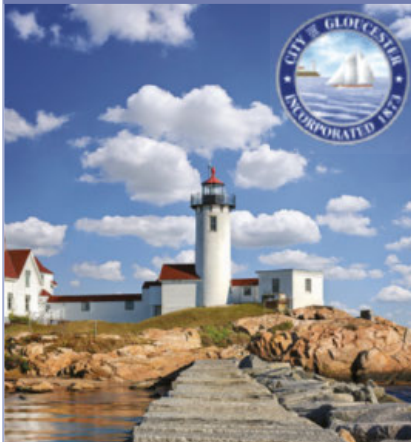


City of
GLOUCESTER
MAYOR GREG VERGA



Gloucester Council on Aging
6 Manuel F. Lewis Street

May 2022

Elise Sinagra, Director
Michael Feeny, Newsletter Distributor

COUNCIL ON AGING BOARD

Frederick Cowan, Chairperson
Jay Gustaferra, Vice Chairman
RoseAnne Cody, Clerk
Selma Bell

Valerie H. Gilman, City Council
Susan Goodall

Michael Hale, Director, DPW
Joseph Lucido, DPW
Barry McKay

Rosalie Nicastro
C. Max Schenk, Public Health
Director

Suzanne Silveira
Felicia Webb

GLUCESTER COA BOARD
MEETS THE FIRST TUESDAY EACH
MONTH AT 9:30 A.M.

FRIENDS OF THE GLOUCESTER
COUNCIL ON AGING DIRECTORS

Howard Frisch	President
Frank Bellini	Treasurer
Robert Ryan	Secretary
Cindy Bellini	Jay Gustaferra
Antony Corrao, Jr.	Frank Stewart
Richard A. Curran	Carla Grillo
Lucia E. Sheehan	LeeAnn Kennedy
Ron Gilson-Ex-Officio	
Elaine Tibbetts-Ex-Officio	
State Senator Bruce Tarr-Ex-Officio	
Frederick Cowan-Ex-Officio	

FRIENDS MEET THE SECOND WEDNESDAY
OF THE MONTH AT 8:00 A.M.



Older Americans Month

May 2022

A PROCLAMATION

Whereas, Gloucester includes a growing number of older Americans who contribute their strength, wisdom, and experience to our community; and

Whereas, communities benefit when people of all ages, abilities, and backgrounds are welcomed, included, and supported; and

Whereas, Gloucester recognizes our need to create a community that provides the services and supports older Americans need to thrive and live independently; and

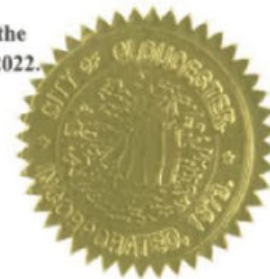
Whereas, Gloucester can work to build an even better community for our older residents by:

- Planning and hosting programs that foster independence.
- Designing activities that are responsive to individual needs and preferences.
- Ensuring access to services that support aging in place.

Now, therefore, I, Greg Verga, Mayor of the City of Gloucester, do hereby proclaim May 2022 to be Older Americans Month. I encourage every resident to recognize the contributions of our older citizens, to help create an inclusive society, and join efforts to support older Americans' choices about how they age in their communities.

Given under my hand and the seal of the
City of Gloucester this 1st day of May 2022.


Greg Verga
Mayor



Greetings!

I've not much to say this month because the Mayor's Proclamation above says it all. This month we celebrate YOU! Although the COA Board and staff celebrate you every day, we're extra happy to have an entire month carved out where the whole community and the whole nation celebrates older Americans.

Please read the contents of this month's Coastline News with all due haste so that you can take advantage of as many celebratory opportunities as possible. This year's OAM theme is **Age My Way** and boy can we get behind that! So come on down to the Rose Baker Senior Center to see what we offer to help you age your way. If you have some ideas about additional ways that we can do that, please let me know. We are always open to new ideas about how we can make this place feel special to **YOU**.

