



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

Manchester-by-the-Sea, Massachusetts 01944-1399

Telephone (978) 526-7500 • FAX (978) 525-6441

hammondn@manchester.ma.us

March 2019

Nancy Hammond
Director of Senior Services

MANCHESTER COUNCIL ON AGING VAN SCHEDULE



MONDAY	9:00 to 2:00
TUESDAY	9:00 to 3:00
WEDNESDAY	9:00 to 4:00
THURSDAY	9:00 to 4:00
FRIDAY	9:00 to 3:00



24 hour notice is requested for transportation

(978) 526-7500

COUNCIL ON AGING MISSION

By keeping our elders as integral members of the community and supporting them through community services, resources and intergenerational activities, we endeavor to improve their well-being and enjoyment of life.

MANCHESTER COA EVENTS/TRIPS

MARCH

- 3/1 Ocean State Job Lots 10:00
- 3/6 New Brothers Restaurant 11:00
- 3/8 Malls 10:00
- 3/11 Low Vision Meeting @ The Plains 1:00
- 3/13 Special Market Basket Trips
- 3/14 Boston Flower & Garden Show \$16 8:30
- 3/15 Trader Joe's 10:00
- 3/20 Mystery Ride 1:00
- 3/22 Trader Joe's 10:00
- 3/26 Lunch of the Month @ The Chapel \$8 12:15
- 3/27 Cape Ann Lanes 11:45

APRIL

- 4/5 Christmas Tree Shops 10:00
- 4/8 Low Vision Meeting @ The Plains 1:00
- 4/27 Drug Take Back Day @ Town Hall

PREREGISTRATION IS NECESSARY FOR ANY AND ALL ACTIVITIES OR TRIPS. CANCELLATION POLICY: REFUNDS ARE ONLY AVAILABLE FOR CANCELLATIONS MADE UP TO 48 HOURS BEFORE EVENT.

**Daylight Savings Time begins
Sunday March 10th**



**PLEASE SEND US YOUR EMAIL ADDRESS SO YOU CAN RECEIVE THIS NEWSLETTER VIA EMAIL. ALL EMAIL INFORMATION WILL REMAIN CONFIDENTIAL. PLEASE FORWARD YOUR INFORMATION TO:
hammondn@manchester.ma.us**

**MONTHLY MALL & TRADER JOE'S SHOPPING TRIPS
MARKET BASKET SHOPPING-THURSDAY
ZUMBA-TUESDAY— YOGA-WEDNESDAY**

C.O.A. BOARD MEETING:

3/13/19 @ 5:30 pm
@ Town Hall Rm #7

TRIAD MEETING:

3/12/19 @ 9:30 am
@ Town Hall Rm #7

FRIENDS OF THE C.O.A. MEETING:

3/26/19 @ 4:00 pm
@ Town Hall Rm #5

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall, Manchester by the Sea

Room 5

1:00PM—2:00PM

Wednesday, March 13, 2019

Reminder!

Motor Vehicle excise tax bills are due in to the Collector's Office no later than March 13, 2019. Please remember to leave time for mailing. Bills may also be paid online 24 hours a day, 7 days a week at www.manchester.ma.us or in person at Town Hall. If you did not receive a bill for your vehicle(s), or if you have any other questions, please contact the Collector's Office at 978-526-2030

YOU MAY QUALIFY FOR AN EXEMPTION OFF OF YOUR REAL
ESTATE TAX BILL.

You may be eligible to reduce a portion of the taxes assessed on your domicile if you meet the qualifications for one of the personal exemptions allowed under Massachusetts Law. The following is a list of exemptions Manchester has.

Clause 37A-Blind Persons

Clause 22-Qualifying Veterans

Clause 41C-Elderly Persons

Clause 41A-Deferral

For further information or a complete listing of the exemptions please call the Board of Assessors at 978-526-2010.

Spring begins on Wednesday March 20th

Here are 10 fun facts about spring!

