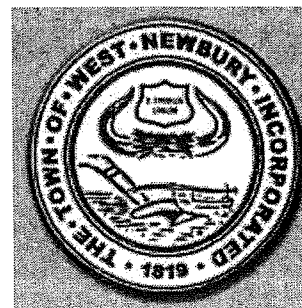


West Newbury Council on Aging

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

August 2018



Theresa Woodbury-Director

coa@wnewbury.org

Jennifer Vincent- Meal Site Manager

Henry Cross- Van Driver

Hours: Monday:

8:00am-4:00pm

Tuesday & Wednesday:

8:00am-3:00pm

Thursday:

8:00am-6:00pm

Friday:

8:00am- 1:00pm

"Connections"

Dates to Remember:

August 21st- Foxwoods

August 23rd- Birthday Lunch

August 31st- Lunch Series

20th.

There is a donation box in the lobby of Town Office Building. If you prefer to leave your name please drop off your donation during regular business hours.

Looking ahead:

September 3rd- Closed

September 6th-Cookout with Atria Place

September 11th-Early Bird

September 20th-Birthday Lunch

September 28th- Lunch Series

September 29th-Town Wide Yard Sale

Senior Tax Work Off:

We are currently accepting applications for the Senior Tax Work Off. If you are interested in participating in the program please reach out to the Senior Center. We are working with department heads to find positions for everyone.

Foxwoods:

Join us for a trip to Foxwoods on Tuesday August 21st. The bus will leave the Senior Center at approximately 7:30 and return around 6:30pm. Cost for the trip is \$20.00. Reserve your seat today.

Fall Trips:

Someplace you would like to go in the fall? Let us know we are starting to plan our fall trips now!!! Call the center today to give us some ideas!!!

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

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.

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!!!

Food Pantry:

As a reminder our Food Pantry is open every other Monday of the month. The food pantry will be open on August 6th & August

Upcoming Meetings:

Council on Aging—

Council on Aging takes the summer off. We will be meeting again in the fall. Stay tuned for our upcoming meeting in September!!!

Friends of the West Newbury

The Friends will be meeting again on September 12th. Don't forget the town wide yard sale is coming up in September-Get your applications today!!!

CCC: Community Center

Committee will meeting again on August 13 at 6:00pm. Stop by the Senior Center to join us and share any ideas that you might have.

Senator Tarr's Office Hours at Senior Center: Please note the change in time for the office hours, **August 9th from 9:30-10:30am. 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.

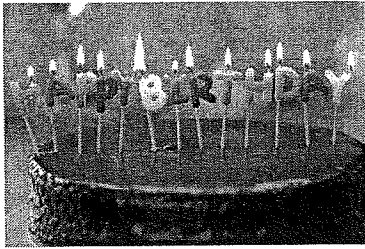
Monday: 10:45 am Van leaves Senior Center , back parking lot.

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:

August Birthdays: We would like to wish a Happy Birthday to everyone who celebrates a birthday in August!!! Join us on August 23rd Birthday Celebration . We will be having Baked Potato Bar for our birthday lunch in August. Please give us two days advance notice so we have enough food for everyone!!! If you are celebrating your birthday, lunch is on us.



Lunch Series

31st . We

have a speak-

month but stop by and enjoy a nice home cooked meal with friends.

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 August 3rd, 17th & 31st. September we will be going on the 7th, and 21st . 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 will be hosting a Blood Pressure Clinic on Friday August 31st 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.

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

JOIN US FOR

Blood Pressure

**Sponsored by
The Fire Department & COA**

**LAST FRIDAY OF THE MONTH
10:30-11:30AM**

**381 MAIN STREET
WEST NEWBURY, MA. 01985**

FRIENDS OF WEST NEWBURY COUNCIL ON AGING FUNDRAISER

3rd Annual TOWN-WIDE YARD SALE

**Saturday, September 29, 2018
(Rain or Shine)
8:00 am – 2:00 pm**



The Friends of the West Newbury Council on Aging is sponsoring a Town-Wide yard sale on Saturday, September 29, 2018. The **FRIENDS** will take care of all the publicity, Town map showing yard sale locations, items for sale, balloons, internet and newspaper advertising. All you do is hold a yard sale at a W. Newbury home **OR** rent a table in the Town Hall Annex for an “in-door” sale and keep the proceeds! Free Yard Sale maps will be available at the WN Town Hall or the GAR Library on Friday or morning of the sale.