Happy Older Americans Month!

Elise Sinagra, Director of Elder Services

**Friends of the Gloucester Council on Aging
Membership Drive**

New Members as of April 16, 2022

Diamond

Jay Gustafarro
Mr. & Mrs. Craig Olmsted
Paul & Christine Lundberg
Sam & Janet Lucido

GOLD

Uncommon Charitable Impacts
Patricia Francis
Ed & Betty Veator
Vincie Woodhams

Silver

Donald G. Riley
Michael Neagle
Jean & Edwin Erickson
Arthur & Jacqueline Belanger

The Gloucester Council on Aging deeply appreciates the following individuals for their direct donations to the Gloucester Council on Aging or Rose Baker Senior Center. We thank this month's direct contributors:

Ruth A. Birtwell
Carolyn Quinn-George
Debra Christofi

Donations made to help with the cost of mailing the Coastline News to folks at home each month.

Thank you!

Martin Sheridan
Kathy A. Puchniak
Marilynn Grant
David & Virginia Deveau
Cheryl & William Doucette
Phyllis Reardon
Louis Lucas
Grace Simpson

We are grateful for all those who support us in any capacity.

SUPPORT OUR ADVERTISERS!



CAPE ANN

MARKETPLACE

7 Railroad Avenue
127 Eastern Avenue
Leasing Information
978-282-9560


DEN-MAR

HEALTH & REHABILITATION CENTER

A Wachuset Healthcare Facility

100% COVID FREE Building

Relax - Recover - Rehabilitate

on our newly updated

Short-Term Rehabilitation Unit.

PRIVATE ROOMS AVAILABLE

DISCOVER THE DEN-MAR DIFFERENCE

(P) 978-546-6311

(F) 978-546-9185

www.denmar-health.com



HIGHTECH
 AUTO REPAIR & ALIGNMENT

Performance • Fluids • Tires
Suspension • Exhaust • A/C

5 Pond Road • Gloucester

978-281-4909

ROB MADRUGA

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**

CONTACT US!

Contact
Lisa Templeton to place an ad today!
ltempleton@lpiseniors.com or
(800) 477-4574 x6377



LUNCH IS SERVED!

We are happy to report that the **Rose Baker Senior Center** is once again serving lunch 5 days a week!

On Mondays, Tuesdays, and Wednesdays we partner with SeniorCare to offer the menu items listed on the calendar that appears on Page 6.

To sign up for lunch on Monday, Tuesday, or Wednesday or to order a Grab and Go Lunch, please call 978-283-0359 or sign up in person at the Senior Center.

You must reserve your lunch by 10:00 a.m. the day before. There is a VOLUNTARY suggested donation of \$2.00 for these lunches.

On Thursdays, and Fridays we partner with The Open Door to offer

Rosie's Picnic Lunch which is a FREE Soup & Sandwich Lunch complete with a side salad (like potato salad, coleslaw, pasta salad, garden salad etc.), a bag of chips, fruit, dessert, and also a cup of DELICIOUS SOUP that's lovingly prepared by The Open Door's expert chefs.

Sign up by 4:00 on Tuesday for Thursday's lunch.

Sign up by 4:00 on Wednesday for Friday's lunch.

Sign up for Thursday or Friday lunches in person at the Senior Center or by calling 978-325-5814.

Thursday lunches feature musical accompaniment by Malcolm Ingram on the ukulele.



THE GOOD OLD SALTY JAZZ BAND IS BACK!

Dave Sag and the gang have returned and are playing your favorite tunes at the Rose Baker Senior Center on

THE FIRST 3 MONDAYS OF EACH MONTH AT 1:00

Nothing shakes off the cobwebs of winter like dancing to Ole Salty so come on down and get your dance on or simply tap your toes to this feel-good music! The band would love to see you!



