

# Topsfield Council on Aging

## Senior Scoop

OCTOBER 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**

If you would like to be a part of our theater group please call the office and we'll put you on our list. The theater group gets called when we have last minute shows they would like to attend and don't have time to put it in the newsletter.

On another note, we will be having seminars throughout the fall and winter on a variety of topics. In October we have a seminar on Identity Fraud and also a seminar on protecting yourself from nursing homes. We welcome your ideas on future topics.

**Be Well -Jodi**

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Merelyn Adams

Mary Margaret Keaney

Gracia Clemson

# Senior Scoop

## OCTOBER EVENTS

**RSVP'S ARE NEEDED**

**CALL 978-887-6866**

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**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.

### **Tuesday, September 30th**

#### **IKEA**

Stoughton, Ma

Shop and enjoy lunch

Leave Topsfield at 9:30

Leave IKEA at 2:30

### **Tuesday, October 14th**

#### **Peabody Essex Museum**

Salem, MA

Calder and Abstraction: From  
Avant-Garde to Iconic:

More than 40 three-dimensional works by the giant of 20th century modernism. It will include kinetic metal works and standing sculptures.

After the museum, enjoy lunch at the museum café.

Leave Topsfield at 9:30 P.M.

Leave Salem at 2:00 P.M.

\$15.00 + lunch

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**Tuesday, October 21st**  
**Museum of Russian  
Icons**

**Clinton, MA**

**Siberia Imagined and**  
**Reimagined**

Depicting subjects ranging from the everyday to the Bizarre; features photographs from the late 19th century to the present.

Photographs span 130 years of Siberian life.

**\$9.00 + Lunch**

**Lunch at the Old Timers  
Restaurant.**

Leave Topsfield at 9:30 A.M.  
Leave Clinton at 3:00 P.M.

**Tuesday, October 28th**

**Wegmans**

**Burlington, Ma**

Visit the new Wegman's store in Burlington, MA and have lunch in the new 200 seat café. Wegmans is a 135,000 square foot supermarket offering everything from soup to nuts.

Leave Topsfield at 9:30 A.M.

Leave Burlington at 2:00 P.M.

**Wednesday, October 29th**

**Su Chang's Birthday Lunch**

**12:00 P.M.**

**Place TBD**

**\$5.00 (free if it's your birthday)**

# Ongoing Events

## Scrabble

Mondays 9:30  
Little Brook Village

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## Zumba

Thursdays @ 10:00  
Trinity Church  
\$3.00

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## Notary Service (Free)

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

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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

Tuesday and Thursday  
2:00  
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-TBD

\$20.00  
Monday, October 20th-LBV

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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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# Topsfield COA Newsletter

## Meetings

COA: Tuesday, 10/14 4:30 LBV

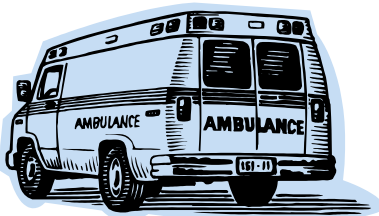
Friends: 10/6 Call for details

Triad: 10/27 10:00 Town Hall

## Triad News

### Make Sure:

- ◆ There is a sturdy chair with arms where you can sit and dress.
- ◆ A lamp or flashlight is kept within reach of your bed.
- ◆ Your bedroom is located on the first floor of your home.
- ◆ A telephone jack is installed in the bedroom.



## Wednesday, October 8th

### Identity Fraud Seminar

### Senior Financial Literacy

Institution For Savings will be hosting a seminar on Identity Fraud.

Some topics that we cover:

- Safe Internet use
- Beware of scams-by telephone & mail
- Protect your Social Security number
- Secure your mail
- Shred private information

**Light lunch will be served**

**12:30**

**Trinity Church**

**Free**

(There will be a game with prizes).

Please RSVP by calling

# **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

## **Tuesday, October 14th**

**Attorney Edward Beasley presents:**

### **You Mean I Could Lose Most Of My Assets To A Nursing Home?**

- How to protect yourself from the potentially catastrophic effects of a nursing home.
- Bullet proof your trust from nursing-home costs.
- Things you need to ensure your current trust is up to date.

**To reserve call 800-370-5010**

**6:00 P.M. Library**

## **Friday, December 5th**

**Register Now!**

**Reagle Music Theater,**

**Waltham, Ma**

**Christmas Time**

**(Opening Night)**

Two hour fifteen minute show with Christmas music, dancing and singing.

7:30 P.M. Show

\$36.00

# OCTOBER 2014

9:30 Mon	Tue	Wed	Thu	Fri
29. 9:30 Scrabble-LBV	30. <b>9:30 A.M. IKEA</b> <b>2:00 Phone Bingo</b> <b>7:00 P.M. Special Town Mtg-Proctor</b>	1. 9:15 Shopping 2:00 Knitting-LBV	2. 9:00 Well Clinic-WM 10:00 Zumba-Trinity <b>2:00 Phone Bingo</b>	3. 9:30 Yoga LBV
6. 9:30 Scrabble-LBV Senior Citizen Day at The Topsfield Fair	7. <b>2:00 Phone Bingo</b>	8. 9:15 Shopping 2:00 Knitting-LBV <b>12:30 Fraud Seminar-Trinity</b>	9. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity <b>2:00 Phone Bingo</b>	10. 9:30 Yoga LBV
13. <b>COLUMBUS DAY</b> <b>CLOSED</b>	14. <b>9:30 Peabody Essex Museum, Salem</b> <b>2:00 Phone Bingo</b> <b>6:00 Atty Beasley-Lib</b>	15. 9:15 Shopping 2:00 Knitting-LBV	16. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity <b>2:00 Phone Bingo</b>	17. 9:30 Yoga LBV
20. <b>9:00 A.M. Bill Duke LBV</b> 9:30 Scrabble-LBV	21. <b>9:30 A.M. Museum of Russian Icons</b> <b>2:00 Phone Bingo</b>	22. 9:15 Shopping 2:00 Knitting-LBV	23. 9:00 Well Clinic-WM 10:00 A.M. Zumba-Trinity <b>2:00 Phone Bingo</b>	24. 9:30 Yoga LBV
27. 9:30 Scrabble-LBV	28. <b>9:30 A.M. Wegmans, Burlington</b>	29. 9:15 Shopping <b>12:00 Su-Changs-TBD</b> 2:00 Knitting-LBV	30. 10:00 A.M. Zumba-Trinity <b>2:00 Phone Bingo</b>	31.