Additionally, the Friends group is working with Savers Store, Plaistow NH if you wish to donate any unsold items kindly bring to the Plaistow Savers Store. (A list of acceptable items will be provided.)

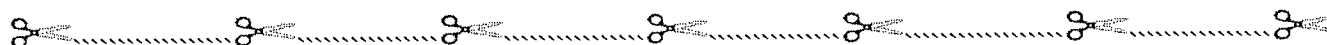
TO REGISTER FOR THE TOWN-WIDE YARD SALE:

- By mail: Complete the form below, enclose a check (\$30 for Annex Table or \$25 home yard sale) made out to **Friends of the WNCOA** and mail to Friends of the WNCOA, C/O COA, 381 Main St., West Newbury, MA 01985, postmarked by September 12 **OR**
- Drop-Off: WN Council on Aging Director in the Town Hall COA office by September 14.

NOTE: LATE REGISTRATIONS WILL NOT APPEAR ON THE MAP

Your participation fee will benefit the numerous programs and activities for town seniors supported by the Friends of the West Newbury Council on Aging.

For more information contact Theresa Woodbury, 978-363-1104 or any member of the Friends.



Please complete this section and return it with your check made out to the Friends of the WNCOA and mail to: Friends of the WNCOA, C/O COA, 381 Main St., West Newbury, MA 01985

PLEASE PRINT:

Name _____ Phone #: _____

E-mail address: _____ (for confirmation purpose only)

Yard Sale address: _____ @ \$25.00 or Annex Table: Yes / No @ \$30

Please check the type of goods/special items you will be selling (three will appear on the map listing)

<input type="checkbox"/>	Furniture	<input type="checkbox"/>	Sports equipment
<input type="checkbox"/>	Household items	<input type="checkbox"/>	Electronics
<input type="checkbox"/>	Infant furniture, toys, clothing	<input type="checkbox"/>	Craft items
<input type="checkbox"/>	Books	<input type="checkbox"/>	Other specialty items or category
<input type="checkbox"/>	Exercise equipment		

The Board of Health
would like to remind
residents:



To avoid contaminating the recycling
stream,

**PLEASE NO
PLASTIC BAGS**

in your recycling bins. Recycle your
plastic bags with participating retailers
such as
Shaws and Market Basket in Newburyport.

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Quilting Class-	3 Grocery Shopping	4
5	6 Meditation Walking Club- Tai-Chi- Zumba-	7 Yoga-	8	9 Quilting Class	10 Pedicures	11
12	13 Meditation- Walking Club- Tai-Chi- Zumba-	14 Yoga-	15	16 Quilting Class	17 Pedicures Grocery Shopping	18
19	20 Meditation- Walking Club- Tai-Chi- Zumba-	21 Yoga- Foxwoods	22	23 Quilting Class Birthday Lunch	24 Lunch	25
26	27 Meditation- Walking Club- Tai-Chi- Zumba-	28 Yoga- Pedicures	29	30 Quilting Class	31 Lunch Series Grocery Shopping	

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Closed	4 Yoga	5	6 COA Meeting Quilting Class Atria Place Cookout	7 Grocery Shopping	8
9	10 Meditation- Walking Club- Tai-Chi- Zumba-	11 Yoga- Early Bird	12	13 Quilting Class	14 Pedicures Grocery Shopping	15
16	17 Meditation- Walking Club- Tai-Chi- Zumba-	18 Yoga- Foxwoods	19	20 Quilting Class Birthday Lunch	21 Pedicures	22
23	24 Meditation- Walking Club- Tai-Chi- Zumba-	25 Yoga- Pedicures	26	27 Quilting Class	28 Lunch Series Grocery Shopping	29 Town Wide Yard Sale

August Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 American Chop Suey 3 oz meat ½ cup pasta 2 oz marinara sauce Green Beans ½ cup Peaches ½ cup Italian Bread 1pc Parm Cheese 1pc</p>	<p>7 Frittata (vegetables, egg and ham) 1pc Mashed Potatoes ½ cup Baked Apples ½ cup (in third compartment) Yogurt (no milk) 1pc Oat Bread 1pc Juice 1pc</p>	<p>1 Sweet n' Tanga Meatloaf 1pc, Sauce 2oz Mashed Potatoes 4oz Brussels Sprouts 4oz Corn Bread 1pc Fresh Fruit 1pc Dinner Roll 1pc</p>	<p>2 Pork Stir Fry Diced Pork 3oz Teriyaki Sauce 2oz White Rice 4oz Asian Blend Veggies ½ cup Pineapple ½ cup WW Bread 1pc</p>	<p>3 Cheese Ravioli 6oz w/ Spinach Cream sauce 2oz Cauliflower & Carrots ½ cup Multigrain Bread 1pc Mixed Fruit ½ cup</p>
<p>13 Hot dog 1pc Baked Beans ½ cup Mixed Veggies ½ cup Hot Dog Roll 1pc Pineapple 1pc Ketchup, Mustard, Relish 1pc</p>	<p>14 Herbed Chicken 1pc Gravy 2oz Parmesan Rice ½ cup Butternut Squash ½ cup WW Bread 1pc Diet Gelatin ½ cup</p>	<p>8 Asian Salad - Chicken 3oz Lettuce mix 1 cup Mandarins 1/4c Crispy Noodles 2 oz (congregate only) Pasta Salad (mayo) ½ cup F.Fruit 1pc, WW Roll 1pc Asian Dressing 1pc</p>	<p>9 Beef 3oz & peppers 2oz Spanish Rice ½ cup Corn 4oz Shredded lettuce (congregate only) Chef's Dessert ½ cup Tortilla 1pc</p>	<p>10 Breaded Fish 1pc Sweet Potatoes ½ cup Broccoli ½ cup WW Bread 1pc Tartar Sauce 1pc Fig bar 1pc</p>
<p>20 Chicken Parmesan Chicken Patty 1pc Marinara sauce 2oz Pasta ½ cup with sauce Cauliflower & Broccoli ½ cup Pears ½ cup</p>	<p>21 Cheeseburger 1pc Roasted Potatoes ½ cup Coleslaw ½ cup Brownie Cookie 1pc Ketchup 1pc Burger Bun 1pc</p>	<p>15 Meatballs 3 each Honey Garlic Sauce 2oz Rice ½ cup Garden Salad* ½ cup Parm Cheese 1pc WW Dinner Roll 1pc Fresh Fruit 1pc</p>	<p>16 BDAY: Cold Turkey Sandwich - Sliced Turkey 3oz Potato Salad ½ cup Pickled Beets ½ cup Oat Bread 2 slices Fruited Cake 1pc Cranberry sauce 1pc</p>	<p>17 Mac n' Cheese w/ crumb topping 8oz Peas ½ cup Multigrain Bread 1pc Mandarin Oranges ½ cup</p>
<p>27 Salisbury Steak 1pc Gravy 2oz Sweet Potatoes ½ cup Capri Veggies ½ cup Peaches ½ cup WW Dinner Roll 1pc</p>	<p>28 Aloha Chicken 1pc Rice ½ cup Corn & Black Beans ½ cup Oat Bread 1pc Fruit Ambrosia ½ cup</p>	<p>22 Turkey 3oz Dinner Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup WW Dinner Roll 1pc Fresh Fruit Salad ½ cup</p>	<p>23 Egg & Cheese Omelet 1pc Zucchini & Tomatoes ½ cup Cheesy Grits ½ cup Muffin 1pc Yogurt (no milk) Juice 1pc</p>	<p>24 Seafood Salad 3oz on a bed of lettuce Cucumber salad ½ cup Potato Salad ½ cup Mixed Fruit 1pc Hot Dog Roll 1pc</p>
		<p>29 Pulled Pork 3oz BBQ Sauce 2oz Rsted Potatoes ½ cup Chef's Veggies ½ cup Fresh Fruit 1 pc Burger Bun 1pc</p>	<p>30 Chicken, celery and Cranberry Salad 4oz on lettuce Carrot Slaw (vinaigrette) ½ cup Pasta Salad (mayo) ½ cup Fruit Loaf 1pc Hot dog Roll 1pc</p>	<p>31 Liver 3oz Onion gravy 2oz Green Beans ½ cup Mashed Potatoes ½ cup WW Bread 1pc Applesauce ½ cup</p>

On Going Programs:

Quilting Class: They meet in the Senior Center on Thursday afternoons from 4:00pm-6:00pm. 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:

Ipad class is on hold until the Fall. If you have any questions that I can help with please stop by the Senior Center with your device and I am more than happy to try and help.

