



SAGE CENTER NEWS

social | activities | growth | education

Issue: Jan. / Feb. 2023

Hours

Monday-Thursday 8 am-4:30 pm
Friday 8 am-noon

Contact

Phone: 978-363-1104
Fax: 978-363-1826
Email: coa@wnewbury.org
Mail: 381 Main Street
West Newbury, MA 01985

Staff

Christine Marshall, Director
Jen Vincent, Nutrition Coordinator

Board Members

Jacqueline Johnston, Chair
Richard Preble, Vice-Chair
M. Dorothy Cavanaugh, Treas.
Marjorie Peterson, Secretary
Victoria Beaumier
Gail DiNaro
Dianne Faulkner
Jessa Haynes
Joseph Publicover
Laurie Spielvogel
Barbara Warne



MEMBERSHIP & REGISTRATION

Membership is open to anyone age 60 or over and is not restricted to residents of West Newbury. There is no membership fee. Registration is required for most programs. Please email coa@wnewbury.org or call 978-363-1104 to register. If there is a financial hardship preventing you from participating, please contact Christine. Please complete a Membership Form next time you stop by the Center.

ELECTRONIC NEWSLETTER

If you wish to receive the newsletter electronically via email instead of by mail, please call 978-363-1104 to request this service or email coa@wnewbury.org - thank you! The newsletter is also available on the Town web site at: www.wnewbury.org/senior-center/newsletters

MISSION STATEMENT

The mission of the West Newbury Council on Aging 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.

DOG LICENSES - Free to residents over the age of 70

There is no charge for dogs owned by residents over the age of 70 or service dogs; however, a license still must be obtained annually. Dog licenses are required for all dogs over the age of 6 months in West Newbury in accordance with state law and town by-law. Licenses may be obtained from the Office of Town Clerk in person, on the town web site, or by mail. The dog license form will be on the back of the town census, which you will receive in January. Licenses must be obtained annually by April 30 of each year.

UPCOMING CLOSURES

- ◆ Monday, January 2, 2023
- ◆ Monday, January 16, 2023
- ◆ Monday, February 20, 2023





STAY ACTIVE, STAY FIT

3B Class - Balance, Bones and Brain

Mondays and Thursdays at 9:00 am

3B incorporates balance exercise to help prevent falls, strength training to improve bone density, and trivia and brain games to help with cognition. All this with great music will keep you motivated and accountable. This class is appropriate for all fitness levels and is run by certified personal trainer, Brian Coyne, who has over 15 years of experience. \$5 suggested donation. Located in Town Offices Annex.

Yoga is for Any Body

Fridays at 10:00 am

Yoga for everyone - every age - every body - every gender. Yoga unites the mind, body and soul in a way that eases tension, reduces inflammation and promotes health and well being. Yoga not only helps improve your body, but also helps with mindfulness and meditation. Focusing on your breath during practice is key to staying in tune with your mind and body. Please wear comfortable clothing and bring a towel or mat. \$5 suggested donation. Located in Town Offices Annex.

GROUPS & MEETINGS



Council on Aging Board Meeting

Tuesdays, Jan. 10 & Feb. 14 | 9:00 am

Office of Senator Bruce Tarr

Mondays, Jan. 23 & Feb. 27 | 9:30-10:30 am

Office hours are in-person and held in the lobby or SAGE Center, 381 Main Street, West Newbury

Veterans' Agent, Karen Tyler

Thursdays, Jan. 12 & Feb. 9 | 10-11:00 am

Office hours are in-person and held at Town Offices, 381 Main Street, West Newbury

Craft Corner

Every Thursday at 1:00 pm

Join our drop in group every Thursday from 1:00-3:00 pm in the SAGE Center. Bring the project you are working on - knitting, crochet, cross stitch, sewing, etc. - or grab a craft from our craft basket. We have several kits on hand, as well as mindfulness coloring pages and colored pencils. FREE

HEALTH & RESOURCES



Meals on Wheels

Call AgeSpan at 1-800-892-0890

Meals on Wheels can be arranged by calling AgeSpan at 1-800-892-0890 and ask for the Intake Department. Access to nutritious food is important for healthy aging. AgeSpan offers a variety of nutrition services designed to help people stay healthy and independent in their community.

