

**Senior Center Staff:**

Laura Dillingham-Mailman, Exec. Director  
Joyce Garipey, Administrative Assistant  
C. Eileen Stepanian, BS,MSN, RNC  
Peggy Casazza, LPN, Outreach & Food Pantry  
Sandra Blanchet, Volunteer Coordinator  
Robert Marshall, Cook  
Dot Spinney, Kitchen Manager  
Judy Dolfe, Senior Aide  
David Hall, Nick Fiorello, Van Drivers

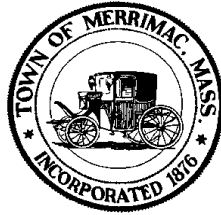
**Council on Aging Board of Directors**

Colleen Ranshaw-Fiorello, Chairwoman  
Dave Vance, Vice Chairman  
Carol Ranshaw, Secretary

Members: Nancy Bachelder, Food Pantry Coord.

Members: David Dutton, Irene Kimbrell,  
Dorothy Lumsden, James Murphy, Charles  
Hackett, Lucy St. Pierre,

Alternate Members: Natalie Christie,  
Betty Elliot, Muriel McNair



# Merrimac Senior Center The Centerpiece

[www.merrimac01860.info](http://www.merrimac01860.info)

**The Centerpiece Volunteers:**

Betty Waterhouse	Shirley Jones	Nat Christie	Barbara Thompson
Ray Ferrari	Thelma Gibbs	Ginny Douglass	Betty Lou Elliott
Betty Allen	Muriel McNair	Gerry Raper	Stu Zibell

\*Member of MCOA "At the Center Of It All" [www.mcoaonline.com](http://www.mcoaonline.com)

Volume 30, Issue 6

Celebrating Our Thirty-Sixth Year

June 2011

Merrimac Council on Aging - 978-346-9549 100 East Main Street

### Ninth Annual Senior Scramble

Thursday, August 4, 2011

7:45 am Shotgun Start

Apple Hill Golf Club

East Kingston, NH

**\$90.00 for "Seniors" 65 & over**

**\$99.00 for "Kids" 64 & under**

(Registration and payment due by July 15, 2011 to get reduced rate. After that date \$115 for all golfers, so sign up now before we fill up!)

[www.seniorscramble.com](http://www.seniorscramble.com)

You can mail your check, just make it out to "Friends of the Merrimac Council on Aging".

**Send check to:**

MCOA  
C/O Senior Scramble  
100 East Main Street  
Merrimac, MA 01860



**PLEASE...DO NOT LEAVE ANYTHING  
OUTSIDE OF THE SENIOR CENTER WHEN  
THE CENTER IS CLOSED!**

### WHAT'S HAPPENING – At A Glance

June 1, 1:30, Friends of COA Board Meeting

June 2 & 16, – SHINE Counselor (appt. only)

Re: health insurance information for Elders

June 6, 9:30 – TRIAD Meeting All Welcome

June 6, 1:30 – Nutritionist Tricia will be

presenting: "The Longevity Secrets of Okinawans"

*This program is supported in part by a grant from the Merrimac Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.*

June 10, COA Board Meeting

June 10, Rogers Hearing (by appt.)

June 10 & 24, - Food Pantry

June 20, Picnic Under the Pines, \$1.00  
(bring your own lawn chair)

June 21, 12, Noon, Cheryl Gresek, Cong.

Tierney's Aide will hold office hours

June 27, 6:30 p.m. – Naturalist John Root will be presenting "Wildflowers of New

New England"

*This program is supported in part by a grant from the Merrimac Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency and the Merrimac Garden Club.*

### LOOKING AHEAD

August 4, 2011, SENIOR SCRAMBLE

Luncheon Menu.....	Page 2
Calendar.....	Page 3
Thought You'd Like To Know.....	Page 5
Trips .....	Page 7



### On Wednesday, May 11, 2011 the

**Senior Center celebrated**

**"Older American Day".**

The following seniors were recognized for their "**Service to the Elders in our Community**".

Natalie Christie, Barbara Fenders, Ray Ferrari, Nick Fiorello, Ken & Thelma Gibbs, Betty Laine, Janet Marshall, Herb Sayers, Gina Vougarakis, Betty Waterhouse & Dot Whiting.

## COA June Lunches

(\$3.00 per meal)

All luncheons must be ordered by the prior Thursday by 1:00 PM.

