



SENIOR POWER | Salem Council on Aging

401 BRIDGE ST. SALEM, MA 01970 | PHONE: 978-744-0924
HOURS: MONDAYS - FRIDAYS: 8 AM - 4 PM
WWW.SALEM.COM

JANUARY 2022

WHAT'S INSIDE

02	GROUP GATHERINGS
03	PROGRAMS
04	TRANSPORTATION
05	NEWS PROGRAMS
06	PROGRAMS
07	SOCIAL SERVICES
08	CALENDAR
09	HEALTH AND WELLNESS

STAFF DIRECTORY

Mayor

Kimberley Driscoll

Parks, Recreation & Community Services

Superintendent

Patricia O'Brien

Council on Aging Director

Teresa Gove Arnold

Program Manager

Kathy McCarthy

COA Activities Coordinator

Rosanna Donahue

Park & Rec Activities Coordinator

Caroline Robitaille

Transportation Coordinator

Anne O'Shea

Social Service Coordinator

Sharon Felton

Outreach Social Workers

Lynne Barrett & Alyssa Flynn

Nutrition Coordinator

Erica Blumberg

Principal Account Clerks

Claudia Forgione & Wendolyn Espinosa

Facilities Manager

Joe Candelaria

Receptionist

Cynthia Buonfiglio

Van Drivers

Diane Brown, Anne Caron, Mary Caron,
Tyler Hrynyszyn, Arthur Jalbert, Kris Wilson
Jorge Lugo, John Tachuck

Custodian

Antonio Rodriguez

Salem Council on Aging Board

<u>Members:</u>	
Chair.....	Lynda Coffill
Vice-Chair.....	John Russell
Secretary.....	Kristin Macek
	George Barbuzzo
	Abigail Butt
	Julie Carver
	Donna Clifford
	Patricia Small

City Council Liaison

Domingo Dominguez

DIRECTOR'S MESSAGE

Happy New Year from the Team at the Mayor Jean A. Levesque Community Life Center!

It's always hard to imagine that another year has flown by. Many good things happened in 2021. We reopened more fully in June, brought back more activities in person, the lunch program again with a Nutrition & Culinary Coordinator, and saw transportation requests soar! Social Services helped hundreds of individuals navigate health insurance, housing applications, coordinated counseling and the list goes on. The work that the team does never slows down, and we anticipate another robust year ahead with the same but also new offerings for you to consider. Yes, we still must live cautiously wearing masks and distancing a bit but look forward to seeing you at the center. Come and be a part of your community. All are welcome! Please come and see! Best wishes for a healthy and happy 2022. ~Terry



A Memory Café is a comfortable, social gathering that allows people experiencing any level of memory loss and a loved one to connect, socialize, and build new support networks. We are grateful to State Representative Paul Tucker for making it possible for the Salem COA to receive a \$50,000 grant from the Executive Office of Elder Affairs to enhance our existing work with Memory Cafés. If you are experiencing any

level of memory loss or are a caregiver for someone living with this, please join us on **THURSDAY, JANUARY 27 from 1:00 PM – 2:30 PM** for our first Memory Café of 2022. We will have a roundtable at this first café to see what kinds of activities you may like to see and offer a workshop to relax you. Each Memory Café will end with a healthy treat to-go with a simple recipe as we look to promote excellent nutrition in order to promote brain health. To register, please call Rosanna Donahue at 978-744-0924. Space is limited.

GROUP GATHERINGS

Sign up in advance is required for ALL in-person activities; no walk-ins will be allowed. All events are subject to change or cancellation for public health or other reasons. Do not attend an in-person event if you are sick or do not feel well. Anyone not complying with safety rules will be asked to leave.

EVENING DRUM CIRCLE

Thursdays | 5:30 pm | Price: \$ 10 pp

Mamadou's drumming classes are more than learning and playing a musical instrument. They offer joy with all its spiritual song and rhythms.

ENGLISH CLASS

Tuesdays | 12:00 pm

Teacher: Patricia Kennedy

The Salem COA, in partnership with Catholic Charities North in Salem, offers weekly English language classes for all levels of students looking to learn to speak, read, write and improve their English proficiency. Our class includes instruction for all students whose first language is not English with a focus on language skills that will help you speak and understand doctors and medical appointments. All books and classroom materials are provided.

Call Rosanna Donahue for more information.

The Third Age Community

Thursday, January 6th | 12:30 pm

The Third Age Community Group is comprised of people who are fully or partly retired and are seeking to be part of a community of peers. By meeting monthly, new friendships are built leading to even more shared events. The group has visited historical homes, art galleries, outdoor events and helped each other in time of need. New members are welcome. Members are expected to be independent in their abilities and communication within the group is done by email. **These are *BYO Lunch* meetings.**

Monthly Birthday Celebration (must pre-register)

Thursday, January 27th | 12:00 pm

Monthly Birthday Celebration for those with January birthdays. Celebrants will get a **FREE** lunch, rose and card. Cake will be served and a group photo will be taken.