Congregate Lunch

Lunch served each day Monday through Friday at 11:30 am

Congregate lunch for participants age 60 and over is served daily at the Senior Center. Call for a menu, and we will mail one to you. When a special event is planned, the meal served will be the special event meal. Please call 978-363-1104 to sign up at least 2 business days in advance. Suggested donation \$2.

Wellness Check with Courtney

Tuesday, January 10 | 1:00-2:00 pm

Tuesday, February 14 | 1:00-2:00 pm

Courtney Krigest, Clinical Consultant Pharmacist, will be available for blood pressure readings each month. She can also answer questions about your prescriptions and over-the-counter medications. Please stop by to meet her at the SAGE Center, 381 Main Street, Ground Floor.

Foot Care - currently on hold

Medical Equipment Closet

Medical equipment is donated to us, we sanitize the equipment, and loan it 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, please call the NON-EMERGENCY Police Number at 978-363-1213.

Food Pantry

Jan. 3, 17, 31 | Feb. 7, 21 | 9-10:30 am (and by appointment)

If you or someone you know needs a little extra help, please stop by. The pantry is open the 1st, 3rd and 5th Tuesday of every month or call for an appointment. (Open on Wednesday if Tuesday is a holiday.) We accept donations to the food pantry of unexpired food items, toiletries and paper goods. Monetary donations can be made on the Town's web site / click on *Pay Bills* icon / *Donation* or by check payable to "Town of West Newbury." Thank you for your support!

Need Help With Medicare? SHINE Can Help!

Regional SHINE Office at 978-946-1374

SHINE = **S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone...on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. Are you turning 65 this year and have questions about Medicare? Call the **Regional SHINE Office at 978-946-1374**. A Shine counselor will return your call within 48 hours.



SOME FUN PHOTOS OF



OUR PROGRAMS & EVENTS





SPECIAL EVENTS

Coffee and Conversation

Thursdays, Jan. 5 & Feb. 2 | 10:00-11:00 am

Join our monthly breakfast gathering to socialize with friends and make new ones! This is a drop in event. Coffee and breakfast food will be served.

Location: SAGE Center | FREE



Lunch and Learn Speaker Series - Transportation Info Session with MeVa (formerly MVRTA)

Lunch: Stuffed Peppers

Thursday, Jan. 12 | 11:30 am-1:00 pm

Please join us to learn more about the public transportation options in West Newbury. Amy Jenkins, Director of Paratransit Operations at MeVa, will provide information to help us navigate the transportation system in the Merrimack Valley.

Location: SAGE Center | Suggested donation \$5



Games & Puzzles with Pentucket Student Volunteers

Tuesdays, January 3, 24 | 12:30-1:30 pm

Tuesdays, February 7, 28 | 12:30-1:30 pm

Please join our intergenerational program with a group of Pentucket student volunteers. This will be a fun hour of games and puzzles. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.

Location: SAGE Center | FREE



Sunray Cafe Luncheon

Wednesday, Jan. 25 | 11:30 am | Tacos

Valentine's Day Luncheon

Tuesday, Feb. 14 | 11:30 am | Chicken Piccata

Our Sunray Café Luncheons are in-person homemade meals - cooked here at the SAGE Center by Jen. Please call the SAGE Center at 978-363-1104 or email Jen at mow@wnewbury.org to register.

Location: SAGE Center | Suggested donation \$5



TRANSPORTATION



NEET (Northern Essex Elder Transport, Inc.)

Call 978-363-1104

We have partnered with NEET, a non-profit volunteer program providing transportation to medical appointments and errands for residents age 60 and over.

Don't miss an appointment - please contact Christine at 978-363-1104 for more information. Rider applications are available at the SAGE Center.



A New Year, a New Opportunity to Volunteer
Get Involved! Make a difference!
Volunteer to drive seniors in your community.
You decide when and where to drive.
Mileage reimbursement provided.

Call NEET at 978-388-7474 or visit www.driveforneet.org/volunteer

Northern Essex Elder Transport, Inc.

CareRide Program through AgeSpan

Call 978-651-3118

CareRide is a subsidized transportation service for non-emergency medical appointments for anyone 65 plus who resides in the Greater Haverhill or the Greater Lowell areas. The program uses Lyft to provide transportation. For more information, contact Alexandra Luciano, AgeSpan CareRide Program Coordinator at 978-651-3118.

