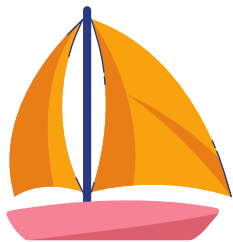


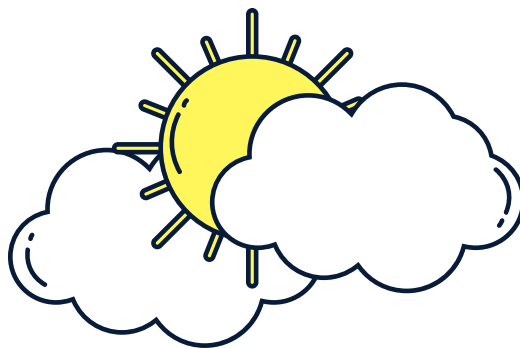
# ROSETTI-COWAN ADULT CENTER

## NEWSLETTER

JUNE & JULY, 2022



BROUGHT TO YOU BY  
THE REVERE OFFICE OF ELDER AFFAIRS  
& MAYOR BRIAN ARRIGO



**25 Winthrop Ave. Revere, MA, 02151**

**(781) 286-8155**

**[www.revere.org/departments/elders-affairs](http://www.revere.org/departments/elders-affairs)**





The gateway to summer is upon us bringing with it the promise of sunny days at the beach or sitting poolside sipping Ice Tea, Sangria, or whatever summer drink quenches your thirst.

As you will see on the following Pages of the newsletter, we have a number entertainment informational events planned and are looking forward a great summer where we forget the cold of winter and the rains of spring, get ready to welcome Summer and to joyfully move on with doing what we do best, having fun and creating many great memories at the Rosetti-Cowan Adult Center.

By the way, You may have noticed a slight change in our name. we are now the  
"Rosetti-Cowan Adult Center".

#### WHY THE CHANGE?

Words that are used to identify us, carry a lot of weight in how others see us, and how we may also see ourselves. As the article included in this newsletter points out, all too often people see the term "senior" and they think frail people unable to think and care for themselves. While that may apply to some "Seniors", and we might point out some "Younger Adults", it does not apply to us all.

The following excerpts of an article posted by Julie Podewitz, CSO at Vitality Living.  
We think the article provides more insight into what we are trying to accomplish and why.

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CNN news Recently reported that 50.8 percent of older adults surveyed said they were not comfortable with that term "senior". One New York times reporter interviewing an older person about it, was told that: "senior citizens is a term coined in the late 1930s for people who needed a place to go, senior centers, to have a good lunch. To me, it implies needy older people, not the way people want to think of themselves."

Aging is a natural part of life, an organic transformation bound into the human experience. We need to create a mindset and a vocabulary that embraces and celebrates the natural process of aging. For instance, instead of aging, Perhaps we should say evolving, growing, expanding upward through life.

Why does it sometimes seem difficult to find the right words? As one New York Times article respondent put it, "What's we have is a problem with the subject itself. Everyone wants to live longer, no one wants to be old."





**Everyone is older than someone, by definition. It's a factual representation of an individual's status and achievements. Yes, longevity is an achievement. simply making it this far merits recognition and respect. Older than I was, older than most of the people around me—older.**

**At the same time, there's just something a little facile and silly about insisting that grandma is "89 years young!" Language must be kind and should be encouraging, but it also has to be honest.**

**There was a time when "elder" was uttered in tones of reverence – the village elders. Not so anymore and likewise with "seniors." As well intended, as the term may be, it is not truly reflective of 'Older Adults'.**

**Older Adults are the wisest living generation. They have contributed a great deal and are still learning and growing. They have gotten to older adulthood (no small trick!) and they remain an important part of our families and our society.**

**We must use and embrace new terminology, to empower people to be who they are and express themselves in new and vibrant ways, unhindered by the stigma of labels that no longer apply.**

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**Be Well, be Safe and be Happy**  
**Rosetti-Cowan Adult Center Staff**

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### **Bloomin' 4 Good Fundraiser**

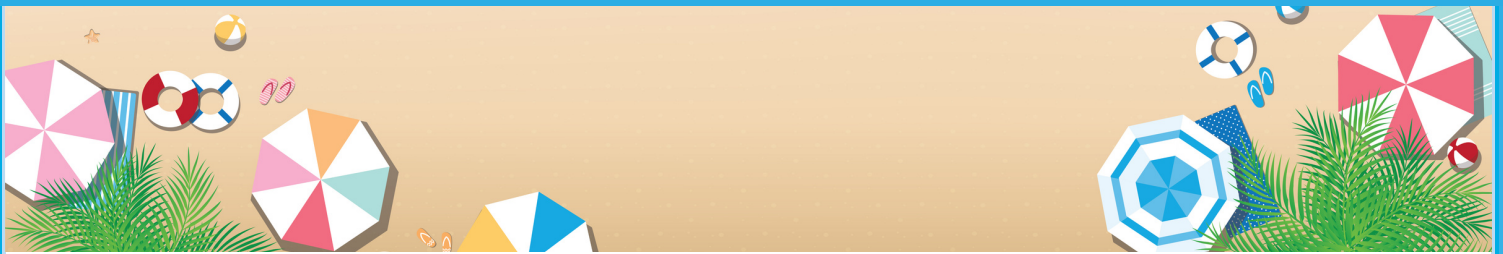
**The Stop & Shop at Furlong Dr. has once again selected the Rosetti-Cowan Adult Center to be the recipient of proceeds from its:**

