



SENIOR POWER

A PUBLICATION OF THE SALEM COUNCIL ON AGING

Message from the Director

Summer Greetings~

On July 4, 1776, delegates from the 13 colonies from the eastern seaboard adopted the Declaration of Independence. From 1776 to the present day, the 4th of July has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual gatherings and barbecues. The Council on Aging gathered on Friday, June 30th with the annual Independence Day celebration attended by many of our seniors and friends.

In June was the summer Senior Prom. We are grateful to the Salem Rotary Club for their sponsorship of this fun event. Rotarians are all about community service. We are fortunate that Salem has an active club that supports many local organizations, including the Council on Aging. Many thanks!

Have a happy and safe rest of the summer!

~Teresa

SALEM Heritage Days

**ADVANCE REGISTRATION IS REQUIRED.
CONTACT ROSANNA DONAHUE AT
978-744-0924 X 43006 or email at
rdonahue@salem.com TO RESERVE A SPOT.**

Senior Event: Annual BBQ at Winter Island
Monday, August 7th, 2023

Time: 10:30 am | Price: \$ 7 PP

This annual event in the park of Winter Island is one of our favorites!

ADVANCE REGISTRATION IS REQUIRED, CONTACT ROSANNA DONAHUE AT 978-744-0924 X 43006 TO RESERVE A SPOT.

Salem Senior Event: Ice Cream Social at the Jean A. Levesque Community Life Center
Tuesday, August 8th, 2023

Time: 12:15 pm | FREE

Guests will be served ice cream and an assortment of toppings. This event is sponsored by Representative

Manny Cruz and is free to Salem Seniors 60 and older. **ADVANCE REGISTRATION IS REQUIRED, CONTACT ROSANNA DONAHUE AT 978-744-0924 X 43006 TO RESERVE A SPOT.**

Salem Senior Event: Flapper Feather Headband Craft
Wednesday, August 9th, 2023

Time: 10:00 am | FREE

To prepare for our Roaring 20s Dance, we are making Flapper Feather Headbands. We will be using a variety of colored feathers, ribbon, beads, and other embellishments to create our headpieces.

REGISTRATION IS REQUIRED. CONTACT ROSANNA DONAHUE AT 978-744-0924 X 43006 TO RESERVE A SPOT.

Salem Senior Event: The Roaring 20's Ball at the Jean A. Levesque Community Life Center

Thursday, August 10th, 2023

Time: 3:30-6:30 pm | \$ 10 pp

Salem Seniors are invited to an evening of dinner, dancing and live music with a Roaring 20's theme. Come in your best 1920s attire/costume. Is open to Salem Seniors 60 and older.

ADVANCE REGISTRATION IS REQUIRED. CONTACT ROSANNA DONAHUE AT 978-744-0924 X 43006 TO RESERVE A SPOT.

Senior Event: Charlie Card Day:
Friday, August 11th, 2023

Time: 9:30-11:00 am

If you are in need of a Charlie Card for the MBTA, bring a valid, state issued photo ID that includes Date of Birth. Must be age of 65 or older to qualify.

Sponsored by Salem Council on Aging.

ADVANCE REGISTRATION IS REQUIRED. CONTACT ROSANNA DONAHUE AT 978-744-0924 X 43006 TO RESERVE A SPOT.



JULY 2023

STAFF DIRECTORY

Mayor Dominick Pangallo
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
 Sabrina Tosto
Transportation Coordinator
 Anne O'Shea
Social Service Coordinator
 Sharon Felton
Outreach Social Workers
 Lynne Barrett & Alyssa Flynn
Dining Services Coordinator
 Erica Blumberg
Principal Account Clerk
 Claudia Forgione
Facilities Manager
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Custodian
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Receptionist
 Mary Schaejbe
Van Drivers
 Kevin Anderson, Anne Caron, Mary Caron, Brenda D'Eon, Arthur Jalbert, John Tachuk, Mike Phelan



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
 Alice Merkl

Members:
 Eliud Alcalá
 George Barbuzzi
 Michelle Bettencourt
 Michele McHugh
 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**

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, religión, 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**

