



# SAGE CENTER NEWS

*social | activities | growth | education*

**Issue:** March / April 2024

## 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](mailto:coa@wnewbury.org)  
Mail: 381 Main Street  
West Newbury, MA 01985

## Staff

Christine Marshall, Director  
Jen Vincent, Nutrition Coordinator

## Board Members

Dianne Faulkner, Chair  
Richard Preble, Vice-Chair  
Jessa Haynes, Treasurer  
Julie Ruscio, Secretary  
Victoria Beaumier  
Heather Conner  
Gail DiNaro  
Marjorie Peterson  
Joseph Publicover  
Robert Veator  
Barbara Warne



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## 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.

## 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](mailto: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](mailto:coa@wnewbury.org) - thank you! The newsletter is also available on the Town web site at: [www.wnewbury.org/sage-center/newsletters](http://www.wnewbury.org/sage-center/newsletters)

## UPCOMING CLOSURES

- ◆ Monday, April 15

**Follow us on social media at:  
[west newbury council on aging](#)**





# NUTRITION & 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.

## SHINE / Medicare 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? SHINE counselors can help you with all things Medicare! Call the **Regional SHINE Office at 978-946-1374**. A SHINE counselor will return your call within 48 hours.

## Food Pantry

March 5, 19 | April 2, 16, 30 | 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!

## Food Pantry Donation Wish List

Breakfast Cereal	Applesauce (individual)	Toilet Paper (individual)
Peanut Butter / Jelly	Boxes of Pasta	Paper Towels (individual)
Canned Tuna / Chicken	Pasta / Alfredo Sauce	Laundry Detergent (small)
Canned Soups	Ramen Noodles	Toothpaste / Toothbrushes
Canned Vegetables (no beans)	Granola Bars	Bar Soap / Deodorant
Canned Fruit	Crackers / Cookies (individual)	Cleaning Supplies

*The pantry has a refrigerator and freezer to accommodate fresh or frozen donations. Please no bulk items. Small sizes and individually wrapped items are best for our pantry.*

## Donations

The West Newbury Council on Aging (COA) is able to accept donations into the COA Gift Account and the West Newbury Food Pantry Gift Account. Donations can be made on the town web site at [www.wnewbury.org](http://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. Please note on your check which account your donation is intended for.

# SPECIAL EVENTS



## Lunch and Learn Speaker Series

Wednesday, March 6 | 11:30 am-1:00 pm

Senior Circuit Breaker Tax Relief Presentation with Brian Lynch from the Department of Revenue and Senator Bruce Tarr's Office

Please join us for lunch and learn more about the Senior Circuit Breaker Tax Relief. Brian will discuss eligibility & qualifying criteria, how to calculate one's Circuit Breaker Credit amount, and how to file and receive the refundable credit from the Commonwealth through the Massachusetts Department of Revenue. There will be time for questions and answers, and updated Circuit Breaker Tax Relief handouts will be distributed. Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register.



**Location: SAGE Center | Lunch: Chicken Alfredo Lasagna | Suggested donation \$5**

## Sunray Café Luncheon

Wed., March 13 | 11:30 am | Corned Beef & Cabbage

Our Sunray Café Luncheons are in-person homemade meals - cooked here at the SAGE Center from scratch by Jen. Please call the SAGE Center at 978-363-1104 or email Jen at [mow@wnewbury.org](mailto:mow@wnewbury.org) to register. **Location: SAGE Center | Suggested donation \$5**



## Sunray Café Breakfast Buffet

Thursday, March 21 | 10 am

We have added breakfast to our Sunray Café events. All meals are cooked here at the SAGE Center from scratch by Jen. Please call the SAGE Center at 978-363-1104 or email Jen at [mow@wnewbury.org](mailto:mow@wnewbury.org) to register.

**Location: SAGE Center | Suggested donation \$5**



## Sunray Café Luncheon

Wednesday, April 17 | 11:30 am | Taco Bar

Our Sunray Café Luncheons are in-person homemade meals - cooked here at the SAGE Center from scratch by Jen. Please call the SAGE Center at 978-363-1104 or email Jen at [mow@wnewbury.org](mailto:mow@wnewbury.org) to register. **Location: SAGE Center | Suggested donation \$5**



## Lunch and Learn Speaker Series

Thursday, April 25 | 11:30 am-1:00 pm

Estate Planning Presentation by Attorney Gerald Shyavitz

Lunch: Cobb Salad Plate

Please join us for lunch and learn more about estate planning, avoiding probate, wills, power of attorney, the homestead act, etc. Attorney Gerald Shyavitz has 56 years of experience, and he will be available to answer your questions.

Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register.

**Location: SAGE Center | Suggested donation \$5**



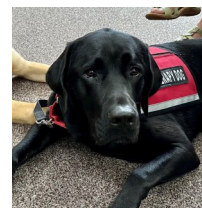


# PROGRAMS & EVENTS

## Coffee and Conversation with Therapy Dog, Frasier

Thursdays, March 7 & April 4 | 10-11:00 am

Join our monthly gathering to socialize with friends and make new ones! Coffee and homemade baked goods will be served. **Location: SAGE Center | Drop-In | Free**



## Activities with Pentucket Student Volunteers

Tuesdays, March 12 & 26 | April 9 & 30 | 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, puzzles, coloring or crafts. Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register. **Location: SAGE Center | Free**

## Tech Help Tuesdays

Tuesdays, March 19 and April 16 | 1:00 pm

with Corinn Flaherty, Director of the G.A.R. Memorial Library

Why pay for audiobooks, magazines and eBooks when you can get them for free! Drop in for a one-on-one session with Corinn to learn how to access these and more on the third Tuesday of each month from 1:00-3:00 pm.

Need help with common computer, mobile device, or e-reader functions? Bring your devices and your questions! Assistance will be on a first come, first served basis. Please bring any relevant user names, passwords, and/or devices.

**Location: SAGE Center | Drop-in | Free**



## Spring Ice Cream Social

Wednesday, March 27 | 12:30 - 1:30 pm

Please join us to celebrate Spring, socialize, and enjoy our first ice cream social of the year at the SAGE Center!

**Location: SAGE Center | Drop-In | Free**



## Veterans' Breakfast with Steve Bohn

Wednesday, April 10 | 10:00 am

Please join us for our **NEW** quarterly breakfast with Veterans' Agent, Steve Bohn. This event is open to all Veterans and their spouses or family members.

**Location: SAGE Center | Drop-In | Free**



## Card Games!

Every Monday | 1:00-3:00 pm

This group meets weekly at SAGE; led by volunteer, Vicky Beaumier. Come play, teach others and socialize. This is a drop-in program, and refreshments will be served.

**Location: SAGE Center | Free**





## Town Meeting Q&A Forum

Tuesday, April 23 | 1:00-3:00 pm

with the Town Manager and Town Clerk

All are welcome to attend the Town Meeting Q&A Forum. Angus Jennings, Town Manager, and James Blatchford, Town Clerk, will discuss the warrant articles and proposed FY25 operating budget in preparation for Town Meeting on Monday, April 29 at 7 pm.



There will be time allotted for questions and answers. Light refreshments will be served. All ages welcome.

**Location: Annex | Free**

## Town of West Newbury

## Affordable Housing Trust Small Grant Program

The purpose of the Program is to provide financial assistance needed to preserve existing housing units owned by income eligible households. In order to qualify for the Program, the Applicant must meet the following requirements:



1. The property receiving the benefit of the work to be funded by this Program shall be in West Newbury and the applicant must intend to own the property for the next twelve (12) months;
2. The applicant must have been a resident of West Newbury for at least three (3) years preceding the date of application;
3. The maximum income of the applicant's household must be no greater than 80% of the Area Median Income;
4. The property's assessment must be below 80% of the Town median; and
5. The applicant must agree to notify the West Newbury Affordable Housing Trust prior to listing their home for sale.

Any questions regarding this Program or requests for assistance in filling out the application should be directed to the Program Administrator (Chair of the Trust) at [housingtrust@wnewbury.org](mailto:housingtrust@wnewbury.org).

Applicants are encouraged to discuss their needs with the Program Administrator prior to submitting a full application.



# CRAFT CORNER



## Sip, Stitch & Knit

Fridays from 9:00-11:00 am

**NEW**

Enjoy sipping your coffee while knitting or crocheting with friends! We are excited to offer this NEW weekly drop-in group. All are welcome to attend whether you are just learning or an expert. You might knit, crochet or cross stitch - bring any project that you are working on or start a new project while you are here. Members will be able to help you learn to knit/crochet or read patterns. If you would like to work on charity projects, there is a need for prayer shawls and twiddle muffs; and our volunteers can help get you started on these special projects. Coffee & refreshments will be served.



**Location: SAGE Center | Drop-In | Free**

## Greeting Card Workshop

Thursday, March 14 | 1:00 pm

Making Handmade Spring and Easter Cards

Our volunteer, Nancy, will be leading this fun & crafty workshop. All supplies will be provided. Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register. Space is limited to 12 spots.

