

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

January 2018

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



#### **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:**

January 1st: Closed  
January 12th: Grocery Shopping  
January 12th: Pedicures  
January 15th: Closed  
January 18th Birthday Lunch  
January 26th Lunch Series

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!

### **Fuel Assistance:**

Applications can be obtained from the Senior Center.

## **Looking ahead:**

February 12th: Traveling Chef  
February 19th: Closed  
February 23rd: Lunch Series

### **Food Pantry:**

As a reminder our Food Pantry is open every other Monday of the month. We will be taking a break in January due to the holidays. We are always accepting donations of non expired perishables.

### **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

### **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–  
January 4th*

**Council on Aging** next meeting will be January 4th 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 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, **January 11th 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:**

**January Birthdays:** We would like to wish a Happy Birthday to everyone who celebrates a birthday in January!!!! Join us on January 18th as we celebrate you!!! Lunch will be hosted by Visiting Angels. We have tentatively scheduled a menu of soup and sandwiches. Please give us two days advance notice so we have enough food for everyone!!! If you are celebrating birthday, your lunch is on us.



**Lunch Series:** This month the lunch series is scheduled for January 26th. We will be having Brunch

**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:** Due to the holiday schedule in January the food pantry will not be open. We will be taking this time to restock and advertise. If you are in need of food during the month of January please contact the Senior Center. 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.

## **AAA recommends the following winter driving tips:**

- Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Make certain your tires are properly inflated.
- Never mix radial tires with other tire types.
- Keep your gas tank at least half full to avoid gas line freeze-up.
- If possible, avoid using your parking brake in cold, rainy and snowy weather.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- Always look and steer where you want to go. Use your seat belt every time you get into your vehicle.

# January 2018

## Activities Calendar

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<b>1</b> <i>Closed</i>	<b>2</b>	<b>3</b>	<b>4</b> <i>Mah-Jong-11:45am</i>	<b>5</b> <i>Grocery Shopping Yoga-9:30</i>
<b>8</b> <i>Ultimate Walking Meditation 10:00 Tai Chi-11:00am Yogalates-5:15pm Walking Club 10:45</i>	<b>9</b> <i>Yoga-3:45pm Ipad/Iphone 9am</i>	<b>10</b>	<b>11</b> <i>Tarr Office Hours Mah-jong-11:45am Quilting- 3:00pm</i>	<b>12</b> <i>Yoga-9:30 Pedicure by appt.</i>
<b>15</b> <i>Closed</i>	<b>16</b> <i>Yoga-3:45pm</i>	<b>17</b>	<b>18</b> <i>Mah-Jong-11:45 Bday Lunch- 11:30 Quilting-3:00pm</i>	<b>19</b> <i>Pedicures-By appt Grocery Shopping Yoga-9:30</i>
<b>20</b> <i>Ultimate Walking Meditation 10:00 Tai Chi-11:00am Yogalates-5:15pm Walking Club</i>	<b>21</b> <i>Yoga-3:45 pm</i>	<b>22</b>	<b>23</b> <i>Mah-Jong-11:45 Quilting 3:00pm</i>	<b>24</b> <i>Pedicures by appt Yoga-9:30</i>
<b>29</b> <i>Ultimate Walking Meditation 10:00 Tai Chi-11:00am Yogalates-5:15pm Walking Club 10:45</i>	<b>30</b> <i>Yoga-3:45pm</i>	<b>31</b>		

