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

April 2019

Hours: Monday– Thursday 8:00am– 4:00pm
Friday: 8:00am– 12:00pm

"Connections"

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
Richard Preble

Dates to Remember:

April 4th– Board Meeting

April 9th– Mosiac Stained Glass Class

April 11th- Birthday Lunch

April 18th-Bread Making Class

April 22nd– Fire Dept Dinner

April 23rd: Effective Communication Stratigies

April 26th– Lunch Series

Looking ahead:

May 1st– Spring Fling

May 2nd– Board Meeting

May 16th– Birthday Lunch

May 31st– Lunch Series

Directors Note:

I want to thank everyone that has reached out to me for a cup of coffee. I have enjoyed meeting and talking with everyone. Since I started a month ago I have had 14 cups of coffee (only 86 more to go!!!) I have learned a lot about our community, the needs and wants. The center has gained two new volunteers, started three new classes. If you would like to schedule a cup of coffee feel free to call me at 978-363-1104 or email coa@wnewbury.org to set up a meeting. I look forward to hearing from you!!!!

Bread Making Class:

Join us on April 18th for a Bread Making Class. We will supply everything that you will need to go home with a loaf of bread for Easter. Space is limited to 6 participants, sign up today!!! Donation of $5.00 is requested.

Spring Fling: Join us on Wednesday May 1st for our Annual Spring Fling. We provide the entertainment, dinner, and raffles for door prizes.

Town Meeting & Elections:

Do you need a ride to Town Meeting or the Elections the following week? Our van will be available to transport. Please call the Center by April 25th to schedule a ride for Town Meeting and by May 2nd for Elections

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–
March 7th

Council on Aging will be meeting on April 4th at 10:00am in the 1st floor hearing Room. All are welcome to join us.

Friends of the West Newbury The Friends will be meeting quarterly. Our next meeting will be held on April 10th at 3:00pm in the Senior Center. We are always looking for volunteers if you are interested please stop by our next meeting or email at friendsofwncoa@gmail.com

Senator Tarr's Office Hours at Senior Center: Please note the change in time for the office hours, **April 8th from 9:00-10:00am. Office hours will be in the town hall.** representative will be on hand to answer your questions and listen

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 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

Tai-Chi Tai-Chi
"Tai-Chi Chuan" is a low impact Taoist martial arts practice initially performed with slow and graceful steps with distinct internal postures. The Journal of the American Heart Association reports that Tai-Chi Chuan reduces high blood pressure and bad cholesterol levels. Medical researchers identify Tai-Chi Chuan as evidence-based exercise that supports balance, reduces anxiety and COPD (chronic obstructive pulmonary disease). The Arthritis Foundation supports the practice of Tai-Chi Chuan for pain control. Today many cultures around the world have benefited from this fascinating art form!
Taught by certified instructor Nicanor Snow (Kāmpa Vashi Deva) who has practiced for over 35 years. This class is a multi level program constructed to guide you through all aspects of traditional Tai-Chi Chuan including balance, posture, body control, meditation, partners exercise and push hands. Prepare yourself to take on this insightful martial arts tradition and challenge yourself on how to practice Tai-Chi Chuan at home!

Meet the instructor and the community on Mondays at 11:00am. $5 Drop-ins welcome.

Ultimate Walking
. "Ultimate Walking Class" is a meditation practice that trains us how to maintain a balanced stride when walking.Increase your balance and enjoy the benefits of walking with style and technique. Learn several methods to re-stabilize your walk with confidence. This is a very simple program that gets you back on your feet with pride! You were born to walk with two legs, let's rejuvenate them with "Ultimate Walking". This program is a mindfulness class that improves balance, posture and of course, progress in your walk. Includes basic Tai-Chi, Qigong movements and Meditation.
Meets every Monday at 10:00am. $5 Drop-ins welcome. Meets in the Annex.

