



SAGE CENTER NEWS

social | activities | growth | education

Issue: July / August 2023

Hours

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

Contact

Phone: 978-363-1104
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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
Marjorie Peterson, Secretary
Victoria Beaumier
Gail DiNaro
Dianne Faulkner
Jessa Haynes
Joseph Publicover
Robert Veator
Barbara Warne



We wish everyone a safe and happy summer! Our programs will be light for the summer. You will notice some programs on hold until September.

You are always welcome to come to the SAGE Center any time during

regular hours - especially on those hot summer days to cool off in the air conditioning. It's a great place to spend some time with friends. We have games, puzzles, books, magazines, television, newspapers, coffee, and sometimes fresh baked cookies!



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 CLOSURE

◆ Tuesday, July 4, 2023





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.

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

July 5, 18 | August 1, 15, 29 | 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.

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.



Unfortunately, the Wednesday afternoon class has been cancelled due to low participation.

Located in Annex | \$5 suggested donation | Due to summer vacations, there will be no class on July 3, 6, 31, August 3.

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

Wellness Check with Courtney

Tuesdays, July 11 & August 8 | 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.

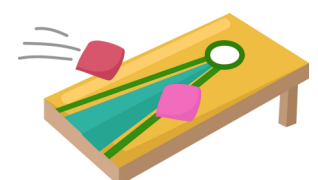
Please stop by to meet her at the SAGE Center, 381 Main Street, Ground Floor. Free



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!! Meet at the SAGE Center to sign in. If it's raining, we will play in the Annex. Drop-in group.



Location: Lawn behind housing or Annex | FREE



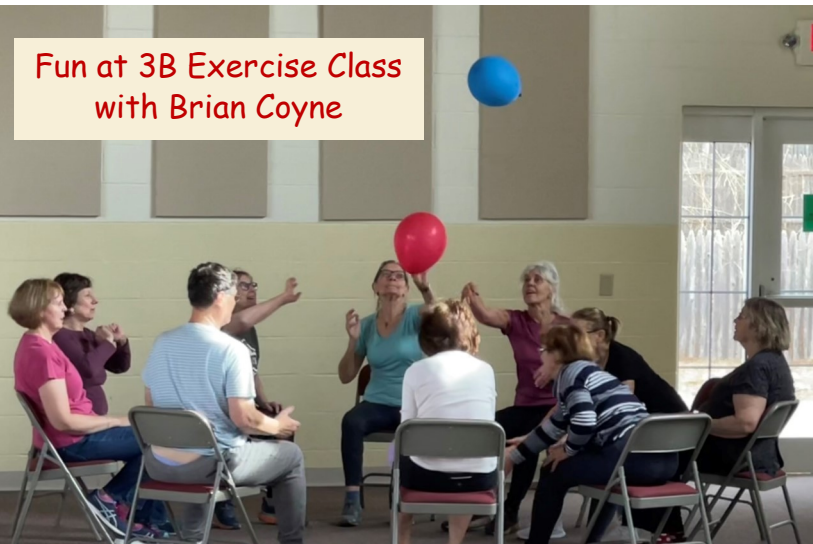
FUN PHOTOS



Spring Luncheon & Concert with the Page School



Lunch & Learn with the Pettengill House



Fun at 3B Exercise Class with Brian Coyne



PROGRAMS & EVENTS



Luau Themed Dinner at SAGE

Thursday, July 13 | 4:30 pm | Luau

Our Luau Dinner will include: pineapple teriyaki pulled pork, Hawaiian fried rice, tropical slaw, sweet Hawaiian rolls, and Hawaiian coconut cake! 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 to register.



Location: SAGE Center | Suggested donation \$10

Ice Cream Social

Wednesday, July 19 | 12-1 pm

Come cool off at the SAGE Center and enjoy an ice cream with us! Drop by any time between 12-1:00 pm. We will be serving vanilla and chocolate ice cream with all the toppings! Bring a friend!



Location: SAGE Center | FREE

Coffee and Conversation with Therapy Dog, Frasier

Thursday, August 10 | 10-11 am

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



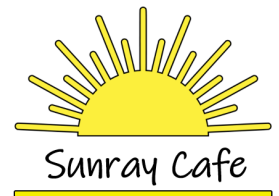
Location: SAGE Center | FREE

Sunray Café Luncheon

Wednesday, Aug. 23 | 11:30 am | Sausage & Pepper Sub

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 to register.

