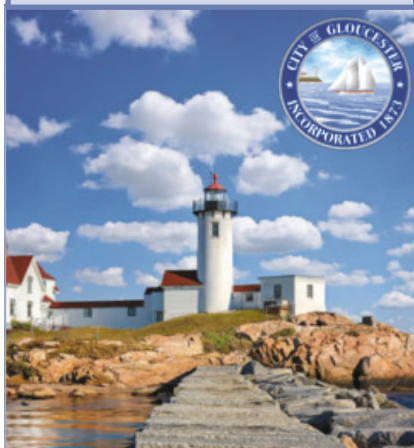


City of  
**GLOUCESTER**  
MAYOR GREG VERGA



Gloucester Council on Aging  
6 Manuel F. Lewis Street

## July 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 COUNCIL ON AGING DIRECTORS

|                                     |                |
|-------------------------------------|----------------|
| Howard Frisch                       | President      |
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| 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.**

Greetings!

We welcome July with an enthusiasm for laziness that only July and August command. July brings us summer, in all its sensory glory. It's the sound of waves lapping at the beach and the smell of sunscreen, grilled burgers, and ocean air. It's the feel of soft sand beneath our fingertips and between our toes and it's the deep gratitude that a cool breeze brings when heat and humidity do their best to make us wish it all away.

It's so easy to feel like summer is gone in a flash. As I watch my summer calendar fill, and I make tough decisions on summer activities and invitations that make me wish I could clone myself, I keep hearing this nagging little voice in the back of my head saying "it's gone...it's already gone...just look at my calendar...it's completely gone". But here's the thing, IT'S ONLY JUST BEGINNING!

With so much to do and see and enjoy and so many long-missed and overdue social occasions and gatherings, it's easy to get caught up in thoughts and preparations for the next thing on our schedule. One thing that can help us to lengthen our summers, to squeeze every last drop of goodness from this time of year, is to **slow down** enough to be mindful of every single opportunity that every moment of every day brings to really drink in ALL of the senses of summer. Quite often that means remembering how nice it can feel to simply SIT and BE and to hear, smell, taste, see and feel all the sensory experiences that summer brings us in this beautiful place that we call home.

While all of the senses are easy to indulge here on beautiful Cape Ann, in the summertime our sense of hearing might just get an extra dose of seasonal love. Music is in the air all over Gloucester! On Friday, July 8<sup>th</sup> at 6:00, the Gloucester Meetinghouse Foundation kicks off its summer concert series. If you haven't yet tried a Friday night concert on the Meetinghouse Green, you don't know what you're missing! And the Thursday night Harbor Loop Summer Concert Series is back at its home on Harbor Loop! Those weekly concerts begin at 6:00 p.m. and kick-off on July 28<sup>th</sup>. And of course our Sunday night summer concert series at Stage Fort Park is back and features the Cape Ann Big Band on July 10<sup>th</sup>, Beatles tribute band *4EverFab* on Sunday, July 17<sup>th</sup>, a talented bluegrass lineup on July 24<sup>th</sup>, and Doo Wop All Stars on July 31<sup>st</sup>. Those concerts all start at 7:00 p.m. If you don't use a computer and you'd like more information about any of these summertime outdoor concert opportunities, just give us a call at the Rose Baker Senior Center. We'd be glad to help you figure out which night and which location features the musical style and setting that's just right for you!

If nighttime, outdoor music isn't for you at all, we've got you covered too! On the first 3 Mondays of every month at the Rose Baker Senior Center, the Old Salty Jazz Band plays from 12:30 until 2:30 to a crowd that's growing in numbers and in appreciation every time they play. When the summer dog days hit us with high heat and humidity, you might enjoy some jazz that's as cool as the air conditioning. Our Old Salty Monday afternoons are perfect for those occasions. It's hard to say what brings more of a smile; listening to the talent showcased during their soaring instrumental solos, or watching the band simply enjoy playing together as the old friends that they are.

Of course we're also VERY excited about the return of our beloved Fishtown Horribles Parade and the Stacy Boulevard Concert and Fireworks that follow on the evening of July 3<sup>rd</sup>. We live in a little slice of heaven. We'll all do well to savor every moment of it.

Happy Independence Day everyone!

