

# Hilton Center News




Volume 1, Issue 107

MARCH – APRIL 2022

Changing your mindset gives you the ability to change your entire life



*Thanks*  
 To the many, many individuals, families, organizations and businesses who have helped our fire survivors with donations of cash, checks, gift cards, clothing and household items, please know you have made a huge difference. Details will be forthcoming. In the meantime, Thank you so very much! Please know that your generosity has helped and continues to help so many.

**St. Patrick's Celebration**  
 by **Chef Kirk**   
 of Country Center  
 for Health & Rehabilitation  
**Thursday, March 17th**  
**@ Noon**  
 Join us in celebration of St. Patrick as Chef Kirk prepares a traditional Corned beef dinner. Tickets in advance \$3



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**CLOSED**  
**Patriot's Day**  
**APRIL 18<sup>TH</sup>**

**Is Your Number Up?**



Please help us in making sure your Home's Street Number is visible from the street!

Sponsored By:  
 The Salisbury Council On Aging

**LOCAL LAW ENFORCEMENT** **SALISBURY SENIOR CITIZENS**

**TRIAD**

**SUPPORT and PROTECTIVE SERVICES**

Massachusetts General Law (CH. 148s59) and our local ordinance requires that all buildings have a street number that can be seen from the road. Street numbers are vital so Emergency Personnel can locate your home quickly. Minimum of 3", block or script style with contrasting color and placed on dwelling in plain view. Any Senior Citizen requiring assistance to comply with this important by-law, we will gladly assist. Please call us at the Salisbury Council on Aging 978-462-2412.

The Salisbury Council on Aging Hilton Center is committed to encouraging maximum independence and to improving quality of life. We are here to advocate for you, identify and meet your health, social and cultural needs. We serve as a community focal point offering a variety of interesting health fitness, social and spiritual programming. We are open to all.



Exercise participants should bring own equipment



## YOGA - GENTLE STRETCHING

**Lisa Buczynski Pierce**  
**Tuesdays 10:00**

Tone up your mind, body and spirit. Guided breathing, stretching and exercising to increase endurance, flexibility and overall fitness.

Classes will enable adults to gently stretch, socialize and have fun.

Classes done in a chair.

**Suggested donation \$4.00 per class**

## Walking Groups Resume in April

**Monday & Wednesday mornings**  
**“Weather permitting”**

**Join our Group Leader @ 9:00 am**

Join our group leader Warren and meet at the Senior Center, for a walk on the Rail Trail or towards town center

**No pre-registration required for this group**

*Note: walks will be cancelled during inclement weather.*

## Line Dancing

with Jason McCollin

**Thursday 9:30 – 10:30**  
Intermediate Class

Learn the intermediate line dancing steps and have a great time doing it. This class is taught by our very personable and patient instructor.

**Suggested donation \$4.00 per class**



## Zumba

with Ivana

**Beginning March 8<sup>th</sup>**

**TUESDAYS**

**8:30AM – 9:30AM**

Dance and aerobic movements to all types of energetic music.

Zumba targets the abs, thighs, arms, and other muscles throughout the body.

*Come and join the fun!!*

**Suggested donation \$4.00 per class**

## SENIOR FITNESS

Debbie Choate

Wednesdays

10:15



Strength training designed to use mind and muscles to develop functional strength and fitness.

Sit in a chair, or stand with the chair available. Using balls and rubber tubing we work to improve strength, mobility and endurance. Debbie Choate is a Salisbury resident and owner of

Bodytrends Personal Fitness

**Suggested donation \$4.00 per class**

## Gentle Balance Class

Jennifer Freeman

**Fridays @ 8:30**

Jennifer Freeman will instruct us on stretching & strength while keeping the energy light.

She encourages modification of postures to each individual's ability.

Her joyful spirit, kind heart & love for teaching

will inspire you.

Chairs will be utilized.

**Suggested donation \$4 per class**



**Weekly Activities: Please call 978-462-2412 to register for workshops, classes, programs**

**Walking Group – RESUMES IN APRIL**

**Mondays & Wednesdays at 9:00 a.m.**

Join our group leader Warren and meet at the Senior Center, walk the Rail Trail or explore new areas. Dress comfortably, walk will be paced according to your needs.

*Note: walks will be cancelled during inclement weather.*

**BINGO**

**Mondays 12:30 – 2:30 p.m.**

Come and play the game of chance.

Bringing your own markers and refreshments is recommended.

