



SENIOR POWER | Salem Council on Aging

401 BRIDGE ST. SALEM, MA 01970 | PHONE: 978-744-0924
HOURS: MONDAYS - TUESDAYS-THURSDAYS: 8 AM - 7 PM
WEDNESDAY-FRIDAYS: 8 AM - 4 PM
WWW.SALEM.COM

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Happy Spring!
The growing season is upon us. I see tiny flower buds sprouting up which gives such a nice sense of positive change. Oh, we are tired from dreary March and look forward to color to bolster our spirits! It is wonderful to drive home in the light and not the dark at the end of the day. Spring is here! A rebirth of the earth and always a sense of good things to come. COA programs are fully back in business at the Community Life Center. Class enrollment is booming, and we are trying new specials from our kitchen including a monthly Brunch and a Movie. We hope you enjoy our added offerings and invite your friends to join us. All are welcome! All the best~ Terry

APRIL 2022



Sunday, April 17th

The Friends of the Salem Council on Aging are sponsoring home delivered Easter Dinners to those who are isolated and alone or do not have family and friends who can deliver or share meal.

The Friends of the Salem Council on aging are working with Brother's Taverna to provide the dinner. Volunteers will be delivering dinners following all the public health guidelines.

Contact Rosanna Donahue at 978-744-0924 to register for a meal.



Salem Wellness Walks

Wednesday, April 13th
Salem Common
9:00-10:00 a.m.

*Special Guest
Rep. Paul Tucker*

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.

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 comidas transportación, nutrición, asistencia financiera y actividades de recreación. Pregunte por Rosanna al 978-744-0924

SALEM COUNCIL ON AGING
PRESENT:

MOVIE & Brunch

TICKETS \$6 PP

Brunch Menu:
Vegetable & Ham Frittata

Monday, April 11th /11:00 am
Registration Required. Contact Rosanna at 978.744.0924.

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.

ENGLISH CLASS (Teacher: Patricia Kennedy)

Tuesdays | 12:00 pm

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.

ART PROGRAM WITH LINDA ABBENE

Thursdays, April 14th, 28th | Time: 4:00 pm | FREE |
Pre-registration is required. There is no charge for this class; it is being funded by The City Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.

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.

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.

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, April 5th, 12th, 19th, 26th | 12:30 pm

Wednesdays, April 6th, 13th, 20th, 27th | 12:30 pm

Thursdays, April 7th, 14th, 21st, 28th | 12:30 pm

Remembrance Day

Tuesday, April 12th | 10:30 am

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. To include the name of a loved one for the ceremony, please contact Rosanna at 978.744.0924.

Support Group for the Visually Challenged

Friday, April 22nd | 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.

MONTHLY CRAFT

Friday, April 22nd | 10:30 am | \$ 5 pp

Join Mandee Michael from Senior Expressions for our monthly craft.

Monthly Birthday Celebration (must pre-register)

Tuesday, April 19th | 11:00 am

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

Save \$30 per month on Internet costs!

Wednesday, April 27th | Time: 10:15 am

Virginia Benzan of the Massachusetts Law Reform Institute (MLRI) will explain a new federal discount program called the Affordable Connectivity Program (ACP). This new program could save you \$30 per month on Internet connections, and \$100 off a device. Benefits are available to many older adults. See if you qualify!

THE BROAD ST. READERS BOOK CLUB

Wednesday, April 27th | 11:00 am

On Earth We're Briefly Gorgeous by Ocean Vuong

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.

ENGLISH & SPANISH MEMORY CAFÉ

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 Rep. 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 **THURSDAY, APRIL 28TH at 1:00 PM – 2:30 PM**. The café will feature Kerry Murphy discussing **Food & Brain Health**. Each Memory Café will offer a healthy treat with a simple recipe as we look to promote excellent nutrition and brain health. To register, please call Rosanna Donahue at 978.744.0924.

Memoria Café Español

Un Café de Memoria, es un lugar acogedor para personas con olvido u otros Cambios en su forma de pensar y por su familiares y amigos. Para más Información, Contacte Rosanna al 978.744.0924

Monday, April 25th | 11:30 am | Pioneer Terrace, Community Room

Mayor Jean A. Levesque Community Life Center Spring Speakers Series

4/26/22 - “An Evening of Storytelling”: Three well-known Salemites, Mayor Kim Driscoll, Lucy Corchado and Jim McAllister will share their experiences making a home and forging a career in our fair city.