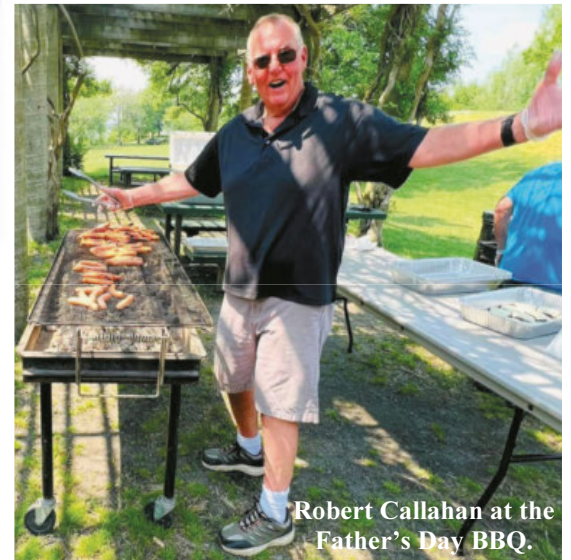
You can now apply for a new CharlieCard for seniors online. Should you need assistance with the application process, Rosanna is assisting seniors.

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Senior Spotlight

©LPI



Robert Callahan at the Father's Day BBQ.

Thank you to the Salem Rotary Club for sponsoring our Senior Prom on Thursday, June 15th and to the Friends of the Salem Council on Aging for sponsoring our BBQ at Winter Island and special thanks to all our volunteers.

Rosanna

Trip: Montreal & Quebec Getaway
Date: Tuesday-Friday, July 18th-21st, 2023
Cost: \$1149 Double / \$1699 Single
Contact Rosanna for more information.

Trip: The Glen Campbell Experience
Date: Thursday, July 20th, 2023
Cost: \$109.00 pp
 (transportation, show, lunch, tax & gratuity)

Trip: Gloucester Harbor Cruise, Lobsterbake Cruise
Date: Thursday, July 27th, 2023
Cost: \$139.00 pp without transportation
 \$169.00 pp with transportation
 (transportation, lunch, tax & gratuity)

Trip: The Corvettes—Doo Wop Revue
Date: Tuesday, August 8th, 2023
Cost: \$119.00 pp
 (transportation, lunch, show, tax & gratuity)

Trip: Lake Winnepesaukee
Date: Thursday, August 17th, 2023
Cost: \$159 pp
 (transportation, lunch, show, tax & gratuity)

Trip: Neil Diamond & Friends
Date: Thursday, September 7th, 2023
Cost: \$109.00 pp
 (transportation, lunch, tax & gratuity)

Trip: The American Music Cities of Nashville & Memphis
Date: Thursday– Monday, September 21st-25th, 2023
Cost: \$2699 Double / \$3099 Single
Contact Rosanna for more information.

Trip: Simon Pearce Glassblowing & King Arthur Fall Foliage Trip
Date: Thursday, October 12th, 2023
Cost: \$159.00 pp
Contact Rosanna for more information.

Trip: Penn Dutch Country & The Miracle of Christmas
Date: Tuesday– Thursday, December 5th-7th, 2023
Cost: \$759 Double / \$899 Single
Contact Rosanna for more information.



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Salem Council on Aging
Join with us for a tour to:

Jeremiah Lee Mansion



Friday, July 14th
Time: 11:00 am | Price: FREE

About the Tour:

The Jeremiah Lee Mansion is a historic house located in Marblehead. It is operated as a house museum by the local historical society. Built in 1768, it was designated a National Landmark in 1960 as one of the finest late Georgian houses in the United States.

JOIN US FOR A NO-COST WORKSHOP

Need help understanding your Medicare health insurance options?

Planning for Medicare-Countdown to 65 is a no-cost workshop that helps you understand your Medicare health insurance options outside of your employer-sponsored coverage, whether or not you're planning to retire.

What will the Planning for Medicare Countdown to 65 webinar cover?

This is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative in collaboration with your employer.

Topics include:

- ◆ Medicare and Medicare Parts A and B
- ◆ Medicare enrollment timeline
- ◆ Medigap plans that supplement Medicare coverage
- ◆ Medicare Advantage plans, such as HMOs and PPOs
- ◆ Medicare Part D prescription drug plans
- ◆ Plans and programs available to early retirees, such as COBRA.