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>No Meals Served New Year's Day</b></p>	<p>2 Hamburger 1pc Gravy 2oz Mashed potatoes 4oz Chef's Veg 4oz Pears 4oz Dinner Roll 1pc</p>	<p>3 Potato Bacon Soup 6oz Oven Baked Chicken 1pc Rice Pilaf 4oz Carrots 4oz Fresh fruit 1pc Oat Bread 1pc Cranberry Sauce 1pc</p>	<p>4 <b>Special</b> Honey Garlic Pork 3oz Sauce 2oz White Rice 4oz Broccoli 1pc Pineapple 4oz WW Bread 1pc</p>	<p>5 Swedish Meatballs 3pc Sauce 2oz Pasta 4oz Peas 4oz Cookie/Lorna Doones 1pc Italian Bread 1pc</p>
<p>8 American Chop Suey 8oz Spinach 4oz Mixed Fruit 1pc Dinner Roll 1pc Parmesan Cheese 4oz</p>	<p>9 Crust less Chicken Pot pie (carrots, corn, peas) 6oz Mashed Potatoes 4oz Green Beans 4oz Peaches 4oz Biscuit 1pc</p>	<p>10 Veggie Soup 6oz Breaded Fish (Potato Pollock) 1pc Roasted Potatoes 4oz Brussels Sprouts 4oz Yogurt 1pc WW Bread 1pc Tarter Sauce 1pc</p>	<p>11 Ribeye 1pc Sweet Potatoes 4oz Coleslaw (cold bag) 4oz Apple Crisp (third compartment)/Baked Apples (modified) 4oz Burger Bun 1pc</p>	<p>12 Turkey 3oz Gravy 2oz Mashed Potatoes 4oz Carrots &amp; Parsnip 4oz Chef's Dessert 4oz WW Dinner Roll 1pc Cranberry Sauce 1pc</p>
<p>15</p> <p><b>No meals Served MLK Day</b></p>	<p>16 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</p>	<p>17 Beef, Tomato &amp; Black Bean Soup 6oz Chicken Fajitas (3oz chicken 2oz Peppers) Rice 4oz Summer Squash 4oz Tortilla 1pc Fresh Fruit 1pc Sour Cream 1pc</p>	<p>18 <b>Birthday</b> Pot Roast 3oz Gravy 2oz Scalloped Potatoes 4oz Honey Carrots 4oz B-day Cake/Angel Food 1pc WW Roll 1pc</p>	<p>19 Macaroni &amp; Cheese 8oz Crumb Topping .25oz (side) Ratatouille 4 oz Pears 4oz Multigrain Bread 1pc</p>
<p>22 <b>Nancy's Chicken</b> (2 drumsticks, gravy, onions and peas) Rice 4oz Butternut Squash 4oz Pineapple 4oz WW Bread 1pc</p>	<p>23 Meatloaf 1pc Gravy 2oz Mashed Potatoes 1pc Beets 4oz Oat Bread 1pc Fruit Loaf/Grahams 1pc Ketchup 1pc</p>	<p>24 Broccoli Soup 6oz Vegetable Frittata 1pc Roasted Potatoes 4oz Baked Apples 4oz Yogurt 1pc Juice 1pc (no milk) WW Roll 1pc, Ketchup 1pc</p>	<p>25 Pulled Pork 3oz BBQ sauce 2oz Sweet Potatoes 4oz Corn 4oz Applesauce 4oz Burger Bun 1pc</p>	<p>26 Seafood Newburg 6oz Pasta 4oz Chef's Veg 4oz Mandarin Oranges 4oz Italian Bread 1pc</p>
<p>29 Turkey Casserole 6oz Rice Pilaf 4oz Carrots 4oz Pudding/Diet Pudding 4oz Multigrain Bread 1pc</p>	<p>30 Lasagna 1pc Meat Sauce 2oz Cauliflower 4oz Brownie/Lorna Doones 1pc Dinner Roll 1pc</p>	<p>31 Tomato Soup 6oz Breaded Chicken Patty 1pc Roasted Potatoes 4oz Mixed Veggies 4oz Fresh Fruit 4oz Burger Bun 1pc Honey Mustard Packet 1pc</p>	<p><b>January Regular Menu 2018</b></p>	

## 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.

## 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

The Friends would like to thank everyone that participated in the Holiday cash raffle. Our winners are Paul M, Amanda R & Joan V.

We would like to thank everyone for their support in the last year. We were able to donate 50 holiday baskets to residents in town. Without your generous donations and support this wouldn't have been possible.

Please remember that with the new year comes a new membership!!! Sign up today to help support the Senior Center.



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



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EXCAVATION &  
LANDSCAPING



### 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.

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