



SENIOR POWER

A PUBLICATION OF THE SALEM COUNCIL ON AGING

APRIL 2025

From the Mayor-

Dear Neighbor,

As I'm sure you know, the cost of living in Salem – and all over Massachusetts – has gotten higher and higher. The City is working hard to try to keep Salem affordable for all, and especially for older residents, many of whom are living on fixed incomes. Over the last couple of months, we've proposed a few new measures to try to support residents who are facing these challenges.

A new measure filed with the City Council would crack down on vacant/foreclosed homes, most of which in Salem are owned by banks or out-of-town investors. Right now, there are around 30 of these homes that, if refurbished and put back into productive use, could quickly provide homes for residents in need – and improve the quality of life for the neighborhoods around them.

Over the last few years more and more renters in Salem – especially seniors who rent – are being displaced from their apartments when their landlord decides to convert the apartment to a condominium. We proposed an ordinance to manage and slow down the speed of these conversions and provide impacted tenants with more protections, so they have the time and ability to either try to purchase their unit or find another one here in Salem.

Lastly, the City is considering changes to make it simpler for homeowners to create accessory units on their own property, including in-law apartments and the like. Accessory units make it easier for older homeowners to age in place, both in the community where they want to stay and in their own house. For seniors living by themselves, they allow the homeowner to move into the accessory unit (which is easier to maintain and more right sized to their needs than the larger house), and rent out the primary house. For seniors who still need the primary house for its space, they can rent the accessory unit and bring in some income.

All three of these simple measures would go a long way to helping Salem residents struggling with the cost of housing – and all without requiring large new developments or construction.

There are a lot of ways that we're trying to make Salem more affordable and work better for those struggling with rising costs. I want to give a special acknowledgement to the Council on Aging's social services team at the Community Life Center and to Lori Stewart, the Housing Stability Coordinator who works out of my office in City Hall. Lastly, we are still offering free housing counseling services through a partnership with the Essex County Bar Association.

You can learn more about Salem's housing programs at <http://www.salemma.gov/housing> or call the Mayor's Office at 978-619-5600. We're striving to make Salem a more affordable place and our work on housing is one of the leading ways we can achieve that goal.

-Dominick Pangallo

STAFF DIRECTORY

Mayor

Dominick Pangallo

Parks, Recreation & Community Services Superintendent

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Van Drivers Kevin Anderson, Mary Caron, Mike Cormier, Sarkis Galstian, Arthur Jalbert, Mike Phelan and John Tachuk



Our Mission Statement

The mission of the Salem Council on Aging is to develop and offer inclusive programs for all seniors (60 and older) and younger residents with disabilities regardless of their race, faith, culture, gender identity or sexuality that affirm life and independence, challenge creativity, enhance socialization and promote spiritual, psychological and physical wellness. Although most programs and services are offered at the Community Life Center, the Salem Council on Aging is also committed to serving the needs of the homebound, socially isolated and culturally diverse older adults and younger residents with disabilities.

Salem Council on Aging Board

Chair.....Lynda Coffill

Vice-Chair....John Russell

Secretary.....Kristin Macek

Treasurer.....Abigail Butt

City Council Liaison

John Harvey

Members:

Eliud Alcalá

George Barbuzzi

Michelle Bettencourt

James Eric Rogers

Patricia Small

MAKE A DONATION TO THE FRIENDS

The Friends of the Salem Council on Aging is a 501 C 3 non-profit organization whose main mission is to support health, wellness and educational offerings to Salem Seniors. 100% of funds raised go to senior programming. General donations, "In Memory of" or "In Honor of" all help to defer the cost of programs and make a difference!

**Donations are payable to Friends of the Salem Council on Aging.
Att: Rosanna Donahue, 401 Bridge Street, Salem, MA 01970**

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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, AgeSpan, 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 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, AgeSpan, 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.

MBTA CharlieCard for Seniors | by Appointment Only

Tuesdays |10:00 am - 11:15 am | Thursdays |10:00 am - 3:00 pm

You can now apply for a new CharlieCard for seniors online. Should you need assistance with the application process, Rosanna is assisting seniors.

PROGRAMS (REGISTER WITH ROSANNA)

Learn to Quilt-Sew-Socialize

Friday, April 4th | Time: 12:00-2:00 pm

Join volunteer Alvera Gaskins on the first Friday of each month for a new quilting club. If interested in joining this group, contact Rosanna Donahue at 978-744-0924.