- ◆ **Thursday, September 14th | Time: 10:15am**
- ◆ **Tuesday, December 12th | Time: 10:15am**



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ADVERTISERS**
that Support our
Community!



PROGRAMS

Heart & Soul Conversation Series with James Ashton

Wednesday, July 12th | Time: 12:00 pm

Sponsored by the **Friends of the Salem Council on Aging**
June Topic:

“Living by The Golden Rule”

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, July 13th | Time: 5:30 pm

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.

Salem Memory Café

Thursday, July 27th | Time: 1:00 pm

Relaxation & Meditation with Kelley Annese.

Thursday, August 31st | Time: 1:00 pm

Paint Your own Pottery with Kelley Annese.

Coffee with Rosanna

Wednesday, July 5th and Tuesday, July 25th

Wednesday, August 2nd and Tuesday, August 29th

Time: 9:15 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. Coffee and donuts will be available.

Meditation with Elaine Tavis

Tuesdays | 11:30 am | FREE

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.

Art Program with Linda Abbene **

Thursdays, July 6th and July 20th | 4:00 pm

Preregistration is required. There is no charge for this class.

**This program is being funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development. The City of Salem, in the provision of our services, does 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.

Express Yrself

Thursday, August 17th

Time: 10:00 am | Cost: \$ 7 pp

This program is designed to empower cognitive behavior utilizing a variety of media and imagery. Creative Expressionist and Photographer, Karen Keenan Takis, guides individuals through the process of painting and creating a visual interpretation on canvas uniquely their own. **Register with Rosanna. Payment due at registration.**

Evening Drum Classes

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

NORTH SHORE CONCERT BAND AT SALEM WILLOWS PARK 2023

The North Shore Concert Band will perform its annual summer series of free outdoor concerts.

The North Shore Concert Band is conducted by David Benjamin.

CONCERT SCHEDULE

Tuesday July 11th | Time 7:00-9:00 pm

Rain Date: Thursday, July 13th

Tuesday, July 18th | Time: 7:00- 9:00 pm

Rain Date: Thursday, July 20th

Tuesday July 25th | Time: 7:00- 9:00 pm

Rain Date: Thursday, July 27th

Tuesday, August 1st | Time: 7:00- 9:00 pm

Rain Date: Thursday, August 3rd

Tuesday, August 8th | Time: 7:00- 9:00 pm

Rain Date: Thursday, August 10th

Tuesday, August 15th | Time: 7:00-9:00 pm

Rain Date: Thursday, August 17th

FOR FURTHER INFORMATION, PLEASE CONTACT GORDON BOWMAN, BAND MANAGER, AT (978) 531-9339.

gbbjcb@verizon.net

Broad Street Readers
The book club for readers 55 and up


ALLENDE, ISABEL

THE SOUL OF A WOMAN

DUE DATE

7-28

You!



CHECK IT OUT!

Copies available at the Salem Public Library

July 26 11:00am
Salem Community Life Center
Preregistration is required at myactivecenter.com

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) that move between twenty-four triangles (points) according to the roll of two dice.

Mahjong

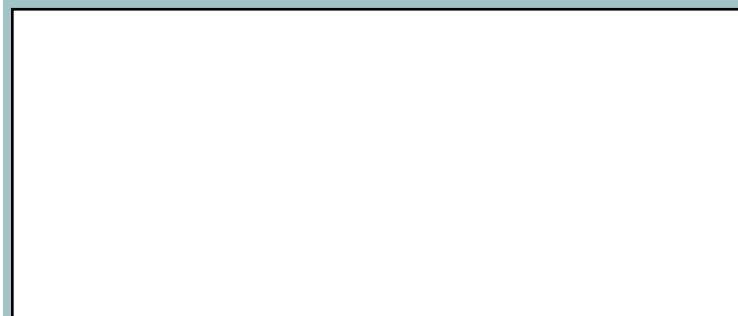
Mondays | Thursdays | Time: 12:00 pm

Fridays | Time: 12:30 pm

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

Salem Walking Group

Salem has a walking group that meets Monday to Friday at 10:00 am. For the next few months, the schedule is: Monday-Wednesday-Friday meet at the playground entrance to the Salem Common at 10:00 am. Tuesday and Thursday meet on Fort Avenue near the entrance to Winter Island at 10:00 am. We look forward to having you join us. If interested, please contact Rosanna Donahue at 978-744-0924, who will forward your contact information to the group.