I WILL GLADLY HELP WITH POSTAGE COSTS FOR "COASTLINE NEWS"
MY DONATION IS ENCLOSED:

Name _____

Address _____

City _____

Donation Amount: _____

Circle one: Cash / Check



Please visit our table at WellFest on Sunday, May 15th from 11:00 to 2:00 at the Glen T. MacLeod Cape Ann YMCA!

WellFest Vendor List

- | | |
|---|---|
| 4GBS (For the Grand Banquet of Sexuality) | Gloucester Health Department / Cape Ann Seniors on the Go |
| ABC Home Healthcare Professionals | Gloucester Council on Aging/Rose Baker Senior Center |
| Action Inc. | Grand Banks Building Products |
| Addison Gilbert Hospital | Greater Cape Ann Chamber of Commerce |
| Adult Foster Care of North Shore | Green Compass |
| Ayurveda Wellness | Happy E-Bikes Cape Ann |
| Backyard Growers | Harbor Cove Dental |
| Beauport Hearing Care | Magnolia Community Farmers Market |
| Bliss Bites | Magnolia Library & Community Center |
| Cape Ann Animal Aid | NAMI Cape Ann |
| Cape Ann Art Haven | North Shore Health Project |
| Cape Ann Botanicals | PACE at Element Care |
| Cape Ann Savings Bank | SeniorCare Inc. |
| Connected Home Care | Sound Living Therapies |
| Cornerstone Creative | Supportive Living Inc |
| Department of Children Families | The Open Door |
| Disability Resource Center | Three Sisters Garden Project |
| DRB Elder Care, LLC | Treetop Yoga |
| Glen T. MacLeod Cape Ann YMCA | Unconventional Wellness |
| glo-therapy Holistic Massage | |

The Rose Baker Senior Center will also have an informational table at the WALK MASS CHALLENGE Kick-Off event!

Join us on May 4th at 11:00AM at Back Beach in Rockport to pick a walking route that's perfect for you.

Register your personal challenge to be eligible for prizes! Go to www.walkmachallenge.com to register or drop by the Rose Baker Senior Center to have a staff member assist you with registration. The first 100 registrants will get a FREE picnic lunch on the day of the kick-off event.

SPRING IS HERE SO LET'S GET WALKING!



The Office of State Senator Bruce Tarr will offer
CONSTITUENT SERVICES AT THE ROSE BAKER SENIOR CENTER
On Wednesday, May 11th from 9:30 to 10:30 a.m.

The Senator's Office may be able to accept walk-ins, but an appointment will hold your spot.
 Please call 978-325-5800 and press 4 to reserve your time.

VNA Care's Keep Well & Blood Pressure Clinics

are offered on the 1st and 3rd Wednesdays of every month at the Rose Baker Senior Center.

Keep Well Clinics are **FREE** and open to residents age 60 and over. Services include health assessments (blood pressure, blood sugar, and weight monitoring; cardiopulmonary assessments, etc.), information (medication, diet, disease management, preventive health. etc.), and referrals to community resources.

Call the Rose Baker Senior Center at 978-325-5800 and press 4 to sign up for our next clinic.



The Open Door's Mobile Market (formerly known as the Brown Bag) will take place on:

Friday, May 27th at 10:15 a.m.



Please call 978-325-5800 and press 4 to reserve your time to come to the Senior Center on Friday, May 27th to "shop" for free nutritious groceries courtesy of The Open Door!

This program is open to all senior center members age 60+, and offers fresh fruits and vegetables, delicious prepared meals, and pantry staples. The program starts at 10:15 a.m.

YOU MUST SIGN UP IN ADVANCE TO PARTICIPATE.



Cape Ann Seniors on the Go

OPENING THE DOOR TO FOOD, FITNESS AND FUN

The Cape Ann Seniors on the Go bus will now pick you up at your home and bring you to The Open Door's monthly Mobile Market

TO ARRANGE FOR A RIDE TO AND FROM THE MOBILE MARKET ON FRIDAY, MAY 25th, PLEASE CALL ROSALIE AT 978-491-9175.