Warmest regards -

Elise Sinagra, Director of Elder Services

**Friends of the Gloucester Council on Aging**

**Membership Drive**

New Members as of June 16, 2022

**Diamond**

Louis Lucas  
Peter V. Hornbeck

**Silver**

Beverly A. Cain

**ASSOCIATE**

Anthony & Marianna Ciulla  
Linda J. Richardson

The Gloucester Council on Aging Deeply appreciates the following individuals for their donation checks written directly to the Gloucester Council on Aging or Rose Baker Senior Center. These direct contributions to the Council on Aging / Rose Baker Senior Center are sincerely appreciated:

Robert R. McCrae  
Dorothy B. McKay  
Marilynn Grant  
Jose Maligno  
Gerry Favaloro

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

Thank you!

Phyllis M. Reardon  
Marion C. Haselgard

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

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# 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 12:30 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,

July! How beautiful the summers on Cape Ann! No wonder so many famous artists have lived and worked here. Inspiration abounds on Cape Ann! Shall we paint the boats? How about a hurricane surf? Or... the fireworks over Norman's Woe? Or the Greasy-Pole acrobats as they dance and slide their way toward the abyss? All are artistic possibilities within your grasp. You can do this!

If you can write your name...you can draw. If you are right handed and it's creativity you're after, try drawing with your left hand. The gift of creativity is bred in our bones, and there are many ways to "unlock" that gift. If you would like to investigate the possibilities by way of paint or pastel or collage or clay... the art room is a place where you will find encouragement and promise.

At this writing, we are about to submit our painted "Rosy The Bluefin Tuna" for The Bluefin Blowout Bash — a July 13th auction that will benefit The Alzheimer's Association. Thanks to our *amazing* senior artists, "Rosy" is festooned with roses of every dazzling variety and color. ("Rosy" is quite marvelous as will surely be noted by the bidders!)

This past spring, several seniors expressed an interest in viewing the exhibition of Judy Rotenberg's floral paintings at The Cape Ann Museum. We are most grateful to the museum for the delightful experience. Our next "art destination" will be The North Shore Arts Association. Do let me know if you would like to attend the current juried exhibition which runs through July 29th.

**Also!**...In recognition of Gloucester's upcoming 400th anniversary... The Cape Ann Museum has organized a special exhibition exploring the important legacy of the family owned commercial fishing vessel. This meaningful exhibition will continue through September 18th. Please let me know of your interest in attending this exhibition and I will happily accommodate your availability!

As always, we invite you to join us on Mondays, Tuesdays, and Thursdays. You will be amazed by your creativity and by the joy that it brings.

Meanwhile Remember...Stay Young at Heart: Investigate the Arts!  
...all the while savoring those  
HAPPY FIESTA MEMORIES!  
Juni

**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 or sign up in person at the Senior Center Front Desk.**

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Donation Amount: \_\_\_\_\_ Circle one: Cash / Check



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

**Friday, July 22nd 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, July 22nd** 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.**

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

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

**On Wednesday, July 6<sup>th</sup> 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.**

**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. This class has a loyal following because it's a **GREAT CLASS** but we can always make room for YOU if you'd care to join this friendly group for some beneficial exercise.