Book Club

Wednesday, January 26th | 11:00 am

MBTA CharlieCard for Seniors | by Appointment Only

Tuesdays, Thursdays and Fridays | 1:00-3:00pm.

You can now apply for a new CharlieCard for Seniors online.

Should you need assistance with the application process, Rosanna is assisting seniors. Please call her at 978-744-0924 to schedule an appointment.

BINGO

Tuesdays, January 4th, 11th, 18th, 25th | 12:30 pm

Wednesdays, January 5th, 12th, 19th, 26th | 12:30 pm

Thursdays, January 6th, 13th, 20th, 27th | 12:30 pm

KNITTING & CROCHET CIRCLE

Fridays | 9:30 am

Would you like to meet others interested in knitting or just enjoy company while you work on projects?

Join the knitting circle. You can bring your own project to work on, or help develop a group project to donate to an organization in the community or raffle off.

Support Group for the Visually Challenged

Friday, January 28th | 10:30 am to 12:30 pm

Christie Parker and Andrew J. LaPointe have established a Support Group for those who are visually challenged. This will be a low keyed group that will give friends, loved ones and any one needing a helping hand to get the information they need. This group will also help answer those questions on devices that will make life's daily tasks much easier.



The Salem Veterans Friends Information Hour

All are welcome!-Come on in!

Info on various benefits, issues, and upcoming events!

Wednesday, December 15th | 10:00 am

Meeting held at Community Life Center

Any questions, contact 978-745-0883

Sponsored by Salem Veterans Office and Compassionate Care

SPECIAL GUESTS

Attorney Christine Hurley

FREE Consultation

by Appointment Only

Wednesday, January 5th

Time: 9:30 am

Mayor Kim Driscoll

Join us for Coffee and Donuts

Wednesday, January 19th

Time: 10:00 am

Attorney Jack King

FREE Consultation

by Appointment Only

Thursday, January 20th

Rep. Paul Tucker

Join us for Coffee and Donuts

Monday, January 10th

Time: 9:00 am

Senator. Joan Lovely

Join us for Coffee and Donuts

Monday, January 10th

Time: 9:00 am

GAMES

Pool Room

Mondays-Fridays| Time: 8:00 am-4:00 pm

Backgammon

Mondays | Time: 10:00 am

This is one of the oldest board games known. It is a two player game where each player has fifteen pieces (checkers) which move between twenty-four triangles (points) according to the roll of two dice.

Mahjong

Tuesdays | Time: 10:00 am

| Time: 12:30 pm

Thursdays | Time: 12:00 pm

Fridays | Time: 9:30 am

Mahjong is a game of skill, coupled with wit and fortune.

Cribbage

Thursdays| Time: 9:00 am

Cribbage is a card game that involves playing and grouping cards in combinations to gain points.

PROGRAMS

Salem Council on Aging
presents:
New Year's
Brunch & Afternoon Movie

Brunch Menu:
Classic Eggs Benedict
Home Fries
Fresh Fruits
Soft Drinks
Coffee

Movie:


Monday, January 10th, 2022
Brunch Time: 11:00 am
Afternoon Movie: 11:45 am
Price: \$ 5 pp

PRE-REGISTRATION REQUIRED, CONTACT
ROSANNA AT 978.744.0924



Remembrance
DAY

Candle-Lighting and remembrance service.
This gathering will be held to remember dear friends and family members no longer with us.
Twelve candles will be lit,
each one representing a month of the year.

Wednesday, January 26th at 10:30 am

To include the name of a loved one for the ceremony,
please contact Rosanna Donahue
at 978.744.0924 x 43006 or email
rdonahue@salem.com

Información en Español

Información importante para los residentes de la tercera edad de Salem esta disponible en español. Para información sobre nuestros servicios gratis de transportación, nutrición, comidas, asistencia financiera y actividades de recreación. Pregunte por Rosanna llamando al 978-744-0924



Salem Wellness Walks

Wednesday, January 12th
Salem Common
9:00-10:00 a.m.
Special guest to be announced

Lace up your walking shoes and join us at Salem Common for Salem Wellness Walks!

All attendees will receive water and a healthy snack. New attendees will also receive a pedometer to track their progress. All ages and abilities are welcome. The walk will begin at 9:00 am and end at 10:00 am. Participants can walk at their own pace and take breaks at any time on the benches along the Common.

This event is co-sponsored by the Salem Council on Aging and the Salem Board of Health.

Wellness Lecture Series by Donna Clifford

Time: 4:00 pm

Price: \$20 per class / \$10 for seniors

Join Donna Clifford as we discover the joy of being fully alive. Donna brings over 40 years of clinical nursing and holistic practices to each presentation. She has just released her new book titled Let's Act Like Rice and will be available for purchase.

Monday, January 10th

Gut Health The Key to Healthy Body and Mind

GI Distress? Digestion is the foundation of health including mental health. Come learn tips and recipes to improve your digestive power.

