

Topsfield Council on Aging **SENIOR SCOOP**

MAY 2017

Mission Statement:

To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, 60 years of age or older.

COA @ Trinity Episcopal Church

124 River Road

ACTIVITIES, EVENTS & DROP-IN CENTER

Days/Hours: MONDAY, WEDNESDAY, & THURSDAY 9:30 AM to 2:30 PM

COA @ Town Hall

461 Boston Street E6

INQUIRIES, APPOINTMENTS, VISITS

Days/Office Hours: MONDAY-THURSDAY 8 AM to 3 PM; Friday 9 AM to 12 PM

Contact:

Office Phone: (978) 887-1523

Bus Reservations & RSVPs: (978) 887-6866



Friends of the Topsfield Council on Aging

With the warmer days of spring come new opportunities to enjoy beautiful New England days as we return to campus and explore historical aspects of Endicott College, head to the beach to enjoy the mesmerizing shoreline of NH and learn about our own Hood Pond, discover the evolving offerings at nearby ifarm, and journey to Lowell for an evening out at the ballpark! We will celebrate the lives of those who paid the ultimate price to preserve our freedoms and pay special tribute to the moms among us. Mary MacDonald, of the wonderful Rest-Stop-Ranch in Topsfield will explain all of the services she offers at the refuge she lovingly shares with others. Mary will welcome mothers for a retreat in honor of their special day.

After giving us the VIP tour of the Grand Army of the Republic Museum in Lynn, local historian Dexter Bishop will share anecdotes from the Civil War as told by Topsfield soldiers at Coffee & Conversation. We look forward to welcoming Jim Moon back to the ballroom to demonstrate more moves for our dancing shoes. We are grateful that Haley, our intern from Masconomet High School, has chosen to spend the entire month of May with us. We are anxious to see how she encapsulates her experience in her final project and to compare her journey with those of her classmates at the Masconomet Senior Internship Fair.

Our ArtVentures include a photoshoot around Topsfield led by local photographer Paul Jamieson and the launch of "Silver Screenings with Vinny."

Our wonderful TRIAD team, comprised of members of the Essex County Sheriff's Dept., the Topsfield Police and Fire Departments, local residents, and more, will give a comprehensive presentation on the services available in Topsfield and beyond that will increase the safety of our residents. We are grateful to the Topsfield Historical Society for donating the Gould Barn for that important event.

Seize the Day!

Paula Burke & Beth Wideberg & Peg Beauregard

Regularly Scheduled Events

Game Day

including Scrabble



Most Mondays

9:30 AM -12:30 PM

Technology Tips

Learn how to use your smartphone, tablet and laptop

2nd Monday of month

11:00 AM -12:00 AM

Watercolor Class

Taught by North Shore Artist Bill Duke

Monday, MAY 15th

9:30 AM -12:30 PM

\$20

includes all supplies

Prepay to reserve your spot



Zumba with Kathy

Most Thursdays

10:00 AM -11:00 AM

\$3

Thursday Specialty Luncheons

11:30 AM

\$5 @ Trinity Church

unless otherwise noted

Always RSVP (978) 887-6866

Wk 1: **Birthday / Cinco de Mayo-**
Pulled pork sandwiches

Wk 2: **Moms' Tribute Lunch-**
Crab or Shrimp Rolls

Wk 3: **Lunch & Learn TRIAD-Help**
Us Help You-Salad & Chowder
at **GOULD BARN**

Wk 4: **Pizza Party**

Coffee & Conversation

Most Wednesdays

10:00 AM -11:00 AM

Enjoy an easy exchange with specialists in a variety of fields in a comfortable setting.

Tai-Chi

Most Wednesdays

11:15 AM - 12:15 PM

Knitting ✂ Crocheting Group

Wednesdays at LBV

2:00 PM - 4:00 PM

Bring your own supplies

ArtVenture

Find your inner artist, musician, photographer, dancer...

Many Thursdays

(Check calendar)

1:00 PM

MAY Highlights

Annual Town Meeting & Annual Town Election

The first week in May means democracy is in full bloom in Topsfield. Let your voice be heard and your vote be counted at our Annual Town Meeting (Proctor) at 7 PM on May 2nd and at our Annual Town Election (St. Rose of Lima Church Hall) between 7 AM and 8 PM on May 4th.

Join us for a FRIENDly Gathering @ Texas Roadhouse

The Friends of the Topsfield Council on Aging have arranged for 20% of the cost of your meal to be donated to the Topsfield COA when the coupon (included in this newsletter) is presented to your server at the Texas Roadhouse in Danvers. Enjoy a delicious meal and support one of your favorite causes!

