

Topsfield Council on Aging

Senior Scoop

AUGUST 2015

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.

Happy August!! The summer is flying by so we want to do a lot of fun things before the good weather is gone. We changed some of the trip days to Wednesdays for those of you who can't attend on Tuesdays. So, for those of you who go food shopping on Wednesdays please check the calendar because some of those have changed to Tuesday.

Have a great month and we hope to see you at our cookouts!

Be Well— Jodi

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

Friends

Chris Cotti— Co Pres
Gracia Clemson-Co Pres
Marie Coyle-VP
Kathy Faust-Secretary
Chris Roman-Treasurer
Merelyn Adams
Mary Margaret Keaney

Senior Scoop

AUGUST EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Tuesday, August 4th

**Lynnfield Market and
Walhbengers**

Shop at the Lynnfield market and enjoy lunch at the famous Wahlburger's restaurant.

Leave Topsfield at 11:00

Wednesday, August 12th

**Tower Hill Botanic Garden
and lunch at Twigs Café**

Boylston, Ma

Enjoy the botanical garden which has several distinct themed areas.

\$9.00 plus lunch

Leave Topsfield at 9:30 A.M.

Tuesday, August 11th

Cookout on the Commons

**Hamburgers, hotdogs, salad
and soda.**

\$5.00

Noon

Tuesday, August 18th

Cookout on the Commons

**Hamburgers, hotdogs, salad
and soda.**

\$5.00

Noon

AUGUST EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Wednesday, August 19th

Pickity Place

Mason, NH

**Tour the enchanting cottage
and enjoy a 5 course gourmet
lunch.**

\$21.95 plus tax + tip

Leave Topsfield at 9:30

Wednesday, August 26th

Museum of Fine Arts

**John S. Sargent-Get to
know the man behind the
canvas.**

Leave Topsfield at 3:00

**Museum asks for a volun-
tary donation.**

Monday, August 24th

Silver Seashells

Art project with the Pro

Working with a thin piece of metal. We'll create a beautiful composition of sea shells. When we have finished "tooling" the metal we will brush on India ink to add emphasis to the lines of the shells. Those who would like to add color can use colored sharpies. The great thing about this cool project is that everyone will be successful!

\$10.00

9:30 A.M.

Clubhouse

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

Thursday, 10:00 A.M.

Trinity Church

\$3.00

Notary Service (Free)

Monday-Thursday

10:00 A.M. -2:00 P.M.

Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

Yoga

Friday

9:30 A.M., LBV

.Free To Topsfield Residents

\$3.00 FOR out of towners

Knitting/Crocheting Group

(Free)

Wednesdays 2:00P.M.-4:00 P.M.-LBV

Bring your own supplies.

Senior Center Without Walls(FREE)

Monday and Thursday Bingo 1:00

Tuesday Trivia 1:00

Call the office to sign up

Mini Pedicures

1st Wednesday of the Month

\$15.00

Call Heidi: (978) 352-9772

Bill Duke Watercolor Class-CH

\$20.00 9-noon

Monday, August 17th

VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

Topsfield COA Newsletter

Friends of the Topsfield Library

The Friends of the Topsfield Library are seeking new members for their Board of Directors. Many of the programs enjoyed by town residents are supported by the efforts of the Friend's group, a dynamic organization in our community. Through the creative panning of the Friends and its fundraising activities, adults and children have been able to participate in a variety of programs year-round.

The trustees of the Topsfield Town Library are encouraging residents to become more active in this great organization. If you've just moved to Topsfield and are looking for a creative outlet as well as becoming acquainted with the town, or have lived here for a while and need to expand your horizons, the Friends are eagerly looking forward to your help.

Please contact Beth Alymer at eaylmer@verizon.net or call the COA office at (978)887-1523 and we will forward your information to Beth.

Alzheimer's Caregiver Support Group

**Thursday, August 27th
Topsfield Library
10:00 A.M.**

Spectrum Adult Day Health and The COA have joined forces to provide a support group for people with Alzheimer's Disease and other related dementias.

The group will meet once a month depending on availability. Spectrum will run the caregiver group and there will be people there offering free respite care, if needed.

It will be held at the library in Topsfield. For questions, please call the office.

RSVP to the COA at
(978)887-1523

Top Cupboard Food Pantry

Open the 2nd and 4th Saturday of the month.

8:00 A.M.-10:00 A.M.

We have a variety of foods, toiletries and paper goods. Also, everyone gets \$15.00 gift card to Market Basket.

AUGU

Sun

Mon

Tue

Wed

<i>Washington St.</i>	WM=Washington Meadows-92 Washington	CH-clubhouse At the Fairgrounds <i>LIB-Library</i>	LBV=Little Bro 62 Washington
2. Concert on Common	3. 9:30 Scrabble	4. 11:00 Wahlburgers	5. 9:30 Food Shop 2:00 Knitting-L
9. Concert on Common	10. 9:30 Scrabble 1:00 Phone Bingo	11. 9:00 Food Shopping 12:00 Cookout-Town Common	12. 9:30 Botanical C 2:00 Knitting-L
16. Concert on The Common	17. 9:00 Scrabble 9:00 Bill Duke 1:00 Phone Bingo	18. 9:30 Food Shopping 12:00 Cookout-Town Commons	19. 9:30 Pickity Pla 2:00 Knitting-L
23 Concert on Common	24. 9:00 Silvershells 9:30 Scrabble 10:00 Triad-Lib	25. <i>9:00 Food Shopping</i> 1:00 Trivia	26. 3:00 MFA 9:30 Food Shop 2:00 Knitting-L

LIST 2015

	Thu	Fri	Sat
ok Village n St.			1
ping BV	6. 9:00 VNA-WM 10:00 Zumba	7. <i>9:30 Yoga-LBV</i>	8. <i>8:00-10:00 Food Pantry- Trinity</i>
Gardens BV	13. 9:00 VNA-LBV 10:00 Zumba 1:00 Phone Bingo	14. <i>9:30 Yoga-LBV</i>	15.
ace BV	20. 9:00 VNA-LBV 10:00 Zumba 1:00 Phone Bingo	21. <i>9:30 Yoga-LBV</i>	22. <i>8:00-10:00 Food Pantry- Trinity</i>
ping BV	27. 9:00 VNA-WM 10:00 Alzheimer's-LIB 10:00 Zumba	28. <i>9:30 Yoga-LBV</i>	29.

Topsfield COA Newsletter

Let's get rid of the Clutter around the house!

Clutter can become a potentially serious problem in your home. It can be a fire hazard; you might trip over it; and **First Responders** may not be able to help you.

Here is a simple quiz. Answer yes or no after each quote.

- “The grandchildren may want this toy that my children used.”
- “I have all these paints and tools that I never use.”
- “I have files filled with taxes and other papers. “

If you answered Yes to any of these, you may have a clutter issue. *Clutter is simply holding on to things you no longer need but think you might need sometime in the future and/or you do not know how to get rid of them.*

I hear you! But what do I do?

- Work with a relative, or professional, who specializes in getting rid of clutter, and set up a plan.
- Set up a period of time, maybe 10-30 minutes twice or more a week to start going through the clutter and deciding what you do not need.

Ask these questions

- When was the last time I looked at, used, this item?
- Do I really need it anymore?
- Is there a charity that I can give it to; a family member who will cherish it; or should I sell it?

Where do I Get Help?

- Check out Professional Organizers in the Yellow Pages or Internet.
- Town Hall for information on disposal of hazardous wastes.
- Talk to your accountant and/or lawyer about important papers.

Stop by or call the Topsfield Council on Aging, (978-887-1523 and discuss your needs with them.