

# **Topsfield Council on Aging**

## **Senior Scoop**

# **FEBRUARY 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.

### **Information about the COA and weather issues:**

If the weather is bad and we are supposed to be driving you somewhere, please call the office to make sure we are open. If the schools are closed, there will be no Meals on Wheels delivery. However, if the schools are closed it does not necessarily mean the office is closed. The office is closed when town hall closes.

Along with our phone bingo we will be playing phone trivia. It is free and simple to do. You just call into our 800 number and answer trivia from all different fields. We would also like to add other programs so if you have anything you are interested in please let us know. Or, if you would like to volunteer to help run a program please give us a call.

**Be Well-  
Jodi**

### **Board of Directors**

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# Senior Scoop

## FEBRUARY EVENTS

**RSVP'S ARE NEEDED**

**CALL 978-887-6866**

**Tuesday, February 3rd**

**Chicken Connection,  
Haverhill Ma**

Enjoy a nice chicken or ribs lunch at an affordable price and take some chicken pies home for later.

Leave Topsfield at 11:00  
A.M.

**Monday, February 9th**

**Lunch and movie**

Enjoy pizza while relaxing and watching a movie at the clubhouse.

Movie TBD.

12:00 P.M.

\$5.00

**Tuesday, February 10th**

**Addison Gallery of  
American Art  
Philips Andover Academy**

**Andover, Ma**

**Light/Dark White/  
Black**

Showcasing a wide range of aesthetic and symbolic functions of black and white in modern and contemporary art from the permanent collection.

Museum is Free

Lunch at Bertucci's,  
Andover

Leave Topsfield at 10:00 A.M.

## FEBRUARY EVENTS

**RSVP'S ARE NEEDED**

**CALL 978-887-6866**

### Tuesday, February 17th

#### **Peabody Essex Museum**

**Salem, Ma**

*In Plain Sight* presents 20 exemplary works of Gould's furniture alongside paintings, archival materials, decorative arts and digital media elements that provide insight into the makers and consumers of 18th-century American design and culture.

**Leave at 10:00 A.M**

**\$15 + lunch**

**Eat lunch at museum**

**Leave Salem at 2:30**

### Monday, February 23rd

Lunch and movie

Enjoy pizza while relaxing and watching a movie at the Clubhouse.

Movie TBD.

12:00 P. M.

\$5.00

### Tuesday, February 24th

Cracker Barrel

Tewksbury, Ma

Leave Topsfield at

11:30 A.M.

Tuesday, March 3rd

Porthole Pub

Lynn, Ma

Leave Topsfield at 11:00

# Ongoing Events

## Scrabble

Mondays 9:30

Little Brook Village

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## Zumba

10:00 A.M.

Trinity Church

\$3.00

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## Notary Service (Free)

Monday-Thursday

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

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## Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

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## Yoga

Cancelled until the spring

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## Knitting/Crocheting Group

(Free)

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

Bring your own supplies.

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## Senior Center Without Walls( FREE)

Monday and Thursday Bingo 1:00

Tuesday Trivia 1:00

Call the office to sign up

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## Mini Pedicures

1st Wednesday of the Month

\$15.00

Call Heidi: (978) 352-9772

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## Bill Duke Watercolor Class-CH

\$20.00 9-noon

Monday, February 9th

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## VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

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# Topsfield COA Newsletter

## Meetings

COA: Tuesday 2/10 3:30 LBV

Friends: Call for details

Triad: 2/23 10:00 Town Hall

## Town Census:

Thank you to everyone who sent back their questionnaire we included with the census. We got a great amount back and a great amount back who would like to be contacted if they lose power. Unfortunately, some people said they would like to be contacted but they didn't put their name down. If you think this may be you please give us a call and we will get you on our list.

If you have any questions please call us at (978)887-1523.

## **Don't Be Alone Inside This Winter!!!**

### **Join Senior Center Without Walls**

Senior Center Without Walls is a **FREE** Program for seniors.