**Location: SAGE Center | Free**



## Macramé Project

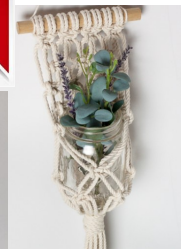
Thursday, April 18 | 1:00 pm

**NEW**

Our group of talented crafters will be learning how to macramé with our new volunteer, Caitlyn Marshall. Come join the fun and learn a new craft!

Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register. All supplies will be provided.

**Location: SAGE Center | Free**



## Spring Wreath Making Event

Wednesday, April 24 | 1:00 pm

**NEW**

By Ashley of The Humbled Door

Nothing says Spring like a new wreath on your front door or above your mantle. Join us as Ashley instructs us to create our own unique wreath. All supplies will be provided and no experience is necessary. Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register. Please register and pay by April 12 for supplies to be ordered. Make check payable to the Town of West Newbury.

**Location: SAGE Center | Fee \$65**



(not exact wreath - similar to what we will create)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MARCH 2024</b>				1 9-11 Sip, Stitch & Knit 11:30 Lunch
9:00 3B Exercise 4 11:30 Lunch 1:00 Card Games	9:00 Food Pantry 5 11:30 Lunch	9 Greet the Day Yoga 6 <b>11:30 Lunch &amp; Learn-Circuit Breaker Credit with Dept. of Revenue</b>	9:00 3B Exercise 7 <b>10 Coffee &amp; Convo / Therapy Dog</b> 11:30 Lunch	9-11 Sip, Stitch & Knit 8 11:30 Lunch
9:00 3B Exercise 11 11:30 Lunch 1:00 Card Games	10:00 COA Meeting 12 <b>10-12 Vaccine Clinic</b> 11:30 Lunch <b>12:30 Pentucket Volunteer Program</b> 1:00 Blood Pressure	9 Greet the Day Yoga 13 <b>11:30 Sunray Café Lunch—Corned Beef and Cabbage</b>	9:00 3B Exercise 14 <b>10:00 Veterans' Agent Office Hours</b> 11:30 Lunch <b>1:00 Greeting Card Workshop</b>	9-11 Sip, Stitch & Knit 15 11:30 Lunch
9:00 3B Exercise 18 <b>9:30 Senator Tarr's Office Hours</b> 11:30 Lunch 1:00 Card Games	9:00 Food Pantry 19 11:30 Lunch <b>1:00 Tech Help Tuesdays</b>	9:00 Yoga 20 11:30 Lunch	9:00 3B Exercise 21 <b>10:00 Breakfast Buffet—NEW</b> 11:30 Lunch	9-11 Sip, Stitch & Knit 22 11:30 Lunch
9:00 3B Exercise 25 11:30 Lunch 1:00 Card Games	11:30 Lunch 26 <b>12:30 Pentucket Volunteer Program</b>	9 Greet the Day Yoga 27 11:30 Lunch <b>12:30 Spring Ice Cream Social</b>	9:00 3B Exercise 28 11:30 Lunch	9-11 Sip, Stitch & Knit 29 11:30 Lunch
<b>APRIL 2024</b>				
9:00 3B Exercise 1 11:30 Lunch 1:00 Card Games	9:00 Food Pantry 2 11:30 Lunch	9 Greet the Day Yoga 3 11:30 Lunch	9:00 3B Exercise 4 <b>10 Coffee &amp; Convo / Therapy Dog</b> 11:30 Lunch	9-11 Sip, Stitch & Knit 5 11:30 Lunch
9:00 3B Exercise 8 11:30 Lunch 1:00 Card Games	10:00 COA Meeting 9 11:30 Lunch <b>12:30 Pentucket Volunteer Program</b> 1:00 Blood Pressure	9 Greet the Day Yoga 10 <b>10:00 Veterans' Breakfast</b> 11:30 Lunch	9:00 3B Exercise 11 <b>10:00 Veterans' Agent Office Hours</b> 11:30 Lunch	9-11 Sip, Stitch & Knit 12 11:30 Lunch
<b>CLOSED PATRIOTS' DAY</b> 15	9:00 Food Pantry 16 11:30 Lunch <b>1:00 Tech Help Tuesdays</b>	9 Greet the Day Yoga 17 <b>11:30 Sunray Café-Taco Themed Lunch</b>	9:00 3B Exercise 18 <b>1:00 Craft Group-Macrame Project</b> 11:30 Lunch	9-11 Sip, Stitch & Knit 19 11:30 Lunch
9:00 3B Exercise 22 <b>9:30 Senator Tarr's Office Hours</b> 11:30 Lunch 1:00 Card Games	11:30 Lunch 23 <b>1:00 Town Meeting Q&amp;A Forum (Annex)</b>	9 Greet the Day Yoga 24 11:30 Lunch <b>1:00 Spring Wreath Making Event by The Humbled Door</b>	9:00 3B Exercise 25 <b>11:30 Lunch &amp; Learn—Estate Planning with Attorney Shyavitz</b>	9-11 Sip, Stitch & Knit 26 11:30 Lunch
9:00 3B Exercise 29 11:30 Lunch 1:00 Card Games <b>7 pm Town Meeting</b>	9:00 Food Pantry 30 11:30 Lunch <b>12:30 Pentucket Volunteer Program</b>			