5/3/22 - “Public Health During a Public Pandemic,” with David Greenbaum, Health Agent for the City of Salem.

5/10/22 - “The House of the Seven Gables: Preserving, Sharing and Contributing to the American Story,” with Kara McLaughlin, Executive Director.

5/24/22 - Malcolm Miller (1930-2014): Salem’s Eccentric Poet” Rod Kessler, retired SSU English Professor, shares the story of one of Salem’s most unusual characters.

5/31/22 – “Chalk Talk with the Superintendent” with Stephen Zrike, Salem’s Superintendent of Schools.

6/7/22 - “History of Enslaved People of Massachusetts,” with Vijay Joyce, Architectural Historian, Preservationist and Educator.

All presentations are at the Levesque Community Life Center from 7 to 8 PM.

Admission is free but pre-registration is necessary. Register at salemforallages.org



Caregiver Support Group with Stacey McCarthy

**Thursday, April 21st
Time: 5:30 pm**

This is a 90 Minute support Group for caregivers. During the 90 minute sessions, folks will have the opportunity to discuss common stressors related to caregiving, receive suggestions to reduce stress, engage in fun community building activities, and discover new found hope and support moving forward.

AgeSpan Money Management Program Information Table

Wednesday, April 13th | 9:30 am

Arthur Stuart, from AgeSpan’s Money Management Program, will have a table in the lobby at the CLC with information on managing day to day finances. AgeSpan offers free in-home money management help for income qualified seniors and disabled adults. This Money Management program is designed to assist individuals who need a bit of support every month to get bills paid and avoid financial fraud. (AgeSpan is the Aging Service Access Point formerly known as Elder Services of the North Shore and Merrimack Valley.)

TRIPS

Trip: [Atlantic City Boys \(Windham, NH\)](#)

Date: April 27th, 2022

Cost: \$99.00

(transportation, lunch, show, tax and gratuity)

Trip: [September 11th Museum & Memorial to New York](#)

Date: May 12th- 13th, 2022

Cost: \$399 Double/\$499.00 Single (transportation, lodging, breakfast/dinner, tours)

Trip: [A Victorian Age Getaway](#)

Date: May 25th- 26th, 2022

Cost: \$389 Double/\$489.00 Single (transportation, lodging, breakfast/dinner, tours)

Trip: [The McCartney Years \(Danversport Yacht Club\)](#)

Date: June 15th, 2022

Cost: \$74.00 (show, lunch, tax & gratuity)

Trip: [Memories of Patsy \(Danversport Yacht Club\)](#)

Date: June 22nd, 2022

Cost: \$96.00 (show, lunch, tax & gratuity)

Trip: [Niagara Falls - Vineyard Tour and Baseball Hall of Fame](#)

Date: June 14th-16th, 2022

Cost: \$559 Double/\$669 Single (transportation, dinner and show/breakfast, tax and gratuity)

Trip: [Boothbay Harbor & Cabbage Island Lobster Bake](#)

Date: August 9th-10th, 2022

Cost: Cost: \$449 Double/\$669 Single (transportation, dinner and show/breakfast, tax and gratuity)

Trip: [Martha's Vineyard](#)

Date: August 11th, 2022

Cost: \$165.00 (transportation, ferry, tour, dinner show, & gratuity)

Trip: [Maine Escape](#)

Date: September 19th-21st, 2022

Cost: Cost: \$559 Double/\$699 Single (transportation, dinner and show/breakfast, tax and gratuity)

Trip: [The Beat Goes On \(Danversport Yacht Club\)](#)

Date: November 16th, 2022

Cost: \$74.00 (show, lunch, tax & gratuity)

For more information, contact Rosanna Donahue at 978.744.0924.

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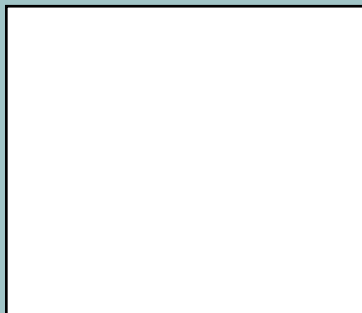
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NUTRITION



In honor of National Volunteer Month, we highlight three dedicated women generously donating their time weekly June through October distributing free fresh from the farm organic produce.

Susan DameGreene, Donna Herman, and Pat Roderick bring their inner joy and genuine warmth to their belief of service in the importance of building community around people at any economic level having access to fresh organic food.