1. The earliest known use of the term "spring cleaning" was in 1857.
2. We've used the word "spring" for the season since the 16th century.
3. The first day of spring is called the vernal equinox.
4. The first spring flowers are usually daffodils, dandelions, lilies, tulips, iris and lilacs.
5. Spring fever isn't just a saying – experts say the body's makeup changes due to different diets, hormone production and temperature.
6. There's more daylight during spring because the earth's axis tilts toward the sun at this time of the year.
7. "Tornado Alley" is at its most active state during the spring.
8. Hurricane season begins in late spring.
9. On the first day of spring, the sunrise and sunset are about 12 hours apart everywhere on earth.
10. If you stand at the equator on the first day of spring, you'll see the sun pass directly over-head. This happens only twice a year – the first day of spring and the first day of autumn.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>May the winds of Fortune sail you, may you sail a gentle sea. May it always be the other guy who says, "this drink's on me."</i></p>				<p>1 9:00 Longevity 10:00 Ocean State Job Lots</p>
<p>4 8:30 Strong Women 9:45 Quilting</p>	<p>5 10:00 Zumba 1:00 Bridge Club</p>	<p>6 9:00 Longevity 10:00 Yoga 11:00 New Brothers Restaurant & Deli</p>	<p>7 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip</p>	<p>8 9:00 Longevity 10:00 Mall</p>
<p>11 8:30 Strong Women 9:45 Quilting 1:00 Low Vision Meeting @ The Plains</p>	<p>12 NO ZUMBA TODAY 1:00 Bridge Club</p>	<p>13 9:00 Longevity 10:00 Yoga Market Basket Trip</p>	<p>14 8:30 Strong Women 8:30 Boston Flower & Garden Show \$16</p>	<p>15 9:00 Longevity 10:00 Trader Joe's</p>
<p>18 8:30 Strong Women 9:45 Quilting</p>	<p>19 10:00 Zumba 1:00 Bridge Club</p>	<p>20 9:00 Longevity 10:00 Yoga 1:00 Mystery Ride</p>	<p>21 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip</p>	<p>22 9:00 Longevity 10:00 Walmart</p>
<p>25 8:30 Strong Women 9:45 Quilting</p>	<p>26 10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club</p>	<p>27 9:00 Longevity 10:00 Yoga 11:45 Cape Ann Lanes</p>	<p>28 8:30 Strong Women Market Basket Trip</p>	<p>29 9:00 Longevity</p>

WEEKLY CLASSES

Please call the Council on Aging Office at (978) 526-7500 for further information or as otherwise noted. As always, the C.O.A. van is available for transportation. Beginners are welcome and encouraged to attend.

STRONG WOMEN PROGRAM: Meets every Monday and Thursday, 8:30 - 9:30 AM at the Manchester Community Center. Classes are \$3 per session or \$6 a week. Classes designed to increase strength, flexibility and endurance. Lynne Umstead, a physical therapist leads the classes. Paperwork is available at the C.O.A. Office.

ZUMBA: Pat Martines, a Zumba Gold Instructor, invites seniors to come and experience the benefits of Zumba. Any and all seniors are welcome—experience does not matter!

YOGA: Wednesday, 10:00 - 11:00 AM at the Congregational Chapel, Chapel Lane. Nana Dunn, a certified instructor, invites seniors to come relax, increase strength, and cultivate concentration with chair and gentle yoga postures. Any and all levels of experience are welcome. \$5 per class payable to the instructor.

LONGEVITY TRAINING: Wednesday & Friday, 9:00-10:00 A.M. at the Magnolia Library. The mission of Longevity Training is to provide you with a simple and complete fitness plan to help create a stronger YOU! This exercise class is taught by a personal trainer of the Cape Ann YMCA. All are welcome.

QUILTING: Monday, starts at 9:45 AM at the Community Center.

BRIDGE CLUB: Tuesday, 1:00—4:00 P.M. at Newport Park Community Room. All are welcome. Please call Elizabeth Moon at (978) 526-4515 for more information or to register.

**ALERTS!**

~ from the Clerk ~

Beach Stickers are available NOW!