Getting nutritious groceries while having fun has never been easier!

SHINE/Medicare Counselor Updates

Rose Baker Senior Center has 2 SHINE (Serving Health Insurance Needs of Everyone) Counselors to help you. Read on to learn how to make an appointment:

SHINE Counselor Mirta Ulivi: Ongoing and weekly on Mondays at RBSC from 2-4pm. Contact directly at: 978-309-9761. Note: Mirta speaks both Spanish and English.

SHINE Counselor Lydia Bertolino: Weekly on Tuesdays at RBSC from 9:00 to 12noon. Call RBSC to schedule your appointment: 978-325-5800.

Please bring your Red, White and Blue Medicare card, other insurance cards (if applicable), and a list of your prescription medications to your appointment.

Movies, Memory, and Meaning...



Please join us at the Rose Baker Senior Center on the 3rd Thursday of the month at 12:30 for Fun, Food and Film. After the movie we'll have a short chat about the film with some light refreshments.

May 19, 2022 — Age of Champions

Age of Champions is the inspiring story of a group of athletes—a 100-year-old tennis champion, 86-year-old pole vaulter, team of basketball grandmothers, and a pair of swimming brothers—all chasing gold at the National Senior Olympics.

FREE FINANCIAL CONSULTATIONS

Certified Financial Planner, Tom Dexter provides free financial consultations to Rose Baker Senior Center members on the 3rd Thursday of each month.

To schedule an appointment please call 978-325-5800 and press 4 to speak with Michael.



A REMINDER...

Discount Trash Bag Sales Hours are Monday through Friday from 9:15AM until 3:45PM. If you arrive at the Senior Center as we are opening our doors in the morning, you will be asked to wait for our VOLUNTEER Receptionist to get set up to sell bags at 9:15.

THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch 2:00 SHINE Salisbury Steak	3 9:00 SHINE 9:30 COA Meets 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Balsamic Glazed Chicken	4 9:15 Line Dancing 10:00 VNA North Shore 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise Jumbo Cheese Ravioli	5 10:00 Art Program 10:00 Memoir Writing Group 11:30 Rosie's Picnic Lunch 12:30 Legal Consultations 12:30 Thursday Movie 1:30 Chess Club <i>Happy Cinco de Mayo</i> Asparagus, Red Pepper, Broccoli Frittata	6 10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo Honey Rosemary Pork	
9 9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch 2:00 SHINE Chicken Broccoli Alfredo	10 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Roasted Turkey	11 8:00 Friends of the COA Meet 9:15 Line Dancing 9:30 State Sen Tarr Constituent Service 10:00 Van Trip to Walmart 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise Pepper Steak Sub	12 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Baked Fish	13 10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo Chicken Salad	
16 9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch 2:00 SHINE Pulled Pork	17 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Breaded Chicken Bites	18 9:15 Line Dancing 10:00 VNA North Shore 10:00 Care Dimensions Program 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise 1:30 Diabetic Shoe Measuring Lasagna	19 10:00 Art Program 10:00 Memoir Writing Group 10:00 Financial Info/Consultation 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Beef Stew	20 10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo Stuffed Chicken	
23 9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch 2:00 SHINE Chicken Marsala	24 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Salmon Pie	25 9:15 Line Dancing 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise Turkey Gobbler Sandwich	26 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club American Chop Suey	27 10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 10:15 Mobile Market 12:30 Bingo Egg Patty	
30 Happy Memorial Day We are Thankful for Their Sacrifice  Senior Center Closed	31 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Hot Dog	<i>May 2022</i>			

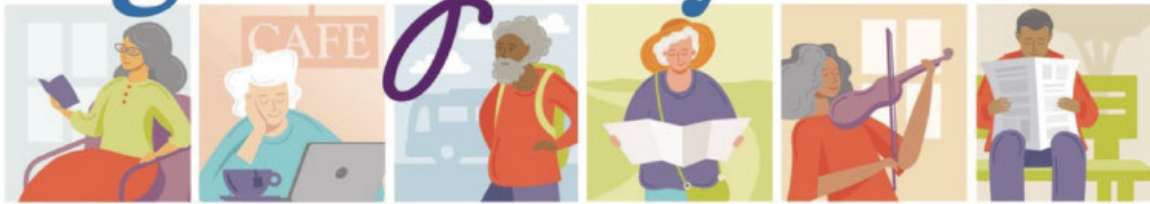
Line Dancing Lessons at the Rose Baker Senior Center!

