The mission of the Council on Aging is to advocate for Ipswich senior citizens and to design, implement and promote programs and services that support their independence, health and well-being.

COA Summertime Barbecue And Musical Journey
Tuesday, August 6th Noon - 2:00

Come and enjoy the Annual COA Summertime Barbecue! Enjoy an indoor, air-conditioned & bug-free BBQ of hamburgers, hot dogs, potato salad, cole slaw, drinks & dessert. After lunch, we will be entertained by musician Roger Ticknell and his “Musical Journey—Elvis to the Beatles.” Come to sing-along, maybe dance and certainly enjoy! Don’t miss out on this fun event! Sign up is required and begins on Wednesday, July 3 at 10am. Cost: $5/person.

It’s Time for the Annual Lobster Roll Luncheon!
Tuesday, July 30 at Noon

Enjoy a lobster roll, potato salad, chips, drinks and dessert for $15/pp. Sign up begins Wednesday, July 3 at 10am. After lunch, join us for a special performance of the Ukululus, who are always a crowd favorite!

PET SAFETY
With Megan Boissonneau, Animal Control Officer
Wednesday, July 24 1:00pm

If you were to experience a medical emergency and had to leave your home, would someone know to check in on your pets? Where do your pets go when there is an evacuation due to power outages or other emergencies? Do you have questions about wildlife in your neighborhood? Megan will be answering these and other questions. Please bring a photo of your pet(s) for the free emergency information card Megan will be handing out. RSVP: 978-356-6650.

HEALTHY LIVING FOR YOUR BRAIN & BODY
TUESDAY, JULY 23 10-NOON

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn the most recent research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help us incorporate these recommendations into a plan for healthy aging. This program is sponsored by the MA Alzheimer’s Association. RSVP: 978-356-6650.
YOU CAN PAINT!
Wednesday, July 3rd and August 7
12:45-3:45pm
Bill Duke will teach up to ten people how to paint a lovely watercolor scene. No previous painting experience is necessary. All you need is the desire for some creative fun! Cost is $20 which includes all materials. Sign up at the Senior Center.

CONVERSATIONS WITH GORDON HARRIS
Thursday, July 18 12:45pm
Come for a relaxing afternoon sharing your stories and memories of Ipswich. Whether you grew up in Ipswich or not, it will be great to learn about and discuss memories including neighborhoods, stores, recreation and family traditions. Refreshments will be served. RSVP: 978-356-6650.

SUMMER IS HERE! PLAY GAMES WITH THE KIDS FROM BIRTH TO THREE!
Tuesdays, July 16 and August 13 10:30am-Noon
Enjoy some special time playing with these students, their parents and teachers. Games will vary each time and will certainly offer a lot of laughter and enjoyment. RSVP: 978-356-6650.

MEN’s CORNER
AL GAURON’S 1/2 DAY FISHING TRIP
THURSDAY, JULY 11
Enjoy 4 hours of fishing out of Hampton, NH. There is a cash food galley and full bar on board. The cost is $28/pp plus rod & reel rental for whoever needs one. Van leaves at 6:30am & returns around 1:30pm.

SEASHORE TROLLEY MUSEUM
WEDNESDAY, AUGUST 21
Enjoy a fully-narrated trolley ride through the wilderness in Kennebunkport and see their vast collection. Afterwards, there’s a ton of places in Kennebunkport for a great lunch but “The Ramp” is a fun seaside spot and the lobster rolls are great. The cost is $15/pp. Van leaves at 8:30am.

Sign up right away at the Senior Center for both of these trips.

MEAL PROGRAM—JULY
Sign-up for this meal begins Wednesday, July 3rd at 10:00am. You may only sign up for 2 people. Meals must be enjoyed at the Senior Center. They cannot be brought home.

SeniorCare: Thursday, July 18, Noon
Lunch includes tarragon chicken salad & egg salad finger sandwiches, potato salad, coleslaw & fruit salad. Stay after lunch for Conversations with Gordon Harris discussing Ipswich stories and memories.

NEW SEASON OF HIGH SCHOOL THEATRE CLASS
The details are still being worked out for one of our favorite programs where you go to class at the high school and see 6 different plays at the Huntington Theatre on Sunday afternoons. Transportation is provided to Boston. The experience with the students & their teacher is priceless. You will pay the cost of the tickets for the plays. Contact Sheila if interested. Some scholarship assistance may be available.