Visit the Town Clerk's office with your vehicle's registration or order online at www.ManchesterStickers.cityhallsystems.com.

April 2nd: Last day to submit **Nomination Papers** to run for local office (5:00 p.m.)
Are you interested in running for local office?
Help support the community you love and call home?
The following positions will be on the ballot: Library Trustee, Moderator, Planning Board, School Committee and Board of Selectmen.

March 31st: **2019 Dog Licenses** due – avoid the late fee!
All dogs aged 6 months and older must be registered by March 31st.
Order in person, by mail or online at www.epay.cityhallsystems.com

April 1st: **Annual Town Meeting**, Memorial Elementary School, 7 p.m.
Visit www.manchester.ma.us at the end of February to view the warrant.

May 21st: **Annual Town Election**, Memorial Elementary School, 7:00 a.m.-8:00 p.m.
Visit www.manchester.ma.us mid-April to view the sample ballot.
Out of Town on May 21st? Absentee Ballots will be available the week of April 15th

Questions? Contact the Town Clerk's Office at 978-526-2040 or townclerk@manchester.ma.us

Earn Money for Our Council on Aging, and Possibly Win a \$50 Gift Card!

Lace up your sneakers, grab some friends, and join us in the Walk Massachusetts Challenge to help us win money for fitness programs, and you could possibly win a \$50 Visa gift card!

The challenge runs from April 1 to September 30. In that time, if you can, individually or as a team of four, complete the challenge, you get entered into a drawing for a \$50 Visa Gift card, and for everyone that completes the challenge, our Council on Aging gets entered for \$250 to put toward fitness programming.

Join the challenge by going to www.mcoaonline.com/walkma and signing up! The first 400 people to sign up will receive a water bottle to keep you hydrated on your walks, so sign up today!

What to do: Form teams of four, or walk as individuals, and complete a challenge within the timeframe.

What are the challenges?

For teams of four - choose from the following:

- **'Round the Border:** Your team walks the equivalent distance of the Massachusetts border, a total of 515 miles or about 1 mile a day, five days per week, per person.
- **Mass-ters:** Your team walks the equivalent distance of the Massachusetts tidal shoreline, a total of 1,519 miles, or about 3 miles a day, 5 days per week, per person.

For individuals - choose from the following:

- **From the shores of Provincetown to the Mountains of Lee:** Walk the equivalent distance from Provincetown to Lee, a total of 190 miles or 30 minutes per day, five days a week.
- **The Greylock Gradual Ascent:** For those just starting out, walk at least 7 minutes a day, five days a week, for the first week and ascend an additional minute each week until you're walking 30 minutes a day.

Where to walk: Anywhere you want! - On a treadmill, at a park, around town, indoors, outdoors, or with a walking group - as long as you walk, you can track it!

How do we track?

- Everyone signs up online and can download and print a walk journal with tips and a chart for tracking time/distance walked.
- When you complete your challenge by September 30th or before, drop off your completed chart to the Council on Aging and we will send in your name to MCOA for a chance to win a \$50 gift card.

Let's get walking!!!!

March 14th is Pi Day (3.14) so the recipe of the month has to be pie....of course! No Bake Peanut Butter Pie (and March 1 is National Peanut Butter Lovers Day)

Ingredients:

