

# Topsfield Council on Aging **SENIOR SCOOP**

**JULY 2017**

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 @ Trinity Episcopal Church** 124 River Road

**ACTIVITIES, EVENTS & DROP-IN CENTER**

**Days/Hours: MONDAY, WEDNESDAY, & THURSDAY 9:30 AM to 2:30 PM**

## **COA @ Town Hall**

461 Boston Street E6

**INQUIRIES, APPOINTMENTS, VISITS**

**Days/Office Hours: MONDAY-THURSDAY 8 AM to 3 PM**



**Contact:**

**Office Phone: (978) 887-1523**

**Bus Reservations & RSVPs: (978) 887-6866**

**Friends of the Topsfield Council on Aging**

We will not slow down this summer, although we will take time out to stop and smell the roses when we tour the incredible Fuller Gardens tucked into the shoreline of Rye Beach in North Hampton, NH. We will sample Benson's delicious ice cream when we travel to Boxford for a unique adventure. When we go *Back to Campus* in July, we will participate in a unique activity at Salem State University and then stop by the restaurant where the locals dine out to escape the tourists!

We have invited three intriguing guests to join us for Coffee & Conversation.

We look forward to the second *Silver Screenings with Vinny*, during which Vinny will prepare us for next month's outing to see *All About Eve*. Daphne is back to help us create a wonderful summer craft on August 17th, which is our busiest day of the month.

On Thursday, August 17th, we will get the blood flowing in Kathy's energetic Zumba class (the starting time that will now be earlier to avoid the warmest hours of the summer days). We will roll into our weekly lunch for which Beth will prepare one of her delectable Farm-to-Table salads. What kind of fruit will she add this time? Then, our VNA team will make a special visit to conduct a Bone Density Clinic. Be sure to call to schedule your private appointment. We will wrap up the day with our crafty ArtVenture.

We are excited to bring music back to the Common this summer. On July 9th, our own Vince Guerra will be one of the featured musicians when the Riverside Renaissance Swing Band performs at the Topsfield Gazebo from 4 to 6 PM. There is no excuse to be bored in Topsfield this summer!

Seize the Day!

*Paula Burke & Beth Wideberg & Peg Beauregard*

# Regularly Scheduled Events

## Game Day

**Mondays**

9:30 AM -12:30 PM



## Technology Tips

Learn how to use your smartphone, tablet and laptop

**WE ARE CURRENTLY IN SEARCH OF A VOLUNTEER TO LEAD THIS**

## Watercolor Class

Taught by North Shore Artist Bill Duke

**Monday, JULY 17th**

9:30 AM -12:30 PM

\$20

includes all supplies

**Prepay to reserve your spot**



## Zumba with Kathy

**Most Thursdays**

**NOTE SUMMER HOURS:**

9:30 –10:30 AM

## Thursday Specialty Luncheons

11:30 AM

**\$5 @ Trinity Church**

unless otherwise noted

**Always RSVP (978) 887-6866**

Wk 1: Holiday Week-No Lunch

Wk 2: **All-American Birthday Lunch**  
(American Chop Suey \$5)

Wk 3: **Summer Lunch**  
(Farm-to-Table Salad  
& Chowder \$5)

Wk 4: **Chinese Food**

## Coffee & Conversation

**Most Wednesdays**

10:00 AM -11:00 AM

Enjoy an easy exchange with specialists in a variety of fields in a comfortable setting.

## Tai-Chi

**Most Wednesdays**

11:15 AM - 12:15 PM

## Knitting ✂ Crocheting Group

**Wednesdays**

**Little Brook Village**

**Community Room**

2 to 4 PM

## ArtVenture

Find your inner artist, musician, photographer, dancer...

**Many Thursdays**

(Check calendar)

12:30 PM

# JULY Highlights

## *Free Summer Concert on July 9th at 4 PM*

Take one more opportunity to celebrate summer's favorite holiday week and head to the Topsfield Gazebo to listen to the pleasing sound of Riverside Renaissance Swing Band on Sunday, July 9th from 4 to 6 PM. Pack your own picnic dinner. Refreshments will also be available.

