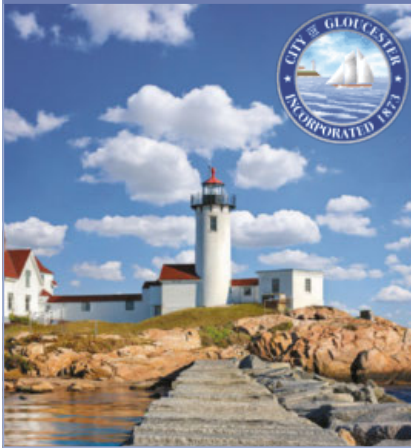


City of  
**GLOUCESTER**  
JUNIOR GREG VERGA



Gloucester Council on Aging  
6 Manuel F. Lewis Street

## June 2022

Elise Sinagra, Director  
Michael Feeney, Newsletter Distributor

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

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

Greetings!

I write this message to you on a beautiful, 70-degree day. The sun is shining, the birds are chirping and the air is full of the all-too-brief scent of lilacs. Although this newsletter will be delivered to your door well after Memorial Day, as I write this today, the long holiday weekend has not yet arrived. I can't help but be a little distracted thinking about how lovely the American flags will look once they're put up along the boulevard. I'm grateful for the volunteers who give our community that glorious gift every year.

Another pleasant distraction is the knowledge that this particular June brings the return of the St. Peter's Fiesta. As I think back through my lifetime of Fiesta memories, it still seems inconceivable that we were forced to skip a few years. "Absence makes the heart grow fonder," comes to mind. I vividly remember Fiestas of my childhood, when I was still so small that I could ride only the kiddy rides at the carnival. Even then I knew the familiar "*Me chi samiou tutti mutti?*" chant and although I had no idea what it meant, I don't remember a time when I didn't yet know that after that chant came my turn to belt out "*Viva San Pietro!*" with as much gusto as a small child could muster.

As childhood Fiesta fun became teenage then adult Fiesta fun, I found myself participating just a little less every year. As is so often the case in life, for me at least and I suspect I'm not alone, I started to take it for granted. So what if I didn't make it down for a sausage and peppers this year? So what if I missed the greasy pole? So what if I didn't wear my Fiesta-Sunday finest to pay homage to St. Peter? I told myself I'd just do those things next year – right up until the day that next year didn't happen.

And that's my point I guess, not so much that Fiesta is awesome or that the flags on the boulevard that mark our unofficial start to summer are awesome (although I think they are), for me the point is this: I've learned something through this complicated trauma that we were hit with. I've learned not to take the people or the things I love for granted and that the people and the things I love most are right here in the city that I'm deeply grateful to call home.

It's hard to believe that one year ago, my "Greetings" message focused on how excited I was to be on the cusp of reopening the Rose Baker Senior Center. Now, after a year of finally being able to meet so many of you and seeing many smiling faces enjoying lunch, playing Bingo, creating art, exercising and just plain socializing and ***being together***, I'm struck by the role that the Senior Center plays in the creation of many other weekly, monthly, and yearly traditions. I've recently viewed the informative and inspirational episode of "Timeline: Cape Ann – The Story of Rose Baker" produced by Kory Curcuru and his colleagues at 1623 Studios. I am at once humbled and energized to serve in the role spearheaded by that dynamo of a woman. The video is available on 1623 Studio's YouTube channel. If you have trouble accessing YouTube, just visit us at the center that bears Rose's name and we'll be happy to help you watch this astounding 7-minute tribute to her legacy. I highly recommend it.

We have some very special opportunities for you to socialize and have some fun over a variety of different luncheons this month, culminating in our own celebration of the St. Peter's Fiesta with a luncheon party on June 23rd featuring great food, great music and lots of fun and games. Please join us. It's YOUR smiling face that will make it extra special.

My wish for you, whatever your personal longstanding and deeply cherished traditions are, is that you enjoy them this year with an intensity that reflects how much fonder our hearts can grow after so much absence. May this be the happiest June you've experienced in a very long time!

Warmest regards -  
Elise Sinagra, Director of Elder Services

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

New Members as of May 16, 2022

**Diamond**

Louise Lucas  
Deborah Sheedy

**Silver**

Marlene & Jeff Shindell  
Janet Vigneault

**Associate**

Elizabeth Venegas

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

Marilyn Grant  
Cynthia C. Bjorlie  
Phyllis M. Reardon  
Norma Silva

**In Memory of:**

Carla "Cee" Grillo  
By: Deborah & Vernon Ellinger

**In Appreciation of:**

Art Program Coordinator, Juni Van Dyke  
By: Maureen Surette

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

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 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!

**Monday  
Tuesday  
Wednesday**



We partner with



Call 978-283-0359 or sign up in person at the Senior Center before 10:00AM the day before. These lunches can be enjoyed at the Senior Center or taken as a Grab and Go Lunch. There is a VOLUNTARY suggested donation of \$2.00 for these lunches. Daily menu items appear on the calendar on page 6.

