



ONIONTOWN SENIORS

Volume 33, No.2

February 2017

Hours: Monday thru Friday 8am-5pm.
Danvers Council on Aging
25 Stone Street, Danvers, MA 01923



Phone: (978) 762-0208
(978) 762-0209
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www.dcoa.org

Accredited by National Institute of Senior Centers

Nationally Accredited Senior Center—Awarded 2001, 2007, 2012

The mission of the Danvers Council on Aging and the Senior Center which it manages is to provide and advance those programs and services which enrich the lives of older adults in the Danvers Community.

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NATIONAL ACCREDITATION OF THE DANVERS COUNCIL ON AGING

We are kicking off our 2017 National Accreditation process and would like to invite you to participate. Please join us on Wednesday February 15th at 10:30am for a brief PowerPoint presentation of the process and discussion on how you can help. Together we can legitimize our senior center as a professionally managed, relevant and vital resource for ALL older adults! Please see Timely Topics on pg.2 for more information.

AARP Income Tax Assistance – Trained volunteers will be assisting seniors with preparing their income tax at the Danvers Senior Center, by appointment only, beginning Tuesday, February 7th through Thursday, April 13th.

Appointments will be available on Tuesday, Wednesday, and Thursdays from 1-4 PM. All appointments will be on a first come, first served basis. Call the senior center at 978-762-0208 to schedule your appointment.

The Evening Dinner— Thursday, February 16th at 5pm. The menu, **provided by Henry's**, will be meatloaf with delmonico potatoes, green beans, roll & butter and a whoopie pie. Cost: \$9 for FDCOA members and \$11 for non members. Tickets are on sale now.

Travel Chef— Tuesday, February 28th at 12pm. The entrée will be fettuccine bolognese w/fresh basil garnish, shaved parmesan cheese, caesar salad, garlic bread & carrot cake. Suggested donation \$2.25 per person. Reservations by Monday, February 27th at 10am please.

Seniors Serving Seniors— Tuesday, February 14th at the Danvers High School from 9-10:30am sponsored by the Senior Class. There is no charge for this event, but please register by calling the center at 978-762-0208 by Friday, February 10th. **Limited transportation is also available.**

If you would like this newsletter sent monthly via e-mail send your email address to:
Lmachado@danversma.gov

What's Happening This Month...



Timely Topics 10:30am-11:30am

There is no charge for this event, but if you plan on attending, please call 978-762-0208 or sign up at the front desk for this presentation so that we can plan appropriate space.

2/1 Dana Healy, Executive Director of Danvers Community Access Television, will be talking about the upcoming licensing process between Verizon and the Town of Danvers and how your input can impact the outcome. The funds from the new licensing agreement are used for non-profit purposes related to technology.

2/8 Trivia with Jen – Come join Jennifer Tineo of Genesis Health Care/Twin Oaks for a morning of fun trivia.

2/15 The DCOA is excited to kick off our 2017 National Accreditation process. We are currently one of only 200 senior centers nationally to achieve this distinction. There are several benefits to undertaking this challenge; the following are only a few:

1. Connect to the community: staff, participants, board members, aging service representatives and the community come together to look at our senior center and compare it to national standards. Together, the center and the community identify strengths and areas that need improvement and develop a strategy.
2. Develop a plan for the future- the aging baby boomer population is predicted to continue to grow until 2030. Developing a strategic plan will allow us to be prepared to meet the increasing demands of this growing population
3. Enhance senior center image- Accreditation creates an opportunity to establish our agency as a leader in positive aging by heightening awareness and showcasing excellence to funders, participants, families and other key people in the community.

2/22 Meet Officer Ellenton who will discuss the Danvers Police Department K9 unit and provide an overview of services Stryka provides. Officer Ellenton will describe real-life scenarios in which Stryka has responded and assisted and explain some of the training Stryka has undergone. Stryka will explain his ability to track persons and locate items.

3/8 Trivia with Jen – Come join Jennifer Tineo of Genesis Health Care/Twin Oaks for a morning of fun trivia.

3/22 Protect Yourself from Medicare Fraud – Come meet Caroline Cole, a representative of the Massachusetts Senior Medicare Patrol Program and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generation. This workshop will provide you with the tools to become a more informed and engaged health care consumer.

Save the Date

- 2/3 Podiatry Clinic, 10am-2pm (by appt only)
- 2/8 Birthday Lunch, 12pm
- 2/9 Low Vision Mtg, 10:30am
- 2/10 Podiatry Clinic, 10am-2pm (by appt only)
- 2/14 Seniors Serving Seniors at Danvers High, 9-10:30am
- 2/20 Senior Center Closed, President's Day
- 2/23 Mr. Fix It, 9am-11:30am
- 2/28 Travel Chef, 12pm

- Every Tuesday & Thursday Zumba, 9:15-10am (\$30/\$42 for 12 sessions)
- Every Thursday—Blood Pressure Clinic, 8:30am-11:30am (by appt. only)
- Every Monday & Thursday 9-12 Kiosk for Living Well
- Every Thurs.—1:15-3 PM—Maple Sugar Jazz Band
- Every Friday-9am-12:30pm— Café (Note: no waffles)



TRIAD Corner

The Danvers TRIAD Council is a partnership which includes the Sheriff and District Attorney of Essex County, the Danvers Police and Fire Chiefs, the Council on Aging and supportive services, and seniors. Here are some safety tips to remember while shopping:

- ✓ Try not to carry a large wallet or purse. Take only the credit/debit cards and cash you expect to use.
- ✓ Make sure you receive your card back after each transaction.
- ✓ Keep a record of all of your credit card numbers and Customer Service contact numbers at home in the event the cards are lost or stolen.
- ✓ Keep cash in a front pocket to minimize the opportunity of being pick-pocketed.
- ✓ Take note of where you parked your car. Always park in well-lit areas at night, or near other vehicles during the day.
- ✓ Don't leave shopping bags or packages in your vehicle in plain sight. If you can't take them with you, always lock them in the trunk!
- ✓ Beware of strangers approaching you for any reason. At certain times of the year, "con-artists may try various methods of distracting you with the intention of taking your money or belongings."

These tips come from the Danvers Police Department. For information regarding the police and its calendar of events for the month, look at www.danverspolice.com or call their business line 978-774-1213. Remember, if an **emergency**, call **911**.

