

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

FEBRUARY 2024

Issue 2



NEW THIS MONTH

- Southwestern France Virtual Tour
- Three Sweet Peas Visit
- Jolie Tea House
- Valentine Planter Craft
- Learn Your Device
- Whittier Lunch
- Heirloom Appraiser Visit

Director's Corner.....

Coming in March: New Windows!! During that time, the COA will be on the road. All programs will be held in off-site locations including the Library, Congregational Church and the Grange. Look for more details in the March Newsletter.

Happy February. If you check the latest edition of the Farmers' Almanac, you'll see that the exact halfway point between the Winter Solstice and the Spring Equinox is Saturday, February 3, 2024. Notice the longer days. This will be the winter we will all be glad to leave behind. Peace.

Ellie

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
Lisa Lozzi	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

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

OUR TIMES NEWSLETTER

Lisa Lozzi
lisa.lozzi@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**: Will resume in April 2024.
- ♦ **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**: Will resume in March 2024.

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, February 13 & March 12 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 10:30 at the Senior Center.

RIDES FOR MEDICAL APPOINTMENTS

PLEASE CALL 978.948.7637 WHEN REQUESTING INFORMATION OR NEEDING A RIDE.

9am to 12pm MON - THURS ASK FOR LISA

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.

MONDAY LUNCH MENU FEBRUARY



5

Asian Bowls - Chicken, Pork, White Rice,
Asian veggie blend, Green Beans,
Mushrooms, Baby Corn,
Pineapple Upside Down Cake
Fortune Cookie

12

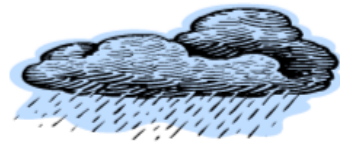
Yankee Pot Roast & Au Jus
Beets - Mashed Potatoes
WW Bread
Pineapple

19

Holiday No Meals

26

Bateman Meatloaf & Gravy
Mashed Potatoes - Peas
Oat Bread
Chocolate Pudding



Inclement Weather Policy

The Rowley Senior Center will be open for business in inclement weather unless all Rowley Town Departments are closed. If the Triton School District closes or has a delay (due to weather) there will be no bus or NEET rides and all Senior Center activities, classes and programs will be cancelled or postponed. If the Merrimack Valley Nutrition Program is closed (due to weather) there will be no Meals on Wheels delivered. If in doubt about cancellations please call the Senior Center at 978.948.7637.

FEBRUARY 2024 - Rowley Senior Center



Mon	Tue	Wed	Thu	Fri
HAPPY BIRTHDAY TO ALL OF YOU WHO HAVE A BIRTHDAY THIS MONTH!	<u>ANNUAL TAX PREPARATION</u> Call these town COA's for your appointment >>>	<u>Georgetown COA</u> 51 North Street 978.352.5726 <u>Ipswich COA</u> 25 Green Street 978.356.6650	1 9:30 Exercise @ Congo Church 10:30 Whittier Lunch 2-3 Yoga	2 9-12 Cribbage & Lunch Groundhog Day
5 9:30 Exercise @ Congo Church 12pm Traveling Chef Lunch 1pm Qigong @ Rowley Library	6 9am Bingo & Lunch 1pm Mahjongg	7 9:30 Grocery Shop 12:30 Lunch & Rummikub	8 NO Exercise 9:30 Bus Trip (Walmart) 11am Southwest France Virtual Tour 2-3 Yoga	9 9-12 Cribbage & Lunch
12 NO Exercise 12pm Lunch NO Qigong	13 10:30 3-Sweet Peas Visit 11:30 Mens Lunch 1pm Mahjongg	14 9:30 Grocery Shop 12:30 Lunch & Rummikub Valentines Day	15 NO Exercise 9am Bill Duke Paint Class 10am Jolie Tea House 2-3 Yoga	16 9-12 Cribbage & Lunch
19 Holiday Senior Center Closed	20 9am Bingo & Lunch 10:30 Blood Pressure @ Annex Bldg 1pm Mahjongg 1:30 Book Club	21 9:30 Grocery Shop 10am COA Brd Mtg 10am Heirloom Appraiser Visit 12:30 Lunch & Rummikub	22 NO Exercise 12:30 Movie & Lunch 2-3 Yoga	23 9-12 Cribbage & Lunch
26 9:30 Exercise @ Congo Church 12pm Lunch 1pm Qigong @ Rowley Library	27 11:30 Ladies Lunch 1pm Mahjongg	28 9:30 Grocery Shop 12:30 Lunch & Rummikub 2pm Learn Your Device	29 9:30 Exercise @ Congo Church 10:30 Valentine Planter Craft 2-3 Yoga	

Outreach Corner:

February is an interesting month. We long for Spring which will soon be here and we celebrate fun holidays such as Ground Hog Day and Valentine's Day. During this month we can also celebrate National Send a Card to a Friend Day (7th) or make a new friend on National Make a Friend Day (11th), and do an act of kindness to someone on National Random Acts of Kindness Day (17th). Come make a friend this month by coming to an activity or program at the Rowley COA. Send a card to a friend inviting them to a COA event you both can attend. Marty, the COA Activities Director, has organized lots of programs this month for you to choose. Don't forget to apply for Fuel Assistance this month. The income guidelines are printed in this month's newsletter. Tim Morris, Outreach Coordinator

Community Corner

The Rowley COA wants to thank Pine Grove students for their thoughtful Valentine's cards for Rowley Seniors. We are reaching out to community volunteers for the Snow Angel Program. If you are interested in helping out a Senior by shoveling, call 978.948.7637.