Ring & Ride Monday thru Fridays 6 am-6 pm & Saturdays 9 am-6pm

FREE Rides

Call 978-469-6878 press option 3

MVRTA is in the process of rebranding to MeVa! Ring & Ride (now mini MeVa) is a curb-to-curb transportation service provided by the Merrimack Valley Regional Transit Authority (MeVa) for the communities of Amesbury, Andover, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, North Andover, Rowley, Salisbury, West Newbury.

All mini MeVa vans have wheelchair lifts and are handicapped accessible.

This service allows residents to travel anywhere within the MeVa service area. The service also allows you to connect to any of the MeVa fixed route bus systems.

For reservations call 978-469-6878, press option 3 between 8 am and 4:30 pm Monday through Friday at least one day in advance.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 2 CLOSED	3 9:00 Food Pantry 11:30 Lunch 12:30 Games with Pentucket Volunteers	4 11:30 Lunch	5 9:00 3B Class 10:00 Coffee/Conv. 11:30 Lunch 1:00 Craft Corner	6 10:00 Yoga 11:30 Lunch
9 9:00 3B Class 11:30 Lunch	10 9:00 COA Meeting 11:30 Lunch 1:00 Wellness Check	11 11:30 Lunch	12 9:00 3B Class 10:00 Veterans' Agent 11:30 Lunch & Learn-Transport. 1:00 Craft Corner	13 10:00 Yoga 11:30 Lunch
16 CLOSED	17 9:00 Food Pantry 11:30 Lunch	18 11:30 Lunch	19 9:00 3B Class 11:30 Lunch 1:00 Craft Corner	20 10:00 Yoga 11:30 Lunch
23 9:00 3B Class 9:30 Senator Tarr's Office 11:30 Lunch	24 11:30 Lunch 12:30 Games with Pentucket Volunteers	25 11:30 Sunray Cafe-Tacos	26 9:00 3B Class 11:30 Lunch 1:00 Craft Corner	27 10:00 Yoga 11:30 Lunch
30 9:00 3B Class 11:30 Lunch	31 9:00 Food Pantry 11:30 Lunch			
FEBRUARY		1 11:30 Lunch	2 9:00 3B Class 10:00 Coffee/Conv. 1:00 Craft Corner	3 10:00 Yoga 11:30 Lunch
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27 9:00 3B Class 9:30 Senator Tarr's Office 11:30 Lunch	28 11:30 Lunch 12:30 Games with Pentucket Volunteers			



UPDATES

Inclement Weather Policy

When the Pentucket School District closes due to extreme weather, the SAGE Center programs will be cancelled. This includes meals on wheels, congregate lunch, exercise classes and other programs. Cancellations will be posted on the Town web site and social media sites. SAGE Center staff will be working and available by phone or email.

Friends of the West Newbury COA

The Friends of the West Newbury COA (which incorporated as a 501c3 for the purpose of enhancing the quality of services to senior citizens and to provide fundraising for expanding social programs) voted to dissolve in July of 2022. The Friends graciously sent the funds held in their account to the Town, and the Select Board voted to accept the contribution on August 8, 2022.

While contributions can no longer be provided through the Friends to supplement the cost of programs, the COA is still able to accept donations into the COA Gift Account. Donations can be made on the web site at www.wnewbury.org and clicking on the "Pay Bills" icon. Donations can also be made by check payable to the "Town of West Newbury" and mailed to the SAGE Center.

Food Pantry Wish List

Paper Towels	Spray Cleaner
Small Dish Soap	Sponges
Clorox Wipes	Toilet Paper

Campbell's Chicken Noodle Soup
Whole Kernel Corn (canned)
Pasta Sauce (small jars)
Alfredo Sauce (small jars)
Solid White Canned Tuna
Jelly
Instant Oatmeal (variety pack)
Breakfast Cereal (Cheerio's)
Applesauce (individual packs)
Folgers Coffee (can)

Whenever possible, please choose individually wrapped products and small sizes. Our pantry has a refrigerator and freezer to accommodate fresh or frozen donations.

Call Jen at 978-363-1104 with any questions.

Thank You!

Brownies / Garden Club

Community Service of
Newburyport

Food Pantry donations, donors,
volunteers, food drives

Boy Scouts

Market Basket / Demoulas