**Thursday  
Friday**



We partner with



FREE Soup & Sandwich Lunch comes 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 expertly prepared by The Open Door's 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. You'll leave well-fed and whistling a happy tune!



## 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 PM!**



These cool cats sound amazingly good so come on down and dance or simply tap your toes to this feel-good music! The coffee is free and there's always a fresh pot brewing!



Dear Artists,

As I prepare this writing for the June Newsletter, the merriment and miracle of spring abounds — such as seen on Gloucester’s magnificent boulevard!

Spring and summer have their magical way with artists. Nature’s palette is spread out across the land. Here for us: pink and red and orange tulips — later, the roses in colors both pastel and primary; irresistible yellow pansies and marigolds; lavender lovely wisteria, and those spirited seasonal greens that are hardly ever dark. In spring and summer, creative interpretations of our natural world seem especially compelling.

And so it is happening these days among our Art Room Artists. Come through the lobby and upstairs into the art room — and you will see many wonderful and inspiring expressions of this glorious season. Be assured that whether or not you have had any previous formal art training...you can do this too! Always you are welcome, and thanks to the many recent and wonderful donations to our art program, we will keep a well-stocked inventory of materials awaiting your efforts.

In the meantime, (and in addition to Nature's art work) there is currently a spectacular exhibition of spring and summer florals by Judy Rotenberg at The Cape Ann Museum. The exhibition continues through end of June. If you would like to attend the exhibition, please let me know and I will happily try to accommodate your availability.

Spring and summer are about new beginnings and amazing possibilities. And in the meantime...

*Remember: Stay Young at Heart...Investigate the Arts!*

**Juni**



**The Office of State Senator Bruce Tarr will offer**

**CONSTITUENT SERVICES AT THE ROSE BAKER SENIOR CENTER**

**On Wednesday, June 8<sup>th</sup> from 9:30 to 10:30 a.m.**

The Senator’s Office June 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.**

**I WILL GLADLY HELP WITH POSTAGE COSTS FOR “COASTLINE NEWS”  
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The Open Door's Mobile Market (formerly known as the Brown Bag) will take place on:

Friday, June 24th 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, June 24th 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, JUNE 24th, PLEASE CALL ROSALIE AT 978-491-9175.

Getting nutritious groceries while having fun has never been easier!

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.

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.

"In early June the world of leaf and blade and flowers explodes, and every sunset is different."

- John Steinbeck



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> 9:15 Line Dancing 10:00 VNA North Shore 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise  Honey Balsamic Chicken	<p>2</p> 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  Egg Salad	<p>3</p> 10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo 2:00 SHINE  Cheese Ravioli
<p>6</p> 9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch 1:00 Jazz Band 2:00 SHINE  BBQ Pulled Pork	<p>7</p> 9:00 SHINE 9:30 COA Meets 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament  Grilled Chicken Sandwich	<p>8</p> 8:00 Friends of the COA Meet 9:15 Line Dancing 9:30 State Sen Tarr Constituent Service 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise  Salmon	<p>9</p> 9:30 <b>Podiatrist Visit</b> 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club  Meatloaf	<p>10</p> 10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo 2:00 SHINE  Chef Salad
<p>13</p> 9:30 Gentle Yoga 10:00 Art Program 10:00 Van Trip 11:00 Bridge Lessons 11:30 Traveling Chef Burger Bar 1:00 Jazz Band 2:00 SHINE  Cheeseburger	<p>14</p> 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament  Lasagna	<p>15</p> 9:15 Line Dancing 10:00 VNA North Shore 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise  Tarragon Chicken Salad	<p>16</p> 10:00 Art Program 10:00 Memoir Writing Group 10:00 Financial Consultations 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club  Beef Wellington	<p>17</p> 10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo 2:00 SHINE  Frittata
<p>20</p> <b>Senior Center            CLOSED in            observance of            Juneteenth</b>	<p>21</p> 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament  Lemon Chicken Pasta	<p>22</p> 9:15 Line Dancing 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise  Hot Dog	<p>23</p> 10:00 Art Program 11:30 Rosie's Picnic Lunch St. Peter's Fiesta Party 12:30 Thursday Movie 1:30 Chess Club  Baked Fish	<p>24</p> 10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 10:15 Mobile Market 12:30 Bingo 2:00 SHINE  Baked Fish
<p>27</p> 9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch 2:00 SHINE  Stuffed Chicken (Cordon Blu)	<p>28</p> 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament  Shepherd's Pie	<p>29</p> 9:15 Line Dancing 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise  Mac & Cheese	<p>30</p> 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club  Tuna Salad	<p>June 2022</p>