THE OPEN DOOR PROGRAMS
COOKING DEMO & NUTRITION WORKSHOP
Thursday, July 25 1pm
Summer’s Bounty: Bringing seasonal, easy and delicious food to the table. Staff from the Open Door will run a cooking demonstration at the Senior Center, hold an interactive discussion, provide samples, and have meal kits for you to make the recipe at home. RSVP: 978-356-6650.

Nutrition Counseling: The Open Door’s Registered Dietitian Nutritionist, Robin Stone, will be available to provide individual nutrition counseling sessions at Ipswich Senior Center between 9:00am to 3:00pm on Tuesday, August 6 and Tuesday, August 20. Call 978-356-6650 for an appointment.

The Ipswich Memory Café
Monday, July 8 and August 12
1:00—3:00pm
At the Ipswich Senior Center
Our time together is designed so people with memory challenges feel safe, supported & successful. For care partners, this is a much needed break & a chance to have fun with loved ones while making new friends. Enjoy socialization, support and snacks. RSVP: 978-356-6650.
King of the Road Trips

Paul Valcour is the “King of the Road” and drives you to and from your destination in the COA van. **Sign-up EARLY! Reservations cannot be made without payment.** Checks can be made payable to “Friends of the Ipswich Elderly.” Refunds for ticketed events can only occur if we have someone to take your place. **Sign up begins Tuesday, July 3 at 10am.**

**Thursday, July 24:** LOVELL LAKE ORCHARD, Sanbornville, NH. Enjoy time at this beautiful orchard owned by former Ipswich resident Teddy Marshall’s family—Debbie Comeau, her son, Dan & dtr. in law, Carol. Pick a pint of blueberries to bring home & enjoy lunch on the farm. **Van leaves COA at 9am.** Cost is $15/person. Wear good walking shoes.

**Monday, July 29:** CRUISE ABOARD THE FAME IN SALEM, MA. The Fame is a full-scale replica of the famous schooner commissioned as a privateer when war broke out in the summer of 1812. Before the tour, enjoy lunch at Finz in Pickering Wharf. **Van leaves COA at 10:30am.** Cost is $30.00 for transportation and boat ride.

**Thursday, August 15:** CAPE ANN MUSEUM & SEAPORT GRILLE: Special exhibit includes 50 original works by renowned American artist Winslow Homer. Enjoy lunch at the Seaport Grille after the museum. **Van leaves COA at 10am.** Cost is $10/person for the museum.

**Thursday, August 29:** ESSEX RIVER CRUISE. Enjoy a narrated cruise along the beautiful Essex River where you will cruise through spectacular views of scenic salt marshes rich with unique wildlife. **Van leaves COA at 9:30am.** Cost is $25/person. Enjoy lunch at Riversbend in Essex after the cruise.

**SOUL COLLAGE** TUESDAY, AUGUST 27
1:00—4:00pm

Something new to try! This intuitive & creative process is led by local facilitator Eliza Goodell. Soul Collage allows you to deepen your understanding of yourself & tap into your inner wisdom. No artistic talent is needed to enjoy this creative process. You will create two beautiful cards to take home. Cost: $5.00/person. Register at Senior Center.

**LOW VISION SUPPORT GROUP**
**THURSDAY, JULY 11  10-11:30AM**
Karen Hatcher, MA Commission for the Blind, will discuss the challenges of aging and vision loss, MCB programs, and tips on interacting with the visually impaired. Transportation is available. New members always welcome.

**ESSEX RIVER CRUISE**
**THURSDAY, AUG. 1  NOON**
Enjoy narrated cruise along the beautiful Essex River. Van leaves COA at Noon. Cost is $25/person. Register at COA.

**GAME AFTERNOON**
**WED., AUGUST 21  1:00pm**
Join in playing Wheel of Fortune & Family Feud—just like the TV games and win prizes! Teams will be made up on the spot, prizes will be awarded & refreshments will be served! Enjoy a fun and relaxing afternoon. RSVP: 978-356-6650.

**Common Sense Self Defense**
**Wed., July 17 & Tues., Aug. 20 at 1:00pm**
This program is taught by Tashi Deb Mahoney, a 5th degree black belt from Mark Warner’s Martial Arts in Ipswich. It is geared to the non-martial artist. Learn simple techniques that are not dependent on strength or flexibility. Become more confident in avoiding, preventing, and responding to an attack. Wear comfortable clothing. This program is for everyone, so don’t let concerns about mobility stop you. This is a free class! RSVP: 978-356-6650.