Monthly Birthday Celebration

Monday, April 7th

Time: 11:30 am

(Must preregister)

If your birthday falls during the month of April, please let Rosanna know if you will be attending the birthday celebration. Special thanks to Senator Joan Lovely for sponsoring the birthday treats.

Heart & Soul Conversation Series with James Ashton

Wednesday, April 9th | Time: 12:30 pm

Topic of the Month: Cultivating Faith Over Fear

Sponsored by the Friends of the Salem Council on Aging

If you are looking to feel connected to a community of fellow seniors about life's deeper spiritual meaning with open hearted sharing and respect for all paths, then this group is for you! Join us as we come together in this one-hour group discussion on topics related to spirituality and the role it plays in our lives, especially as we navigate these turbulent and unpredictable times.

Caregiver Support Group with Stacey McCarthy

Thursday, April 10th | Time: 3:00 pm

Sponsored by the Friends of the Salem Council on Aging

This is a 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 newfound hope and support moving forward.

Coffee with Rosanna

Tuesday, April 15th

Time: 9:30 am

Join Rosanna for a monthly program review at the CLC. Ask about programs, activities and services at the Center or any ideas for new programs or trips.

Hearing Clinic

Provided by At Home Hearing Healthcare

Wednesday, April 16th | 9:30 am

Don't miss out on life, improve your hearing today.

By appointment only, contact Rosanna at 978.744.0924.

Loss and Grief Support & Discussion Group

Thursday, April 24th | Time: 3:00 pm

Sponsored by the Friends of the Salem Council on Aging

This support group provides a safe, compassionate space for seniors to process and heal from various forms of loss.

Art for the Ages with James Eric Rogers

Friday, April 25th | Time: 10:00 am | FREE

Join James Eric for the craft of the month.

Podiatrist

Tuesday, April 22nd | Time: 8:00 am

Dr. Fernandez will be at the center.

Appointments required and please bring your insurance information.

Tech Help with Mike

Wednesday, April 30th | 12:00-1:00 pm

Where: CLC Library

Having trouble with your smart phone? Can't figure out some function or feature? Stop by our Smart Phone Tech Support table on the last Wednesday of the month. Mike Cleary is a volunteer whose professional career included computer programming, computer science research in both natural language understanding and robotics, applied research in decision systems, and project management.

Salem Public Library Pop-Ups

Fridays, April 4th and 18th

Time: 10:00 am– 12:00 pm

Salem Public Library Pop-Up Library is at the CLC. Check out books, CDs, DVDs, and games, return library items, request items and get a library card.

Sing-Alongs with James Eric Rogers

Thursdays, April 10th and April 24th

Time: 10:45 to 11:15 am

Join James to sing old favorites at the CLC.

Sponsored by the Friends of the Salem Council on Aging

Meditation with Elaine Tavis | FREE

Tuesdays, April 1st, 8th, 15th, 22nd and 29th

Time: 11:30 am Register with Rosanna

Weekly meditation practice brings peace of mind, inner joy and inner peace. By gaining control over your mind, every session brings you closer to your own self.

WELLNESS

FREE Blood Pressure Clinic-Lisa Duffy, RN

Tuesday, April 1st | Time: 10:00 am



**Salem Council on Aging
Presents**

Mother's Day BRUNCH

Sponsored by Friends of the COA

We will honor and celebrate all women, mothers, grandmothers, aunts, sisters, anyone who merits the accolades of motherhood. This is the time to gather and reflect on all the women in our lives.

Thursday **1ST** MAY

Time: 10:00 am | Price: FREE

FOR RESERVATIONS Contact Rosanna at 978.744.0924

EASTER Dinner

Home Delivered Easter Meals for Salem Seniors who are Homebound or Alone this Easter

Sponsored by Friends of The Salem Council on Aging
Dinner prepared by Brothers Taverna

for those who are homebound, and alone and do not have family to provide a meal.

Please contact Rosanna Donahue at 978.744.0924 X 43006 to make a reservation. rdonahue@salem.com

Sunday, April 20th
Delivery Time: 9:00 am
Please RSVP by Monday, April 14th



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Trip: Supremes Tribute

Date: Thursday, April 24th

Where: Danversport, Danvers, Ma

Cost: See Rosanna for more information.