LEARN YOUR DEVICE



Wednesday, February 28

2-3pm

Did you get a new phone, laptop, tablet or other device for Christmas?

Carol Soucy of Rowley will be coming to the COA. She will instruct you on how to properly use certain features on your device. Be sure to come with your device (s) and all your questions. When it comes to technology there are no silly questions.

Register by calling 978.948.7637

Look for news about our Seniors Go Tech program starting in March!

Page 31.

1862 Marriage solemnized by *Baun* in the *Church of St. Mary* in the County of *Worcester*

No.	When Married.	Name and Surname.	Age.	Condition.	Rank or Profession.	Residence at the Time of Marriage.	Father's Name and Surname.	Rank or Profession of Father.
61	<i>April 20 1863</i>	<i>Henry Howells</i>	<i>23</i>	<i>Bachelor</i>	<i>Shoe Maker</i>	<i>Tenbury</i>	<i>Samuel Howells</i>	<i>Shoe Maker</i>
		<i>Harriet Howells</i>	<i>26</i>	<i>Spinster</i>		<i>Tenbury</i>	<i>James Howells</i>	<i>Wagoner</i>

Married in the *Church of St. Mary* according to the Rites and Ceremonies of the *Church of England* by me, *Geo. Hall Vicar*

This Marriage was solemnized between us, *Henry Howells* in the Presence of us, *Francis Thomas*
Harriet Howells *Caroline Howells*

We have a very unique tax credit or volunteer need in Rowley. The Town Clerk's office needs help transcribing old vital records (birth/marriage/death) from either original or a scanned copy. The person would also create a usable index for reference. You must be able to read 17th and 18th century script and use Excel to create an index. If you are interested, please



**Turning 65??
UNCERTAIN ABOUT
MEDICARE?
YOU ARE NOT ALONE.**

The Rowley COA has a certified SHINE counselor who offers free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. The SHINE counselor will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year.

To schedule a SHINE appointment, call **978.948.7637**

FUEL ASSISTANCE

Applications are now being accepted for the 2023-2024 year for the Low Income Home Energy Assistance Program (LIHEAP) administered through Community Action, Inc. in Haverhill, Massachusetts and the Salvation Army Good Neighbor Fund Program

These programs financially assist households with help on their winter heating bills and is based upon gross income and the number of people residing in the home.

Number in household Maximum annual Income

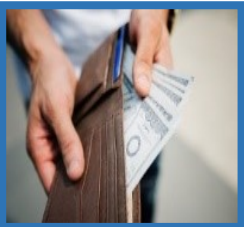
Low Income Home Energy Assistance Program

1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

Salvation Army Good Neighbor Fund Program

1	\$45,392-\$60,523
2	\$59,359-\$79,145
3	\$73,326-\$97,768
4	\$87,294-\$116,392

Tim Morris, Outreach Coordinator at the Rowley COA has applications for these programs. Please call 978-948-7637 to apply. Households may also contact Community Action, Inc. at 978-373-1971 for application assistance and instruction.



Rowley Tax Credit Program for Seniors and Veterans

If you are interested in keeping some money in your wallet, you may be eligible for the Tax Credit program.

With this program, homeowners and Veterans over aged 60 can work up to 133 hours for a Town Department. Every hour gives you \$15.00 in tax credit.

Interested? Call Ellie 978-948-7637



Whittier Lunch

We will be **departing the COA at 10:30 am**
for the **Poet's Inn** at
Whittier Vocational Technical High School
on

Thursday, February 1st.

Cost for Lunch is \$16.00

Bus space is limited - signup is required.

Call 978-948-7637 to reserve a seat.

After lunch peruse the charming
gift shop or cafe adjacent to
the restaurant.



On **Thursday, February 15** from **9 am to 12 noon**, at the Rowley Senior Center, Bill Duke will teach up to ten people how to paint the
"The End of The Road"

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 or stop by the COA.

Watercolor Instruction by W.E. Duke of

W.E. Duke Art Studio

www.WEDukeArtStudio.com

BOOK CLUB for FEBRUARY

February 20 @ 1:30pm
Rowley Library

The Brilliant Life of Eudora Honeysett
by Annie Lyons

BOOK CLUB for MARCH

March 19 @ 1:30pm
Rowley Library

The Cape Doctor
By E.J. Levy

BOOK CLUB for APRIL

April 16 @ 1:30pm
Rowley Library

The Dutch House
By Ann Patchett



FEBRUARY MOVIE & LUNCH

The Proposal

Thursday
February 22
12:30pm

A publishing executive (Bullock) forces her assistant (Reynolds) to marry her.