**45's Card Game**

**Mondays at 1 p.m.**

Do you miss playing cards with a group? You're not the only one! Get involved in this card game that has been played in the Merrimack Valley for years. Please let us know if you are interested and come join the fun!

**Quilters Group**

**Tuesdays at Noon**

Experienced Quilters – bring your own projects or help us with ours.

**Mahjong**

**Tuesdays 11:30 a.m.**

Just the basics move. Some experience needed; All players are welcome.

**Crafts & Chats**

**Thursdays at 9:00 a.m.**

Join us for knitting, crocheting, pretty punch and socializing. Oftentimes we have supplies and yarn available. Interested in learning? Join this fun supportive group.

**Cribbage**

We are looking to re start our drop in cribbage games on Wednesday afternoons, if this is something you would be interested in, please call us and we will put a group together.

**Watercolor Painting**

**Noon**

**Thursday, Mar 31<sup>st</sup> & Apr 28<sup>th</sup>**

Paint a different scene each month with watercolor and bring home your finished painting.

Everything you need to paint your picture will be supplied. Watercolor painting Coach, W.E.

(Bill) Duke will be providing the class instruction. Cost is only \$20.00. No prior experience is necessary. Pre-registration required, please call 978-462-2412.

**ART**

**Volunteer Facilitators wanted:** If you have a topic or passion you would like to share, we would love to hear from you. We need you to share your subject and engage with our older adults who are looking for stimulating content and meaningful connections. We encourage volunteer facilitators to bring diverse experiences to widen the world of our senior community. Programs can be geared towards history, health, sciences, fitness, storytelling, literature reviews, travel, art and music appreciation, computer training, and most any hobby like cooking and birding. Let us know your expertise, and we will help you design a class that ignites our seniors' interest.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9AM – 2PM</b> Van	<b>9 AM</b> Van	<b>9AM – 2PM</b> Van	<b>9AM</b> Chats & Crafts	<b>8:30 AM</b> Gentle Balance
<b>9:00AM</b> Walking Group RESUMES IN APRIL	<b>8:30AM</b> Zumba March 8	<b>10:15A – 11:00A</b> Senior Fitness	<b>9:30AM</b> Line Dancing	<b>Joanne's Pantry Market Hours 11:00a – 1pm</b>
<b>12:30 – 2:30PM</b> BINGO	<b>10A – 11A</b> Stretching/Yoga	<b>9:00AM</b> Walking Group RESUMES IN APRIL	March 17 <sup>th</sup> Noon <b>St Patrick's Celebration</b>	<b>Thrift Shop open weekdays</b>
<b>1:00PM</b> 45's Card Game	<b>11:30 – 2pm</b> <b>ONT Grocery Delivery</b>	<b>Joanne's Pantry Market Hours 1:00 – 3pm</b>	April 14 <sup>th</sup> 12:30 <b>Movie</b>	<b>Check out our books &amp; puzzles</b>
<b>CLOSED</b> April 18 <sup>th</sup>	<b>11:30AM</b> Mah Jong Mar 1 <sup>st</sup> & Apr 5 <sup>th</sup> Brown Bag		April 28 <sup>th</sup> <b>Watercolor Class</b>	
	<b>NOON</b> Quilting			

**UPCOMING EVENTS IN MARCH:**

Date	Time	Event
<b>MONDAY</b>		
4/18		<b>CLOSED</b>
	12:30	BINGO
	1:00	45's Card Game
<b>TUESDAY</b>		
	8:30	Zumba (begins March 8 <sup>th</sup> )
	10:00	Yoga
	11:30	Mahjong
3/1		Brown Bag
	Noon	Quilting
<b>WEDNESDAY</b>		
	10:15	Senior Fitness
	1:00P	ONT / Joanne's Market
<b>THURSDAY</b>		
	9:00	Chats & Crafts
	9:30	Line Dancing
3/17	Noon	St. Patrick's Corn beef Lunch
3/31	Noon	Watercolor Painting Class
<b>FRIDAY</b>		
	8:30	Gentle Balance
	11:00	ONT / Joanne's Market