**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 and convenience 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 978-325-5801 and sign up with our Front Desk Receptionist**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
|    |  |  |  | 1<br>10:00 Arthritis Exercise<br>11:30 Rosie's Picnic Lunch<br>12:30 Bingo<br>2:00 SHINE<br><br>Tuna Salad                          |
| 4   | 5  | 6  | 7  | 8   |
| <b>Happy Fourth of July Senior Center Closed</b><br>                     | 9:00 SHINE<br>9:30 COA Meets<br>10:00 Art Program<br>10:00 Knit & Crochet<br>11:00 Duplicate Bridge<br>11:30 SeniorCare Lunch<br>12:30 Scrabble<br>1:00 Cribbage Tournament<br><br>Sausage, Onions, Pepper | 9:15 Line Dancing<br>10:00 VNA North Shore<br>11:30 SeniorCare Lunch<br>12:30 Bingo<br>1:00 Arthritis Exercise<br><br>Turkey Cranberry Salad   | 10:00 Art Program<br>10:00 Memoir Writing Group<br>10:00 Bocce Boulevard<br>11:30 Rosie's Picnic Lunch<br>12:30 Legal Consultations<br>12:30 Thursday Movie<br>1:30 Chess Club                                 | 10:00 Arthritis Exercise<br>11:30 Rosie's Picnic Lunch<br>12:30 Bingo<br>2:00 SHINE<br><br>American Chop Suey                       |
| 11  | 12   | 13   | 14   | 15  |
| 9:30 Gentle Yoga<br>10:00 Art Program<br>11:00 Bridge Lessons<br>11:30 SeniorCare Lunch<br>1:00 Old Salty Jazz Band<br>2:00 SHINE<br><br>Balsamic Chicken | 9:00 SHINE<br>10:00 Art Program<br>10:00 Knit & Crochet<br>11:00 Duplicate Bridge<br>11:30 SeniorCare Lunch<br>12:30 Scrabble<br>1:00 Cribbage Tournament<br><br>BBQ Pulled Pork                           | 8:00 Friends - COA Meet<br>9:15 Line Dancing<br>9:30 State Sen Tarr<br>Constituent Service<br>11:30 SeniorCare Lunch<br>12:30 Bingo<br>1:00 Arthritis Exercise<br><br>Ravioli w/Marinara | 10:00 Art Program<br>10:00 Bocce Boulevard<br>11:30 Rosie's Picnic Lunch<br>12:30 Thursday Movie<br>1:30 Chess Club  | 10:00 Arthritis Exercise<br>11:30 Rosie's Picnic Lunch<br>12:30 Bingo<br>2:00 SHINE<br><br>Breaded Fish                             |
| 18  | 19   | 20   | 21   | 22  |
| 9:30 Gentle Yoga<br>10:00 Art Program<br>11:00 Bridge Lessons<br>11:30 SeniorCare Lunch<br>1:00 Old Salty Jazz Band<br>2:00 SHINE<br><br>Meatloaf         | 9:00 SHINE<br>10:00 Art Program<br>10:00 Knit & Crochet<br>11:00 Duplicate Bridge<br>11:30 SeniorCare Lunch<br>12:30 Scrabble<br>1:00 Cribbage Tournament<br><br>Grilled Chicken                           | 9:15 Line Dancing<br>10:00 VNA North Shore<br>11:30 SeniorCare Lunch<br>12:30 Bingo<br>1:00 Arthritis Exercise<br><br>Hot Dog  | 10:00 Art Program<br>10:00 Bocce Boulevard<br>10:00 Financial Consultations<br>10:00 Memoir Writing Group<br>11:30 Rosie's Picnic Lunch<br>12:30 Thursday Movie<br>1:30 Chess Club<br><br>Meatballs w/Marinara | 10:00 Arthritis Exercise<br>10:15 Mobile Market<br>11:30 Rosie's Picnic Lunch<br>12:30 Bingo<br>2:00 SHINE<br><br>Turkey Chef Salad |
| 25  | 26   | 27   | 28   | 29  |
| 9:30 Gentle Yoga<br>10:00 Art Program<br>11:00 Bridge Lessons<br>11:30 SeniorCare Lunch<br>2:00 SHINE<br><br>Frittata                                     | 9:00 SHINE<br>10:00 Art Program<br>10:00 Knit & Crochet<br>11:00 Duplicate Bridge<br>11:30 SeniorCare Lunch<br>12:30 Scrabble<br>1:00 Cribbage Tournament<br><br>Chicken Salad                             | 9:15 Line Dancing<br>11:30 SeniorCare Lunch<br>12:30 Bingo<br>1:00 Arthritis Exercise<br><br>Spinach Alfredo Lasagna   | 10:00 Art Program<br>10:00 Bocce Boulevard<br>11:30 Rosie's Picnic Lunch<br>12:30 Thursday Movie<br>1:30 Chess Club<br><br>Fish Piccata  | 10:00 Arthritis Exercise<br>11:30 Rosie's Picnic Lunch<br>12:30 Bingo<br>2:00 SHINE<br><br>Cheeseburger                             |

## 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!*



*You are cordially invited to the  
**7<sup>th</sup> Annual Gloucester Senior  
Health & Wellness Fair 2022***

*Presented by:*

*The Gloucester Council on Aging ~ in collaboration with  
Element Care*

*At the Rose Baker Senior Center, 6 Manuel F. Lewis Street in  
Gloucester*

*Monday July 11<sup>th</sup>, 2022  
10:00 a.m. - 2:00 p.m.*

**Come get some useful information from local health and wellness related organizations. Each exhibitor will provide a **PRIZE** to be raffled off during the event!**

**PLEASE NOTE:** The Cape Ann Farmers Market will not be in operation this year and as such, this event will not distribute Farmers Market coupons as had been the case in the past. However, SeniorCare does have a limited number of coupons that can be used at other eligible farmstands/markets.

Eligible seniors will receive \$25.00 in coupons that can be used to purchase fresh, locally grown fruits and vegetables at participating farmstands/markets.

