



Mayor Ken Gray

Senior Community Center

68 Elm St
Amesbury, Ma 01913
978 388 8138
Fax 978 388 8144

Mon-Thurs. 8-4pm
Available by appt. until 5p
Fri. 8-3pm

www.amesburyma.gov

Director

Annmary I. Connor, LICSW
connora@amesburyma.gov

Assist. Director/ACE

Outreach

Doreen Brothers, MA, LSW
brothersd@amesburyma.gov

N.E.E.T

Mary Jo Sullivan

Volunteer Coordinator

Jeanne Marie

Activities Coordinator

Carolyn Levesque

Activities Assistant

Vicky Sherwood, HS-BCP

ACE

Coordinator

Outreach - Vanessa Kahrman
Outreach Assist. - Russell Darling
Green Leaf Club

Guru - Valarie Enos

Assistant - Cheryl Merrill

Assistant Brandi Thompson

Nutrition Program: MVNP

978 388 8138 ext 549

Jennifer, Site Manager

Meetings

COA 10/16 @ 4:30 pm

FCOA 10/16 @ 3pm

Carriage Town Senior Newsletter

October 2014

Senior Community Center (SCC)

~Monthly Special Events~

- **10/2 Thur, 1pm Low Vision Support Group:** Karen Hatcher from the BRIDGE Elder Blind Program is our guest
- **10/3 Health Fair 10-1, come on down!**
- **10/6 Topsfield Fair is senior discount day,** go and get in cheaper only \$8.00 (60+)!
- **10/6 Mon, 2pm Computer Class is back!** Sign up in advance
- **10/7 Tues, 11am: Brown Bag pick up**
- **10/10 Special Lunch Cost \$2.00:** MVNP will be holding a special lunch of a sub sandwich and Tomato tortellini soup
- **10/14 Tues, 11am FREE Hearing Clinic,** please sign up
- **10/15 9:0am First Responders Breakfast/ Coffee w/ the Chiefs:** Come and enjoy *Atria Merrimac Place* lovely omelet station as we honor the First responders of Amesbury!
- **10/16 Thurs, Noon Birthday Party** Thank you *Merrimac Valley Health Care Center* and *Stop n Shop*, Entertainment Paul Wayne!
- **10/16 Thur, 4pm Monthly Dinner:** \$5 home made spaghetti sauce, meatballs and salad. Made by Annmary and Betty!
- **10/20 Mon 11:20am Sponsored lunch:** thank you *Merrimac ValHealth Care Center*
- **10/21 Tues, 11:20am Sponsored lunch** Thank you *Maplewood Center*.
- **10/22 Matter of Balance Begins! Free 8 week workshop is full**
- **10/22 Wed, 11:20am Sponsored Lunch** - Thank you *Country Rehab. Center*, come and meet the great staff.
- **10/23: Thurs, 8:30am FREE Legal Clinic:** Sign up in advance to meet with Attorney Faith Delaney
- **10/30 MVNP Special lunch \$2.00:** Beef Bourgeon, white rice.,
- **10/30 4pm Jack the ripper:** Travel back in time and help us solve the mystery of who was jack the ripper. This amazing theatrical performance is brought to you by the Amesbury Cultural Council through Delvena Theater group. KindlyRSVP



Mayor Ken Gray

October is a great time of year in New England. Changing colors, cooler temperatures....

On October 4-6 we will be having our first Fall Festival in downtown Amesbury. The Chamber of Commerce and local business owners have been hard at work putting together some great entertainment for this weekend. On Friday October 3rd from 5PM to 8PM in the amphitheater will be a list of speakers and musicians to talk about Be a Buddy, Not a Bully, an anti-bullying initiative here in Amesbury. On Saturday October 4th there will be live music at four different venues, sidewalk sales, classic cars around town, kids activities and a scavenger hunt where you can enter to win a basket filled with local gift certificates! That night there will be a showing of Hocus Pocus in the millyard, bring your blankets! Sunday October 5th is the 10th Annual Amesbury Firefighters Chili Cook-Off from Noon to 4PM in the Barking Dog Parking Lot. This is always a popular event and admission is only \$5.

Don't forget to visit our local farms and do some apple picking. Cider Hill Farms is the place to go for apple picking and cider donuts! There are lots of things to do outdoors this month...keep it local!



Annmary I. Connor, LICSW Council On Aging Director Happy Autumn

The COA has been in the new space for 2 years! Can you believe it. We have grown so much and we offer more and more each month. We are always trying to improve upon activities, services and resources. We are dependent on the many valuable volunteers who make so many programs run. We do our best to communicate with all of you, we have hiccups along the way and we ask that you bear with us. We are seeing an increase of people come through our doors for resources, assistance and case management. We have a great staff to assist you in these areas. We ask that you try and call and make an appointment with one of us. . We hope that you come out and join us for the health fair, this is a great opportunity to learn more about what our community has to offer you. This event is FREE.

