

ROWLEY'S

OUR TIMES

The Mission of the Rowley Senior Center is to advocate for older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum Independence, and to improve their quality of life.

Volume 27

MAY 2024

Issue 5



*Let your voice and vote be heard at the
Rowley Town meeting.*

*Mon May 6, 2024 6:30 to 11:00 pm
at the Pine Grove School.*

SPOTLIGHT this month

is

**Older Americans
Month**

NEW THIS MONTH

- **Seniors Go Tech**
- **Fraud and Scam Prevention**
- **Two Grannies on the Road**
- **Make a Healthcare Plan**
- **Mother's Day Celebration**
- **Memorial Day Parade**
- **Gut Health**
- **Tour of Bedrock Gardens**

Director's Corner.....

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Here at the Rowley COA, we know about the vital role that connectedness plays in supporting independence and aging in place. We have meals almost every day of the week, watch movies together, play various word and card games, go out to lunch and take fun trips on our van. We recently added ukuleles and line dancing to our repertoire. Join us!! See what a difference a few friends make.

Allie

ROWLEY SENIOR CENTER

Town Hall Annex
PO Box 523 (Mailing Address)
39 Central Street
Rowley, MA 01969
Tel: 978.948.7637
Fax: 978.948.7973
Email: coa@townofrowley.org
Website: www.townofrowley.org

SENIOR CENTER HOURS

Mon - Thu 8:30 to 4
Fri - 9 to 12

SENIOR CENTER STAFF

Eleanor Davis	Director
Vacant	Office
Martha Blanchard	Activities
Tim Morris	Outreach
Dennis Donoghue	Driver

SENIOR CENTER BOARD

Geneva Merry	Chair
Dorothy Johnston	V. Chair
Jean Blanchard	Secretary
Diana Titus	Member
Barbara DePalmer	Member
Gillian Ingram	Member
Gale Penton	Member

FRIENDS OF THE COA

PO Box 79 (Mailing Address)
Rowley, MA 01969

Tom Corben	President
Diane McMahon	V-President
George Gallant	Treasurer
Marie Grover	Secretary
Walter Bockus	Member
Sylvia Wood	Member
MaryEllen Mighill	Member

OUR TIMES NEWSLETTER

coa@townofrowley.org

ONGOING EVENTS

Please see Calendar page(s) for Dates, Times and any changes.

- ◆ **BINGO & LUNCH:** Join us on Tuesday mornings twice a month for lots of fun. Meet new friends, play the game and enjoy lunch. Cards and Coverall are \$1.00 each.
- ◆ **LUNCH & RUMMIKUB:** An interesting game using tiles instead of a deck of cards. Come and join us every Wednesday afternoon for lunch and to play. No charge for this activity.
- ◆ **MEN'S LUNCH:** Held once a month on Tuesdays at any restaurant location of choice.
- ◆ **LADY'S LUNCH:** Held once a month on Tuesdays at any restaurant location of choice.
- ◆ **MAH JONGG:** Join us every Tuesday afternoon for this game of skill. No charge for this activity. **CRIBBAGE & LUNCH:** Join us Friday mornings 9-12 for Cribbage. There is no charge and coffee is available.
- ◆ **YOGA:** Join us every Thursday at the Rowley Library. 2-3pm (\$3.00 suggested donation is appreciated)
- ◆ **WM DUKE WATERCOLOR PAINTING CLASS:** Usually once a month on Thursdays. Charge is \$20 required upon arrival and all supplies are provided.
- ◆ **MOVIE & LUNCH:** Once a month when scheduled.
- ◆ **EXERCISE CLASSES:** See calendar for more information.
- ◆ **MONDAY LUNCH:** Come and gather with friends and enjoy a meal together.
- ◆ **COFFEE HOUR AT PLANTATION:** See inside calendar for dates.
- ◆ **BIRTHDAY CELEBRATION:** Once a month the Friend's of the Senior Center offer all Seniors born in that month the opportunity to join us for a birthday party. You will be treated to a free lunch with birthday cake. Be our special "Birthday Guest."
- ◆ **BYFIELD PARISH LUNCH:** See inside calendar for date.