Our first SCWW program is a bingo program which we play by using a teleconference call. Our second program is Trivia. We will have easy trivia about past tv shows and movies.

If you would like to learn more about SCWW please call the office and we will gladly explain the program.

## **Do you need sand?**

DPW Topsfield

297 Boston St.

Drive to the top of the incline, the sand is on the right.

Free to all Topsfield residents

Use a 5 gallon bucket

Limit 2 Buckets

Bring your own shovel

# **Topsfield COA Newsletter**

## **Top Cupboard Food Pantry**

The Topsfield Food Pantry is open the 2nd and 4th Saturday of the month from 8:00-10:00 A.M. It is located at Trinity Church on River Road. If you are unable to get to the food pantry, call Jodi at (978) 887-1523 to arrange for a food drop off.

If you would like to donate food please let us know and we can arrange a pick up.

The following items are needed at the food pantry:

- ♦ Oil
- ♦ Vinegar
- ♦ Mayonnaise
- ♦ Paper towels
- ♦ Toilet Paper
- ♦ Tea/Coffee
- ♦ Fruit Cups
- ♦ Dog food- New Balance

## **Call Us For Assistance**

- ♦ Fuel Assistance
- ♦ Food stamps
- ♦ Transportation
- ♦ Food pantry deliveries
- ♦ Lifeline
- ♦ File of Life
- ♦ Handicap Placards
- ♦ Health Care Proxie
- ♦ Health Insurance Questions
- ♦ Veteran's Services
- ♦ Meals on Wheels

Please call (978)887-1523 and we would be happy to help you.

## **Volunteers Needed:**

The COA is looking for substitute drivers for their Meals on Wheels program.

Meals are delivered to approximately 25 clients every day between 10:30-12:30.

There is a small stipend to cover the gas expense.

Please call the office at 887-1523 if you are interested.

## **Topsfield COA Newsletter**

### **Tax Season is Here**

It's that time of year again. AARP volunteers will be at the library preparing tax returns for low to moderate income seniors. Call (978)887-1523 to RSVP. Limited availability and is on a first come first served basis.

**Starts February 5th**

### **PIZZA AND MOVIE**

We will be having a pizza and movie event twice a month at the clubhouse.

Lunch will be served at noon and the movie will start a few minutes after the serving is done.

The charge will be \$5.00 per person.

### **HOME LOAN MODIFICATION LOAN PROGRAM**

This program is a state funded loan program that can help Massachusetts's residents live more independently at home.

- ◆ Provides 0%-3% loans (up to \$30,000)
- ◆ Generous income and guidelines
- ◆ Approximately 90% of homeowners qualify for a 0% loan

For more info, call Susan Gillam at (617) 204-3739.

# FEBRAURY 2015

Mon	Tue	Wed	Thu	Fri
2. 9:30 Scrabble-LBV 1:00 Phone Bingo	3. 11:00 Chicken Connection 1:00 Phone Trivia	4. 9:15 Shopping 2:00 Knitting	5. 9 00 Well Clinic-WM 10:30 Zumba 1:00 Phone Bingo	6.
9. 9:00 Bill Duke 9:30 Scrabble-LBV 12:00 Movie & Lunch	10. 10:00 Addison Gallery Andover 1:00 Phone Trivia	11. 9:15 Shopping 2:00 Knitting-LBV	12. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity 1:00 Phone Bingo	13.
16. CLOSED PRESIDENT'S DAY	17. 10:00 A.M PEM, Salem 1:00 Phone Trivia	18. 9:15 Shopping 2:00 Knitting-LBV	19. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity 1:00 Phone Bingo	20.
23. 9:30 Scrabble 12:00 Movie & Lunch CH 1:00 Phone Bingo	24. 11:30 Cracker Barrel 1:00 Phone Trivia	21. 9:15 Shopping 2:00 Knitting-LBV	22. 9:00 Well Clinic-WM 10:00 Zumba-Trinity 1:00 Phone Bingo	23.
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