** will host district hours at the Danvers Council on Aging every other month. She will be here next on **Monday, June 11th from 9-10am**. Appointments are encouraged and can be made by phone at 617-722-1410 or by email at [joan.lovely@masenate.gov](mailto: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.

### **Blood Pressure Clinics**

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



**Popcorn & A Movie** - Join us on Tuesday, June 12<sup>th</sup> for "**The Greatest Showman**". Plot: This wondrous musical about the life of entrepreneur PT Barnum depicts how he found fame and fortune by starting a circus in 1870's America, and posits that he was the creator of modern show business. Starring Hugh Jackman and Zac Efron. Rated PG by the Motion Picture Association of America for coarse language, thematic elements, violence. Please sign up at the front desk, or call the center at 978 762-0208 if you plan on attending.



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

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



# TRANSPORTATION



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

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

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

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

We are currently looking for:  
 Volunteer gardening help with our kitchen garden  
 Volunteer dishwasher and light kitchen help  
 Helpers for patio parties  
 Volunteer drivers for medical appointments  
 Please call Cathy if interested

## 2018 DAY TRIPS

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

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

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

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

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

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

**Monday, July 9, 2018 - "Footsteps of JFK" - SOLD OUT**. Cost: \$98.00 (New England Journeys)

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

## 2018 DAY TRIPS

**Saturday, July 14, 2018 - Foxwoods Casino!** - Here it is...your trip to Foxwoods Casino in Ledyard, CT. Trip includes a meal voucher good for a free buffet or \$10 towards a meal in one of Foxwoods restaurants, a \$10 free play, driver gratuity, escort, snacks and surprises on the motorcoach. Cost: \$40 (All Around New England)

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

**Thursday, July 19, 2018 - "Downeast Maine Adventure"** - Travel via deluxe motorcoach to Portland for a cruise of the Casco Bay and its islands...Destination: Bailey Island and Cook's Lobster House for a Lobster Roll, Broiled Haddock, Grilled Chicken Caesar Salad or Grilled Sirloin. Next stop...Freeport. Cost: \$129.00 (New England Journeys).

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

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

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

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

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

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

**Sunday, September 2, 2018 - Steve Martin and Martin Short at Tanglewood** - Deluxe motorcoach transportation complete luncheon at The Student Prince in Springfield, reserved seating under the Shed. Martin and Short will be joined by Grammy Award Winning bluegrass band Steep Canyon Rangers. Audiences can expect an evening of nonstop laughs as the duo recall their iconic careers, creative influences and most memorable encounters presented through a blend of stand up, musical numbers and conversations about their lives in show business. Cost: \$159 \*Note: there will be no refunds after June 1<sup>st</sup>. (Best of Times)

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

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

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

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



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

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

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

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

**Wednesday, December 12, 2018 - Holiday Pops** - Enjoy premium first row balcony seats at Symphony Hall for the enchanting holiday celebration featuring Keith Lockhart. Complete meal at the Venezia overlooking the Boston waterfront. Cost: \$159.00 (New England Journeys)

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

**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!



## 2018 MULTI DAY TRIPS

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

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

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

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

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

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

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

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



## 2018 MULTI DAY TRIPS

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

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

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

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

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

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

**October 16-22, 2019 - Iceland's Magical Northern Lights** - Trip includes r/t air, hotel, Reykjavik, Northern Lights Cruise, Blue Lagoon, Vic, Skaftafell National Park, and much more. Cost: \$3,699 p.p. d.o (Collette)