Monday, January 24th:

May Your Dream Come True. Realizing Our Purpose Through Food

What is it in our life that will bring a sense of peace? What is our Dream? The answers we seek may be as simple as plant based food.

Monday, January 31st: Happy Sleep

How to get a Good Night's Sleep and Wake Refreshed Everyday. Sleep is a mystery. Why we sleep, how much to sleep, why we dream.



Join Mande Michael from Senior Expressions as she guides you in the basic techniques of painting on silk scarves.

Friday, February 11th
Time: 10:30 am
\$ 5 pp

TRANSPORTATION

The city is following state mandate which requires masks to be worn at all times while riding on the COA van. All other restrictions have been lifted. Please call Annie 978.744.0924 X 43008 with any questions or concerns. To make appointments or for any questions, please contact the Transportation Department at (978) 744 - 0924 x 43008. **Two business day notice required** Transportation is made possible through the Title III and CDBG Grants.
Space is limited and you must make an appointment for a ride.

OUT-OF-TOWN MEDICAL TRANSPORTATION (9-9:30 AM PICKUP)

Monday Beverly / Marblehead	Tuesday Peabody	Wednesday Danvers / MGH	Thursday Peabody	Friday Lynn / Swampscott
-----------------------------------	--------------------	----------------------------	---------------------	--------------------------------

SHOPPING (2 BAG MAXIMUM)

Monday Market Basket 10:30 am - 12:30 pm	Tuesday Crosby's 10:00 am-11:00 am	Wednesday Market Basket 10:30 am - 12:30 pm	Thursday Wal-Mart 11:00 am - 1:00 pm	
	Trip to the Mall 11:00 am-1:00 pm		Trader Joe's 10:00 am-12:00 pm	

BROOKHOUSE HOME

A Caring Supportive Residence for Women

Private Rooms • Meals
 Laundry • Housekeeping
 Social Activities
 Emotional Support
 Personal Care • Medication
 Exercise • Recreation

180 Derby St., Salem
978-740-2493

Medicaid and Transitional
 Assistance Accepted

 www.Brookhousehome.com



ACHES, PAINS, STRENGTH OR BALANCE ISSUES? WE CAN HELP!

Medicare / Mass Health Accepted

SALEM
 84 Highland Avenue, Suite 201
 Salem, MA
 978.791.2577
professionalpt.com

STAND OUT
 with a PREMIUM DIGITAL AD on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-477-4574

NO DENTAL INSURANCE? NO PROBLEM!



EXCLUSIVELY IN OUR OFFICES

Annual Plan Includes:
TWO ROUTINE CLEANINGS • TWO EXAMS
25% OFF ON ALL OTHER PROCEDURES

No waiting period No annual deductibles
GET THE DENTAL CARE YOU NEED

2 CONVENIENT LOCATIONS:
HALLMARK DENTAL

310 NEWBURY ST., DANVERS • 260 ESSEX ST., SALEM



Join Now! Call 877-636-5153
www.wellnessdentalplan.com/join



We provide: Bathing & Hygiene,
 Meal Prep, Housekeeping, Shopping,
 Errands, Companionship, Continent
 Care & Toileting Assistance, Respite
 Care, Alzheimer's and Dementia Care

Senior Citizen Discounts
781-300-7495

330 Lynnway, Ste 346, Lynn, MA | www.nurtahomehealthcares.com

NEWS / TRIPS



Welcome
TO OUR NEW STAFF!



CONGRATULATIONS, ERICA!

My name is Caroline Robitaille and I am so happy to have joined the team here. I graduated from Salem State University in 2021 and am originally from South Hadley, MA. I have a passion for recreation and am excited to be a part of bringing great programs to the city! Some of my favorite things to do include hanging out with my 1-year-old Aussie-Wheaten puppy, Ziggy, and hiking!

We are pleased to share that Erica Blumberg, who has been our Interim Nutrition & Culinary Coordinator has accepted the job as a full-time employee. We are so pleased to have Erica on the team and look forward to more of her creative ways to enhance our food options in 2022. Welcome on board, Erica!

Salem Senior Center & Best of Times

Celtic Angels Ireland

with
Cellie Knights Dancers
and
The Trinity Band Ensemble of Dublin

March 10th, 2022
Danversport Yacht Club - Danvers, MA

Price: \$74^{pp}
Includes Plated Luncheon, Meal Tax & Gratuity, & Show Ticket
THIS IS A DRIVE ON YOUR OWN EVENT.
Contact: Rosanna Donahue (978)744-0924
401 Bridge Street/ Salem, MA 01970

Plated Luncheon Meal Choices:
Corned Beef and Cabbage or Baked Schrod

Also Included: Salad, Vegetables, Breads, Dessert, Coffee/Tea

There are no refunds for cancellations received after 03/02/22. Best of Times Travel reserves the right to issue any refunds, in whole or part, in the form of a Future Travel Credit.

Salem Senior Center & Best of Times Travel Proudly Present

If You Like The **JERSEY BOYS**.....
YOU'RE GOING TO LOVE THE....