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DINING SERVICES | PROGRAMS



Summer is fresh colorful, ripe, nutrient dense, healthy whole foods. On Monday 10th we will serve a fine selection of them along with a special ice cream treat. The suggested donation of \$4 will help offset the cost of the food.

Starting this month, the donation will range from \$3 to \$5 when we purchase the food. We will let you know in advance, the menu and the donation. We must cover our food costs and the increased donation is a start. Terry and I are considering a meal charge (for the special meals) like how you pay to sign-up for classes here.

Something new! Cooked breakfast. Thursday July 13th from 9:15 am to 10 am only. It will be one entrée. You can pre-order at the coffee station. The donation will range from \$3 to \$5 depending on the menu. Here are some sample menus: baked oatmeal with fresh fruit; scrambled eggs, bacon and toast; breakfast wrap; and egg and sausage sandwich.

TRIO's Traveling Chef returns Monday 24th July. The menu is hamburger, hot dog, potato salad, coleslaw, brownie and a cold beverage. Please make your reservations early directly with Erica or dining services volunteers. The absolute deadline for reservations is Tuesday 11th of July.

To make or cancel a reservation please call 978.744.0924 and ask for the kitchen, see a dining services person here or email eblumberg@Salem.com.

We are closed on Tuesday 4th for the July Fourth holiday.

Please keep your suggestions coming! All are appreciated. In closing, always deep gratitude to all our volunteers, for which none of this would be possible.

Salem Wellness Walk **Wednesday, July 12th**

Time: 9:00 am

Join us on our monthly walk in the Salem Common.

Ballroom and Swing Dance **Monday, July 24th**

Time: 11:30 am | Price: \$ 5 pp

Dust off your shoes and get back on the dance floor or learn to dance for the first time. Come with your partner or bring yourself. This class is an introduction to Ballroom dancing. We will also touch on Waltz, Rumba and Foxtrot dance.

Monthly Birthday Celebration **Tuesday, July 25th**

Time: 11:15 am

(Must preregister)

Monthly Birthday Celebration for those with June birthdays.

"Back to Basics with iPhone and iPad" **Tuesday - August 15th**

Time: 10:15 am | FREE

Designed for iPhone and iPad users. This introductory class introduces new users to the basics of navigation and features of the device. We cover the hardware of the iPhone, including the buttons, volume switch, cameras, and speakers; navigation to important areas of the phone; and iPhone applications for calling and messaging.

"Tracking Priorities on iPhone and iPad" **Tuesday - September 26th**

Time: 10:30 am | FREE

Designed for iPhone and iPad users. This beginner course introduces users of the iPhone to methods for keeping track of different priorities, tasks, and events using the Notes, Reminders, and Calendar in the iPhone and iPad. This class also covers using Siri, the iPhone's virtual assistant.



SOCIAL SERVICES

FARMER'S MARKET COUPONS SALEM COUNCIL ON AGING



*****FIRST COME FIRST SERVE via PHONE CALL*****

Eligible seniors receive \$50 worth of coupons that can be used for locally grown fresh fruit, vegetables, fresh-cut herbs and honey sold by local growers.

CONTACT: CALL Sharon Felton at 978-744-0924 x43013
ONLY if you meet the **Eligibility** requirements listed below.

STARTING: WEDNESDAY, JULY 19 AT 8:30AM
ANY CALLS BEFORE 8:30AM WILL NOT BE ADDED.

PROCESS: You will need to leave your name, address and phone number.
You will then be added to the list.
You will receive a call approximately 2 weeks later telling you the dates you can pick up your coupons OR if you have been put on the waiting list.
***You do need to bring document showing proof of residency (ie. driver's license, utility bill, lease) but you will be self-declaring your income.**
***IF YOU DO NOT PICK UP YOUR COUPONS DURING THE DATES GIVEN YOU WILL FORFEIT THE COUPONS!!!**

ELIGIBILITY:

1. Monthly maximum income guidelines

<i>Individuals</i>	\$2248
<i>Married Couples</i>	\$3041
2. SALEM ***Disabled under 60 individuals**
Who live in a housing facility where congregate nutrition services are provided.
(27 Charter Street only location in Salem)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail :

mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
fax: (202) 690-7442; or / email: program.intake@usda.gov.