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>June 2018</b></p> <p align="center">Congregate Meal Program Suggested Donation: \$2.25</p>	<p align="center">Before getting lunch, please inform your server of any allergies you may have</p>	<p align="center"><b>6) Chicken Scampi w/diced tomatoes &amp; olives over noodles, spinach salad, dressing, mandarin orange &amp; wheat bread</b> Cal: 925; Sod: 969 <b>Café: Roast Pork Chop Suey Sandwich w/oriental noodle cole slaw</b></p>	<p align="center"><b>7) Chef Salad w/dressing, summer Florentine soup, crackers, fresh fruit &amp; hearty white bread</b> Cal: 1004; Sod: 854</p>	<p align="center"><b>1) Honey Rosemary Chicken w/red bliss potatoes, broccoli, Jello &amp; snack &amp; loaf</b> Cal: 673; Sod: 802 <b>Café: Mac &amp; Cheese w/stewed tomatoes, roll &amp; butter</b></p>
<p align="center"><b>4) Potato Pollock w/calypso sauce, sweet potato hash, seasonal summer squash, yogurt &amp; juice, oatmeal bread</b> Cal: 868; Sod: 1002</p>	<p align="center"><b>5) Hot Dog w/mustard, relish, coleslaw, baked beans, cantaloupe &amp; hot dog roll</b> Cal: 741; Sod: 1391</p>	<p align="center"><b>6) Stuffed Shells w/marinara sauce, broccoli, garden salad, dressing, fruit &amp; wheat roll</b> Cal: 857; Sod: 1122 <b>Travel Chef: Summer Sundae Bar: Vanilla ice cream, hot fudge, strawberry sauce, whipped topping, sprinkles, crushed oreos &amp; cherries</b></p>	<p align="center"><b>14) Father's Day Special Pulled pork w/BBQ sauce, mac &amp; cheese, baked beans, peach &amp; blueberry crisp w/topping, white dinner roll</b> Cal: 992; Sod: 968</p>	<p align="center"><b>15) Lemon Citrus Chicken w/seasoned carrots, wild rice pilaf, mandarin oranges &amp; raisin bread</b> Cal: 566; Sod: 804 <b>Café: Tri Colored Tortellini w/primavera cream sauce &amp; crusty roll</b></p>
<p align="center"><b>18) Breaded Fish w/tartar sauce, mac &amp; cheese, broccoli, raisins &amp; multigrain bread</b> Cal: 804; Sod: 857</p>	<p align="center"><b>19) Senior Picnic Grilled Hawaiian Marinated Chicken Kabobs w/peppers, red onion, &amp; fresh cubed pineapple, Polynesian rice, Kings Hawaiian rolls &amp; butter, grilled pound cake w/grilled pineapple &amp; caramel sauce topped w/fresh whipped cream &amp; fresh fruit punch.</b> \$6 member/\$8 nonmember</p>	<p align="center"><b>20) Deviled Egg Salad w/lettuce leaf, potato salad, tomato Florentine, soup, crackers, peach cobbler &amp; hot dog roll</b> Cal: 709; Sod: 1219 <b>Café: Homemade Sloppy Joe's w/sweet potato fries</b></p>	<p align="center"><b>21) Meatball Sub w/marinara sauce, sweet potato fries, caesar dressing, honeydew &amp; sub roll</b> Cal: 736; Sod: 1366</p>	<p align="center"><b>22) Chicken Fajita w/green pepper &amp; onion, Spanish rice, black bean &amp; corn salad, flan style pudding &amp; whole grain tortilla</b> Cal: 763; Sod: 850 <b>Café: BBQ Baby Back Ribs w/homemade baked beans &amp; cheesy corn bread</b></p>
<p align="center"><b>25) Hamburger w/ketchup, roasted potato, peas, yogurt &amp; juice &amp; hamburger bun</b> Cal: 873; Sod: 1062</p>	<p align="center"><b>26) Tarragon Chicken Salad w/lettuce leaf, quiona taboule salad, coleslaw, cantaloupe &amp; hot dog roll</b> Cal: 595; Sod: 980</p>	<p align="center"><b>27) Baked Haddock w/lemon wedge, whipped potatoes, garden salad, dressing, lemon square &amp; multigrain bread</b> Cal: 869; Sod: 894 <b>Café: Sausage, Pepper and Onion Submarine Sandwich &amp; potato chips</b></p>	<p align="center"><b>28) Lasagna w/marinara sauce, green beans &amp; red pepper, kale &amp; white bean soup, crackers, fresh seasonal fruit &amp; oatmeal bread</b> Cal: 728; Sod: 859</p>	<p align="center"><b>29) Pineapple Chicken w/fried rice, carrots, chilled pineapple &amp; snack n loaf</b> Cal: 812; Sod: 601 <b>Café: Homemade Chicken Salad w/cranberry &amp; walnuts on artisan bread served w/fresh veggie pasta salad</b></p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Every Wed &amp; Thurs: Shine:</b> 10am-12:00pm By Appt. Only</p> <p><b>Monday thru Friday</b> Billiards, 9am-4:30pm Cribbage, 12:30-4:30pm Fitness Center, 9am-4:00pm</p>				<p><b>1) 8:30-9:30am Video Exercise</b> 9am-12pm Woodcarving 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p><b>4) 8:15am-9:15 Strong Women \$5</b> 8:30-9:30am Video Exercise 10am-11am Coloring 1pm-4pm Card/board games (free) 9:30-10:30am Tai Chi for all \$25/\$35 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes)</p>	<p><b>5) 9:15am-10am Zumba, \$30/\$42</b> (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p><b>6) 8:30-9:30am Video Exercise</b> 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as You Like It \$55/\$75 (6 classes) 9:45am-10:30 Chair Toning, \$30/\$45 (6 classes) 10:30am-11:30am Parkinson's Fitness 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 2:30-3:30pm Line Dancing \$5/\$7</p>	<p><b>7) 9:15-10am Zumba, \$30/\$42</b> (12 classes on going) 10am-11am Pound Fitness \$30/\$45 (6 classes) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p><b>8) 8:30-9:30am Video Exercise</b> 9am-12pm Woodcarving 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p><b>11) 8:15am-9:15am Strong Women \$5</b> 8:30-9:30am Video Exercise 9:30-10:30am Tai Chi for all \$25/\$35 9:30am-12pm Crazy Cards \$1/\$3 10am-11am Coloring 1pm Book Club (free) 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes)</p>	<p><b>12) 9:15am-10am Zumba, \$30/\$42</b> (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p><b>13) 8:30-9:30am Video Exercise</b> 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as You Like It \$55/\$75 (6 classes) 9:45am-10:30 Chair Toning, \$30/\$45 (6 classes) 10:30am-11:30am Parkinson's Fitness 1pm-4pm Mah Jongg Players 1pm-4pm Quilters</p>	<p><b>14) 9:15-10am Zumba, \$30/\$42</b> (12 classes on going) 10am-11am Pound Fitness \$30/\$45 (6 classes) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p><b>15) 8:30-9:30am Video Exercise</b> 9am-12pm Woodcarving 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
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## 2018 Special Interest Programs & Activities

