

West Newbury Council on Aging

381 Main Street, West Newbury Ma. 01985
Phone Number: 978-363-1104

March & April 2018

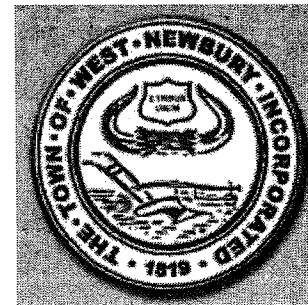
Theresa Woodbury-Director

coa@wnewbury.org

Jennifer Vincent- Meal Site Manager

Henry Cross- Van Driver

Hours: Monday & Thursday: 8:30am-4:30pm
Tuesday: 8:30am-4:30pm
Wednesday & Friday: 8:00am-2:00pm



Board Members:

Chair Person-Marge Peterson
Vice Chair- Joe Publicover
Treasurer- Dot Cavanaugh
Secretary-Barbara Warne

George Allen
Liz Bartlett
Gail DiNaro
Mary Harada
Jacquie Johnston

"Connections"

Dates to Remember:

April 16th- Closed

April 27th- Lunch Series

May 2nd- Spring Fling

May 15th Progressive Lunch

May 17th- Traveling Chef

May 28th- Closed

Art Class:

We will be offering Art Classes starting on March 29th. This will be an 7 week session with Heather Karp. Cost of the class is \$50.00 and this includes all materials.

Food Pantry:

As a reminder our Food Pantry is open every other Monday of the month. The food pantry will be open on April 17th & April 30th, In May it will be open on May 7th and May 21st.

Email:

Would you rather receive the newsletter via email? We are happy to email it to you!!! Just send us an email and we will put you on the email list. We are looking at ways to cut back on our cost and this will help!!! We are also spacing out the timing of our newsletter. Look for it every 6 weeks with a 2 month calendar coming.

Spring Fling:

We want to celebrate you!!! Join us on May 2nd at 4:00pm as we celebrate you. Dinner, music, door prizes and our volunteer appreciation will all take place!! Please RSVP today.

Ice Cream Social Sponsored by Friends of the West Newbury COA: June 21st at 12:30pm

Mission Statement:

The mission of the West Newbury COA is to provide support services and programs which will enrich the lives of West Newbury Citizens ages 60 and over. The council maintains information, knowledge, and interest in the local, state and federal affairs which relate to the welfare of our residents.

Facebook:

Don't forget we are on Facebook. "Like us" to stay up to date on all the latest happenings.

Upcoming Meetings:

*Council on Aging—
May 3rd & June 7*

Council on Aging next meeting will be May 3rd & June 7th in the first floor hearing room. Our meetings start at 10:00am. All are welcome to attend. We are looking for new members if you are interested please call the COA.

Friends of the West Newbury

The Friends will be meeting on May 9th at 3:00pm in the Senior Center. The Board of Directors will meet in April.

Senator Tarr's Office Hours at Senior Center: Please note the change in time for the office hours, **May 9th from 11:am-12:00pm. Office hours will be in the town hall.** A representative will be on hand to answer your questions and listen to your concerns.

Zumba Gold

Enjoy a dance fitness program performed to energetic music.

Cost is \$5.00 per session with an open enrollment

Monday: 4 pm to 5 pm in the Town Office Building Annex

Yogalates

A beautiful pairing of two revered movement practices: Pilates and Yoga.

\$5.00 per session with an open enrollment

Monday: 5 pm in the Town Office Building Annex

Gentle Yoga:

Improve your flexibility, balance, core strength and well being. Led by Mary Van Abs, certified Pathway Yoga Teacher, these gentle movements can provide health benefits to both men and women.

Cost is \$5.00 per session with an open enrollment.

Tuesday: 3:45 pm to 4:45 pm Town Hall Annex

Friday: 9:30 am to 10:30 am Town Office Building, 2nd Floor Hearing Room

Walking Club:

Pentucket Regional High School. Transportation provided from the Senior Center. Please advise if you will be attending.

Monday: 10:45 am Van leaves Senior Center , back parking lot.