Trip: Music, Mountains, & Memories Tour

Date: Sunday, May 4th to Friday, May 9th

Where: Biltmore Estate, Asheville, Dollywood Resorts & Theme Park
Smoky Mountains National Park, The Blue Ridge Parkway

Cost: See Rosanna for more information.

Trip: Dooby Brothers Tribute

Date: Thursday, May 22nd

Where: Danversport, Danvers, Ma

Cost: See Rosanna for more information.

Trip: Tom Jones Tribute

Date: Thursday, August 21st

Where: Danversport, Danvers, Ma

Cost: See Rosanna for more information.

Trip: Outer Bank– North Carolina

Date: Saturday, September 6th-Friday, September 12th

Cost: See Rosanna for more information.

Trip: Turkey Train | New Hampshire

Date: Tuesday, October 7th

Cost: See Rosanna for more information.

Trip: An Olivia Newton-John Tribute

Date: Thursday, October 23rd

Where: Danversport, Danvers, Ma

Cost: See Rosanna for more information.

Trip: Featured Penn Dutch

Date: Monday, October 27th-Thursday, October 30th

Cost: See Rosanna for more information.

Trip: Newport Mansions

Date: Monday, December 8th

Cost: See Rosanna for more information.



Any questions, or to register for any of these trips, please contact Rosanna at 978-744-0924 or rdonahue@salem.com.

Friends of the Salem



Council on Aging

P.O. Box 1077 Salem, MA 01970

Fund Drive 2024

Dear Friends,

The “Friends of the Salem Council on Aging Inc.” is a non-profit 501-(3) organization which originated in 2007. Its members are volunteers. The Friends’ purpose is to support the Council on Aging with their endeavors and to supplement their budget as needed. To achieve this purpose, the Friends Board conducts an annual appeal for funds and invites the community; residents and business alike to financially support their efforts.

The Council on Aging is located in the JEAN A. LEVESQUE COMMUNITY LIFE CENTER, 401 BRIDGE STREET, SALEM, MA 01970 (978-744-0924). The Center is a safe and welcoming environment to socialize and meet friends. Director Teresa Gove Arnold and her staff strive to enrich the quality of life for seniors sixty years of age and over by offering access to transportation, social services, programs, activities and a nutritious lunch every weekday.

Because of your support in 2023, the Friends were able to provide the necessary financial resources to the Council on Aging to purchase and deliver over 250 dinners at Easter and Thanksgiving to seniors living alone. As examples, the Friends sponsor such programs as the monthly Caregiver Support Group, the Heart & Soul Conversation Series, sing-alongs and dance classes to name a few. We support the annual Mother’s and Father’s Day luncheons and the Heritage Week Barbeque at Winter Island.

Funds were also able to support and subsidize the cost of programs and activities to help those who would otherwise not be able to participate. Annual appeal funds are used to cover the cost of mailing the monthly newsletter that keeps seniors informed of what is available to them.

We hope that you will once again contribute by filling out the enclosed card indicating the amount of your donation and returning it along with your check in the enclosed envelope.

Your help is always important and deeply appreciated by our seniors and the staff. Thank you for your consideration and generosity.

Sincerely,

Andrew J. LaPointe

Board of Directors: Andrew J. LaPointe (President), Dr. Patrick Curtin (Vice President), Suzanne O’Brien (Treasurer), Cheryl A. LaPointe (Clerk), Bonnie Belair, John A. Boris, Denis Coleman, MaryAnn Curtin, Beth Debski, Taylor Lovely, Lisa McCabe, Rosemary O’Connor, Teasie Riley-Goggin, John Russell

Honorary Members: Frank Ryan, Patricia Liberti and Diane Ayers

PROGRAMS (REGISTER WITH ROSANNA)

We are pleased to be collaborating again with Salem State University's Occupational Therapy Department to offer a series of wellness workshops. All workshops will be held in Room 201 from 10:00-11:30am. Please see Rosanna to register.

Tuesday, April 1st: Stress and Inflammation Management

We will discuss consequences of stress on the mind and body, the inflammatory response to stress, and most importantly, explore ways to manage stress.