The Farm Direct Coop (FDC) partnership with the Salem COA began a few years ago, prior to Susan stepping up to oversee it. In 2020 Donna took over when Susan moved out of the area and shortly after brought her cousin Pat into the fold as a “way to do something together,” according to Pat.

Susan sparkles with enthusiasm as she describes her love for teaching simple methods of preparing not often seen vegetables. Feeding people with whole foods while keeping it easy is why she gladly hands out recipes. Susan will be here Wednesdays and looks forward to seeing everyone!

Donna contributes her time volunteering at other nonprofits throughout the city. She delights when elated people return on the following Friday to tell her about the recipe they made with the prior week’s unusual vegetable. She “gets a kick” being around people, with her cousin, in the sun.”

Pat, who works three days a week, still finds time to come each Friday because “being a part of a community feels good.” Her exuberance for meeting new people while she carefully bags their choices opens the door to connecting with everyone in a heartfelt manner.

This is the place to be, and these are the women for a warm welcome, camaraderie, lively conversation, lots of laughter, and a true sense of being part of something meaningful. Why not join the fun!

Next month we will provide all the details about The Farm Direct Coop’s Summer 2022 partnership with the Salem COA at the Community Life Center. Find them at <https://farmdirectcoop.org>.

We invite you, in the meantime, to bring your unwanted and in good condition paper grocery bags to Erica who will see that Susan, Donna and Pat receive them in time for the summer picking season!

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
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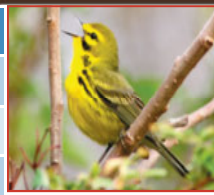
SHOPPING (2 BAG MAXIMUM)

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	

SAVE THE DATES

PROGRAMS

Cinco de Mayo Celebration	Wednesday, May 4th (FREE)
Mother's Day Brunch (\$7)	Friday, May 6th, 10:30 am
Salem Walks (FREE)	Wed, May 11th, 9:00 am
Birthday Celebration	Tuesday, May 17th, 11:00 am
Coffee with Mayor Driscoll	Wed, May 18th, 10:15 am
Monthly Craft	Friday, May 22nd (\$5 pp)
Movie & Brunch (\$ 6 pp)	Monday, May 23rd, 11:00 am
English Memory Café	Thursday, May 26th, 1:00 pm
Red Cross Blood Drive	Thursday, May 26th
No Bingo	Thursday, May 26th



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: 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

RESOURCES

Rep. Paul Tucker

Join us for Coffee and Donuts
Monday, April 4th
Time: 9:00 am

Senator Joan Lovely

Join us for Coffee and Donuts
Monday, April 4th
Time: 11:00 am

♦ [Fill out this form](#) found on the front page of the [Senator's website](#).

♦ Call Senator Lovely's Office at (617) 722-1410
 Email the office at joan.lovely@masenate.gov

Attorney Christine Hurley

FREE Consultation
by Appointment Only
Wednesday, April 6th
Time: 9:30 am

Attorney Jack King

FREE Consultation
by Appointment Only
Thursday, April 21st
Time: 10:00 am

Mayor Kim Driscoll

Join us for Coffee and Donuts
Wednesday, April 20th
Time: 10:00 am

Constituents Office Hours

Thursday, April 7th
Time: 10:15 am

Constituent Services Director for Mayor Driscoll, Julio Mota, will be hosting weekly office hours at the Community Life Center. He is available to assist Salem residents with issues, answer questions, and work to connect you with the resources

Any questions, Contact Rosanna at 978-744-0924

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, solicitudes de atención médica de VA bonificaciones de servicio 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.



The Salem Veterans Friends Information Hour

All are welcome!-Come on in!
 Info on various benefits, issues, and upcoming events!
Wednesday, April 27th | 10:00 am
Meeting held at Community Life Center
 Any questions, contact 978-745-0883



Every **2 seconds** someone in the U.S. needs blood.
Give now.

Salem Community Blood Drive
Mayor Jean A. Levesque
Community Life Center

401 Bridge Street
 Salem, MA 01970
Friday, April 15, 2022
9:00 a.m. to 2:00 p.m.



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.

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.