ATLANTIC CITY BOYS

Live In Concert - April 27th, 2022 (Wednesday)
at Castleton Conference Center- Windham, NH

Featuring Music of The Beach Boys, The Drifters, The Bee Gees, and of course Frankie Valli and the Four Seasons...plus more!

PROGRAMS



A Weekly Newsletter For Curious Seniors
Get your copy via Email or In-Print at the Salem Council on Aging

The Salem Council on Aging continues to offer copies of "The Little Bird", a wonderful newsletter where each issue will focus on a specific, high-interest theme. Examples of topics: The Gold Rush, Kings and Queens, First Ladies and many more. Before the pandemic, Nancy Franks was a frequent presenter at senior centers and retirement communities around the state of Massachusetts. Her dynamic, hour-long presentations engaged, entertained, and educated all who all who saw them, so she decided to take all of her knowledge and create this newsletter so that others can still have entertaining information.

We will be offering copies of The Little Bird via email. Please email rdonahue@salem.com or call (978) 744-0924 if you are interested in receiving The Little Bird via email every week.

VETERANS, WIDOWS, AND DEPENDENTS

Massachusetts and the City of Salem have the best veteran benefits program than anywhere else in the country! If you are a veteran/widow and living paycheck to paycheck with limited assets, please call your community veterans office and let us help determine your benefit eligibility. We also assist with all veteran questions, service bonuses, VA healthcare applications, VA compensation claims, employment, and educational assistance. Please call the city Veterans' Services Officer at 978-745-0883 for all questions.

VETERANOS, VIUDAS Y DEPENDIENTES

Massachusetts y la Ciudad de Salem tienen el mejor programa de beneficios para veteranos que en cualquier otro lugar del país! Si usted es un veterano / viudo y vive de sueldo a sueldo limitados, llame a la oficina de veteranos de su comunidad y permítanos ayudarlo a determinar su elegibilidad para los beneficios. También ayudamos con todas las preguntas de los veteranos, bonificaciones de servicio solicitudes de atención médica de VA reclamos de compensación de VA, empleo y asistencia educativa. Llame al Oficial de Servicios para Veteranos de la ciudad al 978-745-0883 para todas las preguntas.

Transportation News!

Any questions call Annie at 978.744.0924

Once a month the COA drivers compile a list of seniors who have been punctual for their rides throughout the month. One senior is then chosen for us to acknowledge and celebrate. In addition we like to mention the remaining seniors who have also been punctual. When seniors are ready for their ride it helps the entire day run smoothly. Just a reminder to be ready for your scheduled pickup 15 minutes prior to your pickup time and 15 minutes after.

Susan Thorne
Barbara Nowak
Cheryl Sawicki
Janes Beaudry
Coralee Stever
Laurie Chouinard
Christine Reichart

Sharon Paster
Helen Driesback
Jeanne Marquis
Margaret Crowdis
Sheila Van Olystne
Helen Slejzer
Gerry Feldman
Angelina Angeles

November



Marie Fuller



Attention Adults with Foot Problems and Diabetes!
Tuesday, February 15th, 2022
Time: 1:00 pm

Registration is required; contact Rosanna Donahue at 978.744.0924

Is **Medicare** your Primary Insurance? If so, you are eligible to receive a pair of **Diabetic shoes and inserts FREE to you if you are Diabetic! Some other insurances cover this as well!**

www.drcomfort.com / www.anodyneshoes.com

Please bring your Medicare card and any other supplemental insurance cards as well as the completed doctor's order (pick up from Rosanna). Straight Mass Health/Medicaid does not cover this.

SALEM COUNCIL ON AGING PRESENTS

Valentine's & Renewal of Vows Ceremony

Monday, FEBRUARY 14TH

Time: 10:30 am

Price: \$10 pp

You are cordially invited to our annual vow renewal ceremony at the Salem Council on Aging. There will be live music, lunch and a photo to remember this special day. Call Rosanna to reserve a spot by calling 978.744.0924
FREE for those renewing vows.

SOCIAL SERVICES

SHINE

Serving the Health Information Needs of Elders

The SHINE Program is a state health insurance assistance program available to offer free help and information regarding plan selection and enrollment. SHINE counselors will also help Medicare beneficiaries apply for Extra Help for prescription costs. To schedule an appointment, contact the Social Service Department at 978-744-0924. The regional SHINE office is located in the Mystic Valley Elder Service Office, 781-324-7705.

FUEL ASSISTANCE

The heating season is here. North Shore Community Action Program (NSCAP), 119R Foster Street, Peabody, 978-531-0767 sent out redetermination forms for those who were enrolled in their program the previous heating season but are now accepting new applicants. The Fuel Assistance Program helps income-eligible homeowners or renters pay their winter heating bills. If your gross household income falls within the limits shown below, you may qualify for payment of up to \$1100 towards your winter heating bills. In addition, eligible National Grid customers may qualify for a discount of up to 29% off their electric and gas bills, too!

