



SAGE CENTER NEWS

social | activities | growth | education

Issue: September / October 2023

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

Richard Preble, Vice-Chair

Marjorie Peterson, Secretary

Victoria Beaumier

Gail DiNaro

Dianne Faulkner

Jessa Haynes

Joseph Publicover

Julie Ruscio

Robert Veator

Barbara Warne



SPECIAL EVENTS (details on pages 4-5)

- Coffee & Conversation on September 7 & October 5
- Making Terrariums at Atria in Newburyport on September 13
- Ice Cream Social on September 14
- Lunch & Learn | Topic: SHINE / Medicare Help on September 21
- Sunray Café Lunch on September 27 & October 25
- Make a Greeting Card on September 28
- Lunch & Learn on October 19 | Topic: Special Town Meeting Q&A

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, September 4
- ◆ Monday, October 9





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.

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. 5, 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 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? SHINE counselors can help you with all things Medicare!

Mark your Calendar: Medicare Open Enrollment is October 15 - December 7, 2023

This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2024, or to see if there is another plan that may be more cost-effective for you. You may also benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. To schedule a SHINE appointment, call the SAGE Center at 978-363-1104.

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

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, Sept. 12 & Oct. 10 | 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.



Located at the SAGE Center | Free

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



PROGRAMS & EVENTS

Coffee and Conversation

Thursday, Sept. 7 & Oct. 5 | 10:00-11:00 am

with Therapy Dog, Frasier

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



Make a Terrarium at Atria Merrimack Place

Wednesday, Sept. 13 | 1:00-3:00 pm

Atria Merrimack Place in Newburyport has invited us to visit their facility and make a FREE terrarium. This is a friendly community event (no sales pitch will happen). All plants and materials will be provided. Atria's van will pick us up at the SAGE Center at 12:45 pm. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.



Location: Atria Merrimack Place, 85 Storey Avenue, Newburyport | FREE

Sponsored by Atria Merrimack Place | Maximum of 20 participants



Ice Cream Social

Thursday, Sept. 14 | 12:00-1:00 pm

Come to 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



Lunch and Learn Speaker Series

SHINE / Medicare Help

Lunch: Chicken Salad Croissant

Thursday, Sept. 21 | 11:30 am-1:00 pm

Please join us for lunch and to learn more about Medicare and the SHINE Program (Serving Health Insurance Needs of Everyone). Lisa Rose is the Regional SHINE Program Director for AgeSpan. She will have a presentation and offer time to answer your questions. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.

Location: SAGE Center | Suggested donation \$5

Handmade Greeting Cards Class at Craft Corner

Thursday, Sept. 28 | 1:00-2:00 pm

Join us to kick off Craft Corner with a new class to make your own greeting cards.

All supplies will be provided. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register. **Location: SAGE Center | FREE**



PROGRAMS & EVENTS



Games, Puzzles & Coloring with Pentucket Student Volunteers

Tuesday, Sept. 26 | 12:30-1:30 pm

Tuesdays, Oct. 17 & 31 | 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 and coloring. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.



Location: SAGE Center | FREE

Sunray Café Luncheon

Wednesday, Sept. 27 | 11:30 am | Loaded Potato Soup

Wednesday, Oct. 25 | 11:30 am | Chicken Pot Pie

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



Lunch and Learn Speaker Series

Fall Special Town Meeting Q&A Forum

Lunch: Chicken Panini

Thursday, Oct. 19 | 11:30 am-1:00 pm

Please join us for lunch and forum to discuss the Fall Special Town Meeting. Town Manager, Angus Jennings and Town Clerk, Jim Blatchford will discuss and answer your questions about Town Meeting. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.



Location: SAGE Center | Suggested donation \$5

Learn to Play 45's!

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.



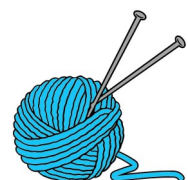
Location: SAGE Center | FREE

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. On September 28 there will be a special Card Making craft.

Location: SAGE Center | FREE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER				9:00 Yoga 11:30 Lunch
4 Labor Day CLOSED	5 9:00 Food Pantry 11:30 Lunch	6 11:30 Lunch	7 9:00 3B Exercise 10:00 Coffee & Convo 11:30 Lunch 1:00 Craft Corner	8 9:00 Yoga 11:30 Lunch
11 9:00 3B Exercise 11:30 Lunch 1:00 45's Card Games	12 9:00 COA Meeting 11:30 Lunch 1:00 Wellness Check	13 11:30 Lunch 1:00 Terrariums at Atria in Newburyport	14 9:00 3B Exercise 11:30 Lunch 12:00 Ice Cream Social 1:00 Craft Corner	15 9:00 Yoga 11:30 Lunch
18 9:00 3B Exercise 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 45's Card Games	19 9:00 Food Pantry 11:30 Lunch	20 11:30 Lunch	21 9:00 3B Exercise 11:30 Lunch & Learn— SHINE / Medicare 1:00 Craft Corner	22 9:00 Yoga 11:30 Lunch
25 9:00 3B Exercise 11:30 Lunch 1:00 45's Card Games	26 11:30 Lunch 12:30 Games with Pen- tucket Volunteers	27 10:00 Office Hours State Rep. Ramos 11:30 Sunray Café Lunch-Potato Soup	28 9:00 3B Exercise 11:30 Lunch 1:00 Card Making at Craft Corner	29 9:00 Yoga 11:30 Lunch
OCTOBER				
2 9:00 3B Exercise 11:30 Lunch 1:00 45's Card Games	3 9:00 Food Pantry 11:30 Lunch	4 11:30 Lunch	5 9:00 3B Exercise 10:00 Coffee & Convo 11:30 Lunch 1:00 Craft Corner	6 9:00 Yoga 11:30 Lunch
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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.

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.

GROUPS & MEETINGS



Council on Aging Board Meeting Tuesdays, Sept. 12 & Oct. 10 | 9:00 am

Office of Senator Bruce Tarr Mondays, Sept. 18 & Oct. 16 | 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., Sept. 27 & Oct. 25 | 10:00-11:30 am

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



FOOD PANTRY



Food Pantry

Sept. 5, 19 | Oct. 3, 17, 31 from 9-10:30 am

The West Newbury Food Pantry is open on the 1st, 3rd & 5th Tuesday of every month from 9-10:30 am.

Food Pantry Donation Wish List

Breakfast Cereal	Mac & Cheese Boxes	Laundry Detergent
Instant Oatmeal Packets	Boxes of Pasta	Small Dish Soap
Individual Applesauce	Pasta / Alfredo Sauce	Spray Cleaner or Wipes
Peanut Butter, Jelly	Granola Bars	Toilet Cleaner
Canned Tuna / Chicken	Individual Crackers	Paper Towels (individual)
Canned Soups	Individual Cookies	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.

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.



SAGE Center

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

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