



SAGE CENTER NEWS

social | activities | growth | education

Issue: May / June 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
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 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/sage-center/newsletters

UPCOMING CLOSURES

- ◆ Monday, May 27
- ◆ Wednesday, June 19

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

May 7, 21 | June 4, 18 | 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 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



Spring Luncheon and Musical Performance by the Page School

Wednesday, May 8 | 11:30 am-1:30 pm | Lunch: Mac & Cheese

Please celebrate Older Americans Month with us at our second annual Spring Luncheon! The talented students from the Page School Music Program will have lunch with us and then perform their Spring Musical Performance. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register. Funding provided by the EOEA Formula Grant.



Location: Annex | FREE

Lunch and Learn Speaker Series

Thursday, May 16 | 11:30 am-1:00 pm

Transportation Info Session with Northern Essex Elder Transport (NEET)

One in five Americans 65 years of age and older are no longer driving. Many are not receiving health care, as the transportation to and from a doctor's appointment is difficult to access and maneuver.

Please join us to learn more about medical transportation services provided by NEET. NEET is a nonprofit volunteer driving organization and was established in 1981. NEET volunteer drivers provide transportation both locally, as well as to metro Boston, Burlington and the Danvers/Peabody area. Dori Sawyer, Executive Director of NEET will provide information on receiving rides and how to volunteer to drive for NEET!



Location: SAGE Center | Lunch: Turkey Burger | Suggested donation \$5

Sunray Café Breakfast Buffet

Thursday, May 23 | 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 to register.



Location: SAGE Center | Suggested donation \$5

Volunteer Appreciation Open House

Thursday, June 27 | 2-4 pm

The Council on Aging Board and staff will celebrate all the wonderful volunteers who donated their time and skills during fiscal year 2024 at its annual Volunteer Appreciation Open House! 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! Funding provided by the EOEA Formula Grant.

Location: SAGE Center and Patio | Light Refreshments





PROGRAMS & EVENTS

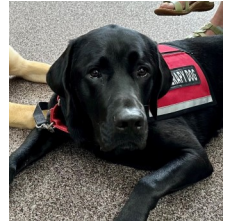
Coffee and Conversation

Thursdays, May 2 & June 6 | 10-11:00 am

with Therapy Dog, Frasier

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, May 14 & 28 | June 11 | 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 to register.

Location: SAGE Center | Free

Tech Help Tuesdays

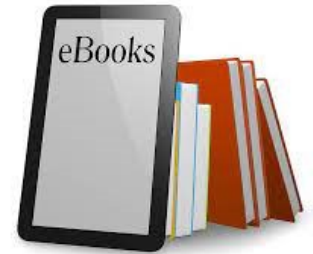
Tuesdays, May 21 and June 18 | 1:00 pm

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 at 1:00 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



Ice Cream Social Smorgasbord

Wednesday, May 29 | 12:30 pm

Please join us to celebrate the sunny weather, socialize, and enjoy an ice cream smorgasbord at the SAGE Center!

Location: SAGE Center and Patio | 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





CRAFT CORNER



Sip, Stitch & Knit

Fridays from 9:00-11:00 am

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, May 2 | 1:00 pm

Making Handmade Mother's Day and Birthday 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 to register. Space is limited to 12 spots.



Location: SAGE Center | Free



DAY TRIP



Trip to Woodman's of Essex Restaurant

Wednesday, June 12 | 10:45 am

Let's kick off Summer with a trip to Woodman's of Essex! We will meet at the SAGE Center at 10:45 am and leave on the bus at 11:00 am. We will have reserved seating and will order from the restaurant's full menu (*available at www.woodmans.com and printed at the SAGE Center*).

You will be responsible for your own lunch cost when you order on the day of the event.

- **Meet at SAGE at 10:45 am**
- **Seats limited to 23**
- **Funding for transportation provided by the EOEI Formula Grant**
- **Register at 978-363-1104 or email coa@wnewbury.org**





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, May 7 & June 11 | 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 and on NEET's website at 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, May 14 & June 11 | 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, May 20 & June 17 | 9:30-10:30 am

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

Veterans' Agent Office Hours

Thursdays, May 9 & June 13 | 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