# HEALTH & FITNESS

## 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.



**Located in Annex | \$5 per class paid directly to Brian Coyne by cash or check**

## Greet the Day Yoga

Wednesdays at 9:00 am

This weekly intergenerational yoga series is offered by the G.A.R. Memorial Library in collaboration with the SAGE Center. The focus is on slow, mindful movement to create a sense of calm and stability in the body and mind. With an educational background in Physical Therapy and Sports Medicine, Sharon Gordon has always understood the importance of health, strength, stability and mobility. Sharon became a yoga teacher in 2015 and continued her studies in child and restorative yoga. Additionally, she has studied Ayurveda at the Himalayan Institute and has received certifications as an Ayurvedic Yoga Specialist and Ayurvedic Health Counselor. **Located in Annex | Bring a mat or beach towel | Drop-in | \$5 per class paid directly to Sharon Gordon by cash or check**



## Blood Pressure Checks with Courtney

Tuesdays, March 12 & April 9 | 1-2 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.



**Located at the SAGE Center | Free**

## 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.

## Foot Care

Pedicure appointments are available two days per month. Please call Valerie to schedule your appointment at 781-424-7707. Valerie is a licensed manicurist with the Commonwealth of Massachusetts.



**Pedicure \$25**

**Pedi & Polish \$30**



# TRANSPORTATION



## NEET (Northern Essex Elder Transport, Inc.)

Call 978-363-1104

We have been partnering with NEET, a non-profit volunteer program providing transportation to medical appointments and errands for residents age 60 and over. Simply complete the application process; and when you have an upcoming appointment, call Christine at SAGE with the details. Rider applications are available at the SAGE Center, on the town website at [www.wnewbury.org/sage-center/transportation](http://www.wnewbury.org/sage-center/transportation) and on NEET's website at [www.driveforneet.org](http://www.driveforneet.org). Don't miss an appointment - please contact Christine at 978-363-1104 for more information!



## Mini MeVa Ring & Ride

Call 978-469-6878 press option 3

NOW Mondays thru Fridays 5 am-8 pm & Saturdays 7 am-7 pm

**FARE FREE**

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 two days in advance.**

## MeVa offers Free Transportation to the VA Bedford Healthcare System



The VA Bedford Medi MeVa is a curb-to-curb transportation service for Veterans and their families. This service allows riders to access the VA Bedford Healthcare System, located in Bedford, MA. Rides to the Bedford VA will be available on Wednesdays and Fridays. You can sign up and reserve a ride by simply calling MeVa at 978-469-6878 (option 3).

# GROUPS & MEETINGS



## Council on Aging Board Meeting

Tuesdays, March 12 & April 9 | 10:00 am

The COA meets on the second Tuesday of each month at 10:00 am (does not meet in July and August).

## Office of Senator Bruce Tarr

Mondays, March 18 & April 22 | 9:30-10:30 am

Mary Ann Nay, Senior District Director for Senator Tarr, holds office hours each month.

## Veterans' Agent Office Hours

Thursdays, March 14 & April 11 | 10-11:00 am

Veterans' Agent Steve Bohn holds office hours on the second Thursday of each month from 10-11 am.

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



# COMMUNITY RESOURCES

## Our Neighbors' Table

978-388-1907

Our Neighbors' Table is committed to establishing a community that provides for the whole person with nourishing food, kindness, and dignity. Our Neighbors' Table's innovative approach is aimed at providing universal food access to the twelve communities in Northeastern Essex County.



Our Neighbors' Table is a **SNAP Outreach Partner**, which means staff can help Massachusetts residents apply for SNAP (Supplemental Nutrition Assistance Program).

