

Topsfield Council on Aging

Senior Scoop

NOVEMBER 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'm sure by now you've heard that there will not be a cost of living adjustment(COLA)increase for social security. Some are worried about their Medicare costs going up. If you get social security your Medicare costs WILL NOT INCREASE. Under Medicare's "hold harmless" rule, individuals who have their Medicare premiums automatically deducted from their Social Security checks cannot experience premium increases in years when there's no COLA. However, 30% of people who are on Medicare will see an increase but these are people who are not on social security. I hope this alleviates some stress for those of you who were worried about it. **Be Well -Jodi**

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Senior Scoop

NOVEMBER EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Tuesday, November

3rd

**Essex Tech Luncheon
Middleton, Ma**

Choice of three entrees
Salad, Veggie and des-
sert.

\$10.00

Leave Topsfield at 11:00

Tuesday, November 10th

Museum of Fine Arts

Boston, Ma

Class Distinctions Dutch
Painting in the Age of
Rembrandt and Vermeer

**\$23.00 plus lunch at the
café.**

Leave Topsfield at 9:00

Leave MFA at 2:30

Wednesday, November 4th

Writer's Club

Library

1:00 P.M.

Thursday, November 12th

**Burlington Coat factory,
TJ Maxx and Trader
Joes and enjoy lunch at
British Beer Works**

Peabody/Danvers, Ma

Leave Topsfield at 10:00

Senior Scoop

NOVEMBER EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Tuesday, November 17th

Wrentham Village Outlets

Wrentham, MA

Start Christmas shopping before the official season starts.

Leave Topsfield at 9:30

Tuesday, December 1st

Victoria Station, Pickering Wharf Salem

Shop at Pickering Wharf and then enjoy the sights of Salem Harbor while dining at Victoria Station.

Leave Topsfield at 10

Leave Salem at 2:00

Tuesday, November 24th

Cape Ann Museum

Lunch at Seaport Grille

Gloucester, Ma

John Sloan's Rendering of Gloucester features 37 of his portraits.

Leave Topsfield at 10

SAVE THE DATE

Wednesday, December 16th

Christmas Dinner

Emerson Center

4:00 P.M.

Dinner TBD

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Tai Chi

Wednesdays

10:00 A.M.

Little Brook Village

Notary Service (Free)

Monday-Thursday

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

COA Office

Writer's Club

1st Wednesday of the month.

1:00

Library

Yoga

CANCELLED FOR THE WINTER

Coloring Social

Tuesdays

10:00 A.M Town Hall

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

\$20.00 9-noon

Monday, November 16th

CH

VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

Topsfield COA Newsletter

Tuesday, December 8th

**Blithewold Mansions
\$33.00+ tax and tip**
Tour this beautiful
mansion in Bristol,
R.I. decorated for the
Christmas season.

**Mansion Tour
\$11.00**

High Tea \$22.00
High Tea reservations
are at 1:00 P.M. This
includes Tea, Scones,
Quiche, Brownies,
Crème Burlee, Tea
Sandwiches and Fruit
Tart.

Leave Topsfield 10
A.M.
Leave Newport 2:30
P.M.

LUNCH AND LEARN Pizza and Salad

Wednesday, November 4th

**Varicose Veins with Dr. Norton
Of N.E. Vein Specialists**
Learn what varicose veins look
like, what causes them, and how
you can make lifestyle changes to
help them.

Thursday, November 19th
**Lisa Rose , Regional Shine Pro-
gram Director on
Medicare and Insurance
Information**

Medicare changes information
every year so come and find out
what changes were made this year
and how it's going to affect you.

Top Cupboard Food Pantry

Open the 2nd and 4th Saturday of
the month.

8:00 A.M.-10:00 A.M.
Trinity Church

NOVEMBER

| Sun | Mon | Tue | Wed |
|---|--|--|--|
| Trinity-TR Town Hall-TH Little Brook-LBV | 2. 9:30 Scrabble-LBV 1:00 Phone Bingo | 3. 1:00 Phone Trivia 11:00Essex Tech | 4. 9:30 Food S 10:00 Tai-C 12:00 Lunc 1:00 Write |
| Washington Meadows-WM Library-LIB Clubhouse-CH | 9. 9:00 Food Shopping 9:30 Scrabble-LBV 1:00 Phone Bingo | 10. 9:30 MFA 10:00 Coloring Social-TH 1:00 Phone Trivia | 11. CLO Vetera |
| 15. | 16 9:00 Bill Duke-CH 9:30 Scrabble-LBV 1:00 Phone Bingo | 17. 9:30 Wrentham Outlets 10:00 Coloring Social-TH 1:00 Phone Trivia | 18. 9:30 Foo 10:00 Ta 2:00 Kni |
| 22. | 23. 9:30 Scrabble-LBV 10:00 Triad-Lib 1:00 Phone Bingo | 24. 10:00 Cape Ann Museum 10:00 Coloring Social-TH 1:00 Phone Trivia | 25. 9:30 Foo 10:00 Ta 2:00 Kni |
| 29. | 30. 9:30 Scrabble-LBV 1:00 Phone Bingo | 1. 10;00 Coloring Social- TH 11:00 Victoria Station 1:00 Phone Trivia | 2. 9:30 Foo 10:00 Ta 2:00 Kni |

BER 2015

Wed

Shopping
Chi-LBV
Lunch and Learn
Senior's Club-Lib

CLOSED

Men's Day!

Shopping
Chi-LBV
Lunch and Learn-LBV

Shopping
Chi-LBV
Lunch and Learn-LBV

Shopping
Chi-LBV
Lunch and Learn-LBV

Thu

5.
9:00 VNA-WM
1:00 Phone Bingo

12.
9:30 TJMAX, British
Beer Works
9:00 VNA-LBV
1:00 Phone Bingo

19.
9:00 VNA-LBV
12:00 Lunch and Learn
1:00 Phone Bingo

**Happy
Thanksgiving
CLOSED**

3.
VNA-WM
1:00 Phone Bingo

Fri

6.

13.

20.

27.

CLOSED

4.

Sat

7.

14.
8:00 A.M. Food
Pantry-TR

21.

28.
8:00 A.M. Food
Pantry-TR

5.

Topsfield COA Newsletter



A message from Topsfield TRIAD

It's MA Law that you have a Carbon Monoxide Detector at your residence.

A malfunction in your Furnace and/or other gas-fueled appliance can cause odorless Carbon Monoxide (CO).

- If not detected by a CO detector, your life could be at extreme risk, including death.
- A Smoke Detector is NOT a CO detector. It does not measure *Carbon Monoxide*.
- If you have questions on how many to have and/or need help installing one, call the Topsfield Fire Department at 978-887-5148.

This information is provided as a public service by the TRIAD Topsfield Council. It is Not intended to be legal advice. For more information about TRIAD, call 978 887 1523

COLORING IS THE NEW RAGE

Coloring is a great way to alleviate stress. No artistic skill needed. First gathering will be on Tuesday, November 10th. At 10:00 A.M. at town hall. Socialize and have a coffee and donut.