

Hilton Center News



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September - October 2017



The quieter you become, the more you can hear

Don't Ignore Your Medicare Mail!

Medicare Open Enrollment (October 15 - December 7),

You may change your insurance plan for next year during this open enrollment. If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will be receiving information from your plan by Oct. 1. Please understand and save this information regarding changes in your plan for 2018.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call Elder Services of the Merrimack Valley at 978.946.1374 or the Salisbury Senior Center at 978.462.2412 or for immediate help call 1-800-AGE-INFO (1-800-243-4636) ... then press or say 3. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible. Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications.

DO NOT WAIT UNTIL IT'S TOO LATE!

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"Back by Popular Demand"

Parker River National Wildlife Refuge Van Trip Tuesday, September 19th @ 10:30AM



Explore behind the scenes itinerary and down the manmade dike on the islands' western edge fronting the Plum Island Sound. Trip includes some of the islands' most dramatic views. Transportation from Center to Refuge is provided. Brief stops will be made to highlight significant aspects of the refuge and to discuss protecting this land for wildlife. Handouts will be given. This trip is approximately 2 hours. Maximum capacity of 13 people. Van is Wheelchair accessible for all to join but space is limited. Call 978-462-2412!

Portsmouth Harbor Cruise Trip - Inland River & Fall Foliage Cruise

Wednesday, October 4, 2017

Bus departs from the Salisbury Senior Center to Portsmouth where you will board your river cruise headed inland towards Great Bay or the Cochecho River into Dover. Cruise past tankers, freighters and cable ships loading and unloading and beyond into a largely undeveloped tidal estuary. Join us for a unique cruise into some of the most picturesque scenery on the Seacoast. (Approximately 2-1/2 hours)

Cost approximately \$75.00 will include transportation, river cruise & lunch.

Need a minimum of 26 people!

Please call the senior center for final details. 978-462-2412.

The Salisbury Council on Aging Hilton Center is committed to encouraging maximum independence and to improving quality of life. We are here to advocate for you, identify and meet your health, social and cultural needs. We serve as a community focal point offering a wide variety of interesting health fitness, social and spiritual programming. We are open to all.



Age Strong! Live Long!



Exercise to Music

**Tuesdays
9:00 – 10:00**

Offers great combinations

- ◆ Low impact aerobics
- ◆ Strength conditioning
- ◆ Exercising to music
- ◆ Utilize hand weights, tubing and chairs at your discretion

Focus on cardio and strength conditioning.

Modify the intensity of the workout to your own level, chair exercise or standing.
Open to all.

Come and have some fun.

Suggested donation

\$3.00 per class

YOGA - GENTLE STRETCHING

Lisa Buczynski Pierce

**Tuesdays
10:15-11:15**

Tone up your mind, body and spirit. Guided breathing, stretching and exercising to increase endurance, flexibility and overall fitness.

Classes will enable adults to gently stretch, socialize and have fun. Wear loose clothing and comfortable shoes.

Suggested donation

\$3.00 per class



SILVER STRENGTH



**Debbie Choate
Wednesdays
10:15 - 11:00**

Strength training designed to use mind and muscles to develop functional strength and fitness.

Sit in a chair, or stand with the chair available. Using balls and rubber tubing we work to improve strength, mobility and endurance.

Debbie Choate is a Salisbury resident and owner of Bodytrends Personal Fitness

Questions about the class please call Debbie at 978-270-3464.

Suggested donation

\$3.00 per class

**CENTER CLOSED
Monday, September 4th
Monday, October 9th**

Line Dancing with Jason McCollin



**Tuesday 10:30 – 11:30
&**

**Thursday 9:30 – 10:30
Intermediate Class**

No pre-registration required.

Learn the intermediate line dancing steps and have a great time doing it.

This class is taught by our very personable and patient instructor.

Suggested donation

\$3.00 per class

Ballroom Dancing

With Ivana

Wednesday's @ 10 am

This class designed for both couples & singles.