SOCIAL SERVICES ANNOUNCEMENTS

OUTREACH COORDINATOR, Lisa Westrate 978)762-0208 x105

Lisa Westrate is available for information and referral regarding services and benefits that may be helpful to you. Call to schedule an appointment. Home visits are possible upon request.

LOW VISION SUPPORT GROUP:

This group is for those experiencing any type of vision loss ranging from a small degree of vision loss to those who are totally blind. We meet on the 2nd Thursday of each month at 10:30am. On 2/9 we will receive a visit from a representative from MassEDP. The Massachusetts Equipment Distribution Program provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing loss or vision loss. This enables you to have the opportunity to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech. Join us in February to learn about how to qualify and acquire equipment.

CHALLENGES OF LIVING ALONE (CLA):

On Thursday, 2/23 at 1pm, we will be joined by Lisa Anastos, Esq. Currently employed by a national managed-care company, Lisa's broad experience includes Senior Services and her ongoing Private General Practice in areas such as wills, divorce, legal contracts, etc. She will be available to answer questions you bring on the 23rd, but better yet, if you have an issue you know ahead of time you'd like her to cover, submit your question to Lisa Westrate at the Senior Center. You can also send an email to LWestrate@danversMA.gov

TRIAD on the Road

TRIAD on the Road will be presenting on Senior Safety in the Danvers Community at the Highland Manor community room, 14 Stone St. on 2/13 at 1pm. Sign up at the front desk at the senior center or call 978-762-0208.

Social Service News & Announcements

If you haven't already, take a look at the Resource Center bulletin board in the hallway across from the fitness room. There you will find information on relevant topics such as: Medicare, Social Security, Senior Safety, Scams, Veterans Benefits, and Assistance with paying for Utility Bills and Food. Keep checking back as information will be added and updated regularly.

**For more information, or to be added to the phone list for either Support Group contact
Lisa Westrate, Group Leader/Outreach Worker at 978-762-0208 x105**

Volunteer Opportunities

WE NEED OUR VOLUNTEERS MORE THAN EVER!

Did you know that the 60+ population is the fastest growing segment of the population? The growing need for transportation to our senior population is placing an ever increasing demand on our Transportation Program. During FY2016 over 15,330 rides were provided to various locations including medical appointments, physical therapy, dialysis, adult and social day programs, shopping, banking, errands and other social activities. Many rides that cannot be accommodated by our vans because of availability could easily be accommodated in a personal vehicle. In response to this increasing need we are piloting a new "Volunteer Driven" Transportation Program by replicating similar programs running successfully all over the country.

Those of us who are able to continue driving cannot fully comprehend the loss of independence felt when one is no longer able to drive. Having options available to these individuals will greatly assist in making the transition to a "non-driving" life easier. Mileage reimbursement, excess automobile liability, and training/supervision will be available. If you think you would like to help us to provide this important service, please call Cathy Andre, Volunteer Coordinator at (978) 762-0208 for more information.

Highlands School will be visiting!!

The 5th Graders are coming. Please join us on Fridays (March 3, 24, 31; April 7, 28 and May 5 & 12) from 12-1 PM when the 5th grade students of the Highlands School Student Council visit the Senior Center. This is a great opportunity to interact with students (some of them may be your neighbor or grandchild!). The students will also be bringing Italian Ice for everyone. Come on in and support the kids!


North Shore Elder Services Option Counselor

Knowing what options are available to you and your family at difficult points in your loved one's life isn't always easy. North Shore Elder Services provides individuals and caregivers with options counseling at any time. Our compassionate and educated counselors are able to meet with you at home, the hospital, a nursing facility, an assisted living facility, or even a community site to speak with you. You do not have to meet any income guidelines or be of a certain age to meet with our Options Counselors. An Options Counselor from North Shore Elder Services is available at the Danvers Council on Aging on Mondays and Thursdays from 9am-12pm.

Blood Pressure Clinics – By appointment. Judith Ryan, RN our Public Health Nurse will hold blood pressure clinics on Thursday mornings from 8:30-11:30 AM. Call the center at 978 762-0208 x114 to book your appointment.

Senator Joan Lovely's office will host district hours at the Danvers Council on Aging from 11:30am-12:30pm on Monday, February 6th. Appointments are encouraged and can be made by phone at 617-722-1410 or by email at joan.lovely@masenate.gov The Senators office offers a range of constituent services to residents of the Second Essex District. If you have any questions or concerns regarding state government, please feel free to contact her or her staff.

Kiosk for Living Well

Come to the Kiosk in February! The Healthy Hearts nurse will be on site one day before **Valentine's Day**  on **Monday February 13th** between 9:30 – 11:30. Get a Healthy Hearts checkup during the month that's dedicated to everyone's heart!

Sylvia the Fall Prevention specialist will be at the Center on **Monday February 6th** between 9:00 – Noon to do balance assessments and to demonstrate leg-strengthening exercises. She works with people at all levels of mobility.

The Kiosk for Living Well is open every Monday and Thursday from 9:00-Noon

See you there!

FUEL ASSISTANCE

Fuel Assistance is available for those whose income is less than **\$34,001 for an individual** or **\$44,463 for a household of two.**

To apply call NSCAP directly at 978-531-0767 to make an appointment.

You can also contact Lisa Westrate at 978-762-0208 x105 to schedule an appointment at the Senior Center.

Lisa also makes home visits, if necessary, upon request.

November 1, 2016 - April 30, 2017

Bereavement Loss and Change Support Group Wednesdays from 1:30-3pm

Support group for people who have experienced the death of a loved one and who want to understand the grieving process, find comfort, healing, and more meaning in their lives. Nancy Downey, Leader.

Medical Van Transportation
Please call Lorene Machado to schedule a ride at 978-762-0208

ATTENTION ALL RIDERS!!

Due to high demand...for booked appointments, we will get you to your appointment on time, however, you may need to wait for a return ride home. Thank you for your patience and understanding!

