



Rossetti-Cowan Senior Center

May 2024

Monthly Newsletter

Presented by Mayor
Patrick M. Keefe Jr.

25 Winthrop Avenue Revere, Ma 02151

781-286-8156

www.revere.org/departments/elder-affairs

Hours of operation:

Monday 8:15am-7:00pm

Tuesday 8:15am-5:00pm

Wednesday 8:15am-5:00pm

Thursday 8:15am-5:00pm

Friday 8:15am-12:15pm

Staff:

Debra Peczka DiGiulio- Director

Anna Piccardi- Assistant Director

Mina Canas- Administrative Clerk

Susan Martelli- Administrative Clerk

Steven Moscato- Driver/Caretaker

Tarek Abou-Hadiba- Driver

Senior Council

Board Members:

Irma Accettullo (President)

Bill Reedy (VP)

Josephine Piccardi (Secretary)

Thelma Smith

Lorraine Repoli

Vincent Cammarata

Robert Hanlon

Denise Rampelberg

Ann Eagan

Linda Doherty

Patricia Manzo

Sandi Lozier

Mary Vigliotta

Eleanor Vieira

Mother's Day Birthday Celebration



TO CELEBRATE MAY BIRTHDAYS!

WEDNESDAY, MAY 22ND, 2024

11 AM - 2 PM

LOCATION:

ROSSETTI-COWAN SENIOR CENTER

ENTERTAINMENT BY NATIONAL AWARD-WINNING
ELVIS PRESLEY TRIBUTE ARTIST, DAN FONTAINE
BRUNCH BY THE GOOD DINER

RAFFLES ~ CAKE

\$10.00 PER PERSON

MEMBERS ONLY

THERE ARE NO RESERVED TABLES OR SEATS
ALLOWED.

JOIN US FOR OUR
JUNE 12TH BIRTHDAY
CELEBRATION @ ST.
ANTHONY'S!

TICKETS GO ON
SALE- MAY 23RD!

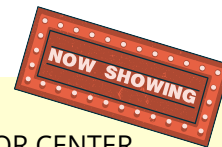
CALL FOR DETAILS



happy
Mother's
day



SPECIAL EVENTS



MOVIE MONDAYS

WE WILL BE SHOWING 2 FEATURE FILMS AT THE SENIOR CENTER.
JOIN US MONDAY, MAY 6TH TO WATCH **NYAD** AND MAY 20TH TO WATCH
THE NOTEBOOK @ 1:00PM

JOIN US FOR OUR MONTHLY SENIOR COUNCIL MEETING

WEDNESDAY, MAY 8TH @ 10:30AM
ROSSETTI-COWAN SENIOR CENTER



CHARLIE VISITS THE SENIOR CENTER



JOIN US FOR A VISIT FROM CHARLIE OUR COMMUNITY RESOURCE THERAPY DOG AND
SCHOOL RESOURCE OFFICER BRYAN BRENES FROM THE REVERE POLICE DEPARTMENT.

HE WILL BE VISITING US ON THURSDAY, MAY 9TH AND TUESDAY, MAY 21ST @ 10:30 AM.



BREAKFAST BOOK CLUB WITH DEBBIE

MAY BOOK: **THE HOUSEMAID BY: FREIDA MCFADDEN**
MONDAY, MAY 13TH @ 10:30AM
ROSSETTI-COWAN SENIOR CENTER

**PLEASE CALL OR STOP BY THE
SENIOR CENTER TO SIGN UP
FOR OUR EVENTS!**



JOIN US FOR OUR MYSTIC VALLEY NUTRITION TALK WITH ELLEN GOLDMAN

THURSDAY, 5/16 @ 10:30AM
ROSSETTI-COWAN SENIOR CENTER
PART 3 OF A 4-MONTH SERIES



FORENSICS TALK WITH PAUL ZAMBELLA

VENTURE INTO THE WORLD OF CSI WITH THIS INTERACTIVE PROGRAM THAT
INTRODUCES YOU TO THE SUBJECT OF FORENSIC SCIENCE.