Tuesday, April 8th: Radiant Years: Women's Health and Aging

This workshop will explore health, wellness, and positive aspects of aging for women.



Senior Day 2025

The Senior Celebration Committee is already hard at work to plan Senior Day. Please save Friday, September 5th. The event will be held at Winter Island this year. More info to come.

Felipe's Guitar Serenade

Join us in the Great Room each Friday from 10:30-11:30 am for the musical talents of Felipe Simbajon. Beautiful ballads, familiar tunes; you name it. Felipe plays his guitar and sings for and with us. Come relax and enjoy!

REALTOR OFFICE HOURS

Tuesday, April 8th 9:30 – 11:00 a.m.

Do you have any questions about real estate? Are you worried about what repairs to prioritize? Overwhelmed with all the noise about our market and how to protect your biggest asset? Michelle Bettencourt, REALTOR® with Nina-Soto Realty is here to help! Get the latest market data and your questions answered at her monthly Office Hours. No question too big, too small, or too far into the future. Come chat! Please register with Rosanna Donahue at 978-744-0924.

Evening Drum Classes

Thursdays | 5:30 pm | Price: \$15 pp

Mamadou's drumming classes are more than learning and playing a musical instrument.

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.

Attention, Adults with Diabetes

Monday, May 5th | Time: 1:30 pm

You are eligible to receive a pair of Diabetic shoes and **inserts FREE to you if you are Diabetic!**

Please bring all insurance cards, doctor's order by your primary care MD and other required information (pick up paperwork from Rosanna) by calling 978-744-0924.

Positive Aging Discussion Group

Come one, come all, to a discussion group on Positive Aging! This is for all ages, because every one of us is aging every day. We will look together at how we think this process affects our own health and longevity. This group meets on the second Wednesday of the month, from 2 pm until 4 pm at latest. No registration needed!

Community Champions Week



Local elected officials and Age Span staff teamed up across the region to deliver meals and smiles during Community Champions Week. Rebecca Kay from AgeSpan and Mayor Dominick Pangallo presented several home delivered meals to Salem seniors on March 24.

National Public Health Week Event

In honor of National Public Health Week, the North Shore Public Health Collaborative is hosting a water bottle decorating activity on Monday, April 7th! We will be in the lobby from 9:00-11:30am with reusable water bottles and stickers. Stop by and celebrate National Public Health Week with us!

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The Wealth Effects:

Social Security Optimization for Women



A recent survey revealed that 96% of retirees make sub-optimal Social Security choices, leaving over \$100,000 in unclaimed benefits. (Matt Fellowes, et al., The Retirement Solution Hiding in Plain Sight, 2019)

This interactive seminar will show you how to avoid common mistakes, particularly for women, and explain why coordinating Social Security benefits with your spouse is crucial for maximizing your monthly checks.

Did you know 45% of near-retirees don't know their full retirement age, or that 41% of women are unaware they can claim on an ex-spouse's earnings? (The Social Security Retirement Benefits Quiz, 10th annual survey conducted by MassMutual, 2024)

Don't miss out! Stay tuned for more details on this **essential seminar** and learn how to optimize your Social Security strategy and secure your financial future.

April 29, 2025 - 10:00am
Jean A. Levesque Community Life Center • 401 Bridge St. • Salem, MA




Program Host/Moderator
Rick Roche, CAIA
Director, Client Engagement & Content Curator
Wealth Effects, LLC.

Pool Room
Wednesdays-Fridays | Time: 8:00 am-4:00 pm

Mahjong
Tuesdays and Thursdays | Time: 10:00 am
Fridays | Time: 12:30 pm

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

Salem Walking Group

Find your next steps! The Salem Walking Group is always looking for new members. Weather permitting, we meet Monday-Friday at 10:00 am at the playground entrance to the the Salem Commons. You are welcome to join us whatever days may work for you. We are a friendly group who enjoy meeting new people. Please contact Rosanna Donahue at 978-744-0924 to register.

Third Age Community Group

Thursday, April 3rd | Time: 12:00 pm

The Third Age Community meets the first Thursday of the month, at noontime, in the far end of the Great Room (unless otherwise noted). This is an open group, BYO lunch. Are you newly retired, and finding it a bit of a culture shock? Bored with life? Join us as we engage in conversations on topics of interest, walk with each other to explore new places and activities -- or revisit old favorites. Members must be fully independent, and have email access, since communication is done via email. See you there! No need to register, just show up !