The Council on Aging invites all Rowley residents over 60 to our programs and activities. If there is anything that makes it challenging for you or a loved one to participate (including but not limited to transportation, language, mobility, cost of program, hearing or visual issue) PLEASE contact Tim or Ellie at 978-948-7637. We do not want to leave anyone out.

This is a CONFIDENTIAL process.

ONGOING INFORMATION

COA BOARD MTG - 3rd Wed at 10am as scheduled.

SEN. TARR'S CONSTITUENT SERVICES -*MaryAnn Nay* will be holding office hours in Rowley on Tuesdays, April 9, May 14, & June 11 from 9:30 to 10:30am at the Town Hall Annex building at 39 Central Street. 617.722.1600.

BLOOD PRESSURE - 3rd Tues every month at 10 am at the Plantation and 10:30 at the Senior Center.

RIDES FOR MEDICAL APPOINTMENTS

PLEASE CALL 978.948.7637 WHEN REQUESTING INFORMATION OR NEEDING A RIDE.

Every effort will be made to provide transportation although it cannot be guaranteed.

POLICIES

ALL SHOPPERS!!!

Please call the office at 978.948.7637 if you **WANT TO GO** grocery shopping on Wednesday mornings. This will help save unnecessary trips for our drivers.
Please limit grocery bags to no more than FOUR per trip!

Activity/Program/Event Sign-up

Registration begins on the 1st of the month for that month, unless otherwise indicated. Please register to hold a space. Monday lunch does not require registration.

6

Chicken Meatballs with an Apricot Glaze, couscous, beets, Vienna bread, and pineapple

13

Traveling Chef-

Turkey or Roast Beef, gravy, au jus, mashed potato, carrots, peas, chocolate mouse and snowflake rolls

20

Chicken Stir Fry, Brown rice, Mandarin vegetable blend, pineapple, Vienna bread

27

**No meal
Holiday**

Rowley Senior Center presents **Discussion: Nutrition & Optimal Gut Health**



*Wednesday, May 29
@ 11am
Rowley Senior Center
Stay for lunch after!*

Research is discovering that multiple disease states are affected by the health of your gut. These include allergies, autoimmune diseases, depression, cognitive decline, obesity, and cardiovascular diseases. Join Registered Dietitian, Leigh Hartwell, for a Discussion on gut health and nutrition.

Topics Covered:

Defining the Gut Microbiome
Good & Bad Bacteria
The Microbiome's Effect on Nutritional Status & Health
The Gut-Brain Connection
Prebiotics & Probiotics
Best Foods for Your Gut