Upcoming Lunches/ Programs:

April Birthdays: We would like to wish a Happy Birthday to everyone who celebrates a birthday in April! Join us on March 21st for a celebration . Menu is Panini Sandwiches for our birthday lunch in April . 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 April 26th at 11:30. Lunch will be Turkey Chili with the toppings will be our speaker this month. 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. This month the pantry will open on 1st Monday and the 3rd Tuesday of the month. 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 April 5th & April 19th. 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, April 26th at 10:30am. 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 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

You're Invited to the

13th Annual

TRIAD SPRING FLING

Where: West Newbury Annex
When: Wednesday May 1st, 2019
Time: 4:30pm-6:00pm

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

Home Cooked Food, Drinks,

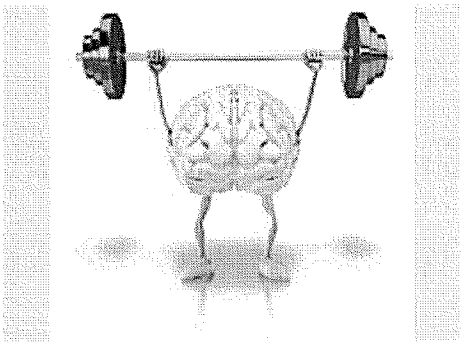
A free raffle for door prizes will take place mid-event.

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

Upcoming in May:

Join us with ActivMed for a Healthy Brain Talk
On Friday May 31st, 2019 @ 11:30.

The following week (June 5th) we will offer
Healthy Brain Scans
(appointment is required)
Call the Center for more information



We will be offering a Cooking Demonstration
on May 7th, 2019 @ 11:30
Stop by the Senior Center for a
brief demonstration and enjoy lunch on us.

CHEFS FOR SENIORS

West Newbury Fire Department

Invites you to a

Dinner

April 22nd, 2019 5:00pm-6:30pm

Fire Department Bay

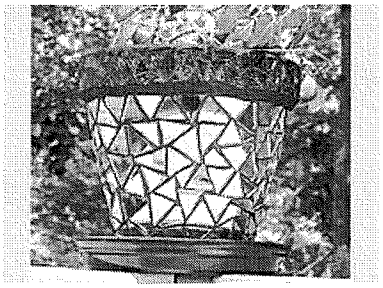
Transportation can be provided.

Please RSVP to Theresa at 978-363-1104

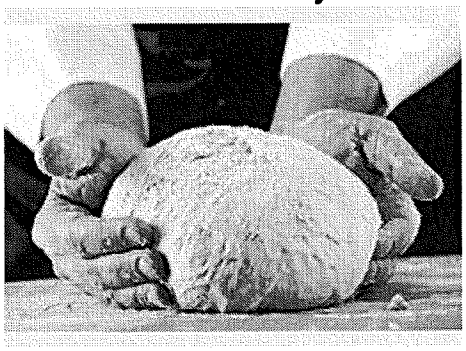
Planter Pot Mosaic Tile Class

Join us on April 9th at 1:00pm for a

Stained Glass Mosaic Tile Class
Our project will be a large planter pot
(all supplies provided)
Space is limited
Call today to reserve your seat.



Bread Making Class:
Thursday April 18th, 2019 @12:30pm
Come make a loaf of bread for Easter Dinner.
All ingredients supplied
Call to reserve your seat



Alzheimer's Talk:

Effective Communication Strategies.

Explore Communication changes due to dementia and the skills needed to successfully connect and communicate through the disease process.

