



# FEBRUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Blood Pressure & Diabetes Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	<b>2</b> Dealing with Depression Lecture Guest Speaker: Elizabeth Tener, LICSW Medical Psychology Center at Beverly Hospital First Baptist Church, 221 Cabot Street, Beverly 7 - 8:30 p.m.	<b>3</b> Memory & Aging Lecture Guest Speaker: Barbara Jaworski, LCW Seacoast Rehabilitation & Skilled Nursing Center Danvers Council on Aging, 21 Stone Street, Danvers 10:30 - 11:30 a.m. To register, please call 978-762-0208	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Blood Pressure Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	<b>9</b>	<b>10</b> Health & Safety Tips for Winter Lecture Guest Speaker: Sandra Whittier, RN Northeast HomeCare Salem Council on Aging, 5 Broad Street, Salem 10 - 11 a.m. To register, please call 978-744-0924	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> 	<b>15</b> Blood Pressure Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	<b>16</b>	<b>17</b> Self-Care Tips for Caregivers Lecture Guest Speaker: Camille Ciarametaro, LSW, Director of Social Services Seacoast Rehabilitation & Skilled Nursing Center Beverly Council on Aging, 90 Colon Street, Beverly 10 - 11 a.m. To register, please call 978-921-6017	<b>18</b> 15 Minutes with a Beverly Hospital Pharmacist Danvers Senior Center, 21 Stone Street, Danvers 11 a.m. - 1 p.m. To Register, please call 978-921-1697 x 300	<b>19</b>	<b>20</b> Blood Drive to Benefit Haiti Relief Efforts Lecture Hall at Beverly Hospital 85 Herrick Street, Beverly, MA 9 a.m. - 2 p.m. 
<b>21</b>	<b>22</b> Blood Pressure Clinic Addison Gilbert Hospital Women's Health Room 1 - 3 p.m.	<b>23</b>	<b>24</b>	<b>25</b> Exercise Safety & Fall Prevention Lecture Guest Speaker: Sharon Gonick, MPT, COS-C Rehabilitation Manager, Northeast Home Care Topsfield Council on Aging - Bee Building (Topsfield Fair Grounds) 10:30 - 11:30 a.m. To register, please call 978-887-1523	<b>26</b>	<b>27</b>
<b>28</b>						
		<b>Financial Counseling</b> - Addison Gilbert Financial Counselors are available at the Rose Baker Sr. Center each Tuesday morning from 8 a.m. - 12 p.m.  Beverly Hospital Financial Counselors are available at the Beverly Senior Center every Friday from 10 a.m. - 1 p.m.			<b>Did You Know?</b> February is National AMD / Low Vision Month February is American Heart Month	

