

Topsfield Council on Aging
SENIOR SCOOP
OCTOBER 2016

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 @ the Emerson Center
9 East Common Street

ACTIVITIES, EVENTS & DROP-IN CENTER

Days/Hours: MONDAY, WEDNESDAY, & THURSDAY 9:30 AM to 1:30 PM

COA @ Town Hall

8 West Common Street

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

We have enjoyed seeing hundreds of you as we launch our new fall programming, which has been received enthusiastically. If you are a Facebook user, you can find photos of many of our events on the Friends of the Council on Aging page.

In October, we look forward to expanding our Game Day offerings, conversing with a local artist about what inspires her and with a resident who will share downsizing tips & tricks, and taking a special holiday adventure to celebrate our founders at Plimoth Plantation and Patriot Place. We will gather for a Halloween & Humor Bash that will feature treats, prizes and a comedian.

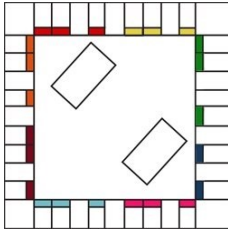
On these cooler days of autumn, we hope to see more of you at the Emerson Center, which has been made available to us thanks to the generosity of the Friends of the Topsfield Council on Aging. We are in the lovely parlor and library hanging out, drinking our morning coffee/tea, and engaging in planned activities on Mondays, Wednesdays, and Thursdays from 9:30 AM to 1:30 PM. We hope to become part of your fall routine.

If you would like to volunteer, please let us know. We are in the process of matching people with our offerings. **We are in particular need of a Meals on Wheels driver.** Please call us if you would be interested in joining our team to deliver meals to and conduct well-being checks on about 20 residents once per week. Our Meals on Wheels folks are the hidden jewels in our community!

Seize the Day!

Paula Burke

Senior Scoop



Game Day

(including Scrabble)

Most Mondays

9:30 AM -12:30 PM

Watercolor Class

Taught by Bill Duke

Monday, October 17th

9:30 AM -12:30 PM

\$20

includes all supplies

Prepay to reserve your spot



Coffee & Conversation

Wednesdays

10:00 AM -11:00 AM

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

Tai-Chi

Wednesdays

11:00 AM - 11:45 AM

Knitting/Crocheting Group

Wednesdays at LBV

2:00 PM - 4:00 PM

Bring your own supplies

Thursday Specialty Luncheons

11:30 AM

(\$4)

Wk 1: **Birthdays Lunch**-Italian + Cake

Wk 2: **Lunch'n Learn**-Chinese Food

Wk 3: **Seasonal Lunch**

-Harvest Farm-to-Table

Wk 4: **Halloween & Humor Bash**

-Pizza

RSVP

Senior Scoop

HAPPENING THIS MONTH!

Topsfield Fair

**A free HOURLY SHUTTLE will operate on
Monday, October 3rd / Senior Day at the Fair
between 10 AM and 8 PM**

The Mounties perform at 6 PM in the Arena!
RSVP for pick-up at home or at the Emerson Center

Safe Driving Tips

Thursday, October 13th in the Gould Barn at 11:30
RSVP for complimentary lunch

Halloween Craft & Treat (\$5)

Thursday, October 20th after our Harvest Lunch (\$4)
RSVP for both

The Friends of the Topsfield COA are our biggest boosters!

Thanks to the Friends of the Topsfield COA, the Emerson Center has been our home since May. As our programs expand, so has our attendance. When you support the Friends of the Topsfield COA you become a booster, too!

The Friends have also shared their appealing **Facebook** page:

Friends of the Topsfield Council on Aging

We hope that you will like the page and receive notifications about future happenings and posts that include photos about recent events. This dynamic page creates many opportunities to provide up-to-the-minute information about our programs and services. Don't be left out!

For more information, contact Chris at (978) 887-2193.

OCTOBER TRIPS

Tuesday, October 4th

Mystery Lunch
? Massachusetts

Bus pick-ups start at 10:00

Tuesday, October 18th



Plimoth Plantation (\$24)

Plymouth

&

Patriot Place

Foxboro

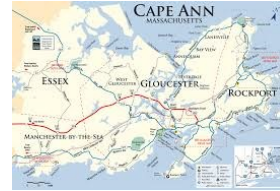


Celebrate our founding fathers on a whirlwind tour of historic Plimoth Planation, including a special Grist Mill tour, and then dine, shop or just marvel at Patriot Place, an outdoor retail center built by the Kraft Group.