Location: SAGE Center | Suggested donation \$5



Programs on Hold for the Summer - will resume in September

Lunch and Learn Events

Outdoor Adventure Walking Group

Games, Puzzles & Coloring with Pentucket Volunteers

Age-Friendly Discussion Group

Council on Aging Board does not meet in July or August

Craft Corner



GROUPS & MEETINGS

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

Office of Senator Bruce Tarr

Mondays, July 17 & August 14 | 9:30-10:30 am

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

State Rep., Adrienne Ramos

Wed., July 26 & August 23 | 10:00-11:30 am

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

Veterans' Agent, Karen Tyler

Thursdays, July 13 & August 10 | 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



FOOD PANTRY WISH LIST

Breakfast Cereal
Instant Oatmeal Packets
Individual Apple Sauce
Peanut Butter
Jelly
Canned Soups

Mac & Cheese Boxes
Boxes of Pasta
Pasta / Alfredo Sauce
Granola Bars
Individual Crackers
Individual Cookies

Laundry Detergent
Small Dish Soap
Spray Cleaner or Wipes
Toilet Cleaner
Paper Towels (individual)
Toilet Paper (individual)

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. 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 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.

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!

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 July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 3B Canceled 11:30 Lunch 1:00 Cribbage & other Card Games	4 Closed for the Holiday	5 9:00 Food Pantry 11:30 Lunch 1-3 Cornhole Games	6 3B Canceled 11:30 Lunch	7 9:00 Yoga 11:30 Lunch
10 9:00 3B Exercise 11:30 Lunch 1:00 Cribbage & other Card Games	11 11:30 Lunch 1:00 Wellness Check	12 11:30 Lunch 1-3 Cornhole Games	13 9:00 3B Exercise 10:00 Veterans' Agent 11:30 Lunch 4:30 Luau Theme Dinner at SAGE	14 9:00 Yoga 11:30 Lunch
17 9:00 3B Exercise 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 Cribbage & other Card Games	18 9:00 Food Pantry 11:30 Lunch	19 11:30 Lunch 12-1 Ice Cream Social 1-3 Cornhole Games	20 9:00 3B Exercise 11:30 Lunch	21 9:00 Yoga 11:30 Lunch
24 9:00 3B Exercise 11:30 Lunch 1:00 Cribbage & other Card Games	25 11:30 Lunch	26 10:00 Office Hours State Rep. Ramos 11:30 Lunch 1-3 Cornhole Games	27 9:00 3B Exercise 11:30 Lunch	28 9:00 Yoga 11:30 Lunch
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14 9:00 3B Exercise 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 Cribbage & other Card Games	15 9:00 Food Pantry 11:30 Lunch	16 Trip to North Shore Music Theatre for Escape to Margaritaville Show 11:30 Lunch 1-3 Cornhole Games	17 9:00 3B Exercise 11:30 Lunch	18 9:00 Yoga 11:30 Lunch
21 9:00 3B Exercise 11:30 Lunch 1:00 Cribbage & other Card Games	22 11:30 Lunch	23 10:00 Office Hours State Rep. Ramos 11:30 Sunray Café Lunch - Sausage & Pepper Sub 1-3 Cornhole Games	24 9:00 3B Exercise 11:30 Lunch	25 9:00 Yoga 11:30 Lunch
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DAY TRIPS



Escape to Margaritaville / North Shore Music Theatre

Wednesday, August 16

- Lunch at 11:30 am at the SAGE Center - Serving a Cheeseburger in Paradise with a Mocktail Margarita
- Bus transportation leaves SAGE at 12:30 pm - returns around 5:30 pm
- Matinee show starts at 2 pm
- Inner Circle Seats | Cost \$65 | please make check payable to NSMT and submit payment to SAGE by July 13 | seats limited to 20 | Non Refundable
- **Must Register and pay by July 13** - Register at 978-363-1104 or coa@wnewbury.org



Be transported to a tropical island getaway in **ESCAPE TO MARGARITAVILLE**. This upbeat and energetic new musical is the story of a part-time bartender, part-time singer, and full-time charmer named Tully who thinks he's got life all figured out, until a beautiful career-minded tourist steals his heart and makes him question everything. *This* hilarious, heartwarming musical comedy features the most-loved Jimmy Buffett classics, including "Cheeseburger in Paradise", "Margaritaville," "It's Five O'Clock Somewhere," "Fins," "Volcano," and many more! This is the party you've been waiting for!

