

Topsfield Council on Aging

Senior Scoop

JULY 2014

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.

Office (978) 887-1523 Van Line (978) 887-6866

Happy Summer Everyone. I hope you are going to come to our cook-outs this summer and enjoy the fresh air and the tasty foods. We will be serving salad with all of our cookouts and a veggie burger is available on request.

We do ask that you call and make a reservation so we have enough food for everyone.

Be Well-

Jodi

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William Quinn

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Senior Scoop

JULY EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Tuesday, July 1st

Warren's Seafood

Kittery, Maine

Leave Topsfield at 11:00

Wednesday, July 9th

Cookout on the Commons

\$5.00

Wednesday, July 2nd

Fourth of July Cookout

11:30 A.M.

Town Commons

Tuesday, July 15th

**Pairpoint Glass(Free) and
Lunch at Flynn's Pub.**

Take a ride to Sagamore and witness the artistry of glass-blowing.

For well over a century, Pairpoint glass has graced the tables, cabinets and shelves of some of America's finest homes. Shop the wide array of beautiful glass creations.

Leave Topsfield at 9:30 A.M

**Return home around 5:00
P.M.**

Tuesday, July 8th

**Philips House Museum, Salem (\$5.00) and lunch at
Captain's Restaurant.**

Historic museum with art, cars, antiques and furnishings from early twentieth century.

**Leave Topsfield at 10:15
A.M.**

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Tuesday, 22nd, 2014

Not Your Average Joe's

Newburyport, Ma

Lunch in Newburyport and then walk around or just sit on the bench and enjoy the scenary.

Leave Topsfield at 11:00 A.M. and leave Newburyport at 3:00.

Tuesday, July 29th

Peabody Essex Museum and Finz Restaurant

Turner at Peabody Essex Museum-100 Oil paintings watercolors, studies and drawings.

\$15.00 plus lunch

Leave Topsfield at 10:30

Be home by 3:00 P.M.

Wednesday, July 23rd

Museum Fine Arts(Free)

And dinner at Reds

Leave Topsfield at 3:00 P.M.

Wednesday, July 30th

Birthday Lunch at Clubhouse

12:00 P.M.

Su-Changs

\$5.00

(free if birthday month)

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

Cancelled until September

Notary Service (Free)

Monday-Thursday

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

COA Office

Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

Yoga

Friday 9:30

Little Brook Village

Free for Topsfield residents

\$3.00 out of towners

Knitting/Crocheting Group

(Free)

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

Bring your own supplies.

Free Telephone Bingo

Tuesdays and Wednesdays

10:00

Call the office to get your free supplies

Mini Pedicures

1st Wednesday of the Month

\$15.00

Little Brook Village Community Room

Call Heidi: (978) 352-9772

Bill Duke Watercolor Class-Clubhouse

\$20.00

July 21st

VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

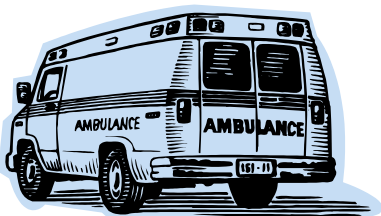
IMPORTANT INFORMATION

TRIAD CORNER

Make Sure:

- Stairs are in good condition and are free of objects.
- Light switches are located at the top and bottom of stairways and at both end of long hallways
- Inside doors do not swing out over stair steps
- Stairways and hallways are well lighted

If you would like to join Triad please call the office to discuss.



COA : Tues 7/08 4:30
Friends : no meeting
Triad: 7/22 10:00 A.M

Saturday, July 12th

The Music Hall,

Portsmouth, NH

The Buddy Holly Story

**Musical comes to the
Ogunquit Playhouse.**

The journey of Buddy's rise to fame to the top of the record charts during the golden days of rock 'n' roll to his untimely death in 1959.

**Tickets are \$89.00 and will run out fast so call to
RSVP.**

Leave Topsfield at 6:30

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 drop off.

If you would like to donate food and/or other items we are in need of the following:

- **Hair Shampoo, Conditioner**
- **Depend products**
- **Bath Soap**
- **Olive oil**
- **Ketchup**
- **Mustard**
- **Salt and Pepper**
- **Mayonnaise**
- **Relish**

Please drop the food off at any of the churches or the COA at Town Hall.

Sundays 4:00-6:00 pm

CONCERTS ON THE COMMON

July 6 *Grupo Fantasia*

July 13th *Riverside*

July 20th *Reunion*

July 27th *The Avocates*

August 3, *4Guys in Taxes*

August 10 *Jumpin' Juba*

August 17th *Merrimac Valley
Concert Band*

August 24th *The Renowns*

Monday, July 21st

Diabetic Shoe Clinic

9:30 A.M. LBV

Call the office to make an appointment.

**Free diabetic shoes with
Medicare card.**

JULY 2014

Mon	Tue	Wed	Thu	Fri
	1 Warren's Seafood 10:00 Phone Bingo	2 9:15 Shopping 11:30 Cookout 2:00 Knitting-LBV	3. 9:00 Well Clinic-WM 10:00 Phone Bingo	4 9:30 Yoga LBV
7 9:30 Scrabble-LBV	8 10:00 Phone Bingo 10:30 Phillips House, Salem	9 9:15 Shopping 11:30 Cookout on the Commons. 2:00 Knitting-LBV	10 9:00 Well Clinic-LBV 10:00 Phone Bingo	11 9:30 Yoga LBV ———12
14 9:30 Scrabble-LBV	15 9:00 Pairpoint Glass and Flynn's Pub	16 9:15 Shopping 2:00 Knitting-LBV	17 9:00 Well Clinic-LBV	18 9:30 Yoga LBV
21 9:30 Scrabble-LBV 9:30 Diabetic Clinic LBV	22 11:00 NYAJ's 10:00 Phone Bingo	23 3:00 M.F.A, Dinner At Red's 9:15 Shopping 2:00 Knitting-LBV	24 9:00 Well Clinic-WM 10:00 Phone Bingo	25 9:30 Yoga LBV
28 9:30 Scrabble-LBV	29 9:30 Peabody Essex Museum 10:00 Phone Bingo	30 9:15 Shopping 12:00 Su Chang's 2:00 Knitting	31 No Well Clinic	1 9:30 Yoga LBV

Topsfield American Legion - Post 255

Presents a

Sho' nuf!!! Southern Barbeque

With Bluegrass Group

E.C. & The Moonshiners / Guests

(SPONSORED BY TOPSFIELD INSTITUTION FOR SAVINGS)

August 9, 2014 3-7 PM

Topsfield fairgrounds – Picnic Area

(Coolidge Hall if raining)

**Ribs or Chicken, corn bread, BBQ beans, cole slaw
soda, water & beer available**

Hot dogs, chips & juice for the kids

Tickets until August 1, Adults - \$13, Children under 10 - \$5

After August 1, Adults \$15, Children under 10 - \$6

purchase tickets AT GRENIER ASSOCIATES

49 MAIN STREET – DOWNTOWN TOPSFIELD - (978) 777-7000

contact a Legion member

OR MAIL A CHECK TO:

Topsfield American Legion – Post 255 P.O. Box 243

Topsfield, MA 01983