

Issue:
May/June 2022

CONNECTIONS

West Newbury
Council on Aging
Newsletter



Hours

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

Contact

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

Staff

Christine Marshall, Director
Jen Vincent, Meal Site Manager
Vacant, Van Driver

Board Members

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

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.

CELEBRATE

Older Americans Month
with us for the entire
month of May!

(and June | see events on pages 4 & 5)

OLDER
AMERICANS
MONTH



- ◆ Lunch and Learn Speaker Series
- ◆ Guided Reiki and Meditation 6 Week Series
- ◆ Sunray Café Delivery
- ◆ Birthday Party Luncheons
- ◆ Memorial Day Parade on Monday, May 30 at 10:30 am
- ◆ Pickleball Instructional Series
- ◆ Floral Arrangement Class

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 for a scholarship. Please complete a Membership Form next time you stop by the Center.

ELECTRONIC NEWSLETTER

If you wish to receive the newsletter electronically via email, 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/council-aging-senior-center

HOLIDAY CLOSURES

- ◆ Memorial Day - May 30 | Please join us at the Memorial Day Parade on Monday, May 30
- ◆ Juneteenth - June 20



STAY ACTIVE, STAY FIT

3B Class - Balance, Bones and Brain

Mondays and Thursdays at 9:00 am

Fitness with Brian Coyne - 3B Fitness 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. All are welcome to attend. Please wear comfortable clothing and bring a towel or mat. \$5 suggested donation. Located in Town Offices Annex.

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. This is a great option when our van driver is already booked! Don't miss an appointment - contact us at 978-363-1104 for more information.

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

Call 978-469-6878 press option 3

Ring & Ride is a curb-to-curb transportation service provided by the Merrimack Valley Regional Transit Authority (MVRTA) for the residents of West Newbury. This service allows residents to travel anywhere within the MVRTA communities of Amesbury, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, North Andover, Rowley, and West Newbury. The service also allows you to connect to the MVRTA fixed route bus system. 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. Rides cost only \$2.

HEALTH & RESOURCES

Meals on Wheels

Call AgeSpan at 1-800-892-0890

Meals on Wheels can be arranged by calling AgeSpan (formerly Elder Services of the Merrimack Valley & North Shore) 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. Please call us at 978-363-1104 to sign up at least 2 business days in advance. Suggested donation \$2.

Blood Pressure Clinics

Tuesdays, May 17 & June 14 | 1:00-2:00 pm

Together with the West Newbury Fire Department, the Council on Aging is offering FREE Blood Pressure Screenings at the Senior Center, 381 Main Street, Ground Floor. Please stop by the Senior Center for your free screening and enjoy a healthy snack!

Foot Care Appointments

Appointments are available during the early evening and one Saturday per month. Please call Valerie to schedule your appointment at 781-424-7707.

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

May 2, 16, 31 | June 6, 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 Monday of every month or call for an appointment. (Open on Tuesday if Monday 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.

MAY SPECIAL EVENTS



Lunch and Learn Speaker Series - Town Meeting Discussion

Lunch: Turkey Club Wrap

Thursday, May 5 | 11:30 -1:00

We invite you to attend our NEW program, the Lunch and Learn Speaker Series! Town Manager, Angus Jennings and Town Clerk, Jim Blatchford will discuss and answer your questions about Town Meeting.

This program will be held either in the Senior Center or the Annex based on participation. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register. Suggested donation \$5.



Guided Reiki / Meditation Series

Tuesdays starting May 10 | 10-11 am

Together with the West Newbury Cultural Council, we are offering a six week Guided Reiki / Meditation / Aromatherapy series by Jamie MacKenzie. Jamie MacKenzie, M.Ed, Reiki Master has 22 years of teaching experience and over a decade working in the wellness profession. This program is available to 10 seniors (age 60 and over) and/or adults with disabilities at no cost to the participants. This class will be held in the Town Office Annex building, which is ADA (Americans with Disabilities Act) compliant. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register.