**UPCOMING EVENTS IN APRIL:**

Date	Time	Event
<b>MONDAY</b>		
	12:30	BINGO
	1:00	45's card game
<b>TUESDAY</b>		
	8:30	Zumba
	10:00	Yoga
	11:30	Mahjong
4/5		Brown Bag Pick up
	Noon	Quilting
<b>WEDNESDAY</b>		
	10:15	Senior Fitness
	1:00P	ONT / Joanne's Market
<b>THURSDAY</b>		
	9:00	Chats & Crafts
	9:30	Line Dancing
4/14	12:30	Movie & refreshments (TBD)
4/28	Noon	Watercolor Painting Class
<b>FRIDAY</b>		
	8:30	Gentle Balance
	11:00	ONT / Joanne's Market



**HOW CAN WE HELP YOU?**

**AARP Tax Preparation Assistance**

Tax Assistance is available from March through April 12th. Appointments are required and are only available on Tuesdays between 8:30am & 12:00pm. This is a volunteer service designed for those with limited income. Make your appointment by calling the COA - **978-462-2412**. **No walk-ins** accepted. **Pick up your Intake sheet and “what to bring” form** prior to your appointment, as this form must be filled out and attached with your taxes on the day of your appointment. There will be no face-to-face appointments. You will leave your taxes and the preparer will call you when they are completed. Most will be done the same day.

**Is Your Cell Phone Working?**

Due to changes with “networks” any cell phone using a 3G network will be shut down at some point in 2022. Depending on the company you utilize will depend when your phone will no longer be able to work. If you are unable to make a call using your cell phone, or are unsure if your phone will be affected please stop in at the Senior Center so we can help you check. Some phone companies are offering free replacement phones. If your cell phone company is not, we can check and see if you qualify for a free phone with service through National Lifeline

**Daylight Savings March 13<sup>th</sup>**

Change your clocks – ahead one hour. Remember to check your smoke/carbon monoxide alarms. If you need assistance, please call us or the Salisbury Fire Department to help get your alarms in working order. “Spring Forward”!



**Be a Lucky Charm for a Senior Volunteer to Drive**

Seniors in your community need help with transportation. You decide when and where to drive. Mileage reimbursement provided.



Call NEET at 978-388-7474 or visit [www.driveforneet.org](http://www.driveforneet.org) to learn more.



**WELLNESS PROGRAMS**

**Hot Lunch:** Served each weekday at 11:20 at the Hilton Center. Suggested donation is \$2.00 per meal for a person 60 and older. Reservations must be made two working days in advance. Please call to reserve: 978-462-2412.

**Home Delivered Meals:** Meals are available for homebound elders. Call Elder Services at 800-892-0890 extension 490 to make arrangements.

**SHINE:** Our counselor, Emily, holds office hours at the Center. Private appointments available - discuss your health insurance options and prescription plans. Call for your private appointment at 978-462-2412.

**Brown Bag**

**Tuesday, March 1<sup>st</sup> @ 11:30am & Tuesday, April 5<sup>th</sup> @ 11:30am**



**Joanne’s Pantry at the Salisbury Senior Center**

**Hours:**

**Wednesday’s 1pm – 3pm**

**Friday’s 11am – 1pm**

*The friendliest store in town!*

Fresh, healthy food available to anyone in need – **for FREE!** You can shop at no cost for fresh fruits, vegetables, milk, eggs, fish, chicken Healthy food is available to anyone in need for FREE!

Group transport available on Wednesdays through the Salisbury COA starting at 12:30pm.

Please sign up through our senior center or directly through Our Neighbors Table. Walk-ins Welcome.

**The Supplemental Nutrition Assistance**

**Program/SNAP** is a nutrition program for families and individuals that meet certain income and resource guidelines. SNAP benefits help you buy nutritious food for you and your family. SNAP benefits are accessed with an [Electronic Benefit Transfer Card \(EBT\)](#). These cards are used the same way you would use a debit or ATM card. To see if you qualify make an appointment with our outreach coordinator at 978-462-2412.



**10 AM – 2 PM on March 5, March 19<sup>th</sup>**  
**Winter Farmers Market @**  
 Boys & Girls Club of Lower Merrimack Valley

**The Tortoise and the Hare**  
**Saturday, April 15, 2022**  
**Starts at Lions Park**

Join us in celebrating with us Easter Weekend at the Tortoise and the Hare 5K & 10K!! The event continues to fundraise for the Salisbury Parks and Recreation. In addition to the 10K, with the newly developed trail system, they now offer a 5K run. This April they've made the untimed 1-mile Color Run to encourage a less competitive/younger audience!!! All courses have been revamped and will be maintained within the beautifully developed trail system.

**Packet Pickup/Race Day Reg:** Opens at 8:45AM at the Hilton Senior Center (43 Lafayette Road). There will be no early packet pickup unless otherwise noted.

