



# SAGE CENTER NEWS

*social | activities | growth | education*

**Issue:** May / June 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](mailto: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  
Barbara Warne



## MAY IS OLDER AMERICANS MONTH

To celebrate Older Americans Month a Spring Luncheon and Concert by the Page School Music Program will be held on Thursday, May 25 at 11:30 am.



AGING UNBOUND: MAY 2023

We are very excited to invite the Page School students back, and we are looking forward to another wonderful performance! We hope you will join us! RSVP to [coa@wnewbury.org](mailto:coa@wnewbury.org) or 978-363-1104.

## 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, May 29, 2023
- ◆ Monday, June 19, 2023





# 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

Tuesdays, May 9 & June 13 | 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

Pedicure appointments are available two Saturdays 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, 30 | June 6, 20 | 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.

# STAY ACTIVE, STAY FIT



## 3B Class - Balance, Bones and Brain

Mondays and Thursdays at 9:00 am

Wednesdays at 3:30 pm

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 suggested donation**



## Yoga

Fridays at 9:00 am

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.

**Located in Annex | \$5 suggested donation**



## Outdoor Adventure Walking Group at Riverside Trail at Haverhill Stadium

Every Tuesday at 1:00 pm

We are welcoming back our Outdoor Adventure Walking Group led by volunteer, Liz Bartlett! This group will venture off to walk the local rail trails, parks and boardwalks. Walk at your own pace or with a buddy. Share your ideas with Liz on your favorite walking spots. Wear comfortable clothing and bring your water bottle.

We will schedule a make-up date if it rains, and cancellations will be communicated via email. Riverside Trail is located at 155 Lincoln Avenue, Haverhill.

Register by email at: [coa@wnewbury.org](mailto:coa@wnewbury.org) or by calling 978-363-1104 and complete the SAGE Center membership form and waiver.

**Meet at the SAGE Center to carpool or meet at the Trail - just let us know | FREE**





# PROGRAMS & EVENTS

## Spring Luncheon and Concert by the Page School Music Program

Thursday, May 25 | 11:30 am-1:30 pm | Lunch: Mac & Cheese

Please celebrate Older Americans Month with us at our first annual Spring Luncheon! The talented students from the Page School Music Program will have lunch with us and then perform their Spring Concert. Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register.

**Location: Annex | FREE**



## Volunteer Appreciation Reception Thursday, June 15 | 2-4 pm | Light Refreshments

The Council on Aging Board and staff will celebrate all the wonderful volunteers who donated their time and skills during fiscal year 2023 at its first annual Volunteer Appreciation Reception! We are very excited to spend an afternoon with our dedicated volunteers, who give so much back to the Town all year. Please watch the mail for your invitation!

**Location: SAGE Center and Patio**



## Cornhole Games on the Lawn

Every Wednesday | 1:00-3:00 pm

Come to SAGE on Wednesday afternoons for fun games of Cornhole. Cornhole is good for our strength, balance, hip mobility, coordination, visual perception and it's so much FUN!! Wear comfortable clothing. If it's raining, we will play in the Annex. Drop-in group.

**Location: Lawn behind housing or Annex | FREE**

## Games & Puzzles with Pentucket Student Volunteers

Tuesdays, May 16 & 30 | 12:30-1:30 pm

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

**Location: SAGE Center | FREE**



## Coffee and Conversation

Thursdays, May 4 & June 1 | 10-11 am

with Therapy Dog, Fraser

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**

# PROGRAMS & EVENTS



## Lunch and Learn Speaker Series     Pettengill House Social Service Agency with social workers from the Senior Support Program

Lunch: Cobb Salad

Thursday, May 18 | 11:30 am-1:00 pm

The Pettengill House, Inc. is a non-profit community social service agency providing assistance to residents of West Newbury. Come learn how the social workers at the Pettengill House can help you or someone you know with applications and assistance, such as: SNAP (food assistance), housing applications, Medicaid, medical alert systems, cell phones, rental assistance, fuel assistance, mental health and substance abuse help.