THURSDAY, 5/23 @ 10:30AM
ROSSETTI-COWAN SENIOR CENTER



**THE SENIOR
CENTER WILL BE
CLOSED ON MAY
27TH, IN
OBSERVANCE OF
MEMORIAL DAY.**



SUPPORT THE SENIOR CENTER

**PURCHASE
A BLOOMIN'4 GOOD BOUQUET**

@
STOP & SHOP
40 FURLONG DRIVE LOCATION
ALL MAY LONG
PROCEEDS GO TO THE
ROSSETTI-SENIOR CENTER

Available at this location only



TRAVEL ALL AROUND NEW ENGLAND WITH CHERYL TOBEY

KNIGHTS - MAY 16
BLOCK ISLAND - JUNE 8
JIMMY BUFFET - JULY 10
NEWPORT PLAYHOUSE- AUG 25
EDWARDS TWINS- SEPT 8
LAKE GEORGE- SEPT 22-25
FOLIAGE TRAIN- OCT 20
JOHN DENVER- OCT 23
XMAS AT THE CASTLE- NOV 24
XMAS IN RHODE ISLAND- DEC 8

*Book your trip
today!*

**FOR PRICES AND DETAILS CALL CHERYL TOBEY:
TEL: 617-846-5965
ALLAROUNDNEWENGLAND@VERIZON.NET**





SIGHTS & SOUNDS



We had such a great time at our St. Patrick's Day Birthday Celebration! Great Food by Chef Anthony Pio from Murray's Tavern and awesome music by Slainte! We also enjoyed the festive sounds of the Bagpipes!



A SPECIAL THANK YOU TO OUR VOLUNTEERS!



We would like to express our gratitude to our Volunteers who support the Senior Center and donate their time to help. Thank you- Karen Knapp, Denise Rampelberg, Meyer Blumenthal, Mary Turner, Kim Lyons, Irma Accettulo, Joanne Monteforte, Carol Dzedulonius, Juliette Raftery, Karen Martineau, Deborah Colleran, Jean Duval, Eleanor Vieira, Sue Foti, Mary Vigliotta, Linda Doherty, Sandi Lozier, Nancy Monkewicz, Denise Nicolo, Billy Reedy and Kathy Smith.



 Follow us on Facebook at City of Revere Elder Services!





DAILY ACTIVITIES

Exercise classes require a \$2 ticket and can be purchased in the Senior Center office.

Monday

9 a.m. - Gentle Yoga with Susan
(Yoga on the floor and standing)

10 a.m. - Aerobics & Light-Weight Training with Aimee

12:30 p.m. - Pokeno



Thursday

9 a.m. - Chair Yoga with Susan

10 a.m. - Knitting Group

12:30 p.m. - BOCCE League

12:45 p.m. - BINGO

3 p.m. - 5 p.m. - Digital Navigators
(Help with your cell phone and laptop)

3 p.m. - Tap Dance (FREE) with Rachel*
Last day will be May 30th.

*Class is held at Rachel Ferrante's Academy of Performing Arts studio at 225 Beach St.



Tuesday

10 a.m. - Painting

11 a.m. - Chair Yoga with Ines

12:45 p.m. - BINGO (\$5 per 6 strips- 18 games)

3 p.m. - 5 p.m. - Digital Navigators
(Help with your cell phone and laptop)



Wednesday

9 a.m. - Chair Yoga with Susan

10 a.m.- 11a.m. - Blood Pressure Clinic

10 a.m. - Aerobics & Light-Weight Training with Aimee

11 a.m. - Core and Balance with Sharon

1 p.m. - BINGO



Friday

11 a.m. - Core and Balance with Sharon

12:15 p.m. - Building closes.

Saturday

11:30 a.m.- Senior Water Aerobics
Community Center Pool
(176 Garfield Ave)



Revere Residents \$4
Non Revere Residents \$8
Tickets available at Senior Center Office.



NEW!



COMPUTER CLASS THURSDAY'S IN MAY

WITH CARLA FROM MYSTIC VALLEY ELDER SERVICES (MAY 2, 9, 16 & 23) @ 10:00AM
REGISTRATION REQUIRED- 15 SPOTS AVAILABLE
MEMBERS ONLY



ESL CLASSES ON MONDAYS AND WEDNESDAYS
1:00PM-3:00PM

REGISTRATION REQUIRED-12 SPOTS AVAILABLE
APRIL 29TH-JUNE 11TH
MEMBERS ONLY

CLASSES WILL BE HELD @ ROSSETTI-COWAN SENIOR CENTER



PICKLEBALL WITH DENISE IS BACK!