You can master these simple dance steps.

Each class will be a different dance.

Suggested donation \$4.00

WE'RE BACK!

**Balance, Fitness & Cardio
with Debbie Choate**

**Starts Wednesday
September 6th**

9:00 – 10:00 am

Develop agility, strength, & flexibility with these fun moves.

Suggested donation \$3

Walking Group Thursday mornings

Meet @ 9:00 am

**Salisbury Beach State
Reservation**

**Last parking lot on left in
front of bath house**

**Your individual needs and
limitations will be considered
when walking, call for information.**



Zumba with Ivana

FRIDAYS

9:00AM – 10:00AM

Dance and aerobic movements to all types of energetic music. Zumba targets the abs, thighs, arms, and other muscles throughout the body.

Come and join the fun!!

Suggested donation

\$3.00 per class



Please call 978-462-2412 to pre-register for workshops, classes, programs

Internet Access: The Computer Lab is open to the public Mondays 9:00 to 2:00 and Fridays till noon. We are Wi-Fi enabled for your convenience.

One on One Computer or iPad: Learn what you would like to learn – computer or iPad! Your lesson will be customized to what you want to learn. Call now to schedule your one hour one-on-one appointment at 978-462-2412

Weekly Activities

45's are back and we're looking for more card players.

Monday's @ 1pm

Would you like to meet new people or meet up with current friends? Join our 45's group or initiate a new board or card game, please let us know and come join the fun!

Quilters Group

Tuesdays at Noon

If you have talent, or strong desire to learn, join us! It's that easy. Some of our quilters have begun making lap quilts for those in need. No need to bring supplies, just bring yourself.

Mah Jongg

Tuesdays, 11:30

Just the basics moves, practice games can take you step-by-step through the opening moves, middle strategies, combinations and the endgame. Players always welcome. Some experience needed, we welcome all.

Cribbage.

Wednesdays, 10:30 a.m.

Join this fun active group. Join our current players and learn to play "Cribbage" regardless of experience.

Bridge

Wednesdays, Noon

Ever want to learn to play Bridge? Now is your chance! Informal bridge group meets weekly to learn and play the game. This is a low pressure, high fun bridge group. Come and join us!

Crafts & Chats

Thursdays, 9:00 a.m.

Join us for knitting, crocheting, pretty punch, socializing and refreshments. We have plenty of supplies and yarn available. Interested in learning? Join this fun supportive group.

Men's Discussion Group

Mondays, 10:30 a.m.

Looking for something to do? Meet with old friends and meet new ones. No particular topic takes precedence. Discuss news, views, the old days, old neighborhoods, current events, and more. Keep your mind functioning! Get involved and socialize. Get up, get out of the house and join the fun. **Refreshments served**

Creative Art Class

Noon-2:30pm

Thursdays, Sept 7th & Oct 5th

Join artist and Cognitive Rehabilitation Specialist, Gail Arpin-Finck, for something different each month! For **September** Gail will offer a 2 part Graphite Drawing Class depicting a Cape Cod cottage. No art skills necessary. Classes are kept small for individualized attention and instruction. Just come and have fun! Cost is \$20, all supplies provided. Please pre-register 978-462-2412

Watercolor Painting

Noon – 3pm

Thursdays, Sept 21st & Oct 26th

Paint a different scene each month with watercolor and bring home your finished painting. Everything you need to paint your picture will be supplied. Watercolor painting Coach, W.E. (Bill) Duke will be providing the class instruction. Cost is only \$20.00. No prior experience is necessary. Pre-registration required, please call 978-462-2412.

Adult Coloring Class

11:00 am

Every Thursday

This adult version of coloring is with colored pencils and markers and coloring sheets depicting intricate patterns. Coloring is a great way to express yourself and "de-stress". Come and join the fun! Sponsored by the Friends of the Salisbury Council on Aging.

