

June

# The Age of Mastery

VOLUME XII, ISSUE 6

JUNE 2011

**TOWN OF MIDDLETON ~ OLD TOWN HALL  
38 MAPLE STREET P.O. BOX 855  
MIDDLETON, MA. 01949  
978-777-4067**

Special points of interest:

Trips & Special Events

**middletoncoa@comcast.net  
Susan Gannon ~ Executive Director & Editor**

Greetings from Director	1
Appreciation	2
COA Board & Friends	2
"Bits and Pieces"	3
Upcoming Special Events	4
Skin Care Clinic	5
North Shore Medical Ctr	6
Upcoming Trips	8
June Congregate Meals	9
July HDM Meals	10
Fitness and Health	11
Podiatrist	
S.H.I.N.E.	
Well-being Clinics	
Exercise Classes	
Lunch Bunch	12
Men's Breakfast	
Other	
Special Events	Insert

## 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 Guillemets*

# 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!!**

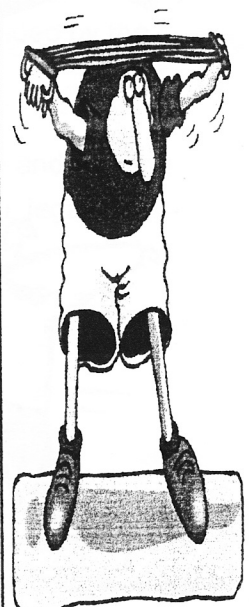
#### **FUN, FITNESS, FIRMING** (our fitness instructors are all certified)

**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.