

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

MARCH 2024

Issue 3



SPOTLIGHT
this month
is the

**Council on
Aging's new
windows!**

NEW THIS MONTH

- Monday Lunch @ the Grange
- Three Sweet Peas Visit
- Whittier Lunch
- Debunking Nutrition Myths
- Ukulele Lessons
- Brook Casino Day Trip
- Forgotten Founding Father Presentation

Coming in APRIL

- Matter of Balance
- Line Dancing

Director's Corner.....

Very important messages this month:

Windows, windows, windows! *The COA will be closed for the month of March and all programs relocated. (See calendar inside for more information!!)*

VOTE! This month is the presidential primary. Make sure your voice is heard!

February 24 – March 1, 2024 In-person Early Voting is available during all standard Town Clerk office hours plus Saturday 2/24 (9:00AM to 5:00PM) at Town Hall

March 5, 2024 Tuesday Presidential Primary: Poll hours 7:00AM – 8:00PM at St. Mary Church Hall

The COA will take you to vote. The last time we voted, 14 Seniors went in our bus. Call the COA 978-948-7638 to arrange for a ride. Come along and make a difference!

Looking forward to soft, peaceful Spring.

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

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

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**: 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, 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 **@ the GRANGE**

4

American Chop Suey
Beef - Pasta - Tomato sauce
Zucchini

11

Chicken Meatballs
Sweet and Sour Sauce - Fried Rice
Mandarin Vegetables - MG bread

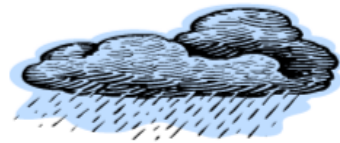
18



Breakfast for Lunch - Omelet Bar (fixings- broccoli, peppers, onions, spinach, American, cheddar, Swiss, ham) **Waffles with Toppings**- (strawberries, blueberries, whipped cream, chocolate chips, syrup), Bacon, Roasted Potatoes, Fresh Fruit Salad

25

Yankee Pot Roast - Au Jus
Beets - Scalloped Potatoes
Wheat Bread





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.



MARCH 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	 19th is first day of Spring	1 9-12 Cribbage & Lunch @ COA
4 No Exercise 12pm Lunch @ Grange 1pm Qigong @ Rowley Library	5 9am Bingo & Lunch @ Library 1pm Mahjongg @ Library Presidential Primary @ St. Mary Church 7:00am – 8:00pm	6 9:30 Grocery Shop 10:30 3 Sweet Peas @ Grange 12:30 Lunch & Rummikub @ Library	7 9:30 Exercise @ Congo Church 9:30 Bus Trip (Walmart) 2-3 Yoga	8 9-12 Cribbage & Lunch @ Congo Church Int'l Women's Day
11 9:30 Exercise @ Congo Church 12pm Lunch @ Grange 1pm Qigong @ Rowley Library 2:30 Ukulele Lessons @ Library	12 11:30 Mens Lunch 12pm Movie & Lunch @ Library 1pm Mahjongg @ Library	13  9:30 Grocery Shop St. Patrick's Day Party 12 noon	14 9:30 Exercise @ Congo Church 10:30 Whittier-Poet's Inn 2-3 Yoga	15 9-12 Cribbage & Lunch @ Congo Church
18 9:30 Exercise @ Congo Church 12pm Traveling Chef @ Grange 1pm Qigong @ Rowley Library 2:30 Ukulele Lessons @ Library	19 9am Bingo & Lunch @ Library 10:30 Blood Pressure @ Library 11:00 Byfield Lunch 1pm Mahjongg @ Library 1:30 Book Club	20 9:30 Grocery Shop 10am COA Brd Mtg @ Library 12:30 Lunch & Rummikub @ Library	21 9:30 Exercise @ Congo Church 9am Bill Duke Paint Class 10am Brook Sports Casino 2-3 Yoga	22 9-12 Cribbage & Lunch @ Congo Church
25 9:30 Exercise @ Congo Church 12pm Birthday Lunch @ Grange 1pm Qigong @ Rowley Library 2:30 Ukulele Lessons @ Library	26 11:30 Ladies Lunch (pick up @ Library) 1pm Mahjongg @ Library	27 9:30 Grocery Shop 10:30 Nutrition @ Library 12:30 Lunch & Rummikub @ Library	28 9:30 Exercise @ Congo Church 10:30 Founding Father @ Library 2-3 Yoga	29 9-12 Cribbage & Lunch @ Congo Church Good Friday

Outreach Corner.....

