



# The Age of Mastery

VOLUME

APRIL 2011

XII, ISSUE 4

**TOWN OF MIDDLETON ~ OLD TOWN HALL**

**38 MAPLE STREET P.O. BOX 855**

**MIDDLETON, MA. 01949**

**978-777-4067**

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**Susan Gannon ~ Executive Director & Editor**

Special points of interest:

Trips & Special Events

**Greetings from Director**

Appreciation

**COA Board & Friends**

Outreach/Services

What we do

What we offer

**Trips & Special Events**

**Fitness and Health**

Podiatrist

S.H.I.N.E.

Well-being Clinics

Exercise Classes

**Inserts**

Calendar

Menu

Managing Your Health

Hello!!

## From the Director...

Hopefully, we are all done with the snow and will have rain instead for a bit! I hope to be writing in May that we are having sunny skies, but that remains to be seen.

Three of our newest programs are appointments with a mortgage and foreclosure specialist and a R.N. who does in-home friendly visits. We are also working closely with the Labor and Workforce Development Office of the Commonwealth of Massachusetts. If you are looking to improve the marketability of your skills and obtain work, we may be able to assist you. If you are an employer, there are some funds available that may be able to pay for a potential employee to intern at your place of business.

We also offer many social opportunities, which you will find listed in the insert to this newsletter. We offer many different types of activities, including live theatre and other performance venues, half-day and full-day trips to interesting locations, creative programs and so much more.

We are especially pleased with our on-site chef on Wednesdays and hope you will join us for lunch on Mondays, Wednesdays and Thursdays. The cost of these great meals on Wednesday is just \$3.

Think Spring.....Susan, Staff and Volunteers

**A bird doesn't sing because it has an answer, it sings because it has a song.**

[Lou Holtz](#)

# 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. A big thank-you to the Prentakis family for their continued support for this for Octobers and Aprils....it means a lot!!*
- 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.
- We want to thank the FRIENDS OF THE MIDDLETON COUNCIL ON AGING for supporting us with their generous gifts for special events, and for the upcoming Wii system that we will be purchasing. They also presented the beautiful hand-carved sign, "Patti's Place", in memory of Patti Flynn, which now is displayed over the kitchen.
- A HUGE THANK-YOU to DANVERS BANK, and Middleton Branch Manager, Christine Picillo, for their donation and installation of a wonderful new HD flat screen T.V. We had a lovely dedication ceremony that was held on March 7th for these gifts, from both organizations.
- We also want to thank the American Legion Ladies Auxiliary for similarly supporting our efforts to enhance the decorating that we do for our events. Most recently they have helped out with our Valentine and St. Pat's parties.
- 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.

## 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!

April 6th      May 4th

### **WELL-BEING CLINICS @ SR. CTR 2nd and 4th Mondays 10:30 ~ 11:30**

You may drop in for these clinics

April 11th    R.N. from Peabody Glen  
Rehab & Nursing Home

April 25th    Carol O'Keefe, R.N.

### **WELL-BEING CLINICS 2nd Tuesdays OFF-SITE ~ April 12th**

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)**

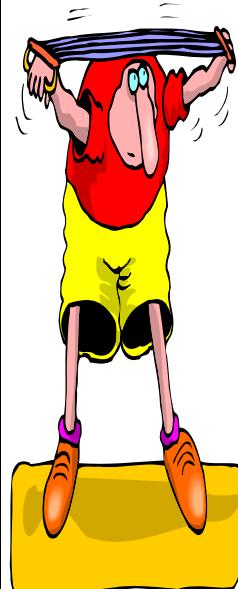
**MON.**    9:30 ~ 10:30    YOGA ~ Dot McKeen, Certified Yoga Instructor  
**MEET AT CONGREGATIONAL CHURCH LOWER LEVEL**

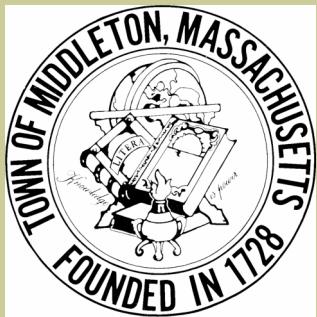
**TUES.**    1:30 ~ 2:30    GEN'L FITNESS ~ WEIGHTS & RESISTANCE  
w/ Bonnie Peruffo  
**MEET AT SR. CTR. @ 38 Maple St., lower level**

**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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P. O. Box 855  
Middleton, MA.

