

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

November 2017

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:

November 1st Discovering Amelia
November 9th: Birthday Lunch
November 9th Holiday Craft Fair
November 17th: Lunch Series
November 23rd & 24th: Closed

Looking ahead:

December 5th Early Bird
December 7th Cookie Decorating
December 8th Grocery Shopping
December 13th Friends WNCOA
December 14th Birthday Lunch
December 22 nd Grocery Shopping

Congratulations to Theresa on the birth of her son Baelor Greyson, born on Sept. 15 at 11:21 P.M. Baelor weighed in at 6 lbs., 6 ounces, and 19 1/2 “. Mom, Dad, and Trent are excited to welcome Baelor!

Our Apologies:

Please forgive us for the errors in last months newsletters. Due to the early arrival of Baelor, those filling in on the newsletter missed a few errors. Sorry.

Reminder:

Medicare Open enrollment began on October 15th!!! If you would like us to ensure that you are in the best plan for please call the Senior Center to set up an appointment to review your current plan.

Fuel Assistance:

Applications can be obtained from the Senior Center.

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—
November 2nd*

Council on Aging next meeting will be November 2nd 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

Council on Aging will hold a meeting on November 8, starting at 3:00pm. They meet in Town Hall. The public is welcome to attend.

Senator Tarr's Office Hours at Senior Center: Please note the change in time for the office hours, **November 9th 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**

Learn and/or Play Mah Jong

Mah Jong is an ancient game played with tiles—now a standard board game in the US . Expand your brain power by learning a new and different game. Come and learn how to play or joins us to play with others—**Monday afternoons at 1:30 in the WN Senior Center.** We have two sets available to allow up to 8 people to play at one time. If you have a set please bring it. We hope to see you there.

Upcoming Lunches/Programs:

November Birthdays: We would like to wish a Happy Birthday to everyone who celebrates a birthday in November!!!! Join us on November 9th as we celebrate you!!! Lunch will be Roast Pork Tenderloin 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: Join us for lunch with **Home Instead**. They will be here on November 17th to talk about the services that they can provide to you. Lunch is at 11:30.

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.

Upcoming Talks:

Home Instead, Luncheon November 17, 11:30

Food Pantry: The Food Pantry is open every Other 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 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 November 3rd and 17th. 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!