We are now into March. Spring officially begins this month. I am excited about the coming of Spring. I enjoy the warmer temperatures, the flowers begin to bloom, and the various birds return from their migratory journeys. March is the month for us to awaken from our time staying in the winter homes and to explore the opportunities to spread our wings. We celebrate a variety of holidays this month. There is St. Patrick's Day, Good Friday, and Easter. This is the month to take a deep breath and step out to participate in a new program or event at the Rowley COA. We have many programs and events planned for you to join and enjoy. Come meet new friends and forget about your troubles! I look forward to seeing you soon!

Tim Morris

Friends Corner.....

We hope you all had a Happy Valentine's Day. Most of the weather this past February has been cold but not snowy so we can still get out and see our friends. Check and see if you can still attend the St. Patrick's Day luncheon at the Congregational Church on Wednesday, March 13. If its filled maybe you can be put on the waiting list. Always a good time by all. Don't forget membership is coming up. See the form in this newsletter. Stay healthy and hope everyone has a Happy Easter at the end of the month.

Marie Grover

Is your Medicare Plan best for you? And do you qualify for Medicare Costs Saving Program?

If you are enrolled in a **Medicare Advantage Plan** as of January 1, you can make a change to your coverage now through March 31 due to the Medicare Advantage Open Enrollment Period.

You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month. This enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with any Medicare plan that is not beneficial for you, call SHINE any time during the year to determine what your options are. If you are considering a change or considering review of your plan, your local SHINE counselor will review your plan with you while focusing on your best interest.

Medicare Cost Savings Programs (MSP) eligibility guidelines are expected to change in March. You may not have been eligible prior, so check in with a SHINE counselor to help determine if you are now eligible. Call for an appointment with a certified SHINE Counselor:

978.948.7637

SHINE is a federally funded program helping you navigate Medicare.

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*



Spring is Here! Volunteer!

Become a volunteer driver and help seniors in your community.

You decide when and where to drive.
Mileage reimbursement provided.

Call NEET at 978-388-7474 or visit
www.driveforneet.org/volunteer to learn more.



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



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.

BOOK CLUB for MARCH

March 19 @ 1:30pm

Rowley Library

The Cape Doctor

By E.J. Levy

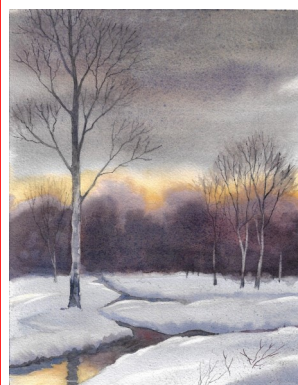
BOOK CLUB for APRIL

April 16 @ 1:30pm

Rowley Library

The Dutch House

By Ann Patchett



On Thursday, March 21
from **9 am to 12 noon**, at
the Congregational Church,
Bill Duke will teach up to
ten people how to paint
the
"Frozen Dusk"

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*

Nutrition Discussion



Date: Wednesday, March 27th

Time: 10:30am

Where: Rowley Library Large Conference Rm

There are many incorrect nutrition claims that are widely believed. Knowing the truth can help you maintain a healthy body and mind. Join Registered Dietitian, Leigh Hartwell, to learn the Facts and Fiction about nutrition.



Rowley Bus Trip - Let's Shop!!

The Bus will leave the Rowley Library on **Thursday, March 7 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!



MARCH MOVIE & LUNCH

The Quiet Man

showing
at the Rowley
Public Library
Tues, March 12
12 pm



After accidentally killing an opponent in the ring, boxer Sean Thornton leaves America and returns to his native Ireland, hoping to buy his family's homestead and live in peace. [a] Shortly after arriving, he meets and falls in love with fiery, red-headed Mary Kate Danaher, the sister of bullying Squire "Red" Will Danaher. 1952 Western/Romance 2h 9m

the healthy living
Center of Excellence

A Matter of Balance

Sign Up Today for **FREE** Eight Week Workshop!

Wednesday April 3, 2024 – May 22, 2024
10:30a.m. – 12:30p.m.
Rowley Council on Aging
39 Central St, Rowley, MA

To register please contact: marty.blanchard@townofrowley.org
or call 978-948-7637

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Learn to

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce the risk of falling
- Exercise to increase strength and balance

Who should attend

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling
- Anyone interested in improving balance, flexibility and strength



Whittier Lunch

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

Thursday, March 14

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.

Seasonal Cooking with Three Sweet Peas

Join us for some Saint Patrick's Day fun with Angela & Heather on

Wednesday, March 6 at 10:30am
at the Grange

Please be sure to call the Senior Center to sign up at 978.948.7637.