## 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!**

*Fitness programs, special programs paired with Grab and Go Meals and more!*

*Special dates and opportunities to remember during  
the lovely month of  
JUNE 2022 at the Rose Baker Senior Center...*

June 13th  
11:30AM      **SeniorCare's** Monday lunch will be a **TRAVELING CHEF BURGER BAR** featuring freshly cooked hamburgers and your choice of toppings including: bacon, cheese, tomatoes, onions, and pickles. Burgers will be served with Potato Salad and Marinated Vegetable Salad on the side with Strawberry Shortcake for dessert. **Sign up by calling 978-283-0359 by Monday, June 6th.**

**June 20th      THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF JUNETEENTH.**

June 22nd  
11:30AM      **SeniorCare's** Wednesday lunch will feature a **Grilled Shrimp**, marinated in lime juice and olive oil with a **Salad Nicoise** (steamed asparagus, new potatoes, tomatoes, chopped egg, olives, lettuce, and fresh herbs), plus a whole grain bread roll and **Cheesecake with Fresh Strawberries**. This delicious luncheon will be prepared by **ROOT**. (Located in Salem, ROOT helps young adults create a pathway to independence through foodservice training and employment.)  
**Sign up for this special luncheon by calling 978-283-0359 by Wednesday, June 15th.**



*...and last but not least*



**BUONA FIESTA!**  
*You are cordially invited to  
the Rose Baker Senior Center*



**St. Peter's Fiesta Luncheon Party!**

**On Thursday, June 23rd, at 11:30AM**  
The Open Door's Rosie's Café Luncheon will feature an Italian themed soup and sandwich menu, plus we'll enjoy music, games, prizes and Italian desserts and treats!

**SIGN UP FOR THIS SPECIAL CELEBRATION BY CALLING 978-325-5814 OR SIGN UP IN PERSON AT THE FRONT DESK OF THE SENIOR CENTER.**

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## **SHINE/Medicare Counselors**

Rose Baker Senior Center has 3 certified SHINE (Serving Health Insurance Needs of Everyone) Counselors to help you. Read on to learn how to make an appointment:

SHINE Counselor Mirta Ulivi:

Weekly on Mondays at RBSC from 12-4pm.  
Contact directly at: 978-309-9761.

SHINE Counselor Lydia Bertolino:

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

SHINE Counselor Former Mayor Sefatia Romeo Theken

Weekly on Fridays at RBSC from 2-4pm  
Call RBSC to schedule your appointment: 978-325-5800.

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

To apply for a Medicare card:

1. Online at <https://www.medicare.gov/> and click on "Apply for Medicare."
1. Call the Social Security Administration at (866) 248-2394 (Salem) or (800) 772-1213 (National number).

### **Medicare 101**

Are you turning 65 years old in the next 6 months?

Is your employer insurance ending?

Do you want to make the most of an upcoming appointment with a SHINE Counselor?

The **Medicare 101** presentation sponsored by SHINE (Serving Health Insurance Needs of Everyone) Massachusetts is a great resource. This 2-hour Zoom meeting is offered several times each month, with morning, afternoon and evening times available. Go to [shinema.org](https://shinema.org) to register. Scroll down to "**REGISTER HERE FOR MEDICARE 101.**" You need to complete a short form and you will need an email to register. This interactive presentation requires no prior knowledge and will help you understand how to make the best choices for you.

*If you would like to use a RBSC computer, or if you have any SHINE/Medicare questions, please contact RBSC Outreach Coordinator, Julie Smith at 978-325-5811.*



**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/>



# ***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.



↑ These folks will leave in a great mood! ↑

## **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!***

*Call 978-325-5814 to sign-up and reserve your spot or drop by to check it out. If there's space available, you can join in the fun and fitness!*

## ***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



Website: [pastisapresent.org](http://pastisapresent.org)

## ***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 Monday, June 13th** 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.

**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.



**Take a Stand  
Against Elder Abuse!  
Thursday, June 2, 2022  
11:00 a.m. - 12:30 p.m.**



Meet at the Fitz Henry Lane parking lot  
(Rogers Street, across from Walgreens)  
to show your support. Bring your  
business or organization and hand-made  
banners or signs.



For more information: 978-281-1750



**\$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, June 14th and 28th  
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 or stop by the Senior Center and look for their table in our lobby.**

**CELEBRATING PEOPLE AND OUR PAST**

Gloucester will be marking its 400<sup>th</sup> 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 400<sup>th</sup> is [gloucesterma400.org](http://gloucesterma400.org).

On this web site you will see the Stories Project. A number of stories and photos are featured.

**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?**

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

***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.***





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**DISCOUNT TRASH BAG SALES ARE NOW CASH ONLY!**

**We can no longer accept checks for the purchase of discount trash bags.**

**Also, 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.***

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

Council on Aging Staff  
978-325-5800

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