**During the month of June the Stop & Shop at Furlong Drive, will donate \$1 donation for every \$10.99 Bloomin' 4 Good Bouquet you purchase.**

### **It's a Bloomin' 4 Good Deal**

**So get down there, buy some flowers, decorate your house and make some money for the Rosetti-Cowan Adult Center**





## SPECIAL EVENTS CALENDAR

- Thu Jun 2** 12:00 PM – Lunch & Learn – Mental Health Outreach Program – Mystic Valley Elder Services (See Article on Page 11)
- Tue. Jun 7** 12:00 PM – Lunch & Learn – Book Club Discussion – Revere Public Library
- Wed. Jun 8** 12:00 PM – School's Out Graduation Party with Tommy Rull – (\$5)  
Limited seating available
- Thu. Jun 9** 10:00 AM – Pottery Painting Event (\$5) (Reg. Max 20 people)
- Tue. Jun 14** 12:00 AM – Lunch & Learn – Patient Support Project – MGH
- Wed. Jun 15** 12:00 PM – Great American Music Experience (The Music and the Stories of the Greatest Love Songs of All Time with John Clark (\$5)
- Wed. Jun 22** 10:00 AM – Sunflower Portrait Painting Event – Parks & Rec (Reg. Max 20 People)
- Thu. Jun 23** 12:00 PM – Lunch & Learn – Senior Safe (Fire Prevention) with the Revere Fire Dept
- Wed. Jun 29** 12:00 PM – 4th of July Party with Joey BeBop (\$5)
- Thu Jul 7** 11:45 AM – Lunch & Learn – Oral Health Program– Forsyth School of Dental Hygiene
- Wed. Jul 12** 12:00 PM – Lunch & Learn – PACE Program – East Boston Neighborhood Health

## MONTHLY CLINICS

- Tue. Jun 7** 02:00 PM to 4:00 PM – Podiatry Clinic – (Note: There are no Podiatry Appts in July and August)
- Tue. Jun 14** 11:00 AM to 01:00 PM – Hearing Tests/Aids Advice Clinic
- Tue. Jul 12**
- Wed. Jun 15** 11:00 AM to 12:00 PM – ESAC Snap, Prescription Advantage
- Wed. Jul 20** Mass Health & Fuel Assistance Clinic