**TAKE-OUTS will not be available for pick-up until 12:15 pm**

**(W) June 1**, Salmon & Peas in a Puff Pastry, Salad, Garlic Bread, Dessert

**(TH) June 2**, Open-Face Roast Beef Sandwich, Baby Cake Potatoes, Vegetable, Salad, Dessert

---

**(M) June 6**, Teriyaki Salmon with Cranberry Brown Rice, Vegetable, Baby Spinach Salad, Roll, Dessert

**(T) June 7**, Shepherd's Pie, Fruit Salad, Whole Wheat Bread, Dessert

**(W) June 8**, Chicken Tetrizzini, Vegetable, Greek Salad

**(TH) June 9**, Baked Chicken Thigh, Boiled Red Potatoes, Vegetable, Salad, Bread, Dessert

---

**(M) June 13**, Stuffed Shells, Marinara Sauce, Vegetable, Salad, Garlic Bread, Dessert

**(T) June 14**, Swedish Meatballs, Gravy, Mashed Potatoes, Beets, Applesauce, Roll, Dessert

**(W) June 15**, Fish a la Ritz, Lemon Wedge, Roasted Potatoes, Vegetable, Bread, Dessert

**(TH) June 16**, Beef Stroganoff over Noodles, Vegetable, Salad, Roll, Dessert

---

**(M) June 20, \$1 "Picnic under the Pines" Bring your lawn chair & join us under the pines**

(weather permitting): Hamburgers, Rolls, Potato Salad, Bob's Special Salad, & Brownies & Ice Cream

**(T) June 21**, Apricot Chicken, Sweet Potato, Vegetable, Salad, Bread, Dessert

**(W) June 22, Birthday Lunch:** Roast Pork with Gravy & Apple Slices, Roasted Potatoes, Vegetable, Roll, Birthday Cake

**(TH) June 23**, Liver & Onions, Mashed Potatoes, Vegetable, Salad, Bread, Dessert

---

**(M) June 27**, Open Faced Roast Turkey Sandwich, Gravy, Stuffing, Cranberry Sauce, Green Beans, Dessert

**(T) June 28**, Vegetable Lasagna, with Alfredo Sauce, Caesar Salad, Bread, Dessert

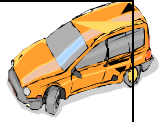
**(W) June 29**, Lemon Pepper Chicken, Buttered Noodles, Vegetable, Garden Salad, Roll, Dessert

**(TH) June 30**, Creamy Mac & cheese, Hot Dog, Roll, Vegetable, Salad, Dessert

## COA Van Rides

COA Van is available 5 days a week.

(Please call 48 hours ahead to set up a ride).



## MANY THANKS FOR APRIL

**We would like to thank the following people & groups for their generous donations to the Senior Center. If we have missed you, please let us know.** Friends of COA, Common Grounds, 45's Card Group, Bud Dow,

Altha Ottman, Shirley Jones, Bruce MacGregor, Sandy Blanchet, Girl Scouts. Sal's Poker Group, Ellie Adams, Yvonne Sloban, Laurie ?, Arthur Dugrenier, Mary Wright, Ginny Douglass, Mary Alsterlund, Anonymous, Helen Powell, Louise Yates, David Follansbee, American Legion, Carol Pratt, Mary Ann Dulnikowski, Lucy St. Pierre, & Becky Whitehouse.

# June

# 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @Merri Village 1-Quilting 1-Chair Yoga 1:30-Friends Meeting 4-Yoga	<b>2</b> 9-Pool 8-Cribbage 9-12-SHINE(appt. Only) 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA	<b>3</b> 9-BOWLING 10-Line Dance 10-Foot Care(appt. Only) 1-4-Painting with Beverly Mitchell	<b>4</b> 9:30-10:30 Our Neighbors Table
<b>5</b>	<b>6</b> 9-Pool 9:30-Exercise 9:30-TRIAD 1-BINGO 7:30-ZUMBA	<b>7</b> 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	<b>8</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	<b>9</b> 9-Pool 8-Cribbage 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA	<b>10</b> 9-BOWLING 10-Line Dance 10-12-Food Pantry 10-12-Rogers Hearing (appt. only) 12:30-MCOA Board Meeting 1-4-Painting with Beverly Mitchell	<b>11</b>
<b>12</b>	<b>13</b> 9-Pool 9:30-Exercise 9:30-TRIAD 1-BINGO 1-4-Painting with W.E. Duke 7:30-ZUMBA	<b>14</b> 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA <b>FLAG DAY</b>	<b>15</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @Merri Village 1-Quilting 1-Chair Yoga 1-Movie 4-Yoga	<b>16</b> 9-Pool 8-Cribbage 9-12-SHINE(appt. Only) 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA	<b>17</b> 9-BOWLING 10-Line Dance "Lunch Club" 1-4-Painting with Beverly Mitchell	<b>18</b> 9:30-10:30 Our Neighbors Table
<b>19</b>  <b>FATHER'S DAY</b>	<b>20</b> 9-Pool 9:30-Exercise 1-BINGO 7:30-ZUMBA	<b>21</b> 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	<b>22</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	<b>23</b> 9-Pool 8-Cribbage 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA	<b>24</b> 9-BOWLING 10-Line Dance 10-12-Food Pantry	<b>25</b>
<b>26</b>	<b>27</b> 9-Pool 9:30-Exercise 1-BINGO 7:30-ZUMBA	<b>28</b> 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	<b>29</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	<b>30</b> 9-Pool 9-Cribbage 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA		