**Location: SAGE Center | Suggested donation \$5 | Register at 978-363-1104**



## Lunch and Learn Speaker Series     Let's learn how to use library technology with G.A.R. Memorial Library

Lunch: Turkey Club Wrap

Thursday, June 8 | 11:30 am-1:00 pm

Please join us to learn how to use library technology with Corinn Flaherty, Director of G.A.R. Memorial Library. Corinn will provide an overview of digital resources and an in-depth session on the Libby app. Libby is a free app that lets you borrow and read ebooks, audio books, and magazines. Bring your library card or sign up for one while you are here. Bring your smart phone, tablet or laptop.

**Location: SAGE Center | Suggested donation \$5 | Register at 978-363-1104**



## Sunray Café Luncheon

Wednesday, June 28 | 11:30 am | Sheet Pan Pizza

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**



## Dinner at SAGE

Wednesday, May 10 | 4:30 pm | BBQ Chicken

Wednesday, June 21 | 4:30 pm | Cookout with Burgers and Hot Dogs

All of our Dinner events are homemade meals. They are cooked here at the SAGE Center from scratch by our chef 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 \$10**





# GROUPS & MEETINGS

## Age-Friendly Discussion Group

Thursdays, May 11 & June 8 | 10:30-11:30 am

Join our monthly informal discussion group to talk about topics related to aging. This group is organized by Gail DiNaro, one of our volunteers. We all have things we do that make our lives a little easier; like using a grabber tool to reach something on the top shelf instead of a stepstool. Share your ideas, offer support and socialize. This is a drop-in event. Coffee and refreshments will be served.



**Location: SAGE Center | FREE**

## Learn to Play Cribbage and other 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**

## Craft Corner

Every Thursday | 1:00-3:00 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. **FREE**

## Council on Aging Board Meeting

Tuesdays, May 9 & June 13 | 9:00 am

## Office of Senator Bruce Tarr

Mondays, May 15 & June 26 | 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, May 11 & June 8 | 10-11:00 am

Office hours are in-person and held in the First Floor Hearing Room at Town Offices, 381 Main Street, West Newbury

## State Rep., Adrienne Ramos

Wed., May 24 & June 28 | 10:00-11:30 am

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

# 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](http://www.wnewbury.org) 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!

## 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.***





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## Calendar for May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 3B Exercise 11:30 Lunch 1:00 Cribbage & other Card Games	2 9:00 Food Pantry 11:30 Lunch 1:00 Walking Group	3 11:30 Lunch 1-3 Cornhole Games 3:30 3B Exercise	4 9:00 3B Exercise 10:00 Coffee/Conv. 11:30 Lunch 1:00 Craft Corner	5 9:00 Yoga 11:30 Lunch
8 9:00 3B Exercise 11:30 Lunch 1:00 Cribbage & other Card Games	9 9:00 COA Meeting 11:30 Lunch 1:00 Wellness Check 1:00 Walking Group	10 11:30 Lunch 1-3 Cornhole Games 3:30 3B Exercise 4:30 Dinner at SAGE	11 9:00 3B Exercise 10:00 Veterans' Agent 10:30 Age-Friendly Discussion Group 11:30 Lunch 1:00 Craft Corner	12 9:00 Yoga 11:30 Lunch
15 9:00 3B Exercise 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 Cribbage & other Card Games	16 9:00 Food Pantry 11:30 Lunch 12:30 Games with Pentucket Volunteers 1:00 Walking Group	17 11:30 Lunch 1-3 Cornhole Games 3:30 3B Exercise	18 9:00 3B Exercise 11:30 Lunch & Learn-Pettengill House 1:00 Craft Corner	19 9:00 Yoga 11:30 Lunch
22 9:00 3B Exercise 11:30 Lunch 1:00 Cribbage & other Card Games	23 11:30 Lunch 1:00 Walking Group	24 10:00 Office Hours State Rep. Ramos 11:30 Lunch 1-3 Cornhole Games 3:30 3B Exercise	25 9:00 3B Exercise 11:30 Spring Luncheon & Concert with Page School Music Program 	26 9:00 Yoga 11:30 Lunch
29 <b>Memorial Day</b> <b>CLOSED</b> 10:30 Parade	30 9:00 Food Pantry 11:30 Lunch 12:30 Games with Pentucket Volunteers 1:00 Walking Group	31 11:30 Lunch 1-3 Cornhole Games 3:30 3B Exercise		





