

West Newbury Council on Aging

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

February & March 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:

February 2nd- Blood Pressure Clinic

February 8th- Art Session Starts

February 12th- Traveling Chef

February 19th- Presidents Day

February 23rd- Lunch Series

Looking ahead:

March 6th- Early Bird

March 15th- Flower Show

March 22nd-Birthday Lunch

Reminder:

As winter is fast approaching please remember if the Pentucket School System is closed for a snow day we will not hold activities at the Senior Center. We want to remind everyone to please stay safe on the roads!!!

This includes the van service. We also want remind residents that if you have a ride scheduled with the van please make sure to have your driveways plowed prior to

us coming to pick you up. We can not guarantee a ride if we can not get to you!

Art Class:

We will be offering Art Classes starting on February 8th. 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 February 5th & February 20th. The March Schedule is the 5th & 19th.

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.

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–
February 1st & March 1st*

Council on Aging next meeting will be February 1st & March 1st in the Senior Center. 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 February 14th at 3:00pm in the Senior Center. The Board of Directors will meet in March.

Senator Tarr's Office Hours at Senior Center: Please note the change in time for the office hours, **February 8th and March 8th 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:

February & March Birthdays: We would like to wish a Happy Birthday to everyone who celebrates a birthday in February & March!!!! Join us on Monday February 12th for a Valentines Day/Birthday Celebration. March our Birthday lunch will be on March 22nd we will be having Teriyaki Chicken. Please give us two days advance notice so we have enough food for everyone!!! celebrating birthday, on us.



If you are your lunch is

Lunch Series: The lunch Series in February will be on February 23rd. We will be having Chicken Noodle Soup. We will not have a lunch series in March. Stay tuned for April.

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 January 12th & 26th. 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.

Flower Show: We will be taking a trip into the Flower Show on March 15th. The bus will take you in for the day. Tickets and lunch are on your own. Cost for the van is \$10.00.

Blood Pressure Clinic:

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

Clinic on Friday February 2nd at 10:00am. Stop by the Senior Center to have yours checked.

Traveling Chef:

We will be welcoming the Traveling Chef from the Meals Program on February 12th. Lunch will be served at 11:30 and we ask for 2 days notice. We will be serving Pot Roast with green beans and au gratin potatoes.

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.

February 2018

Activities Calendar

Mon	Tue	Wed	Thu	Fri
			1	2 <i>Grocery Shopping</i> <i>Yoga-9:30</i> <i>Blood Pressure-10</i>
5 <i>Ultimate Walking</i> <i>Meditation 10:00</i> <i>Tai Chi-11:00am</i> <i>Yogalates-5:15pm</i> <i>Walking Club</i> <i>10:45</i>	6 <i>Yoga-3:45pm</i>	7	8 <i>Tarr Office Hours</i> <i>Mah-jong-11:45am</i> <i>Quilting- 3:00pm</i> <i>Art Class-9:30</i>	9 <i>Yoga-9:30</i> <i>Pedicure by appt.</i>
12 <i>Ultimate Walking</i> <i>Meditation 10:00</i> <i>Tai Chi-11:00am</i> <i>Yogalates-5:15pm</i> <i>Walking Club</i>	13 <i>Yoga-3:45pm</i> <i>Ipad/Iphone</i>	14	15 <i>Mah-Jong-11:45</i> <i>Bday Lunch- 11:30</i> <i>Quilting-3:00pm</i> <i>Art Class-9:30</i>	16 <i>Pedicures-By appt</i> <i>Grocery Shopping</i> <i>Yoga-9:30</i> <i>Lunch series 11:30</i>
19 <i>Closed</i>	20 <i>Yoga-3:45 pm</i>	21	22 <i>Mah-Jong-11:45</i> <i>Quilting 3:00pm</i> <i>Art Class-9:30</i>	23 <i>Yoga-9:30</i> <i>Lunch Series</i>
26 <i>Ultimate Walking</i> <i>Meditation 10:00</i> <i>Tai Chi-11:00am</i> <i>Yogalates-5:15pm</i> <i>Walking Club</i> <i>10:45</i>	27 <i>Yoga-3:45pm</i>	28		