## THOUGHT YOU'D LIKE TO KNOW

...that as I put on my thinking cap to decide what to write about this month that would be somewhat new and relevant plus beneficial to everyone, I immediately turned to that single thing that most of my students identify that needs to be fixed in their communities across the country. It's the thing at the root of nearly every chronic disease afflicting us humans; *poor nutrition and lack of physical exercise!*



When we think of *poor nutrition* one would think we are talking about starvation or third world countries. However, *poor nutrition* also means not getting or choosing the food items we really need to be healthy. I will be the first to admit that we've been given flawed or often biased information that caters to food industry pressures or influences. (*Tobacco history will confirm that lobbyist have great influence!*)

Right now, sodium or salt intake is the culprit in our dietary intake. Label reading for both sodium and carbohydrate content is now part of our grocery shopping routine. If not, it had better be!! Too much of either of those items, salt or sugar can put our body over the edge for metabolic and physiological balance. Big words, I know, but both relate to what keeps us ticking!! If either or both are out of whack, you'll be sick in the very near future!

I won't go further into an anatomy class but remember there has to be a *balance* of salt, sugars and fats in our foods for us to all be healthy and functioning.

There is another type of balance that we also need to be healthy that is dwindling—*physical exercise*. Without that, all the balanced food that we consume, settles like a truck tire around our waist and hips. May I ask if you've seen your waist lately?

Perhaps that's why we have "hip-hugger" clothing now? The human *waist* may be a thing of the past? The theory that food *calories in* must equal or be less than *calorie burned* or that truck tire around the middle and a whole host of chronic illnesses will result.

I must wonder if technology isn't also to blame for this multi-generational lack of physical activity. It can't all be the fault of unsafe neighborhoods across the country. I grew up in an era where the kids came home for meals and when the 9 PM curfew whistle sounded. Now the next chronic disease will be carpal tunnel disorder in both thumbs from texting and electronic games.

No matter what age or generation, we need to get moving again. Being a couch potato is hazardous to your health! A few extra minutes spent just

walking each day will get you to where you need to be on the road to wellness and burning those calories that we consume.

I know it may sound contrary to urge you to get out and about during the height of Tick season but remembering the proper clothing, the tick repellent and the mandatory *tick check* will keep you safe and moving.

**And an FYI:** The West Newbury Board of Health is sponsoring a Tick Talk on Monday, June 6<sup>th</sup> at 6:30 PM in the Town Office Building Annex at 381 Main Street in West Newbury. There will be experts from state agencies that will be speaking.

Considering that tick-borne diseases, year after year, remain the most frequently reported disease in our area, it would be worth a ride across the river to become more informed. I write about it monthly but come and hear an in-depth discussion from other experts, first-hand.

Charlotte E. Stepanian, MSN, RN-BC  
Merrimac Public Health Nurse

### SHINE COUNSELOR

**Leslie Ellery** is the **SHINE** Counselor for Merrimac.

Leslie will be available on the first and third, Thursday of the month.

Her hours will be from 9:00 AM – 12:00 PM.  
Call 978-346-9549 to set up an appointment.

### Better Body Better Living

#### GermY Mistakes You're Making Everyday

**Your shoes:** Do you keep your shoes on in your house? Yes, this is a controversial issue – those who like to keep their shoes on, thankyouverymuch, may take offense to rhetoric about removing shoes at the door. But, there has been a mounting amount of research in the past years indicating that what we track in on the bottom of our souls could be making you sick – from chemicals lingering on sidewalks and roads to the microbes you picked up in the public restroom.