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WE'RE HERE FOR YOU!!



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 Friday, April 1st and April 15th**

Please join the group for good food and good conversation. We pick up primarily at Angelica's rear parking lot. Maximum of 12 people. Destination will be determined. Please call for details. \$2 transportation cost.

**LUNCH BUNCH Tuesdays, April 12th and April 26th**

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

Special Offering.....only \$2 for transportation. Please join the group @ noon. We pick up primarily at Angelica's rear parking lot. Maximum of 12 people. Destination will be determined. Please call for details.

**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.

**TAX PREP ~ "The Taxman Cometh"..... call to make your appointment. You will need your 2009 tax return, all your documents for 2010 and promptness, as we have many people wanting appointments. Please be well-prepared so that you can file easily.**

**U.S. Postage Paid  
Middleton, MA.  
Permit No. 52**

**CURRENT RESIDENT, OR**

# Up Coming Trips

Please call 978-777-4067 to make Reservations

**April 10th** Neverland Theatre Presents

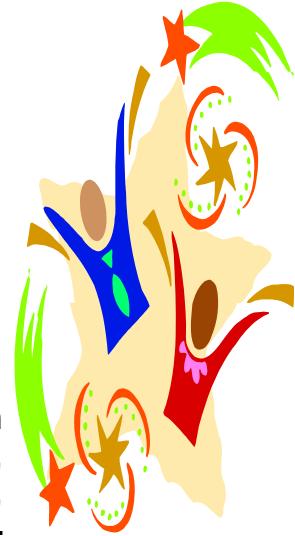
**20<sup>th</sup> Anniversary BROADWAY REVUE**

Featuring songs from musical of Neverland's past 20 years!

4pm, Temple B'nai Abraham Theater

200 E. Lothrop St., Beverly, MA

Tickets: \$13 (includes van transportation)



**April 17th** The Edwards Twins, Impersonators including Elton John, Neil Diamond, Billy Joel, Ray Charles, Cher, Andrea Bocelli, Stevie Wonder, Rod Stewart, Pavarotti, Bette Midler, Tom Jones, Barbara Streisand and more. Stoneham Theatre Tickets: \$25.00 including Van transportation. Leaving from Angelica's at 11:00 am, lunch on your own at Felicia's in Stoneham.

**April 30th** An Evening of Jazz, Merrimack College Jazz Band, comprised of students, faculty and alumni to perform traditional and contemporary jazz tunes featuring music of Duke Ellington, Glenn Miller and Count Basie as well as modern be-bop styles. Tickets \$5.00

Transportation on your own or carpool with friends.

**Coming Up in the next months:**

**May 3rd** Tour of Wenham Museum and lunch at Wenham Tea House

**May 17th** Trip to Legacy Place, Dedham, MA Shopping Day

**June 7th** Tom's Discount - Salisbury, Lunch at The Flatbread Company

**June 11th** Strawberry Festival—Topsfield

**July 28th** Debbie Reynolds in Concert - North Shore Music Theatre

## Senior Center Programs

**April 20th** 12:00—1:00 pm Musical entertainment with singer Robyn Stiretti performing selections from the American Song Book and Popular Standards with a Fashion Show twist.

Please see Calendar insert for a daily list of all activities or go to [www.townofmiddleton.org](http://www.townofmiddleton.org) for current up to date events.

# Studio 35



North Shore Elder Services' 35th Anniversary Celebration and Fundraiser!

April 28, 2011

Featuring:

Tickets \$75



BEATLE  
Juice

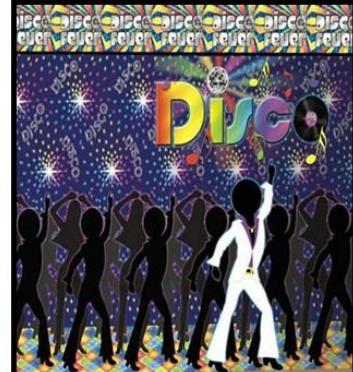
All Beatles  
music,  
all night!

Improv  
Comedy  
at its best!



The sweet  
sounds of  
folk  
music.  
6:00 pm

Hawthorne Hotel  
Salem, MA



A place to  
boogie the  
night away!

For more information contact: [rauthier@nselder.org](mailto:rauthier@nselder.org) 978-624-2220