**Lunch is Better When We Eat Together**
**Saturday, July 20  1pm  Azorean Restaurant**
**133 Washington St., Gloucester**
**Saturday, Aug. 17  1pm  Allie’s Beach St. Café**
**35 Beach St., Manchester-by-the-Sea**

We are seniors who enjoy eating out but we are often found at a table for one. We’d love other solo folks to join us one Saturday afternoon a month for a meal at a local restaurant. We’ll eat & laugh around the same table but at the end we’ll each pay our separate checks. **YOU MUST RSVP to the Senior Center** so we can give the restaurants a count of attendees.

**THURSDAY, JULY 3**
**EARLY! Reservations cannot be made without payment. Checks can be made payable to “Friends of the Ipswich Elderly.” Refunds for ticketed events can only occur if we have someone to take your place. Sign up begins Tuesday, July 3 at 10am.**
LOBSTERBAKE WITH MICHAEL MINOR: Tuesday, July 16 $99/pp Lobsterbake at Foster’s Clambake Restaurant in York, ME and performance by singer, comedian, ventriloquist & celebrity impressionist.

RHODE ISLAND LIGHTHOUSE CRUISE: Saturday, August 10 $98/pp Enjoy a delicious buffet brunch at a Rhode Island Country Club then tour ten of the most picturesque lighthouses in Rhode Island through Narragansett Bay on this lighthouse cruise.


TURKEY TRAIN: Thursday, October 10 $99.95/pp Board the turkey train in Meredith, NH enjoy the foliage and a delicious turkey luncheon from Hart’s Turkey Farm. This trip always sells out!

ST. JOSEPH’S ABBEY: Thursday, October 24 $85/pp Enjoy a guided tour led by one of the monks, purchase Trappist jellies at wholesale prices, lunch at the Publick House and a visit to a local farm stand.

FOXWOODS: Thursday, November 7 $37/pp includes buffet or $10 food voucher & $10 casino slot play.

JOHNNY MATHIS CHRISTMAS: Tuesday, December 3 Performance and lunch at Danversport Yacht Club.

HOLIDAY TRIP TO MAINE: Sunday, December 8 $98/pp Tour Portland’s Victoria Mansion decorated for the holidays, enjoy a buffet brunch and visit a local art museum for their Festival of Trees.

AMERICAN BANDSTAND NEW YEAR’S EVE DAY PARTY: $89/PP Featuring the Tom LaMark Orchestra at the Lake Pearl in Wrentham. Their repertoire covers over 60 years of great music!

LAKE GEORGE BALLOON FESTIVAL: Sept. 20-22 (3 days/2 nights) Featuring Norman Rockwell Museum, dinner cruise, 3 opportunities to see the balloons lift off & more. This trip sold out last time!

THE COMMON MAN—NH GETAWAY: Oct. 15-17 (3 days/2 nights) Includes Mt. Washington Cruise, Castle in the Clouds, Cog Railway, On Golden Pond cruise and luxurious dining and lodging.

MADRID & BARCELONA: Oct. 17-24 (8 days/7 nights) Highlights include Prado Museum, Toledo, AVE high speed train, Parc Guell, La Sagrada Familia, Santa Maria del Mar, Guell Palace & culinary class.

NEW! NE PATRIOTS VS. BALTIMORE RAVENS: Nov. 2-4 (3 days/2 nights) Reserved seats for Sunday night’s football game, tour 3 breweries and 1 winery, a guided city tour of Baltimore and most meals.

SOUTHERN CHARM HOLIDAY: Dec. 1-6 (6 days/5 nights) Highlights include Patriots Point Naval & Maritime Museum, James Island County Park holiday display, Jekyll Island & Andrew Low House.

SPRINGTIME TULIP RIVER CRUISE: April 28-May 6, 2020 (9 days/8 nights) Experience the color and glory of spring on this leisurely river cruise through Holland and Belgium. Float past blooming fields of flowers and windmills. Visit the expansive tulip fields of Keukenhof Gardens, home to more than 7 million tulips. See Holland’s largest concentration of windmills. Enjoy a canal cruise in the heart of Amsterdam. Step back to medieval times during a Bruges sightseeing tour.