In fact, some health experts consider taking shoes off in your home as a way that anyone can improve their health. Even the super-doc Dr. Mehmet OZ suggested this year that it was on his top 5 list of things he'd recommend people do. So take those shoes off, darlings.

**THE MERRI - MACS**  
Sponsored by: The Friends of C.O.A.

**TRIP POLICIES**

**Please park in the rear of the parking lot.**

**Refunds...** If you pay for a trip and then have to cancel, we cannot refund your money unless we can replace you.

**Day Trips** ... You may call and ask to have your name put on the list, but the seat is NOT confirmed until payment is made.

**Overnight Trips...** If the trip requires a deposit, it must be made at the time of sign up in order to hold your spot. Thank you.

**Summer Time Fun IN  
Atlantic City, New Jersey  
June 26 – 29, 2011**



**\$369.00 per person**

**Tour Includes:** Deluxe Accommodations for 3 nights at Bally's Resort & Casino, Atlantic City, NJ. All taxes, gratuities & baggage handling; 2 bag per person, \$45.00 Slot Bonus, Dinner Buffet, Deluxe Yankee Line motorcoach transportation.

\$50.00 deposit per person due with reservation/  
Balance due on or before May 26, 2011.

**Peabody Essex Museum  
"Golden Dutch & Flemish Masterworks"**



**Tuesday, June 7, 2011**

**Admission: \$13.00 per person (seniors)**  
**(Purchase your own ticket at the Museum)**  
**Lunch on your own.**

**Van: \$8.00 - \$10.00 per person depending on  
how many participate (8 seats)**

**Depart from Senior Center: 9:30 AM**

**Foxwoods  
Tuesday, July 12, 2011**



**Cost: \$30.00**

**Includes:** \$15 Food or Free Buffet, \$15 Keno  
**Bus departs from the Center - 6:30 AM**  
**Bus departs from the Casino at 4:00 PM**

**Be at the Bus Waiting Area by 3:45 PM. The bus  
cannot wait, and you WILL be left behind if you  
are not on time.**

**Payment is due at time of reservation.**

**BALTIMORE vs. RED SOX**

**July 17 – 19, 2011**

**\$449.00 pp dbl Occupancy**



**Includes:** Left Field Lower Box Seats for July 18<sup>th</sup> & 19<sup>th</sup>. 2 nights at the Sleep Inn & Suites Downtown, Baltimore, MD. All necessary taxes, gratuities & baggage handling.

Full American Breakfast Buffet at hotel each morning. Tour of Camden Yards, free time in Baltimore, tour of Philadelphia with a local-step-on-guide.

Driver/Escorts accommodations and gratuities. Deluxe Yankee Line motorcoach transportation with on board refreshments.

*Best of Times*

**Road to the Scottish Highlands  
At Meadowbrook US Cellular Pavilion  
Laconia, NH**

**Tuesday, September 13, 2011**

**Cost:** \$79.95 per person, includes gratuity

**Includes:** Bus transportation, luncheon at the Common Man Inn, & Show.

**Meal:** Homemade New England Style Pot Roast, Apple Almond Chicken, Mashed Potatoes, Seasonal Vegetables, Bread, Dessert, Coffee/Tea & Lemonade or Iced Tea  
Payment is due at time of reservation.



*Grand Circle Travel*  
**Costa Rica**

**13 day from \$2535 per person**

**Departing: September 21, 2011**

**Highlights:** Roundtrip transatlantic air transportation—from Boston. Accommodations for 2 nights each in San Jose, Sarapiquí, Chachagua, La Fortuna, Guanacaste & the Pacific Coast. 29 Meals, lots of activities, OAT Trip Leader & more. **Reservations & information:** Call Grand Circle Travel toll-free at 1-800-597-2452 Option # 2.



*Best of Times*

**Patriot's Pride**



**Patriots Hall of Fame, Meal & Show at  
Showcase Live, and Time for Shopping**  
**Price: \$84.00 per person**

**Includes:** Transportation, Show (Mark Viselli),  
And admission to the Patriot's Hall of Fame.

**Meal Choice:** Baked Ham Steak or Baked New England Haddock, Bistro Salad, Potato, Vegetable, Rolls, Cheesecake with Fresh Berries, Coffee, Tea, Soft Drinks.