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 mayor 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 a la Oficina de Servicios para Veteranos de la ciudad de Salem al 978-745-0883 ciudad de Salem al 978-745-0883 para todas las preguntas.

Afternoon Socials

Tuesday, July 25th

Time: 3:30-6:30 pm | Price \$ 8 pp

Join us for our first afternoon summer social. Pizza, refreshments and live entertainment by Pete Saran will be part of a late day gathering to relax, and meet new friends. To register, please see Rosanna Donahue or call her at 978-744-0924.



Bob Ross and Bao Ngo at the Father's Day BBQ.

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit

www.mycommunityonline.com



Northeast Arc's Adult Family Care program helps people with medical, physical or developmental disabilities stay at home with their families, while paying their caregivers. Families who qualify can receive up to \$18,000 per year.

Call 978-624-2313 or visit ne-arc.org for more information.

Person requiring care must have MassHealth to qualify.

Turning 65?

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*These providers and/or pharmacies will be a provider in our Medicare advantage network in 2023. They may also contract with other plans. Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

aetna
medicare solutions

Attorney Christine Hurley
FREE phone consultation
by Appointment Only
Wednesday, July 5th
Time: 9:30 am

Senator Joan Lovely
Monday, July 10th
Time: 11:00 am

- ♦ Fill out the form found on the front page of the Senator's website.
- ♦ Call Senator Lovely's office at (617) 722-1410 or email the office at joan.lovely@masenate.gov

The Salem Pantry
Tuesday, July 11th
Time: 9:00 am-11:00 am

Constituent Office Hours
Tuesday, July 11th | Time: 10:15 am
 Constituent Services Director for Mayor Dominick Pangallo, Julio Mota, will be hosting monthly office hours at the Community Life Center.

Red Cross Community Blood Drive
Thursday, July 13th | 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, July 20th | Time: 10:00 am
by Appointment Only

Rep. Manny Cruz
Join us for Coffee and Donuts
TBA
Time: 9:30 am

Take Off Pounds Sensibly:
T.O.P.S.
Each Monday in July
Time: 4:30 pm– 6:30 pm
 Is weight loss one of your **RESOLUTIONS**? Then join T.O.P.S. (Take off pounds sensibly) supporting members in their weight loss journey since 1948.
STOP MAKING EXCUSES!
 It's the smartest decision you'll ever make! Come visit us. The 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 Recycles Free Book Swap
 returns to the Community Life Center at 401 Bridge Street on Saturday, September 23rd from 10:00 am-1:00 pm! Swapping isn't necessary -you may donate, take away, or both.

In addition to books, the swap accepts CDs, DVDs, video games, records (all in original cases, please), plus puzzles and greeting cards. All items must be clean, dry, and mildew free. Sorry, no magazines or VHS and cassette tapes.

TO DONATE, please drop off at the Community Life Center on Friday, September 22nd from 4:00-7:00 pm, or Saturday, September 23rd from 9:00 am-noon.

All leftover materials will be donated or recycled. For more info or to volunteer, contact Janelle Rolke at jrolke@salem.com or (978) 619-5672.

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.

- ◆ 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.



Mike Phelan

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, July 25th
11:00 am-1:00 pm**

**Trader Joe's Thursday, July 27th
10:00 am-12:00 pm**

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CONTACT ME Lisa Templeton

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EXERCISE CLASSES

13

Signup 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.