April 23rd, 2019

6:00pm in the Senior Center

ALZHEIMER'S DISEASE

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak 1pc Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup WW Bread 1pc Fruit Loaf/Lorna Doones 1pc	**2** Orange Chicken 1pc Asian Blend Veg ½ cup White Rice ½ cup Dinner Roll 1pc Pineapple ½ cup	**3** Cream of Broccoli* 6oz Omelet 1pc Sausage Patty 1pc Potatoes O'Brien ½ cup Yogurt 1pc Juice (no milk) 1pc Oat Bread 1pc, Ketchup 1pc	**4** Pulled Pork 3oz BBQ Sauce 2oz Sweet Potatoes ½ cup Cauliflower ½ cup Burger Bun 1pc Pears ½ cup	**5** Eggplant Parmesan 1pc Pasta w/sauce ½ cup Garden Salad ½ cup Salad Dressing 1pc Parmesan Cheese 1pc MG Bread 1pc Fresh Fruit (orange) 1pc
8 Chicken Scallopini 1pc Sauce 2oz Pasta (w/sauce) ½ cup Carrots ½ cup WW Bread 1pc Berry Cup 1pc/Fresh Fruit	**9 Opening Day** Hot Dog 1pc Baked Beans ½ cup Coleslaw ½ cup (cold bag) Hot dog bun 1pc Warm Peach Crisp/peaches ½ cup (third compartment) Ketchup, Mustard, Relish	**10** Clam Chowder* 6oz Breaded Fish 1pc Herbed Rice ½ cup Broccoli ½ cup Burger Bun 1pc Fresh Fruit 1pc Tarter Sauce 1pc	**11** Open Faced Turkey Sandwich (3 oz turkey/slice of bread) w/Gravy 2oz Mashed Potato 1/2 cup Green Beans 1/2 cup Mixed Fruit ½ cup Cranberry Sauce 1pc	**12** Stuffed Shells 2pc Meatless Marinara Sauce 2oz Peas ½ cup Parmesan Cheese 1pc Italian Bread 1pc Cookie/Diet Cookie 1pc
15 **Happy Patriots Day** **No Meals Served**	**16** Meatballs 3pc Marinara sauce 2oz Pasta w/sauce ½ cup Zucchini ½ cup Sub Roll 1pc Parmesan Cheese 1pc Mandarin Oranges 1pc	**17** Chicken Noodle* 6oz Breaded Chicken 1pc Vegetable Rice ½ cup Beets ½ cup WW Bread 1pc Honey Mustard 1pc Fresh Fruit 1pc	**18 Easter Special** Baked Ham 1pc Pineapple Sauce 2oz Spring Vegetable Blend ½ c Mashed Potatoes ½ cup Honey Wheat Roll 1pc Lemon/Angel Cake 1pc	**19** Mac n Cheese 6oz Crumb Topping 2oz Mixed Vegetables ½ cup Oat Bread 1pc Pudding/diet Pudding ½ c
22 Vegetable Frittata 1pc Roasted Potatoes ½ cup Baked Apples ½ cup Muffin 1pc Yogurt 1pc Juice (no milk)1pc Ketchup 1pc	**23 Pork Ragout 5oz** Pasta ½ cup Broccoli ½ cup WW Roll 1pc Brownie/Diet Cookie 1pc	**24** Tomato Tortellini* 6oz Hamburger (3oz) 1pc Potato Chips 1pc Green Beans 1/2cup Burger Bun 1pc Berry Cup/Fresh Fruit 1pc Ketchup 1pc	**25** Cken Cordon Bleu 1pc Garlic Mashed Potato ½ c Garden Salad ½ cup Italian Bread 1pc Salad Dressing 1pc Pears ½ cup	**26** Seafood casserole 6oz Lemon Rice ½ cup Brussels Sprouts ½ cup MG Bread 1pc Mixed Fruit ½ cup
29 BBQ Chicken 1pc Butternut ½ cup Spinach ½ cup Applesauce ½ cup Oat Bread 1pc	**30** Beef Stew 6oz Mashed Potatoes 1/2cup Garden Salad ½ cup Salad Dressing 1pc Dinner Roll 1pc Diet Gelatin ½ cup	**April 2019** *Soup for Congregate Only		

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Food Pantry Tai Chi Meditation Yogalates	2 Yoga	3	4 Board Meeting Art Class Quilting Class	5 Grocery Shopping Yoga	6
7	8 Tai Chi Meditation Yogalates	9 Yoga Stone Glass Tile Mosiacs Class Ipad Class	10	11 Art Class Quilting Class **Birthday lunch**	12 Yoga	13
14	15 Closed	16 Yoga Food Pantry Stain Glass Class	17	18 Art Class Quilting Class Bread Making Class	19 Pedicures Yoga Grocery Shop-ping	20
21	22 Tai Chi Meditation Yogalates Fireman's Dinner	23 Yoga Effective Communi-cation Strategies	24	25 Art Class Quilting Class	26 Yoga Lunch Series	27
28	29 Town Meeting Tai Chi Meditation Yogalates	30 Yoga	May 1st: Spring Fling			

Health Care Services

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:

Ipad/Iphone class is starting back up. They will be meeting on April 9 at 9:00am. Class is offered once a month. Stop by with your questions.

Mah-Jong:

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

New Year:

As we enter the New Year we are asking you to fill out an Emergency Contact sheet. Please take a moment to fill this out and return to the Senior Center. The information is only used in case of an emergency.

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 winter months. 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.**

New Programs:

Stain Glass Mosiac Tile Class: We will be offering a 4 week Stain Glass Mosiac Class. In this class you will decorate a large planting pot with stain glass tiles. Class is $20.00 for the 2 weeks. Cost covers your supplies. No need to bring anything.

Alzheimers Talk: Join us on April 23rd for Effective Communication Stratgies. Explore communication changes due to dementia and the skills needed to successfully connect and communicate throughout the disease process. Talk will start at 6:00pm. Join us for this informative session.

Bread Making Class:
Join us on April 18th to make a loaf of home made bread. All supplies will be provided and you get to take a loaf of bread home. Class starts at 12:30pm.

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

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