

Topsfield Council on Aging

Senior Scoop

SEPTEMBER 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

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you should receive a notice from your plan by the end of September. During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained Shine counselor is available to offer free and confidential counseling. Call the COA office for more information.

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Senior Scoop

SEPTEMBER 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 stops are still available.

Tuesday, September 2nd

Movie and Lunch

Movie at AMC Theaters

in Danvers

Lunch at Kelly's Roast Beef

Thursday, September 11th

Beauport Luncheon Cruise

Including buffet and live music.

\$39.00 plus tip and taxes.

Gloucester, Ma

Leave Topsfield at 9:30 A.M.

Tuesday, September 9th

Cookout on The Commons

Menu to be determined

\$5.00

11:30 A.M.

Sunday, September 14th

The Hermann's Royal

Lipizzan Stallions Show

At Cogswell's Grant and then dinner at Woodman's Restaurant.

Essex, MA

\$15.00 +Dinner

Leave Topsfield at 12:30

Senior Scoop

SEPTEMBER EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Monday, September 15th

Bill Duke Painting Class

9:00 A.M.

\$20.00

Tuesday, September 23rd

**Cookout on the Common
Menu to be determined**

11:30 A.M.

\$5.00

Thursday, September 18th

**“Honky Tonk: Portraits of
Country Music”**

**An exhibit of photographs by
Henry Horenstein.**

**Horenstein will be onsite to
speak about his photographs
and there will be reception
free to the public.**

Leave Topsfield at 4:00

Wednesday, September 24th

Su Chang's Birthday Lunch

12:00 P.M.

Place TBD

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

September 30th

IKEA

Stoughton, MA

Leave Topsfield at 9:30

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

Call office for an update

Notary Service (Free)

Monday-Thursday

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

COA Office

Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

Yoga

Friday 9:30

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

10:00

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-TBD

\$20.00

Monday, September 15th

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: Tuesday, 9/9 4:30 LBV

Friends: 9/8 Call for details

Triad: 9/22 Town Hall

Triad News

- The bathtub or shower has a non skid mat or strips on the standing area.
- Grab-bars are installed on the walls by the bathtub and toilet.
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- Bathtub or shower doors are safety glass or plastic.
- The towel bars and the soap in the shower stall are durable and are firmly installed.



PRODUCE FOR THE

PANTRY

If you have extra produce from your garden, please share it with the Topsfield Food Pantry. Healthy fresh vegetables are a welcome supplement to the canned and boxed food ordinarily available.

Vegetable Drop-Off Baskets are located at the Emerson Center of the Congregational Church, 9 East Common Street, at Trinity Church, 124 River Road, and in the Council on Aging Office at Town Hall.

Vegetables are collected throughout the week and are delivered to the Food Pantry on Friday afternoon after 2 PM. For further information, call the Congregational Church Office at 978-887-2101 or the Council on Aging at 978-887-1523.

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:

- Elbow macaroni(no other pasta)
- Jelly
- Fruit– canned
- Vegetables (not corn or green beans)
- Macaroni and cheese
- Coffee
- Toilet paper
- Paper Towels
- Napkins
- Men's Razors
- Bars of Soap

Please drop the food off at any of the churches or the COA at Town Hall.

Topsfield Cultural Council is looking for new members:

The basic role is reviewing and approving requests for grants that fund programs for the public in the arts, humanities and interpretive sciences.

- It is a three year term
- Involves only 3 meetings a year

If interested contact, Julie Sullivan at (978) 887-5058.

THANK YOU

The COA Board of Director's is now a full board. Thank you to all who responded. If you would like to help out the COA, the Friends are looking for new members. The Friends are the fundraising arm for the COA. If you are interested, please call the office.

SEPTEMBER 2014

9:30 Mon	Tue	Wed	Thu	Fri
1. HOLIDAY CLOSED	2. TBD: Movie and Lunch 10:00 Phone Bingo	3. 9:15 Shopping 2:00 Knitting-LBV	4. 11:30 Cookout on the Commons 9:00 Well Clinic-WM	5. 9:30 Yoga LBV
8. 9:30 Scrabble-LBV	9. 11:30 Cookout on the Commons 10:00 Phone Bingo	10. 9:15 Shopping 2:00 Knitting-LBV	11. 9:30 Beauport Cruise 9:00 Well Clinic-LBV 10:00 Phone Bingo	12. 9:30 Yoga LBV Lipizzan Show
15. 9:00 Bill Duke-TBD 9:30 Scrabble-LBV	16. 10:00 Phone Bingo	17. 9:15 Shopping 2:00 Knitting-LBV	18. 9:00 Well Clinic-LBV 10:00 Phone Bingo 4:00 Honky Tonk	19. 9:30 Yoga LBV
22. 9:30 Scrabble-LBV	23. 11:30 Cookout 10:00 Phone Bingo	24. 9:15 Shopping 12:00 Su Changs 2:00 Knitting-LBV	25. 9:00 Well Clinic-WM 10:00 Phone Bingo	26. 9:30 Yoga LBV
29. 9:30 Scrabble-LBV	30. 10:00 Phone Bingo			