

Topsfield Council on Aging
SENIOR SCOOP
SEPTEMBER 2016

Mission Statement:

To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, 60 years of age or older.

COA @ the Emerson Center

9 East Common Street

ACTIVITIES, EVENTS & DROP-IN CENTER

Days/Hours: MONDAY, WEDNESDAY, & THURSDAY 9:30 AM to 1:30 PM

COA @ Town Hall

8 West Common Street

INQUIRIES, APPOINTMENTS, VISITS

Days/Office Hours: MONDAY-THURSDAY 8 AM to 3 PM; Friday 9 AM to 12 PM

Contact

Office Phone: (978) 887-1523

Bus Reservations & RSVPs: (978) 887-6866

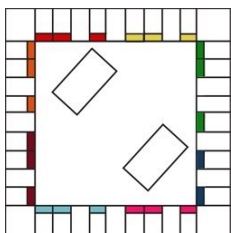
As summer winds down, we are gearing up in the COA Office and more importantly, at our rented space in the Emerson Center. We are expanding our offerings on Monday, Wednesday and Thursday. We are thrilled to be adding Game Day on Monday mornings at 9:30 AM. Card tables will be arranged throughout our large activity room so that visitors can play their favorite board and card games with friends, old and new. We will take advantage of the beautiful New England weather to explore the region on our Tuesday "adventures." On Wednesdays, we are inviting special guests to discuss compelling and pertinent issues during our "Coffee & Conversation" series. For example, our Town Clerk will explain how the new Early Voting initiative will be rolled out in her office for the November election. Tai Chi workouts will continue for those who want to improve their balance and wellness. On Thursdays, we are featuring a predictable luncheon schedule, which includes Birthday Lunches!

We would love to hear your ideas and suggestions for future activities and events. Please send them our way as we begin to outline a schedule for the remainder of the year.

Seize the Day!

Paula Burke

Senior Scoop



Game Day

(including Scrabble)

Most Mondays

9:30-12:30

Watercolor Class

“Cottage in Late Summer Shadows”

Taught by Bill Duke

Monday, September 19th

9:30-12:30

\$20

(includes all supplies)

Prepay to reserve your spot



Coffee & Conversation

Wednesdays

10:00-11:00

Enjoy casual dialogue with experts in a variety of fields in a comfortable setting.

Tai-Chi

Wednesdays

11:00-11:45

Knitting/Crocheting Group

Wednesdays at LBV

2:00-4:00

Bring your own supplies

Thursday Specialty Luncheons

(\$4)

Wk 1: **Birthdays Lunch**-Italian + Cake

Wk 2: **Lunch & Learn**-Chinese

Wk 3: **Seasonal Lunch**-Farm to Table

Wk 4: **Lunch'n Movie**-Pizza & Salad

When there are 5 Thursdays in a month (as in September), the schedule may vary.

Senior Scoop

HAPPENING THIS MONTH!

New Hours for the COA Office

as Town Hall returns to regular schedule.

The COA Office will be open M-Th 8 AM to 3 PM / F 9 AM to 12 PM.

Activities will take place at Emerson M, W & Th 9:30 AM to 1:30 PM

Appointments are available on request until 4 PM M-Th & as needed.

Topsfield Fair

Topsfield resident & advanced discount tickets

are now available at the Main Gate of the Fairgrounds.

Senior Day (\$8 paid at gate) is Monday, October 3rd.

Bus will drop-off at Fairgrounds at 10 AM and pick-up at 3 PM.

Election Day

MA State Primary is on THURSDAY, September 8th

Call to reserve a ride on the bus between 9 AM and 2 PM.

Put Your Game Face On...

GAME DAY is here!

We are expanding our popular scrabble program to include a variety of games because, let's face it, not everyone has a way with words. For those of you who like to play with numbers, think critically or devise strategies, we will have a game for you. If not, we will get it for you. Below is just a sampling of games that will be available on Day 1:

- ♦ Rummikub
- ♦ Poker, cribbage & other requested card games
- ♦ Chess/Checkers
- ♦ Monopoly & other popular board games
- ♦ Classic and trending games for 2 to 99 players

Bring along and challenge your friends.

If you would like to "host a table" to help get us started, please RSVP so that we can assign you a table. Otherwise, just show up! All competitors will be entered into a raffle for fun prizes.

SEPTEMBER TRIPS

Tuesday, September 6th

Mystery Lunch
? Massachusetts

Bus pick-ups start at 10:30

Tuesday, September 13th

**Adventures in
Georgetown**

Lunch at Flatbread Pizza Co.