Ukulele Lessons



Mike Boldi, a well respected musician, is coming to the Rowley Library at 141 Main Street to provide ukulele lessons to ukulele enthusiasts.

Mondays, March 11, 18, & 25 at 2:30pm

There is no charge for this service but you do need to sign up by Friday, March 8.

978.948.7637



Brook Sports Betting and Casino in Seabrook, NH

Thursday, March 21 departing from the Rowley Library at 10 am

Lunch and gambling \$\$ on your own.
Try your hand at lady luck.

Deadline to register is **March 15** at 978.948.7637
Bus will run and seating is limited.

The Brook is the Seacoast's premier destination for casino gaming and race wagering, and New Hampshire's only retail sportsbook location, The DraftKings Sportsbook at The Brook. After a comprehensive remodel, the former Seabrook Park is now completely transformed into a year round entertainment hub, with 500 gaming machines. Whether it's a girls' night out, betting on football with your buddies, or you just want to play some cards, it's time to come see what all the excitement is about.

Friends of the Rowley Senior Center!

We hope you have a good and healthy year.

Keep a look out in the mail for your new/renewal 2024 membership envelope. For those of you who have already renewed for 2024, we thank you. The Friends' goal is always to try and keep the price low for our members for the many programs, events and parties. We are able to do so when we supplement the rest of the price through your membership dues, donations and fund raising. Look for our "Our Times" newsletter in your postal mail, email or on the town website for more information on how your membership dues help with various events throughout the year. Your suggestions and feedback are always welcome and appreciated. We look forward to hearing from you.

Friends of the Rowley Senior Center

Friend's of the Rowley Senior Center Annual Membership Application/Renewal

Dues are **\$10.00 per person - effective 4.1.24 to 3.31.25**

Name: _____ Tel/Cell: _____

Address: _____ City: _____ Zip: _____

Email: _____

Please make your check payable to: **Friend's of the Rowley Senior Center and remit to:**

PO Box 79 Rowley, MA 01969

Thank you.

We are so excited for new windows!! The plan is to replace all the windows on the first floor of the Annex. In order to make sure that all are out of harm's way while this is going on, the COA space will be closed to the public for the entire month of March. We have arranged for all COA programs to run in the library, the Congregational Church or the Grange Hall. *(See newsletter calendar for specific rooms and locations)* We have not had to cancel anything! Marty did an amazing job with arranging all of this. I want to make sure to thank our community partners who generously adjusted to accommodate our needs.

Staff will relocate and work remotely for the month. We can be reached by phone at the regular COA number – 978-948-7637. Please be patient. We will return all calls as soon as we can.

If your message is urgent,
make sure to tell us that.

PODIATRIST VISIT in HAMILTON

Dr. Van Ess, a Podiatrist from Salem, Mass, is accepting appointments for Friday, March 15 at the Hamilton Council on Aging (COA) located at 299 Bay Road (Route 1A). The out of pocket cost is \$45 in the form of cash or check.

Insurance plans are also accepted. Call Tim Morris at 978-948-7637 or 978-626-5340.



Join us for a free, **virtual** conference for those living with Alzheimer's and dementia and their families. Sessions will feature notable guest speakers and include a panel of persons living with early-stage dementia.

March 1-2; 9:30 am – 2 pm each day

**For questions and to register
call (800) 272-3900**

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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978-948-5111

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Title 5 Inspections

Mini Backhoe Services



R. Jenkins & Sons

Owner
Ron Jenkins

System Insp. # 14268
978-314-0503

Quality Service

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www.townofrowley.net



MARCH 2024

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Rowley, MA

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.

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The Rowley Senior Center presents.....



Line Dancing

coming in April to the Congregational Church in
Rowley at 175 Main Street

Thursdays, April 4, 11, 18, 25

5:30pm

Kathy Sperouinis of Line Dancing, LLC
will be coming to teach line dancing
for fun, health and for you.

\$3.00 per class

Deadline to sign up is **March 22**

Please call **978.948.7637**

Featuring all genres of music.

The Forgotten Founding Father

Large Conference Rm - Rowley Library

Thursday, March 28 at 10:30 am

A son of Byfield Parish church is America's forgotten founding father the United States of America almost never happened. It was the son of the Byfield Parish Church who saved his nation and the vital political principles that helped form the American mind.

Presenter, Dr. William Boylan

Refreshments will be served.

978.948.7637



Book Worm Café

March 23 9am-2pm

Congregational Church Rowley

Talks with Local Authors

Enjoy Coffee, Pastries, Soups, Chili

Used Books for Sale