Tai-Chi This class is a multi-level basic program constructed to guide you through all aspects of traditional Tai-Chi Chuan including balance, posture, and body control led by certified instructor Nicanor Snow (Kampa VaShi Deva) who has trained for over 33 years. Prepare yourself to take on this insightful martial arts tradition and challenge yourself on how to practice Tai Chi at home! **Every Monday from 11-12 Cost is \$5.00**

Tao-yin Qigong also referred to, as Taoist Yoga is a focused practice of culminating Qi (energy) using specific hand and body movements, with postures, pranayama (breath control), meditation and Tui-na-massage. This amalgam of methods increases the sensitivity of Qi cultivation. **Every Monday 10-11 Cost is \$5.00**

Upcoming Lunches/Programs:

May & June Birthdays: We would like to wish a Happy Birthday to everyone who celebrates a birthday in May & June!!!! Join us on Monday May 17th Birthday Celebration . We will be having Brunch for our birthday lunch in May. June our Birthday lunch will be on June 14th and we will be serving Cheeseburgers. Please give us two days advance notice so we have enough food for everyone!!! If you are celebrating birthday, your lunch is on us.



Lunch Series: The lunch Series on May 25th with Home Health. We will be talking about 5 Wishes.

Hot Lunches: Hot lunch is served Monday-Thursday at 11:30. Elder Services of Merrimack Valley contracts Lindley to cook and deliver meals to the center. A suggested donation of \$2.00 is requested. No senior, aged 60 or older, will be denied a meal due to the inability to pay. Reservations are required at least 2 days in advance by 11:30am. See this month's menu in the centerfold.

MOW's: Mow's can be arranged by calling Merrimack Valley Elder Services. The number is 800-892-0890 and ask for the intake department. They will take the information needed in order to sign you up for Meals.

Food Pantry: If you or someone you know needs a little extra help please stop by and visit. If you are unable to make it on a Monday please call the center to make an appointment. The pantry will be eligible for all residents of West Newbury. We ask that you stop by the senior center to fill out a brief intake form. And then we will help you load the bags and bring them to your car.

We are always accepting donations to the food pantry. Please remember that all items must be unopened and unexpired!!! Thank you for your continued generosity for this program.

Grocery Shopping:

We will be going Grocery Shopping on April 20th, May 4th, May 18th. We will make a Newburyport run (Shaw's Plaza or Market Basket). Pickups start at 12:30. Please have your shopping list ready and only purchase what you can carry.

Blood Pressure Clinic:

The West Newbury Fire Department and Atlantic Ambulance will be hosting a Blood Pressure

Clinic on Friday April 27th at 10:00am. Stop by the Senior Center to have yours checked.

Northern Essex Elder Transport

NEET is a volunteer program offered to Seniors in the area. Please call 978-363-1104 at least two days in advance and let us know where you are going, when you are going and approximately how long you will be. We take care of the rest finding you a ride. A suggested donation of .43 cents per mile is requested. Please make all reservations through the Senior Center.

Volunteers: A dependable car, a good driving record and a little time each month are all you need to become a NEET volunteer. The NEET program drives seniors from their homes to medical appointments. All of the seniors requesting rides are independent and ambulatory. The NEET drivers are reimbursed at 43 cents per mile.

Ring and Ride: Ring & Ride is a curb-to-curb transportation service for the residents of West Newbury. This service allows the residents of West Newbury to commute anywhere within those towns (Boxford, Georgetown, Groveland, Newbury/Byfield) as well as anywhere Amesbury, Haverhill, Lawrence, Methuen, North Andover, as well as to the Rowley Train Station and Market Basket in Rowley. The service will also allow you to connect to the MVRTA fixed route bus system.

Spring Fling

You're Invited to the
12th Annual

Where: West Newbury Annex

When: Wednesday May 2nd, 2018

Time: 4:30pm-6:30pm

We will also be Thanking our Many Volunteers that
Support the Senior Center throughout the Year!!!

Home Cooked Food, Drinks, Pentucket High School
Art Department & Susan Tabb as Emcee