For those who wish to enroll, NSCAP is taking appointments or Salem Seniors can contact the Social Service Department at the Salem COA @ 978-744-0924 for assistance in applying.

Maximum Gross Income Levels are:

- 1 person household \$40,951
- 2 person household \$53,551
- 3 person household \$66,151

TAX PREPARATION/ASSISTANCE

The TAX season is fast approaching! If you need assistance in preparing your income tax return, the RSVP/AARP Volunteers will be at the Salem Community Life Center to assist you on Tuesdays and Thursdays beginning Tuesday, February 1 through Thursday, April 14.

Book appointments in person the following days at the Salem Community Life Center from 10am till noon

- **Monday, January 3**
- **Tuesday, January 4**
- **Monday, January 10**
- **Tuesday, January 11**

or you can call 978-219-7117 starting January 3rd to book an appointment.

Please be patient waiting for someone to call you back to schedule an appointment.



TURNING 65 THIS YEAR?

If you are turning 65 this year, you have your Initial Enrollment period (IEP) to enroll into Medicare. This IEP is the 3 months prior to your birth month, your birth month, and 3 months after. Do not miss this opportunity or you could be faced with delays and/or penalties.

You may have health insurance through active employment, but you should still sit down with a SHINE Counselor to learn about your Medicare coverage options. Contact the Social Services Department at 978-744-0924 to schedule an appointment.

MEDICARE ADVANTAGE PLANS MEMBERS

Medicare Advantage Plan Open Enrollment Period will run for January 1 – March 31 every year.

If you are enrolled in a Medicare Advantage Plan, you'll have a one-time opportunity to:

- Switch to a different Medicare Advantage plan
- Drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B
- Sign-up for a stand-alone Medicare Part D prescription plan to complete Original Medicare

SHINE Counselors can help you understand your choices during the Medicare Advantage Plan Open Enrollment Period. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Contact the Social Service Department at 978-744-0924 to schedule an appointment. The Regional SHINE Headquarters is located at Mystic Valley Elder Services: 781-388-4845.

BEHAVIORAL HEALTH COUNSELING

Feeling anxious, depressed, overwhelmed and/or more? In person counseling is available through a partnership between the North Shore Community Health Center & the Salem COA. Contact the Social Service Department at 978-744-0924.

SNAP

Supplemental Nutrition Assistance Program



With rising food and heating costs, times are tough for many, especially seniors with limited budgets. Food stamp benefits can help seniors make ends meet.

Recent changes to the program make it easier than ever for needy seniors in Massachusetts to access this important nutrition safety net. There is a new simplified application for elderly applicants. To find out more, call the Project Bread Food Source Hotline at 1-800-645-8333 or call the Social Service Department at 978-744-0924.