Sponsored by: AgeSpan



MAY 2024 - Rowley Senior Center

Mon	Tue	Wed	Thu	Fri
<p>HAPPY BIRTHDAY TO ALL OF YOU WHO HAVE A BIRTHDAY THIS MONTH!</p>		<p>1</p> <p>9:30 Grocery Shop 10:30 Matter of Balance 12:30 Lunch & Rummikub</p>	<p>2</p> <p>9:30 Exercise @ Congo Church 12:00 Movie & Lunch 2 Yoga 4:30 Line Dancing @ congo church</p>	<p>3</p> <p>9-12 Cribbage & Lunch</p>
<p>6</p> <p>9:30 Exercise @ Congo Church 12 Lunch 1 Qigong @ Rowley Library 2:30 Ukulele</p>	<p>7</p> <p>9 Bingo & Lunch 10 Plantation Coffee Hour 1 Mahjonn</p>	<p>8</p> <p>9:30 Grocery Shop 10:30 Matter of Balance 12:30 Lunch & Rummikub</p>	<p>9</p> <p>9:30 Exercise @ Congo Church 9:30 Bus Trip (Walmart) 11 3Sweet Peas 2 Yoga</p>	<p>10</p> <p>9-12 Cribbage & Lunch 12:30 Mother's Day Lunch @Bradstreet Farm</p>
<p>13</p> <p>9:30 Exercise @ Congo Church 12 Traveling Chef 1 Qigong @ Rowley Library 2:30 Ukulele</p>	<p>14</p> <p>9 Bingo & Lunch 10 BacktoBasics iPad 11:30 Mens Lunch 1 Mahjonn</p>	<p>15</p> <p>9:30 Grocery Shop 10 COA Brd Mtg 10:30 Matter of Balance 12:30 Lunch & Rummikub 6 Scam prevention @library</p>	<p>16</p> <p>9:30 Exercise @ Congo Church 9 Bill Duke Paint Class 11 Personal care Plan/pizza @library 2 Yoga@ Library</p>	<p>17</p> <p>9-12 Cribbage & Lunch</p>
<p>20</p> <p>9:30 Exercise @ Congo Church 12 Birthday Lunch 1 Qigong @ Rowley Library 2 Grannies 2:30 Ukulele</p>	<p>21</p> <p>10 Plantation Coffee Hour & Blood Pressure 10:30 Blood Pressure @ COA 11 Byfield Lunch 1 Mahjonn 1:30 Book Club</p>	<p>22</p> <p>9:30 Grocery Shop 10:30 Matter of Balance 12:30 Lunch & Rummikub</p>	<p>23</p> <p>9:30 Exercise @ Congo Church 10 Bed Gardens 2 Yoga @ Rowley Library</p>	<p>24</p> <p>9-12 Cribbage & Lunch</p>
<p>27</p> <p>Senior Center Closed for Memorial Day Holiday</p>	<p>28</p> <p>11:30 Ladies Lunch 1 Mahjonn</p>	<p>29</p> <p>9:30 Grocery Shop 11 Gut Health 12:30 Lunch & Rummikub</p>	<p>30</p> <p>9:30 Exercise @ Congo Church 10:30 Venice 2 Yoga 2 Staying Organized with iPad</p>	<p>31</p> <p>9-12 Cribbage & Lunch</p>

Outreach Corner.....

May is Older Americans Month which is a time to celebrate the contributions of Older Americans. I was thinking about this topic and the work I do each day. When I started working at the Rowley COA five years ago I wanted to have fun and share this time with others to have fun. I was taught during my youth everyone is important and has value. This principle has continued throughout my life and in the work at he COA. I want the older adults in Rowley to have fun, joyful, and be active. One mechanism for this to happen is to participate in different activities and programs offered through the COA. As I face being older I want to remain active, to keep my mind sharp, and learn new things. One of my key interests in my job and personal life is to prevent loneliness and isolation amongst my friends, family, and those I have the opportunity to meet through the COA. With that being said I encourage you to participate in fun, exciting events at the COA that will keep you active, your mind alert and sharp as you learn new things to help you through the day. **Tim Morris**

Celebrating Volunteers!

We are so thankful for our volunteers!

They help with Monday lunches, come on trips, garden, assist at events, fold newsletters, serve on the Board of Directors, join the Friends to help raise funds for the COA, teach classes and call bingo!

We are currently looking for volunteers who have experience with Excel and data bases as well as program help!!

BOOK CLUB for MAY

May 21 @ 1:30pm
Rowley Library

Rules for Visiting
By Jessica Kane

BOOK CLUB for JUNE

June 18 @ 1:30pm
Rowley Library

This is Happiness
By Niall Williams

LEARN YOUR DEVICE

By Appointment only, Call for your time slot.

978-948-7637



One-on-one help with your phone, tablet and technology.

Carol Soucy of Rowley will be coming to the COA. She will instruct you on how properly use certain features on your own device. Be sure to come with your device(s) and all your questions.

When it comes to technology there are no silly questions.



Line Dance Update

The last line dancing class in May will be on May 2. Classes will resume in June at a new time; Mondays from 4:30-5:30. and will be held at the Congregational Church. The fee is \$3.00

EXERCISE CLASSES IN ROWLEY!