Thursday, May 4th (Election Day) 3-10 PM

TRIAD: Help Us Help You

RSVP

What happens when your local public safety officials, your neighborhood COA and compassionate residents join forces? TRIAD...The goal of this unique partnership is to create the opportunity for an exchange of information between law enforcement, support services and senior citizens. The Topsfield Historical Society has generously donated the Gould Barn for the COA to host our weekly luncheon (salad & chowder for \$5) and for TRIAD to sponsor a special presentation highlighting the many services available (many at no cost) to Topsfield seniors. John Russell from the Essex County Sheriff's Dept. will start his presentation at 12:15, immediately following the 11:30 AM lunch.

Thursday, May 18th 11:30 AM

Mothers' Retreat at Rest-Stop-Ranch

RSVP

Mary MacDonald wants to spoil moms for a couple of hours at her bucolic property at 202 Haverhill Road. Stroll among the blossoming flowers and take in the sights and sounds of nature. Relax in the Meditation Garden. Take time out to reflect on the blessings in your lives in one of the most serene places in Topsfield

Friday, May 19th 10 AM-12 PM

MAY TRIPS

RSVP (978) 887-6866

Tuesday, MAY 2nd

Adventures in Lynn

Private tour of
Grand Army of the Republic Museum



Lunch at
Port Hole Pub

Visit a variety of Lynn landmarks including
Zimman's, Gannon Golf Course

Bus leaves Topsfield at 9:30

Tuesday, MAY 9th

Our Back to Campus Series continues...

Explore Endicott College

Historic Walking Tour of
Endicott College

&

Visit

“Endicott: Building a Legacy
Exhibit”

Lunch at Soma

Bus leaves Topsfield at 9:30



Tuesday, MAY 16th

Enjoy breakfast at

Nancy's Marshview Café
Salisbury, MA



Adventures at Hampton Beach

Beat the crowds to the beach and
enjoy a relaxing day along one of
New England's most storied shorelines.

Bus leaves Topsfield at 9:30

FRIDAY, MAY 26th

Support our intern Haley as she shares her
experiences with the Topsfield COA at the

Masconomet Internship Fair

Lunch at Braccia's Four66 Pub & Grille

Bus leaves Topsfield at 9:45

R
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Tuesday, MAY 30th

Discover

ifarm LLC



55 Towne Road • Boxford, MA

Bus leaves Topsfield at 10:00

Thursday, MAY 4th



**MAY Birthday Lunch
&
Cinco de Mayo**

Join us for this
dual
celebration and
enjoy
pulled pork
sandwiches



Trinity Church @ 11:30
\$5

(free for those with MAY birthdays)

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Thursday, MAY 11th

Moms' Tribute Lunch

Seafood Rolls:
Crab or Shrimp

Spoil yourself with a fresh
seafood roll from Cherry
Street Fish Market
Place your order by 5/9



Trinity Church @ 11:30
\$5

**V
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Thursday, MAY 18th

**Lunch 'n Learn
TRIAD:
*Help Us Help You***

Feast on salad and chowder
before learning about
essential services that are
available in Topsfield to meet
seniors' changing needs.

Tips you learn could save a life!!

Space is limited...reply early!

**GOULD BARN @ 11:30
\$5**

Thursday, MAY 25th

Pizza Party



Trinity Church @ 11:30
\$5



May

RSVP (978) 887-6866

	Monday	Tuesday	Wednesday
	1 9:30 Game Day	2 ANNUAL TOWN MTG 9:30 Adventures in Lynn Private tour of Grand Army of the Republic Museum Lunch at Port Hole Pub Visit Zimman's, NSCC, Gannon	3 9:30 Shop in Rowley 10:00 Coffee & Conversation TOWN MEETING UNPLUGGED 11:15 Tai-Chi 2:00 Knitting-LBV
	8 9:30 Game Day 11:00 Technology Tips	9 9:30 Historic Houses of Endicott (College) Tour & Endicott: Building a Legacy Exhibit Lunch at Soma 4:00 <i>Board Meeting-TH</i>	10 9:30 Shop in Rowley 10:00 Coffee & Conversation TOPSFIELD'S CIVIL WAR SOLDIERS' STORIES D Bishop 11:15 Tai-Chi 1:00 BALLROOM DANCING 2:00 Knitting-LBV
	15 9:30 Watercolor Class w/ Bill Duke (\$20) 9:30 Scrabble Only	16 9:30 Breakfast at Nancy's Marshview Café followed by Adventures at Hampton Beach	17 9:30 Shop in Rowley 10:00 Coffee & Conversation JOYFUL NOISES PRESCHOOL Yvonne Beirne 11:15 Tai-Chi 1:00 BALLROOM DANCING 2:00 Knitting-LBV
	22 9:30 Game Day 10:00-12:00 SHINE Counselor by appointment	23 Trip Day is Friday this week	24 9:30 Shop in Rowley 10:00 Coffee & Conversation VETERANS' SERVICES OFFICER Dick Cullinan 11:15 Tai-Chi 1:00 BALLROOM DANCING 2:00 Knitting-LBV
	 29 9:00 <i>Topsfield Observance</i> <i>Veterans' Memorial Green</i> Town Hall Closed	30 10:00 ifarm in Boxford	31 9:30 Shop in Rowley 10:00 Coffee & Conversation I'M IN THE ARMY NOW! 11:15 Tai-Chi 2:00 Knitting-LBV