ARTHRITIS EXERCISE CLASS

Wednesday, July 24 at 10:00am
You can get significant relief from arthritis with this gentle pain relief exercise class, taught by Certified Arthritis Foundation Instructor, Carol Pallazolla, who works for the PACE Program at Element Care. You will learn techniques you can use at home. Participants of all levels will benefit. RSVP to COA.

BINGO

BREAKFAST AND B-I-N-G-O
Wednesdays, July 10 & 24 and Aug. 14 & 28
8:30-11:30am
$3.00 for breakfast & two cards
**SENIOR MOMENTUM PROGRAMS**

**FITNESS CLASS:** Join this popular low-impact exercise class **every Tuesday & Thursday morning** from 9:00-10:15am. Fee is $5/class. This class is for **ALL** exercise fitness levels and will be modified for those who prefer seated exercise.

**SEATED YOGA:** Thurs., 10:30-11:30am $6/class.

**GENTLE BEND:** Mondays, 1:30-2:30pm $6/class

Focus: stretch, strengthen, align & balance.

**SENIOR SWIM PROGRAM:** Open swim time is available at the Ipswich YMCA **every Wednesday from 11:00-12:00pm and every Friday from 10:00-11:00am.** The cost is $3/session, paid at Y.

**LINE DANCING CLASS:** Margo Jones holds a line dancing class on **Mondays from 10:30am-noon in the Senior Center cafeteria.** Cost is $2/class.

**TAI CHI:** Tuesdays and Thursdays from **10:30-11:30am** at Mark Warner’s Professional Martial Arts Academy at 43 Market Street, Ipswich. Free!

**OVER 50 BASKETBALL:** Thursdays from 4:00-5:30pm in the Town Hall Gym.

**PING PONG:** This fun group plays in the Town Hall Gym **every Monday & Wednesday** from 10:30am-12:30pm.

**PICKLEBALL:** Players of all levels are welcome on **Mondays from 3:30-5:30pm and Thursdays from 10am - Noon in the Town Hall Gym.**

**WOMEN’S BOWLING LEAGUE:** Mondays at **9:15am** at Metro Bowl in Peabody. Call Janet Trask at 978-356-2590 for information & to join.

**GOLF:** **Thursdays at 9:46am** at New Meadows, Topsfield. Fee is $20 for 9 holes. Call for more info.

**CARDs & GAMES**

**MABEL SMYTH BRIDGE GROUP:** Wednesdays & Fridays 12:30-4pm. New members are welcome. No experience? The group can teach you to play!

**RUMMIKUBE:** Mondays at 1:00pm

**HAND & FOOT CARDS:** Mondays at 1:00pm

**SCRABBLE:** Wednesdays at 9:30am

**DOMINOES:** Thursdays at 10:00am

**MAH JONGG:** Tuesdays & Fridays at 1:00pm

**CRIBBAGE:** Tuesdays at 1:00pm

**CHESS :** Tuesdays & Thursdays at 9:00am

New players are always welcome!

**FOR YOUR GOOD HEALTH**

**BLOOD PRESSURE CLINIC:** Every **Friday morning** from 10:30am - noon. No appointment needed.

**POLARITY:** Second and fourth **Tuesday of each month,** beginning at 9am. Cost is $4 per 20 minute session. Call to schedule appointment.

**REIKI THERAPY:** Third **Friday of each month.** Sessions start at 9am & last 25 minutes. Free. Call to schedule appointment.

**PODIATRY CLINIC:** Appointments are available from 9:00am to 1:30pm. Insurance is accepted or private pay for $35. Call for an appointment.

**BLOOD PRESSURE/WELLNESS CLINIC:** Second **Wednesday of each month,** from 10-11:30 in the Community Hall at 6 Caroline Ave. Held by Ipswich Public Health Nurse, Pam Lara.

**GROUPS AND CLUBS**

**SEWING GROUP:** Join us the **1st & 3rd Wednesdays of the month from 9:30-12:30** to pursue your passion. All levels welcome.

**KNIT2GETHER:** Join this lively knitting group on **Tuesdays from 1:00-3:30pm.** Knitters of all levels are welcome to join.

**INTER-GENERATIONAL PROGRAM:** Children from Small World Pre-School visit the Senior Center for a planned activity the first Wednesday of every month at 9:30am. Program resumes in the fall.

**Attention French Students:** If you are interested in viewing some French movies together during the summer months, please contact the Senior Center at 978-356-6650. Plans are in the works to meet over the summer while French lessons are on hiatus.