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 3- No Chair Yoga No Tap Dancing No Zumba 2:30 Aerobics Class \$	- 4- 9:00 Balance Class \$ 10:00 Tap Dancing \$ 10:00 Mahjong 11:30 No Meditation 11:30 Lunch 12:00 English Class 12:30 Mahjong 12:30 Bingo	- 5 - 9:30 Chair Yoga \$ 9:30 Lawyer C. Hurley 11:00 Strong Bones \$ 11:30 Lunch 12:30 Bingo 2:00 Muscle & Strength	- 6- 9:00 Cribbage 10:00 Line Dancing \$ 11:15 Zumba \$ 11:30 Lunch 12:00 Bingo 12:30 Third Age Community 12:00 Mahjong 5:30 Evening Drums \$	- 7- 9:30 Knitting Group 12:00 Mahjong 9:30 Chair Pilates \$ 11:30 Lunch
No Lunch	Pesto Chicken	Mac & Cheese	Beef Stuffed Pepper w/ Tomato Sauce	Salmon w / Cream Sauce
- 10- 9:00 Coffee w/ Rep. Paul Tucker 10:00 Chair Yoga \$ 10:00 Backgammon 11:00 Brunch & Movie 11:30 Tap Dancing \$ 11:45 Afternoon Movie 1:00 Zumba \$ 2:30 Aerobics Class \$	- 11- 9:00 Balance Class \$ 10:00 Tap Dancing \$ 10:00 Mahjong 11:30 Meditation 11:30 Lunch 12:00 English Class 12:30 Mahjong 12:30 Bingo	- 12 - 9:00 Salem Walks 9:30 Chair Yoga \$ 11:00 Strong Bones \$ 11:30 Lunch 12:30 Bingo 2:00 Muscle & Strength	- 13- 9:00 Cribbage 10:00 Line Dancing \$ 11:15 Zumba \$ 11:30 Lunch 12:00 Bingo 12:00 Mahjong 5:30 Evening Drums \$	- 14- 9:30 Knitting Group 12:00 Mahjong 9:30 Chair Pilates \$ 11:30 Lunch 1:00 Red Cross
Register with Rosanna For brunch	Turkey w/ Gravy	Hot Dog	Pot Roast w / Jardiniere Gravy	Curry Chicken
- 17- 	- 18 - 9:00 Balance Class \$ 10:00 Tap Dancing \$ 10:00 Mahjong 11:30 Meditation 11:30 Lunch 12:00 English Class 12:30 Mahjong 12:30 Bingo	- 19- 9:30 Chair Yoga \$ 10:00 Coffee w/ Mayor Driscoll 11:00 Strong Bones \$ 11:00 Lunch 12:30 Bingo 2:00 Muscle & Strength	- 20- 9:00 Cribbage 10:00 Lawyer Jack King 10:00 Line Dancing \$ 11:15 Zumba \$ 11:30 Lunch 12:00 Mahjong 12:00 Bingo 5:30 Evening Drums \$	- 21- 9:30 Knitting Group 12:00 Mahjong 9:30 Chair Pilates \$ 11:30 Lunch
CLC is Closed	Stuffed Shells	BBQ Chicken	Dijon Pork	Special Event, register with Erica
- 24 - 10:00 Chair Yoga \$ 10:00 Backgammon 10:00 Podiatrist 11:30 Tap Dancing \$ 11:30 Lunch 1:00 Zumba \$ 2:30 Aerobics Class \$	- 25- 9:00 Balance Class \$ 10:00 Tap Dancing \$ 10:00 Mahjong 11:30 Meditation 11:30 Lunch 12:00 English Class 12:30 Mahjong 12:30 Bingo	- 26- 9:30 Chair Yoga \$ 10:00 Remembrance Ceremony 11:00 Strong Bones \$ 11:00 Strong Bones \$ 11:00 Book Club 12:00 Bingo 2:00 Muscle & Strength	- 27- 9:00 Cribbage 10:00 Line Dancing \$ 11:15 Zumba \$ 11:30 Lunch 12:00 Mahjong 12:00 Bingo 12:00 Birthday Celebration 5:30 Evening Drums \$	-28- 9:30 Knitting Group 12:00 Mahjong 9:30 Chair Pilates \$ 10:30 Support Group 11:30 Lunch
Salisbury Steak	Pork Teriyaki	Broccoli & Cheese Stuffed	Beef Stew	Potato Crunch
- 31 - 10:00 Chair Yoga \$ 10:00 Backgammon 11:30 Tap Dancing \$ 11:30 Lunch 1:00 Zumba \$ 2:30 Aerobics Class \$ Eggplant	Congregate Meal Sign-up Important Notice! If you wish to register for congregare meals for any given week, you must use the monthly meal calendars provided by Erica the Wednesday before that week. This is because we must submit our meal counts by deadline to Elder Services to ensure the correct number of meals the following week. Thanks so much for your cooperation!		<ul style="list-style-type: none"> • January 3rd, No lunch • January 3rd, No morning exercise • January 10th, register with Rosanna • January 21st, register with Erica <div style="border: 1px solid black; padding: 5px; display: inline-block; background-color: #f0f0f0;"> HAPPY NEW YEAR </div>	

We Need Your Help...

As a program participant, you know that many of our activities and programs are booked back-to-back. We need your help in insuring that the program rooms are kept clean and organized. We also ask you to be respectful of other groups and people. If you do arrive early, you may not be able to access your program space, so please plan on waiting in the library/lobby space. After your group/activity, please pick up and throw away your trash and put tables and chairs back to where you found them. If you spill something, let us know so it can be cleaned. We appreciate your support in in keeping your meeting space neat. **Thank you. The CLC Team**

SNOW POLICY

The Mayor Jean A. Levesque Community Life Center and Offices will follow the schedule of City Hall (open, delayed opening, or closed) in the event of severe weather conditions.

COA TRANSPORTATION will be closed when the Salem Public Schools are closed due to severe weather/road conditions. This allows for the department of public services and our own building manager to focus on snow removal and plowing during a storm and its aftermath. As always, we encourage you to stay safe during a storm and to let us know how we can assist you.

HEALTH AND WELLNESS

Sign up in advance is required for ALL in-person activities; no walk-ins will be allowed. All events are subject to change or cancellation for public health or other reasons. Do not attend an in-person event if you are sick or do not feel well. Anyone not complying with safety rules will be asked to leave.