**A free raffle for door prizes will take place
mid-event.**

Please **RSVP** to Theresa at **978-363-1104**
Transportation will be provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May Menu				
1 Lasagna 1pc Meat sauce 2oz Cauliflower ½ cup Cookie 1pc Wheat Bread 1pc Parmesan Cheese 1pc	2 Open Faced Turkey Sandwich (3 oz turkey on 1 slice bread) w/ Gravy2oz Mashed Potato 1/2 cup Green Beans 1/2 cup Peaches ½ cup Cran Sauce 1pc Dinner Roll 1pc	3 Seafood Salad ½ cup (on a bed of greens?) Pea Salad ½ cup Pasta Salad (vinaigrette) ½ cup Fresh Fruit (orange) 1pc Hot Dog Bun 1pc	4 - Cinco De Mayo Southwest Chicken 1pc Bean/tomato salsa 2oz Rice ½ cup Corn & peppers ½ cup Multigrain Bread 1pc Rice Pudding ½ cup	
7 Teriyaki Pork Stir Fry 4oz White Rice ½ cup Asian Blend Veggies ½ cup Pineapple ½ cup WW Bread 1pc	8 Meatloaf 1pc Gravy 2oz Mashed Potatoes ½ cup Chef's Vegetable ½ cup Italian Bread 1pc Yogurt 1pc Ketchup 1pc	9 Egg Salad 4oz Mixed Green salad 4oz Potato Salad 4oz Mandarin Oranges 4oz Oatmeal Bread 2pc Salad Dressing 1pc	10 – Special Mother's Day Chicken Cordon Blue 1pc Honey glazed Carrots 4oz Mashed Potatoes 4oz Dinner Roll 1pc Blueberry Cobbler 1pc Cranberry sauce 1pc	11 Ravioli (serving?) with Lemon butter and peas 2oz Ratatouille ½ cup Italian Bread 1pc Pears 1pc Parmesan Cheese 1pc
14 Cheeseburger 1pc Roasted Potatoes ½ cup Beets ½ cup Burger Bun 1pc Mixed Fruit 1pc Ketchup 1pc	15 Chicken Caesar Salad - Green Salad 1 cup (large compartment) Diced chicken (strips?) 3oz Tri Color Pasta Salad ½ cup Fresh Fruit 1pc Caesar Dressing 1pc WW Dinner Roll	16 Vegetarian Lentil Stew 6oz Rice ½ cup Brussels Sprouts ½ cup Peaches ½ cup Cornbread 1pc	17 – Birthday Pot Roast 3oz Gravy 2oz Butternut Squash ½ cup Steamed Potatoes ½ cup (or baked potatoes?) B-day Cake 1pc Multigrain Bread 1pc Sour Cream 1pc?	18 Potato Pollock 1pc Sweet Potatoes ½ cup Mixed Veg ½ cup Pudding/Dt Pudding ½ cup Wheat Bread 1pc Tartar Sauce 1pc
21 Aloha Chicken 1pc White Rice ½ cup Green Beans ½ cup Oatmeal Bread 1pc Fruit Loaf 1pc	22 Vegetable Frittata 1pc Roasted Potatoes 1/2 cup Apples 1/2 cup Dinner Roll 1pc Juice 1pc (NO Milk) Yogurt 1pc Ketchup 1pc	23 Pulled Pork w/BBQ Sauce 4oz Sweet Potatoes ½ cup Creamed Spinach ½ cup Applesauce ½ cup Hamburger Bun 1pc	24 Turkey Apple Cranberry Salad 4oz (on greens) Carrot Slaw(vinaigrette) ½cup Potato Salad ½ cup Salad Dressing WW Bread 2pc Peaches ½ cup	25 Mac n' Cheese 8oz Topping 2oz Peas ½ cup Mixed Fruit ½ cup Italian Bread 1pc
28 Memorial Day No Meal Service	29 Hot Dog 1pc Potato chips 1pc Pork Baked Beans ½ cup Hot Dog Bun 1pc Mandarin Oranges ½ cup Ketchup, mustard, relish1pc	30 Tuna Salad ½ cup (on a bed of greens) Cuke/Tomato Salad ½ cup Tortellini salad ½ cup MG Bread 2pc D.Gelatin ½ cup	31 Sweet n Sour Meatballs 3pc White Rice ½ cup Broccoli ½ cup Pears 4oz Wheat Bread 1pc	https://www.fromthegrapevine.com/israeli-kitchen/recipes/ravioli-peas-and-lemon-butter-sauce

On Going Programs:

Quilting Class: They meet in the Senior Center on Thursday afternoons from 3:00pm-5:00pm. A donation for \$3.00 per class. The class is geared towards sewers of all abilities. Class is ongoing and drop in.

Ipad/Iphone Class:

The next class will be on Tuesday May 13th from 9:00am-11:00am. Class will be held in the 2nd floor hearing room. Class is a question and answer setting. Please bring your device with you.