**Full payment is due at time of reservation.**

## RECIPE

### Chocolate Peanut Butter Ice Cream Pie

1 ½ cups chocolate cookie crumbs  
2 Tbsp finely chopped peanuts  
1/3 cup melted butter  
2 cups chocolate ice cream, softened  
4 cups vanilla ice cream, softened  
½ cup peanut butter  
¼ cup chopped peanuts

Preheat oven to 350 degrees F.

In a medium bowl, combine cookie crumbs, 2 Tbsp. finely chopped peanuts and melted butter and mix well. Press into bottom and up sides of 9" pie pan. Bake at 350 degrees F for 5-6 minutes until set. Cool crust completely on wire rack.

When crust has cooled, spread softened chocolate ice cream in bottom of crust. Freeze for 30 minutes.

While the chocolate ice cream is getting hard in the freezer, combine vanilla ice cream and peanut butter in large bowl and beat until peanut butter is thoroughly blended with ice cream. Spread over chocolate ice cream in crust and top with remaining chopped peanuts. Cover and freeze for at least 6 hours.

Let stand at room temperature for 10 minutes before slicing and serving. Serves: 8-10

## POETRY CORNER

### *June Is Coming*

I knew that you were coming, June,  
I knew that you were coming!  
Among the alders by the stream  
I heard a partridge drumming;  
I heard a partridge drumming, June,  
A welcome with his wings,  
And felt softness in the air—  
Half summer's and half spring's.

I knew that you were nearing, June,  
I knew that you were nearing—  
I saw it in the bursting buds  
Of roses in the clearing;  
The roses in the clearing, June,  
Were blushing pink and red,  
For they had heard upon the hills  
The echo of your tread.

I knew that you were coming, June,  
I knew that you were coming,  
For ev'ry warbler in the wood  
A song of joy was humming.  
I know that you are here, June,  
I know that you are here—  
The fairy month, the merry month,  
The laughter of the year!

*Douglass Malloch*

**Community Profile -Valmai Davies Thacker**  
**By Thelma Gibbs**

Now I've got you guessing. You must read on and learn who this mystery lady is. Those of you who are on the senior Bowling League know, and also those who play Bridge at the Senior Center know her as Val. Val was born on August 31, 1940 in Trawsfynydd, North Wales to Glyndwr and Ceridwen Davies and grew up with 1 older brother. North Wales was farming country with no modern conveniences, such as, no running water, which meant using the good old outhouses. On top of that, there was no electricity.

She spent most of her early years living there with her grandmother. Her mother and father had to go to London to find work. When she became of school age, her parents felt London Schools had more to offer, so she joined her parents to attend the schools in London. She absolutely hated it, as she only spoke Welsh. Sadly she learned about bullying. She went through it first hand and was shunned by many of the other students. She so looked forward to going back to her grandmother during the summers where she would milk the cows for her uncle, who in return gave her fresh eggs for her family.

At the age of 16, she graduated from Wandsworth School, in South London, and returned to Wales, where she met Philip Thacker, who was stationed at an Army Camp in Wales. They started going together and at the age of 16 in 1957, they were married in London and lived there for 2 years. It was in London that their first daughter Jayne was born and 18 months later they had another daughter Lesley, who was followed by another daughter Nicola. At the age of 21, Val had 3 girls. After two years in London they went to live with Philip's parents in Birmingham for a short time, while they built a new home. In 1964, they had a son, Neil. At the age of 23 she had 4 children and the amazing part is that they were all born at home naturally with no doctor in attendance. How about that?

In 1966, the wandering bug struck and they thought about moving to New Zealand. They had planned on taking her divorced mother, but they would not accept any immigrants that were divorced, so with only \$300 in their pocket and 4 children they

immigrated to Canada, Halifax, Nova Scotia, Sydney and then to Fredrickton, New Brunswick.

Val decided that she would like to go to work. One day when she stopped by the Post Office, they were interviewing for a "hush hush" job. That sounded interesting, so she got in line with the others. It turned out that they were looking for someone to promote the new Polaroid Camera. Val was the last woman to be interviewed, but "Wham", she was just what they were looking for and she became "Miss Polaroid" for 1 year.