CLASS	DESCRIPTION	DAY(S)	TIME	COST
Chair Yoga with Bonnie Peruffo	The perfect combination for those who need gentle exercise for joint pain and a gentle form of yoga to stretch muscles.	Mondays	10:00 AM	\$5.00 pp
Tap Dancing with Debbie Davis	Seniors of any age and all fitness levels can enjoy with tap dance combinations to choose from.	Mondays	11:30 AM	\$6.00 pp
Zumba	Sponsored by Care One at Essex Park, this class introduces easy-to-follow Zumba choreography.	Mondays	1:00 PM	\$5.00 pp
Aerobics with Beth	We are thrilled to be welcoming back Beth Schultz's Aerobics class.	Mondays	2:30 pm	\$ 5.00 pp
Balance Class	Lead by Tory Newbury of Bay State Physical Therapy	Tuesdays	9:00 AM	\$ 5.00 pp
Tap Dancing with Debbie Davis	Seniors of any age and all fitness levels can enjoy with tap dance combinations to choose from.	Tuesdays	10:00 AM	\$6.00 pp
Meditation with Elaine Tavis	Weekly meditation practice brings peace and inner joy by gaining control over your mind. FREE	Tuesdays	11:30 AM	FREE
Chair Yoga with Dot McKeen	The perfect combination for those who need gentle exercise for joint pain and a gentle form of yoga to stretch muscles.	Wednesdays	9:30 AM	\$5.00 pp
Strong Bones	This group is lead by Steve Fulling of North Shore Physical Therapy. Learn exercises to benefit arm and legs. Must Pre-Register.	Wednesdays	11:00 AM	\$5.00 pp
Muscle, Balance & Strength	Exercises to enhance balance, coordination and strength.	Wednesdays	2:00 PM	\$ 5.00 pp
Line Dancing with Cindy Murgia	Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group.	Thursdays	10:00 AM	\$5.00 pp
Zumba	Sponsored by Care One at Essex Park, this class introduces easy-to-follow Zumba choreography.	Thursdays	11:15 PM	\$5.00 pp
Pilates with Beth	An entry level class, presented to be accessible and successful for any ability, program to strengthen central core muscles. Must pre-register.	Fridays	9:30 AM	\$5.00 pp
Podiatrist Dr. Robert Urich	Appointments required, bring insurance card.	Thursday March 10th	10:00 AM	By Appointment
Fitness Room	Come to the Fitness Room to improve your strength, cardiovascular conditioning, endurance, balance and just plain feel better!	M- F	9:00 AM-2:00 PM	FREE



OUR MISSION

The mission of the Salem Council on Aging is to develop and offer programs for all older adults of Salem that affirm life, challenge creativity, enhance socialization and promote spiritual, psychological and

City of Salem – An Equal Opportunity Employer

The Salem Council on Aging is an Equal Opportunity Employer. Our programs and activities are funded in part by the City of Salem Department of Planning and Community Development, the U.S. Department of Housing and Urban Development, State of MA through the Executive Office of Elder Affairs, the Federal Government through Titles IIIB and IIIC, North Shore Elder Services, the Friends of the Council on Aging and individual donors. In the provision of our services, we do not discriminate on the basis of race, color, national origin, gender or gender identity, age, religion, marital status, familial status, sexual orientation, ancestry, public assistance, veteran history/military status, genetic information or disability.

SPANISH: Ciudad de Salem Empleador de Igualdad de Oportunidades

Salem Council on Aging es un Empleador de Igualdad de Oportunidades. Nuestros programas y actividades son financiados por la Ciudad de Salem Departamento de Planificación y Desarrollo Comunitario Estado de MA a través de la Oficina Ejecutiva de Asuntos de personas mayores, el Gobierno Federal a de los Títulos IIIB e IIIC, North Shore Elder Services, los Amigos del Consejo sobre las Personas mayores y donantes individuales. "En el suministro de nuestros servicios, no discriminamos por raza, color, origen nacional, género o identidad de género, edad, religión, estado civil, estado familiar, orientación sexual, ancestros, asistencia pública, historia de veteranos / militares Estado, información genética o discapacidad.

Salem for All Ages On January 19, 2017, AARP Massachusetts Director Michael Festa came to Salem to present our certification from AARP and the World Health Organization as an Age Friendly City. In October 2015, Salem started this process by officially joining the WHO's Age Friendly Network, becoming one of the first cities in Massachusetts to do so and the first on the North Shore. The goals of a livable, safe, and vibrant city serve to lift up all our residents, no matter their age or ability, they also provide the roadmap toward one that is prepared for the changing demographics that we see in our community's future. This road map, Salem For All Ages, focuses on the key "domains" of an age friendly city: supportive community and health services, civic engagement and participation, employment and volunteer opportunities, respect and social inclusion, appropriate housing in a range of affordability, vibrant outdoor spaces and public places, and effective, sensible transportation options. Within each domain there are action steps in order to achieve its vision. Implementation and evaluation of the plan will be carried out by a task force of community volunteers and City officials that has already met to begin work. They are supported by a Leadership Council made up of community leaders, as well as those who work directly with our senior population. In Salem we are thoughtful about how we approach the future. Great cities do not happen by accident. They take careful planning, public input, and meaningful action. For more information regarding the Salem for All Ages action plan, please visit www.Salem.com.

Where social butterflies can safely spread their wings.