We offer FREE Line Dancing lessons on Wednesday mornings at 9:15!

Did you know that Line Dancing can improve strength and muscle function? It can also help with balance and brain health. Most of all it can be a heart healthy way to

SOCIALIZE AND HAVE FUN!

Age my way!



Happy Older Americans Month!

HERE ARE SOME SPECIAL LUNCHEONS AND OTHER ACTIVITIES SCHEDULED IN HONOR OF **OLDER AMERICANS MONTH**:

- May 9th 11:30AM **PIZZA LUNCHEON** and presentation by **Element Care** about how they might help you Age Your Way. **Call 978-325-5814 to sign-up by 4:00 on Friday, May 6th.**
- May 16th 11:30AM **SeniorCare** sponsors **TRAVELING CHEF CARVING STATION LUNCHEON** and provides information about how they might help you Age Your Way. **Call 978-325-5814 to sign-up by 4:00 on Monday, May 9th.**
- May 18th 10-11:00AM **CareDimensions** presents “Making Decisions When it Matters Most: Conversations About Health Care Proxy, Five Wishes, & more.” **Call 978-325-5812 to sign-up.**
- May 19th 12:30PM A special installment of “Movies, Memory, and Meaning” featuring the inspiring documentary **“Age of Champions”**
- May 19th 6:00PM The **Sawyer Free Library** presents **“Lives Well Lived”** with light refreshments provided by the Council on Aging and brief opening remarks by Director of Elder Services, Elise Sinagra. This critically acclaimed documentary celebrates the incredible wit, wisdom, and experiences of adults age 75 to 100 who reveal their secrets to living a meaningful life.
- May 25th 11:30AM **SeniorCare’s** Wednesday lunch will feature a **chicken and cheese quesadilla, black beans with onions and peppers, steamed rice, fresh salsa, and a churro (fried dough with cinnamon and sugar)** prepared by **ROOT**. Located in Salem, **ROOT’s** mission is to help young adults create a pathway to independence through foodservice training and employment. **Call 978-283-0359 by Wednesday, May 18th to sign-up for this special luncheon.**



...and last but definitely not least, the culmination of **Older Americans Month** will feature an

ICE CREAM SOCIAL!

On Thursday, May 26th from 1:00 to 3:00PM

Drop by to choose your ice cream flavor and toppings and enjoy a relaxed, friendly, cheerful and tasty culmination of Older Americans Month and kick-off to your Memorial Day Weekend!

Call Michael at 978-325-5814 or stop by the Senior Center to sign-up.



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

1-855-225-4251



Dear Artists,

First, my heartfelt gratitude for the contributions to our Art Program that are helping to ensure an inventory of art supplies that will last for years to come.

One has only to walk through the lobby and the hallways of our Senior Center to see examples of remarkable creativity by our Senior Citizens. It is gratifying to know that such opportunity for artistic expression will be available here for many years to come thanks to such generosity as mentioned above. This month's exceptional exhibition in the lobby includes watercolors by Donald Fox, Barbara Jobe, Ed Leavitt, Florence Martin, Marilyn Monroe, Doreen Ross, and Maureen Surette.

On May 7th, The Open Door will present The Empty Bowl Dinner TO GO 2.0, a drive through style event that will be held at their location at 28 Emerson Avenue, Gloucester. For the price of a "Pay what you can" ticket, you will be given an appointment time when you will be greeted by one of several volunteers who will offer you a lovely ceramic bowl (perhaps made by one of our amazing seniors!) and... a cup of delicious soup!