I can not stress enough the importance of the FCOA. It is through the FCOA that we provide all the activities and events. Check out our fitness shake up.. Trying to get you active! Read the newsletter see what's happening!

Friends of the Council on Aging

We welcome members to join us at our meetings.

FCOA Officers

Betty Dion, President

John Jennell, Vice President

Dot Caverly, Secretary

Jackie Storti, Treasurer

Carol Doherty, Membership Secretary

Did you know that when you join to be a member of the friends you have supported the FCOA and the COA. Being a member is just one way to help, join a committee, a little bit of your time goes a long way! Help us support the COA, look what we have accomplished! You can be part of the success!



Council On Aging Mission Statement

To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Council on Aging Board

Carol Casey, Chairperson

Cynthia Costello, Secretary

Teresa Axten, Lee Ford, Paul C. Rogers, Marcia Gilmore, Gayle Yarnel, Frankie Lalemand

Amesbury Council on Aging : 68 Elm Street : 978-388-8138

FREE:
Eye &
Hearing
Check

FREE:
Garb &
Go
Lunch

FREE:
Flu
Shot

Health Fair

October 3rd
10am -1pm
Over 30 Vendors

FREE:
Blood
Pressure
Check

**Blood
Drive!**

**FREE
GIFTS!**

Amesbury Health Care Trust
Commission
Amesbury Fire/Emergency Management

Amesbury Public Health
American Red Cross
Angels at Home Healthcare
Brigham Health and Rehabilitation
Center
Community Action Inc
Digital Hearing
Elder Services of the Merrimack Valley
Home Health Foundation
Mass Audiology
Merrimack Valley Health Center
Northern Essex Elder Transport
Pause Yoga
Rite Aid

Amesbury Lions Club;
Eye Mobile
Amesbury Police Department

Amesbury Public Library
Anna Jaques Hospital
Atria Merrimack Place
Commonwealth Care Alliance
Country Center
Elder Law Solutions
Holy Family/Merrimack Valley
Hospital
Jeanne Geiger Crisis Center
Mass Health
MVRTA Transportation
Northeast Rehabilitation Hospital
Tufts Health Pain Medicare
YWCA Greater Newburyport

Newly added:
Faith Delaney Esq.
Caption Call

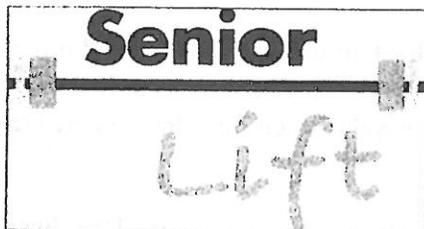
This event is to benefit the senior citizens of Amesbury and surrounding communities as well as a fundraiser for the Friends of the Amesbury Council on Aging.

Gray Matters

Channel 12

Tuesdays 4:00pm Wednesdays 9:30am
Thursday 7:30pm Saturday 9:00am

Meet Annmary Connor, COA Director and the guest of the month. Senator Kathleen O'Connor Ives



Airing on Channel 12

Sunday 8:00am Mondays 3:30pm
Tuesdays 11:00am Wednesday 10:00am
Fridays 12:00pm Saturday 8:00am
Watch and join Doreen Brothers Assistant Director and Certified Personal Trainer with her friends. Join them at least 3 times a week for better strength, flexibility and balance. The show is an hour long exercise show.

SENIOR LIFT DVD's AVAILABLE \$10 EACH!

We would like to thank Amesbury Community Television and the COA Volunteers

**Don't forget Nov 4th is election day!
get out and vote!**



SENIOR CRIME PREVENTION TIPS By Officer Tom Hanshaw

The month of October is known as the "month of several causes" including Crime Prevention Month. Each year the National Crime Prevention Council (NCPC) distributes information about trends in crime to police agencies, which we can share with residents in an effort to protect your property. Although we can't prevent every incident, public education has certainly taken a "bite out of crime." In 1996 when I began duties as Crime Prevention Officer, the number of elderly victims of crime seemed endless. Today, I chuckle at some of the responses seniors give to the criminals who try to steal their money; they truly have added a new meaning to "just say no."