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TRANSPORTATION

8

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 by the City of Salem, AgeSpan Title III and CDBG Grants. **Space is limited and you must make an appointment for a ride.**

- ◆ Please be ready as the van can arrive 15 minutes before a scheduled pickup time and 15 minutes after a scheduled pickup time.
- ◆ Please limit cell phone use on the van. No food or drinks on the van.
- ◆ 3 one-way trips per day subject to availability.
- ◆ We are offering a weekly van trip to The Market Food Pantry on Fridays at 11:00 am.
- ◆ A reminder to fill out calendars monthly.
- ◆ Please call 48 hours in advance to schedule rides. **(two business day notice)**
- ◆ Request for last minute changes may not be honored due to scheduling constraints.

OUT-OF-TOWN MEDICAL TRANSPORTATION (9:00 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	
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Trip to the North Shore Mall: Tuesday, April 22nd
11:00 am-1:00 pm

Trader Joe's: Thursday, April 24th
10:00 am-12:00 pm

COMMUNITY DINING PROGRAM

- ◆ Coffee Café open Wed 8 to 11; Mon, Tue, Thur, Fri 9:30 to 11-Donation: Coffee -Tea \$.75, pastry \$.50 to help cover the costs.
- ◆ Reservations are required. Luncheon served Monday through Friday at 11:30 am.
- ◆ Reserve by email eblumberg@salem.com, call 978-744-0924 or in person.
- ◆ We will do our best to serve walk-ins, however, menued meal is not guaranteed. Menus are subject to change.
- ◆ Community luncheon is canceled when the Great Room is in use for other programs.
- ◆ Please contact Mel at the Transportation Department for a ride to the CLC.
- ◆ Lunch suggested donation \$2.* From Our Kitchen* meals \$5 fee. Pop-Up Breakfast \$4 fee. Pizza \$5 fee

APRIL 2025				
	1 Turkey a la king	2 Traveling Chef	3 Beef Stew	4 Eggplant Parmesan
7 Chicken Parmesan	8 Fish Sandwich	9 Turkey & Provolone	10 Baked Ham	11 Macaroni & Cheese
14 Turkey & Gravy	15 Beef & Broccoli	16 Seafood Salad	17 Stuffed Chicken	18 No Lunch Today Holiday CLC Closes 11:30 am
21 No Lunch Today CLC closed for holiday	22 BBQ Chicken Wings	23 Hot Dog	24 Shrimp Caesar Salad	25 Sweet & Sour Chicken
28 <i>From Our Kitchen</i> Tuna on Marble Rye Ice Cream Sundae	29 Pico de Gallo Chicken	30 Turkey & Swiss		

Traveling Chef Wed, April 2nd

*From Our Kitchen * \$5 fee. Tuna on Marble Rye with Pickle & Potato Chips, Ice Cream Sundae

SOCIAL SERVICE DEPARTMENT

Social Service Department

Help is available if you are: struggling to make ends meet, looking for affordable housing, want to know about public benefits, need help understanding your health insurance options and the list goes on.

*Contact the Social Service Department at the Community Life Center at 978-744-0924 with your questions. We are an informational resource on all aging issues. We not only provide the information, we help seniors and their families navigate through whichever program/service/benefit they are in need of.

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 at Age Span in Lawrence: 978-946-1374

WANT TO LOWER YOUR MEDICARE COST? NEW GUIDELINES EFFECTIVE March 1, 2025

The income limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.

Income limits

	Income / month	
Individual	\$2,935	
Married couple	\$3,966	

Prescription drug co-payments with Extra Help

	Per 30-Day supply
Generic	\$4.90
Brand Name	\$12.15

To learn more and to request an application, contact MassHealth at: **1-800-841-2900** or **TTY at: 1-800-497-4648**.

To learn more and to request an application, contact **MassHealth at 1-800-841-2900** or **TTY 1-800-229-2795**

CONFIRM OK WELLNESS CHECK PROGRAM

Contacting an older adult or a homebound individual daily helps to reassure their well-being and gives them a feeling of security. Confirm OK (formerly Are You OK? ®) is a telephone reassurance system that also eases the concern of friends and family who may find it difficult to maintain consistent and reliable contact. Each day at a pre-arranged time (8am), the system automatically makes these computerized monitoring calls. To learn more, please call Social Services at the Council on Aging 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.**

**Veterans Coffee Hour
Everyone is Welcome!**

Wednesday, April 23rd | Time: 10:00 am
Meetings held at Fort Salem, Community Life Center. Any questions, please call 978-745-0883.

