

## 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

Hours: Monday & Thursday: 8:00am-4:30pm

Tuesday: 8:30am-6:30pm

Wednesday & Friday: 8:00am-1:00pm

December 2017



### 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:

December 5th Early Bird

December 7th Last day for Open Enrollment

December 7th Cookie Decorating

December 8th Grocery Shopping

December 14th Birthday Lunch

December 22nd Grocery Shopping

December 25th-Closed

## Looking ahead:

January 1st Office Closed

January 15th- Closed

January 18th- Birthday Lunch

January 26th- Lunch Series

We will not be taking a trip to foxwoods in January. We will restart in March weather pending.

## Reminder:

Medicare Open enrollment will end on December 7th. Time is running out, if you want to ensure that you are in the best plan please call the Senior Center to set up an appointment to review your plan.

## Fuel Assistance:

Applications can be obtained from the Senior Center.

## Cookie Decorating:

Join us on December 7th for Cookie Decorating. We will supply everything that you need to decorate several cookies. Bring your grandchildren with you to enjoy the evening of fun. Stop by the Annex at 5:00pm.

## 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– December 7th*

**Council on Aging** next meeting will be December 7th in the First Floor Meeting 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 not meet in December, the next meeting will be January 10, 2018 at 3:00 P.M., in the Senior Center

**Senator Tarr's Office Hours at Senior Center:** Please note the change in time for the office hours, **December 14 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:

**December Birthdays:** We would like to wish a Happy Birthday to everyone who celebrates a birthday in December!!!! Join us on December 14th as we celebrate you!!! Lunch will be American Chop Suey and will be served at 11:30. 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:** This month the lunch series is scheduled for December 22. Beef Stew is on the menu.

**Cookie Decorating:** Join us on Thurs. December 7th from 5-7 in the Annex for a fun evening of Cookie Decorating. We will have Pizza and holiday cookies for you to decorate with your Grandkids. Please RSVP to 978-363-1104 so we have enough cookies for everyone. A great time!

**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:** The Food Pantry is open the first and third Monday from 9:00am-11:00am. 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 appoint-

ment. 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 December 8th and 22nd. 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.

## Don't Ignore Your Medicare Mail!

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations... and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule a SHINE appointment, call your senior center at 978-363-1104.*

***Call early to receive a pre-enrollment form and make that appointment... bring your Medicare and insurance cards and complete list of your medications.***

**DO NOT WAIT UNTIL IT'S TOO LATE!**

December 2017

## Activities Calendar

Mon

Tue

Wed

Thu

Fri

|  |  |           |  |   |
|--|--|-----------|--|---|
|  |  |           | <i>Mah-Jong-11:45am</i>  | <b>1</b><br><i>Grocery Shopping<br/>Yoga-9:30</i>   |
| <b>4</b><br><i>Tai-Chi 10:00am<br/>Mah-Jong-1:30pm<br/>Yogalates-5:15pm<br/>Walking Club-<br/>10:45</i>  | <b>5</b><br><i>Yoga-3:45pm<br/>Quilting-3:00pm<br/>Early Bird Dinner-<br/>5:00pm</i>         | <b>6</b>  | <b>7</b><br><i>Tarr Office Hours<br/>Bday Lunch-11:30<br/>Mah-jong-11:45am<br/>Cookie Decorating</i> | <b>8</b><br><i>Yoga-9:30</i>  |
| <b>11</b><br><i>Tai Chi-10:00am<br/>Mah-Jong-1:30pm<br/>Yogalates-5:15pm<br/>Walking Club<br/>10:45</i>  | <b>12</b><br><i>Ipad/Iphone 9am<br/>Yoga-3:45pm<br/>Quilting-3:00pm<br/>Foxwoods-All day</i> | <b>13</b> | <b>14</b><br><i>Mah-Jong-11:45</i>   | <b>15</b><br><i>Pedicures-By appt<br/>Grocery Shopping<br/>Yoga-9:30<br/>Lunch series 11:30</i> |
| <b>18</b><br><i>Tai-Chi- 10:00am<br/>Mah-Jong-1:30pm<br/>Yogalates-5:15pm<br/>Walking Club<br/>10:45</i> | <b>19</b><br><i>Yoga-3:45 pm<br/>Quilting-3:00pm</i>   | <b>20</b> | <b>21</b><br><i>Mah-Jong-11:45</i>   | <b>22</b><br><i>Pedicures by appt<br/>Yoga-9:30</i>   |
| <b>25</b><br><b>Closed</b>   | <b>26</b><br><i>Yoga-3:45pm<br/>Quilting-3:00pm</i>  | <b>27</b> | <b>28</b><br><i>Mah-jong-11:45</i>   | <b>29</b>   |