ART



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM – 2PM Van	9AM – 2PM Van	9AM – 2PM Van	9AM Chats & Crafts	9AM Zumba
10AM – 11AM Blood Pressure	9AM – 10AM Exercise to music	9AM – 10AM Balance, Fitness, & Cardio	9:30AM Line Dancing	
10:30AM Men's Discussion	10:15A – 11:15A Stretching/Yoga	10:00AM Ballroom Dancing	9:00AM Walking @ Reservation	
12:30PM – 2:30PM Bingo	10:30AM Line Dancing	10:15A – 11:00A Senior Fitness	11:00AM Adult Coloring	
1PM 45's card game	11:30AM – 3PM Mah Jongg	10:30AM Cribbage	11:15AM Birthday Party 3 rd Thursday	
REMINDER: CLOSED Monday: Sept. 4th & Oct. 9th	NOON Quilting	NOON Bridge		

UPCOMING EVENTS SEPTEMBER:

Date	Time	Event
MONDAY		
9/18	9:00	SCAMS I presentation & TRIAD
9/25	10:00	Flu Shots by Stop & Shop
TUESDAY		
9/5	12:30	Free Craft with Jean Little-Bruce
9/12	NOON	Egypt Presentation
9/19	10:30	Parker River Refuge Van Trip
9/19	11:45	Fact or Fiction with refreshments
9/26	10:00	Progressive COA Event
<i>Board Meeting Sept. 19th 12:30</i>		
WEDNESDAY		
9/6	NOON	Trivia with free lunch (11:15A)
9/27	10:45	Ride the bus – Angie's/Nbypt.
THURSDAY		
9/7	NOON	Creative Art – Graphite Drawing
9/14	NOON	Paper Embroidery Card Making
9/21	11:15A	Birthday Party
9/21	NOON	Watercolor with Bill Duke
9/28	11:30	Brown Bag Pick-up

UPCOMING EVENTS OCTOBER:

Date	Time	Event
MONDAY		
10/16	9:00	Breakfast w/Police & TRIAD
TUESDAY		
10/3	NOON	Free Craft w/Jean Little-Bruce
10/3	11:30	Brown Bag Pick-up 
10/17	11:45	Fact or Fiction with refreshments
10/31	NOON	Halloween Ice Cream Social
<i>Board Meeting Oct. 17th 12:30</i>		
WEDNESDAY		
10/4	NOON	Trivia with free lunch (11:15A)
10/11	NOON	Write your Own Story
10/25	10:45	Ride the bus/ Rico's Cafe
THURSDAY		
10/5	NOON	Creative Art Class
10/12	NOON	Chef Kirk "Making Stew"
10/19	11:15A	Birthday Party
10/26	NOON	Watercolor with Bill Duke
NOVEMBER - MONDAY		
11/6	9AM	Veteran's Breakfast

Lunch served daily at 11:20, suggested donation is \$2.00. confidential, envelopes provided.

Make your lunch reservation by calling 978-462-2412 two days in advance.

If Triton School or Gr. Lawrence Vo-Tech is closed no Meals on Wheels or congregate meals.

HOW CAN WE HELP YOU?



TRIAD – 9AM

NEW Meeting Times:

3rd Monday of each month

September 18th & October 16th @ 9AM

Triad is a collaborative effort between our senior community, the Essex County District Attorney's Office and our local law enforcement. TRIAD will now meet the third Monday of each month at 9AM. Committee Members wanted.

Monday, Sept. 18th 9 a.m. This presentation will help you stay a step ahead of current SCAMS. Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information.

October 16th 9 a.m. enjoy a free breakfast hosted by our Salisbury Police Department. Question and answer session. Please pre-register for this meeting by October 10th for our food count, 978-462-2412.

Flu Shots will be offered by Stop & Shop at the Salisbury Senior center on **Monday, Sept. 25th 10a.m. – 11 a.m.**

Must sign up by Sept. 14th - 978-462-2412



Veterans Breakfast

Monday, November 6th @ 9:00 am

Honoring our Veterans starting with a delicious breakfast from our friends at Atria, Merrimack Place. Breakfast will be followed by an Appreciation Ceremony to our Veterans. Event is Free but you must pre-register. Guest of Veterans are also invited.