## *TRIAD: Tip of the Month*



According to their website, “CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles ‘fit’ them.” John Russell of the Essex County Sheriff’s Department has offered to provide CarFit checkups every month to ensure that Topsfield seniors fit into their vehicles properly for maximum comfort and safety. He can also recommend devices that make accommodations. CarFit checks take approximately 20 minutes to complete and are held locally at the Topsfield Fire Station. The next session will be on July 24th at 11 AM. Call the COA (978) 887-6866 to schedule an appointment.

## *Memory Café at Rest-Stop-Ranch Provides Respite April through October*

The Memory Café in the Garden, offered since 2015, is the first outdoor Memory Café in the nation. The café is located at 202 Haverhill Road in Topsfield and is open most Saturdays between April and October from 10 AM to 12 PM for the purpose of serving:

- People with dementia, with care-partners
- Dementia-caregivers may join others for fellowship and networking
- Survivors of a dementia-care experience may find the gardens restorative or helpful towards personal healing, recovery & renewal

We encourage Topsfield residents to take advantage of the incredible opportunities to reflect and relax at Rest-Stop-Ranch.



# JULY TRIPS

RSVP (978) 887-6866

Tuesday, JULY 11th

## *Adventures in Boxford*

Private tour of



Lunch at



Dessert at



**Bus leaves Topsfield at 9:30**

Tuesday, JULY 18th

*Our Back to Campus Series continues...*

## Explore



**Walking Tour and Activity**

**&**

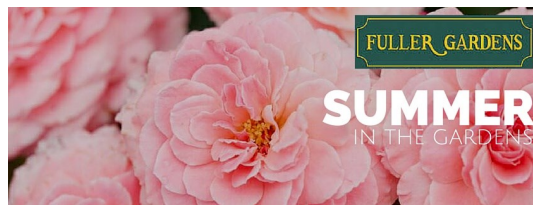
## Lunch

**Dube's**

**Bus leaves Topsfield at 9:30**

Tuesday, JULY 25th

## Tour



## Lunch



**North Hampton, NH**

**\$12 plus cost of food**

**Bus leaves Topsfield at 9:30**

Thursday, JULY 13th



**JULY Birthday Lunch**

Join us for an All-American  
Meal...  
American Chop Suey  
&  
Apple Pie



Trinity Church @ 11:30  
**\$5**

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Thursday, JULY 20th

**Farm-to-Table**

Salad & Chowder

Enjoy a delicious salad  
with locally  
grown  
ingredients  
that pairs  
perfectly with  
a locally  
prepared chowder.



Trinity Church @ 11:30  
**\$5**

Thursday, JULY 27th

**Chinese Food  
from  
Iron Chef**


Back by popular demand...



Trinity Church @ 11:30  
**\$5**


# July 201

**RSVP (978) 887-6866**

	Monday	Tuesday	Wednesday
	3	4  <i>Town Hall Closed</i>	5 9:30 Shop in Rowley
	10 9:30 Game Day	11 <b>9:30 Community Giving                      Tree Tour                      West Village                      Provisions                      Benson's Ice Cream</b>	12 9:30 Shop in Rowley 10:00 Coffee & Conversation <b>SERVICE DOG PROJECT</b> 11:15 Tai-Chi 2:00 Knitting-LBV
	17 9:30 <b>Watercolor Class</b> <b>w/ Bill Duke (\$20)</b> 9:30 Game Day	18 <b>9:30 Back to Campus:</b> <b>Salem State                      University                      Experience &amp; Tour                      Lunch at Dube's</b>	19 9:30 Shop in Rowley 10:00 Coffee & Conversation <b>A CAPTIVATING GUEST</b> 11:15 Tai-Chi 2:00 Knitting-LBV
	24 9:30 Game Day 10:00-12:00 SHINE Counselor by appointment 11:00 CarFit Appointments	25 <b>9:30 Fuller Gardens Tour                      Lunch at                      The Beach Plum</b> (\$12 for Admission Fee & Transportation)	26 9:30 Shop in Rowley 10:00 Coffee & Conversation <b>DEVOTED VOLUNTEER</b> <b>Al Wallace</b> 11:15 Tai-Chi 2:00 Knitting-LBV
	31 9:30 Game Day		