**FRIDAY AFTERNOON VAN TRIPS**

The COA van will take passengers to various shopping areas every Friday afternoon at Noon and return around 3:30 pm. The charge is $2.00 for a round-trip ride. **Call to reserve your space on the van. The ability to be left unattended is required.**

**NOTE:** YOU MAY SIGN UP FOR ONE WALMART TRIP PER MONTH and be on the waiting list for a second trip to Walmart.

**July 12 & 26 and August 9 & 23:** Walmart

**July 19:** Rockport Aug. 2: Christmas Tree Shop

Aug. 16: Salem Willows

Aug. 30: Coastal NH ride & stop for ice cream
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11:30 Enhance Fit.  
1:00 Rummikube  
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1:30 Gentle Bend  
3:30 Pickleball | 2 9:00 Aerobics  
9:00 Chess  
1:00 Cribbage  
1:00 Mah Jongg  
1:00 Knitting | 3 10:00 Sign-ups!  
9:30 Scrabble/Sewing  
10:00 Book Group  
10:30 Ping Pong  
11:00 Swim Program  
11:30 Enhance Fit.  
12:30 Bridge  
12:45 Paint Day | 4 Council on Aging | 5 closed for holiday |
| 8 10:30 Line Dancing  
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1:00 Rummikube  
1:30 Gentle Bend  
3:30 Pickleball | 9 9:00 Aerobics  
9:00 Polarity  
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9:30 Scrabble  
10:00 Low Vision  
10:00 Caroline Well.  
10:30 Ping Pong  
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9:00 Aerobics/Chess  
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12:30 Bridge  
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1:00 Cribbage  
1:00 Mah Jongg  
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11:00 Swim Program  
11:30 Enhance Fit.  
12:30 Bridge  
1:00 Self Defense | 18 9:00 Aerobics/Chess  
9:46 Golf  
10:00 Dominoes  
10:30 Seated Yoga  
11:00 MaryAnn Nay  
12:00 SC Luncheon  
12:45 Gordon Harris  
4:00 50+ Basketball | 19 9:00 Reiki  
9:30 SHINE  
10:00 Mob. Mkt/Sw.  
10:30 Blood Press.  
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| 22 10:30 Line Dancing  
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3:30 Pickleball | 23 9:00 Aerobics  
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9:30 Scrabble  
10:00 Arthritis Ex.  
10:30 PP11:00 Swim  
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| 29 10:30 P.P./Line Dance  
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1:30 Gentle Bend  
3:30 Pickleball | 30 9:00 Aerobics  
9:00 Chess  
**12:00 Lobster Roll Lunch/UKULULUS**  
1:00 Cribbage, Mah Jongg & Knitting | 31 9:30 Scrabble  
10:00 Book Group  
10:30 Ping Pong  
11:00 Swim Program  
11:30 Enhance Fit.  
12:30 Bridge |  | Olde Ipswich Days  
Fri. 7/26, 10-5  
Sat. 7/27, 10-5  
Sun. 7/28, 10-4 |
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**August 2019**
**SENIOR TRANSPORTATION**

**SENIOR CENTER VAN TRANSPORTATION**
within Ipswich is offered every Monday through Thursday from 9:00am – 4:00pm and Fridays from 9:00am – noon. Call the Senior Center **24 hours in advance** to schedule a ride, 978-356-6650. There is a $2.00 round-trip donation. For booked appointments, we will get you there on time, but return time may take a while due to unforeseen conditions.

**GROCERY SHOPPING TO MARKET BASKET**
*Please limit grocery bags to no more than FOUR per TRIP!*
Pickup begins at 1:00pm Mondays through Thursdays. To help the environment, consider using recyclable bags. Mark them with your name or some other decoration to ensure that you get the right bags!

**OUT-OF-TOWN MEDICAL TRANSPORTATION**
Call Kathie Eliopoulos at the Senior Center at 978-356-6650 at least 72 hours in advance to schedule a ride provided by volunteers or CATA. The CATA (Cape Ann Transit Authority) medical van goes to Lahey Peabody & Danvers, Mass General & the North Shore Center for Outpatient Care in Danvers, 480 Maple St. in Danvers, the Cummings Center, Fresenius Medical Center & Beverly Hospital Campus every Monday, Tuesday, Wednesday & Thursday between 9am & 5pm. Due to ridership, CATA suggests you bring a snack & reading material as wait times can vary. Our volunteer drivers are still taking individuals to appointments outside of the CATA service area. If you need a medical ride, please contact the Senior Center to make arrangements. We cannot guarantee that we can help you, but we will do our best.