COMMUNITY IMPACT UNIT'S (C.I.U.) PRESCRIPTION DRUG RETURN AND DISPOSAL PROGRAM

The C.I.U. of the Salem Police Department has its own "Prescription Drug and Disposal Program." The C.I.U. hopes that anyone with medication that they no longer need will take advantage of this safe way to dispose of it. By participating in this program, residents will be sure their unwanted pills and medication don't end up in a landfill or the City's water supply. You will also be removing medication that could be abused, like pain-killers, from their homes. There is a secure depository box for Salem Residents to drop off medication you no longer need. It is located in the lobby of the Salem Police Department, 95 Margin Street. Items accepted are prescription & over-the-counter medication, medication samples, vitamins, veterinary medications, narcotics, and liquid medications. Items NOT accepted are syringes-needles, thermometers, IV bags, bloody or infectious waste, personal care products, hydrogen peroxide, empty containers, and inhalers. NO hazardous medical waste or sharps accepted.

EYEGLOSS DONATIONS

The Salem Lions Club has placed an eyeglass collection box at the Salem Council on Aging. Adult and children's used glasses and sunglasses are needed. Donations can be dropped off at the Salem Council on Aging, 401 Bridge Street. They will be taken to a regional location to be sorted, cleaned and repaired for distribution in developing countries. Your help is appreciated.

UNWANTED OLD CELL PHONES

Do you have any old cell phones? Why not donate them to the Salem Council on Aging. Phones dropped off will be donated to a 911 Cell Phone Bank. The City of Salem TRIAD (A Partnership involving the Essex County Sheriff's Department & District Attorney's Office, the City of Salem Police Department & Fire Department, Salem Council on Aging & Salem Housing Authority, and Salem Senior Volunteers who meet monthly to identify safety concerns and implement programs to address those concerns) sponsors this program.

Hearing Aid Recycle Drop Box



Have a gently used hearing aid you are no longer need? If yes, you can donate it to:

North Shore Hearing Foundation.
Drop box located at the Salem COA/CLC
401 Bridge St.

Place Your Order for Free At-Home COVID-19 Tests

Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com.

- ◆ Here's what you need to know about your order:
- ◆ Limit of one order per residential address
- ◆ One order includes 4 individual rapid antigen COVID-19 tests
- ◆ Orders will ship free starting in late January

Fill out form at either of these links: <https://www.covidtests.gov/> or <https://special.usps.com/testkits>