Sponsored by the Council on Aging

Priority is given to Rowley residents. You must call the COA to register.

Program	Day/Time	Instructor	Location	Fee
Exercise!	M/Th 9:30-10:30am	Carolyn Carey	Congregational Church	\$0
Chair Yoga	Th 2-3pm	Mary Hargraves	Rowley Library	\$3
QIGong	M 1-2pm	Mary Hargraves	Rowley Library	\$3

Venice: Canals and Islands

Romantic Venice captures the heart. It's canals and gondolas are legendary. Travel with Jack Holmes, Traveling Photographer, as he shares his images of the icons and the neighborhoods of the archipelago.

Thursday May 30; 10:30 am

At the COA



Rowley Bus Trip - Let's Shop!!

The Bus will leave the SeniorCenter on **Thursday, May 9 at 9:30 am for Walmart in Seabrook** with a stop for lunch before we return home to Rowley. (Lunch is on your own) As always, all are welcome. However, preference will be given to Rowley Seniors who do not drive or who do not have transportation. Sign up early as seating is limited.

Call 978.948.7637 to register!

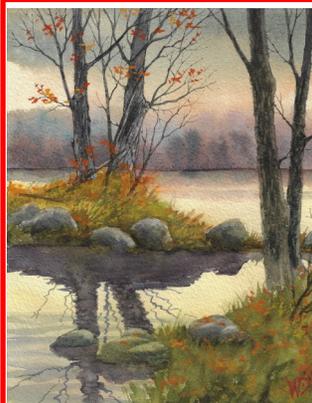


MAY MOVIE & LUNCH

The Guilt Trip
Thursday,
May 2
12 noon

Before embarking on a once-in-a-lifetime road trip, Andy Brewster pays a visit to his overbearing mother, Joyce. That proves to be a big mistake; Andy caves in under pressure to take his mom along for the ride.

PG-13 2012 · Comedy/Drama · 1h 35m



On **Thursday, May 16th** from **9 am to 12 noon**, at the **Senior Center**, Bill Duke will teach up to ten people how to paint the **"Autumn Flooding"**

All you need for the class is the desire for some creative fun. No previous painting experience is necessary. The lesson is just \$20. Materials are provided. Come and join us!

Call to sign up.

978.948.7637

Seasonal Cooking with Three Sweet Peas!

Mediterranean Salad with homemade Greek Dressing

If you have no tcome to cook with Angela and Heather, you are missing out!

Thursday May 9 at 11:00 AM

Call the COA to sign up at 978-948-7637

Suggested \$3 donation



Happy Mother's Day!

All COA mothers are invited to a catered lunch at the Barn at Bradstreet Farm.

Friday May 10th

12:30 pm



Space is limited so don't wait to sign up.

Cost \$5

The van will run for those needing a ride.



Pizza Party and Proxy

Thursday May 16th; 11:00am

At the Rowley Public Library

Join the Council on Aging and the Rowley Public Library as we host a conversation about *creating your own personal health care plan*.



Ellen DiPaola from Honoring Choices will bring her expertise to help facilitate the conversation. Call the COA to sign up.



Pizza will be served!

Fraud and Scam Prevention

This workshop will increase your awareness of most recent scams and will provide advice on how to prevent falling prey to scammers and what to do if you are scammed.



Wed May 15 6pm

Rowley Public Library

Former Risk Management Specialist and current small business owner, Maureen Saltman and Officer Jessie Mazzie of the Rowley Police Department will speak. There will be plenty of time for questions and answers.



Mon May 20 2 pm

Come and meet **Two Grannies on the Road** as they visit Rowley. Beth Sobiloff and Marcia Rothwell, have challenged themselves to visit every city and town in Massachusetts and feature them on their travel show. We will help them uncover Rowley's history, local commerce and food. Join us!! It promises to be really fun. You might even get on TV. !

