



SAGE CENTER NEWS

social | activities | growth | education

Issue: Sept. / Oct. 2022

Hours

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

Contact

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West Newbury, MA 01985

Staff

Christine Marshall, Director
Jen Vincent, Nutrition Coordinator

Board Members

Laurie Spielvogel, Chair
Marjorie Peterson, Vice-Chair
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Dianne Faulkner
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HELLO FALL!



As the seasons change, we are also changing some of our programs!

In mid-September, there will be an End of Summer Cookout on the Patio - let's hope for good weather! This is the first of many Healthy Dinner events to be offered. September will be the start of our NEW Outdoor Adventure Walking Group, coordinated by Volunteer, Liz Bartlett. Thank you Liz!

In October, join us for a Nutrition Talk by Leigh Hartwell, AgeSpan's Dietitian. The topic is "Eat the Rainbow" - learn how to fight and manage chronic diseases by eating a rainbow of fruits and vegetables.

As always, please stop by the SAGE Center to visit us and share your program ideas! This is your Center, so come enjoy it!

~Christine

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/senior-center/newsletters

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.

HOLIDAY CLOSURES

- ◆ Monday, September 5, 2022
- ◆ Monday, October 10, 2022





STAY ACTIVE, STAY FIT

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. \$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. Please wear comfortable clothing and bring a towel or mat. \$5 suggested donation. Located in Town Offices Annex.*

*Due to Early Voting, class will be held in the Second Floor Hearing Room of Town Offices on Aug. 29 through Sept. 2 and Oct. 24 through Nov. 7.



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 for residents age 60 and over. 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

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 communities of Amesbury, Andover, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, North Andover, Rowley, Salisbury, West Newbury. Effective July 1, 2022 rides are free for the resident of West Newbury. This service allows residents to travel anywhere within the MVRTA service area. The service also allows you to connect to any of the MVRTA 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.

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

Monday, September 12 | 1:00-2:00 pm

Monday, October 17 | 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 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

Sept. 6, 19 | Oct. 3, 17, 31 | 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.



SEPT. / OCT. EVENTS

End of Summer Cookout on the Patio Thursday, Sept. 15 | 4:30-6:00 pm

Join us to say farewell to summer and hello to fall! We are excited to add this **NEW** event to the schedule - a monthly healthy dinner - watch for some fun themed dinners here at the SAGE Center. Choice of Turkey Burger or Veggie Burger, Salads, Fruit and Dessert! Enter your ticket to win a door prize at the event!



**Stop by SAGE Center to purchase your ticket by Sept. 8 | Tickets \$10 per person
Choice of Turkey Burger or Veggie Burger | Location: SAGE Center and Patio**

Pickleball Instructional Series Mondays, Sept. 12, 19, 26 | 1:00-2:30 pm

In partnership with the Newburyport Tennis Club, we are offering a three 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 SAGE Center at 978-363-1104 or email coa@wnewbury.org to register and complete the SAGE Center membership form and waiver.



Limited to 15 players | Cost for the Series is \$45 per person payable directly to the Newburyport Tennis Club

Coffee and Conversation Thursday, Sept. 22 | 10:00-11:00 am

Thursday, Oct. 13 | 10:00-11:00 am

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



Sunray Cafe Luncheons Chicken Stir Fry | Wednesday, Sept. 28 | 11:30 am

Veggie Frittata | Wednesday, Oct. 26 | 11:30 am

Our **NEW** Sunray Café Luncheons are in-person homemade meals - cooked here at the SAGE Center 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



SEPT. / OCT. EVENTS



Guided Meditation, Reiki & Aromatherapy Series

Tuesdays starting Oct. 4 | 10:00-11:15 am

We are excited to offer another Guided Meditation, Reiki & Aromatherapy Series for four weeks; instructed 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 class will be held in the Town Offices Annex (except on Oct. 25, when it will be held in the second floor hearing room). Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register and complete the SAGE Center membership form and waiver.



Limited to 15 participants | Cost: \$40

Lunch and Learn Speaker Series - Veterans Agent, Karen Tyler

Lunch: Turkey Meatloaf

Thursday, Oct. 6 | 11:30-1:00 pm

At this Lunch and Learn Speaker Series you will have the opportunity to learn and ask questions about Veterans benefits, including Local Benefits (Ch. 115), VA Benefits (disability, pensions, aid and attendance), State Benefits (annuities and tax abatements). Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.



Location: SAGE Center | Suggested donation \$5

Taco Tuesday Dinner

Tuesday, Oct. 18 | 4:30-6:00 pm

Join us for our **NEW** monthly healthy dinner night - watch for some fun themed dinners here at the SAGE Center. Our Taco Tuesday Bar will include lean ground beef, ground turkey, fresh veggies and all the taco toppings - as well as drinks and dessert. Enter your ticket to win a door prize at the event!



Stop by SAGE Center to purchase your ticket | Tickets \$10 per person

Please purchase tickets by Oct. 12 | Location: SAGE Center

Eat the Rainbow—Nutrition Talk with Leigh

Thursday, Oct. 20 | 10:00-11:00 am

Please join our Nutrition Talk with Leigh Hartwell. Leigh is a dietitian for AgeSpan (formerly Elder Services of the Merrimack Valley). Leigh will be talking about the importance and value of fruits and vegetables because fruits and vegetables help fight and manage chronic diseases that many of us are living with. We will learn about vitamins, minerals, phytonutrients and antioxidants. Please register at coa@wnewbury.org or 978-363-1104.



