

West Newbury Council on Aging

381 Main Street, West Newbury Ma. 01985

Phone Number: 978-363-1104

Theresa Woodbury-Director

coa@wnewbury.org

Jennifer Vincent- Meal Site Manager

Henry Cross- Van Driver

October 2019

Hours: Monday- Thursday

Friday:

8:00am- 4:00pm

8:00am- 12:00pm

"Connections"

Dates to Remember:

October 1st-Board Meeting

October 8th-Sign Making Class

October 9th- Community Resource Fair

October 10th- Birthday Lunch

October 25th- Lunch Series

October 28th- Fireman's Dinner

Looking Ahead:

November 7th- Board Meeting

November 11th- Veterans Day

November 14th-Birthday Lunch

November 22nd- Lunch Series

New Classes:

Sign Making Class:

Join us on **October 8th** for a Halloween/Christmas Sign Making Class. Class starts at 4:00pm and is limited to 10 students.

Signs will be painted one side in Halloween Decoration and the other side Christmas Decoration. No need to complete both sides if you only want one. Cost for the class is \$20.00 and you leave with your signs that day!

Lunch Bunch:

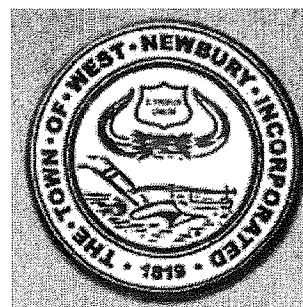
We will be starting a new lunch program on Wednesdays. Jen will be coming up some nice soups and salads or soups and sandwiches. It is a great time to stop by and get a homecooked meal!!! Lunch is served at 11:30 and we do ask for a couple of days notice to ensure we have enough food. Lunch Bunch starts on **October 9th!!**

Holiday Baskets:

Every year our Friends group puts together holiday baskets to distribute throughout town. If you know of someone that could use a little Holiday Cheer please let us know. We will deliver a basket to them the first week in December. All names are kept confidential. This is for West Newbury Residents only. Recipients will not know who recommended them for the program. Please call Theresa at the Senior Center with any recommendations.

Line Dancing Class:

Class is moving to 3:30 on Thursdays. Join us for Line Dancing in the Annex. Every Thursday at 3:30pm. Susan Tribble will be teaching the basics of line dancing. No experience necessary.



Board Members:

Chairperson-Marge Peterson

Vice Chair- Joe Publicover

Treasurer- Dot Cavanaugh

Secretary-Barbara Warne

George Allen

Liz Bartlett

Gail DiNaro

Mary Harada

Jacquie Johnston

Richard Preble

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.

Open Enrollment:

Don't forget that open enrollment starts on October 15th and runs until December 7th. I encourage everyone to look at their prescription plans to ensure you are still in the best plan for you.

Upcoming Meetings:

Council on Aging— October 1st, 2019

Please note the change in date to the Board meeting. The meeting will be on the first Tuesday this month only!!

Friends of the West Newbury COA The Friends meet quarterly. Our next meeting will be held on in December in the Senior Center. We are always looking for volunteers. If you are interested please stop by our next meeting or email at friendsofwn-coa@gmail.com

Senator Tarr's Office Hours at Senior Center: Please note the change in time for the office hours, **Monday October 21st from 9:00-10:00am. Office hours will be in the town office building.** A representative will be on hand to answer your questions and listen to your concerns.

Yoga/Pilates

Yogalates is the beautiful pairing of two revered movement practices: Pilates and Yoga. It utilizes familiar Yoga poses (asanas), and core-centered Pilates movements. Yogalates also incorporates stretching, toning, and balance, all paired with constant flowing breath (pranayama). Participants leave relaxed and refreshed. Bring a yoga (sticky) mat.

NOTE: These classes are designed for all ages and abilities. No experience is needed. Wear comfortable, loose-fitting clothes and bring drinking water.

Cost is \$5.00 per session with an open enrollment

Monday: 6:00 pm to 7:00 pm in the Town Office Building Annex

Gentle Yoga:

Improve your flexibility, balance, core strength and well being. Led by Susan Tribble, these gentle movements can provide health benefits to both men and women.

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

Tuesday: 3:30 pm to 4:30 pm Town Hall Annex

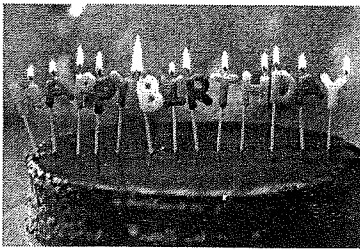
Take Control of Your Health Care Information !