**5K/10K Fees:**

- \$20 through 2/1
- \$25 through 3/19
- \$30 through 4/10
- \$35 Race Week through --> 4/15

**The Salisbury Art Stroll**  
**April 23<sup>rd</sup> and 24<sup>th</sup>**

The eighth annual Salisbury Art Stroll Festival will take place on **Saturday & Sunday, April 23-24, 2022**, from 11am-3pm at Pettengill Farm 45 Ferry Road, Salisbury, MA. This event will run in conjunction with the Fairy Gnome Discovery Walk. It is a family friendly event, where artists and fine-crafters set up their works on the farm grounds for display and to sell. Come for the day and listen to music, have some food and see the beautiful artwork as well as the natural beauty of the farm and trail. Plenty of free parking. Featuring music, food, and free kids' art activities. For more information visit our facebook page or call 978-462-8232 x128.



**MOVIE DAY IS BACK!**

Thursday, April 14<sup>th</sup> @ 12:30pm  
 Come and join us for refreshments. Movie to be determined. Please sign up by calling 978-462-2412

**FREE fare on MVRTA!**

MVRTA's free fare initiative. Take the MVRTA big bus for Free! The Merrimack Valley Regional Transit authority (MVRTA) board voted unanimously to go fare-free for all local fixed route and EZ Trans paratransit services starting March 1, 2022, for at least a 2-year pilot. (Fares will still be collected on Boston Commuter Bus). Bus Schedule Route 54 serves the Salisbury area. Bus may be flagged along route except in no-stop zones. Schedules available at Salisbury Senior Center or Town Hall or go online at <https://www.mvrta.com/routes/route-54/>

Salisbury Beach

Salisbury Senior Center

Salisbury Center

MVRTA Parking Garage - Newburyport

State Street

Heritage House

Newburyport MBTA Station

Anna Jacques Hospital

Market Basket Plaza

Port Plaza

Carriagetown Marketplace - Stop & Shop

Nicholas J. Costello Transportation Center

***Thank you Pat McBride***

for the beautiful quilt you made and raffled off. \$365 was raised and donated to the Beach Fire Fund. Congratulations Louise Scala, the lucky winner!

## Letter from Senator DiZoglio

We in the Massachusetts State Senate recently passed legislation, sponsored by my colleague Senator Joan B. Lovely, to allow appropriate to kin to permanently adopt family members when it is in the child's best interest. We are one of only two states in the entire nation that prohibits adoption by close relatives. Our children deserve to be cared for by the people who know and love them, and this bill helps make that a reality. I am hopeful we can get this important bill to the Governor's desk as soon as possible and want to thank Senator Lovely for her leadership in introducing the legislation. If you have any questions on this or any other issue, please feel free to contact me anytime via email [Diana.Dizoglio@masenate.gov](mailto:Diana.Dizoglio@masenate.gov) or phone at 978-984-7747.

The first Friday of each month Senator Dizoglio aide **Sophia LaCortiglia**, 1st Essex District Aide holds office hours at our Senior Center at 10 a.m. for confidential meetings. If there is an issue or concern you feel our Senator can help you with, please call us to schedule your private consultation.

## Thank You:

To Ellee Mies the 6th grade student who was sadden for seniors who during Covid were unable to celebrate the holidays with their families. Ellee and her mom Maralee purchased all the extra stockings they could find (26 total) and they filled them in preparation of the Holidays.

Bringing many smiles and lots of gratitude from our homebound seniors. Thank you Ellee!!!!!!

We also thank Mark Eaton, Pat Beevers, Fred Knowles, Cheryl Blanton, Cindy Emery, Elaine Mason, Karen & Dave McClosky, George Pais, Richard Mirabito, Joanne and Bill Adrien, Sarah Bodge, Kathy Wilkins, Warren Worth, James Baskin, Bob Cavli, Paul Matthews Jr., Barbara Rogers, Karen Douglas, Pat McBride, Aileen Sheehan, Phil Jodoin, Janice Collins, Katharine Lord, Richard Kuse, Kevin Hatem, Donna Perkins, LindaValle, Nicholas and Irene Katsoulis, Maureen Tinkham, Judy Belanger, Celia Dickie, Pat & Wilfred Quirion, Alice Currier, Ann Dion, Kim Chilingiran, Joan Coughlin, Debra Furnari, Evelyn Fraser, Nancy Jones, Lynn & Jeff Macgill, Karen Arnone, Albert Peterson, Triton High School and Whittier Voc Tech students, Maris Center, Salisbury Lions Club, Friends of SCOA, SES, SPD, SFD.