Nunan's for Garden Golf (\$9)
& dessert at Kallie's Kones

Bus pick-ups start at 10:30

Wednesday, September 14th

**Essex River
Narrated Cruise**

(\$24 payable day of by cash/check
for cruise only)

Lunch at **new Riversbend
Restaurant**

**RSVP (978) 337-3980 &
leave phone # ASAP**

**Departure in carpools from
Emerson parking lot at
9 AM**

Tuesday, September 20th

**Adventures in
Salem**

Peabody Essex Museum
including exhibit on Isles of
Shoals (Admission: \$17)

Salem Willows
&/or
Winter Island (Function Hall)

Bus pick-ups start at 9:15



Tuesday, September 27th

**Adventures in
Newburyport**

Birder's Paradise:
Joppa Flats Educational
Center

Lunch at The Poynt Restaurant

Bus pick-ups start at 10:00

SEPTEMBER EVENTS

Thursday, September 8th



Birthday Lunches are back

Join us to celebrate with an
Italian feast &
birthday cake.

Emerson Center @ 11:30

\$4

Free lunch for those with
birthdays in September.

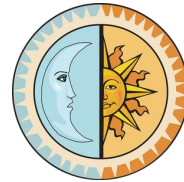
Thursday, September 22nd

Equinox Farm to Table Lunch

As the daylight fades,
locally grown produce
mixed in creative ways will
be served.

Emerson Center @ 11:30

\$4



**R
S**

Thursday, September 15th

Lunch & Learn

We'll dine on Chinese Food
while hearing from a local
expert on pertinent issues.

Emerson Center @ 11:30

\$4



**V
P**

Thursday, September 29th

Lunch'n Movie

A classic comedy will be
shown as we feast upon
pizza & salad from
Off the Vine Tuscan Grille.

Emerson Center @ 11:30

\$4



SEPTEMBER

	Mon	Tue	
			* Please no Shopping is day on the month.
UNLESS OTHERWISE	5 Happy Labor Day!	6 10:30 Mystery Lunch in ?, Massachusetts	9:30 Food 10:00 Coff FAIR 2:00 Knitti
NOTED, EVENTS	12 9:30 Game Day	13 11:00 Adventures in Georgetown: Flatbread Pizza & Mini-Golf 4:00 COA Board Mtg TH	9:00 Esse Histo 10:00 Coff TOV 11:00 Tai-C 2:00 Knitti
ARE HELD AT THE	19 9:30-12:30 Watercolor Class w/ Bill Duke \$20 9:30 Scrabble only	20 9:30 Adventures in Salem: PEM-Isles of Shoals Exhibit Willows &/or Winter Island	10:00 Coff TBA 11:00 Tai-C 2:00 Knitti <i>10-3 AAA S</i>
EMERSON CENTER !	26 9:30 Game Day 10:00-12:00 SHINE App'ts. <i>10:00 TRIAD Mtg LIB</i>	27 11:00 Adventures in Newburyport: Birder's Paradise, Joppa Flats Edu Ctr Lunch at The Poynt	10:00 Coff FIR 11:00 Tai-C 2:00 Knitti

OCTOBER 2016

Wed	Thu	Fri	Sat
<p>ate that Food s postponed one final 3 days of the</p>	<p>1 9:30 VNA WM 11:30 Lunch & Movie</p>	<p>2 Town Hall Offices Closed</p>	<p>3</p>
<p>7 Shopping ee & Conversation R TBA ng LBV</p>	<p>8 State Primary Election Day Bus operates 10 AM to 1 PM 11:30 Birthday Lunch (\$4 Italian; Bdays free!)</p>	<p>9 Town Hall Offices OPEN COA hours: 9 AM-12 PM</p>	<p>10 8:00 -10:00 <i>Food Pantry TR</i></p>
<p>14 x River Cruise w/ orical Society ee & Conversation VN CLERK Ann Chi ng LBV</p>	<p>15 9:00 VNA LBV 9:30 *FOOD SHOPPING 11:30 Lunch & Learn Fair History (\$4 Chinese) 5:00 COA Friends LIB</p>	<p>16 Town Hall Offices OPEN COA hours: 9 AM-12 PM</p>	<p>17</p>
<p>21 ee & Conversation Chi ng LBV <i>Safe Driver Course</i></p>	<p>22 9:30 VNA EM 9:30 *FOOD SHOPPING 11:30 Farm to Table Lunch (\$4)</p>	<p>23 Town Hall Offices OPEN COA hours: 9 AM-12 PM</p>	<p>24 8:00 -10:00 <i>Food Pantry TR</i></p>
<p>28 ee & Conversation E CHIEF Ron Chi ng LBV</p>	<p>29 VNA Not Available 9:30 *FOOD SHOPPING 11:30 Lunch (\$4 Pizza & Salad) & Movie</p>	<p>30 Town Hall Offices OPEN COA hours: 9 AM-12 PM</p>	<p>OCTOBER 1</p>