Happy Easter HAPPY PASSOVER



APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="color: red; font-weight: bold;">To register for lunch, contact Erica at 978-744-0924 x 43017 or by email ebloomberg@salem.com</p>	<p style="color: red; font-weight: bold;">“Healthy Eating for Older Adults” Wednesday, May 11th at 10:15 AM</p> <p>Join Age Span’s Registered Dietitian Michelle Zelikman as she discusses what healthy eating means and how healthy eating can make a difference in your health, help to improve how you feel, and encourage a sense of well-being.</p>			<p>- 1- 9:30 Knitting Group 9:30 Mahjong 9:30 Chair Pilates \$ 11:30 Lunch</p>
				Potato Crunch Fish
<p>- 4- 9:00 Coffee w/ Rep. Paul Tucker 10:00 Chair Yoga \$ 10:00 Backgammon 11:00 Senator Lovely 11:30 Tap Dancing \$ 11:30 Lunch 1:00 Zumba \$ 2:30 Aerobics Class \$</p>	<p>- 5- 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</p>	<p>- 6 - 9:30 Lawyer C. Hurley 9:30 Chair Yoga \$ 11:00 Strong Bones \$ 11:30 Lunch 12:30 Bingo 2:00 Muscle & Strength</p>	<p>- 7- 9:00 Cribbage 10:00 Nurse 10:00 Line Dancing \$ 11:15 Zumba \$ 11:30 Lunch 12:00 Bingo 12:00 Mahjong 5:30 Evening Drums \$</p>	<p>- 8- 9:30 Knitting Group 9:30 Mahjong 9:30 Chair Pilates \$ 11:30 Lunch</p>
Breaded Chicken	Pot Roast w/ Gravy	Chicken Marsala	See Erica	Cheese Ravioli w/ Marinara
<p>- 11- 10:00 Chair Yoga \$ 10:00 Backgammon 11:00 Brunch & Movie 11:30 Tap Dancing \$ 11:30 Lunch 1:00 NO Zumba \$ 2:30 Aerobics Class \$ 4:00 Wellness Class</p>	<p>- 12 - 9:00 Balance Class \$ 10:00 Tap Dancing \$ 10:00 Mahjong 10:30 Remembrance Ceremony 11:30 Meditation 11:30 Lunch 12:00 English Class 12:30 Mahjong 12:30 Bingo</p>	<p>- 13- 9:00 Salem Walks 9:30 NO Chair Yoga \$ 11:00 Strong Bones \$ 11:30 Lunch 12:30 Bingo 2:00 Muscle & Strength</p>	<p>- 14- 9:00 Cribbage 10:00 Line Dancing \$ 11:15 NO Zumba \$ 11:30 Lunch 12:00 Mahjong 12:00 Bingo 4:00 Art Program 5:30 Evening Drums \$</p>	<p>- 15- 9:00 Red Cross 9:30 Knitting Group 9:30 Mahjong 9:30 Chair Pilates \$ 11:30 NO Lunch</p>
Register with Rosanna for Brunch & Movie	American Chop Suey	Turkey w/ Gravy	Chicken Cordon Bleu	CLC Close at 11:30 am
<p>- 18-  <b style="color: red; font-weight: bold;">Patriot's Day</p>	<p>- 19- 9:00 Balance Class \$ 10:00 Tap Dancing \$ 10:00 Mahjong 10:00 Nurse 11:00 Birthday Celebration 11:30 Meditation 11:30 Lunch 12:00 English Class 12:30 Mahjong 12:30 Bingo</p>	<p>- 20- 9:30 Chair Yoga \$ 10:00 Coffee w/ Mayor Driscoll 11:00 Strong Bones \$ 11:30 Lunch 12:00 Bingo 2:00 Muscle & Strength</p>	<p>- 21- 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 \$</p>	<p>-22- 9:30 Knitting Group 9:30 Mahjong 9:30 Chair Pilates \$ 10:45 Monthly Craft \$ 10:30 Support Group 11:30 Lunch</p>
The CLC is Closed	Veggie Lasagna	Chicken Picatta	Beef Stew	SWT & Sour Meatballs
<p>- 25 - 10:00 Chair Yoga \$ 10:00 Backgammon 11:30 Tap Dancing \$ 11:30 Lunch 11:30 Spanish Memory Café 1:00 Zumba \$ 2:30 Aerobics Class \$</p>	<p>- 26- 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</p>	<p>- 27- 9:30 Chair Yoga \$ 10:00 Veterans Coffee 10:15 Lecture 11:00 Strong Bones \$ 11:00 Book Club 11:30 Lunch 12:00 Bingo 2:00 Muscle & Strength</p>	<p>- 28- 9:00 Cribbage 10:00 Line Dancing \$ 11:15 Zumba \$ 11:30 Lunch 12:00 Mahjong 12:00 Bingo 1:00 English Memory Café 4:00 Art Program 5:30 Evening Drums \$</p>	<p>-29- 9:30 Knitting Group 9:30 Mahjong 9:30 Chair Pilates \$ 11:30 Lunch</p>
Chicken Pot Pie	Mac & Cheese	Hot Dog	Beef Stuffed Pepper Casserole	Salmon w/ Tzatziki

Recipes From Around the World

We are looking for people interested in sharing their favorite recipe as part of our cooking demos and multicultural food sharing. Do you like to cook? What’s your favorite recipe to share? Would you demonstrate your culinary talents with friends at the CLC? We are looking to broaden our knowledge of the excellent dishes that represent the many cultures of Salem. Will you teach us some new things? If you are interested in sharing your favorite dish, please let Erica Blumberg, Nutrition Coordinator, know or you can email ebloomberg@salem.com.



Thank you, to all the volunteers the help us on our events.

Rosanna

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
Podiatrist Dr. Robert Ulrich	Appointments required, bring insurance card.	Monday, May 16th	9:30 AM	By Appointment
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
Free Blood Pressure	Lisa Duffy, RN	Tuesday, April 7th	10:00 Am	FREE
Free Blood Pressure	Suzanne Darmody BSN, RN Public Health Nurse, Salem Board of Health	Tuesday, April 19th	11:00 AM	FREE
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. This class is funded by The City of Salem Department of Planning & Community Development & the U.S. Department of Housing & Urban Development.	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
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, religion, 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.

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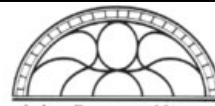
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NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together **WEEK**

National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world. Each year, we shine a light on the people and causes that inspire us

to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.

National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. Today, as people strive to lead lives that reflect their values, the expression of civic life has evolved. Whether online, at the office, or the local food bank; whether with a vote, a voice, or a wallet – doing good comes in many forms, and we recognize and celebrate them all.

We are so appreciative of the amazing acts of kindness and generosity of all volunteers during this past year. We truly celebrate you!

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