All are welcome to join in honoring our Veterans! Please call to pre-register @ 978-462-2412.

Assisted Living Center ~ Salisbury

**Where you Can Have it All
Where you Can Afford it All
(978) 463-9809**

WELLNESS PROGRAMS

Health Clinic: 10:00 to 11:00 - First four Mondays of the month a nurse or EMT will be available for blood pressure and discuss any concerns you have.

Hot Lunch: Served weekday at 11:20 a.m. at the Hilton Center. Suggested donation is \$2.00 per meal for a person 60 and older. Reservations must be made two working days in advance. Please call to reserve: 978-462-2412

Home Delivered Meals: Meals are available for homebound elders. Call Elder Services at 800-892-0890 ext 490 to make arrangements.

SHINE: Our counselor holds office hours at the Center on Monday through Thursdays. Private appointments available - discuss your health insurance options and prescription plans. Call for your private appointment at 978.462.2412.

E-Z Tran / Medi-Ride Information

Available to help seniors get around Salisbury, Newburyport and Amesbury by van. You must be at least 60 years of age and live in Salisbury or be an individual with a disability. EZ Tran can also help you to get to medical appointments at Lahey Clinic in Peabody as well as several Boston hospitals. Please call Senior Center for further information at 978-462-2412 or the MVRTA at 978-469-6878 option 3.

New Delivery Dates for Brown Bag Program:

Please take note: Starts in October – Delivery will be once per month on a Tuesday. Elder Services and the Greater Boston Food Bank have joined forces to offer this program for income eligible residents 60 years and older. Eligible elders will receive a free bag of groceries once a month. Once you have been accepted onto the program an information packet will be mailed out to you explaining how the program works and the pick-up information. Pick up an application at the Hilton Center or for more information please call Elder Services @ 978-946-1303.



**Brown Bag Pick-Up @ 11:30AM
Thursdays, Sept. 28th & *October 3rd**

*Starting in October, Pick up will be the first Tuesday of every month. Please make this change on your personal calendar.





Birthday Celebration

The Friends of the Salisbury Council on Aging invites you to the Hilton Senior Center for a Monthly birthday celebration, free lunch & entertainment

Thursday, Sept 21st @ 11:15am

Thursday, October 19th @ 11:15am

Be sure to reserve your place a minimum of two days in advance by calling 978-462-2412.

Meals and entertainment funded through the



Ice cream before Bingo

Monday, September 25th @ Noon

provided by Stop & Shop

& October 23rd @ Noon

provided by Pavilion Medical Home Care

MONTHLY CRAFT CLASS

1st Tuesday of the month

Expand your Creativity with our Monthly Craft Idea provided by Jean-Little Bruce from Brigham Health and Rehabilitation Center.

Jean will provide the necessary supplies and an entertaining time while you create your craft.

Tuesday, September 5th @ noon

Will be Autumn Tea Light holder

Second Craft session Tuesday, **October 3rd @ noon**

Pre-registration is required 978.462.2412



FREE Lunch and Trivia

with Merrimack Valley Health

1st Wednesday of each month

Lunch at 11:15am - Games following lunch

Wednesday, September 6th

Special Panini Grill Day along with Soup & Salad by our Traveling Chef, enjoy a few rounds of trivia following lunch.

Registration required

Wednesday, October 4th

Lunch & Trivia starts @ 11:15

978-462-2412



Halloween Celebration

Tuesday, October 31st @ 11:15

Wear your Halloween Costume

Be creative and have fun ..prizes...

Lunch is \$2.00 and must sign up in advance.

Free Ice cream sundaes provided by Atria



Paper Embroidery Card Making Thursday, September 14th @ Noon

All supplies provided

Stitch a pattern on cardstock and make a one of a kind greeting card with this paper embroidery card making class! Stitching Cards patterns have easy to follow, step-by-step instructions and numbered diagrams. Helen D'Amato will help you create beautiful greetings cards that you will treasure.