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## Calendar for June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 3B Exercise 10:00 Coffee/Conv. 11:30 Lunch 1:00 Craft Corner	2 9:00 Yoga 11:30 Lunch
5 9:00 3B Exercise 11:30 Lunch 1:00 Cribbage & other Card Games	6 9:00 Food Pantry 11:30 Lunch 1:00 Walking Group	7 11:30 Lunch 1-3 Cornhole Games 3:30 3B Exercise	8 9:00 3B Exercise 10:00 Veterans' Agent 11:30 Lunch & Learn-Library Technology 1:00 Craft Corner	9 9:00 Yoga 11:30 Lunch
12 9:00 3B Exercise 11:30 Lunch 1:00 Cribbage & other Card Games	13 9:00 COA Meeting 11:30 Lunch 1:00 Wellness Check 1:00 Walking Group	14 11:30 Lunch 11:30 Trip to Stoneham Theatre-Clue on Stage 1-3 Cornhole Games 3:30 3B Exercise	15 9:00 3B Exercise 10:30 Age-Friendly Discussion Group 11:30 Lunch 2-4 Volunteer Appreciation Reception	17 9:00 Yoga 11:30 Lunch
19 <b>Juneteenth CLOSED</b>	20 9:00 Food Pantry 11:30 Lunch 1:00 Walking Group	21 11:30 Lunch 1-3 Cornhole Games 3:30 3B Exercise 4:30 First Day of Summer Cookout Dinner	22 9:00 3B Exercise 11:30 Lunch 1:00 Craft Corner	23 9:00 Yoga 11:30 Lunch
26 9:00 3B Exercise 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 Cribbage & other Card Games	27 11:30 Lunch 1:00 Walking Group	28 10:00 Office Hours State Rep. Ramos 11:30 Sunray Café Lunch—Pizza 1-3 Cornhole Games 3:30 3B Exercise	29 9:00 3B Exercise 11:30 Lunch 1:00 Craft Corner	30 9:00 Yoga 11:30 Lunch



# SAGE CENTER DAY TRIPS

## Clue on Stage at the Stoneham Theatre / Greater Boston Stage Company Wednesday, June 14

- Lunch at 11:30 am | SAGE Center | Chicken Caesar Salad
- Bus transportation leaves SAGE at 12:45 pm
- Show starts at 2 pm
- Bus returns to West Newbury at approximately 5 pm

Written by Sandy Rustin. Based on the iconic 1985 Paramount movie which was inspired by the classic Hasbro board game, Clue is a hilarious story of murder, madness, mayhem, and mystery.

Come enjoy lunch and a show!

**RSVP by May 15 to 978-363-1104 or [coa@wnewbury.org](mailto:coa@wnewbury.org) | Cost: \$65 per person**



### Trips Coming Soon...

Escape to Margaritaville  
North Shore Music Theatre  
Wednesday, August 16



Harbor Cruise / Tour  
Wednesday,  
September 20



### Food Pantry Wish List

Paper Towels	Deodorant	Individual Apple Sauce
Small Dish Soap	Toothpaste	Peanut Butter
Spray Cleaner	Tooth Brushes	Grape Jelly
Toilet Cleaner	Laundry Detergent	Chicken Noodle Soup
Clorox Wipes	Dryer Sheets	Pasta Sauce
Sponges	Breakfast Cereal	Alfredo Sauce
Diapers-child size 6	Instant Oatmeal Packets	Individual Crackers and Cookies



Our 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. Please call Jen Vincent with any questions at 978-363-1100 ext. 134.

### 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.