Mah-Jong:

Our Mah-Jong group meets every Thursday in the first floor hearing room. Stop by around 11:45 to play a game.

Van Policies:

Reservations may be made by calling the COA at 978-363-1104 during our office hours. We ask for 24 hours advance notice. There is no fee for the van but we do ask a donation of \$3.00 per trip.

Health Care Services

Foot Care:

Have your feet soaked in warm water, toe nails cut and filed to smooth the edges. Your feet will be moisturized by Heidi Garozzo, Licensed Manicurist.

This is approximately a 20 min service for both men and women. We are scheduling into May and June. Please plan accordingly. Space is limited. Cost is \$15.00. Please bring a small hand towel. If you are more then 5 minutes late for your appointment we will need to reschedule you.

SHINE: Do you need help with your Medicare??? Have questions about your plan? Call the COA to schedule a SHINE appointment

Medical Closet: Medical equipment is donated to us and then loaned out to residents in need. Please give us a call to ensure that we have what you need. Equipment is available as long as you need it. If the center is closed when you need the equipment please call the NON-EMERGENCY POLICE NUMBER at 978-363-1213.

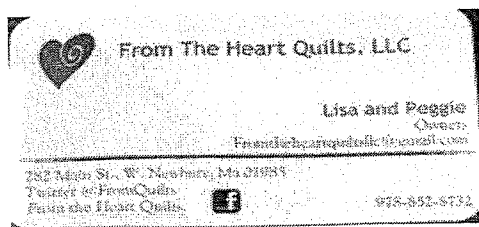
News from the Friends of the WNCOA

Time to renew your membership to the Friends of the WNCOA!!!! The membership fees are \$5.00 for Seniors, \$10.00 for Individuals, and \$25.00 for Family. Business members are welcomed starting at \$50.00 per year. Please see the attached form at the back of the newsletter.

Last month you received a survey in your newsletter. It is not too late to return the survey. Please take a minute and get it back to us. Your opinion counts. We look forward to hearing from you!! If you need another copy please let us know!!!

We are starting to plan many activities for the upcoming year. Please look for the dates in your newsletter. We look forward to seeing you throughout the year!!!

Check out our Sponsors.
Without them the newsletter wouldn't be possible!!!



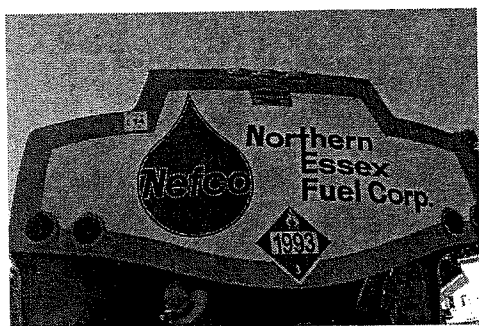
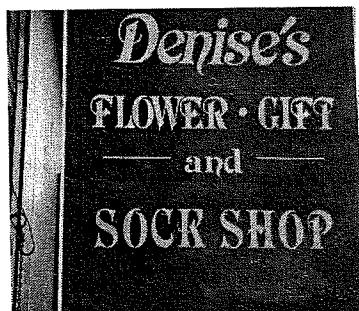
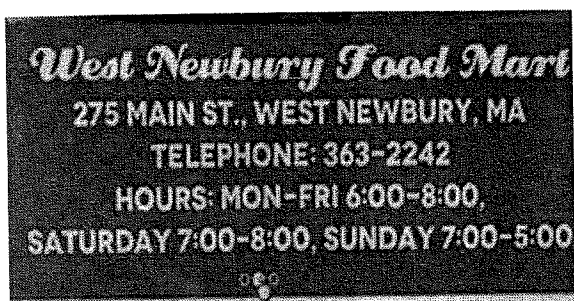
Endeavor Farm

W. Newbury

Proud Sponsor of
WN Friends of COA

River Valley Real Estate

Patricia Skibbee, Realtor
800-773-9900



The Friends of West Newbury COA needs your Help!