**OTHER PROGRAMS**

**OPEN COMPUTER TIME:** From 8:00am-4:00pm in the Senior Center lounge area.

**ICAM CABLE SHOW:** “Ipswich COA Today-Living Smart, Living Well.” Use channel 9 for Comcast and 33 for Verizon. Show times are: Sundays at Noon, Mondays at 8:00pm, Thursdays at 11:00am, Fridays at 1:30pm. Host: Paul Valcour.

**CONSTITUENTS’ INQUIRIES:** MaryAnn Nay or Dick Curran, Assistants to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment is necessary. MaryAnn Nay will be here Thursday, July 18 & Aug. 22 from 11:00am - Noon.

**SHREDDER AVAILABLE:** Please limit shredding to 30 minutes. The shredder is available most days.

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**ASSISTANCE PROGRAMS OFFERED at the IPSWICH SENIOR CENTER**

**TRIAD COUNCIL:** TRIAD’S ongoing programs consist of the File for Life, CARFit, yellow dot program, shredder program, free batteries and installation of smoke detectors, lockbox program, proper disposal of unused medications and syringes at the Ipswich Police Station & Town Hall, house numbering service for senior citizens and Safety Sand for Seniors. All free of charge. These programs could save a life. Call Beth Wright at the COA at 978-356-6650 for information about all these programs. **All are welcome to join this board which usually meets the 1st Wednesday of each month at 2:00pm.**

**LIBRARY BOOKS DELIVERED TO HOMEBOUND SENIORS:** Call the Ipswich Public Library at 978-356-6648 to reserve your books and our COA van will pick up and deliver them to your home. If you have internet access at home, you can check the library catalog at www.ipswichlibrary.org.

**SHINE COUNSELING:** Information and guidance regarding health insurance information, assistance for any Medicare beneficiaries including MassHealth, and help with prescription plans **every Friday at the COA from 9:30am to 12:30pm & one Monday/month from 1:00pm to 4:00pm.** Please call 978-356-6650 for an appointment.

**NOTARY SERVICE:** The Town Clerk has offered to notarize documents for Ipswich seniors. She can notarize most documents except will & real estate documents. Bring your unsigned documents & proper ID to the Clerk’s Office.

**PET CARE PROJECT:** Helps needy senior citizens to take good care of their household pets. Grants can be used for routine medical care, especially spaying/neutering and shots. If food supplies are needed, you may apply for those, as well. For more information, contact Beth Wright.

**IPSWICH ROTARY CLUB OFFERS SMALL CHORE AND REPAIR PROGRAM:** Local Rotarians help with small chores around your home. Call Beth Wright at 978-356-6650 to request assistance.

**SENIOR CHARLIECARD PASS:** Apply at the Senior Center for a senior rate (65+) pass which can be used for discounted travel on all MBTA transportation. Call Sheila Taylor at 978-356-6650 to set a time to complete the application. Bring a photo id and your current Charlie Card if you have one.
MR. & MRS. FIX-IT: If you need any light alterations, buttons replaced or mending, leave them in a special basket at the Senior Center, clearly labeled with your name, phone number & a brief description of the work to be done. Mrs. Fix-it will work her magic for a nominal fee & contact you when the project is complete. If you have a small appliance or engine that needs repair or a handyman job to be completed, call Mr. Fix-it at 978-998-1585. He will stop by your home to give you an estimate.

AFFORDABLE HOUSING

OAK HILL APARTMENTS: Call for info and application for affordable housing at Oak Hill Apartments in downtown Ipswich at 978-356-1530. Rents are based on 30% of adjusted income.

IPSWICH HOUSING AUTHORITY: For information on affordable senior housing at Agawam Village, Caroline Avenue & Memorial Hall, call the Ipswich Housing Authority at 978-356-2860.

WHIPPLE ANNEX HOUSING: For information on housing at 27 Green Street, call 978-922-1305, ext. 202

CABLE GARDENS APTS.: For information on senior housing at 126 County Rd, call 978-356-1199.

FOOD PROGRAMS

THE OPEN DOOR MOBILE MARKET: Free monthly produce and groceries for enrolled seniors on the third Friday of each month from 10-11am.

MEALS ON WHEELS: Traveling meals program offers a nutritionally balanced lunch to Ipswich seniors unable to prepare their own. Contact SeniorCare’s Meals on Wheels Program at 1-866-927-1050.