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:

We have recently revisited our van policies. Look for a copy of them in this newsletter. If you have any questions regarding them, please give the center a call. We are happy to answer them.

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 through the summer months. Please plan accordingly. Space is limited. Cost is \$15.00. Please bring a small hand towel. If you are more than 5 minutes late for your appointment we will need to reschedule you.

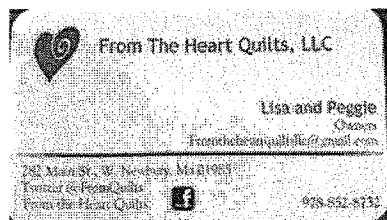
SHINE: Do you need help with your Medicare??? Have questions about your plan? Call the COA to schedule a SHINE appointment

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.

Get excited for ! NEW CLASSES !

Is there are a class you would like to see offered at the Senior Center? We are looking for ideas for the Fall. So far we have reached out to start a once a month Genealogy class and are waiting to hear back. We are hoping to get our Art Class back in full swing come September too. But are still looking to fill other times during the day! What are you interested in learning? Is there a one time class or an ongoing class? Do you have a special skill that you would like to share with others? Give us a call and we will try and put things together.

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



Endeavor Farm

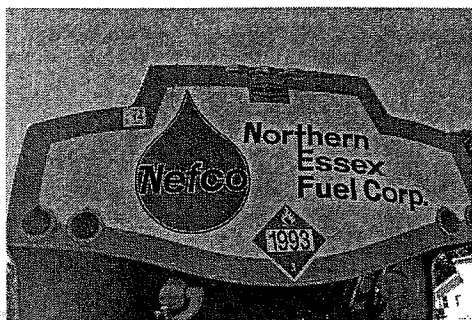
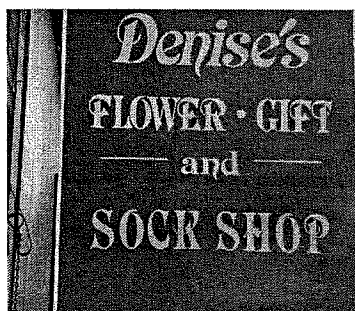
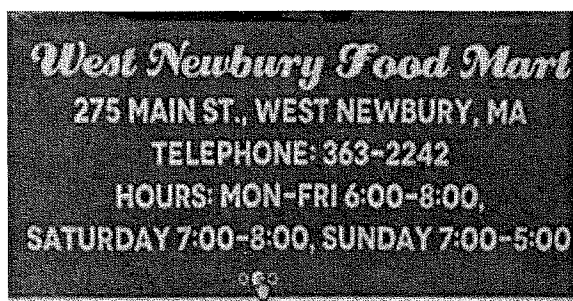
W. Newbury

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 inter-

ested 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 infor-

mation as we would love to have

you become a member of the

Friends.

978-363-1104

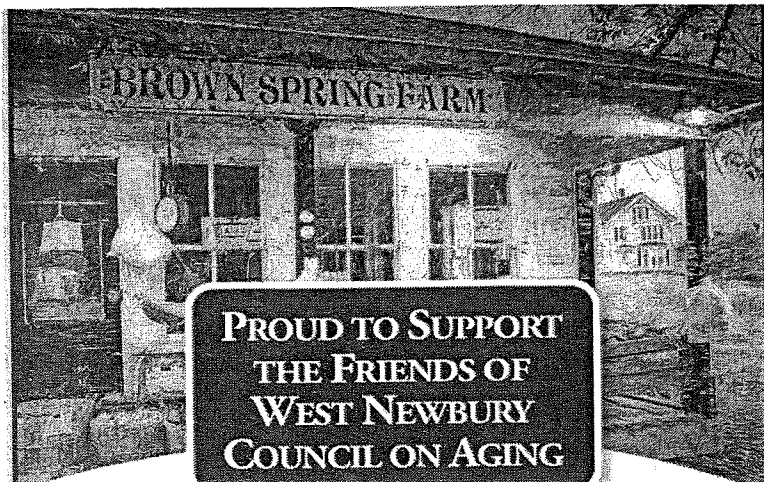
Friendsofwncoa@gmail.com

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.



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.



INSTITUTION FOR SAVINGS
BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1820.

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978-462-3106 • institutionforsavings.com

Member FDIC
Member DIF
LENDER

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