<p>Mon, Tues, Wed, Thurs & Fri 9:30am-1:30pm Senior medical rides to and from Danvers, Salem, Peabody and Beverly.</p> <p>9:30am—11:30am: Lunch pickups to Sr. Ctr</p> <p>12:30pm: Shoppers (from Sr. Ctr)</p> <p>1:00pm: Sr. Center Returns</p> <p>2:00pm: Shoppers Returned Home</p> <p>3pm (Thurs only) Band Returns</p> <p>2:30pm-4:00pm Daycare Returns</p>	<p align="center">Shopping Schedule</p> <p>Transportation leaves for a shopping location from the Senior Center at 12:30pm.</p> <p>Mon: Market Basket, Middleton Tue: Stop & Shop (Rte 1/62), Danvers Wed: Market Basket, Danvers or Target at Liberty Tree Mall Thu: Shaw's in Peabody or North Shore Mall, Peabody Fri: Wal-Mart (Rt 114)</p> <p><u>PLEASE NOTE:</u> The limit is <u>2 canvas bags per person</u> only. All shoppers need to be ready for a return ride home by <u>2pm.</u></p>
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POPCORN & A MOVIE

Join us on Tuesday, February 7th at 1 PM for “Sully” – On January 15, 2009, the world witnessed the “Miracle on the Hudson” when Captain “Sully” Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career. Tom Hanks. Rated PG-13 by the Motion Picture Association of America for some peril and brief strong language. Please sign up at the front desk or call the senior center at 978 762-0208 if you plan on attending.



Bingo Bonanza
Wednesday, February 15th 11am-2pm
at Brentwood

Brentwood is generously sponsoring a Bingo Bonanza for the Danvers Senior Center to be held at their newly beautifully renovated facility at 56 Liberty Street in Danvers. This event which will be held on Wednesday, February 15th will include bingo with amazing prizes as well as lunch for those attending. RSVP to the Senior Center at 978-762-0208. The Center will provide a shuttle to get everyone back and forth as parking is limited at their site. Join us for this fun event!

~2017 DAY TRIPS~**(ALL DAY TRIPS INCLUDE MOTORCOACH TRANSPORTATION FROM THE SENIOR CENTER UNLESS SPECIFIED)**

Sunday, March 12, 2017—Twin Rivers Casino in Lincoln, RI— Enjoy the over 4500 slot machines or play any of the many table games. You will receive a voucher for \$7 towards lunch at one of the casual restaurant options as well as a free play. **Note: Full refund if there is a snow or ice storm.** \$35 (All Around New England).

Thursday, April 20, 2017 – Magician Adam Trent- at Lantana's in Randolph. Adam Trent is the star of the Broadway hit show The Illusionist and the #1 selling magic show in the world! Adam is taking the world by storm, blending dancing and singing to this innovative stage show. Complete chicken luncheon included. \$95 (Best of Times)

Tuesday, May 23, 2017 – Stayin Alive -Bee Gee's Tribute- at the Danversport Yacht Club. This show creates a realistic sense of hearing and experiencing the brothers' Gibb live in concert. Songs include: Jive Talking, Night Fever, Stayin Alive, Emotion, and many more. Transportation on your own. Cost: \$69 (Best of Times)

Tuesday, June 20, 2017—"Tall Ships" - Trip includes lunch at the Living Room, Tall Ships Cruise, Boston commentary, driver gratuity, escort and more. If you have never seen the Tall Ships in Boston, This will be a special treat, and if you have seen them before, this should bring back fond memories. The best way to see them is from the water. We will have one bus only, so make sure you sign up early. \$97 (All Around New England).

Thursday, July 20, 2017 – Voices of Legends Show – Starring Eric Kearns at the Venezia Waterfront Restaurant. Master of vocal impressions Eric Kearns act includes vocal impersonations from artists from the 1920's – 1970's. Hear songs by Frank Sinatra, Elvis Presley, Neil Diamond, Tom Jones, Dean Martin, Johnny Mathis, Bobby Vinton and more. Complete luncheon of Chicken Parmesan or Atlantic Baked Haddock. Cost \$85 (best of Times)

Thursday, August 17, 2017 – Traditional Maine Lobsterbake – at Foster's in York, ME. Enjoy a traditional lobsterbake as well as the comedy and music of Bobby Darling and Dr. Devine. Cost: \$89.95 (Best of Times)

Thursday, September 21, 2017—"One Night in Memphis"- The Million Dollar Quartet, a tribute to that memorable night in Memphis when Elvis, Johnny Cash, Carl Perkins and Jerry Lee Lewis recorded at Sam Phillips's Sun Studios. Held at the Venus De Milo with complete luncheon of Chicken Parmesan or Baked Scrod. Cost: \$89 (Best of Times)

Thursday, October 5, 2017 – NH's Foliage Splendor – Travel to New Hampshire with stops at the Granite State Candy Shoppe for a behind the scenes guided tour of the candy making process and samples of their magnificent chocolates. Lunch at the Common Man with your choice of Apple Walnut Chicken or Baked Haddock. Visit Meadow Ledge Farm. The farm features fresh baked good, fruits and vegetables and local made products. Cost: \$89 (Best of Times)

November 5, 2017 -"Newport Playhouse" - Enjoy a luncheon buffet before you see the show "The Crazy Time". This is a play about men trying to understand women and how they never will. Miles, a man in his mid-fifties, left his wife of 30 years and marries a woman half his age. Six months later the new wife leaves him, his business partner cheats him, and his first wife...who is looking better than ever, wants to buy his modern apartment for her and her extremely young boyfriend! After the show, enjoy a vaudeville style cabaret with music, songs, and more smiles. Cost: \$96 (All Around New England).

Tuesday, December 5, 2017 – Michael Buble Christmas Tribute featuring Scott Keo at the Danversport Yacht Club. Scott Keo looks, moves, sounds and swings like Michael with unbelievable accuracy energy and crowd involvement. Enjoy the show with a completed luncheon of Chicken or Baked Scrod. Transportation on your own. Cost: \$69 (Best of Times)

~MULTI-DAY TRIPS~
**PLEASE STOP BY THE SENIOR CENTER TO PICK UP
DETAILED FLYERS ON ANY OF OUR TRIPS**

February 25-March 4, 2017 – Western Caribbean aboard the MSC Divinia – Trip includes round trip air Boston to Miami; 8 day, 7 night cruise with ports of call in Ocho Rios, Jamaica, George Town Cayman Islands, Cozumel, Mexico, and Nassau, Bahamas. Cost from: \$1,349 per person, double occupancy and includes Air and port taxes, and fees. (Durgan Travel)

March 11-17, 2017 – Iceland’s Magical Northern Lights – If seeing the aurora borealis (otherwise known as the northern lights in the northern hemisphere) is on your bucket list, then next year might be your last *best* chance to catch the eerie celestial display for quite some time. According to scientists, the current 11 year solar cycle is quickly winding down and next year could very well be the last for nearly a decade. Trip includes r/t air, hotel & transfers. Highlights include Reykjavik, Northern Lights Cruise, Golden Circle, Vik, Blue Lagoon and much more. Cost from: \$3,219 p.p., d.o. (Collette) ** There will be a special presentation on **Thursday, June 9th at 5 PM** with Vincent Brown of Collette where you can learn more about this trip. There is no charge to attend the presentation, but please call at 978-762-0208 to register.