In most scams, warning signs are usually visible, so recognizing them early is crucial to avoid becoming a victim. Improper English, any mention of a foreign country, green dot cards, Western Union, limited offer and of course, "you're a big winner" are a few of the phrases that should signal a scam alert. The criminals who are looking to take your money may even be working from another country and don't think they can't spend your dollars there. We recently had an incident in Amesbury where the telephone number of the perpetrator was traced back to Belgium. See it's really a "small world" after all.

A scam can enter into your home through the computer, telephone, US Mail or even a knock on the door. Don't entertain callers on the phone; you are not being impolite when you hang up, you are avoiding their trap. Junk mail, despite the rising postage costs, should be shredded and tossed into the recycling bucket. For all those e-mails you get each day with an investment opportunity, sweepstakes or special offer, that's what they invented the delete button for. Stay alert and don't "fall" for a scam this autumn.

Homeowner Options for Massachusetts Elders (H.O.M.E.) is a 30 year old statewide non-profit organization that has assisted over 26,000 senior homeowners. If you know a senior who has bills that are going unpaid, mortgage payments that are regularly behind, credit card bills that have become unmanageable, homeowner's insurance that has lapsed, and experiencing considerable family financial pressure, this senior is in grave danger of displacement. H.O.M.E. is offering to partner with senior service agencies in order to identify the seniors who are at risk of displacement because early intervention equals more success in options. Please contact H.O.M.E. at (800) 583-5337, (978) 970-0012 or www.elderhomeowners.org for assistance.

YOU MEAN I COULD LOSE MOST OF MY ASSETS TO A NURSING HOME?

Don't let your finances be devastated.

Many nursing homes cost about \$100,000 a year. How can I protect my spouse and family?

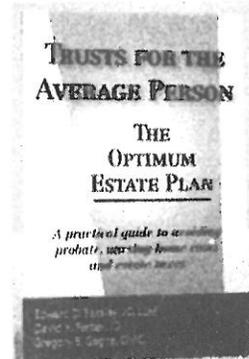
At this FREE educational legal seminar, learn:

- How to protect yourself from the potentially catastrophic effects of a nursing-home stay
- How to bullet-proof your trust from nursing-home costs
- How to protect an inheritance from your children's creditors and divorcing spouses
- The things needed to ensure your current trust is up-to-date



Presented by Attorney Edward "Ted" Beasley, former chairman of the American Bar Association Elder Law Committee

Receive a FREE copy of our book, ***Trusts for the Average Person: The Optimum Estate Plan***. Co-Author Gregory Gagne will present financial planning tips.



MERRIMAC SENIOR CENTER

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WEDNESDAY, OCT. 22ND, 9:30 – 11:30 A.M.

To reserve, call 1-800-370-5010

For additional seminar dates, go to www.beasleyferber.com

**FRIENDS OF THE AMESBURY COUNCIL ON AGING,
INC.**

October 1,2014

Dear Resident, Friends, Senior, Family member and citizen:

I am writing to you as the president of the Friends of the Amesbury Council on Aging (FCOA). The FCOA is a 501c3 that supports the Amesbury Council on Aging. As the non-profit supporting the COA we provide immeasurable financial and volunteer support to the COA. We are comprised of a leadership team of all volunteers.

To outline just a few of the items the FCOA provides: food, office and building supplies, pay for programs-exercise, entertainment, furniture and so much more. When you come to the COA realize that the coffee you drink, the cups you use, the chairs you sit in are all made possible by the FCOA. In addition we write grants and provide financial support through these grants to the COA.

We are asking you to assist us in an annual campaign to raise funds. We cannot continue to provide so many programs without your financial support. We provide many of our services, FREE or at a discounted rate. *Our revenues do not cover our expenses.*

We need your financial support. We are also looking for volunteers to join the FCOA who want to learn to be in a leadership role with the FCOA – this commitment is 4-6 hours a month. Please join us, support us, volunteer with us. You can continue our mission in helping us serve the Senior Citizens of Amesbury and our community.

Warmly,

Betty Dion

Betty Dion, President

FCOA Annual Appeal October 2014

Name : _____ Date: _____

Address: _____ Phone: _____

Email (optional): _____

Donations over \$10 include one annual membership.

_____ \$5 _____ \$10 _____ \$25 _____ \$50 _____ \$100 _____ \$other

I am interested in hearing more about volunteer opportunities please call me : _____

68 elm Street, Amesbury, MA 01913 phone: 978-388-8138 Fax: 978-388-8144



Amesbury Caregiver Essentials is a FREE program that provides caregivers with the resources needed to manage the stress associated with caring for a loved one through case management, education and social and emotional support.