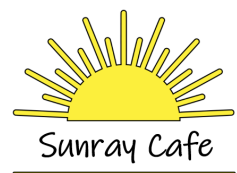


This program is funded by a Mass Cultural Council Grant.

Sunray Café Delivery

Wednesday, May 18 | Seafood Salad Plate

As we return to in-person programming, Jen's homemade meals will be delivered **once per month** to residents over the age of 60. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register. Meals are limited to the first 45 residents who sign up.



Birthday Party Luncheon

Broccoli Cheddar Soup | Wednesday, May 25 | 11:30 -1:00

Celebrate your Birthday with us! All are welcome to attend for lunch and cake. If it's your Birthday month, enter to win a Birthday surprise. This will be held at the Senior Center or Annex based on participation. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register. Suggested donation \$5.



JUNE SPECIAL EVENTS

Lunch and Learn Speaker Series - Cyber Security

Lunch: Kielbasa and Rice

Thursday, June 2 | 11:30-1:00

Christian Kuhn, Chief Assessor/GIS Coordinator, will teach you about malware, scams, phishing emails and password protection. You will leave with a better understanding of how to keep your personal information safe. This will be held at the Senior Center or Annex based on participation. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register. Suggested donation \$5.



Pickleball Instructional Series

Tuesdays, June 7, 14, 21, 28 | 1-2:30 pm

In partnership with the Newburyport Tennis Club, we are offering a four week series of Pickleball Instruction and Play. This class will be held on an outdoor court at the Newburyport Tennis Club, 178 Low Street, Newburyport. A make-up date will be added if there is inclement weather. Cancellations will be communicated via email. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register.

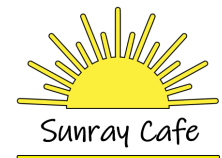
Limited to 12 players | Cost for the Series is \$40 per person payable directly to the Newburyport Tennis Club



Sunray Café Delivery

Wednesday, June 15 | Rigatoni with Meat Sauce

As we return to in-person programming, Jen's homemade meals will be delivered **once per month** to residents over the age of 60. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register. Meals are limited to the first 45 residents who sign up.



Floral Arrangement Class

Wednesday, June 22 | 10 am-noon

Paige from Ramble Floral will teach us about designing floral arrangements, and you will bring home a beautiful arrangement. No experience necessary. This event will be held at the Senior Center with refreshments. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register.

Maximum of 10 participants | Cost \$45



Birthday Party Luncheon

Balsamic Chicken | Wednesday, June 29 | 11:30 -1:00

Celebrate your Birthday with us! All are welcome to attend for lunch and cake. If it's your Birthday month, enter to win a Birthday surprise. This will be held at the Senior Center or Annex based on participation. Please call the Senior Center at 978-363-1104 or email coa@wnewbury.org to register. Suggested donation \$5.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 9:00 3B Class 9:00 Food Pantry		1:00 Games	9:00 3B Class 10:00 COA Meeting 11:30 Mahjong 11:30 Lunch & Learn 1:00 Craft Corner	10:00 Yoga
9:00 3B Class	10:00 Meditation / Reiki w/ Jamie	1:00 Games	9:00 3B Class 10:00 Veterans' Agent 11:30 Mahjong 1:00 Craft Corner	10:00 Yoga
9:00 3B Class 9:00 Senator Tarr's Office 9:00 Food Pantry	10:00 Meditation / Reiki w/ Jamie 1:00 Blood Pressure	Sunray Café Delivery- Seafood Salad Plate 1:00 Games	9:00 3B Class 10:00 Coffee & Conversation 11:30 Mahjong 1:00 Craft Corner	10:00 Yoga
9:00 3B Class	10:00 Meditation / Reiki w/ Jamie	11:30 Birthday Party 1:00 Games	9:00 3B Class 11:30 Mahjong 1:00 Craft Corner	10:00 Yoga
Memorial Day Town Offices Closed Memorial Day Parade at 10:30 am	9:00 Food Pantry 10:00 Meditation / Reiki w/ Jamie	JUNE 1:00 Games	9:00 3B Class 10:00 COA Meeting 11:30 Mahjong 11:30 Lunch & Learn 1:00 Craft Corner	10:00 Yoga
9:00 3B Class 9:00 Food Pantry	10:00 Meditation / Reiki w/ Jamie 1:00 Pickleball at New- buryport Tennis Club	1:00 Games	9:00 3B Class 11:30 Mahjong 1:00 Craft Corner	10:00 Yoga
9:00 3B Class 9:00 Senator Tarr's Office	10:00 Meditation / Reiki w/ Jamie 1:00 Pickleball at New- buryport Tennis Club 1:00 Blood Pressure	Sunray Café Delivery- Rigatoni w/ Meat Sauce 1:00 Games	9:00 3B Class 10:00 Coffee & Conversation 11:30 Mahjong 1:00 Craft Corner	10:00 Yoga
Juneteenth Town Offices Closed	9:00 Food Pantry 1:00 Pickleball at New- buryport Tennis Club	10:00 Floral Arrange- ment Class 1:00 Games	9:00 3B Class 11:30 Mahjong 1:00 Craft Corner	10:00 Yoga
9:00 3B Class	1:00 Pickleball at New- buryport Tennis Club	11:30 Birthday Party 1:00 Games	9:00 3B Class 10:00 Veterans' Agent 11:30 Mahjong 1:00 Craft Corner	