Bird Watching + Marsh Talk at Rough Meadows Wildlife Sanctuary

Tuesday, May 7, 9:00 - 10:30am

**Meet at
Meadows**

Rough



David Moon will be our guide through Rough Meadows as we search out some of the many birds that make their homes in the Great Marsh. Rough Meadows offers 1.6 miles of well-marked trails through coastal woodlands to several viewpoints that offer panoramic views of the Great Marsh.

Recent advances in low-impact techniques hold great promise for helping the marsh to keep up with sea level rise, and David will also give us an idea of how Mass Audubon will incorporate these new ideas in their plans for the future of Rough Meadows.

David Moon is Community Science and Coastal Resilience Manager for Mass Audubon North Shore and works from Joppa Flats Education Center in Newburyport, where he helps to restore coastal habitats and leads birding programs.

Directions to Rough Meadows Wildlife Sanctuary:
From Route 1A in Rowley: Take Stackyard Road east 1/10 of a mile. Bear left at Patmos Road. Proceed 1/10 of a mile to the parking lot on the left-hand side of the road.

To register call the Rowley Public Library

978-948-2850

Seniors Go Tech!

Thanks to a state grant the Rowley and Hamilton COA's will be offering free iPad/phone and Chrome-book classes, a device library and device support. The programs are designed for folks who are brand new to technology or want to expand their skills. Check our monthly newsletters for class content and times. This is the start of something great!



Kevin from KevTech Services will be here to run a series of technology classes for us this year. There will be a wide variety of different classes to attend. Topics to be covered will range from the basics, finding music, books, using navigation, safety and security, taking and editing photos, staying organized and more.

Back to Basics with iPhone and iPad

Tuesday May 14th 10 am

Kevin will walk you through the iPad step by step. Great class for those who think they are technically challenged. Do not be afraid.

Staying Organized on iPhone and iPad

Thursday May 30 2 pm

Technology can work for you and it is amazing what an iPad can do. Come check it out!



Bedrock Gardens

in Lee NH

May 23, departing the COA at 10am



This public Garden integrates unusual botanical specimens and unique sculpture into an inspiring landscape journey. We will be on a private group tour. A bag lunch will be provided.

Cost is \$20.

Space is limited so make sure to sign up early.

The town of Ipswich is celebrating the

80th Anniversary of the invasion of Normandy

with a parade on June 8 and concert on June 6.



We are asking the public for any military photos of relatives or friends who served in WWII, to submit photos for presentation. Original copies will be returned. Contact Ipswich VFW Commander Larry Jordan at 978-922-7271 or Senior Vice Commander Bill Barney at 978-354-4017.

RESOURCES

For help with any of these resources, contact Tim Morris, Outreach Coordinator 978-948-7637.

ROWLEY FOOD PANTRY - Tues 10 to 12 noon and 1st & 3rd Thur 5:30 pm to 7 pm for Rowley residents. Located at the rear of the Baptist Church Parsonage at 153 Main Street. Call 978.238.6264.

NEWBURY FOOD PANTRY - Newbury Food Pantry serves guests by assisting them with online ordering, filling orders, delivering groceries and offering contact-free pickup for those who have transportation. Place your order online <https://www.newburyfoodpantry.org/get-food> or by phone all day Wednesday until Noon on Thursday. 978.358.1077 Rowley Residents Welcome!

BYFIELD LUNCH - Join us for a short program and a home-cooked meal. 3rd Tues of month as scheduled. Bus departs @ 11am from the Senior Center. Lunch is 11:30 – 1:30. Call 978.948.7637 to sign up.

Rowley COA Community Lunch - The COA serves lunch every Monday (except holidays) The meal is served at noon though folks often come at 11:30 to visit before the meal. \$3 donation appreciated.

DINNER BELL - Delicious free dinner served every Monday from 5-6pm at the Masonic Hall, 70 Topsfield Rd. All Rowley residents welcome.