Do you like to get involved?
We need new members to bring fresh ideas for promoting the Friends group and participating in fundraising events. If this sounds like something you would be interested in, then we need you to serve on this committee. The Friends meet the second Wednesday of the month @ 3PM in the senior center,

Please call or email for more information as we would love to have you become a member of the Friends.
978-363-1104

Friendsofwncoa@gmail.com

Find us on Twitter #friendsofwncoa

The Friends was established to raise and allocate funds to benefit the West Newbury senior population. Funds will be used to support programs, projects, special activities or needs, which enrich the lives of West Newbury's senior Citizens, including support for the senior center,

It's time to renew your friends membership. Please help us to support the COA and its various programs.

Being in the Community is Different Than
Being a Part of the Community.

By banking with us, it gives us the opportunity to further give back to the communities we serve.

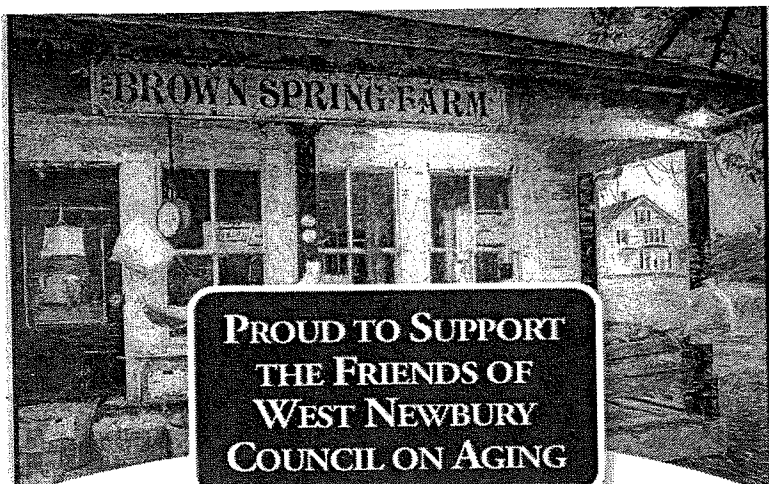


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BROWN SPRING FARM

**PROUD TO SUPPORT
THE FRIENDS OF
WEST NEWBURY
COUNCIL ON AGING**

We remain true to our vision to
positively affect the lives of every person,
business and organization within the
communities we serve.



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**Join the Friends of the
West Newbury COA**

I wish to join at the following level:

- ☐ Senior \$5.00
- ☐ Individual \$10.00
- ☐ Family \$25.00
- ☐ Business \$50.00

Name _____

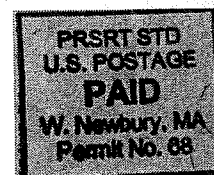
Address _____

Phone/Email _____

**Please return to the West Newbury Senior
Center 381 Main Street West Newbury Ma**

**West Newbury
Council on Aging**

381 Main Street
West Newbury, Ma.
01985



May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga-3:45	2 Spring Fling	3 COA Meeting-10 Art Class Quilting Class-4	4 Grocery Shopping Yoga-10:00	5
6	7 Meditation-10 Tai-Chi-11 Zumba-5	8 Ipad Class Yoga-3:45	9	10 Art Class Quilting Class-4	11 Pedicures Yoga-10	12
13	14 Meditation-10 Tai-Chi-11 Zumba-5	15 Yoga-3:45 Progressive Lunch	16	17 Art Class Birthday Lunch Quilting Class	18 Pedicures Grocery Shopping Yoga-10	19
20	21 Meditation-10 Tai-Chi-11 Zumba-5	22 Bereavement Group Yoga-3:45	23	24 Art Class Quilting Class	25 Lunch Series Blood Pressure-10 Yoga	26
27	28 Closed	29 Yoga-3:45 Pedicures	30	31 Art Class Quilting Class		

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Grocery Shopping	2
3	4 Mediation-10 Tai-Chi-11 Zumba-5	5 Yoga-3:45	6	7 COA Meeting-10 Art Class Quilting Class-4	8 Pedicures Yoga-10	9
10	11 Mediation-10 Tai-Chi-11 Zumba-5	12 Yoga-3:45	13 Warrant Due	14 Quilting Class-4	15 Grocery Shopping Pedicures Yoga-10:00	16
17	18 Mediation-10 Tai-Chi-11 Zumba-5	19 Yoga-3:45	20	21 Quilting Class-4	22 Yoga-10:00	23
24	25 Mediation-10 Tai-Chi-11 Zumba-5	26 Yoga-3:45 Bereavement Group	27	28 Quilting Class-4	29 Lunch Series Blood Pressure-10 Yoga	30