Bus pick-ups start at 9:00

Tuesday, October 11th

**Adventures on
Cape Ann**



Lunch at Seaport Grille on
Gloucester's waterfront
(soups, burgers, seafood & more)

Browse Bearskin Neck in
Rockport

Bus pick-ups start at 10:30



Tuesday, October 25th

Museum of Fine Arts (\$23)

Boston

Celebrate the Beauty of Color in Sculpture in Renaissance Florence by sculptor Della Robbia.

Explore The Structure of Things by artist Terry Winters and much more at the special exhibits now showing at Boston's largest art collection.

Lunch on your own with diverse dining options inside the museum.

Bus pick-ups start at 10:00

**R
S
V
P**

OCTOBER EVENTS

Thursday, October 6th



October Birthday Lunch

Join us to celebrate with an Italian feast and birthday cake.

Emerson Center @ 11:30
\$4

Free lunch for those with birthdays in October.

Thursday, October 20th

Harvest Lunch

Feast on the fruits and vegetables of our local gardeners' labor.

Emerson Center @ 11:30
\$4



**R
S**

**Halloween
Craft & Treat** to follow

Thursday, October 13th

Lunch 'n Learn

After dining on Chinese food we will brush up on **SAFE DRIVING TECHNIQUES.**

Gould Barn @ 11:30
Courtesy of TRIAD



**V
P**

Thursday, October 27th

**Halloween & Humor
Bash**



Celebrate in costume, if you wish (prizes will be awarded) the spookiest of holidays with **friends, food (pizza) and a funny entertainer.**

Emerson Center @ 11:30
\$4

OCTOBER

	Mon	Tue	
	3	4	
	9:30 Game Day Senior Day at Topsfield Fair FREE SHUTTLE runs every hour between 10 AM & 8 PM	10:00 Mystery Lunch in ?, Massachusetts	10:00 Coff DOV 11:00 Tai-C 2:00 Knitti
UNLESS OTHERWISE	10	11	
	Happy Columbus Day! Town Hall Closed Last day of Topsfield Fair	10:30 Adventures on Cape Ann: Seaport Grille, Bearskin Neck <i>4:00 COA Board Mtg-TH</i>	9:30 *FOC 10:00 Coff FAIR 11:00 Tai-C 2:00 Knitti
NOTED, EVENTS	17	18	
	9:30-12:30 Watercolor Class w/ Bill Duke \$20 9:30 Scrabble only	9:00 Plimoth Plantation & Patriot Place	9:30 *FOC 10:00 Coff LIBRA Laura 11:00 Tai-C 2:00 Knitti
ARE HELD AT THE	24	25	
	9:30 Game Day 10:00-12:00 SHINE Counselor available by appointment <i>10:00 TRIAD Mtg-LIB</i>	10:00 Museum of Fine Arts- Renaissance Mastery	9:30 *FOC 10:00 Coff ARTI 11:00 Tai-C 2:00 Knitti
EMERSON CENTER !	31	NOVEMBER 1	
	Happy Halloween! 9:30 Game Day	10:30 Mystery Lunch in ?, Massachusetts	9:30 Food 10:00 Coff TBA 11:00 Tai-C 2:00 Knitti

ER 2016

Wed	Thu	Fri	Sat
5 Free & Conversation WNSIZER Janet Chi Cancelled ng-LBV	6 9:30 *FOOD SHOPPING 9:30 VNA-WM 11:30 Birthday Lunch (\$4) Italian food Birthdays free!	7 COA office hours: 9 AM-12 PM	8 8:00 -10:00 <i>Food Pantry TR</i>
12 FOOD SHOPPING Free & Conversation R EXHIBITOR Chi ng-LBV	13 9:00 VNA-Emerson 11:30 Lunch'n Learn-Safe Driving Tips Free at Gould Barn	14 COA office hours: 9 AM-12 PM	15
19 FOOD SHOPPING Free & Conversation ARY DIRECTOR Zalewski Chi ng-LBV	20 9:30 VNA-LBV 10:00 Book Club 11:30 Harvest Lunch (\$4) 12:30 Halloween Craft & Treat (\$5) 1-4PM FLU CLINIC (BOH)	21 COA office hours: 9 AM-12 PM	22 8:00 -10:00 <i>Food Pantry TR</i>
26 FOOD SHOPPING Free & Conversation IST Laura Stover Chi ng-LBV	27 9:30 VNA-Emerson 11:30 Halloween & Humor Bash (\$4)	28 COA office hours: 9 AM-12 PM	29
2 Shopping Free & Conversation Chi ng-LBV	3 9:30 VNA-WM 11:30 Birthday Lunch (\$4) Italian food Birthdays free!	4 COA office hours: 9 AM-12 PM	*Please note that Food Shopping returns to Wednesdays starting October 12th!

