

Topsfield Council on Aging
SENIOR SCOOP

AUGUST 2016

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

Staff Offices located at Town Hall, 8 West Common Street, Topsfield, MA

ACTIVITIES, EVENTS & DROP-IN CENTER

at the Emerson Center / 9 East Common Street, Topsfield

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

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

I am delighted to be joining the COA team. You may remember me as the Town Clerk (2010-2013) and as your Town Warden. When I served across the hall as your Town Clerk, I always admired the inviting atmosphere that existed in the other corner office. Beth, Nancy, Peg, and others set the tone and make all who enter feel welcome. I look forward to joining this dynamic team and building on the strong foundation that has been laid over the years by former directors and by devoted COA Board Members. In the next few months, I will focus on listening to my teammates and our clients. We are here to serve you and encourage you to voice your opinions with respect to our programming and the services we provide. A personal goal of mine is to provide opportunities for the more than 1500 Topsfield residents who are in their 7th decade and beyond (60+). Since 60 is the new 40, 70 the new 50, 80 the new 60, I am hoping to add offerings that will appeal to a broad and youthful audience without abandoning our core mission. I am excited to be part of the Topsfield COA Team at this unique and exciting time.

Sieze the Day!

Paula Burke

Senior Scoop

Library Materials Delivered to Your Home

Call (978) 887-1528

Ask for Reference Dept.

Email ask@topfieldlibrary.org

Knitting/Crocheting Group

Wednesdays LBV

2:00-4:00

Bring your own supplies

Scrabble

Mondays

9:30-11:30 AM

VNA Keep Well Clinic

Most Thursdays

See calendar for locations & times

Tai-Chi

Wednesdays

10:00-10:45 AM

Keep Calm & Color on to Health

Thursdays

10:00 –11:30 AM

Mini Pedicure

By Appointment

at your own home

for men and women

Heidi

(978) 352-9772

\$20

Monthly Watercolor Class

Taught by Bill Duke

CANCELLED for August

Resuming in September

Notary Service (Free)

Monday-Thursday

or by Appointment

COA Office

SHINE Counselor Appointments

4th Monday of the Month

Available at Emerson Center

Call (978) 887-6866 for a date

Senior Scoop

The Fall of 2016 will be a busy election season:

MA State Primary is on THURSDAY, September 8th

Presidential election is on Tuesday, November 8th

Precinct: St. Rose of Lima Church, 12 Park Street

Election hours: 7 AM – 8 PM

Contact the Town Clerk's office at (978) 887-1505

to register to vote or if you feel you may qualify for an absentee ballot.

New Activity Offered

Keep Calm & Color On to Health



We are excited to be offering a new activity that generates wellness and relaxation, as well as stimulates the brain areas related to the senses and creativity. Join people all over the world who are enjoying this simple form of art therapy.

Our own Shirley Connelly will lead us in this new activity on Thursdays from 10:00 to 11:30 AM at the Emerson Center. She has gathered many different types of implements and will make a variety of designs available for participants.

AUGUST TRIPS

Tuesday, August 2nd

Cracker Barrel

Tewksbury, MA

**Van pick-ups start at
10:30**

Tuesday, August 9th

Seaport Grille

Gloucester, MA

**Van pick-ups start at
10:30**

Tuesday, August 30th

Pickity Place

Mason, NH

\$30 for elegant 5 course
lunch

**Van pick-ups start at
9:30**

Tuesday, August 16th

Museum of Russian Icons

Clinton, MA

In Company with Angels:
Seven Rediscovered

Tiffany Windows

\$7 admission

Lunch stop at nearby
restaurant

**Van pick-ups start at
9:00**

Tuesday, August 23rd

**Isles of Shoals Boat Trip
&**

Star Island Walking Tour

Portsmouth, NH / \$32

The boat trip lasts 3.75
hours. The tour of Star
Island will take 1 hour.

**Van pick-ups start at
11:00**

AUGUST EVENTS

Thursday, August 4th

Lunch & Movie EM

“Eddie the Eagle”

Movie begins at 11:00

\$3



Thursday, August 11th

Lunch & Movie EM

“The Intern”

Movie begins at 11:00

\$3

Thursday, August 18th

Brazilian BBQ

Town Common

(weather permitting)

11:30

Join us for Brazilian fare in a festive atmosphere as we celebrate the Rio Summer Olympics!

RSVP

\$5

Thursday, August 25th

Farm to Table Lunch

EM

11:30

Local gardeners will share their harvest and supplement our lunches with items from right off the vine.

