



SENIOR SCOOP MARCH 2013

Town Hall
8 West Common
Street
Topsfield, MA 01983
Office (978) 887-1523
Van Line (978) 887-6866
Fax 978 887-1502
Mon-Thurs. 9AM to 3:00PM
Fri. 9AM to 12:00PM
www.topsfield-ma.gov

Director

Jodi Gibeley
jgibeley@topsfield-ma.gov

Secretary/MOW Coordinator

Beth Wideberg
bwideberg@topsfield-ma.gov

Data Entry Clerk

Peg Beauregard
coa@topsfield-ma.gov

Van Drivers

Nick Mazzetta
Jim Rouvalis
Stan Brennan

Meetings

COA Board 03/12 4:30 P.M.
Friends 03/04 7:00 P.M.

Friends of COA

Chris Cotti, President
Chris Roman, Vice President
Marie Coyle

Meals on Wheels Drivers

Abby Jackson
Stan Brennan
Meg Philpott

Council On Aging Mission Statement

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

Council on Aging Board

Pat Carroll, Chairperson
Jolene Guerra, Secretary, Lois Carpenter,
Jackie Rizzo, Penny Rogers, Shirley Sciora, Gracia Clemson
Larry Atkins

A Note From The Director

March is here which means nice weather is coming our way.

We are switching things up for our Thursday luncheons. We will be ordering out from local restaurants and then watching a movie. The cost will be \$5.00.

If you have any ideas for the summer call us or drop by and we will add it to our schedule.

We look forward to the nice weather and seeing more of you out.

Be well
-Jodi

Lunch and Movie every Thursday

We will be having meals on Thursdays at Little Brook Village. Lunch will be served at 11:30 A.M. and the movie will start at 12:30 P.M. The cost is \$5.00 for lunch.

March 7th: Papa Gino's Pizza and Salad

March 14th: No lunch-St. Patrick's Day Party at Masco

March 21st: Cherry St. Fish Market Crabmeat or Shrimp Roll

March 28th: Henry's Finger Sandwiches

The movie is free and will include popcorn and drink.
You must RSVP by the Tuesday (two days) before.

Beware of Fraudulent Flu Products

As the flu continues to make people sick-and even cause deaths-scammers are alive and well, promoting their fraudulent products to the unsuspecting public.

These scammers sell their products with claims to prevent, treat or cure the flu, even though they have not been tested and the FDA has not approved them.

If you get the flu, two FDA-approved antiviral drugs are Tamiflu and Relenza. These are treatment options recommended by the CDC. These prescription drugs can help fight the virus in your body and shorten the time you are sick.

The best way to prevent the flu is to get the flu vaccine which is still available. It is not too late to get vaccinated.

Events in March

(Please call (978)887-6566 to RSVP for all trips).

Seating is Limited on all trips.

Tuesday, March 5th=====Grassfield's Restaurant in Danvers and movie (tbd) . Leaving Topsfield at 11:00 A.M.

Thursday, March 7th=====Phillips Exeter Academy Concert, First Church in Cambridge. Free. Choir and Chamber Orchestra embark on their 2013 tour. Reserved Seats. Starts at 7:30 P.M. Bus will leave Topsfield at 6:00 P.M.

Tuesday, March 12th=====Peabody Museum in Salem. \$13.00. Selected from PEM's Native American art collection -- one of the world's oldest and finest collections of its kind -- the works on view include a cross-section of paintings, sculpture, ceramics, jewelry and textile arts created over the last 200 years. Leaving Topsfield at 10:30 A.M.

Thursday, March 14th=====St Patrick's Day Dinner at Masco High School. Free. Serving Time 4:30 P.M. Sponsored by the Student Council.

Friday, March 15th=====Boston Flower and Garden Show, Boston, MA. \$16.00. You can eat at the concession stand or bring your own lunch. Leaving Topsfield at 9:30 A.M.

Tuesday, March 19th===== Cracker Barrel, Tewksbury, Ma Leaving Topsfield at 11:00 A.M.

Tuesday, March 26th===== Boston College Art Museum. Free. Boston, Ma. . The exhibition examines cultural exchanges from the mid-sixteenth to the mid-seventeenth centuries through the movement of goods on Portuguese ships. Leaving Topsfield at 10:00 A.M

SPRING FLING

Sponsored by Middleton Senior Center

Sunday April 28th, 2013

11:30-3:30 P.M.

Angelica's Restaurant Ballroom

Brunch Buffet served at 12 noon. A 4 course variety of breakfast and luncheon entrees.

Entertainment featuring:

Strolling guitarist Bill Foley

and

The "Vocal Strings" Trio.

\$20 per person

RSVP to (978)777-4067

Raffles, Drawings and Door Prizes

Writing Your Life, One Story At A Time (Free):

In a respectful environment, enjoy many laughs as you recall the old days. There will be no criticism or editing. You will write in your own voice using your own way of speaking.

Where: Topsfield Town Library.

When: Starting March 7th. Thursdays 1:00 P.M.

Who: The class is led by Edith Fenton.

Tanglewood and The Pops-

Sunday, July 7th, 2013, \$139.00/pp.

