

# **Topsfield Council on Aging**

## **Senior Scoop**

**JUNE 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**

### **Staff**

Jodi Gibeley - Director  
Beth Wideberg- Secretary/  
MOW Coordinator  
Peg Beauregard-Data En-  
try Clerk  
Jim Rouvalis-Van Driver  
Stan Brennan-Van Driver

**This month we will begin our summer cookouts. Please make sure you check the location of our events because we will be moving around the town. Some cookouts will be at the Commons and others will be at the Clubhouse.**

**In addition, we will be having a lot of different foods at the cookouts. But, we will always have hot dogs and veggie burgers on request. If you are a vegetarian and are coming to our cookouts, please call us in advance so we can make sure we have a veggie burger to make for you.**

**We are looking forward to a nice summer!!**

**Be Well- Jodi**

### **Board of Directors**

<b>Penny Rogers-Chair</b>	<b>William Quinn</b>
<b>Lois Carpenter-Vice Chair</b>	<b>Florence Brady</b>
<b>Jolene Guerra-Secretary</b>	<b>Martha Davis</b>
<b>Annette Cohen</b>	<b>Charlotte O'Toole</b>
<b>Alan Grenier</b>	

### **Friends**

Chris Cotti-President  
Marie Coyle-VP  
Kathy Faust-Secretary  
Chris Roman, Treasurer  
Merelyn Adams  
Mary Margaret Keaney  
Jan Scibelli  
Gracia Clemson

# Senior Scoop

## JUNE EVENTS

**RSVP'S ARE NEEDED**

**CALL 978-887-6866**

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### Thursday, June 5th

Proctor School Band Concert  
and Luncheon

Come listen to the school band  
and then be served a delicious  
lunch of stuffed chicken  
breast, whipped potato, mixed  
vegetables, roll, cookies,  
coffee and tea.

Pick up between 10-10:20

**Free**

### Tuesday, June 10th

Wentworth By The Sea  
New Castle, New Hampshire  
Leave Topsfield at 10:30  
Return by 2:30 P.M.

### Wednesday June 11th

Dr. Rae Presentation "The  
Skin You're In" and Lunch  
served after. Dr. Rae is the  
Chief of Plastic Surgery at  
North Shore Medical Center.  
He will be discussing the lat-  
est medical techniques avail-  
able including necessary  
medical procedures. He will  
have a question and answer  
session at the end of his pres-  
entation.

**Lunch will be served at  
12:00 P.M.  
\$5.00**

### Tuesday, June 17th

Legal C Bar Restaurant and  
Shopping  
Lynnfield Market Place  
Leave Topsfield at 10:30

# Senior Scoop

## JUNE EVENTS

**RSVP'S ARE NEEDED**

**CALL 978-887-6866**

### Wednesday, June 18th

CARFIT and Cookout on the  
Commons

11:30 A.M.

Free if going through Car Fit

\$5.00 if just having lunch.

### Tuesday, June 24th

Castle Kreek Cookhouse

Essex, Ma

Enjoy an early dinner at the old  
Lewis's restaurant. Choose  
from a \$11.99 dinner menu.

Leave Topsfield at 3:30

### Monday, June 23rd

#### **4:00 P.M. Art With A Twist**

This free two hour session  
includes all of the tools  
needed for each person to  
create their own painting  
on a 16 x 20 canvas.

Art with a twist is a non profit,  
established to bring art into the  
lives of people of all ages.

**4:00-6:00 P.M.**

**6:00 P.M. Cookout**

**\$5.00-CH**

### Wednesday, June 25th

Birthday Lunch at  
Clubhouse

12:00 P.M.

Su-Changs

\$5.00 (unless birthday)

### Tuesday, July 1st

Warren's Seafood

Kittery, Maine

Leave Topsfield at 11:00

## Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

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**Zumba**

Thursdays until June 19th

10:00-11:00 A.M.

Trinity Church- \$3.00

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**Notary Service (Free)**

Monday-Thursday

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

COA Office

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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**

Friday 9:30

Little Brook Village

Free for Topsfield residents

\$3.00 out of towners

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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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**Free Telephone Bingo**

Tuesdays and Wednesdays

3:00

Call the office to get your free supplies

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**Mini Pedicures**

1st Wednesday of the Month

\$15.00

Little Brook Village Community Room

Call Heidi: (978)352-9772

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**Bill Duke Watercolor Class-Clubhouse**

\$20.00

June 16th

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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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**IMPORTANT INFORMATION**

**TRIAD CORNER**

**CAR FIT**

**Wednesday, June 18th**

The Council on Aging and Triad will be holding a Car Fit program and cookout. Car Fit assists seniors in their driving experience by:

- making sure proper vision is available by the height of the steering wheel, ensuring that mirrors are adjusted to give the greatest vision.
- Adjusting the seat to be at comfortable and safe distance from the steering wheel.
- Helping you locate your emergency breaks, hazard lights and seat belt adjustment.