**The Amesbury Market**, located at the Jardis-Taylor Center, 194 Main Street, Amesbury, is open: Thursdays: 10:00 am-6:30 pm; Fridays: 9:00 am-3:00 pm; Saturdays: 9:00 am-1:00 pm

## The Pettengill House, Inc.

978-463-8801

The Pettengill House, Inc. is a nonprofit community social service agency providing comprehensive case management, basic needs support, emergency assistance, crisis intervention, and an array of essential programs and services for individuals, children, and families of all ages. The Pettengill House Main Office is located at 21 Water Street, Suite 4A in Amesbury.



**Food Pantry** is located at 13 Lafayette Road in Salisbury. The Food Pantry is open by appointment on Tuesdays from 9:00 am - 6:00 pm. It is also open by appointment for seniors and medically compromised individuals on Wednesdays from 9:00 am - 1:00 pm. Call 978-463-8801 to schedule an appointment to pick up groceries.

**MassHealth Services** - The Pettengill House is an approved MassHealth site; Pettengill House trained staff are state Certified Application Counselors, providing information and application assistance in completing the initial application for subsidized MassHealth or MassHealth Connector insurance. Pettengill House also provides disability application support and follow up requirements, including accessing Primary Care Physicians and Mental Health and Substance Addiction providers.

**SNAP (Supplemental Nutrition Assistance Program)** - The Pettengill House is an approved state Outreach Partner site; trained Pettengill House staff complete food stamp applications and renewals on site through the state supported Department of Transitional Assistance Connect web program.

## Community Service of Newburyport

978-465-7562

Community Service of Newburyport, Inc. is a privately funded 501(c)3 social service organization established in 1912, which serves children, individuals, and families from Newburyport, Newbury, and West Newbury. It's mission is to improve the quality of life by providing economic and social support for the residents of Newbury, Newburyport, and West Newbury. They provide the following services: comprehensive referral services, medical/dental/prescription assistance, heating/utility assistance, housing assistance, personal care products, diapers, holiday gift assistance, camp scholarships. An intake with required verification is necessary to receive services. Office location: Annex at St. Paul's Church, 35 Summer St., Newburyport.



# JUST FOR FUN



## Recipe Corner

## Jen's Breakfast Scones

### Ingredients:

- 2 cups (8.5 oz) all purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1 1/2 cups fresh berries or chopped fruit
- 1 1/3 cups heavy (whipping) cream
- 2 teaspoons vanilla
- 4 teaspoons coarse sugar (for tops)

Preheat oven to 400 degrees; line a large baking sheet with parchment paper or silicone mat.

**Mix Batter:** In large bowl, whisk together flour, baking powder, salt and sugar. Add fruit and gently toss with flour mixture. Add 1 1/3 cups cream and vanilla. Stir gently, being careful not to crush fruit, just until no dry bits are visible. Do not over mix. Dough should be thick and sticky.

**Form Scones:** Drop in 3 equal portions, a generous 1/3 cup each, onto baking sheet. (A large scoop makes this task easier.) Flatten slightly with damp fingers and smooth out any shaggy, stray bits. Sprinkle top of each scone with 1/2 teaspoon of coarse sugar.

**Bake Scones:** Bake for 25-30 minutes, until golden on edges. Leave on baking sheet for 10 minutes and transfer to cooling rack to cool completely.

**To Store** up to 3 days: Place scones inside a paper bag or covered cardboard box-something breathable; or place on plate covered with dish towel. Do not place in sealed plastic or glass container to prevent sogginess. Do not refrigerate-they stay fresher stored at room temperature.



# MORE INFORMATION



## RSV Vaccine Clinic

Tuesday, March 12 | 10 am until noon

Letourneau's Pharmacy has partnered with the Health Department to offer an RSV Vaccine Clinic (other vaccines may be available). Call Letourneau's Compound Pharmacy at 978-475-7779 to register. Please have your insurance details ready when calling for a seamless registration process.



**Location: Annex | Bring your insurance card with you to the Clinic**

## Dog Licenses Due May 1 - Free to residents over the age of 70

No charge for dog licenses of dogs owned by residents over the age of 70 or service dogs; however, a license still must be obtained annually. Dog licenses are due by May 1 of each year. Contact the Town Clerk's office at 978-363-1100 ext. 110 for more details.



## 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. SAGE Center staff will be working and available by phone or email.



## SAGE Center

West Newbury Council on Aging  
381 Main Street  
West Newbury, MA 01985

PRSR STD  
U.S. POSTAGE  
**PAID**  
W. NEWBURY, MA  
Permit No. 68