



June

The Age of Mastery

VOLUME XII, ISSUE 6

JUNE 2011

Special points of interest:

Trips & Special Events

TOWN OF MIDDLETON ~ OLD TOWN HALL
38 MAPLE STREET P.O. BOX 855
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Susan Gannon ~ Executive Director & Editor

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From the Director...

Hello!

Hopefully soon we will have less rain and more sunshine, so that we may enjoy a lovely summer.

Did you know that if you go on one of our outings that your name will be placed in lottery of those particular attendees and that you may have the cost of the outing reimbursed to you!

Also, we have Bingo every Monday, but we also have a special monthly Bingo with greater prizes. Both of these benefits are provided by the Friends of the Middleton Council on Aging.

With all that we offer, we would love to see you here often and availing yourself of the many nutritional, educational, social, health, legal, financial and other opportunities.

Think Summer.....

Susan, Staff and Volunteers

Weather is a great metaphor for life - sometimes it's good, sometimes it's bad, and there's nothing much you can do about it but carry an umbrella.

~ Terri Guillems

With much appreciation...



We are surrounded by individuals and organizations who are so supportive of us.

We are in need of Coffee Café sponsors ~ can you help us so that we may continue to provide the food/social time that is so valued by our guests? Sometimes the Coffee Café serves as "breakfast" for people. Other Senior Centers charge or ask for donations from their guest seniors for coffee and pastries. We have always been able to absorb the cost instead, particularly with the generous donations of donors when our budget is stressed. We suggest \$25/mth for sponsorship.

In June we will be sponsored by **Lois LeMay**. Lois already does so much for us with her numerous volunteer activities and we very much appreciate her generosity on all occasions. Lois also is responsible for applying the gift from the **American Legion Ladies Auxiliary** that goes toward table decorations for special events.

- On Wednesdays and most Thursdays we are able to offer delicious "homemade" soups, courtesy of Essex Park Rehabilitation & Nursing Center, Beverly, MA and Peabody Glen Health Care Center, Peabody, MA. Thank-you! We also are on a roll now with delicious fresh-cooked meals on Wednesdays, prepared by "Chef Ron". The cost of these complete, nutritious, delicious meals is \$3.00, all inclusive.
- A special thank-you to The Friends of the Middleton Council on Aging. They support our seniors in so many ways. The Friends will draw one name for a free ticket to every trip we attend. The ticket will be drawn during transport to the event. They are also donating \$20 each month toward a special bingo. Bingo is played on Mondays after lunch.
- We thank our biggest supporters....the people who attend our programming regularly, whether meals, trips, exercise programs, educational and other clinics....whatever way in which you gather with us, we appreciate your time and attention.

THANK YOU!!! THANK YOU!!! THANK YOU!!! THANK YOU!!!

With Great Appreciation, We Acknowledge and Thank:

2010 ~ 2011 Friends of the Middleton Council on Aging
Meets First Monday of the Month 6:00 ~ 7:00pm

Joan Garber ~ Chair
 Ann Couture
 Pat Diskes
 Joyce Moreschi
 Linda Parker

Kate Brochu ~ Treasurer
 Cindy Dellea
 Mary Farley
 Barbara Mortalo
 Alice Tierney

2010 ~ 2011 Council On Aging Board of Directors
Meet Last Wednesday of the Month 9:15am

David Cowie ~ Chair
 David Leary ~ Vice-Chair & Representative TRIAD
 Ethel Lee ~ Liaison Friends MCOA
 Kay Martinuk ~ Activities & Newsletters
 William Walczak ~ Job Developer
 Ann Donahue ~ Alternate

John Goodwin
 Frank Leary ~ NSES, TRIAD
 Lois LeMay ~ Liaison Friends MCOA
 Betsy Racine ~ Activities & Newsletters
 Mary Jane Morrin ~ Board Secretary
 Martha Fucarile ~ Alternate

HEALTH PROGRAMS

PODIATRIST APPOINTMENTS DR. MC CULLOUGH

First Wednesdays @ 10:00 by appointment ~ \$30

For certain medical conditions, insurance may cover the cost!



June 1st

July 6th

WELL-BEING CLINICS @ SR. CTR

2nd and 4th Mondays 10:30 ~ 11:30

You may drop in for these clinics

June 13th R.N. from Peabody Glen
Rehab & Nursing Home

June 27th Carol O'Keefe, R.N.

WELL-BEING CLINICS

2nd Tuesdays OFF-SITE ~ June 14th

Public Health Nurse Tracy

9:00~10:00 Oak Knoll Community Rm

10:15~11:15 Ferncroft Towers

11:30~12:30 Orchard Circle Community

S.H.I.N.E. PROGRAM

(Serving Health Insurance Needs of Elders)
S.H.I.N.E Specialist Joe Younger

- Medicare Parts A, B & C
- Medigap Insurances
- Various Prescription Drug Programs
- Enrollment processes for all the above, as well as eligibility and choices
- Long-Term Care Options

Joe Younger is available again for consultations!!

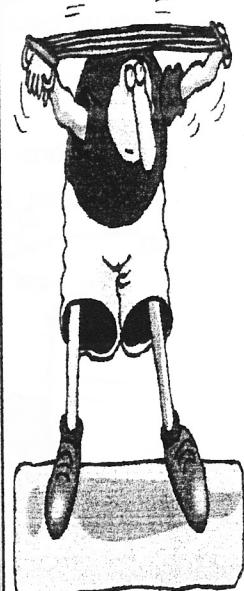
FUN, FITNESS, FIRMING (our fitness instructors are all certified)

MON. 9:30 ~ 10:30 YOGA ~ Dot McKeen, Certified Yoga Instructor
MEET AT CONGREGATIONAL CHURCH LOWER LEVEL

TUES. 1:30 ~ 2:30 GEN'L FITNESS ~ WEIGHTS & RESISTANCE
w/ Bonnie Peruffo
MEET AT SR. CTR. @ 38 Maple St., lower level

THURS. 9:30 ~ 10:15 GEN'L FITNESS ~ WEIGHTS & RESISTANCE
w/ Bonnie Peruffo
MEET AT CONGREGATIONAL CHURCH LL

FRI. 7:55 ~ 10:00 PIKE'S HIKES (Meet at Angelica's Rear Lot)
9:15 ~ 10:15 LAUGHTER YOGA ~ Dot McKeen
MEET AT SR. CTR. @ 38 Maple St., lower level





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We want to remind people about three programs on Tuesdays:

Liquid Muscle Aquatic Exercise ~ 1st two classes free!!!
Watercolor Classes FM Radio Show

MEN'S BREAKFAST

We will not be offering this for the month of June. Please call for future dates.

LUNCH BUNCH Tuesdays, May 10th, May 24th

Charlene P. will be back in April to welcome spring with the lunchers!!

June 14th Free Lunch and Tour sponsored by Spectrum in No. Andover
June 28th New Brothers Restaurant in Danvers

MIDDLETON FOOD BANK Fridays, 1:00 ~ 3:00

Care to make a donation? Monetary and paper goods and non-perishable food items are always appreciated and used by local residents of all ages. Bulk type items are sometimes used in the Congregate/Subsidized meals program, which serves many seniors.

COA WEBSITE: Our website has links to many other relevant sites. Also, if you are interested in the details on something you see in the calendar, you can find out that info on the website by simply clicking on the item of interest.