THE LINDEN AT DANVERS

(978) 277-3010 • TheLindenAtDanvers.com

A LEISURE CARE COMMUNITY



Murphy Funeral Home

85 Federal Street, Salem

978-744-0497

www.MurphyFuneralHome.com

Specializing in pre-planning

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Lisa Templeton** to place an ad today!

ltempleton@lpicommunities.com or (800) 477-4574 x6377



Porcello Law Offices

WISE COUNSEL FOR FAMILY ISSUES
IN THE TIME OF COVID 19

Family Law • Divorce • Custody

Litigation • Estate Disputes

Estate Planning • Wills • Probate

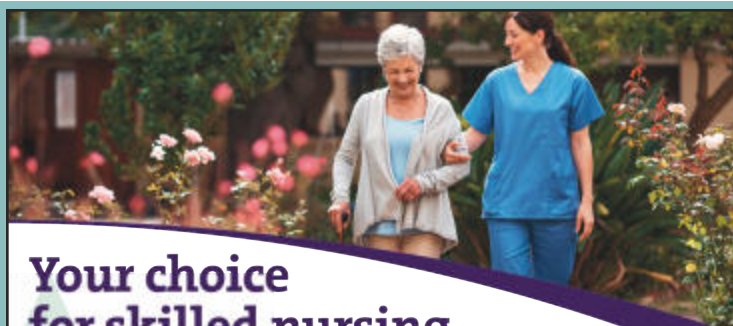
DISCOUNTS FOR POLICE, FIRE, SENIORS, VETERANS

Call for appointment 978-745-5553

271 Lafayette Street, Salem | www.porcellolawoffices.com

SUPPORT OUR ADVERTISERS!





**Your choice
for skilled nursing
and post acute rehabilitation.**



A Member of Berkshire Healthcare

90 Lindall Street • Danvers, MA 01923

978-777-3740 • www.huntnursinghome.org

We're Perfecting the Art of Superior Care.



STEVE'S QUALITY MARKET

36 Margin St., Salem

978-744-4220

**Specializing in Fine Meats,
Groceries, Beer,
Wines & Champagne**

• WE ACCEPT ALL UTILITY PAYMENTS •

Got Salem history?

nelson@salemsforgottenstories.com
978-532-4306

Give your paper items and photos to the Nelson Dionne Salem History Collection at Salem State Archives!

LEVESQUE FUNERAL HOME

*Where Personal Consideration
Is A Tradition Since 1911*

163 Lafayette Street
978-744-2270



John Bertram House

*Unique Assisted Living
and a special community to call Home*

(978) 744-1002

jbh.bertramhouse.org

29 Washington Square, Salem



alzheimer's association

**NEW ENGLAND FAMILY
CAREGIVERS CONFERENCE**

*A free, virtual conference featuring programs for
family caregivers and people living with memory loss.*

March 4-5, 2022

To register, visit
AlzFamilyConference.org
or call our 24/7 Helpline
at **800.272.3900**



ALTERNATIVE THERAPIES GROUP

SERVING MEDICAL MARIJUANA PATIENTS AND RECREATIONAL CUSTOMERS

- Private consultations available in person or by phone
- Knowledgeable, experienced, and friendly staff
- Wide variety of products, including tinctures, gummies, and topicals
- Supportive store environment
- Exclusive senior-only pickup times
- All products lab tested

Call 978-834-6800

See our products online and order ahead at www.atgcannabis.com | email info@atgcannabis.com

Please Consume Responsibly. Marijuana can impair concentration, coordination and judgment. Do not operate a vehicle or machinery under the influence of this drug. For use only by adults 21 years of age or older. Keep out of the reach of children. This product has not been analyzed or approved by the Food and Drug Administration (FDA). There is limited information on the side effects of using this product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential harms. It is against the law to drive or operate machinery when under the influence of this product. KEEP THIS PRODUCT AWAY FROM CHILDREN. There may be health risks associated with consumption of this product. Marijuana can impair concentration, coordination, and judgment. The impairment effects of Edible Marijuana Products may be delayed by two hours or more. In case of accidental ingestion, contact poison control hotline 1-800-222-1222 or 911. This product may be illegal outside of MA.

**3 North Shore
Locations:**

Salem
50 Grove Street

Amesbury
49 Macy Street

Salisbury
107 Elm Street



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

Salem Council on Aging, Salem, MA

06-5164



SAND FOR SENIORS



Winter Is Fast Approaching



“Sand for Seniors” is a program where a member of the Salem Police Department will deliver a bucket of sand to Salem senior citizens who are physically unable to get some on their own. The senior can spread it on their icy walkways, steps, etc. Not only does the program hope to prevent falls but it is also a way to promote positive community interactions between Salem seniors and the police department that serves them.

Salem seniors can call Rosanna Donahue at the Council On Aging at (978) 744-0924 and request a bucket. The Salem Police Department will do its best to have an officer deliver a full bucket of sand out to that resident within a week. The bucket is then the seniors to keep and use on their own in the future.

The Salem Council On Aging and the Salem Police Department thank Home Depot for their generous donation of 75 buckets and lids for the Salem senior community. We also thank the Salem Department of Public Works for providing the sand.



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

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

WE'RE HIRING
AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

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

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

**Exceptional care.
Every resident. Every day.**



AdviniaCare

**Short Term Rehabilitation &
Long Term Care**

7 Loring Hills Ave, Salem

978-741-5700