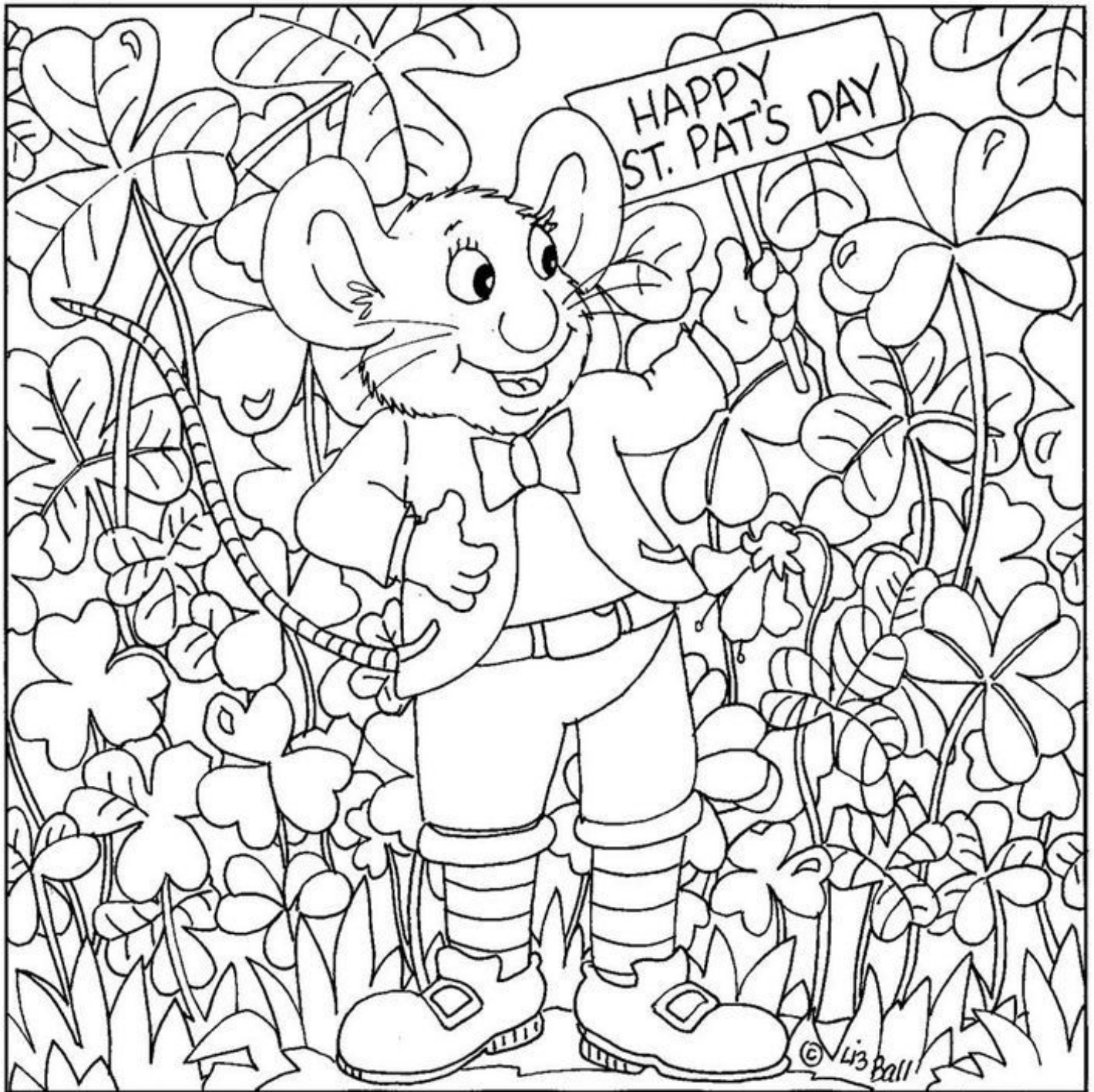
- Pre-made chocolate pie crust
- 1 (8 ounce) package cream cheese, softened
- 1 cup creamy peanut butter
- 1 cup white sugar
- 1 tablespoon unsalted butter, softened
- 1 tsp vanilla extract
- 1 cup heavy whipping cream
- Extra whipped cream and chopped peanuts, for garnish, optional

Directions:

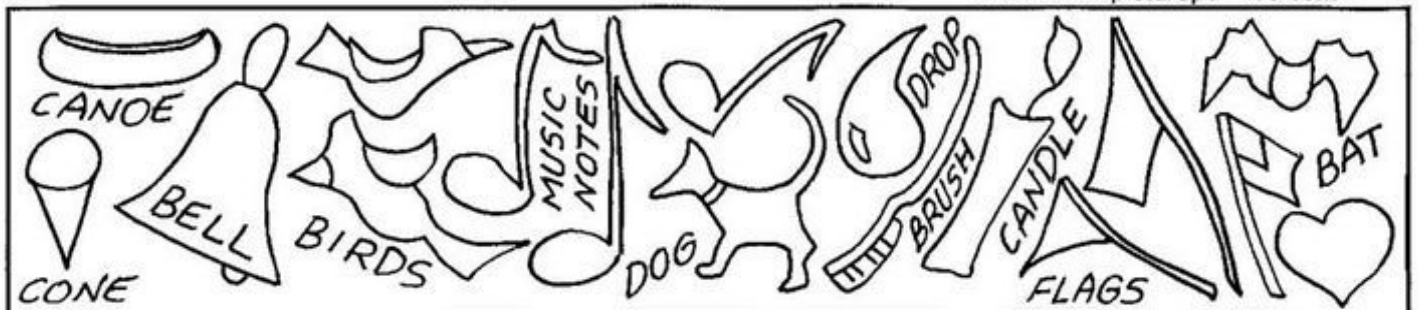
- In mixing bowl beat cream cheese, peanut butter, sugar, butter and vanilla until smooth. Whip the cream and fold into the peanut butter mixture.
- Gently spoon filling into crust. Refrigerate. Top with whipped cream and chopped peanuts for garnish. Serve immediately.



Enjoy this Hidden Objects Game and for added fun you can color it afterwards!



www.hiddenpicturepuzzles.com



Parkinson's Wellness Group

Do you or someone you love have Parkinson's Disease?

The Gordon College Center for Balance, Mobility and Wellness can help through their Parkinson's Wellness Group.

- Increase flexibility
- Improve posture
- Gain faster movement

Who: Individuals with Parkinson's Disease

Where: Gordon College Center for Balance, 26R Hull Street, Wenham

When: Mondays & Thursdays 11-12:30

March 18-May 3

Cost: \$249 + \$25 for exercise booklet

Call 978-867-4095 by March 4th to enroll

All attendees will receive guidance from licensed and experienced Physical and Speech Therapists to optimize mobility through exercise.

Be Alert to Tax Scams

In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications.

The IRS will NEVER:

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.

Demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

Ask for credit or debit card number over the phone.

The IRS does not initiate contact with taxpayers by email, text messages or social media to request personal or financial information. **The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.**

-Courtesy of the Commonwealth's Comptroller



Happy St. Patrick's Day

Are your eyes not quite what they used to be?

You are warmly invited to participate in a small group to learn about low vision resources for individuals with moderate to advanced vision loss. Guest speakers will present and demonstrate low vision aids and devices as well as various programs and services, all designed to promote confidence and independence in and out of the home. Together, participants will share tips and strategies to address challenges with everyday tasks and related issues associated with vision loss.

Day:

second Monday of the month (no July or August)

Time:

1:00 to 2:30 p.m.

Location:

Community Room at The Plains, off Old Essex Road in Manchester

For more information, please call:
Manchester C.O.A. at (978) 526-7500 or
Laurie Werle at (617) 926-4268; email
lwerle@mabcommunity.org

Let's Talk Over Coffee

SUNDAY, MARCH 10, 2019

3:00 – 4:00 PM

Manchester Community Center

A network of "Longevity" Benches

is being created along popular walking loops through Manchester.

Come learn how you might put a bench in your neighborhood and what this could mean to you.

We thank our Event Sponsors

www.LongevityBenchProject.org

P.O. Box 145, Manchester, MA 01944 / 978-526-4491

contact@LongevityBenchProject.org

Mark Your Calendar

Drug Take Back Day

Saturday

4/27/19

10 am – 12 pm

behind Town Hall

at the Police garage.

Any and all medications can be dropped off.

Q: What's Irish and stays out all night?

A: Paddy O'Furniture

Manchester Council on Aging

10 Central Street

Town Hall

Manchester by-the-Sea, MA 01944

U.S. POSTAGE

PAID

Manchester, MA

Permit No. 14