Travel to Lenox, Ma to enjoy Keith Lockhart and the Boston Pops in a terrific matinee performance. Joining Keith this year is legendary Vince Gill-an American country singer songwriter and multi-instrumentalist. Reserved seats are under the Koussevitzky shed. Luncheon of prime rib or Baked stuffed chicken is included at the HukeLau restaurant in Chicopee, Ma.

Keith Lockhart & the Boston Pops with special guest star
Vince Gill.

THIS IS A TICKETED EVENT. YOU MUST PURCHASE YOUR TICKETS TO RSVP YOUR SPOT.
THIS PERFORMANCE SELLS OUT QUICKLY.

Animal and Food Pantry Requests

A lot of you have called about donating food for seniors or items for their pets. The people who come to the food pantry could use canned fruit, peanut butter and jelly and toiletry items including toilet paper, paper towels, toothpaste, shampoo etc.

As for the pet food, it has to be the specific food that the animal already eats. Animals can get sick if their food gets changed. If you would rather donate money, please make check out to MVRAS

Here is a list of the pet food we need so far:

Cat Food:

- Friskies 5 1/2 ounce cans-senior diet
- Box 16.2 oz friskies surf n turf or griller's blend.
- 3. Dried lams

Dog Food:

- Pedigree Adult Balance Diet (small dry, black lab on bag)
- Alpo ground beef chopped house
- Alpo ground beef filet mignon flavor
- lams proactive health (small for up to 20 lbs).
- 5. moist and meaty purina bags
- 6. Little Caesar cans-chicken or beef
- 7. Science Diet Adult Small Bites

You can drop any donations off at the COA and we will have our volunteers deliver the food.

PROGRAMS

ZUMBA (\$3.00): Trinity Church, River Road, Topsfield Thursdays 10:00A.M.-11:00A.M. Open to all seniors. The class is led by Kym Nugent.

YOGA: cancelled until the spring.

KNITTING/CROCHETING GROUP (Free): Wednesdays from 2:00P.M. – 4:00 P.M. LBV. Group Leader is Jackie Rizzo. Bring your own knitting or crocheting supplies. Yarn is free. Beginners are always welcome. Call COA (978) 887-1523.

MAHJONG (Free): Thursdays 1:00P.M. – 3:00 P.M. LBV

SCRABBLE (Free): Mondays from 9:30 A.M. to 11:30 A.M. LBV. New players are welcome to join the fun. Tables are divided based on skill.

Writing Your Life, One Story At A Time (Free): Topsfield Town Library. The class is led by Edith Fenton. Starting March 7th. Thursdays 1:00 P.M. Library

MINI PEDICURES(15.00): First Wednesday of the month at LBV 10-2:00. Call Heidi in advance to schedule an appointment. (978)352-9772.

USEFUL SERVICES

VNA KEEP-WELL CLINIC (Free): 9:00-11:00 A.M. Washington Meadows on the 1st and 4th Thursday of each month. On the 2nd and 3rd Thursday of each month- LBV.

POLICE: To receive Citizen Information Alerts you must subscribe to the NIXLE community notification system. Go to topsfildpolice.com and click on the NIXLE sign up icon.

NOTARY SERVICE (Free): Notary service is provided free of charge. Beth works Monday through Thursdays 10:00 A.M. to 2:00 P.M.

SHREDDER (Free): A heavy-duty shredder is available for your use at the COA office. You can shred your old documents and credit cards on Monday – Thursday, 9:00 A.M.—2:00 P.M. and on Friday, 9:00A.M. to 11:00.

DONATIONS TO THE COUNCIL ON AGING

Please consider making a tax deductible donation in memory of or in honor of a loved one. Or, you can support a service provided by the
Topsfield Council on Aging.

Donations may be mailed to The Topsfield Council on Aging, 8 West
Common Street Topsfield, MA 01983 or to The Friends of the COA,
PO Box 173, Topsfield, MA 01983

Disclaimer: Programs and advertisements are a resource and do not constitute an endorsement by the Town of Topsfield. Be a wise consumer and ask questions.

Senior Citizen Newsletter

Topsfield Council on Aging
8 West Common St.
Topsfield, MA 01983

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MARCH 2013

4	10:30 Tai Chi, Mark Warner-Ipswich		9:00 Pedicures 9:00-12:00 Food Shopping and coffee 1:30-3:30 Writers Group-Library 2-4:00 P.M. Knitting Group-LBV					
5	Grassfields Restaurant and Movie							
6	9:00-11:00 VNA Keep Well Clinic-WM 10:00 Zumba-Trinity Church 10:30 Tai Chi, Mark Warner Ipswich 11:30 Papa Ginos and Movie, LBV 1:00 Writing Your Life, One Story at a Time 1:00-3:00 Mahjong-LBV							
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12	Pesbody Museum, Salem							
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26	Boston College Art Museum							
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28								
29								
30	9:30 Scrabble-LBV							
31								

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!
CALL 603-329-8203,
 Email: seniornewstetter@aol.com
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 PO BOX 411, HAMPSTEAD, NH 03841

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