MONDAYS, 11:30AM-12:30PM
MEMBERS ONLY
6 SPOTS AVAILABLE



RESOURCES

WOULD YOU LIKE TO BE MORE ACTIVE AND MEET NEW PEOPLE?

JOIN THE REVERE SENIOR CENTER!

WE OFFER EXERCISE CLASSES THROUGHOUT THE WEEK, WATER AEROBICS ON SATURDAYS AND MANY OTHER ACTIVITIES!

STOP BY AND SIGN UP TO BECOME A MEMBER!



MYSTIC VALLEY ELDER SERVICES MEAL PROGRAM

Morning Coffee: M-F (9-10 a.m.)

Lunch: M-F (11:30 a.m.)



Please call by 10 a.m. the day before to reserve your lunch.
Only **cold lunches** are available on Fridays.

APPOINTMENTS:

Please call (781) 286-8156 to schedule your appointment for:

Podiatrist- Monday, May 6th

ESAC on Tuesday, May 14th @ (11 a.m. - 1 p.m.)

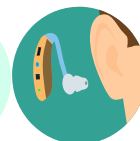
SHINE on Mondays. (11:30 a.m. - 2:30 p.m.)

CAPIC FUEL ASSISTANCE- done for the season- will be back in November.

HEARING WITH MARY MARINO:

Please call to schedule your appointment for May 14th!

11:00am- 12:40pm



MBTA CHARLIE CARDS

- Renew or apply for a new MBTA Charlie Card right here at the Senior Center.

SENIOR SHUTTLE UPDATE



~Shuttles will be available for food shopping and local errands on Monday, Wednesday and Friday after 11:00am. Medical Appointments are a Priority.

~All ride requests must be made at least one day in advance.
No same-day rides.

~There will be no outside rides (shopping/local errands) on the day of an event/party.
A limit of one ride per day. We cannot make other stops along the way.

IMPORTANT NUMBERS TO KNOW:

The Senior Center: (781) 286-8156

CAPIC: (617) 884-6130



Elder Abuse Hotline: 1-800-922-2275

Mass Health: 1-800-841-2900

Mystic Valley Elder Services:
(781) 324-7705
www.mves.org

Neighborhood PACE Program:
(617) 568-6377
www.neighborhoodpace.org

Revere City Hall: 781-286-8100
www.revere.org

Social Security: 1-800-772-1213



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Or call us at:
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CYSTIC FIBROSIS FOUNDATION

Cystic fibrosis is a genetic disorder that affects close to 40,000 people in the U.S. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF, and supports a broad range of research initiatives to tackle the disease from all angles.



HELP MAKE CF STAND FOR CURE FOUND
DONATE TODAY

WE ARE IN A RELENTLESS PURSUIT OF A CURE

WWW.CFF.ORG

Prospect house has homes for lease immediately under the **Federal Low Income Housing Tax Credit (LIHTC)** program!

- Income Limits & Guidelines Apply**
- Applicants must be at least 55 years old
 - Applicants must meet selection criteria
 - Applicants must income-quality
 - Maximum gross income limits are:
1-person household is \$49,800
2-person household is \$56,880
(subject to change, based on the HUD published 2019 limited).

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EARTH DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

H E T H E V R E S N O C P
T A T P R T A T I B A H L
N L A R N E S N T T S T A
E T R E E E C I A R S R N
M P L S O V E Y V T E A E
N U R O S O T H C I U E T
O N E U E R S E H L T R S
R A T R W A T E R S E C E
I E T C B U N I R S A E A
V L I E L A A E O S I R D
N C L L E E N L S H I M T
E S O C E E A L P A P E R
F P O G W R K N R F U E L

By Jimmy and Evelyn Johnson - www.gets.com

Activist	Habitat	Recycle
Air	Litter	Renew
Cleanup	Nature	Resource
Conserve	Ocean	Solar
Earth	Paper	Trash
Environment	Planet	Trees
Fuel	Pollute	Water