PG-13 2009 □ Comedy/Romance □ 1h 48m

Rowley Bus Trip - Let's Shop!!

The Bus will leave the Senior Center on **Thursday, February 8** at 9:30 am for **Walmart in Seabrook** with a quick 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.

If you require assistance, notify us when you sign up and we will try to provide a companion to accompany you.

Call 978.948.7637 to register and let us know if you need a ride!



Seasonal Cooking with Three Sweet Peas

Join us for some Valentine's Day fun with Angela & Heather of Three Sweet Peas of Rowley on **Tuesday, February 13** at **10:30am** to make chocolate covered strawberries and truffles. Something sweet for the sweet! Please be sure to call the Senior Center at 978.948.7637.

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	
Chair Yoga	Th 2-3pm	Mary Hargraves	Rowley Library	\$3
QIGong	M 1-2pm	Mary Hargraves	Rowley Library	\$3

February 2024 Traveling Chef

Join us for a Special Congregate Meal!

AgeSpan presents The Traveling Chef Featuring Asian Bowls!

Our weekly Monday Lunch will feature a themed menu of chicken & pork, white rice, Asian veggie blend, green beans, mushrooms, baby corn, pineapple upside down cake & fortune cookie. Advance sign up is required so that we can have an accurate headcount!

Please call (978) 948-7637 to register!

Rowley Senior Center
Monday, February 5th
12 noon

A little Humor!

Living in a colder climate, you have to deal with snow, sleet, freezing temperatures and that one jerk who texts you, "It's 80 degrees where I am."

A Version of Antique Road Show is Coming to the COA!!!

Wednesday, February 21

10am

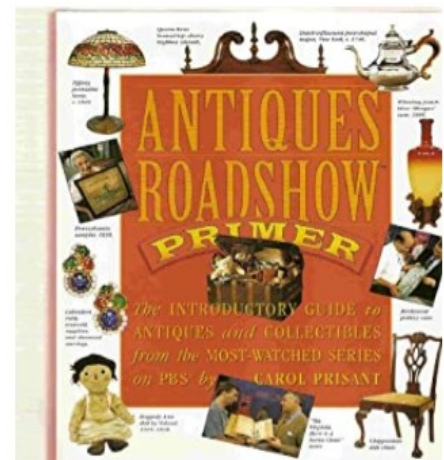
Always wondered what that family heirloom is worth?

Bring three of your treasures and **Dan Meader of John McInnis Auctioneers**, an experienced appraiser will tell you what they are worth.

\$5.00 for 3 items

The deadline for signing up is February 14.

Call 978-948-7637.



*Friends of the Rowley Senior Center
St. Patrick's Day Celebration
Rowley Members Only*

Come join the fun at our annual party!

Wednesday, March 13 at 12 noon

*First Congregational Church
175 Main Street in Rowley, MA*



cost: \$17.00 per person

You must have an up-to-date Friends Membership to attend.



Seating is limited - Reserve ahead!

Menu is catered by Henry's of Beverly:

*Corned Beef * Braised Cabbage * Irish Potatoes * Carrots
* Pearl Onions * Irish Soda Bread * Knot Rolls w/butter
* Coffee, Dessert & Raffle*

Final date to sign up - March 6, 2024

*Please make checks payable to:: Friends of the Rowley COA and mail
your check with the below registration to PO Box 79, Rowley, MA 01969*

..... tear here

Name (s): _____

Address: _____

Tel/Cell no. _____ #of guests Total paid \$

*Sponsored by the Friends of the Rowley Council on Aging
Any questions, call Tom Corben at 978.948.7153*

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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FEBRUARY 2024

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**February Craft
with Lunch**
Valentine Plant
Holder
**Thursday
February 29 at
10:30am**

Come and join us in making this beautiful paper Valentine Plant Holder with presenter Mary Stabile.
Cost \$5.00 and deadline for signing up is February 15.
Call 978.948.7637



Join us for High Tea at Jolie's Tea House at 316 Derby Street in Salem.
Three Tiered Presentation of High Tea
Thursday, February 15
10am departure from COA

Tea Sandwiches - Lemon Scones
French Macarons - Madeleines and of course a Pot of Tea!
\$36 per person due at sign-up. Deadline for signing up is **February 8**
Space is limited.

Southwestern France



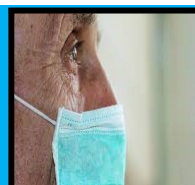
Tour the Southwest of France

Thursday, February 8 at 11am

Travel with photographer Jack Holmes into the historical region of Aquitaine. Hike with him through some historic regions exploring Cro-Magnon caves. Then tour Bordeaux and its famous wine country coupled with a savory view of local dining and culture.

Don't miss out on this virtual experience to Southwestern France.

Call 978.948.7637 to register.



There has been a recent uptick in respiratory illnesses. Stay healthy by washing hands frequently, wearing a mask in crowded situations and getting an RSV vaccine. We are not requiring masks at the COA at this time, but we will have masks available.