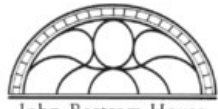
CLASS	DESCRIPTION	DAY(S)	TIME	COST
Chair Yoga with Bonnie Peruffo	The perfect combination for those who need gentle exercise for joint pain and a gentle form of yoga to stretch muscles.	Mondays	10:00 AM	\$5.00 pp
Ballroom Dancing with Bonnie Peruffo	Dust off your shoes and get back on the dance floor or learn to dance for the first time.	Mondays	11:30 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.	Mondays	11:30 AM	\$6.00 pp
Zumba	This class introduces easy-to-follow Zumba choreography.	Mondays	1:00 PM	\$5.00 pp
Balance Class	Led by Billy Petrocelli 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
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	11:00 AM	\$6.00 pp
Strong Bones with Dot Mckeen	This class focuses on an exercise program which improves strength, flexibility, posture, balance, and body awareness.	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 Community Development & the U.S. Planning & Department of Housing & Urban Development.	Wednesdays	1:30 pm or 2:15 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
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	\$5.00 pp
Chair Pilates with Beth	An entry level class, presented to be accessible and successful for any ability, program to strengthen central core muscles.	Fridays	9:30 AM	\$5.00 pp
Strengthen Your Balance	This low impact class is designed to increase muscular strength.	Fridays	11:00 AM	\$5.00 pp

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3- 10:00 Chair Yoga \$ 10:00 Backgammon 11:00 Senator Lovely 11:30 NO Tap Dancing 11:30 Lunch 12:00 Mahjong 1:00 NO Zumba 4:30 T.O.P.S	- 4- 	- 5- 9:15 Coffee w/ Rosanna 9:30 Lawyer C. Hurley 9:30 Chair Yoga \$ 9:00 Farm Direct 11:00 Tap Dancing \$ 11:00 Strong Bones \$ 11:30 Lunch 12:30 Bingo 1:30 NO Muscle & Strength 2:15 NO Muscle & Strength	- 6- 10:00 Line Dancing \$ 11:30 Lunch 12:00 Mahjong 4:00 Art Program 5:30 Evening Drums \$	- 7- 9:30 Knitting Group 9:30 Chair Pilates \$ 10:00 Farm Direct 11:00 Strengthen Your Balance \$ 11:30 Lunch 12:30 Mahjong
Roast Pork	THE CLC IS CLOSED	BBQ Chicken	Tuna Salad	American Chop Suey
-10- 10:00 Chair Yoga \$ 10:00 Backgammon 11:30 Tap Dancing \$ 11:30 Lunch 12:00 Mahjong 1:00 Zumba \$ 4:30 T.O.P.S	- 11- 9:00 Salem Food Pantry 9:00 Balance Class \$ 10:00 Tap Dancing \$ 10:00 Nurse 10:15 Constituents Hours 11:00 Lunch 11:30 Meditation 12:30 Bingo 1:00 Aerobics Class \$	- 12- 9:30 Chair Yoga \$ 9:00 Wellness Walk 10:00 Farm Direct 11:00 Tap Dancing \$ 11:00 Strong Bones \$ 11:30 Lunch 12:00 Conversations w/ James Ashton 12:30 Bingo 1:30 Muscle & Strength 2:15 Muscle & Strength	- 13- 10:00 Line Dancing \$ 10:00 Lynn Museum Tour 12:00 Mahjong 11:30 Lunch 1:00 Red Cross 5:30 Evening Drums \$ 5:30 Caregiver Support Group	- 14- 9:30 Knitting Group 9:30 Chair Pilates \$ 10:00 Farm Direct 11:00 Jeremiah Lee Tour 11:00 Strengthen Your Balance \$ 11:30 Lunch 12:30 Mahjong
Menu TBD	Beef Stew	Crab Cake	Macaroni & Cheese	Cobb Salad
-17- 10:00 Chair Yoga \$ 10:00 Backgammon 11:30 Tap Dancing \$ 11:30 Lunch 12:00 Mahjong 1:00 Zumba \$ 4:30 T.O.P.S	- 18 - 9:00 Balance Class \$ 10:00 Nurse 10:00 Tap Dancing \$ 11:00 Lunch 11:30 Meditation 1:00 Aerobics Class \$	- 19- 9:30 Chair Yoga \$ 10:00 Farm Direct 11:00 Tap Dancing \$ 11:00 Strong Bones \$ 11:30 Lunch 12:30 Bingo 1:30 Muscle & Strength 2:15 Muscle & Strength	- 20- 10:00 Line Dancing \$ 10:00 Lawyer J. King 11:30 Lunch 12:00 Mahjong 4:00 Art Program 5:30 Evening Drums \$	- 21- 9:30 Knitting Group 9:30 Chair Pilates \$ 10:00 Farm Direct 11:00 Strengthen Your Balance \$ 11:30 Lunch 12:30 Mahjong
Turkey & Swiss on Rye	Sliced Turkey & Gravy	BBQ Pulled Pork	Sandwiches, Chicken & Egg	Grilled Chicken on Bun
- 24- 10:00 Chair Yoga \$ 10:00 Backgammon 12:00 Mahjong 11:30 Tap Dancing \$ 11:30 Ballroom Dancing 11:30 Lunch 1:00 Zumba \$ 4:30 T.O.P.S	- 25- 9:15 Coffee w/ Rosanna 9:00 Balance Class \$ 10:00 Tap Dancing \$ 11:15 Birthday Celebration 11:30 Meditation 11:30 Lunch 12:30 Bingo 1:00 Aerobics Class \$ 3:30 Afternoon Social	- 26- 9:30 Chair Yoga \$ 10:00 Farm Direct 11:00 Book Club 11:00 Tap Dancing \$ 11:00 Strong Bones \$ 11:30 Lunch 12:00 Bingo 1:30 Muscle & Strength 2:15 Muscle & Strength	- 27- 10:00 Line Dancing \$ 11:30 Lunch 11:00 Pirate Museum \$ 12:00 Lunch at Bambolina 12:00 Mahjong 1:00 Memory Café 4:00 Art Program 5:30 Evening Drums \$	-28- 9:30 Knitting Group 9:30 Chair Pilates \$ 10:00 Farm Direct 11:00 Strengthen Your Balance \$ 11:30 Lunch 12:30 Mahjong
Hamburguer & Hot Dog	Frittata	Roast Beef Sandwich	Balsamic Chicken	Baked Cod
- 31- 10:00 Chair Yoga \$ 10:00 Backgammon 12:00 Mahjong 11:30 Tap Dancing \$ 11:30 Ballroom Dancing 11:00 Brunch & Movie 1:00 Zumba \$ 4:30 T.O.P.S				
<p style="color: red; font-weight: bold;">Register with Rosanna</p>	<p style="font-weight: bold; color: black;"> Brunch and Movie: GREASE Monday, July 31st 11:00 am \$ 7:00 pp Pre-registration required with Rosanna at 978.744.0924 </p> <p style="color: black;"> In the summer of 1958, local boy Danny Zuko and vacationing Australian Sandy Olsson meet at the beach and fall in love. When the summer comes to an end, Sandy frets that they may never meet again, but Danny tells her that their love is "only the beginning". </p>			