Exhibition One continues through May 12th at the North Shore Arts Association in celebration of the talent of its Associate Members. If you would like to attend the exhibition, please let me know.

Meanwhile...remember...

Stay Young at Heart: Investigate the Arts!

Juni

Element Care is offering a FREE Arthritis Exercise Class!

WEDNESDAYS AT 1:00 P.M. at the Rose Baker Senior Center

Join Carol for Element Care's Arthritis Exercise class and enjoy exercises specifically for people with arthritis. Learn gentle activities to help increase joint flexibility, range of motion, overall stamina and to help maintain muscle strength.

Just call the Senior Center at 978-325-5800 and press 4 to speak with Michael or register in-person by stopping by the Senior Center.

FREE CHAIR YOGA PLUS WITH DIANNA DALY VIA ZOOM!

The Gloucester Council on Aging is offering **Chair Yoga Plus** with Dianna **FREE** of charge on **Thursdays at 9:00 a.m., via Zoom.**

Get moving in the comfort of your own home!

Chair Yoga Plus for Seniors can help you: improve strength and balance, increase flexibility, promote mobility, increase oxygen intake, and help reduce stress and the emotional response to stress.

To join the Zoom class, call the Senior Center at 978-325-5800 and press 4 to provide your email address to Michael. We'll email you the Zoom link and Passcode.



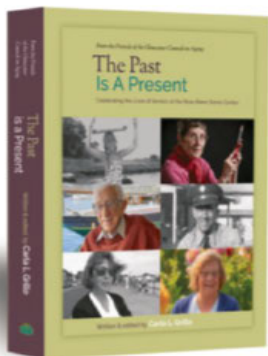
**Massachusetts
Councils On Aging**

Massachusetts Councils on Aging, has an exciting line-up of FREE workshops for 50+ Job Seekers in Massachusetts. They have Interactive Workshops and Special Events in English, and a Bilingual program in English and Spanish - all to help 50+ job seekers have successful job search campaigns. New this year is the Savvy Seeker Series! The Savvy Seeker Series provides information on programs, resources, and additional topics for the 50+ community. For more information, please check out their website:

<https://50plusjobseekers.org/>

The Past Is A Present

Due to be released Spring 2022



The Past Is A Present
 Celebrating the Lives of
 "The Gloucester 28" -
 The amazing life stories
 of 28 Seniors from
 the Rose Baker Senior Center

Pre-orders for the book can be made on the website with either credit cards or PayPal. Checks in the amount of \$25 can be made out to: "Friends of the Gloucester Council on Aging" and mailed to:
 Howard Frisch
 c/o Friends of the Gloucester Council on Aging
 128 Main Street
 Gloucester, MA 01930
 You can also leave your checks with Michael Feeney at the Senior Center

**FRIENDS of
 the Gloucester
 Council on Aging**

Website: pastisapresent.org

**Cape Ann
 Virtual Senior Center**
 By partnering with other Cape Ann Councils on Aging, as well as SeniorCare, and 1623 Studios, we are able to bring some Senior Center programming to you in your home.

**CHECK OUT LOCAL CABLE
 CHANNEL 67 FOR SPECIAL
 PROGRAMMING
 INTENDED JUST FOR YOU!**

IN-PERSON YOGA IS BACK!

Taught by experienced instructor, Marilyn Arnold

GENTLE YOGA AND MEDITATIVE MOVEMENT:

The class includes a variety of yoga poses plus easy flowing qigong (chi kung) movements, calming breathing, guided meditation and deep relaxation. Seated, standing, and balance poses are included.

FLOOR WORK IS OPTIONAL. Appropriate for beginners and for experienced students who seek a gentle yet energizing class. (Note: Marilyn will offer modified chair versions of floor work as needed for those who don't wish to get on the floor).