Come and join the fun.

Register early limited spaces: 978-462-2412



FACT OR FICTION?

3rd Tuesday of each Month

It seems that debunking myths has become a favorite thing to do lately. Be part of the fun with our friend

Bill Adrian from Adult Foster Care of the North Shore. The third Tuesday of each month, come for this **free event**. While you enjoy refreshments, Bill will be challenging your knowledge, understanding and thoughts on several topics.

Prizes will be awarded.

Tuesday, September 19 at 11:45am

Tuesday, October 17 at 11:45am

Pre-registration is required one week prior for both events 978-462-2412.

Chef Kirk of Country Center Rehab October 12th @ Noon



As autumn comes upon us a simple meal is a delicious homemade stew.

Chef Kirk from Country Center for Health and Rehabilitation will share his tips on proper stew ingredients. If you wish to freeze your stew, what vegetables are best; do you have to adjust for spices, etc. Chef Kirk is happy to address your questions. Sign up now for another delicious creation from our friend, deadline October 4th call us at 978-462-2412

Breakfast with the Salisbury Police Monday, October 16th @ 9:00 am @ Hilton Senior Center

Come and enjoy a continental breakfast provided hosted by the Salisbury Police Department.

Join some old friends and meet new friends.

Discussion will revolve around identity theft.

Limited to 50 seniors

Call prior to October 5th deadline 978-462-2412.

Egypt – it is more than the Pyramids**Tuesday September 12th, @ Noon**

Take advantage of this unique opportunity to learn more about the culture and country of Egypt.

What are the Pyramids like? What do you see when you travel to them? The country side, the city of Cairo, the beautiful Nile River...

Salisbury resident, Hany Elfiki, lived most of his life in Cairo. Come to this free informal presentation on Egypt. Enjoy a free sampling of some Egyptian delights! Call to register @ 978-462-2412.

Progressive COA Lunch Event**Back by Popular Demand!!****Tuesday, September 26th 10am – 2:15pm**

Please join us again as The Newbury, Rowley, Salisbury and West Newbury COA Luncheon Collaborative cordially invites you for a Progressive Four Course Luncheon. Attendees will be transported to and from each COA for a different course in the meal. Space is limited! If you didn't get a chance to join us last time, don't miss out this time!

Please R.S.V.P. by calling your local COA office. Space is limited to 10 seniors from each COA on a first come, first serve basis.

RIDE THE PUBLIC MVRTA BUS!!!**Wednesday, September 27th @ 10:45am****& October 25th @ 10:45am**

We require a minimum of 8 seniors to hold this event. The MVTRA offers you the ability for an affordable commute from Salisbury throughout Salisbury, Newburyport and Amesbury.

All seniors are invited to join us for our Monthly "Ride the Bus Excursion". Bus fare is 60¢ each way or 50¢ with your Senior Charlie Card. Join Ginny as she boards the bus at the Municipal Beach Parking lot at 11:04 on **Wednesday, September 27th or anywhere along the route** and disembark at approximately 11:20am on State Street, there will be a short walk to Pleasant Street, where you will have an enjoyable lunch at **Angie's**. Lunch selection required at registration, we can return on the 1:00p bus. Menu options at the Senior Center.

October 25th destination is Rico's in Salisbury Square for a very enjoyable and reasonable meal. Please call to sign up for these rides 978-462-2412.

Write your Own Story**Wednesday, October 11th Noon – 1pm**

Join Henry Quinlan as he focuses on the steps it takes to create an autobiography, a novel or memoir. This presentation includes how to organize and start the process; what are the important features of an autobiography or novel; how to handle painful memories; what photos to include enhancing the autobiography; how to let photos and keepsakes trigger memories; how to engage children in the process and how to let your memories flow. Henry has been publishing since 1986. Call and sign up today as space is limited 978-462-2412.