To receive coupons, individuals must be 60 years of age or older and meet the income eligibility guideline. Household of (1), \$2,096 or (2) \$2,823 per month.

Coupons are limited and will be distributed on a first-come, first-served basis. For more information, contact Melinda at SeniorCare's Nutrition Department at 978-865-3552 between 12pm-4pm. Messages will be returned within 2 business days.

USDA Non- Discrimination Statement and additional information can be found on SeniorCare's website [www.seniorcareinc.org](http://www.seniorcareinc.org)

**SAVE THE DATE FOR OUR ANNUAL COOKOUT AT  
STAGE FORT PARK!**

**The annual SeniorCare/Rose Baker Senior Center cookout  
will take place on Thursday, August 18th at 11:30**

*Mark your calendars for hamburgers and hotdogs, great music,  
amazing ocean views and FUN!*



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## July 2022 SHINE/Medicare Schedule

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 to schedule your appointment: 978-309-9761.*

SHINE Counselor Lydia Bertolino:

**Tuesdays July 5th, 12th and 26th 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.*



**The Rose Baker Senior Center will be CLOSED  
On Monday, July 4th, 2022  
In observance of Independence Day**





*Mark your calendars for our first ever*

## Rose Baker Senior Center & O'Maley Academy Cornhole Tournament!

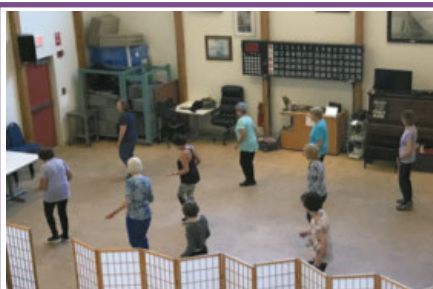
**When: Wednesday July 20, 2022 9:30am - 11:30am**

**Where: Rose Baker Senior Center: 6 Manuel F Lewis St, Gloucester**

**What:** Cornhole is a competitive "lawn game" (but we'll play inside) where players toss beanbags toward a slanted platform. The goal of the game is to pass the beanbag through a hole in the center of the platform. Seniors and middle school students from O'Maley Academy will combine to form teams for a fun morning of cornhole and camaraderie!



**Sign-up at the Front Desk of Rose Baker Senior Center.  
QUESTIONS? Contact Julie Smith at 978-325-5811**



↑ *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!***

## ***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.**

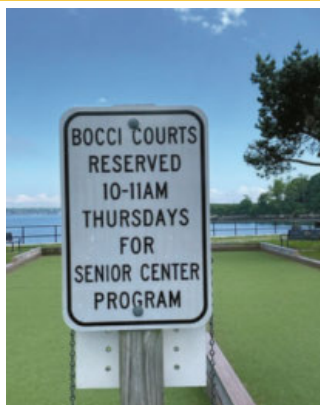
### **DISCOUNT TRASH BAG SALES ARE NOW CASH ONLY!**

**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.***



## *Bocce Anyone?*

*No matter how it's spelled,  
it's always a blast to play a  
game of bocce!*

This game is tailor-made  
for laid-back summertime  
fun!

...and how can you beat a pair of bocce courts  
with a view like that!

The Stacy Boulevard Bocce Courts are reserved  
for Rose Baker Senior Center on Thursdays from  
10:00 to 11:00 AM. We have 2 bocce sets and a  
great group of welcoming regulars who are  
willing to show you how it's done!

**GIVE US A CALL FOR FULL DETAILS  
AND TO SIGN-UP FOR BOCCE  
STARTING ON THURSDAY, JULY 7th!  
Call Michael at 978-325-5814**

The courts are flanked by benches for easy  
breaks between play. If you've always thought  
you might like to try this fun, easygoing game,  
now is the perfect time to *give it a shot!*

**SAVE THE DATE!  
YOU WON'T WANT TO  
MISS THIS!**



**The Annisquam Village  
Players** have once again  
kindly donated a limited  
number of tickets to their  
special **Rose Baker Senior Center Dress  
Rehearsal Performance!**

This summer's production is *Mary Poppins!*  
Our special performance will take place on  
**Monday, August 8th, at 7:30 p.m.**



Limited  
transportation  
will be available.  
Please save the  
date for now and  
call or drop by  
the Rose Baker  
Senior Center

after July 13th for full details.

**AFTER JULY 13TH, PLEASE CALL  
978-325-5814.**

## **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.***

**GLOUCESTER**  
**400**<sup>TM</sup>  
1623 | 2023  
OUR PEOPLE, OUR STORIES

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