



SAGE CENTER NEWS

social | activities | growth | education

Issue: November/December 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
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
Gail DiNaro
Marjorie Peterson
Joseph Publicover
Robert Veator
Barbara Warne



SPECIAL EVENTS (details on pages 3-5)

- 2nd Annual Page School Musical Performance & Holiday Luncheon
- Friendsgiving Luncheon
- Greeting Card Workshop - Thanksgiving Cards
- Winter Wellness with Jamie MacKenzie
- Trip to A Christmas Carol at the North Shore Music Theatre
- Sand Pails for Seniors

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

- ◆ Friday, November 10
- ◆ Thursday, November 23 and Friday, November 24
- ◆ Monday, December 25
- ◆ Monday, January 1





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.

Food Pantry

Nov. 7, 21 | Dec. 5, 19 | 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	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)

Need Help With Medicare? SHINE Can Help!

Regional SHINE Office at 978-946-1374

Open Enrollment is Oct. 15 - Dec. 7, 2023

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!

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.



Located in Annex | \$5 suggested donation

Yoga

Unfortunately, due to low attendance the Friday Yoga Class has been discontinued.

Blood Pressure Checks with Courtney

Tuesdays, Nov. 14 & Dec. 12 | 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



Sand Pails for Seniors

Winter is coming, and we want to help keep you, your walkway and your driveway safe! We are partnering with the Department of Public Works to deliver sand pails in early December. Supplies are limited and available on a first come first served basis.

Sign up by calling Jen or Christine 978-363-1104 or email coa@wnewbury.org





PROGRAMS & EVENTS

Coffee and Conversation

Thursday, Nov. 2 & Dec. 14 | 10-11:00 am

with Therapy Dog, Frasier

Join our monthly breakfast gathering to socialize with friends and make new ones! Coffee and homemade baked goods will be served.

Location: SAGE Center | Drop-In | FREE



Friendsgiving Luncheon

Wednesday, Nov. 8 | 11:30 am

Serving a Turkey Gobbler Sandwich with all the fixings

Let's celebrate Thanksgiving with our SAGE Friends! We will be serving a Turkey Gobbler Sandwich with fresh roasted turkey, stuffing and cranberry sauce - gravy on the side. Please call the SAGE Center at 978-363-1104 or email Jen at mow@wnewbury.org to register. **Location: SAGE Center | Suggested donation \$5**



Greeting Card Workshop

Thursday, Nov. 9 | 1:00-2:00 pm

Making Handmade Thanksgiving Cards

Our volunteer Nancy will be leading this fun and crafty workshop. All supplies will be provided, but you are welcome to bring supplies if you wish. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.

Location: SAGE Center | 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



Activities with Pentucket Student Volunteers

Tuesday, Nov. 14, 28 | 12:30-1:30 pm

Tuesday, Dec. 12 | 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



PROGRAMS, EVENTS & TRIPS



Page School Musical Performance & Holiday Luncheon

Lunch: Baked Ziti and Garden Salad

Thursday, December 7 | 11:30 am-1 pm

Please come celebrate the Holidays with us at our 2nd Annual Page School Musical Performance & Holiday Luncheon. The Page School 4th and 5th grade chorus and instrumental musicians will perform from 12:00-1:00 pm. All are welcome to attend. Registration required at 978-363-1104 or email coa@wnewbury.org



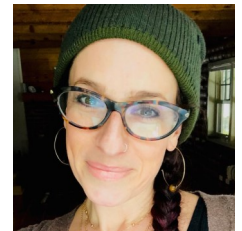
Location: Annex | FREE

Winter Wellness with Jamie MacKenzie

Wednesday, December 6 | 10:30 am

As we transition into winter and spend more time inside, it's time to focus on ways to strengthen our body's natural defenses. Join wellness coach Jamie MacKenzie to discover how to incorporate plants into our self care for winter. Jamie will discuss a variety of oils, foods and herbs - many that are already in our kitchens.

We will have a DIY activity, and you will go home with a natural plant powered remedy for winter!