**If you would like to partake in the car fit your lunch will be free.**

**If not, you are more than welcome to come and pay \$5.00 for lunch.**



**Strawberry Festival**

**Saturday, June 14th**

- ♦ Bowls and bowls of fresh strawberries, whipped cream and piles of shortcakes.
- ♦ Over 70 fine artisans displaying beautiful hand-crafted one-of-a-kind items.

**Fourth of July Cookout**

**Wednesday, July 2nd**

11:30 A.M.

Commons

Steak Tips, Macaroni Salad, Garden Salad, dessert and drinks

\$6.00

### **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.

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### **OPEN GARDEN DAY**

**THURSDAY, JUNE 19TH**

10:00 A.M.-4:00 P.M.

Visit gardens around Topsfield and Boxford.

Van will begin pick ups at 10:00 A.M.

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**Rockport Music Shalin Liu Performance Center Open Rehearsal: Boston Early Music Festival Chamber Ensemble and Dinner at Blue Lobster Grille, Dock Square,**

**Rockport**

**Friday, June 27th**

Observe the award winning ensemble's collaborative process preparing for a concert.

Leave Topsfield at 1:45. Enjoy the open rehearsal and head on over to the Blue Lobster Grille for dinner.

(978) 887-6866

# JUNE 2014

	Mon	Tue	Wed	Thu	Fri	
2	9:30 Scrabble-LBV	3:00 Phone Bingo	9:15 Shopping 2:00 Knitting-LBV 3:00 Phone Bingo	9:00 Well Clinic-WM 10:00 Zumba-Trinity <b>10:30 Proctor School lunch</b> <b>6:30 Retirement Planning-Library</b>	9:30 Yoga LBV	6
9	9:30 Scrabble-LBV	<b>10:30 Wentworth by The Sea.</b> 3:00 Phone Bingo	9:15 Shopping <b>11:00 Dr Rae/ lunch-CH</b> 2:00 Knitting-LBV	9:00 Well Clinic-LBV 10:00 Zumba-Trinity	9:30 Yoga LBV	13
9 Bill	9:30 Scrabble-LBV	<b>10:30 Legal C Bar</b> 3:00 Phone Bingo	9:15 Shopping 2:00 Knitting-LBV <b>12:00 Cookout and CarFit-Commons</b>	9:00 Well Clinic-LBV 10:00 Zumba-Trinity <b>10:00 Open Garden</b>	9:30 Yoga LBV	20
23	9:30 Scrabble-LBV <b>4:00 Art with A Twist-CH</b> <b>6:00 Cookout-</b>	3:00 Phone Bingo <b>4:00 Castle Kreekhouse</b>	9:15 Shopping <b>12:00 Su Changs-CH</b> 2:00 Knitting-LBV	9:00 Well Clinic-WM	9:30 Yoga LBV <b>3:00 Rockport</b>	27
6:00	9:30 Scrabble-LBV	<b>10:00 Warren's Seafood</b>	9:15 Shopping <b>11:30 July 4th Cookout on the Common</b> 2:00 Knitting		<b>HOLIDAY</b>	4
930 S		<b>Seafood</b>	<b>Cookout on the Common</b> 2:00 Knitting			

## Alzheimer's Caregiver Support Group

We are working on a new program for a support group for caregivers of Alzheimer's patients and/or other caregivers.

As more and more of us become caregivers for our family and friends, we often find ourselves embarking on new and challenging roles and experiences.

The program is appropriate for anyone who is a caregiver. We are committed to enhancing recommendations for the delivery of care, support and respite help you may need. The program will address topics, host speakers, monthly support group meetings and conference call support groups occurring twice a month. The group offers the opportunity to voice the issues you are encountering, ask questions and to express your feelings in a supportive environment.

For more information on the Alzheimer's Disease / Caregiver Support Program call the office at 978-887-1523.

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## SOCIETY FOR FINANCIAL AWARENESS

- New Retirement Planning Strategies
- 12 Risks of Retirement
- Estate Planning-Wills vs. Trusts
- Life Estates-avoid capital gain taxes
- Lifetime income
- 401k's and Ira's
- New Medicaid Rules-5 year look back period

**Join guest speakers George and Steven Pessotti**

**Thursday, June 5th-Library**

**6:30-8:00 P.M.**

**RSVP: Call (978) 887-1523**