*We couldn't do it without you!*

## “WELCOME!”

Activities Coordinator, Pauline Stanwood

On behalf of the staff and our seniors, we would like to welcome our new Activities Coordinator, Pauline Stanwood. Pauline is a Salisbury resident and looks forward to working with all of you! She will be at the senior center Tues., Thurs. & Fridays. We hope you will stop by, say hello, welcome her and share any ideas you may have. We want to wish her every success in her new position here and we look forward to working with her.

## The Friends of the Salisbury Council on Aging

The Friends of the Salisbury Council on Aging (FOSCA) are meeting again and are planning to bring you some events in late Spring and Summer that we hope you will participate in and enjoy. A main focus for us currently is to invite more of you to join the Friends. The Salisbury Council on Aging (SCOA) is a welcoming place and the warmth of the staff, volunteers, and members make it a great place to come to, whether it's for exercise, an activity, or connection to others.

Among the variety of things, the FOSCA help with at the SCOA are the Monday Bingo games, reassurance to home-bound seniors, and help with getting this newsletter to you. After such a long period of not being able to get together with old friends – or to make new ones – it would be wonderful to participate in an environment that not only invites you, but welcomes you, to join them.

We meet on the 2<sup>nd</sup> Wednesday of each month from 11am to noon. New members are always welcome. Come to a meeting and think about joining us. We are always happy to make new Friends – will you be one of them?

*Jeanette Isabella, President*  
*Friends of the Salisbury Council on Aging*

*Words cannot express the gratefulness we feel here at the Salisbury Senior Center, to all who made a difference, from creating cards, notes, making pies, hats, scarfs, blankets, xmas stockings and more to show appreciation to our homebound or contributing to our food pantry, stepping in to assist wherever, whenever needed, **We thank you.***

FRIENDS OF THE SALISBURY C.O.A.  
43 LAFAYETTE RD  
SALISBURY MA 01952

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**COA Board of Directors**  
Bill Adrien  
Wayne David  
Pat Beevers  
Warren Worth  
Shirley Joubert  
Pat McBride  
**Board Meeting:**  
**3rd Tuesday of month @ 9:00**

**Staff**  
**Executive Director**  
Elizabeth Pettis  
**Project Manager**  
Carol Dorman  
**Outreach Coordinator**  
Emily Thompson  
**Activities Coordinator**  
Pauline Standwood  
**Van Driver**  
Andy DiMarca  
**Meals Site Manager**  
Cindy Emery  
**Maintenance**  
Ed Gagnon  
**978-462-2412**  
**Fax: 978-465-2325**  
**43 Lafayette Rd**  
**Salisbury MA 01952**  
[www.salisburycoa.com](http://www.salisburycoa.com)  
epettis@salisburyma.gov

Or current resident

**Transportation:** **COA Van** is available to seniors for transport to local appointments; The Van operates Monday, Tuesday from 8:30 am to 2:00 pm. On Wednesday the Van provides transportation to Market Basket Plaza and Wal-Mart Plaza in Seabrook. Pickup begins @ 9:00 a.m. The cost for shopping is suggested donation of \$5.00 **not a required amount.** Confirm pickup time when you call. Make your reservations at least two working days in advance by calling (978) 462-2412.



**E-Z Trans:** Curb to Curb transportation for Salisbury residents for shopping, visiting friends, running errands, going to and from medical appointments, or to and from work, the E-Z Trans allows clients to commute throughout Merrimac Valley, this van service also accommodates wheelchair clients, program operates from 8 a.m. to 5 p.m. Monday through Friday. All participants must be certified through the MVRTA. Applications are available on line or through the Senior Center. Reservations must be made at least 48 hours in advance by calling 978-469-6878 option 3. There is a variable rate.

**Become a Donor**

The Salisbury Council on Aging also relies on financial assistance from the community to support programs and activities at the Hilton Senior Center not covered under the budget. Please help us support the Council on Aging by making a donation that will help to support classes, programming, service and activities. If you wish to make a donation, please complete the application form below.

Name: \_\_\_\_\_  
In Memory of: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_ Telephone: \_\_\_\_\_

Please mail this form to the Council on Aging, 43 Lafayette Rd. Salisbury, MA 01952 Thank You for your support!