## DAILY ACTIVITIES

### **Mondays**

**09:00 Morning Coffee**

**10:00 Aerobics & Light Weight Training**

**11:00 Core & Balance**

**11:30 SHINE Counseling**

**11:30 Daily Lunch (MVES)**

**12:00 Jewelry Beading Classes**

**12:30 Pokeno**

**07:00 Evening Adult Intermediate Yoga**

### **Tuesday**

**09:00 Morning Coffee**

**09:30 Painting Classes**

**10:00 Blood Pressure Clinic**

**11:00 Chair Yoga with Ines**

**11:30 Daily Lunch (MVES)**

**01:00 Bingo**

### **Wednesday**

**09:00 Morning Coffee**

**09:00 Chair Yoga**

**09:30 Ceramics Classes**

**10:00 Blood Pressure Clinic**

**10:00 Latin Dance Basics with Aimee**

**11:00 Core & Balance**

**11:30 Daily Lunch (MVES)**

### **Thursday**

**9:00 Morning Coffee**

**10:00 Aerobics & Light Weight Training**

**10:00 Knitting Group**

**11:30 Daily Lunch (MVES)**

**12:30 Bingo**

**12:30 Indoor Bocce League**

### **Friday**

**09:00 Morning Coffee**

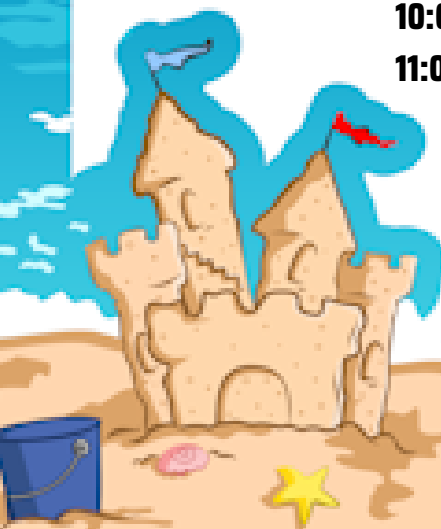
**10:00 Chair Yoga**

**11:00 Advanced Core & Balance**

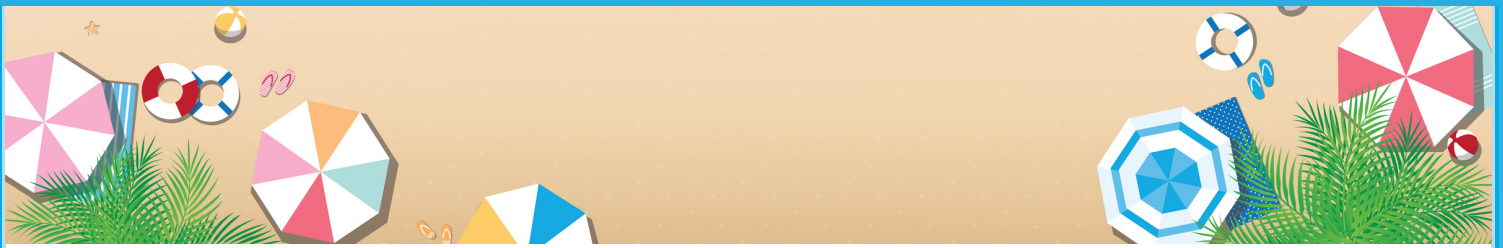
**11:00 Walking Club with Susan**

**11:30 Daily Lunch (MVES)**

**12:15 Center Closes**







## UPCOMING EVENTS IN THE WORKS

### SUMMER TRIP UPDATE

There will a summer trip this year involving a boat cruise sometime in July or August. Details are still being worked out on the date and the cost. We expect to finalize dates and cost by the 2nd week in June. As soon as we have these details worked out we will notify everyone. Stay Tuned

### IRMA'S BOUTIQUE

Irma's Boutique created another Rosetti-Cowan Adult Center and Senior Council member, Irma Accetulo is back and thriving with all kinds of jewelry and other fashion items, donated by many of our members and others. Prices are very, very reasonable and the proceeds go to reducing the costs of our travel program. so drop by and check out the great items available.

### CULTURAL ENTERTAINMENT EVENTS

We are working on a number special events will feature entertainment and food of from various cultures within our city. We will have more details on these exciting events in our next Newsletter that will be out in August.

### FALL BAZAAR

Three of the Rosetti-Cowan Adult Center and senior Council members Linda Doherty, Sandi Lozier and Denise Rampleberg) have come up with a great idea to hold the City's First Annual Fall Harvest Bazaar at the Rosetti-Cowan center on Saturday, October 22, 2022. The event will run from 10:00 AM to 3:00 PM and will feature Crafts, Foods, fashion, jewelry, raffles, entertainment and activities for kids. This event will be free and open to all residents of the city.

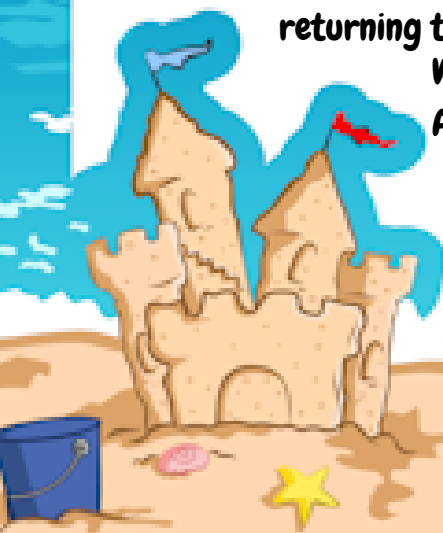
Full details on the event will be within the next two weeks.

### GOBLIN ALERT - HALLOWEEN PARTY IS PLANNED FOR OCTOBER

The ghost and goblins, witches and warlocks and all the cast of Halloween characters will be returning to do the Monster Mash to great music brewed by the Master Musical Warlock of Alan LaBella. Details on this event will be provided in the August Newsletter.

### EVENTS/ACTIVITIES REGISTRATION

To attend or participate in any Adult Center event, you must preregister by calling the Center at 781-286-8156





# OTHER THINGS TO KNOW

## SENIOR CENTER CLOSINGS

- Mon. June 20th – Juneteenth Emancipation Day – Senior Center Closed
- Mon. July 4th – Independence Day – Senior Center Closed

## SENIOR CENTER PARKING

- Senior Center – 10 Spaces
- Central Ave, parking lot, Sprague St. entrance – 12 Spaces
- Central Ave, parking lot passes for Senior Center events can be picked up at the Senior Center



## SENIOR CENTER SHUTTLE

- Operates Monday to Thursday 9:00 AM to 3:00 PM;  
Friday 9:00 AM to 12:00 PM
- For appointments and trips to stores, pharmacies, etc. within Revere city limits
- Ride requests must be made the day before
- Riders will be charged 1 coupon (\$1) for each leg of the trip. Coupons are available in Books of 10 and can be purchased at the Senior Center
- One day each month the shuttle service is available to Walmart and the Square One Mall in Saugus.
- For more information or to schedule a ride call: 781-286-8156



## NEWSLETTER DISTRIBUTION

- Newsletters are distributed to multiple locations around the city including City Hall, supermarkets and senior residences. If you know of a location we should add to our distribution list, please call 781-286-8156 and let us know.
- Newsletters can also be emailed or mailed via the post office. Call to request email or postal delivery.
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- The Newsletter is also posted to the Elder Affairs Webpage on the City's website [Revere.org](http://Revere.org)