Rowley Congregational Church Dinner – The Congregational Church offers a free community dinner one Saturday night a month. **Call for the date.**

MEALS on WHEELS – The traveling meals program offers a nutritionally balanced lunch to senior residents who are unable to prepare their own.

SNAP - (Food Stamps) The Supplemental Nutrition Assistance Program for low-income households to help you expand your healthy food budget and explore opportunities to support your wellbeing and education and employment goals.

HELPING HANDS - Rowley/Ipswich Rotary Club - Local Rotarians will offer help with small chores around your home.

AgeSpan – is a private, nonprofit agency connecting people of all ages and abilities and their caregivers with impartial information, quality services, and vigorous advocacy. They are dedicated to helping people in northeast Massachusetts maintain their highest levels of independence, health, and safety as they age. 1.800.892.0890

LEGAL AID - The Mass Bar Association offers the Dial A Lawyer program the first Wednesday of each month from 5:30 pm.-7:30 pm. People can call in during this time and ask legal questions free of charge. Call 617.338.0610 or 877.686.0711 with your questions!

NEET - A transportation service offered through the COA. Volunteer drivers are matched with **enrolled** seniors who need a ride. Call 978.948.7637.

RING and RIDE - MEVA - Shared Ride Service for shopping, medical appointments, visiting friends and with a wheel chair Lift. Call 978.469.6878 #3.

MEDICARE - Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. To schedule a SHINE appointment, call 978.948.7637.

PET CARE PROJECT - The COA has received a donation to help needy senior citizens take good care of their household pets. Grants can be used for routine medical care, especially spaying / neutering and shots

USED MEDICAL EQUIPMENT - The Masonic Hall in Ipswich stores donated used medical equipment such as walkers, toilet seats, canes and wheelchairs. Call Tom at 351.444.8869 for your needs or to donate.

MONTHLY COMMUNITY CAFÉ - Come join us for a hot cup of coffee or tea, a sweet treat, and visit with friends and old. The last Wednesday of the month; 8:30 – 10 am. There is no cost for this event. First Congregational Church 175 Main Street. All are welcome.

SENIOR HOUSING – The COA provides information about and assistance with completing the state-wide CHAMPS (Common Housing Application for Massachusetts Programs) and applications for other housing options.

RENTAL ASSISTANCE – The Residential Assistance for Families in Transition (RAFT) program helps keep households in stable housing situations when facing eviction, loss of utilities, and other housing emergencies caused by loss of income, increase in expenses, or both. Tim can help with application and eligibility.

PAULINE C. WHITE, ABR, CRB, CRS
BROKER MANAGER



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MAY 2024

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This newsletter is made possible in part by a grant from the Executive Office of Elder Affairs, the Friends of the Rowley COA and our advertisers.



Thank you to Elaine Kenney for volunteering on Patriots Day to give a much needed cleaning to the COA van. Its all shiny for the Memorial Parade. She also repaired our raised beds. The COA has definitely started Spring cleaning and we are excited for the season!

Memorial Day Parade

Monday May 27 11am

Line up 10:15 Pine Grove School

The Rowley COA will be participating in the Memorial Day parade on Monday, May 27th. If you are interested in being part of the parade whether marching or riding in the COA van, let us know at 978-948-7637. Line-up is at the Pine Grove School at 10:15 am. The parade will kick-off at 11:00 am. You do not want to miss this "feel pride in your town" parade. Come and be part of this town wide event.



Candidates Night

May 1 at 7pm

Rowley Public Library



Join us for Candidates Night to meet the candidates running for local office for the Town of Rowley and the Triton Regional School District. This is your chance to meet those running to represent you in local offices, ask them questions about their vision for Rowley's and Triton's future. Will be broadcast on **Rowley Community Media**. Hosted by the **Friends of the Rowley Public Library**.

Plantation Coffee Hour



Every first and third Tuesday at 10 am, the Council on Aging is hosting coffee and treats at the Rowley Plantation. All are welcome! This month help us celebrate Cinco De Mayo on May 7 and bring in a "Show and Tell" on May 21.