This site allows you to review your own health care visit information, payments and claims, view preventive benefits. You can print your health information and drug lists and have that drug list handy for the Medicare Advantage and Drug Plan Open Enrollment (**October 15th – December 7th**)!

In the meantime, you can go to <https://www.medicare.gov/> to access information regarding the upcoming open enrollment.

For other types of Medicare assistance call **Theresa at 978-363-1104**. SHINE is partially funded by the federal Administration for Community Living.





Upcoming Lunches/ Programs:

October Birthdays: We would like to wish a Happy Birthday to everyone who celebrates a birthday in October! Join us on October 10th for a celebration we will be having Breaded pork cutlets. 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: The lunch Series is October 25th at 11:30. Lunch will be Beef Stew. 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.

Meals on Wheels: 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. The pantry is open the first and third Monday of every month. This month it will be October 7th and October 21st. If you are unable to make it on a Monday please call the center to make an appointment. 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 October 4th and October 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:

Blood pressure clinic will be on Friday October 25th. Stop by and have yours checked by a member of our Fire Department. If you need yours checked please feel free to call the Senior Center and we will make an appointment for you.

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 in 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 form at the back of the newsletter.

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

COMMUNITY RESOURCES FAIR



Sponsored By
Wadleigh Foundation,
Haverhill COA, Groveland COA
West Newbury COA & Elder
Services of Merrimack Valley

Wed. Oct. 9th, 2019
12:30PM - 2:30PM

FREE HEALTH SCREENINGS FREE CONSULTATION CHARLIE CARDS
Haverhill COA

Welcome Street, Haverhill Ma



**West Newbury Fire Department
&
West Newbury COA**

Invites you to a
Dinner with the Fire Department
Monday October 28th, 2019

5:00pm-7:00pm

Fire Department Bay



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

Holiday Lunch By the Sea

AN AFTERNOON LUNCH & VISIT TO THE SEA FESTIVAL OF TREES

Our specially-priced, all-inclusive three-course Group Holiday Luncheon includes a visit to the spectacular SeaFestival of Trees—featuring 150 themed Christmas trees, magnificently decorated, and set against a panoramic ocean backdrop! Begin with a delicious lunch catered by Seaglass set to holiday music, then enjoy a stroll through the trees, and see our Giant Gingerbread House. Our oceanfront venue is fully handicapped accessible.



WEDNESDAY, DECEMBER 4TH, 2019

11:30AM-2:00PM

FIRST COURSE

Mista Salad

Mixed Baby Lettuces + Fresh Vegetables + Red Wine Vinaigrette

SECOND COURSE + EACH GUEST SELECT ONE

Chicken Marsala

*Medallions of Chicken + Mélange of Roasted Mushrooms + Sauce Marsala
Yukon Whipped Potatoes + Chef's Choice Vegetable*

6oz. North Atlantic Baked Haddock Filet

*New England Style Bread Crumbs
Yukon Whipped Potato + Chef's Choice Vegetable*

Pasta Primavera

*Summer Squash Zucchini + Plum Tomato
Baby Spinach + Gemelli Pasta
Traditional White Garlic Butter Sauce*

THIRD COURSE

Chocolate Mousse

POST LUNCHEON

Warm Rolls and Butter

*Coffee, Decaf or Tea
Tax + Administrative Fee*

\$25 PP

Schedule of Events

*11:30am Guest Arrival
12:00pm Lunch Service Begins
1:00pm Sea Festival of Trees Viewing
2:00pm-2:15pm Guest Departure*