OUTREACH IN YOUR COMMUNITY



- **BUS TRANSPORTATION:** Bus transportation is available for appointments on Monday afternoons and on Thursdays and for shopping at specific times on Wednesdays. Donations offset expenses. Call (978) 887-6866 to schedule any pick-up at least 48 hours in advance.
- **FOOD PANTRY:** Top Cupboard Food Panty is sponsored by the churches of Topsfield. The pantry is open on the 2nd & 4th Saturdays of every month. Food can also be delivered. For information call (978) 887-5570 or visit www.topcupboard.org.
- **FUEL ASSISTANCE:** Need help with your heating bills? Weatherization Assistance and HEARTWAP Programs are available. (See NSCAP below)
- **GROCERY SHOPPING:** The COA bus is available to bring seniors to Market Basket. Register by calling (978) 887-6866.
- **INSURANCE:** A SHINE Counselor is available to answer your questions about insurance. Call (978) 887-6866 to set up a private consultation.
- **LIBRARY:** Library materials can be delivered to your home. Call (978) 887-1528 and ask for the Library Reference Department or email ask@topsfiedlibrary.org.
- **MEALS ON WHEELS:** Check your eligibility for this locally administered program by calling SeniorCare at (866) 927-1050.
- **NORTH SHORE COMMUNITY ACTION PROGRAM:** Designed to help people find the stability they need to rise out of poverty. Call (978) 531-0767 x118 to learn about an array of services.
- **NOTARY PUBLIC:** Free Notary Services are available at the COA Office or in your home. Call (978) 887-1523 for details.
- **RMV:** Your local COA participates in the “RMV Near Me” Program. Save time and effort by seeking out our assistance with procuring government issued IDs, acquiring accessible placards, etc.
- **SHREDDING:** Properly destroy sensitive documents & files in the Topsfield COA Office during regular business hours.
- **VETERANS’ SERVICES:** Our local Veterans’ Service Officer Dick Cullinan helps veterans, their spouses or surviving spouses determine eligibility for a broad range benefits, programs or services. Call (978)380-8397 or email veterans@topsfied-ma.gov.
- **VNA:** VNA Keep Well Clinic are held most Thursdays in Topsfield. See monthly calendar for locations & times. Call (888) 663-3688 x1326 to schedule an appointment.

Senior Scoop

New BOOK CLUB forming on the 20th!

This month we are reviving our book club. Our informal group will meet bimonthly. Our first gathering will take place on:

Thursday, October 20th at 10:00 AM in the Emerson Center

We will be joined by local author Dr. Norman Gaudrault who will share his experiences related to the writing process for:

Two Years in America

Don't miss out on this unique opportunity to meet a local author and have him autograph your copy. A few books may be available to borrow at the Circulation Desk of the Topsfield Library at 978-887-1528. Autographed books may be purchased directly from Norman at 978-887-5976 or srgaud@aol.com.

Board of Directors

Penny Rogers-Chair
William Quinn-Vice Chair
Charlotte O'Toole-Recording Sec.
Jolene Guerra
Alfred DiDonato
Ruth Lucy
Florence Brady
Lois Carpenter
Martha Davis
Annette Cohen
Elaine Crippen
All welcome at Board mtg on 10/11 at 4

Friends of the COA

Gracia Clemson-President
Yvonne Anderson-VP
Kathy Faust-Secretary
Chris Roman-Treasurer
Merelyn Adams
Chris Cotti
Mary Margaret Keaney
Effie Ypsilantis

SUPPORT OUR EXPANDED
PROGRAMMING. BECOME A FRIEND!

In Gratitude

In "Gratitude Corner," we acknowledge those who have gone the extra mile for the COA.

As we launched our fall programming, there were many people who stepped up to assist. On our new Game Days, Jen Kesner, Jerry McCarthy and Dick Cullinan joined in to help say "ready, set, go!" We hope that game lovers from across Topsfield will join us and share their passion for games and puzzles of all kinds.

Did you know that for the first time in Massachusetts voters will be able to cast their ballots early? Those who attended our Coffee & Conversation heard from our Town Clerk, Ann Gill, who explained exactly how those laws will be implemented in Topsfield. Local photographer Kathy Davis shared her incredible wildlife photos and we heard from Fire Chief Ron Giovannacci who answered questions relating to public safety and more! We learned about 200 years of Topsfield Fair history when Board Member, Gene Demsey, conversed with us. We want to recognize our Van Driver, Greg, for stepping in for Stan so that our devoted shoppers could make their weekly journey as Stan took a well-deserved vacation.

A big thank you to the Congregational Church gardeners and others who have shared their bounty with our seniors. On most days, our guests walk away with fresh vegetables. Also, our Farm-to-Table lunches have been made possible by those generous donations. We look forward to one final opportunity to eat as locally as possible at our Harvest Lunch on Thursday, October 20th.