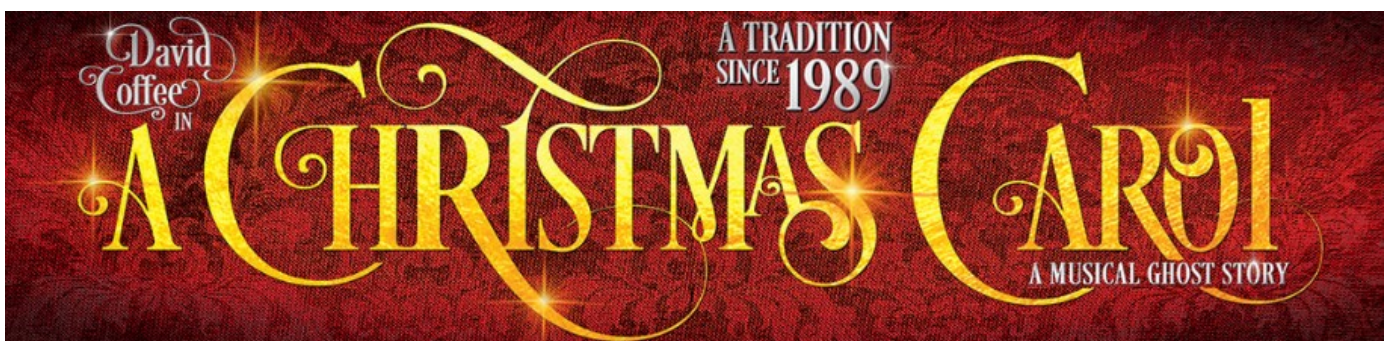


Location: SAGE Center | FREE

A Christmas Carol at North Shore Music Theatre

Wed., December 13

- 11:30 am - Lunch at the SAGE Center - serving a holiday ham dinner
- 12:30 pm - Bus transportation leaves SAGE at 12:30 pm and returns around 5:30 pm
- 2:00 pm - Matinee show begins
- Inner Circle Seats | Cost \$84.50 | Please make check payable to NSMT and submit payment to SAGE by December 1 | seats limited to 23 | non-refundable
- **Must Register and Pay by Dec. 1** Register at 978-363-1104 or coa@wnewbury.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER				
		1 9 Greet the Day Yoga 11:30 Lunch	2 9:00 3B Exercise 10:00 Coffee & Conversation & Therapy Dog 11:30 Lunch	3 9:00 Pickleball 11:30 Lunch
6 9:00 3B Exercise 11:30 Lunch 1:00 Card Games	7 9:00 Pickleball 9:00 Food Pantry 11:30 Lunch	8 9 Greet the Day Yoga 11:30 Friendsgiving Luncheon—Turkey Gobbler Sandwich	9 9:00 3B Exercise 11:30 Lunch 1:00 Greeting Card Workshop	10 CLOSED Veterans' Day
13 9:00 3B Exercise 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 Card Games	14 9:00 Pickleball 9:00 COA Meeting 11:30 Lunch 12:30 Activities with Pentucket Volunteers 1:00 Blood Pressure	15 9 Greet the Day Yoga 11:30 Lunch	16 9:00 3B Exercise 11:30 Lunch	17 9:00 Pickleball 11:30 Lunch
20 9:00 3B Exercise 11:30 Lunch 1:00 Card Games	21 9:00 Pickleball 9:00 Food Pantry 11:30 Lunch	22 9 Greet the Day Yoga 11:30 Lunch	23 CLOSED Thanksgiving	24 CLOSED
27 9:00 3B Exercise 11:30 Lunch 1:00 Card Games	28 9:00 Pickleball 11:30 Lunch 12:30 Activities with Pentucket Volunteers	29 9 Greet the Day Yoga 11:30 Lunch	30 9:00 3B Exercise 11:30 Lunch	December 1 9:00 Pickleball 11:30 Lunch
DECEMBER				
4 9:00 3B Exercise 11:30 Lunch 1:00 Card Games	5 9:00 Pickleball 9:00 Food Pantry 11:30 Lunch	6 9 Greet the Day Yoga 10:30 Winter Wellness with Jamie MacKenzie 11:30 Lunch	7 9:00 3B Exercise 11:30 Page School Musical Performance & Holiday Luncheon	8 9:00 Pickleball 11:30 Lunch
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18 9:00 3B Exercise 9:30 Senator Tarr's Office Hours 11:30 Lunch 1:00 Card Games	19 9:00 Pickleball 9:00 Food Pantry 11:30 Lunch	20 9 Greet the Day Yoga 11:30 Lunch	21 9:00 3B Exercise 11:30 Lunch	22 9:00 Pickleball 11:30 Lunch
25 CLOSED Christmas	26 9:00 Pickleball 11:30 Lunch	27 9 Greet the Day Yoga 11:30 Lunch	28 9:00 3B Exercise 11:30 Lunch	29 9:00 Pickleball 11:30 Lunch

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, Nov. 14 & Dec. 12 | 9:00 am

Office of Senator Bruce Tarr

Mondays, Nov. 13 & Dec. 18 | 9:30-10:30 am

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

NEW!