ACTIVITIES, GROUPS & MEETINGS

Food Pantry

Mondays, May 2, 16, 31 | June 6, 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 Monday of every month or call for an appointment. (Open on Tuesday if Monday 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!

Office of Senator Bruce Tarr

Mondays, May 16 & June 13 | 9:00-10:00

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

Blood Pressure Clinics

Tuesdays, May 17 & June 14 | 1:00-2:00

Together with the West Newbury Fire Department, the Council on Aging is offering FREE Blood Pressure Screenings at the Senior Center, 381 Main Street, Ground Floor. Please stop by the Senior Center for your free screening and enjoy a healthy snack!

Games

Every Wednesday at 1:00 pm

Join our drop-in group every Wednesday from 1:00-3:00 pm in the Senior Center. Learn a new game, teach one of your favorites or work on a group puzzle. We have received many requests, such as Skip Bo, 45's, Mexican Train Domino Game and Uno.

Council on Aging Board Meeting

Thursdays, May 5 | June 2 at 10:00 am

The COA Board meets in the First Floor Hearing Room in Town Offices. All are welcome to attend!

Coffee and Conversation

Thursday, May 19 at 10:00 am

Thursday, June 16 at 10:00 am

Please join our monthly Coffee Hour to chat with the Council on Aging Board members and staff. We would love to hear your ideas as we move towards more in-person programming. Coffee and refreshments will be served.

Veterans' Agent, Karen Tyler

Thursdays, May 12 & June 30 | 10-11:00

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

Mahjong

Every Thursday at 11:30-3:00

Mahjong has returned to West Newbury! Come on down to the Senior Center and try your hand at Mahjong, a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Beginners welcome!

Craft Corner

Every Thursday at 1:00 pm

Join our drop in group every Thursday from 1:00-3:00 pm in the Senior Center. Bring the project you are working on - knitting, crochet, cross stitch, sewing, etc. and share your ideas with fellow crafters.



Spring is Here! Volunteer!

Become a volunteer driver and help 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 to learn more.



WEST NEWBURY IMPORTANT DATES

Town Election

Monday, May 2, 2022 | 7am-8pm

Annual and Special Town Meeting

at Bandstand/Cammett Park
Saturday, May 14, 2022 at 9am

Memorial Day Parade

Monday, May 30 at 10:30 am



Food Pantry Wish List

Paper Towels

Small Dish Soap

Lysol Spray

Chicken Noodle Soup

Clorox Wipes

Sponges

Egg Noodles

Ensure

Diapers - size 5



Our pantry has a refrigerator and freezer to accommodate fresh or frozen donations.



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

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