

Topsfield Council on Aging

Senior Scoop

NOVEMBER 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

As we roll into the holidays please check the newsletter for a lot of fun events. Henry's will be catering our Thanksgiving and Christmas dinners. The cost will be \$5.00 to go towards desserts and drinks. Thank you to the Friends who have agreed to cover the Henry's bill. Please make sure you RSVP so we can have an accurate amount of food. In addition, we are having six different speakers coming in to speak about various issues. There will be a light lunch or dinner served at each presentation. If you can't make it to the clubhouse you can call in and listen to the speaker. Call the office for more details.

Be Well -Jodi

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Senior Scoop

NOVEMBER EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Topsfield residents have first priority for our trips. Out of town guests can call a week before the trip they want to attend and make a reservation if spots are still available.

RULES OF THE ROAD

- Restrain from talking to the bus drivers so they can concentrate.
- The drivers have a GPS so no need to give directions.
- The drivers are on a strict schedule and will be leaving town at the time planned.
- Please don't ask the driver to make additional unplanned stops.

And Finally, relax and enjoy the ride and the scenery.

Opening Night of Christmas Time

Friday, December 5th

Reagle Music Theater, Waltham, Ma

Call ASAP for reservations

Tuesday, November 4th

12:00 P.M.

Fire prevention presentation.
There will also be a demonstration on how to use a fire extinguisher. Free Fire extinguishers will be given out.

Free Lunch-CH

Wednesday, November 5th

11:30 A.M.

Health Plan Options Presentation to explain how the medigap plan, part D plan and medicare advantage plan work with Medicare.

\$5.00 Lunch-CH

Senior Scoop

NOVEMBER EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Wednesday, November 12th:
12:00 P.M-CH

Balance and Mobility speaker from
Gordon College Mobility Center.

Lunch \$5.00

Wednesday, November 19th

12:00 P.M.

Neuropathy Pain presentation by
certified Neuropathy
pain specialist.

Lunch \$5.00-CH

Friday, November 14th

Harvest Supper at Trinity Church

5:00 and 6:30 seatings

65 and older

Call Trinity at (978) 887-5570

\$5.00

Wednesday, November 19th

Henry's Thanksgiving Dinner

4:00 P.M.

Emerson Center

\$5.00

Monday, November 17th

4:00 P.M.

Shine speaker on the basics
of Medicare.

Baked Potato Bar

\$5.00-CH

Tuesday, November 25th

Harvard Art Museum

“Mark Rothko's Harvard
Murals”

Reopened after \$350million
Renovation

\$13.00-Leave at 9:00 A.M.

Tuesday, November 18th

Merrimac NH Outlets

Leave Topsfield at 9:30 A.M.

Shop and have lunch on your own
and meet the bus at 2:30 to go home.

Tuesday, November 25th

Su Chang's Birthday Lunch

\$5.00 12:00 P.M.-CH

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

10:00 Trinity Church

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 in November

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

Tuesday and Thursday

2:00

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-CH

\$20.00 9-noon

Monday, November 10th

VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

Topsfield COA Newsletter

Meetings

COA: Monday, 11/10 4:30 LBV

Friends: Call for details

Triad: 11/24 10:00 Town Hall

TAX WORK OFF PROGRAM

Must be 60 or older

Must be owner of record

Income can't exceed \$49,000 for single or \$74,000 for married.

Must be current on taxes

Participants will be chosen by a lottery if more than ten people apply.

Each hour worked will generate \$8.00 credit (maximum \$800) toward the seniors FY2014 tax bill.

VETERANS TAX WORK OFF

Veterans are eligible for 125 hours at \$8.00/hour up to \$1000.00

If the veteran can't do the work then he/she can have someone volunteer to do the work for them.

All applications are due by December 1st. For question please call Jodi at (978) 887-1523.

Senior Center Without Walls

Senior Center Without Walls is a **FREE** Program for seniors who can't get out of their homes for medical, social, economic or weather related issues.

Our first SCWW program is a bingo program which we play by using a teleconference call.

This month we will be starting some new SCWW programs. These include current events, trivia and weekly speakers. If you can't make it to the weekly speakers please call the office and we will set up a teleconference call for you to be able to listen in on.

In addition, on November 18th we will be holding a gratitude call where people can call the teleconference number and share what you are grateful for. You will be able to communicate with others in the town as well as one of us in the office.

If you would like to learn more about SCWW or register for one of the programs, please call the office and we will gladly explain it to you.

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 and/or other items we are in need of the following:

Items Needed:

Peanut Butter and Jelly
Cheerios
Canned potatoes
Baked beans
Low sodium soups
Mixed veggies
Fruit in a can
Whole or multi grain pasta
Ketchup
Mustard
Mayo
Relish
Shampoo
Shaving gel
Deodorant

Medicare is Not Calling you:

Do not give any personal information out over the phone. There is a scam with people pretending to be calling from Medicare. Don't answer any questions and if you have any doubt, call the number on the back of your card.

Assistance

If you need fuel assistance, food stamps, transportation, food pantry deliveries, lifeline or any other assistance please call the office and we will gladly help.

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.

NOVEMBER 2014

9:30 Mon	Tue	Wed	Thu	Fri
CH=Clubhouse at the Tospfield Fairgrounds LBV=Little Brook Village	28. 9:30 A.M. Wegman's 2:00 Phone Bingo	29. 9:15 Shopping 2:00 Knitting-LBV	30. 9:00 Well Clinic-WM 10:00 Zumba-Trinity 2:00 Phone Bingo Flu Clinic 1-4 P.M.- Emerson CTR	31.
3. 9:30 Scrabble-LBV	4. 12:00 Fire Prevention- CH 2:00 Phone Bingo	5. 9:15 Shopping 11:30 BCBS-CH 2:00 Knitting-LBV	6. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity 2:00 Phone Bingo	7.
10. 9:00 Bill Duke-CH 9:30 Scrabble-LBV	11. VETERANS DAY CLOSED	12. 9:15 Shopping 12:00 Balance and Mobility-CH 2:00 Knitting-LBV	13. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity 2:00 Phone Bingo	14. 5:00 Harvest Dinner- Trinity Church
17. 9:30 Scrabble-LBV 4:00 Dinner & Shine presentations-CH	18. 9:30 Merrimack NH Outlets-NH 10:00 Gratitude Call SCWW 2:00 Phone Bingo	19. 9:15 Shopping 12:00 Neuropathy speaker-CH 2:00 Knitting-LBV 4:00 Thanksgiving Dinner-Emerson	20. 9:00 Well Clinic-WM 10:00 A.M. Zumba- Trinity 2:00 Phone Bingo	21.
24. 9:30 Scrabble-LBV	25. 9:00 Harvard Art Museum 12:00 Su-Chang's-CH 2:00 Phone Bingo	26. 9:15 Shopping 2:00 Knitting-LBV	27. Happy Thanksgiving	28. Closed