April 21-25, 2017—Colonial Williamsburg & Jamestown, VA—Trip includes r/t deluxe motorcoach, 4 nights lodging, 4 breakfasts, 4 dinners, touring includes Busch Gardens, Colonial Williamsburg, Jamestown Settlement, Douglas MacArthur memorial, Ferry Ride to Cape May, NJ, tour director, gratuity & more. Cost: \$899 p.p., d.o. (Best of Times).

April 29-May 6, 2017 – Mackinac Island featuring The Grand Hotel – R/t air and transfers. Highlights include: Greenfield Village & Henry Ford Museum, Edsel & Eleanor Ford House, Frankenmuth, Mackinac Island, The Grand Hotel, Chicago, Millennium Park and more. Cost from: \$2,749 p.p., d.o (Collette)

May 19-21, 2017 – New York City – This 3 day/2 night trip included deluxe motorcoach transportation, lodging at the luxurious Roosevelt Hotel, full breakfast each morning at the hotel, visit to the September 11 Museum & Memorial, Ferry Ride to Liberty & Ellis Island w/admission to Statue of Liberty. This trip allows you the ability to explore more of the city with free time to enjoy museums, shows, shopping, etc. Cost: from \$599 p.p, d.o (Best of Times)

September 5-13, 2017 – The Pacific Northwest’s Coastal Treasures – featuring the San Juan Islands and Victoria – Trip includes r/t air, transportation to/from Logan airport. Highlights include Seattle, San Juan Islands, Friday Harbor, Victoria, Port Angeles, Olympic National Park, Hoh Rain Forest & much more. Cost: From \$3,999 p.p., d.o. (Collette)

September 7-11, 2017—American Music Cities of Nashville & Memphis—Trip includes r/t air, travelers insurance, 3 nights at the Premier Gaylord Opryland Hotel in Nashville, 1 night lodging in Memphis, 4 breakfasts, 4 dinners. Touring includes riding tour of Memphis, Beale Street, Graceland, RCA Studio, performance at the Grand Ole Opry, and much more. Cost from \$1,799 p.p., d.o. (Best of Times)

Please Note: When you are registering a group of people for an event, trip or class and they are not under your household, you will need to pay by check instead of a credit card. Our software program will only allow your credit card to be charged for yourself and people who live in your immediate household. We apologize for any inconvenience this may cause.

Travel Talk – Thursday, February 16 at 5 PM. Meet Vincent Brown of Collette Vacations and learn more about the amazing trip to the Pacific Northwest featuring the San Juan Islands and Victoria – Trip includes r/t air, transportation to/from Logan airport. Highlights include Seattle, San Juan Islands, Friday Harbor, Victoria, Port Angeles, Olympic National Park, Hoh Rain Forest & much more. Cost: From \$3,999 p.p., d.o. There is no charge for this, but please register in advance by calling the center at 978 762-0208.

Online registration for March classes

Below is a list of classes scheduled to begin in March. We encourage you to sign up on-line. To register for programs, you will need to first set up an account for your household. This must be done by everyone regardless of previous activity with the Danvers Council on Aging. This real time registration system will create a more streamlined process for all of our customers. The initial account set up should take no longer than fifteen minutes and can be done as you are registering. If you have not yet registered for a program but will be, please take 10-15 minutes to "Create an Account" with Danvers Council on Aging on our system. You can do that by logging into www.dcoa.org, then click under "Need an Account". This will walk you through the process and then you will be ready to go when it is time to register! If you need any assistance please call the Senior Center and **we will schedule a time to assist you**. As always, you can come into the senior center to register.

**DANVERS COUNCIL ON AGING
SPECIAL INTEREST PROGRAMS/ACTIVITIES
SEMESTER BEGINS MONDAY, MARCH 6, 2017**

All classes are open to everyone, you do not need to be a Danvers resident or a senior to attend classes. Registration in advance is required for all classes on a first-come, first served basis.

Winter Session Registration: February 7-21, 2017
IV March 6-April 14, 2017

Summer Session
To Be Announced

Spring Session Registration: April 5-18, 2017
V May 1-June 9, 2017

DID YOU KNOW..... You can also register online. Go to our website: dcoa.org and click on the link that will take you directly to online registration for Danvers Senior Center Classes (and trips)

Fees for classes are for current members of the Friends of the Danvers Council on Aging or nonmembers. One of the benefits of supporting the Friends of the DCOA is by paying the "member price". All you need to do when you come in to sign up for a class is to show us your current Friends of the DCOA membership card.

*****NOTE:*** All classes are 6 sessions unless specified in class description.

MONDAYS

Strong Women, Strong Bones 8:15-9:15 AM Carole Lane Cost: \$5 per session member/\$7 Non member
Weight-bearing, resistance training based on the Tufts Medical Program. Please bring your hand weights.

Ongoing

Video Exercise 8:30-9:30 AM Cost: Free

Join our group as they exercise to "Richard Simmons and the Silver Foxes". This fitness dvd program is designed for "Silver Citizens". Group meets Monday, Wednesday & Friday mornings.

Ongoing

Tai Chi for All 9:30-10:30 AM Johanna Hattendorf Cost: \$25 member/\$35 non member

In this six week class you will learn simple Tai Chi movements that anyone can do for health and wellness. Instead of complicated movements that can be discouraging for those starting out, you will learn simple movements that are the building blocks of Tai Chi and Chi Gong. Class size: 15

Sessions: IV, V

Chair Yoga 1:30-2:30 PM Dot McKeen, RYT Cost: \$30 Member/\$45 non member

Chair Yoga is a wonderful way to reduce stress, relieve muscular tension in neck, shoulders and back, increases flexibility, balance and endurance as well as enhances your well being. Class size: 30

Sessions: IV, V

Games 1-4 PM Cost: Free

Stop by and play board or card games with your friends. You may even learn a new game. All are welcome

Ongoing

TUESDAYS

Zumba **9:15-10 AM Priscilla Gerrard** **Cost: \$30.00 Member/\$42 non member**
 Low impact aerobics custom tailored to the fitness needs of the more mature fitness conscious individual. Class meets every Tuesday and Thursday. Purchase a "Passport to Health" card and have it punched every session you attend. Each card is good for 12 sessions. The card does not expire.