Location: SAGE Center | FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER			1 9:00 3B Class 1:00 Craft Corner	2 10:00 Yoga
5 CLOSED Labor Day	6 9:00 Food Pantry	7	8 9:00 3B Class 10:00 Veterans' Agent 1:00 Craft Corner	9 10:00 Yoga
12 9:00 3B Class 1:00 Pickleball 1:00 Wellness Check	13 9:00 Walking Group-Haverhill	14	15 9:00 3B Class 10:00 COA Meeting 1:00 Craft Corner	16 10:00 Yoga
19 9:00 3B Class 9:00 Food Pantry 9:00 Senator Tarr 1:00 Pickleball	20	21	22 9:00 3B Class 10:00 Coffee & Convo 1:00 Craft Corner	23 10:00 Yoga
26 9:00 3B Class 1:00 Pickleball	27	28 11:30 Sunray Cafe Luncheon (In-Person) 1:00 Walking Group-Newburyport	29 9:00 3B Class 1:00 Craft Corner	30 10:00 Yoga
OCTOBER	4	5	6	7
3 9:00 3B Class 9:00 Food Pantry	10:00 Guided Meditation, Reiki & Aromatherapy		9:00 3B Class 10:00 COA Meeting 11:30 Lunch & Learn 1:00 Craft Corner	10:00 Yoga
10 CLOSED Columbus Day	11 10:00 Guided Meditation, Reiki & Aromatherapy 1:00 Walking Group-Haverhill	12	13 9:00 3B Class 10:00 Coffee & Convo 10:00 Veterans' Agent 1:00 Craft Corner	14 10:00 Yoga
17 9:00 3B Class 9:00 Food Pantry 10:00 Senator Tarr 1:00 Wellness Check	18 10:00 Guided Meditation, Reiki & Aromatherapy 4:30 Taco Tuesday Dinner	19	20 9:00 3B Class 10:00 Eat the Rainbow Nutrition Talk 1:00 Craft Corner	21 10:00 Yoga
24 9:00 3B Class	25 10:00 Guided Meditation, Reiki & Aromatherapy	26 11:30 Sunray Café Luncheon (In-Person) 9:00 Walking Group-Newburyport	27 9:00 3B Class 1:00 Craft Corner	28 10:00 Yoga
31 9:00 3B Class 9:00 Food Pantry				

GROUPS & MEETINGS



Office of Senator Bruce Tarr

Mondays, Sept. 19 & Oct. 17 | 9:30-10:30 am

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

Council on Aging Board Meeting

Thursdays, Sept. 15 & Oct. 6 | 10:00 am

Veterans' Agent, Karen Tyler

Thursdays, Sept. 8 & Oct. 6 | 10-11:00 am

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

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. - or grab a craft from the craft basket. We have several kits on hand, as well as mindfulness coloring pages and colored pencils.

Outdoor Adventure Walking Group

Tuesday, Sept. 13 | 9:00-11:00 am

Location: Riverside Trail at Haverhill Stadium
155 Lincoln Ave., Haverhill

Wednesday, Sept. 28 | 1:00-3:00 pm

Location: Clipper City Rail Trail & Harborwalk
Start at Boardwalk and walk along the river

Tuesday, Oct. 11 | 1:00-3:00 pm

Location: Riverside Trail at Haverhill Stadium
155 Lincoln Ave., Haverhill

Wednesday, Oct. 26 | 9:00-11:00 am

Location: Clipper City Rail Trail & Harborwalk
Start at Boardwalk and walk along the river

Join our **NEW** 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.

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



Meet at the SAGE Center | FREE

SENIOR TAX WORK-OFF PROGRAM



The Town of West Newbury Senior Tax Work-Off program offers homeowners from West Newbury who are 60 years of age and older the opportunity to earn an abatement on their real estate property tax bill. Paid at a rate of at least the Federal minimum wage and not more than Massachusetts' minimum wage, West Newbury seniors may assist a Town Department to earn an abatement up to \$1,500.

West Newbury Town Departments participating in the program will include the SAGE Center / Council on Aging, Town Manager's Office and Planning Department. Placements are based on qualifications of the applicant and the needs of the Town Departments.

Eligibility Requirements

- ◇ Applicants must be West Newbury homeowners.
- ◇ If the property is subject to a Trust, the volunteer must have legal title (be one of the trustees).
- ◇ Participants must be 60 years of age and older.
- ◇ One abatement per household. If two seniors in one household are accepted into the program, hours may be shared for a total abatement of \$1,500.
- ◇ There are no income limits/guidelines.

Applications may be picked up at the SAGE Center or downloaded from the Town's website. Completed applications should be submitted to the Council on Aging Director.

Food Pantry Wish List

Paper Towels and Toilet Paper - individually wrapped
Small Dish Soap Spray Cleaner
Cleaning Wipes Sponges
Deodorant - ladies Diapers - baby/child size 6

Ensure or Boost Drink - any flavor
Dry Breakfast Cereal (no need for oatmeal currently)
Individual Juices or Juice Boxes
Ramen Noodles Shelf Stable Milk
Granola Bars Turkey Gravy
Cranberry Sauce Applesauce-6 pack of individual servings
Oyster Crackers or Saltines

- **Our pantry has a refrigerator and freezer to accommodate fresh or frozen donations. Call Jen at 978-363-1104 to schedule a drop off.**
- **Drop off located in the lobby of Town Offices.**
- **Please do NOT leave expired food as a donation.**