The Gloucester Council on Aging is offering this class FREE to you. It will take place at 9:30 A.M. on Mondays. Bring your own yoga mat.

DO YOU NEED DIABETIC SHOES?

On Wednesday, May 18th, starting at 1:30 PM, we will have a professional at the Rose Baker Senior Center providing measurement services to fit you for a pair of diabetic shoes. Appointments take 10 minutes.

YOU MUST BE DIAGNOSED WITH DIABETES TO PARTICIPATE!

Prescription forms will be available at the Senior Center front desk. Your doctor will need to approve you for this service and fax the forms to ProMedical East at the number provided prior to your appointment.

**CALL 978-325-5814 FOR MORE
 INFORMATION OR TO SCHEDULE
 YOUR APPOINTMENT.**



CareDimensions

**LEARNING
 INSTITUTE**

**Making Decisions When It Matters Most:
 Conversations about Health Care Proxy,
 Five Wishes and More!**

*Please join us for a program for family and
 friends presented by*
Care Dimensions

(Hospice/Palliative Care/Support Services)

**Wednesday, May 18, 2022
 10:00 a.m. - 11:00 a.m.**

This program will discuss the importance of advance care planning and making one's health care wishes known through use of Five Wishes and other planning tools.

To RSVP, please contact Ann Freeman
 at 978-325-5812

Rose Baker Senior Center
 6 Manuel F Lewis Street
 Gloucester, MA

ALL ABOARD!

The Gloucester COA van will be taking a trip to Walmart and for lunch someplace *OVER THE BRIDGE!*

The van will depart at 10:00 AM from the Rose Baker Senior Center on Wednesday, May 11th.

Seniors will be dropped off for shopping at Walmart and then the group will decide on a restaurant for lunch (participants must purchase their own lunch.)

Participation is limited to 8 passengers so call to reserve your spot today! **Reservations will be made ONLY by speaking with Elise at 978-325-5815.** Leave a message and your call will be returned, first come, first served to reserve your spot for this trip or put you on the wait list for the next trip.

IF YOU LIKE COLD, SWEET TREATS AND HELPFUL INFORMATION, FRIDAY THE 13TH JUST MIGHT BE YOUR LUCKY DAY!

Aaron Scola, Outreach & Marketing Specialist from Commonwealth Care Alliance will have an informational table in the lobby on

Friday, May 13th at 10:30 AM.

Aaron will be handing out some cold tasty treats and providing information and answering questions about Commonwealth Care Alliance's Senior Care Options plan.

CELEBRATING PEOPLE AND OUR PAST

Gloucester will be marking its 400th anniversary in 2023. Planning for this anniversary began a few years ago with the goal of making 2023 a year of celebrating community. Part of this goal is to highlight the stories and people who contributed to making Gloucester what it is today.

The web site for the 400th is **gloucesterma400.org**. On this web site you will see the Stories Project. A number of stories and photos are featured.

GLOUCESTER 400 welcomes you to go to this web site to check out the Stories Project and enjoy what they have already shared.

Do you have a story you would like to share? How you or your ancestors came to Gloucester? Special people or events that have contributed to the fabric of our city?

If you would like to participate but need some assistance, please call the Rose Baker Senior Center at 978-325-5811 and speak with Julie.



A SPECIAL NOTE OF THANKS TO OUR AARP TAX PREPARATION ASSISTANCE VOLUNTEERS...

Edward Anderson, Nancy Jo Delaney, Ron Alpert, Bill Kyrouz, Ana Garcia, David Gross, Barbara Soreng, Yvonne Leach their intrepid fearless leader Mary Gundy.

On behalf of the countless senior citizens who could breath just a little bit easier knowing that they had your expert help preparing their 2021 Tax Returns, the entire staff of the Rose Baker Senior Center and the COA Board offer a heartfelt THANK YOU!



\$AVE GREEN AND GET GREEN will be at the Rose Baker Senior Center to help you:



Make your home more energy efficient, add renewable energy into your energy mix, and save money!