Ongoing

Watercolor Painting **9:00 AM-12:00 PM Br. Edward Rice** **Cost: \$55 Member/\$75 non member**
 Six classes for intermediates to enhance painting skills. Additional supplies required. Class size: 9

Sessions: IV, V

Intermediate Bridge-Plus **9:30-11:30 AM Norm Mason** **Cost: \$25 Member/\$35 non member**
 Six classes will help the more experienced bridge player with complex bridge situations. Class size: 24

Sessions: IV, V

Open Time to Play Bridge **12:00-4:30 PM** **No Cost**
 Tables of 4 may be reserved by calling the center at 978 762-0208 or 978 762-0209. Come as part of a group or by yourself and make new friends!

Ongoing

WEDNESDAYS

Strong Women, Strong Bones **8:30-9:30 AM Carole Lane** **Cost: \$5 per session member/\$7 Non member**
 Weight-bearing, resistance training based on the Tufts Medical Program. Please bring your hand weights.

Ongoing

Video Exercise **8:30-9:30 AM** **Cost: Free**
 Join our group as they exercise to "Richard Simmons and the Silver Foxes". This fitness dvd program is designed for "Silver Citizens". Group meets Monday, Wednesday & Friday mornings.

Ongoing

Chair Toning **9:45 – 10:30 AM Priscilla Gerrard** **Cost: \$30/\$45**
 Chair Toning is a program to strengthen and tone various body parts. It is a non-stress, low-impact class. It is appropriate for any age and level of physical capability. Participants are seated throughout the program. Exercises are done for warm-up, toning and strength and cool-down. Weights can be used for a portion of the class – but this is optional. Suggested weights are 1-3 lb hand weights. Upper body, lower body and core strengthening/toning are the focus of this class. Emphasis on breathing and control with movement throughout. Participants are not expected to use weights or do certain exercises if this is beyond their ability or comfort level. Class size: 12

Sessions: IV, V

Parkinson's Fitness & Movement **10:30-11:30 AM Linda Hall & Marilyn Freeman** **Cost: No Charge**
 Do you have Parkinson's Disease? If so, this exercise class is for you. Linda and Keith Hall of Parkinson's Fitness will lead you through a variety of customized exercises to improve balance and stability, agility, cognitive awareness, and strength-training by ability levels. This program was created to promote self-motivation and positive attitudes. There is no charge for this.

Session: Ongoing

Watercolors As You Like It **9:00 AM-12:00 PM Karen Nastuk** **Cost: Members \$55 Member/ \$75 non member**
 Six classes for beginners and intermediates to enhance painting skills. Additional supplies required. Class size: 9

Sessions: IV, V

Quilters & Rug Braiders **1-4 PM** **No Cost**
 Individuals work on their own projects. All are welcome.

Ongoing

WEDNESDAYS continued**Bereavement, Loss and Change Support Group 1:30-3:00 PM, Nancy Downey No Cost**

A support group for people who have experienced the death of a loved one and who want to understand the grieving process, find comfort, healing, and more meaning in their lives.

Ongoing**Open Time to Play Mah Jongg 1-4 PM No Cost**

Tables of 4 may be reserved by calling the center at 978 762-0208 or 978 762-0209. Sign up as part of a group or by yourself and make new friends! Tiles will be supplied by the Senior Center.

Ongoing**Line Dancing 2:30-3:30 PM Tina LaFlam Cost: \$5 Member/\$7 Non member**

Sessions: Ongoing - Begins on Wednesday, September 7th and is ongoing through June 7th.

THURSDAYS**Zumba 9:15-10 AM Priscilla Gerrard Cost: \$30.00 Member/\$42 non member**

Low impact aerobics custom tailored to the fitness needs of the more mature fitness conscious individual. Class meets every Tuesday and Thursday. Purchase a "Passport to Health" card and have it punched every session you attend. Each card is good for 12 sessions. The card does not expire.

Ongoing**Intermediate Bridge-Plus 9:30-11:30 AM Norm Mason Cost: \$25 Member/\$35 non member**

Six classes will help the more experienced bridge player with complex bridge situations. Class size: 24

Sessions: IV, V

Maple Sugar Jazz Band 1:15-3 PM No Cost

Join John Kendrick and his Maple Sugar Jazz Band for live music and dancing every Thursday.

Ongoing**Mah Jongg 2-4 PM Flo Woods Cost: \$25 Member/\$35 non member**

Learn to play the ancient Chinese Tile Game.

Sessions: IV, V

FRIDAYS**Video Exercise 8:30-9:30 AM Cost: Free**

Join our group as they exercise to "Richard Simmons and the Silver Foxes". This fitness dvd program is designed for "Silver Citizens". Group meets Monday, Wednesday & Friday mornings.

Ongoing**Woodcarving 9 AM-12 Noon No Cost**

Beginners and intermediates welcome. Participants will work on their own projects. Please provide your own tools and supplies.

Ongoing**Wii Bowling 9-10 AM No Cost**

Have you ever tried Wii Bowling? Join us to play weekly. This is a game anyone can play.

Ongoing**Parkinson's Fitness & Movement 1-2 Linda Hall & Marilyn Freeman Cost: No Charge**

Do you have Parkinson's Disease? If so, this exercise class is for you. Linda and Keith Hall of Parkinson's Fitness will lead you through a variety of customized exercises to improve balance and stability, agility, cognitive awareness, and strength-training by ability levels. This program was created to promote self-motivation and positive attitudes. There is no charge for this.

Session: Ongoing

Knitting 1-4 PM No Cost

All participants work on their own projects. Members help each other over the tricky points and help you turn out an item just like the photo in the instructions. All Welcome!

Ongoing

DCOA Class Refund Policy:

You may cancel your enrollment in a program/class prior to the program’s start date and request a refund. The cost of the program/class minus a \$5.00 processing fee will be refunded. A refund will be issued in the form of a credit to the credit card you registered with or as a check. **Registration fees are nonrefundable if cancelled on or after a program start date.** The Danvers Council on Aging cannot refund fees requested on or after a start date of a program, or for sessions missed due to personal illness or other personal situations.

Brightview Danvers

Brightview Danvers is excited to partner with the Danvers Senior Center to host a fun morning of jewelry making at their Senior Living Community at 50 Endicott Street in Danvers on Friday, February 24th at 10 AM. Assisted Living Manager Mandee Michael will teach you how to make your own custom necklace from her beautiful selection of beads. Refreshments will be served. There is no charge for this event, but you must register in advance by calling the Senior Center at 978 762-0208 as we can only take 10. Transportation will also be available from the Senior Center.