2017

RSVP (978) 887-6866

	Thursday	Friday	Saturday/Sunday
	ANNUAL TOWN ELECTION 9:30 VNA-WM 10:00 Zumba with Kathy (\$3) 11:30 Birthday/Cinco de Mayo (Pulled Pork Sandwiches \$5) 1:00 ArtVenture: DANCER/ PHOTOGRAPHER Jim Moon 	5 COA office hours: 9 AM-12 PM	6/7
	11 9:30 VNA-TR 10:00 Zumba with Kathy (\$3) 11:30 Moms' Tribute Lunch (Crab or Shrimp Rolls \$5) 1:00 ArtVenture: Topsfield Photo Shoot with Paul Jamieson	12 COA office hours: 9 AM-12 PM	13/14 <u>Saturday</u> 8:00-10:00 AM <i>Food Pantry TR</i> <i>Boy Scout Yard Sale/</i> 
	18 9:30 VNA-LBV 10:00 Zumba with Kathy (\$3) 11:30 Lunch (Soup \$5) & Learn at Gould Barn TRIAD-Help Us Help You!	19 10:00 Mother's Retreat at Rest-Stop-Ranch COA office hours: 9 AM-12 PM	20/21
	25 9:30 VNA-TR 10:00 Zumba with Kathy (\$3) 11:30 Pizza Party (\$5) 1:00 ArtVenture: Haley's Choice	26 9:45 Masconomet Internship Fair Lunch at Braccia's Four66 Pub & Grille COA office hours: 9 AM-12PM	27/28 <u>Saturday</u> 8:00-10:00 AM <i>Food Pantry TR /</i>
	June 1 9:30 VNA Clinic-WM 10:00 Zumba with Kathy (\$3) 11:30 Birthday Lunch (Pasta \$5) 1:00 ArtVenture: Silver Screenings w/ Vinny	2 COA office hours: 9 AM-12 PM	3/4

Don't rock the boat at BOOK CLUB on JUNE 22nd!

In April we had the unique opportunity to hear from administrators of the elementary schools about how they have integrated the Community Read book, *Life is Good* by Bert and John Jacobs, into the schools' curricula. We are exploring opportunities to collaborate in the future to improve the lives of the children and senior citizens in Topsfield. Stay tuned for future initiatives!

We look forward to reading the acclaimed *The Boys in the Boat* for our next meeting on Thursday, June 15th at Trinity at 10 AM. This page turner chronicles the lives of the members of the University of Washington Men's Crew Team that captured the gold medal at the 1936 Olympics in Berlin during a turning point in our civilization. There is something for every reader in this substantive book!

Board of Directors

Penny Rogers-Chair
William Quinn-Vice Chair
Charlotte O'Toole-Recording Sec.
Florence Brady
Annette Cohen
Elaine Crippen
Bette Cullinan
Martha Davis
Alfred DiDonato
Jolene Guerra
Ruth Lucy
Next Meeting: May 9th, 2017 @ 4:00 PM in TH

Friends of the COA

Yvonne Anderson-Acting President
Kathy Faust-Secretary
Chris Roman-Treasurer
Merelyn Adams
Gracia Clemson
Chris Cotti
Kathy Curran
Mary Margaret Keaney

SUPPORT TopsCOA & BECOME A
FRIEND!

P.O. Box 173 / Topsfield, MA

In Gratitude

Spring has sprung and hardly a day has passed when we have not been engaged in activities or on excursions. Many people help make that possible. We are grateful to the students and staff of Essex Tech who prepared an incredible meal for us at the Maple Street Bistro. Several of our veterans were treated to a special evening when the sponsors of the Run for the Troops welcomed them to their annual dinner at the Andover Country Club. Topsfield Historical Society President Norm Isler and his wife Peggy conducted recon missions to prepare an interesting tour of neighboring "Oniontown" (Danvers) for our Mystery Ride. As we prepared to participate in our Annual Town Meeting and Annual Town Election, our FinCom liaison, Dana Warren, took time out to explain the process of preparing the warrant while Beth Wideberg did her homework to moderate a discussion of that important document so that voters can make educated decisions. Our beloved Shirley Connelly and Tom Curran shared stories and a scrapbook about their experiences with the USO. Members of the New Meadows Garden Club, led by Rose Ann Waite, demonstrated how to "design with flowers" in anticipation of our attending the *Art in Flowers* event at the library. Several of the Tri-Town School Union administrators joined us for book club so that we truly experienced *Life is Good* as a community read. Daphne led us in another fun craft project. Anne Barrett pinch hit to share her presentation on *Transportation & Industry in Topsfield*. Thanks to all who remind us every day that LIFE IS GOOD!