February Regular Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Turkey Casserole 6oz Rice Pilaf 4oz Carrots 4oz Pudding/Diet Pudding 4oz Multigrain Bread 1pc	30 Lasagna 1pc Meat Sauce 2oz Cauliflower 4oz Brownie/Lorna Doones 1pc Dinner Roll 1pc Parmesan Cheese 1pc	31 Tomato Soup 6oz Breaded Chicken Patty 1pc Roasted Potatoes 4oz Mixed Veggies 4oz Fresh Fruit 1pc Burger Bun 1pc Honey Mustard Packet 1pc	1 Baked Haddock 1pc Lemon Pepper sauce 2oz Broccoli 4oz Vegetable Rice 4oz Mixed Fruit 4oz Oatmeal Bread 1pc	2 Beef Stew w/ vegetables 7oz (no potatoes in stew) Steamed Potatoes 4oz WW Dinner Roll 1pc Mandarin Oranges 4oz
5 Macaroni & Cheese 8oz Crumb Topping .25oz (side) Peas 4oz Pineapple 4oz Oat Bread 1pc	6 Diced Pork 3oz with apples*2oz (recipe below) Sweet Potatoes 4oz Brussels Sprouts 4oz Peaches 4oz WW Bread 1pc	7 Chicken Noodle Soup 6oz Cheeseburger 1pc Roasted Potatoes 4oz Capri Blend 4 oz Hamburger Roll 1 pc Lorna Doones Ketchup and Mustard 1 pc	8 Crust less Chicken Pot pie (carrots, corn, peas) 6oz Mashed Potatoes 4oz Green Beans 4oz Applesauce 4oz Biscuit 1pc	9 Vegetable Frittata 1pc Roasted Potatoes 4oz Baked Apples 4oz Yogurt 1pc Juice 1pc (no milk) WW Dinner Roll 1pc Ketchup 1pc
12 Chicken Fricassee* White Rice 4oz Butternut Squash 4oz Mixed Fruit 4oz Multigrain Bread 1pc	13 Vegetable Soup 6oz Sausage 1pc Peppers and onions 2oz Roasted Potatoes 4oz Corn 4oz WW Dinner Roll 1pc Fresh Fruit 1pc	14 Valentine's - NO SOUP Eggplant Parmesan 1pc Pasta (mixed with sauce) 4oz Summer Squash Blend 4oz Italian Bread 1pc Chocolate Mousse 4oz/diet pudding, Parmesan 1pc	15 Birthday - Meatloaf 1pc Gravy 2oz Mashed Potatoes 1pc Carrots & Parsnip 4oz Oat Bread 1pc Bday Cake/Angel food cake 1pc Ketchup 1pc	16 Chinese New Year Asian Fish 1pc Lo Mein Noodles 4oz Asian Veggies 4oz Mandarin Orange (whole)1pc Fortune Cookie 1pc Dinner Roll 1pc
19 President's Day No Meals Served	20 Meatballs 3pc Marinara Sauce 2oz Pasta mixed with sauce 4oz Creamed Spinach 4oz Dinner Roll 1pc Peaches 4oz	21 Corn chowder 6oz Potato Breaded Fish 1pc Mixed Veggies 4oz Lemon Rice 4oz Yogurt 1pc Oat Bread 1pc Tartar Sauce 1pc	22 Turkey 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Pears 4oz WW Dinner Roll 1pc Cranberry Sauce 1pc	23 Lentil Stew 6oz Cornbread (third compartment) 1pc Brown Rice Pilaf 4oz Green Salad 4oz (in cold bag), Dressing 1pc Fresh Fruit (orange) 1pc
26 LS Hot Dog 1 pc Pork Baked Beans 4 oz Potato Chips 1pc Hot Dog Roll 1 pc Mandarin Oranges 4oz Ketchup, Mustard, Relish 1 pc each	27 Beef Burgundy 4oz Mashed Potatoes 4oz Broccoli 4oz Italian Bread 1pc Chef's Dessert	28 Tortellini soup 6oz Herb Roasted Chicken 1pc Roasted Potatoes 4oz Beets 4oz WW Dinner Roll Fruit Loaf/Lorna Doones 1pc Cranberry Sauce 1pc		

On Going Programs:

Quilting Class: They meet in the Senior Center on Thursday 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 January 10th 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 February 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.

In December the Friends of the WNCOA presented over 50 gift baskets to local seniors. This was double the number we delivered last year and we are planning to increase that number in 2018. Without the generous support of the community and the Business sponsors this would not have been possible. Thank you!!!

Please take a few minutes to complete the survey on the pull out of this newsletter, it will help us to support programs that are of interest to you in the upcoming year.

Check out our Sponsors.

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



INSTITUTION FOR SAVINGS

TOGETHER SINCE 1820.



NEWBURYPORT
FIVE CENTS SAVINGS
BANK



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.

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
☐ Silver \$25.00
☐ Gold \$50.00

Name _____

Address _____

Phone/Email _____

West Newbury
Council on Aging

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