Farm Direct Coop Produce Giveaway

Our volunteers Donna Herman, Susan DameGreene, Corey McLaughlin and Patricia Roderick will be outside the center with FREE organic food on Wednesdays and Fridays in July at 10:00 am.





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Salem Council on Aging, Salem, MA

06-5164



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

Salem Council on Aging

Pirate Museum
 Guided Tour

Thursday, July 27th

Time: 11:00 am

Price: \$12 pp cash

**Lunch after at Bambolina
 Restaurant
 at your own cost.**

Pre-registration required
 with Rosanna at
 978.744.0924



HEALTH AND WELLNESS

**Free Blood
 Pressure Clinic**

Lisa Duffy, RN
Tuesday, July 11th
Time: 10:0 AM
FREE

**Free Blood
 Pressure Clinic**

Suzanne Darmody, BSN, RN
Public Health Nurse, Salem
Board of Health
Tuesday, July 18th
Time: 10:00 AM
FREE

Friends of the Salem



Council on Aging
 PO Box 1077
 Salem, MA 01970

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



Salem Council on Aging

Join us for a tour to
 Lynn Museum

ABOUT THE TOUR:

In the heart of Lynn's Arts & Cultural District, the Lynn Museum was founded in 1897 to collect, preserve and illuminate the city's remarkable history. The museum has evolved into a vibrant cultural center, expanding its footprint.

Thursday, July 13th, 2023

Time: 10:00 am

Cost: 7 pp

Registration
 required,
 contact
 Rosanna at
 978.744.0924