The process can seem daunting, which is why they will be here to walk you through the steps.

SIGN UP FOR A CONSULTATION! \$AVE GREEN AND GET GREEN will be at the Rose Baker Senior Center on Tuesdays, May 10th and 24th from 9:30 to 1:30

\$AVE GREEN AND GET GREEN is a new green energy program created by the Cape Ann Climate Coalition's Community Building & Education Group.

Call 978-325-5814 to schedule an appointment.

ARE YOU REACHING
THE MEMBERS IN
YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.477.4574
or visit www.lpicommunities.com/advertising



Mount Pleasant Memorials

Honoring Lives ~ Celebrating Memories

John & Julie
Nicastro
Owners



978-283-7841

150 Eastern Ave., Gloucester 01930-1894
www.mountpleasantmemorials.com

Free Solar Cemetery Candle With Purchase

CATA

Supports our Cape Ann Senior Community
978-283-7916

YOU HAVE QUESTIONS.
WE HAVE ANSWERS.

Experience Makes it Simple.

Proudly serving the Cape Ann area since 1846



Cape Ann
Savings Bank
capeannsavings.bank | 1-888-283-2272
MEMBER FDIC | MEMBER DIF

SeniorCare

Elder Services | Information | Solutions

Serving the

North Shore Senior Community Since 1972

Call Us First! 978-281-1750

www.seniorcareinc.org

DAY BY DAY
ADULT CARE INC.



4R Blackburn Center, Gloucester, MA

978-281-0252

www.daybydayadultcare.com

Providing adult day services to seniors for over 36 years

merry maids

Relax. It's Done.®

Serving Boston's North Shore

Please Call Mary At:

978-283-5600

merrymaids438@aol.com

GLOVER'S FLOOR COVERINGS, INC.

CARPET • VINYL • CERAMIC
REMNANTS • HARDWOOD • LAMINATE FLOORING
Mon-Fri 8-5, Sat 9-4 • www.gloversfloors.com

18 Whittemore Street GLOUCESTER 978-283-3940

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

GROW YOUR BUSINESS
BY PLACING AN AD HERE!

CONTACT US!

Contact Lisa Templeton
to place an ad today!
ltempleton@lpiseniors.com
or (800) 477-4574 x6377



BEAUPORT LAW, LLC

Elder Law | Estate Planning | Probate

Priscilla A. Malboeuf, Esq.

www.beauportlaw.com

978-281-0812

59 MAIN STREET, GLOUCESTER

Law Office of Julie Low

Elder Law | Probate & Estate Settlement | Estate Planning
Specializing in Medicaid Applications & Planning

Call and ask about our free workshops

978-922-8800 • 4 Federal Street, Beverly

Greely Funeral Home & CREMATION SERVICE



"Serving Cape Ann families since 1884"
212 Washington Street, Gloucester

978-283-0698



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Gloucester Council, Gloucester, MA

06-5096

SECOND ANNUAL PLANT SALE

AT

**ROSE BAKER SENIOR CENTER
6 MANUEL F. LEWIS STREET,
GLOUCESTER**

**9:00 A.M. TO 1 P.M.
SATURDAY - MAY 14, 2022**

**COME ON DOWN, BUY SOME GREAT
PLANTS AND SUPPORT THE FRIENDS OF
THE GLOUCESTER COUNCIL ON AGING.**



Gloucester Council on Aging
6 Manuel F. Lewis Street
Gloucester, MA 01930

Council on Aging Staff
978-325-5800

Elise Sinagra,
Director of Elder Services,

Michael Feeney
Senior Clerk

Julie Smith, LSWA
Outreach Coordinator

Ann Freeman, LSW
Outreach Social Worker,

Juni VanDyke,
Art Program Coordinator,

Jennifer-Lee Levitz
Video Production Coordinator

Denee DeCoste Beal,
Medical Rides Coordinator

NON-PROFIT ORG.
US POSTAGE

PAID

PERMIT NO. 87