Philip's job as a Quantity Surveyor enabled him to immigrate to the USA. The Thacker family with a horse and a dog ended up moving to Boxford, MA. It was not long before Val went to work for a Modeling Agency where she was assigned a modeling job for Bonwit Teller. She was also a make-up artist in downtown Boston. She worked for 7 summers as an Interior Decorator on Nantucket Island. She also worked part-time as a Bad Debt Collector in Haverhill. Her next move was to Hawaii, where she worked for the Hawaiian Visitors Bureau Hospitality Dept. Then Philip got transferred to Abu Dhabi for the United Arab Emirates and Val was on the move again to join him there. Their living quarters were much different for them, as they lived in a rented home where they had servants. They lived there for 11 years. Val was not one to be jobless. She went to work for the KLM Royal Dutch Airlines and traveled all over the world. Their home base was a home that they purchased on the Island of Cyprus. While in the Middle East she was the President of the largest Women's Society. In this role, she was asked by the Philippines Embassy to intervene and comfort 2 maids, one 14 years old, who had been beaten and lashed 40 times and jailed. She was raped by her employer, yet she was the one who was jailed. Val did visit the prison which was in the middle of the desert, where conditions were deplorable.

In 1990, Val had to return to the USA to care for 2 of her daughters who lived in Newburyport. One daughter had been in an accident and the other daughter had a broken leg. While there, she got the surprise of her life when one of their servant's inadvertently forwarded mail meant for Philip, who was advertizing for a new wife. It seems that in that country, it is legal for a man to have 4 wives if they wish. Well Val didn't go along with that, so she stayed in Newburyport, never to return. Val then lived at Plum Island for 10 years, but now is residing in Amesbury.

*"I hope to find Mr. Right, this time".*

## **AFTERNOON AT THE MOVIES**

**"The Little Focker's"**

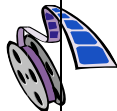
**With: Ben Stiller**

**June 15, 2011, at 1:00 PM**

The movie is free!

*The lunch will be \$3.00. (Sign up ahead)*

**MLPC License No. 12559840**



## **Amesbury Playhouse**



**"One Flew Over the Cuckoos Nest"**

Wednesday, June 1, 2011

Dinner – 6 PM, Show – 7:30 PM

Sunday, June 5, 2011

Dinner – 12 PM, Show – 1:30 PM

Wednesday, June 8, 2011

Dinner 12 PM, Dinner, Show 1:30 PM

Dinner – 6 PM, Show – 7:30 PM

**"It Runs In The Family"**

Friday, June 24, 2011

Dinner – 7 PM, Show – 8:30 PM

Wednesday, June 24, 2011

Dinner – 6 PM, Show – 7:30 Show

To make reservations, you MUST call the Senior Center 2 days prior to the show.  
(978-346-9549)

***If you want dinner, call 978-388-9444 for a dinner reservation. Tell them that you are attending as part of the free senior show from Merrimac so that you do not get charged for the show, (dinner is not free)***

## **CALLING ALL QUILTERS**

Join us for a Quilting afternoon.

Bring your current or old projects.

Wednesdays 1:00 pm – 3:00 pm.



## **The Merrimac Red Hatters**



The Red Hatter's will meet on Tuesday, June 14, 2011 at Yvonne Sloban's house at 12:00 noon for a **Pool Party**.

Rain date will be Wednesday, June 15, 2011. Members are asked to bring their favorite dish to share with everyone

## **Wii the Game**

### **Merrimac vs. Amesbury**

On the second Tuesday of every month Merrimac and Amesbury

seniors will have **Wii**

**Tournaments**. They will be alternating at each of the Senior Centers.

This month's tournament will be on **Tuesday, June 14<sup>th</sup>, in Merrimac, beginning at 9:00 AM.**

**We have the following games:** baseball, golf, boxing, tennis, bowling and the new **Wii Fit**. The games are played on a large-screen TV at the Senior Center. **Wii** is scheduled for Monday afternoons at 1:00 PM, Tuesday, & Wednesday mornings – 9-11 AM,

**Come in and have fun, also great exercise!**



### **Exercise Classes**

**Monday, Wednesday and**

**Thursdays**. Classes will be held from 9:30 AM – 10:30 AM. The cost is \$3.00 per class.



### **Line Dance Classes**

**Line Dance Classes with Gerry Mullen**

Classes are held on Fridays from 10:00 AM – 12:00 PM. The cost is \$3.00 per class.



### **BINGO – Mondays 1-3 PM** **Free Refreshments & Good Company**

We would like to invite you all to come join us on Monday afternoons, 1-3 PM, to play BINGO with a nice group of ladies and men. We do not have a "big money" game – just 3-9 cards for \$1 or \$2. But it is a fun afternoon for playing and meeting nice people. We also have additional prizes, and light refreshments at no charge. Hope to see you soon!



### **"Sal's Poker"**

If you like to play poker, have we got the game for you!

