

Topsfield Council on Aging

Senior Scoop

APRIL 2016

Mission Statement: To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, age 60 and over.

Office Phone **(978) 887-1523** Appointment/RSVP Line (978) 887-6866

Office Open Mon-Thurs 9-3 Friday 9-12 and by appointment.

Hello, We have some exciting news to share with you. Starting on Monday, May 2nd we will be using the Emerson Center three days a week from 9:30-1:30. This means most, if not all, of our events will be held at the Emerson Center in the Parlor Room and the

Library. All games, events and lunches will be at the Emerson Center. The calendar and the monthly events will specify in which room the event will be held. So, come by anytime between 9:30-1:30 and either Beth or I (or both of us) will be there with coffee and pastries. Some days we will even have lunch there.

Thank you to the Friends who are funding this pilot experience for us. Also, thank you to Martin and his team at the Congregational Church for opening up their doors to us! We really appreciate its support.

Now, we need your support. Please come to the our pilot senior center and be seen and heard. We are happily awaiting your arrival!

Be Well-Jodi

Senior Scoop

APRIL EVENTS

Reservations are needed. CALL 978-887-6866

Tuesday, April 5th

Popovers on the Square and Walmart

Portsmouth, NH

Leave Topsfield at 10:00

Leave Portsmouth at 2:00

Tuesday, April 12th.

Museum of Fine Arts

Masterpieces by Pablo Picasso
and the paintings of Lawren
Harris.

Eat at the Taste Café.

\$2.00 Donation

Leave Topsfield at 8:30

Leave Boston at 2:30

Tuesday, April 19th.

IKEA

Stoughton, MA

Leave Topsfield at 9:30

Leave Stoughton at 2:30

Wednesday, April 27th

Breakfast at Red's Kitchen/ Isabella Stewart Gardner Museum \$12.00

The museum interior court-
yard has astonishing works of
art, plants, sculptures and
architectural elements.

Leave Topsfield at 9:00

Leave Boston at 2:00

Tuesday, April 26th

Clutter Control

Lunch and Learn

Gould Barn 11:30

\$5.00

Senior Scoop

Scrabble

Mondays 9:30
Little Brook Village

Knitting/Crocheting Group

Wednesdays 2:00.-4:00
LBV
Bring your own supplies

Tai Chi

Wednesdays
10:00 –10:45
Little Brook Village

Senior Center Without Walls

Tuesday Trivia 1:00 -1:45
Call 887-1523 to join.

Notary Service (Free)

Monday-Thursday
10:00 –2:00
COA Office

Mini Pedicures

1st Wednesday of the Month-LBV
\$15.00
Call Heidi: (978) 352-9772 for appt.

Writers Club

1st Wednesday of the month.
1:00-3:00
Library

Bill Duke Watercolor Class

April 27th
\$20.00
9: 00-noon
Town Hall
Call to reserve a space

YOGA

CANCELLED FOR THE WINTER

Alzheimer's Support Group

4th Thursday of the Month
10:00-11:00

VNA Keep Well Clinic

1st and 4th Thursday-WM
2nd and 3rd Thursday-LBV
9:00-11:00

please note the
change in food shop-
ing days



4.
9:30 Scrabble-LBV
2:00 Phone Trivia

11.
9:00 Food Shopping
9:30 Scrabble-LBV
2:00 Phone Trivia

Happy Patriots Day!
Office is closed!

25.
9:00 Food Shopping
9:30 Scrabble-LBV
2:00 Phone Trivia

5.
**10:00 Popovers,
Portsmouth, NH**

12.
9:30 MFA

19.
9:30 IKEA

26.
**9:00 Red's Kitchen
and Isabella Stewart
Gardner Museum**

9:00 Food
10:00 Tai-C
2:00 Knittin

10:00 Tai-C
11:30 Clutt
2:00 Knittin

9:00 Food S
10:00 Tai-C
2:00 Knittin

9:00 Bill Du
10:00 Tai-C
2:00 Knittin

5.

6. **Shopping**
hi-LBV
g-LBV

13. **er Control**
g-LBV

20. **Shopping**
hi-LBV
g-LBV

27. **uke**
hi-LBV
g-LBV

9:00 VNA-WM

9:00 VNA-LBV

9:00 VNA-LBV

9:00 VNA-WM

1. OFFICE OPEN
9-12:00

8. OFFICE OPEN
9-12:00

15. OFFICE OPEN
9-12:00

22. OFFICE OPEN
9-12:00

29. OFFICE OPEN
9-12:00

5.

9. Food Pantry-TR
8:00 AM-10:00.AM

16.

23. Food Pantry-TR
8:00 AM-10:00 AM

30.

Senior Scoop

Spring Art Workshops for Seniors Tim Neill, Instructor

There will be a free three week watercolor workshop and a free three week oil painting workshop made possible by a grant by the Topsfield Cultural Council. No prior experience is necessary. Materials are included. Each class is limited to ten students.

Watercolor: Wednesdays 10:30 -12:00

May 4th, 11th and 18th

Learn introductory techniques in watercolor and drawing. Color mixing, paint application and a few fun tricks will be discussed.

Oil Painting: Wednesdays 10:30 -12:00

May 25th, June 1st and 8th

Safely learn how to paint a traditional oil painting without the smelly solvents.

Topsfield residents have first preference but must register by April 10th. Nonresident seniors are welcome thereafter.

Call the ArtRoom to register. (978)887.8809

The Art room is located at Topsfield Station, 7 Grove Street.

Senior Scoop

Saturday, April 9th

Community Yard Sale

Sponsored by the Friends of the COA

Cost: Rent a 6' Table for \$25.00

Location: St. Rose of Lima Parish Hall

Time: 9-2

Setup time: 8:00 AM

Call (978) 887-2193 or 887-2147 for more information.

Wednesday, April 13

Clutter Control

Lunch and Learn

Sponsored by the Topsfield COA and Triad

Cost: Free

Location: Gould Barn

11:30 AM

Call (978) 887-6866 to reserve

Save the Date

Thursday, May 5th

11:30-1:30

Celebrate the opening of the Topsfield COA pilot experience

at the Emerson Center Parlor Room

Check the May issue of Senior Scoop for exciting details or call

Call (978) 887-6866 for more information

Senior Scoop

TOWN MEETING

Tuesday, May 3rd

7:00 PM

Proctor School

There will be many important town issues to vote on!

Senior votes are important!

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

Gracia Clemson-President
Marie Coyle-Vice President
Kathy Faust-Secretary
Chris Roman-Treasurer
Merelyn Adams
Mary Margaret Keaney