Up and Coming

ACE Dinners:

W. Newbury Senior Center, 381 Main St., West Newbury - **October 21st**
Newbury COA, 63 Hanover St., Newbury - **November 6th**

Amesbury Caregiver Support Group: October 23, 2014! 2pm

Speaker Series: Commonwealth Care Alliance: October 23, 2014! 1pm

Speaker Topic:

"What is Senior Care Options (SCO)?"

Information regarding SCO services.

REMINDER: Amesbury support group offers respite care. You will be able to attend the support group while feeling confident that your loved one is safe participating in the Greenleaf Supportive Day Program here at our Senior Center. Please allow us a

"To respect the privacy of those in attendance, all Support Groups are confidential. Please sign-up with Vanessa R. Kahrman M.A. at 978-388-8138, ext. 544. Thank you!"

two day notice for members to join Greenleaf.

We are very grateful to the following people for sponsoring dinners for the attendees of our Powerful Caregivers Program. We appreciate their generosity and continued support.

**Genesis Healthcare at Maplewood Center
The Elizabeth Calsey House
Merrimack Valley Health Center
Senior Helpers**



Farmers Table: if you have extra home grown veggies/ fruits , drop them off at our farm table or enjoy taking some home **that have been donated.**



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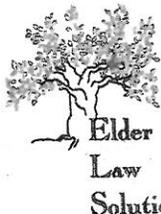
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Jack the Ripper at the Amesbury Senior Center

Thursday, October 30, at 4:00 PM.

The Delvena Theatre Company will be presenting an interactive production of *Jack the Ripper* at the Amesbury Senior Center, 68 Elm Street, Amesbury, On History comes alive – one more time – with the infamous *Jack the Ripper* – the identity of whom was never known! Learn the details of the ghastly murders of five women from London in 1888. Meet the top suspects in the murders. The audience will have the opportunity to question each of the suspects and make their own conclusion as to who the “real” Jack the Ripper was. Let’s solve this case once and for all! The cast will open up to the audience also at the end of the show for lively discussion.

An edutainment production, written by Fran Baron, the show will feature Joseph Zamparelli, Jr., Lynne Moulton and Fran Baron.

Joseph Zamparelli, Jr. is a professional actor, director and producer. A graduate of Boston College (Psychology/Theater Arts) he went on to the professional training program at Circle in the Square Theater School in NYC. In addition to commercial film and television work, he is Producing/Artistic Director of BostonAlive.

Lynne Moulton has performed several roles for Delvena Theatre including her IRNE nominated Martha in *Who's Afraid of Virginia Woolf?* and Sissy in *Piece of My Heart* and also for numerous other theatre companies in the New England area. She received her acting training at the Royal Academy of Dramatic Art under the direction of Sir Robert Palmer and at Trinity Rep Conservatory.

Fran Baron’s most recent roles include Mrs. Patterson, Martha and Evalyn, in Delvena’s *All the President’s Women* and Narrator and Mrs. Cratchit in *The Christmas Carol*. She is a playwright, producer and theatrical manager. She received her acting training with Karen Shepard.

The show is supported in part by a grant from the Amesbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For more information, contact the Council on Aging at (978) 388-8138.

Memorials

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to support programming, activities and services. In memory /honor of a loved one donations will receive acknowledgement in the COA monthly newsletter. Families will be notified of your generous contribution. Please make checks payable to: Friends of the Amesbury COA.

Please accept my donation of \$ _____
_____ in memory of _____ in honor of _____

Send letter to: _____

Donated by: _____

Thank you

We would like to wish Mikayla Higgins well on her new job, we will miss her!

the
healthy living
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Sign-up Today for 8 Week Workshop!

A Matter Of Balance

Wednesdays, October 22 - December 10
9:00 - 11:00 am

Amesbury Council on Aging
68 Elm Street, Amesbury, MA

For More Info or To Register
Call Doreen Brothers - 978-388-8138
www.healthyliving4me.org

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 falls risks at home
- ❖ 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

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey

TUFTS  Health Plan
FOUNDATION

This workshop is made possible through a grant provided by the U.S. Administration on Community Living in collaboration with the Massachusetts Department of Public Health and the Executive Office of Elder Affairs.