**When:** Thursday, 1:00-4:00 PM



### **YOGA CLASSES**

**With: Mary Van Abs**

The Merrimac Senior Center is offering ongoing Yoga Classes.

**Chair Yoga** classes are on Wednesdays at 1:00 PM. Donation: \$3.00

**Yoga** classes are on Wednesdays at 4 PM.  
**Donation: \$5.00**



## You can paint this!

On Monday, June 13, 2011  
From 1 to 4 PM

At the Merrimac Council on Aging, Bill

Duke will teach ten lucky people how to paint a watercolor scene.

All you need to bring is \$20.00 and the desire for some creative fun. No previous painting experience is necessary.

Come and join us! Sign up at the office.

*Watercolor Instruction by W.E. Duke*

*Of W.E. Duke Art Studio, Newburyport, MA*



## How to Avoid Becoming a Victim of Identity Theft

Here are 10 tips to protect against identity theft:

- When choosing Personal Identification Numbers (PINs) and passwords, avoid using information that is easily available. Like your birth date or the last four digits of your social security number. Create a password that includes both letters and numbers.
- **Do not carry cards containing personal information**, especially your Social Security card, except on days when you need them.
- Keep photocopies of all your credit cards. ATM cards, bank account and investment information in a secure place in case you notice fraudulent activity or if one gets lost or stolen.
- Pick up new checks at the bank. **Do not have the bank mail them to your home.**
- Check your credit reports at least once a year so you can catch any unusual activity in your accounts. The Fair Credit Reporting Act requires each of the nationwide consumer reporting companies – Equifax, Experian, and Trans Union – to provide you with a free copy of your credit report, at your request, once every 12 months.
- Install a firewall on your computer to protect hackers from obtaining your financial and personal data. **Never reply to e-mails sent by people you do not know.**
- Be sure to shred them before throwing them out. Some identity thieves practice “dumpster diving” by rummaging through businesses or public trash to find personal information.
- Call the U.S. Postal Service at 1-800-275-8777 and your newspaper companies to hold your mail and deliveries if you go on vacation. Or have a trusted neighbor pick up your mail and newspapers for you until your return.
- Avoid giving out personal information over the telephone. Be suspicious when speaking with telephone solicitors. Identity thieves can cleverly disguise themselves as bank representatives or government agency representatives and ask for your personal information.
- Take immediate action if you think you may be a victim of identity theft. Do not wait to report any mischievous activity. Place a fraud alert on your credit reports by calling

## JUNE

June 15<sup>th</sup> is Worldwide Elder Abuse Awareness Day

Remember to wear you purple!  
Senior Photo Identification Program

This Photo ID Program provides seniors with a secondary form of photo identification. These **free** identification cards are supplied by the Essex County Sheriff's Department with a state-of-the-art identification machine and are typically issued through your community's Council on Aging/Senior Center.

**To receive your secondary Photo ID you must provide one of the following:**

A valid State License

A valid Passport

A valid Massachusetts Photo ID issued by the Registry of Motor Vehicles

**Expiration Date:** This Photo ID expires five years from the date it was issued.

***If you are interested in more information about the Photo ID Program, or when it will be available in your community, please contact your local Council on Aging.***



## “Showcase Crafters”

The next meeting of the “Crafters” will be on June 1, at 10:00 AM in the library.

We are responsible for the Showcase in the reception area, Gift Shop, Flea Market and The Craft Fair. We are always looking for new crafters and ideas-come join us!!

## Senior Center Gift Shop

The Merrimac Senior Center Gift Shop is now open on Tuesdays, Wednesdays and Thursdays from 10:00 am 2:00 pm.

We will be offering a variety of handmade and re-giftable items. Please come and check us out.



one of the toll-free fraud numbers of the following three consumer reporting companies below:

Equifax 1-800-535-6284  
Experian 1-888-397-3742  
TransUnion 1-800-680-7289

## **Preventing Mail Fraud** **Home Improvement and Home Repair** **Frauds**



Because home repairs and improvements are expensive, con artists and thieves have entered the industry to rip you off. Be careful if someone mails you a brochure offering to do an expensive job for an unusually low price. Once you sign the contract, you will learn why the price is so low: The firm never delivers the service you paid for in advance.