Danvers Community Access Television is inviting the community to help shape the local vision for cable, media and technology in Danvers. Bring your ideas and learn more about current and new opportunities available to our community.

Attend any session that works for your schedule:

March 15th 10:00am-12:00pm

Local Government Departments, Agencies and Boards

March 15th 3:00pm-5:00pm

Education, Youth and Sports

Meeting at the Peabody Institute Library in Danvers, Gordon Room
15 Sylvan Street Danvers MA

March 16th 11:00am-1:00pm

Social, Human, Health Services & Faith-Based Organizations and Seniors

March 16th 6:30pm-8:30pm

Community, Arts, Culture, Music and Heritage Groups

Meeting Danvers Community Access Television
87 Elm Street, 2nd floor, Danvers MA

Catered event with prizes.

See schedule and sign-up information at
www.DanversTV.org/focus

VETERANS' SERVICES ANNOUNCEMENTS

**Veterans' Service Officer
Peter Mirandi 978-777-0001 x 3025**

DANVERS VETERANS & WIDOW(ER)S

You MAY be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES & possibly additional FINANCIAL ASSISTANCE through Massachusetts Chapter 115

Single: Income is below \$1,915/mo & assets less than \$3,200 Couple: Combined income is below \$2,585/mo & assets less than \$7,000

VA HOSPITAL TRANSPORTATION OPTIONS

Veterans must schedule his/her own appointment with the VA.

BEDFORD

DEPARTS at **9:30 am** Monday - Friday
Vittori Rocci Post #56
143 Brimbal Ave. Beverly
Call the Gloucester VA Clinic at **781-687-2000 or 1800-838-6331 or 978-282-0676 with at least 24 hour notice** to be added to the Gloucester – Bedford Shuttle with a Beverly pick up. *Cost: Free*

JAMAICA PLAIN

DEPARTS at **8:30 am** 1st Tues & 3rd Wed each month
Torigian Community Life Center
Peabody Council on Aging
79 Central St. Peabody
Call 978-531-2254 to schedule a ride to Jamaica Plain.
Cost: \$5/vet (+one optional escort) (This shuttle is sponsored by Lahey Clinic, Mayor Ed Bettencourt & the Community Life Center)

For information about Chapter 115 Benefits or to schedule an appointment, contact Danvers Veterans' Service Officer, **Peter Mirandi, at (978) 777-0001 x3025 or Outreach Coordinator, Lisa Westrate, at (978) 762-0208 x105**

Veterans who need transportation to/from the Vittori Rocci Post #56 in Beverly or the Torigian Community Life Center please call Lorene at **978-762-0208** with at least 48 hours advance notice to schedule a ride with the Danvers Senior Center van.

**Operation Troop Support
Items for February**

In keeping with the growing needs of our troops, we will be collecting these needed items for the month of February: crossword puzzle books, word searches, brain teasers, playing cards and hand held electronic games. Please drop off items at the Danvers Council on Aging, 25 Stone Street.

Medical Equipment

We are currently in need of bath seats and bath benches. We are not accepting any other items at this time. We will update monthly any items needed. These items are loaned to seniors at no charge to assist them in their recuperation. You may drop these off at the front desk at the Senior Center if you have any to donate.

Facebook

Did you know that you can get current updates on activities, classes, etc. just by liking us on Facebook? We update on a regular basis any changes/additions in our activities and on any programming. Search for us at: Danvers Council on Aging and Senior Center, click Like, and you will be kept up to date!

Learn to coupon with Judi - Did you know that you can save 30-80% on your groceries? You can spend as little as a half hour of preparing in advance to save on your weekly grocery bill. Do you know how to “double up” on a sale? Do you know where to find coupons? Join Judi Martino on the first and third Monday of the month (February 6th from 10:30-11:30 AM) to learn how to organize your coupons; share coupons ideas and information. Note: February 20th is Presidents’ Day so there will not be a class.

Crazy Cards– A fun way to play whist! A game of fun and laughs! Anyone can play, no card skills needed. Prizes awarded each week. Group will meet the 2nd Monday of the month from 9:30am-Noon. This month will be Monday, February 13th. Must sign up in advance at the senior center (limited to 28 players). Cost: \$1.00 members/\$3.00 non members.

Book Club –The Book Club will be meeting on Monday, February 13th from 1pm-3pm. The book topic will be Romance. All are welcome!

Coloring – Mondays from 10-11 AM. According to psychologists, coloring is the best alternative to meditation. Coloring allows you to unlock your creative potential. Perhaps more important, it helps relieve tension and anxiety. It also unlocks memories of childhood and simpler times. All supplies are provided. Join us!!

Parkinson’s Fitness & Movement – Along with the Wednesday morning (10:30-11:30 AM) class we also offer a Friday class. Friday classes are from 1-2 PM. Do you have Parkinson’s Disease? If so, this exercise class is for you. Linda Hall and Marilyn Freeman of Parkinson’s Fitness will lead you through a variety of customized exercise to improve balance and stability, agility, cognitive awareness, and strength-training by ability levels. There is no charge for this as the Wednesday class is generously sponsored by Genesis Health Care at Hathorne Hill, and the Friday class is generously sponsored by Parkinson’s Fitness. Please call Paula to register at 978-762-0208.

Fitness Center - Did you know that the Danvers Council on Aging offers a Fitness Center for seniors? This state of the art fitness center offers a commercial grade treadmill, elliptical, recumbent bicycles and universal gym. The Fitness Center is open Monday through Friday, 9am—4pm. All participants are required to sign a medical waiver prior to using equipment. Please go to the front desk to fill out a medical waiver.

Mr. Fix It - Do you have a portable heater that needs to be cleaned and checked? If yes, bring it to the Senior Center on Thursday, February 23rd from 9am-11:30am and the Mr. Fix It Group will try to fix it. Due to space limitations, if you can not bring your item on the 23rd, please do not drop off your items until Wed. Feb 22nd. Thank you.