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

SEMESTER BEGINS MONDAY, July 9, 2018

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

#### SUMMER SESSION:

Registration: June 11-29, 2018  
July 9-August 17, 2018

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

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#### MONDAYS

**Strong Women, Strong Bones**    8:15-9:15 AM Carole Lane    Cost: \$5 per session member/  
\$7 Non member

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

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

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

**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**

## 2018 Special Interest Programs & Activities

### *MONDAYS continued*

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

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

### **TUESDAYS**

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

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

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

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

### **WEDNESDAYS**

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

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

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

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

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

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

## 2018 Special Interest Programs & Activities

### WEDNESDAYS continued

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

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

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

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

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

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

**Café    12 Noon**

A delicious luncheon entrée is prepared by staff . Cost per meal is \$2.25 for Danvers residents age 60 and older, \$5.25 all others. This café is generously sponsored for Danvers seniors by the Clara and Harvey Pillsbury Foundation. Menu is printed in monthly newsletter. Orders may be placed in advance.

**Quilters & Rug Braiders                      1-4 PM    No Cost**

Individuals work on their own projects. All are welcome.      **Ongoing**

### 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**



## 2018 Special Interest Programs & Activities

### THURSDAYS continued

#### Maple Sugar Jazz Band

1:15-3 PM

No Cost

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

### FRIDAYS

#### Video Exercise

8:30-9:30 AM

Cost: Free

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

#### Woodcarving

9 AM-12 Noon

No Cost

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

#### Wii Bowling

9-10 AM

No Cost

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

#### BINGO

10 AM-12 Noon

\$1.00 per card

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

#### Café

12 Noon

A delicious luncheon entrée is prepared by staff . Cost per meal is \$2.25 for Danvers residents age 60 and older, \$5.25 all others. This café is generously sponsored for Danvers seniors by the Clara and Harvey Pillsbury Foundation. Menu is printed in monthly newsletter. Orders may be placed in advance.

#### Parkinson's Fitness & Movement

1-2 PM Linda & Keith Hall

Cost: No Charge

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

#### Knitting

1-4 PM

No Cost

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



**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 (**June 4th & 18th** from 10:30am-11:30am) to learn how to organize your coupons; share coupons ideas and information.



**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, June 11th** Must sign up in advance at the senior center (limited to 28 players). Cost \$1.00 members/\$3.00 non members.



**Book Club** -The Book Club will be meeting on **Monday, June 11th** from 1pm-3pm. The book topic will be *The Sandcastle Girls* by Chris Bohjalian. 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.

## ACTIVITIES



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



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



**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!



### **Ideas...**

Do you have an idea that you would like to share with the Senior Center? Please drop by the great room and put it into the suggestion box.



**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, June 28th** from 9am-11:30am. Due to space limitations, if you cannot bring your item on the 31st please do not drop off your items until Wed. May 30th. Thank you.



**Mrs. Fix It**—Denise Calcagno will be coming to the Senior Center the second and fourth Wednesday's from 10am-11:30am each month. This month she will be at the Senior Center on **Wednesday, June 13th & 27th**.



**Operation Troop Support Items for June**—In keeping with the growing needs of our troops, we will be collecting these needed items for the month of June: powdered drink mixes, such as Gatorade, Lemonade, Kool Aid, Tang or Iced Tea Mix and as always personal size hygiene items. Please drop off items at the Danvers Council on Aging, 25 Stone Street.



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



### Active Older Adult Day at the Danvers YMCA

The Danvers YMCA Active Older Adults & Pot Luck Luncheon will be held on Wednesday, June 6, 2018 from 11 AM-1:30 PM. There are vendors from over a dozen health agencies offering a wealth of information. This is a great time to collect resource information for yourself, an aging parent or family member. When you are there, make sure you stop by our TRIAD and DCOA tables and say hello!