Free inspections by con artists turn up plenty of expensive repairs you don't need. Some shady operators offer to do the work on the spot. However, when they leave, you may be left with a large bill and a faulty repair job. Here are some precautions you can take to make an informed decision:

- Always get several estimates for every repair job.
- Verify the company's name and address
- Ask for references and check them out.
- Contact your local Better Business Bureau to check the company's reputation before you authorize work or pay any money.
- Make sure you understand the details of a contract before you sign.
- Inspect the finished product before you pay, and never pay in cash.

**Regular (basic) ZUMBA**  
**Monday nights – 7:30 PM**

**Tuesday nights –7:30 PM**

**Thursday nights “Gold Zumba” 7:30 PM**

This class can be performed by anyone -with a few modifications.

**978-314-1993 – [susantribble@comcast.net](mailto:susantribble@comcast.net)**



## **On May 14<sup>th</sup>, the Merrimac Post Office held their Annual Food Drive.**

Once again we wish to thank all Merrimac residents and the Post Office staff for their hard work and generous donations of food.

We also want to thank our “crew” for all their help the day of and the day after the Food Drive.

**Special Thanks:** Shirley Jones, Robert Whitcomb, Nick & Colleen Fiorello, Alice

LaValley, Norma Labbe, Ed Casazza Jr. Herb Sayers, Anne, Jim & Danny Hurst.

Our heartfelt thanks to all for helping to make sure the “seniors” in our town are well cared for.

*Sincerely, Merrimac Senior Center*

**Happy Birthday!**

## **JUNE**

- (1) Marlene Allard
- (3) Nancy Bachelder, Sally Supple
- (4) Yvonne Sloban
- (5) Barbara Fenders, Judy Flynn
- (8) Betty Goodwin, Betty Laine
- (9) Sue Ranshaw
- (10) Bob Hewey
- (12) Walter Drescher
- (13) Mert Chute, Gloria Viola
- (14) Nancy Deminie, Diane Wilson, Stu Zibell
- (15) Lorraine Chevalier, Virginia Koivisto
- (16) Dolores Tebo, Tony Tuccelli
- (17) Cathy Fairchild, Charles Gove
- (18) Beverly Scott, Bob Sinibaldi
- (19) Virginia McMahon
- (21) Jim Clark
- (22) John Denuemoustier, Ron Wilson
- (23) Mary Caron, Carole McCarthy, Betty Waterhouse
- (24) Barbara Arbour, Nick Fiorello, Ken Sisson
- (25) Wilfred Ninteau, Bob Samoisette
- (26) Tom Atwood, Peggy Koski
- (27) Alan Hassig
- (28) Tom Flinn, Richard Grant, Lois Spencer
- (30) Doris Busch, Frances Powers

## **LUNCHEON CLUB**

**Our next luncheon will be on Friday, June 17, 2011 at the Seaglass in Salisbry.**

***Call the Senior Center to make reservations by (Thursday) June 16, 2011***



## **Volunteer of the Month**

On Tuesday, May 3, **Gerry Raper's** name was drawn from a list of people who volunteered during the month of February.

The winner will receive 4 free lunches at the Senior Center.

## **THE CENTERPIECE**

### **Merrimac Senior Center**

Published Monthly Mailing made possible in part through a grant from the Executive Office of Elder Affairs

The **Friends of COA** business meeting will be **Wednesday, June 1, 2011 at 1:30 PM**. Please come!

All dues-paying COA members are invited and urged to speak up at our monthly Friends of COA meetings. We need your ideas! Join us to plan future events for all Merrimac seniors.

### **Food Pantry Donations - APRIL**

Friends of COA, **Dr. Robert Connolly, Ray & Elaine Peters, Sandy Chute, Natalie Christie, Anonymous, Marie Gelinis, Shirley Jones, Claire Labbe, Gerry & Bill Raper, Richard Emery, Henry Bilodeau, Ed Davis, Brian Peavey, Louise Yates, Eleanor Williams, Mary Alsterlund, Cindy Beaudoin, Nancy Bachelder, & Miriam Somero.**

### **Wish List for Senior Center**

**GET WELL CARDS, Fantastic, Kleenex, Dinner Napkins, Scott Bathroom Tissue, hard candy, Decaf coffee, large and small take-out containers, Styrofoam coffee cups, small Styrofoam bowls, Zip-lock sandwich bags, paper towel rolls, liquid cleanser, Mini Moos (individual) BOOKS (not more than 1-year old).**

### **SPECIAL THANKS**

We would like to say a Special Thank You to **Peg Casazza, Nancy Bachelder, Dot Whiting, and Herb Sayers** who volunteer their time for the Senior Center Food Pantry.