Sponsored by the the Salem Veterans Office and Tom Moran, ZCCVA, Veterans Advocate.

Broad Street Readers
The book club for readers 55 and up

WRAY, CJ

THE EXCITEMENTS

DUE DATE: 4-23

You!

CHECK IT OUT!



Copies available at the Salem Public Library

April 23 11:15am
Salem Community Life Center
Preregistration is required at myactivecenter.com



Brandon L. Campbell, JD, LLM



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Mayor's Office-Constituent Services Hours

Tuesday, April 1st | Time: 10:00 am

Constituent Services Director for Mayor Dominick Pangallo, Julio Mota, will be hosting monthly office hours at the Community Life Center.

Attorney Christine Hurley

FREE phone consultation

by Appointment Only

Wednesday, April 2nd

Time: 9:30 am

Senator Joan Lovely

Monday, April 7th

Office Hours Time: 11:00 am– 12:00 pm

Salem Community Life Center

Red Cross Community Blood Drive

Monday, April 7th | Time: 1:00 pm

Please call 1-800-Red Cross (1-800-733-2767) or visit RedCrossBlood.org and enter: Salem to schedule an appointment.

Attorney Jack King

FREE Consultation

Thursday, April 17th | Time: 10:00 am

by Appointment Only

Rep. Manny Cruz

Join us for Coffee and Donuts

Friday, April 25th

Time: 9:30 am

The Salem Pantry

Every Wednesday

Time: 9:30 am-11:00 am

Take Off Pounds Sensibly:

T.O.P.S.– Mondays

Time: 4:30 pm– 6:00 pm

Is your goal to lose weight? DON'T WAIT-JOIN T.O.P.S. Come see for yourself what we are all about. Your first visit is FREE.

Massachusetts Association for the Blind and Visually Impaired (MABVI)

Thursdays, 11:00 am-4:00 pm

North Shore Assistive Technology Center

Who do we serve: The North Shore Assistive Technology (AT) Center is for blind or low vision individuals in need of one-on-one technology instruction. This free service is available by appointment. Please call:


Maura Mazzocca,

Assistive Technology Coordinator

MABVI North Shore AT Center Mobile:

(617) 906-3039.

**Salem Council on Aging
Presents
Parkinson's Fitness Strength and Balance**



This program is specifically developed for folks with Parkinson's Disease. Class combines focus on strength, mobility, balance and coordination. We use resistance bands, light weights and other equipment in a safe manner.

**Thursdays | Time: 1:20 pm
FREE**

To register, contact Rosanna Donahue at 978.744.0924.

Parkinson's Fitness
ADHD-based Exercise, Arts and Movement Programs

Parkinson's Fitness
Resource Information
Compiled by
Keith & Linda Hall, Founders
www.parkinsonsfitness.org

Friends of the Salem



Council on Aging

PO Box 1077
Salem, MA 01970

**The cost of mailing this
newsletter has been paid by
the Friends of the
Council on Aging.**

REIKI ENERGY HEALING SESSIONS

Join Kelley Annese of Wild Rose Holistic Health in partnership with the Salem COA Mind Your Brain Wellness Program for **FREE** relaxing energy healing sessions.

Reiki is a deeply relaxing experience that helps to lower stress & anxiety, as well as ease the symptoms of chronic pain. Sessions are received while seated in a chair and given through light touch.

Director, Wild Rose Holistic Health



THURSDAY
APRIL 17TH
1:00PM - 2:30PM

PRE-REGISTRATION REQUIRED

*20 minute sessions

CALL KELLEY TO RESERVE YOUR SPOT
415-205-7914



Salem MEMORY CAFÉ

EVENTS FOR PEOPLE WITH MEMORY LOSS & THEIR CAREGIVERS

- Special guest speakers
- Engaging activities
- Interactive programming
- Brain healthy snacks
- Sharing of resources & community support

YOUR HOST:

Kelley Annese



April 24th

“Flower Arranging”

Last Thursday of every month

1:00-2:30pm

SIGN UP WITH KELLEY

415-205-7914

*Located at the Salem CLC at 401 Bridge St.