The Supplemental Nutrition Assistance

Program/SNAP is a nutrition program for families and individuals that meet certain income and resource guidelines. SNAP benefits help you buy nutritious food for you and your family. If you qualify for SNAP benefits you can use these benefits to purchase food at most grocery stores, convenience stores and pharmacies. SNAP benefits are accessed with an [Electronic Benefit Transfer Card \(EBT\)](#). These cards are used the same way you would use a debit or ATM card. To see if you qualify make an appointment with our outreach coordinator at 978-462-2412.

Thank You: Special thanks to Ann Barclay, Pat Beevers, Joan Brooks, Ruth Pettingill, Alice Currier, Corinne McKewon, Vera Spampinato, Bob Morrison, Richard Mirabito, Jessie Salz, Bill Adrian, Margaret Bushee of Clear Caption, Merrimack Valley Health Center, Brigham Health & Rehab, Joan Coughlin, Frank Sarcia, SPD & SFD and our Friends Group.

We couldn't do it without you!

Thank you June DeCoste in memory of Debbie Kitchen

Thanks you for the supporters of Senior Field Day

Please join us in extending our appreciation to our vendors, organizations and volunteers:

Seabrook Emergency Room/Portsmouth Regional Hospital, Merrimack Valley Health Center, Seniors Helping Seniors, Country Center for Health and Rehabilitation, Brain2Gain, Brookhaven Hospice, Methuen Village, Brigham Health and Rehabilitation Center, Adult Foster Care of the North Shore, Atria, Merrimack Place, Northeast Tobacco Free Community Partnership, High Vibrations Wellness, Clear Captions, Harvard Pilgrim Healthcare, Here for You, Rehab 365, United Healthcare, Elder Services of the Merrimack Valley, Hidden Treasures, Amesbury Chamber of Commerce, ActivMed, Storybook Homes and Stop & Shop and more.

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COA Board of Directors

Susan Raiehe
Pat Beevers
John Haggerty
Wayne David
Karlene Johnson
Shirley Joubert

Board Meeting:
3rd Tuesday of month
@ 12:30p

Staff

Executive Director
Elizabeth Pettis

Project Manager
Carol Dorman

Outreach Coordinator
Emily Thompson

Activities Coordinator
Virginia Salem

Van Driver
Allen MacPherson

Meals Site Manager
Susan Raiehe

Maintenance
Ed Gagnon

978-462-2412
Fax: 978-465-2325
43 Lafayette Rd
Salisbury MA 01952

www.salisburycoa.com
epettis@salisburyma.gov

Or current resident

Transportation: COA Van is available to seniors for transport to local appointments; The Van operates Monday, Tuesday from 8:30 am to 2:00 pm. On Wednesday the Van provides transportation to Market Basket Plaza and Wal-Mart Plaza in Seabrook. Pickup begins @ 9:00 a.m. The cost for shopping is suggested donation of \$5.00 **not a required amount**. Confirm pickup time when you call. Make your reservations at least two working days in advance by calling (978) 462-2412.



E-Z Trans: Curb to Curb transportation for Salisbury residents for shopping, visiting friends, running errands, going to and from medical appointments, or to and from work, the E-Z Trans allows clients to commute throughout Merrimac Valley, this van service also accommodates wheelchair clients, program operates from 8 a.m. to 5 p.m. Monday through Friday. All participants must be certified through the MVRTA. Applications are available on line or through the Senior Center. Reservations must be made at least 48 hours in advance by calling 978-469-6878 option 3. There is a variable rate.

Become a Donor

The Salisbury Council on Aging also relies on financial assistance from the community to support programs and activities at the Hilton Senior Center not covered under the budget. Please help us support the Council on Aging by making a donation that will help to support classes, programming, service and activities. If you wish to make a donation, please complete the application form below.

Name: _____

In Memory of: _____

Address: _____

City: _____ State: _____ Zip Code _____ Telephone: _____

Please mail this form to the Council on Aging, 43 Lafayette Rd. Salisbury, MA 01952 Thank You for your support!