	<p>1 Maple Glazed Salmon Scalloped Potatoes Mixed Vegetables Chocolate Pudding Diet Pudding Whole Wheat Dinner Roll</p>	<p>2 <i>High Sodium Meal</i> LS Hot Dog Mustard & Relish Baked Beans Cole Slaw Regular & Diet Gelatin Hot Dog Roll</p>	<p>3 <i>Lawrence Davis Special</i> Breaded Chicken Whip Potatoes Carrot Coins Cranberry Sauce Fresh Apple Light Rye Bread</p>
<p>6 Cheeseburger Ketchup Kernel Corn Baked Potato Chips Pineapple Hamburger Roll</p>	<p>7 Pineapple Ginger Chicken White Rice Vegetable Medley Strawberry Cup, Regulars Peaches, Diets Italian Bread</p>	<p>8 American Chop Suey Peas and Carrots Parmesan Cheese Fresh Orange Rye Bread</p>	<p>9 <i>High Sodium Meal</i> Baked Ham with Fruit Sauce Whip Sweet Potatoes Broccoli and Cauliflower Ice Cream Oatmeal Bread</p>
<p>13 <i>No Meal Sewed</i> <i>Columbus Day</i> <i>Staliday</i> </p>	<p>14 Chicken Supreme Red Bliss Whip Potatoes Scandinavian Blend Veg. Cranberry Sauce Mandarin Oranges Oatmeal Bread</p>	<p>15 Meatball Sub with Tomato Sauce & Parmesan Cheese Oven Brown Potatoes California Blend Veggies Fresh Apple Sub Roll</p>	<p>16 <i>Birthday Dinner</i> Roast Turkey with Gravy Red Bliss Whip Potatoes Carrot Coins Birthday Cake / Diets & MOW'S Plain Cake Whole Wheat Dinner Roll</p>
<p>20 Chicken Cacciatori White Rice Peas & Carrots Parmesan Cheese Mandarin Oranges Whole Wheat Bread</p>	<p>21 BBQ Pork Patty Sweet Potato Wedges Carrot Raisin Salad Ketchup Packet Ice Cream Whole Wheat Roll</p>	<p>22 Mild Chili Shredded Cheese LF Sour Cream Green Beans Peach Cup Tortilla Chips</p>	<p>23 Teryaki Diced Chicken White Rice Scandinavian Blend Vegetables Pineapple Multigrain Bread</p>
<p>27 Beef Meatloaf with Gravy Whip Potato and Chives Chuckwagon Corn Strawberry Cup, Reg. Mandarin Oranges, Diets Oatmeal Bread</p>	<p>28 <i>No Meal Sewed</i> <i>Staff Appreciation</i> <i>Day</i></p>	<p>29 Chicken Fillet Roasted Red Potatoes Green & Gold Beans Cranberry Sauce Regular & Diet Gelatin Whole Wheat Bread</p>	<p>30 <i>Special Dinner</i> Beef Bourginon White Rice Vegetable Medley Fruit Cup Dinner Roll</p>
			<p>31 Stuffed Shells with Meat Sauce California Blend Veggies Parmesan Cheese Fresh Apple Low Fat Muffin</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Visit us at mvnpelderlunch.org

FCOA Christmas Fair! Saturday—December 6, 2014

Save the Date!

October 8th 3:00pm

Attention: Here is your chance to support and help the FCOA raise money for our Senior Center. We will appreciate all the help you can give. We need help in many areas such as: Working on a table for a few hours, baking for our bake table or making candies for our candy table (we have some great fudge being made!) working with our craft group to be held Tuesdays at 10am with Beverly. Donating - jewelry, Christmas decorations knitted or crocheted items as well as new items suitable for gifts. Donate a raffle item or ask someone to Donate certain times to fill theme baskets, fill a basket yourself-choose a theme anything goes, We have the baskets. We thank you so Much .

Arlene

For more information contact Arlene Mooers 978 834 6194, Jackie Storti, or Beverly Drew.

Memorial
In memory of
Barbara Flynn

Warmly,
Nancy & Bob Dolan



At the time of print I had not hear about a new day /time for the senior prom.. Stay tuned for more news on the rescheduled date!

Senior Lift : Fitness for everyone

Yoga: Thurs 8:30am Free

Sponsored by Maplewood Care

Exercise classes:

Mon 10am: Active fit \$3

Active seniors and modified for those needing more endurance focus

Wed 1pm: Fitness for all \$3

Focus strength base for all levels-chair level to active

Zumba: Thur 10am \$3

Walking Group: FREE Wed 10am

Tai Chi : Fri 9:30am \$4

Exercise Bike \$ Treadmill on site FREE

We are working on invigorating our fitness programs, our interns will be calling all participants who have attend classes in the past with an anonymous survey. We want to hear from you.

Amesbury Council on Aging
68 Elm Street
Amesbury, MA 01913

RETURN SERVICE REQUESTED

We strive to keep our
Mailing List up-to-date.
Please let us know if you
would prefer not to receive
The Newsletter or if the addressee
is no longer at this address.

Listen to Winn Damon on WNBZ 1450 AM: 106.1 FM October 21st 8:30 am to hear Annmary and Winn talking about all the fun events @ the Senior Community Center

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