Begins on Nov. 1

G.A.R. MEMORIAL LIBRARY

together with

THE SAGE CENTER OFFER

GREET THE DAY YOGA

INSTRUCTOR

Sharon Gordon

EVERY WEDNESDAY FROM 9:00 - 10:00 AM

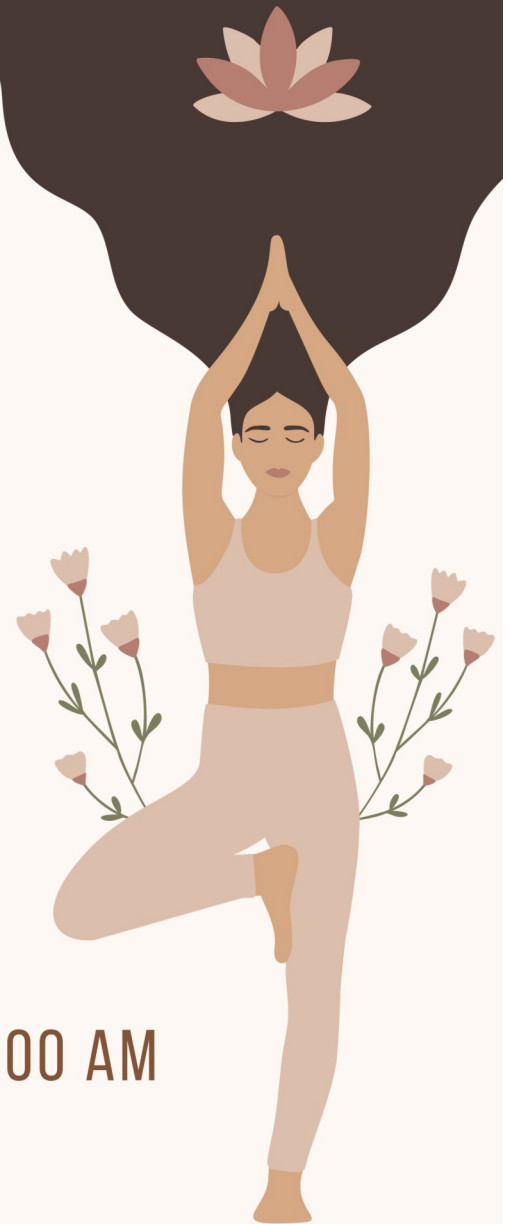
Open to all ages

Held in the Annex, 381 Main Street, West Newbury

Drop-in, take one, some or all the classes.

Please bring a mat, beach towel and two yoga blocks.

\$5 per class paid directly to Sharon Gordon by cash or check.



The G.A.R.
Memorial Library
West Newbury, MA


SAGE CENTER
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Questions? Please call the Library at 978-363-1105 or SAGE at 978-363-1104



SAGE CENTER

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Pickleball



FREE

TUESDAYS AND FRIDAYS FROM 9:00-11:00 AM

**Limit of 12 players
each day**

**Registration required
at 978-363-1104**

thru December 29

(weather permitting)

at Action Cove Basketball Courts

Thank you to the Park & Recreation
Commission for collaborating on this
program for SAGE Center members.

West Newbury Council on Aging | SAGE Center | 381 Main Street
West Newbury | 978-363-1104 | coa@wnewbury.org



WEST NEWBURY FOOD PANTRY

As the holidays draw near, we want to let the community know of the importance of the West Newbury Food Pantry. The Pantry serves over 20 residents/families in West Newbury and surrounding areas, and monthly provides about 500 pounds of food to those in need. Each year the Pantry puts together holiday baskets which are comprised of turkey/ham, potatoes, stuffing, vegetables, cranberry sauce, rolls, cheese & crackers and dessert to help put a holiday meal on the table. These baskets are distributed in November, December and March.

The West Newbury Food Pantry collaborates with many organizations, such as Our Neighbors Table, Nourishing the North Shore and Community Service of Newburyport. It also holds local food drives at the Library, Public Safety Building, schools and neighborhood food drives.

As everyone knows, food costs have been on the rise for some time and continue to increase. We are looking for the community's help to sustain this program. If you would like to volunteer to organize a food drive in your neighborhood, please contact Jennifer Vincent at 978-363-1100 x134. A donation of \$35 could provide a holiday meal to someone in need.

If you would like to make a monetary donation, please visit the town web site at www.wnewbury.org and click 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, 381 Main Street, West Newbury, MA 01985. Please note on your check "Food Pantry Donation."

The donation wish list can be found on the town web site at www.wnewbury.org/food-pantry and on page 2 of this newsletter. Please feel free to contact Christine Marshall, COA Director, at any time. She can be reached at 978-363-1104. Thank you and happy holidays!