CONGREGATE MEAL SITE: Daily meals are served in the function room at Caroline Ave. housing at noon each weekday. A $2 donation is requested. Any senior is welcome to attend. Call (978) 356-2481 by 10:00am the day before the meal to reserve a spot.

THE OPEN DOOR IPSWICH FOOD PANTRY: Located at #00 Southern Heights in Ipswich near the Housing Authority Office and is open Tuesdays 11am-5pm, Wednesdays 11am-7pm & Thursdays 11am-5pm.

FOOD STAMPS: For low-income single people and families. For qualification information and an application call 1-800-645-8333.

IPSWICH DINNER BELL: Community meal sponsored by local churches and community groups. Every Monday from 5:00-6:00pm at the Masonic Hall, 70 Topsfield Rd. All ages are welcome.

LOCAL ASSISTANCE PROGRAMS

PROTECTIVE SERVICES FOR ELDERS: The Protective Services Program for Ipswich seniors is SeniorCare, Inc. at 1-800-922-2275. Call 24 hours/day for elder abuse or neglect. They’ll work with the highest degree of confidentiality for sensitive situations.

FUEL ASSISTANCE: If you are in need of financial assistance with your home heating bills, please contact the Fuel Assistance Program (Action Energy) at 978-281-3900 or Beth Wright at the COA, 978-356-6650.

VETERANS SERVICES: Contact Karen Tyler, Director of Veterans Services at 978-356-3915 if you are a veteran or widow(er) of a veteran to see if you qualify for any veteran benefits.

CATA TRANSPORTATION: To Market Basket in Rowley Friday mornings and rides to Blackburn Center Day Care. Call 978-768-6277 for information.

USED MEDICAL EQUIPMENT: The Masonic Hall in Ipswich stores donated, used medical equipment such as walkers, toilet seats, canes and occasionally wheelchairs. Call John Clogston at 978-356-3131 or the Masonic Hall at 978-356-9716 to donate items or for information on obtaining items.

BENEFITS CHECKUP: An online tool that screens your eligibility for federal, state and private benefits programs that are available to help. You can apply for many of the programs online or you can print an application form. Go to www.benefitscheckup.org to start the process or contact Outreach Coordinator, Beth Wright, who can help you at the Senior Center.

SENIORCARE, INC.: Offers information, referral, and advocacy on a wide range of aging-related issues. They coordinate in-home services, such as homemaking, personal care, or meals on wheels to help people to remain independent in their own homes. Call toll free 1-866-927-1050 or visit their website at www.seniorcareinc.org.

POLICE NON-EMERGENCY PHONE: 978-356-4343

FIRE NON-EMERGENCY PHONE: 978-356-4321

POLICE/FIRE EMERGENCY PHONE: 911

ATTORNEY ADVICE

15 Minute Consult 12:30–2pm

Attorney Pat McNally of Ipswich will be available on Monday, July 29 to meet with you to briefly discuss a legal concern and help guide you in the right direction. Set up your appointment by calling 978-356-6650.
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This newsletter is partially funded by the Executive Office of Elder Affairs.

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Director of Senior Services
Beth Wright
Outreach Coordinator
Kathie Eliopoulos
Program Manager/Transportation Coordinator
Marsha Bornstein—Receptionist
Bonnie Caracciolo—Receptionist
Chris Lahnston—Van Driver
John Messelaar—Van Driver
Jack Quigley—Van Driver
Paul Valcour—Van Driver

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Lorraine Laddin—Board Member
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Americans Who Tell The Truth
Profiles & Portraiture
With the artist
Friday, July 12 10-Noon

Americans Who Tell the Truth community engagement project is coming to Ipswich for the month of July. The artist of the series, Robert Shetterly, will be offering lectures and classes during his stay. The class on the 12th is open to all artists and is free of charge. You can work in whatever medium you choose. Materials will be available for those who need them. Space is very limited. To register for this class, call 978-356-6650. www.awttipswich.wix.com/ipswich for information about all events.

SALLY RIDE - America’s First Female Astronaut
Wednesday, August 14 3:00pm

Come and hear about this fascinating lady who was so much more than an astronaut! In a performance by Sheryl Faye, we will learn about Sally Ride’s incredible life and passion for science. This program, held at the Senior Center, is sponsored by the Ipswich Public Library. RSVP at 978-356-6650.