# 17

**RSVP (978) 887-6866**

	<b>Thursday</b>	<b>Friday</b>	<b>Saturday/Sunday</b>
	<p style="text-align: right;">6</p> <p>9:30 VNA Clinic-WM</p>	<p style="text-align: right;">7</p> <p><i>Town Hall Closed</i></p>	<p style="text-align: right;">8/9</p> <p><u>Saturday</u> 8:00-10:00 AM <i>Food Pantry TR /</i> <b>SUNDAY CONCERT!</b> 4-6 PM at Gazebo</p>
	<p style="text-align: right;">13</p> <p>9:30 VNA Clinic-TR 9:30 Zumba with Kathy (\$3) 11:30 <b>All-American Birthday Lunch</b> (Am. Chop Suey &amp; Apple Pie \$5) 12:30 ArtVenture: <b>Silver</b></p>	<p style="text-align: right;">14</p> <p><i>Town Hall Closed</i></p>	<p style="text-align: right;">15/16</p> <p></p>
	<p style="text-align: right;">20</p> <p>9:30 VNA-LBV 9:30 Zumba with Kathy (\$3) 11:30 <b>Summer Lunch</b> (Farm-to-Table Salad &amp; Chowder \$5) 12:30 <b>Bone Density Clinic</b>-RSVP 12:30 ArtVenture: <b>Summer</b></p>	<p style="text-align: right;">21</p> <p><i>Town Hall Closed</i></p>	<p style="text-align: right;">22/23</p> <p><u>Saturday</u> 8:00-10:00 AM <i>Food Pantry TR</i></p>
	<p style="text-align: right;">27</p> <p>9:30 VNA Clinic-TR 9:30 Zumba with Kathy (\$3) 11:30 <b>Chinese Food Lunch</b> (\$5)</p>	<p style="text-align: right;">28</p> <p><i>Town Hall Closed</i></p>	<p style="text-align: right;">29/30</p>

## **Pulitzer Prize winner on deck for August 10th Book Club!**

Readers of *The Boys in the Boat* discussed the many threads in this captivating non-fiction book. In a complementary ArtVenture, pictures of the University of Washington and the 1936 Berlin Olympics were shared to bring the story to life.

On August 10th at 10 AM at Trinity Church, we will discuss the 2015 Pulitzer Prize Winner in Fiction, *All the Light you Cannot See* by Anthony Doerr. On the Pulitzer Prize website, the acclaimed book is described as “An imaginative and intricate novel inspired by the horrors of World War II and written in short, elegant chapters that explore human nature and the contradictory power of technology.” An illuminating discussion should emerge as comparisons between this fictional story and the previous non-fiction book describing the same era are explored. Copies will be available at the Circulation Desk of the Topsfield Library.

### **Board of Directors**

Penny Rogers-Chair  
William Quinn-Vice Chair  
Charlotte O’Toole-Recording Sec.  
Florence Brady  
Annette Cohen  
Elaine Crippen  
Bette Cullinan  
Martha Davis  
Alfred DiDonato  
Jolene Guerra  
Ruth Lucy  
Next Meeting: July 11th, 2017 @ 4:00 PM in TH

### **Friends of the COA**

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

SUPPORT TopsCOA & BECOME A  
FRIEND!

P.O. Box 173 / Topsfield, MA

### ***In Gratitude***

During a very busy June many people pitched in to enhance our experiences. *Silver Screenings with Vinny* received an enthusiastic reception. Our beloved Vinny Mortellite researched and shared his memories of Lucille Ball. We look forward to future sessions. We were joined by Rail Trail founder, Joe Geller, and Hood Pond devotee Amy Flewelling Rotberg, who shared her family’s contributions to creating the popular town beach during our weekly Coffee & Conversation.

Our 1st Annual Family & Friends Dinner was a huge success. We thank professional photographer Shannon who captured complimentary family and friend photos. Attorney Kimberly Kelly shared vital legal information and provided valuable resources for families. The Cultural Council supported the event by sponsoring award-winning performer Davis Bates, who shared family-themed stories and songs. Our 70 guests who ranged in age from 3 months to 94 and half years enjoyed a wonderful evening that wrapped up with a raffle that included prizes for all ages and stages. Thank you to the Friends of the Topsfield COA for conducting a wonderful raffle at the Strawberry Festival and for using that opportunity to educate folks about the new Topsfield COA. Also, we are grateful to their sponsorship of the Family & Friends Dinner. Vinny Mortellite and Bonnie Gulick were quite deservedly honored with the 2017 Silver Tree Award. We cannot do what we do without the help of numerous volunteers.

**Thank you all!**