Circle of Hope

Does someone close to you (spouse/partner, child, grandchild, or trusted caregiver) withhold your medication, use your money without permission, limit your phone calls, or tell you when or where you can go? Do you feel that nothing you ever do or say is “right?” If so, you are not alone. Are you looking to be among peers in a safe space to share your experience? Help us help you, by joining a free educational support group for seniors over 50 every Tuesday from 11 am to 12 pm at the Danvers Council on Aging. This group is completely confidential. The group is sponsored by CALL-NS, Confronting Abuse in Later Life-North Shore, a grant which aims to provide outreach and education around abuse, neglect, and financial exploitation of elders fifty years and over. For more information, contact: Carolyn Lewis at 978-624-2248

Snow Cancellation Policy of the Danvers Senior Center

The Senior Center (transportation, meals and programs) will be cancelled if the Danvers School System closes schools. If the school system has a delayed opening, all activities including transportation, prior to the time of delay will be cancelled. All school closing announcements are broadcast on local television stations as well as the radio station North Shore 104.9 (FM). If weather conditions occur during school vacation week, please call 978 762-0208 to receive updated cancellation information. The Council on Aging office will be open and staff available during inclement weather. As a reminder, it is important that you check in on "My Senior Center" on a daily basis so that if we need to change or cancel an activity, we will have an accurate listing of attendees. A feature of this program is that we are able to call people to let them know of any changes or cancellations.



Check in and you may win a prize!!!!

Are you using your card to check in on "My Senior Center" at the front desk every time you come to the center for a class, trip, activity or to enter your volunteer hours? There is a new category titled "Raffle". Every day that you are at the Senior Center and check in, remember to touch on the Raffle option on the first page and you will earn an entry into the Raffle. A random winner will be selected on the first business day of each month to ensure that all entries from the previous month are included. **The December winner was Margaret Demelis who won a \$15 Market Basket gift card.** So remember to check in on the computer each time you are here. If you don't have a card, stop by the front desk and we'll be happy to get you one!

Danvers Historical Society

Do you enjoy exploring Danvers history with today's youth? The Danvers Historical Society's education team needs your help. They are recruiting volunteers who enjoy exploring Danvers history with today's youth. For the past thirty years the Danvers Historical Society volunteers have collaborated with Danvers elementary schools and Danvers Alarm List Company to present Danvers History Week for third graders each June.

This very successful program introduces the students to their local history through on-site visits to Rebecca Nurse Homestead, Jeremiah Page House, Tapley Memorial Hall and Endicott Park (where they have their lunch break). The students engage in fun, hands-on activities.

We invite you to attend one or more of these three orientation sessions at Tapley Memorial Hall, 13 Page St, Danvers.

Tuesday, Feb. 7th 10am-11:30am
Wednesday, Feb. 15th 10am-11:30am and 5:30pm-7:00pm

Stop in to learn more about the History Week Program, its activities, and consider the opportunity to volunteer and help us introduce local history to Danvers youth. For more information, please contact Danvers Historical Society at 978-777-1666 or visit www.danvershistory.org.



HELP! Medicare Open Enrollment ended on December 7th : I still have a problem!

- **“My Medicare drug plan is too expensive! Can I still change my Plan?”**

If you have a Medicare Advantage Plan:

between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. However, you can join a **Medicare Prescription Drug Plan** and a supplement or **“Medigap”** Plan.

→ *If you have **Prescription Advantage** you can change your drug plan one time per year.*

→ *If you have **“Extra Help”** to pay for prescription drugs or **MassHealth**, you can change every month.*

- **“My new plan doesn’t cover one of my medications!”** You are entitled to a “transition supply” -- a one month (30-day) refill.

→ In the meantime, call your doctor to change medications. Use the new plan’s drug formulary to choose a medication that is on the list...(or you could change plans. See above.)

- **“My generic medication is now a Tier 4 and costs a lot more!”**

→ Ask your doctor to contact the plan to request the previous Tier co-pay amount. (Or you could change plans. See above)

For these and other questions about your options **call the Danvers Council on Aging at 978-762-0208** to schedule an appointment with one of our SHINE counselors or you may contact a SHINE (Serving Health Insurance Needs of Everyone...on Medicare) health benefits counselor at 1-800-AGE-INFO (1-800-243-4636), then press or say 3. They offer free, confidential counseling on all aspects of health insurance and are available to meet you in your town. Call SHINE is funded by the federal Administration on Community Living and is managed by the Executive Office of Elder Affairs in coordination with local organizations.

Kevin M. Lyons · Amanda Lyons Brinkley · C.R. Lyons III

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Curran Brothers Florists, 10% off cash & carry sales (no wire orders)

Hartnett's Auto Body, \$3.00 off any car wash (coupon needed)

Would you benefit from a free monthly bag of groceries?

You may be eligible for the Commodity Supplemental Food Program (CSFP)! The Danvers Council on Aging will begin working with the Greater Boston Food Bank to provide the CSFP once a month beginning in September for individuals **60 years of age** or older. Eligibility is determined by age, **gross** monthly income and household size- please see the chart below.

Household Size	Weekly	Monthly	Annual
1	\$ 295.00	\$ 1,276.00	\$ 15,301.00
2	\$ 399.00	\$ 1,726.00	\$ 20,709.00
3	\$ 503.00	\$ 2,177.00	\$ 26,117.00
4	\$ 607.00	\$ 2,628.00	\$ 31,525.00

Verification of **identity, age, residence and income** will be required upon applying. Please contact Lisa Westrate at 978-762-0208 for more information.



Birthday Lunch (The 2nd Wednesday of each month)

The next Birthday Lunch will be held on Wednesday, February 8th at 12pm. If you are celebrating a birthday in the month of February lunch is on us! January birthdays were from left: Pam Parkinson, Jane O’Connell, Pat Renault & Brenda Gomez. Please call & register by February 7th at 10am.

SPONSORS

Please present your card

Donald E. Kowalski, DDS, 10% off regular fees.