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EXERCISE CLASSES

13

CLASS	DESCRIPTION	DAY(S)	TIME	COST
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
Mat Pilates with Eme	All the benefits of Pilates and Barre with an up-tempo pace. If you are looking for a little extra cardio kick, this is for you.	Mondays	11:30 AM	\$5.00 pp
Balance Class	Led by Billy Petrocelli of Bay State Physical Therapy.	Tuesdays	9:00 AM	\$5.00 pp
Zumba with Alejandro at Espacio	Fun dance class with upbeat choreography. This class is being funded by the City of Salem Department of Planning & Community Development and the US Department of Housing & Urban Development. This class is offsite at Espacio.	Tuesdays	9:30 AM	FREE
Aerobics with Beth	A great cardiovascular exercise class.	Tuesdays	1:00 PM	\$5.00 pp
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
Tap Dancing with Debbie Davis	Seniors of any age and all fitness levels can enjoy with tap dance combinations to choose from.	Wednesdays	10:45 AM	\$6.00 pp
Muscle, Balance & Strength	Exercises to enhance balance, coordination and strength. This class is being funded by the City of Salem Department of Planning & Community Development and the US Department of Housing & Urban Development.	Wednesdays	1:15 PM or 2:00 PM	FREE
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
Senior Strength and Balance with Kim	A low impact, full body exercise that is focused on balance, mobility and strength.	Thursdays	12:30 PM	\$ 5.00 pp
Parkinson's Fitness	This program is specifically developed for folks with Parkinson's Disease.	Thursdays	1:20 PM	FREE
Chair Pilates with Beth	An entry level class, presented to be accessible and successful for any ability, program to strengthen central core muscles.	Fridays	8:30 AM or 9:30 AM	\$5.00 pp
Low Impact Cardio Class with Eme	All the benefits of pilates and Barre with an up-tempo pace. If you are looking for a little extra cardio kick, this is for you.	Fridays	12:30 PM	\$5.00 pp
Dance, Groove, Shine	Learn your favorite dance moves to all the top hits & oldies.	Fridays	1:30 PM	\$5.00 pp

The Saltonstall Middle School Band and Orchestra students will be entertaining the participants of the Jean Levesque Senior Center on Wednesday, April 16th at 10:45 am with a delightful program that will include classical, folk, and contemporary music. The students love to perform, and they are looking forward to sharing their music with all of you!