|  |  |   |   |   |
|--|--|---|---|---|
| <p align="center"><b>December Menu 2017</b></p>  |  |   |   | 1 Beef Stew w/vegetables<br>7oz (no potatoes in stew)<br>Steamed Potatoes 4oz<br>Dinner Roll 1pc<br>Pears 4oz                 |
| 4 Meatloaf 1pc<br>Gravy 2oz<br>Mashed Potatoes 1pc<br>Carrots/Parsnips 4oz<br>WW Bread 1pc<br>Chef's dessert<br>Ketchup 1pc                        | 5 Chicken Parmesan 1pc<br>Sauce 2oz<br>Pasta w/sauce 4oz<br>Zucchini/Summer Squash 4oz<br>Dinner Roll 1pc<br>Mixed Fruit 4oz | 6 Minestrone<br>Sausage 1pc<br>Peppers and onions 2oz<br>Steamed Potatoes 4oz<br>Green Beans 4oz<br>Sub Roll 1pc<br>Fresh Fruit 1pc                                 | 7 Vegetable Frittata 1pc<br>Roasted Potatoes 4oz<br>Baked Apples 4oz<br>Yogurt 1pc<br>Juice 1pc<br>Honey Wheat Roll 1pc<br>Ketchup 1pc  | 8 Baked Fish 1pc<br>Dill sauce 2oz<br>Lemon Rice Pilaf 4oz<br>Broccoli 4oz<br>Cookie/Lorna Doones 1pc<br>Multigrain Bread 1pc |
| 11 LS Hot Dog 1 pc<br>Pork Baked Beans 4 oz<br>Potato Chips 1pc<br>Hot Dog Roll 1 pc<br>Mandarin Oranges 4oz<br>Ketchup, Mustard, Relish 1 pc each | 12 Pork Stir fry w/ Sweet and Sour Sauce 5 oz<br>White Rice 4oz<br>Asian Blend Veggies 4oz<br>Peaches 4oz<br>Oat Bread 1pc   | 13 Lentil Soup 6oz<br>Herb Roasted Chicken 1pc<br>Sweet Potatoes 4oz<br>Brussel's Sprouts 4oz<br>WW Dinner Roll<br>Fresh Fruit 1pc<br>Cranberry Sauce 1pc           | 14 – <b>Birthday</b><br>Open Faced Turkey Sandwich (3 oz turkey on 1 slice bread) w/ Gravy 2oz<br>Mashed Potato 4oz<br>Peas 4oz<br>B-day cake/angel food 1pc<br>Cran Sauce 1pc – NO BREAD | 15 Eggplant<br>Parmesan 1pc<br>Pasta 4oz<br>Spinach 4oz<br>WW Bread 1pc<br>Diet Gelatin 4oz                                   |
| 18 Meatball Sub 3 meatballs<br>Chef's Veggies 4oz<br>Pasta w/sauce 4oz<br>Sub Roll 1pc<br>Pineapple 4oz  | 19 Chicken Paprika (drumstick) 1 pc<br>Rice Pilaf 4oz<br>Mixed Veggies 4 oz<br>Oatmeal Bread 1pc<br>Chef's Dessert           | 20 Chicken Noodle Soup 6oz<br>Hamburger 1 pc<br>Cheese 1 pc<br>Roasted Potatoes 4 oz<br>Beets 4 oz<br>Hamburger Roll 1 pc<br>Yogurt 1pc<br>Ketchup and Mustard 1 pc | 21 – <b>Special</b><br>Baked Ham 3oz<br>Pineapple Sauce 2oz<br>Mashed Potatoes 4oz<br>Butternut Squash 4oz<br>Twisted Breadstick 1pc<br>Applesauce 4oz                                    | 22 Macaroni & Cheese 8 oz<br>w/Crumb Topping .25 oz side<br>Broccoli 4 oz<br>WW Roll 1 pc<br>Fruit Loaf 1pc                   |
| 25<br><br><b>No Meal Service</b>   | 26 Lasagna 6oz<br>Meat Sauce 2oz<br>Cauliflower 4oz<br>Dinner Roll 1pc<br>Pudding/Diet pudding 4oz<br>Parm Cheese 1pc        | 27 Seafood Chowder 6oz<br>Breaded Fish 1pc<br>Green Beans 4oz<br>Mashed Potatoes 4oz<br>Tarter Sauce 1pc<br>Crunch Bar 1pc  | 28 Beef and Pepper Casserole 6oz<br>White Rice 4oz<br>Corn 4oz<br>Dinner Roll 1pc<br>Chef's Dessert   | 29 Teriyaki Chicken<br>Asian Blend Veggies 4oz<br>Asian Noodles 4oz<br>WW Bread 1pc<br>Pineapple 4oz                          |

## On Going Programs:

**Quilting Class:** They meet in the Senior Center on Tuesday evenings 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 December 12th 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.

## 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 January. 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.

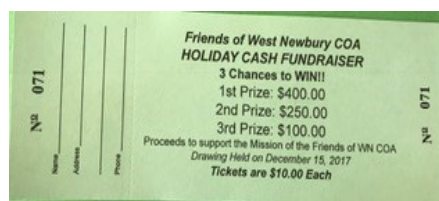
**SHINE:** Do you need help with your Medicare??? Have questions about your plan? Call the COA to schedule a SHINE appointment

**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

### HOLIDAY CASH RAFFLE

The Friends of WNCOA is holding our 2nd Holiday Cash Raffle to support the organiza- \$10.00



for three chances to win cash prizes for the holidays. Tickets are available at the COA or from any Friends member. The drawing will be held on December 15th, and the winners will be notified that day.

We would like to know what programs, trips, special events you would like to see. We are looking to support new programs that you would like to participate in. Watch for our questionnaire coming soon, by filling it out you will be helping us to help you.



Check out our Sponsors.

Without them the newsletter wouldn't be possible!!!



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### 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](mailto: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,

A huge thank you to all those that participated and shopped at the our annual Yard Sale. The weather was great and the sales were as well.

Friends of West Newbury COA

### **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.

## 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.

West Newbury  
Council on Aging

381 Main Street  
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01985