Eat local at this unique event.

\$3

AUGUS

	Mon	Tue	
Note: Call the VAN LINE	1 9:30 Scrabble EM 10:00 Coffee & Conversation with Paula EM	2 10:30 Cracker Barrel Trip	9:30 EM 9:30 Food 10:00 Tai-C 2:00 Knitti
@ (978)887-6866 to reserve your place on	8 9:30 Scrabble EM 10:00 Coffee & Conversation EM	9 10:30 Seaport Grille Trip 3:30 COA Board Mtg TH	9:30 EM 9:30 Food 10:00 Tai-C 2:00 Knitti
Wednesday for Food Shopping.	15 9:30 Scrabble EM 10:00 Coffee & Conversation EM	16 9:00 Museum of Russian Icons Trip	9:30 EM 9:30 Food 10:00 Tai-C 2:00 Knitti
If time permits we will stop for coffee on the way back to	22 9:30 Scrabble EM 10:00 Coffee & Conversation EM 10:00 SHINE Appts EM 10:00 TRIAD Mtg LIB	23 11:30 Isles of Shoals Trip	9:30 EM 9:30 Food 10:00 Tai-C 2:00 Knitti
Topsfield.	29 9:30 Scrabble EM 10:00 Coffee & Conversation EM	30 9:30 Pickity Place Trip	9:30 EM 9:30 Food 10:00 Tai-C 2:00 Knitti

ST 2016

Wed	Thu	Fri	Sat
3 Shopping Chi EM ing LBV	4 9:00 VNA WM 10:00 Keep Calm & Color on to Health EM 11:00 Lunch & Movie EM	5 Town Hall Offices Closed	6
10 Shopping Chi EM ing LBV	11 9:30 VNA Not Available 10:00 Keep Calm & Color on to Health EM 10:30 COA Friends LIB	12 Town Hall Offices Closed	13 8:00 -10:00 <i>Food Pantry TR</i>
17 Shopping Chi EM ng- LBV	18 9:00 VNA LBV 10:00 Keep Calm & Color on to Health EM 11:30 Brazilian BBQ EM	19 Town Hall Offices Closed	20
24 Shopping Chi EM ng LBV	25 9:30 VNA EM 10:00 Keep Calm & Color on to Health EM 11:00 Farm to Table Lunch EM	26 Town Hall Offices Closed	27 8:00 -10:00 <i>Food Pantry TR</i>
31 Shopping Chi EM ng LBV	September 1 9:00 VNA WM 10:00 Keep Calm & Color on to Health EM 11:00 Lunch & Movie EM	Town Hall Offices Closed	

SHINE Appointments

Marylou Fierro is our new SHINE Counselor

The SHINE Program (**S**erving the **H**ealth **I**nsurance **N**eeds of **E**veryone) is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare or their caregivers.

Marylou will be available at the Emerson Center on the 4th Monday of the month by appointment only.

Call the office, (978) 887-6866 with questions or to secure a date.

COMING SOON

We are excited to announce some exciting new activities that will launch after Labor Day:

Book Club

Celebratory Lunches

Game Day

Holiday Adventures

Lunch & Learn

Holiday Trips

Themed Events

1 on 1 appointments w/ staff at Town Hall or in your home

Be sure to read your Senior Scoop carefully for all of the details

Senior Scoop

THEATRE GROUP

Our Theatre Group is active again!

Please let us know if you are interested in joining. We are planning to attend performances in Boston, Rockport and other nearby venues.

Transportation by van is included.

If interested, please call (978) 887-6866.

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

In Gratitude

In our new "Gratitude Corner," we plan to acknowledge those who go the extra mile.

During the transition in the office, Assistant **Beth Wideberg** and Board Chairperson **Penny Rogers** stepped up in a big way, tackling significant year-end tasks, covering both the office and the Emerson Center, and holding down the fort. They are to be commended for keeping the ship upright during a busy time of year. We should also note that Beth just completed her 10th year of service! Our Topsfield seniors have been fortunate to have such a talented and dedicated person on their team!

We are grateful to our dedicated **Meals on Wheels Drivers** who deliver meals over 4 foot snowbanks and during the dog days of summer.

Thanks, also, to local gardener and activist **Andrew Prazar** for ensuring that fresh produce has been made available. Delectable heads of lettuce were distributed last month.

Congratulations to Friend of the COA **Chris Cotti**, who was presented with the Silver Tree Award for her devotion to our seniors!