November 2017

Activities Calendar

Mon	Tue	Wed	Thu	Fri
	Yoga-3:45pm Quilting-5:00pm	1 <i>Discovering America,</i> <i>PRHS 3 pm</i>	2 <i>Mah-Jong-11:45am</i>	3 <i>Grocery Shopping</i> <i>Yoga-9:30</i>
6 <i>Tai-Chi 10:00am</i> <i>Mah-Jong-1:30pm</i> <i>Yogalates-5:15pm</i> <i>Walking Club-10:45</i>	7 <i>Yoga-3:45pm</i> <i>Quilting-5:00pm</i>	8	9 <i>Tarr Office Hours</i> <i>Bday Lunch-11:30</i> <i>Mah-jong-11:45am</i> <i>Holiday Fair—1-5pm</i>	10 <i>Pedicures-By appt</i> <i>Yoga-9:30</i>
13 <i>Tai Chi-10:00am</i> <i>Mah-Jong-1:30pm</i> <i>Yogalates-5:15pm</i> <i>Walking Club 10:45</i>	14 <i>Ipad/Iphone 9am</i> <i>Art Class- 9:30</i> <i>Yoga-3:45pm</i> <i>Quilting-5:00pm</i> <i>Foxwoods-All day</i>	15	16 <i>Mah-Jong-11:45</i>	17 <i>Pedicures-By appt</i> <i>Grocery Shopping</i> <i>Yoga-9:30</i> <i>Lunch series 11:30</i>
20 <i>Tai-Chi- 10:00am</i> <i>Mah-Jong-1:30pm</i> <i>Yogalates-5:15pm</i> <i>Walking Club 10:45</i>	21 <i>Art Class-9:30</i> <i>Yoga-3:45 pm</i> <i>Quilting-5:00pm</i>	22	23 <i>Closed</i>	24 <i>Closed</i>
27 <i>Tai-Chi-10:00am</i> <i>Mah-Jong-1:30pm</i> <i>Walking Club 10:45</i> <i>Yogalates-5:15</i>	28 <i>Art Class- 9:30</i> <i>Yoga-3:45pm</i> <i>Quilting-5:00pm</i>	29	30	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 2017 Regular Menu		1 Butternut Squash Soup 6oz BBQ Chicken Bites 3pc Mashed Potatoes 4oz Green Beans 4oz Fresh Fruit 4oz WW Bread 1pc Sauce 1pc	2 Baked Haddock 1pc Supreme Sauce 2oz Herbed Rice 4oz Chef's Veg 4oz Mandarin Oranges 4oz Italian Bread 1pc	3 Turkey Tetrizzini (3oz Turkey 2 oz sauce) Pasta 4oz Broccoli 4oz Multigrain Bread 1pc Diet Gelatin 1pc
6 Pulled Pork 3oz BBQ Sauce 2oz Sweet Potatoes 4oz Corn & Peas 4oz Peaches 4oz Burger Bun 1pc	7 Stuffed shells 2 pc Meat sauce 2 oz Zucchini 4 oz Italian Bread 4 oz Brownie/lorna doones 1pc Parm cheese pc 1	8 Tomato Soup 6oz Lemon Pepper Chicken Drumstick 1pc Roasted Potatoes 4oz Carrots 4oz Oat Bread 1pc Mixed Fruit 4oz	9 Meatloaf 1pc Gravy 2oz Mashed Potatoes 1pc Creamed Spinach 4oz WW Bread 1pc Chef's dessert Ketchup 1pc	10 Closed – No meals
13 Meatballs 3pc Sweet and Sour Sauce 2oz White Rice 1pc Asian Blend veggies 4oz WW Bread 1pc Pudding 4oz	14 Sausage Al Forno 1pc Pasta 4oz Broccoli 4oz Italian Bread 4oz Mixed Fruit 1pc	15 Tortellini Soup 6oz Hamburger 1 pc Cheese 1 pc Roasted Potatoes 4 oz Mixed Veggies 4 oz Hamburger Roll 1 pc Raisins 1pc Ketchup and Mustard 1 pc	16 Thanksgiving Special Turkey 3 oz with Gravy 2 oz Mashed Potatoes 4 oz Stuffing 2 oz Green Bean Casserole 4 oz Dinner Roll 1 pc Cranberry Sauce 1 pc Assorted Pie 1/10 pc	17 Macaroni & Cheese 8 oz w/Crumb Topping .25 oz on side Brussels Sprouts 4 oz Honey Wheat Roll 1 pc Mandarin oranges 4 oz
20 Chicken Jardiniere 1pc Rice Pilaf 4oz Butternut Squash 4oz Dinner Roll 1pc Cookie/lorna doones 1pc	21 Hot Dog 1pc Pork Baked Beans 4oz Potato Chips 1pc Hot Dog Roll 1pc Pineapple 4oz Ketchup, Mustard, Relish 1pc	22 Corn Chowder 6oz Potato Fish 1pc Mashed Potatoes 4oz Peas & Carrots 4oz Multigrain Bread 1pc Fresh Fruit 1pc Tarter sauce 1pc	23 Closed – no meals	24 Closed– no meals
27 Greek Chicken 1pc Pasta 4 oz. Broccoli 4 oz. Dinner Roll 1pc Chef's dessert	28 Sloppy Joes 5oz (meat with sauce) Mashed Potatoes 4oz Apple Crisp (third compartment) 4oz Coleslaw (cold bag) 4oz Burger Bun 1pc	29 Chicken Orzo Soup 6oz Vegetable Frittata 1pc Roasted Potatoes 4oz Beets 4oz Oat Bread 1pc Juice 4oz Yogurt 1pc	30 Sliced Pork 1pc with Fig Sauce 2oz Sweet Potatoes 4oz Green Beans 4oz WW Bread 1pc Applesauce 4oz	

On Going Programs:

Quilting Class: They meet in the Senior Center on Tuesday evenings from 5:00pm-7:00pm. 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 November 14 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.

We will be starting a 2nd Mah-jong Group on Mondays at 1:30pm in the Senior Center. This class is geared towards those that are learning the 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 August. 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**.

Friends of WN COA Fundraiser:

HOLIDAY CASH RAFFLE

The Friends of WNCOA is holding our 2nd Holiday Cash Raffle to support the mission of the organization. Tickets are \$10.00 each, for three chances to win cash prizes holidays. Tickets are available at the COA or from any friends



HOLIDAY CRAFT AND VENDOR FAIR

Holiday Craft and Vendor Fair will be held November 9 from 1 P.M. to 5 P.M. in the Town Hall Annex. Lots of great crafters and vendor. Get a jump on your holiday shopping while supporting a great cause.

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



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,

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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