# Volunteer Appreciation Party 2018

We had a great time at our Volunteer Appreciation "cruise" in April. It was a fun and festive event attended by close to 100 volunteers and guests. Many thanks to Kafmandu in Danvers Square for donating to our dessert buffet along with Stop & Shop, Market Basket and Costco. Also a big thank you to those who helped out on the night of the event. Until next year...





## Medicare coverage of the Shingles Vaccine

Did you know that all Medicare Part D plans cover a shingles vaccine, such as Zostavax or the newly released shingles vaccine, Shingrix, which is recommended by the CDC (Center for Disease Control and Prevention)?

The cost for the vaccine will vary for each Part D plan and even by the pharmacy where you get the vaccine. You can contact your Medicare drug plan or Medicare Advantage Plan for more information on which vaccines are covered and the co-pay at your preferred pharmacy.

For assistance with any Medicare issue, contact the SHINE (Serving the Health Insurance Needs of Everyone) Program. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the Danvers Council on Aging at 978-762-0208 to book an appointment with a SHINE counselor or you may call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.



## Social Seniors Supportive Day Program

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



# Congratulations

Congratulations to the following individuals who were recently awarded a Lifetime Enrichment Scholarship by the Friends of the Danvers Council on Aging:

Janice Arnoldy and Teresa Russell received a \$500 scholarship. Terri Brown, Elaine Catalfamo, Joanne Christopher, Valerie Hatch, Arlene Olsen, Linda Raia, Margaret Simcox, William Snyder, Mary Toomey and Robert Wilkinson received a \$200 scholarship.

Did you know that this award is given out every May at the Friends Annual Meeting. All that is required is a very brief application including why you would like to be considered a recipient. Its easy and you can enjoy all kinds of opportunities at the senior center or other educational, life enriching pursuits! Don't be shy...consider applying for this generous award next year! You too can be one of the lucky chosen ones!!

# SOCIAL SERVICES ANNOUNCEMENTS

OUTREACH COORDINATOR, Lisa Westrate 978)762-0208 x105

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

**LOW VISION SUPPORT GROUP - 2<sup>nd</sup> Thursday of the month 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. At our next meeting on June 14<sup>th</sup>, we'll have the pleasure of hearing from Chrys Peralta, Occupational Therapist, from Massachusetts Association for the Blind (MAB). Among its many services, MAB offers low vision evaluations and vision rehabilitation. If you think there is something you can't do, Chrys invites you to come and hear about how maybe you can! (Please note: Our group will not meet in July or August. We'll resume meeting on 9/13/18.) If you have questions about this group, or would like to be added to the group call list, please contact Lisa Westrate, Group Leader/ Outreach at 978-762-0208 x105.

**CHALLENGES OF LIVING ALONE (CLA): 4<sup>th</sup> Thursday of the month, 1-2pm**



Please note: This will be the last meeting before taking a break for the summer. Our next meeting will be on 9/27/18.

The Challenges of Living Alone group is open to anyone looking for support in successful solo-survival. [If you have questions about this group, please contact Lisa Westrate, Group Facilitator/ Outreach at 978-762-0208 x105.](#)



# VETERANS' SERVICES ANNOUNCEMENTS

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

## DANVERS VETERANS & WIDOW(ER)S

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

Single: Income is below \$2,023/mo & assets less than \$5,000 Couple: Combined income is below \$2,743/mo & assets less than \$9,800

## VA HOSPITAL TRANSPORTATION OPTIONS

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

### BEDFORD

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

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

### JAMAICA PLAIN

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

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

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

For information about Chapter 115 Benefits or to schedule an appointment, contact Danvers Veterans' Service Officer,  
**Peter Mirandi**, at (978) 777-0001 x3025 or Outreach Coordinator,  
**Lisa Westrate**, at (978) 762-0208 x105

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## **Birthday Lunch (The 2nd Wednesday of each month)**

The next Birthday Lunch will be held on Wednesday, June 13th at 12pm. If you are celebrating a birthday in the month of June, lunch is on us! May's Birthday was Joyce Hampson. Please call & register by Tuesday, June 12th at 10am.

### **Would you benefit from a free monthly bag of groceries?**

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

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

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

# 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.

**In Memory of  
Joanne Twombly**  
By

Maria Cobuzzi, Judy Cummings,  
Kathryn Fisher, Anna  
Garabedian, & Jean Wooster

### A Living Memorial / Honor

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(Please make check payable to FRIENDS of DCOA)  
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This newsletter is made possible through funding assistance from THE FRIENDS OF THE DANVERS COUNCIL ON AGING AND THE EXECUTIVE OFFICE OF ELDER AFFAIRS.

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