

Topsfield Council on Aging

Senior Scoop

MARCH 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.

I am happy that you are taking the time to read the Senior Scoop as this is the best way the Topsfield Council on Aging (TCOA) can communicate with everyone. The word council is a little misleading as it is not “a group of people” but is actually the arm of town government which carries out the mission statement you see on the top of this page. Our office is in town hall where my staff and I respond to calls, plan programs, outings and lectures, coordinate meals on wheels and van services and serve as the only human service office in Topsfield.

The TCOA is often mistaken as a group who plan trips and play bingo. While we do that, we are much more than that. We are a resource for seniors and their caregivers who need help. We advise, coordinate and advocate on behalf of the Topsfield seniors. We assist in determining the needs of the senior citizens of our town. We inform the general public and the governing bodies of the county and state about the needs of the seniors in Topsfield.

We are here for you whether you are a senior who needs assistance or a caregiver who needs advice on how to move forward with their loved on. We are just a phone call away...

Board of Directors

Penny Rogers-Chair
William Quinn-Vice Chair
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Mary Margaret Keane
Gracia Clemson

Senior Scoop

MARCH EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Tuesday, March 3rd

Porthole Pub

Lynn, MA

Enjoy a nice lunch at an affordable price.

Leave Topsfield at 11:00
A.M.

Tuesday, March 10th

Brunch at the Clubhouse and
Movie

Ham, eggs, bagels, fruit

11:00 A.M.

\$5.00

Monday, March 16th

Bill Duke Watercolor Class

\$20.00

9:00 A.M. –12:00 P.M.

CH

Monday, March 16th

St. Patrick's Day Dinner

Congregational Church

Corned beef and cabbage
dinner with Irish Music.

Free

4:30 P.M.

Call the COA for RSVP's
and Rides

Tuesday, March 17th

The Farm Bar and Grill

Essex, Ma

Leave Topsfield at 11:00
A.M.

SENIOR SCOOP

MARCH EVENTS

RSVP'S ARE NEEDED CALL 978-887-6866

Tuesday, March 24th

Peabody Essex Museum

Salem, Ma

Rendered by lathe and carving tools, common and exotic woods are transformed into nearly 100 complex sculptural forms with alluring surfaces and textures. Massachusetts collectors Robert M. and Lillian Montalto Bohlen have assembled this premier collection of contemporary wood art that is international in scope and diverse in form. Experience the beauty, sensuality and sculptural qualities of wood.

\$15.00

Leave Topsfield at 10:00 A.M.

Tuesday, March 31st

The Chicken Connection

Haverhill, Ma

Enjoy an inexpensive lunch and pick up chicken pies for later use.

Leave Topsfield at 11:30

Friday, April 3rd

Good Friday

Clam Box, Ipswich

Leave Topsfield at

11:30 A.M.

MARCH LUNCH AND LEARN PRESENTATIONS

RSVP'S ARE NEEDED

CALL 978-887-6866

Wednesday, March 11th

Pizza Party with Pace

Come learn about Pace services and how they can help you or a loved one.

Learn about how to get coordinated, free, Mass-Health medical & health-care services to help you stay healthy and independent.

CH

\$5.00

11:30 A.M.

Wednesday, March 18th

Arthritis Exercise Class

And Lunch

(Salad with chicken)

CH

\$5.00

11:30 A.M.

Wednesday, March 25th

Managing Clutter and Downsizing presented by SeniorCare and pizza

CH

\$5.00

11:30 A.M.

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

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

Cancelled until the spring

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, March 16th

VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

Topsfield COA Newsletter

Monday, March 16th

St. Patrick's Day Dinner

Members of The Congregational Church of Topsfield will be serving a traditional St. Patrick's Day Corned Beef and Cabbage Dinner on **Monday, March 16th at 4:30 pm** for Topsfield Seniors in the Emerson Center on W. Common St.

-Special Irish Entertainment

-Wear Green!

FREE

RSVP to the COA

(978)887-6866

(We will be driving people to the event so let us know if you need a ride)

Sunday, April 5th

Easter Dinner

Are you wondering what to do for Easter dinner, or do you know someone who might be alone? There will be an Easter dinner at the Gould Barn for anyone who would like to come. The Gathering will begin at 2:00 P.M. on Easter day, April 5th.

You don't need to bring anything but please RSVP to Wendy at the Congregational Church at (978)887-2101 x11 or by email to Wendy @congregationchurch.org.

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 Medical Alert System
 - File of Life
 - Handicap Placards
 - Health Care Proxy
 - Health Insurance Questions
 - Veteran's Services
 - Meals on Wheels
 - Information and Referral
- 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 Monday-Friday 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

COME TO TOWN MEETING TUESDAY MAY 5TH

THE COA board and I put a citizens petition together to have a needs assessment done for the senior citizens of our town. This assessment will be done by an outside consultant and will give us an objective viewpoint of what the current seniors and future seniors need. This assessment will include focus groups, interviews, demographic profiles, peer community comparisons and a verbal and written presentation. We are asking for the town to pay for this assessment which costs \$10,000.

We will be driving seniors to the meeting so please mark your calendars....

Do you have an inner artist inside you?

Watercolor Art Class

Come to our Watercolor Painting class with Bill Duke. This month we are painting "Early Spring".

All you need for the class is some creative fun!!

Beginners-Advanced; All are welcome!!

All Supplies Included

CH

\$20.00

MARCH 2015

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|-------------------------------------|
| 2. 9:30 Scrabble-LBV 1:00 Phone Bingo | 3. 11:00 Porthole Pub-Lynn 1:00 Phone Trivia | 4. 9:15 Shopping 2:00 Knitting-LBV | 5. 9:00 Well Clinic-WM 10:30 Zumba-Trin 1:00 Phone Bingo | 6. |
| 9. 9:30 Scrabble-LBV | 10. 11:00 Brunch and movie-CH 1:00 Phone Trivia | 11. 9:15 Shopping 11:30 Pace Pizza Party-CH 2:00 Knitting-LBV | 12. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity 1:00 Phone Bingo | 13. |
| 16. 9:00 Bill Duke 4:30 St. Pat's Dinner-Emerson | 17. 11:00 The Farm Bar and Grill-Essex 1:00 Phone Trivia | 18. 9:15 Shopping 11:30 A.M. Arthritis Class and Lunch-CH 2:00 Knitting-LBV | 19. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity 1:00 Phone Bingo | 20. |
| 23. 9:30 Scrabble 1:00 Phone Bingo | 24. 10:00-Peabody Essex Museum-Salem 1:00 Phone Trivia | 25. 9:15 Shopping 11:30 Managing Clutter and downsizing & lunch-CH 2:00 Knitting-LBV | 26. 9:00 Well Clinic-WM 10:00 Zumba-Trinity 1:00 Phone Bingo | 27. |
| 30. 9:30 Scrabble 1:00 Phone Bingo | 31. 11:30 Chicken Connection-Haverhill 1:00 Phone Trivia | 1. 9:15 Shopping 2:00 Knitting-LBV | 2. 9:00 Well Clinic-WM 10:30 Zumba – Trinity 1:00 Phone Bingo | 3. 11:30 Clam Box-Ipswich |