SAGE CALENDAR 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2024				
		1 9 Greet the Day Yoga 11:30 Lunch	2 9:00 3B Fitness 10 Coffee & Convo / Therapy Dog 11:30 Lunch 1:00 Greeting Card Workshop	3 9-11 Sip, Stitch & Knit 11:30 Lunch
6 9:00 3B Fitness 11:30 Lunch 1:00 Card Games	7 9:00 Food Pantry 10-12 Pickleball 11:30 Lunch 1:00 Blood Pressure	8 9 Greet the Day Yoga 11:30 Spring Lunch & Musical Performance by the Page School	9 9:00 3B Fitness 10:00 Veterans' Agent Office Hours 11:30 Lunch	10 9-11 Sip, Stitch & Knit 11:30 Lunch
13 9:00 3B Fitness 11:30 Lunch 1:00 Card Games	14 10-12 Pickleball 10:00 COA Meeting 11:30 Lunch 12:30 Pentucket Volunteer Program	15 9 Greet the Day Yoga 11:30 Lunch	16 9:00 3B Fitness 11:30 Lunch & Learn—NEET Transportation	17 9-11 Sip, Stitch & Knit 11:30 Lunch
20 9:00 3B Fitness 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 Card Games	21 9:00 Food Pantry 10-12 Pickleball 11:30 Lunch 1:00 Tech Help Tuesdays	22 9 Greet the Day Yoga 11:30 Lunch	23 9:00 3B Fitness 10:00 Sunray Café—Breakfast Buffet	24 9-11 Sip, Stitch & Knit 11:30 Lunch
27 10:30 PARADE CLOSED FOR MEMORIAL DAY	28 10-12 Pickleball 11:30 Lunch 12:30 Pentucket Volunteer Program	29 9 Greet the Day Yoga 11:30 Lunch 12:30 Ice Cream Social	30 9:00 3B Fitness 11:30 Lunch	31 9-11 Sip, Stitch & Knit 11:30 Lunch
JUNE 2024				
3 9:00 3B Fitness 11:30 Lunch 1:00 Card Games	4 9:00 Food Pantry 10-12 Pickleball 11:30 Lunch	5 9 Greet the Day Yoga	6 9:00 3B Fitness 10 Coffee & Convo / Therapy Dog 11:30 Lunch	7 9-11 Sip, Stitch & Knit 11:30 Lunch
10 9:00 3B Fitness 11:30 Lunch 1:00 Card Games	11 10-12 Pickleball 10:00 COA Meeting 11:30 Lunch 12:30 Pentucket Volunteer Program 1:00 Blood Pressure	12 9 Greet the Day Yoga 10:45 Trip to Woodman's of Essex Restaurant	13 9:00 3B Fitness 10:00 Veterans' Agent Office Hours 11:30 Lunch	14 9-11 Sip, Stitch & Knit 11:30 Lunch
17 9:00 3B Fitness 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 Card Games	18 9:00 Food Pantry 10-12 Pickleball 11:30 Lunch 1:00 Tech Help Tuesdays	19 CLOSED FOR JUNETEENTH	20 9:00 3B Fitness 11:30 Lunch	21 9-11 Sip, Stitch & Knit 11:30 Lunch
24 9:30 3B Fitness 11:30 Lunch 1:00 Card Games	25 10-12 Pickleball 11:30 Lunch	26 9 Greet the Day Yoga 11:30 Lunch	27 9:00 3B Fitness 2:00-4:00 Volunteer Appreciation Open House	28 9-11 Sip, Stitch & Knit 11:30 Lunch

Pickleball

TUESDAYS from 10 am - Noon
(Thursdays as a rain date)
from May thru October

- Location: Action Cove Basketball Court
- Limit of 12 players per day/session - Both instructional and open play time
- Two Pickleball nets will be set up - Some paddles are available
- Registration required by calling the **SAGE Center at 978-363-1104** - Free
- New members: Please complete a SAGE Center membership form at first session
- When the playground is busy, please use the baseball field parking lot on Bachelor Street if you are able to - thank you!

Thank you to the Parks & Recreation Commission for collaborating with us!

A MESSAGE FROM CHIEF DWYER



If you have life-support devices, such as home dialysis or breathing machines or other medical equipment or supplies that depend on electricity:

- o Talk to your health care provider about how to use them during a power outage;
- o Contact your local electric company and equipment suppliers about your power needs. Some utility companies will put you on a "priority reconnection service" list;
- o Let the Fire Department know that you are dependent on life-support devices.
- o If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.

Please call the NON-EMERGENCY Police Number at 978-363-1213 with any questions.



WEST NEWBURY GARDEN CLUB

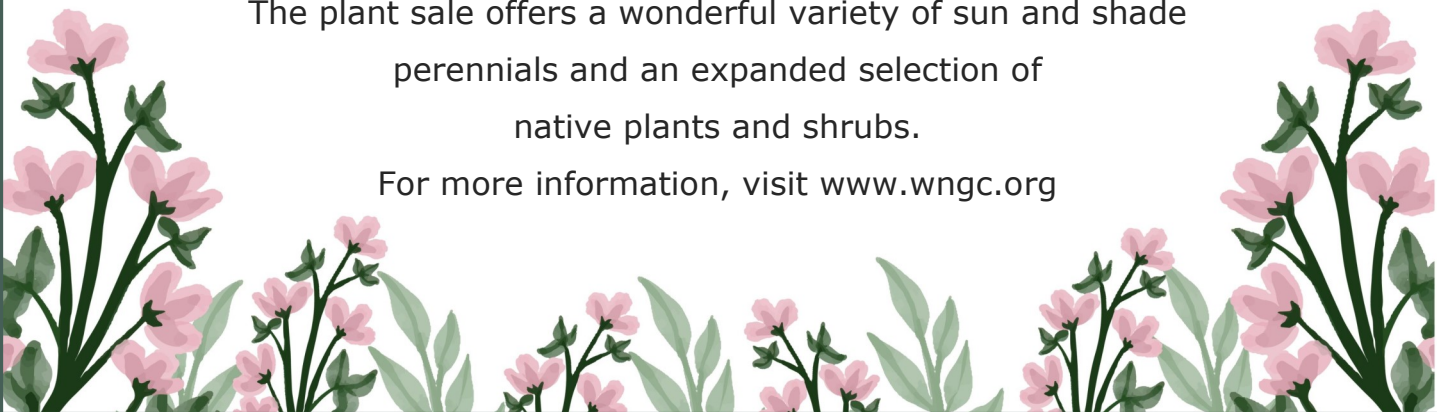
PLANT SALE

SATURDAY, MAY 18 FROM 8:30 - 11:30 AM

at the West Newbury Training Field on Route 113

The plant sale offers a wonderful variety of sun and shade
perennials and an expanded selection of
native plants and shrubs.

For more information, visit www.wngc.org



SAGE Center

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

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