Rocco’s Pizza House, 10% off regular prices (excludes delivery/catering)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Before getting lunch, please inform your server of any allergies you may have</p>		<p>1) Braised Pork w/apples & onions, green beans w/red pepper, whipped sweet potato, fresh fruit & pull apart roll Calories: 681; Sodium: 448</p>	<p>2) Herbed Chicken w/carrot bisque w/crackers, roasted potatoes, w/turnips & onions, seasonal fruit crisp & multigrain bread Calories: 805; Sodium: 835</p>	<p>3) Potato Pollock w/tartar sauce, mashed potatoes, spinach, chilled fruit & whole wheat burger roll Calories: 771; Sodium: 776 Café: Sausage, pepper, onions & potatoes w/crusty roll \$3.50</p>
<p>6) Meatballs w/country gravy, mashed potatoes, split pea soup w/crackers, apple spice cake & hearty white bread Calories: 777; Sodium: 1223</p>	<p>7) Apricot Glazed Chicken w/braised purple cabbage, roasted butternut squash soup w/crackers, fresh fruit & oatmeal bread Calories: 655; Sodium: 528</p>	<p>8) Hot Dog w/mustard, relish, baked beans, corn & red pepper, mandarin oranges & hot dog roll Calories: 819; Sodium: 1275</p>	<p>9) Sweet Heart Celebration Seafood Bake w/fish, scallop, shrimp, paella style jasmine rice, baby carrots w/dill, strawberry mousse, pull apart roll Calories: 870; Sodium: 1032</p>	<p>10) Lasagna w/meat sauce, broccoli, Caesar salad w/dressing, chilled fruit & whole wheat roll Calories: 672; Sodium: 914 Café: Zimmerman's Famous N.Y Style Reuben w/pickle \$3.50</p>
<p>13) Chicken Curry w/cauliflower, carrots & peas, white rice w/cilantro, chilled fruit & white dinner roll Calories: 647; Sodium: 610</p>	<p>14) Pot Roast w/beets, mashed potatoes, valentines day cookie & oatmeal bread Calories: 623; Sodium: 693</p>	<p>15) Pork Ragout w/hearty veggie soup w/crackers, penne pasta w/oil & parsley, cantaloupe & whole wheat bread Calories: 713; Sodium: 552</p>	<p>16) Lemon Thyme Chicken w/broccoli, roasted potatoes, chilled pineapple & multigrain bread Calories: 622; Sodium: 506</p>	<p>17) Spinach & Cheese Quiche w/tomato soup w/crackers, home fries, yogurt & juice (no milk) & raisin bread Calories: 673; Sodium: 948 Café: Homemade meatloaf, mashed potatoes & corn \$3.50</p>
<p>20) Senior Center Closed Presidents' Day</p>	<p>21) Pollock & Cheese Sandwich w/tartar sauce, green beans, carrot bisque w/crackers, vanilla pudding & whole wheat burger roll Calories: 983; Sodium: 1414</p>	<p>22) Chicken Pot Pie w/red bliss potatoes w/parsley, cantaloupe & blueberry snack & loaf Calories: 677; Sodium: 484</p>	<p>23) Stuffed Shells w/marinara sauce, garlic spinach, apple crisp & hearty wheat bread Calories: 776; Sodium: 1078</p>	<p>24) Rib-Q w/BBQ Sauce, zucchini & red pepper, roasted butternut squash, chilled fruit & wheat bread Calories: 625; Sodium: 881 Café: Lazy man galumpki's w/artisan bread \$3.50</p>
<p>27) Chicken Marsala w/sliced mushrooms, roasted carrots, penne pasta, orange & scall bread Calories: 655; Sodium: 709</p>	<p>28) TRAVEL CHEF Fettuccine Bolognese w/fresh basil garnish, shaved parmesan cheese, Caesar salad, garlic bread & carrot cake.</p>	<p>1) Breaded Pollock w/tartar sauce, cream of broccoli soup w/crackers, mac & cheese, chilled fruit & multigrain bread Calories: 726; Sodium: 989</p>	<p>2) Roast Beef w/onion gravy, peas, whipped squash, baked tomato, brownie & wheat bread Calories: 874; Sodium: 844</p>	<p>3) Lasagna w/white sauce, spinach salad w/dressing, jello & whole wheat bread Calories: 676; Sodium: 863 Café: Lent begins. Gourmet grilled cheese w/pepper jelly & toasted pecans on sourdough bread w/chips & pickle \$3.50</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Every Wed & Thurs: Shine 10am-12:00pm By Appointment Only Monday thru Friday Billiards, 9am-4:30pm Cribbage, 12:30-4:30pm Fitness Center, 9am-4:00pm</p>	<p>Mon thru Fri Billiards, 9am-4:30pm Cribbage, 12:30pm-4:30pm Fitness Center 9:00am-4:00pm</p>	<p>1) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 10:30am-11:30am Parkinson's Fitness Class. Call Paula to register 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 1:30pm-3:00pm Bereavement 2:30pm-3:30pm Line Dancing \$5/\$7</p>	<p>2) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p>3) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>6) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 10am-11am Coloring 1pm-4pm Card/board games (free) 1:30-2:30pm Chair Yoga, \$30/\$45 (6 classes)</p>	<p>7) 9am-12pm Watercolor Painting, \$55/\$75 (6 classes) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 9:30am-11:30am Intermediate Bridge Plus, \$25/\$35 (6 classes) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>8) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as you like it, \$55/\$75 (6 classes) 9:45-10:30am Chair Toning, \$30/\$45 (6 classes) 10:30am-11:30am Parkinson's Fitness Class. Call Paula to register 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 1:30pm-3:00pm Bereavement 2:30pm-3:30pm Line Dancing \$5/\$7</p>	<p>9) 9:15-10am Zumba, \$30/\$42 (12 classes on going) 9:30-11:30am Intermediate Bridge, \$25/\$35 (6 weeks) 10:30am Low Vision Mtg. 1:15pm-3:00pm Maple Sugar Jazz Band 2pm-3pm Mah Jongg, \$25/\$35 (6 weeks)</p>	<p>10) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
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<p>20) Senior Center Closed Presidents' Day</p>	<p>21) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p>22) 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 10:30am-11:30am Parkinson's Fitness Class. Call Paula to register 1pm-4pm Mah Jongg Players 1pm-4pm Quilters 1:30pm-3:00pm Bereavement 2:30pm-3:30pm Line Dancing \$5/\$7</p>	<p>23) 9:00-11:30am Mr. Fix It 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band 2pm-3pm Mah Jongg, \$25/\$35 (6 weeks)</p>	<p>24) 8:30-9:30am Video Exercise 9am-12pm Woodcarving 9am-10am Wii Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p>27) 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 10am-11am Coloring 1pm-4pm Card/board games (free) 1:30-2:30pm Chair Yoga, \$30/\$45 (6 classes)</p>	<p>28) 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>			

**In Memory of
George Bohanon**
By
Louise P. McSweeney

**In Memory of
John Casteris**
By
Annette & George L'Italien

**In Memory of
Nazzaro "Roger" Congley**
By
Richard Greenlaw

**In Memory of
Leo Demule**
By
The Friday Knitters
Marie Comeau

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25 Stone Street, Danvers, MA 01923

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