OUTREACH IN YOUR COMMUNITY



- **FOOD PANTRY:** Top Cupboard Food Panty is sponsored by the churches of Topsfield. The pantry is open on the 2nd & 4th Saturdays of every month. Food can also be delivered. For information call (978) 887-5570 or visit www.topcupboard.org.
- **FUEL ASSISTANCE:** Need help with your heating bills? Weatherization Assistance and HEARTWAP Programs are available. (See NSCAP below.)
- **GROCERY SHOPPING:** The COA bus is available to bring seniors to Market Basket. Register by calling (978) 887-6866.
- **INSURANCE:** A SHINE Counselor is available to answer your questions about insurance. Call (978) 887-6866 to set up a private consultation.
- **LIBRARY:** Library materials can be delivered to your home. Call (978) 887-1528 and ask for the Library Reference Department or email ask@topsfieldlibrary.org.
- **MEALS ON WHEELS:** Check your eligibility for this locally administered program by calling SeniorCare at (866) 927-1050.
- **NORTH SHORE COMMUNITY ACTION PROGRAM:** Designed to help people find the stability they need to rise out of poverty. Call (978) 531-0767 x118 to learn about an array of services.
- **NOTARY PUBLIC:** Free Notary Services are available at the COA Office or in your home. Call (978) 887-1523 for details.
- **RMV:** Your local COA participates in the “RMV Near Me” Program. Save time and effort by seeking out our assistance with procuring government issued IDs, acquiring accessible placards, etc.
- **SHREDDING:** Properly destroy sensitive documents & files in the Topsfield COA Office during regular business hours.
- **VETERANS’ SERVICES:** Our local Veterans’ Service Officer Dick Cullinan helps veterans, their spouses or surviving spouses determine eligibility for a broad range benefits, programs or services. Call (978)380-8397 or email veterans@topsfield-ma.gov
- **VNA:** VNA Keep Well Clinic are held most Thursdays in Topsfield. See monthly calendar for locations & times. Call (888) 663-3688 x1326 to schedule an appointment.

Senior Scoop

BOOK CLUB is back!

In October, we will restart our book club, which will meet bimonthly. Our first gathering will take place on **October 20th at 10:00 AM in the Emerson Center.** We will be joined by local author Norm Gaudrault who will share his experiences related to the writing process for

Two Years in America

Don't miss out on this unique opportunity to meet a local author & have him autograph your copy. At least one book will be available to borrow at the Circulation Desk of the Topsfield Library & discounted books may be available at the COA Office starting in September.

Board of Directors

Penny Rogers-Chair
William Quinn-Vice Chair
Charlotte O'Toole-Clerk
Jolene Guerra
Alfred DiDonato
Ruth Lucy
Florence Brady
Lois Carpenter
Martha Davis
Annette Cohen
Elaine Crippen

Friends of the COA

Gracia Clemson-President
Yvonne Anderson-VP
Kathy Faust-Secretary
Chris Roman-Treasurer
Merelyn Adams
Chris Cotti
Mary Margaret Keaney

In Gratitude

In "Gratitude Corner," we acknowledge those who have gone the extra mile for the COA.

We first pay tribute to the recently departed Elaine Steiritz who volunteered at the Topsfield COA for years. Adventurous and confident, Elaine shared her talents and spirit with Topsfield, where she resided for more than 60 years. This town legend will be sorely missed.

At our July BBQ, retired Northeast ARC Executive Director Jerry McCarthy assisted as the grill master. His efforts are greatly appreciated.

Thanks to the extraordinary chopping efforts of staff member Nancy Hood, delicious seasonal favorites, pineapple and watermelon, were an integral part of our Brazilian BBQ feast.

Speaking of seasonal produce, Nancy Smith has been generously donating tomatoes and much more so that COA visitors can enjoy locally grown fruits and veggies.

The son of COA Board Member Bill Quinn practically stepped off the plane from Rio to share his experiences at our recent Coffee & Conversation. Hearing stories of the Olympic games from Ryan Quinn and his young boys was fascinating.

Most of all we want to thank our local Olympian and heroine for displaying the true spirit of Topsfield to the world. **We wish Abbey D'Agostino a speedy recovery from her injuries and congratulate her on receiving the Pierre de Coubertin award, a.k.a. the International Fair Play Trophy, which has been given out only 17 times in history.**