Reservations Required

Reserve by 10-11-2019

COA @wnewburg.org

978-363-1104

blue



EVENT CENTER

October 2019 Regular Menu Site Meals ONLY						
7 Breaded Chicken 1pc Cheesy Grits ½ cup Green Beans ½ cup Oat Bread 1pc Orange 1pc Honey Mustard Sauce	1 Pulled Pork 3oz BBQ sauce 2oz Sweet Potatoes ½ cup Collard Greens ½ cup Burger Bun 1pc Apple 1pc	2 Clam Chowder 6oz Potato Fish 1pc Vegetable Rice ½ cup Butternut ½ cup MG Bread 1pc Fig Bar/Lorna Doones 1pc Tartar Sauce 1pc	3 Beef Burgundy with On-ions & Mushrooms 3oz beef, 2 oz sauce Mashed Potatoes ½ cup Garden Salad ½ cup Pears ½ cup Italian Bread 1pc	4 No Site Meal		
	8 Pasta (TBD) Meat Sauce 4oz Broccoli ½ cup Chef's Dessert ½ cup Italian Bread 1pc Parm Cheese 1pc	9 Tomato Soup Grilled Cheese (Cooked by Jen)	10 Breaded Pork Cutlets (Cooked by Jen)	11 No Site Meals		
	14 Happy Columbus Day No Meals Served	15 BBQ Pork Patty 1pc BBQ sauce 2oz Corn Salad (warm) ½ cup Chef's Veg ½ cup Pears ½ cup Burger Bun 1pc	16 Turkey Chili with toppings Garden Salad (Cooked by Jen)	17 Birthday – Crustless Chicken Pot Pie 5oz Mashed Potato ½ cup Peas & Onions ½ cup Biscuit (puff for congregates) 1pc Cake 1pc	18 No Site Meals	
	21 Pasta with marinara ½ cup & Meatballs 3pc Broccoli ½ cup Garlic Bread 1pc Yogurt 1pc Parm Cheese 1pc	22 Hot Dog 1pc Baked Beans 4oz Mixed Vegetables 1pc Hot Dog Roll 1pc Mandarin Oranges 4oz Ketchup, Mustard, Relish	23 Ham & Cheese Panini Sandwich Pasta Salad (Cooked by Jen)	24 Beef Stew 5oz Apple Crisp ½ cup Garden Salad ½ cup WW Bread 1pc Salad Dressing 1pc	25 Beef Stew (Cooked by Jen)	
28 Cider Chicken w/Apples 1pc Butternut ½ cup Brussel Sprouts ½ cup Chocolate Pudding 1pc Oat Bread 1pc	29 Meatloaf 1pc Gravy 2oz Mashed Potatoes (baked for cong) ½ cup Creamed Spinach ½ cup WW Dinner Roll 1pc Pears 4oz, Ketchup 1pc	30 Beef Noodle Soup Caesar Salad (Cooked by Jen)	31 Mac n' Cheese Crumb topping Peas ½ cup WW Bread 1pc Chocolates 2pc			

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yoga-3:45pm	2 Line Dancing Class- 5:30pm	3 COA Board Meeting Quilting Class-3:00pm Mahjong-11:45am	4 Grocery Shopping Yoga-9:30am
7 Food Pantry-9:00am Yogalates 6:00pm	8 Yoga-3:45pm	9 Line Dancing Class- 5:30pm Lunch Bunch-11:30	10 Birthday Lunch- 11:30am Quilting Class-3:00pm Mahjong-11:45am	11 Yoga-9:30am Pedicures-By Appt
14 Sign Language Class-2:00 Yogalates-6:00pm	15	16 Lunch Bunch-11:30 Line Dancing Class- 5:30pm	17 Quilting Class-3:00pm MahJong-11:45am	18 Pedicures-By appt Yoga-9:30 Grocery Shopping
21 Food Pantry-9:00am Sign Language Class-2:00pm Yogalates-6:00pm	22	23 Lunch Bunch-11:30 Line Dancing Class- 5:30pm	24 Quilting Class-3:00pm MahJong-11:45am	25 Yoga-9:30 Lunch Series-11:30am
28 Yogalates-6:00pm Sign Language Class-2:00pm Firemans dinner-5:00pm	29	30	31	

Health Care Services

Ongoing 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:

Our next class will be offered in October. If you have any questions in the meantime please feel free to come in and see me and I will try and help.

Mahjong:

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

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. Please plan accordingly as 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

Sign Language Class:

American Sign Language is more common and useful than ever. In this class we will start with the alphabet adding vocabulary with brief introductions into grammar and Deaf Culture. The Class will be taught by Chris Hart, who has degree in Sign Language Interpreting from Spokane Falls Community College one of the countries top sign schools. Chris has used his sign skills in a variety of settings from swim lessons to life coaching. Please consider joining us for the introductory course that will be both educational and fun. Classes will start on Monday September 16th at 2:00pm. Course will run for 6 weeks and the cost of the class is \$20.00.

Open Enrollment:

Medicare open enrollment starts on October 15th. Now is the time to make any changes to your Supplemental plans and most importantly to check your Part D plans. I encourage everyone to look at their part d plans and have us check them to see if it is still the best plan for you. The plans change on a yearly basis!!! Schedule an appointment today. Night and weekend appointments are available.

Firemans Dinner:

Join us on October 28th for dinner with our Fire Department. Dinner will be served at 5:00pm in the Bay of the Fire Station. If you need a ride please let us know.

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