APRIL 2025

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	- 1- 9:00 Balance Class \$ 9:30 Zumba at Espacio 10:00 Nurse 10:00 Constituent Office Hours 10:00 Stress & Inflammation Class 10:00 Planning for Medicare 10:00 Balance Class \$ 11:30 Meditation with Elaine 11:30 Lunch 12:00 Bingo 1:00 Aerobics Class \$	-2- 9:30 Salem Food Pantry 9:30 Lawyer Hurley 10:45 Tap Dancing \$ 11:30 Lunch 12:30 Bingo 1:15 Muscle Strength Class 2:00 Muscle Strength Class	-3- 10:00 Line Dancing \$ 10:45 Sing-A-Long 12:00 Third Age 12:30 Senior Strength & Balance \$ 12:00 Mahjong 1:20 Parkinson's Class 5:30 Evening Drums \$	-4- 8:30 Chair Pilates \$ 9:30 Chair Pilates \$ 9:30 Knitting Group 10:00 Pop up Library 11:30 Lunch 12:30 Mahjong 12:00 Quilting 12:30 Low Impact Cardio Class \$ 1:30 Dance & Groove
	-7- 11:00 Senator Lovely 11:30 Tap Dancing \$ 11:30 Lunch 11:30 Birthday Celebration 11:30 Mat Pilates \$ 12:00 Red Cross 4:30 T.O.P.S	- 8- 9:00 Balance Class \$ 9:30 Zumba at Espacio 9:30 Realtor Office Hours 10:00 Radiant Years & Women's Health & Aging 11:30 Meditation with Elaine 11:30 Lunch 12:00 Bingo 1:00 Aerobics Class \$	-9- 9:30 Salem Food Pantry 10:45 Tap Dancing \$ 11:30 Lunch 12:30 Bingo 12:30 Conversations with James Ashton 1:15 Muscle Strength Class 2:00 Muscle Strength Class 2:00 Positive Aging Group	-10- 10:00 Line Dancing \$ 12:00 Mahjong 12:30 Senior Strength & Balance \$ 1:20 Parkinson's Class 3:00 Caregiver Support 5:30 Evening Drums \$
-14- 11:30 Tap Dancing \$ 11:30 Lunch 11:30 Mat Pilates \$ 4:30 T.O.P.S	-15- 9:00 Balance Class \$ 9:30 Zumba at Espacio 9:30 Coffee with Rosanna 11:30 Meditation with Elaine 11:30 Lunch 12:30 Bingo 1:00 Aerobics Class \$	- 16- 9 :30 Salem Food Pantry 9:30 Hearing Clinic 10:00 Fraud Prevention Presentation 10:45 Tap Dancing \$ 11:30 Lunch 1:15 Muscle Strength Class 2:00 Muscle Strength Class	-17- 10:00 Line Dancing \$ 10:00 Lawyer J. King 11:30 Lunch 12:00 Mahjong 12:30 Senior Strength & Balance \$ 1:00 Reiki 1:20 Parkinson's Class 5:30 Evening Drums \$	- 18- 8:30 Chair Pilates \$ 9:30 Chair Pilates \$ 9:30 Knitting Group CLC Closed at 11:30 am
-21- CLC Closed	- 22- 8:45 Podiatrist 9:00 Balance Class \$ 9:30 Zumba at Espacio 11:30 Meditation with Elaine 11:30 Lunch 12:30 Bingo 1:00 Aerobics Class \$	-23- 9 :30 Salem Food Pantry 10:00 Veterans Coffee 11:15 Book Club 10:45 Tap Dancing \$ 12:00 Bingo 12:00 Tech Help with Mike 1:15 Muscle Strength Class 2:00 Muscle Strength Class	- 24- 10:00 Line Dancing \$ 10:45 Sing-A-Long 11:30 Lunch 12:00 Mahjong 12:30 Senior Strength & Balance \$ 1:20 Parkinson's Class 1:00 Memory Café 3:00 Grief Group 5:30 Evening Drums \$	-25- 8:30 Chair Pilates \$ 9:30 Chair Pilates \$ 9:30 Knitting Group 9:30 Rep. Manny Cruz 10:00 Art for the Ages 10:00 Pop up Library 11:30 Lunch 12:30 Mahjong 12:30 Low Impact Cardio Class \$ 1:30 Dance & Groove
-28- 11:00 Stroke Education Session 11:30 Tap Dancing \$ 11:30 Lunch 11:30 Mat Pilates \$ 4:30 T.O.P.S	- 29- 9:00 Balance Class \$ 9:30 Zumba at Espacio 10:00 Social Security for Women 11:30 Meditation with Elaine 11:30 Lunch 12:30 Bingo 1:00 Aerobics Class \$	CALL FOR KITCHEN VOLUNTEERS We are looking for volunteers to help with Thursday and Friday lunches in the Great Room. We could use assistance from 10:30 or 11:00 am to 12:30 pm. Please call Kathy McCarthy if interested at 978-744-0924.		

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Salem Council on Aging
401 Bridge Street
Salem, MA 01970
978-744-0924
www.Salem.com

Planning for Medicare—Countdown to 65

April 1st, Tuesday at 10am-11am. Planning for Medicare-Countdown to 65

✦ **Planning for Medicare:** (Duration: 60 minutes)

Planning for Medicare is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It's geared towards individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA. This is a great presentation to offer to seniors in your community who may still be working and looking to transition to Medicare.

FRAUD PREVENTION

Tips

We use our credit and debit cards everywhere, which payment option is safest?

Join Robin Putnam from the Office of Consumer Affairs and Business Regulation to discuss the answers to these questions! She will help you keep your credit or debit card safe by showing you pictures of skimming devices that have been confiscated by the police, and giving you tips on how to spot them yourself.

April 16 @10:00 AM
 Salem Council on Aging: 401 Bridge St. Salem, MA 01970

REGISTER NOW
 Call: 978-744-0924
 Registration is required.



Office of Consumer Affairs and Business Regulation
mass.gov/consumer