



Newburyport Council on Aging
Senior Citizen News
331 High Street
Newburyport, Massachusetts 01950
978-462-0430

RRobillard@cityofnewburyport.com

Donna Holaday, Mayor
www.cityofnewburyport.com

JUNE 2017

The MISSION of the Council on Aging is:
to advocate for older adults, to identify their needs, to develop and implement services and programs to meet their health, economic, social and cultural needs, to encourage maximum independence, and to improve their quality of life. **The Council on Aging Office is open Monday through Friday from 8 am to 4 pm.**

Council on Aging Staff:

DIRECTOR

Roseann Robillard

ASSISTANT TO THE DIRECTOR

Janet Kalashian

ACTIVITIES COORDINATOR

Mary Kelly

DRIVERS

Jody Desmond, Bob Dwan
Christina Rushton-Power

NUTRITION COORDINATOR

Cindy Lee Rand

OFFICE VOLUNTEERS

Ann Marie Baia, Trudy Thompson
Maryann Humphries, Meg DeGive
Patty Smyrski, Elaine Paglia,
Nancy Brogden, Rebecca Huard
Beverly Jaques, Janet Sheehan

BOARD MEMBERS

Frances Munroe, President
Charles Carroll, Vice President,
Jo An Kincaid, Secretary
Richard Eaton, Miller Graf
Jane Kelley, Jack Ronan
Yvonne McQuilken, Cynthia Muir

The next scheduled COA Board Meeting will be June 15, 2017

COMMUNITY DAYS –

Wednesdays at 1 pm at the Senior Community Center

June 7th "Awaken the Mind, Heal the Soul"

Meet Kerri Morrison, the owner and therapist of Awaken Holistic Counseling Services, LLC; Her approach is "Integrating Spirituality with Mental Health to Awaken Your Life's Purpose." Come hear about how she is empowering the community using a "whole person" perspective to help heal the challenges of anxiety, depression, identity confusion, and shifting negative thoughts into Positive Personal Power.

June 14th Fathers Day Celebration – enjoy a special lunch at the Senior/Community Center together with live musical entertainment including hits from the 40's – 90's provided by Josef Nocera and his impersonations of Elvis, Frank Sinatra and Buddy Holly. Lunch begins at 11:30 am. The menu is carved roast top loin of Beef with gravy, fresh whipped potatoes, roasted candied squash station and Strawberry Shortcake for dessert. Reservations are required – call 978-462-0430 before Friday, June 9th. Dads eat free. All others are asked for a \$2.00 donation.

June 21st Smartphones, and Tablets-Why we need them?

The Greater Newburyport Village invites you to hear Mike Olson discuss Smartphones and Tablets and why we need them. Come hear Mike Olson discuss and demonstrate how today's technology has replaced traditional computers with powerful, portable and simpler devices. Learn how to expand your interactions with the tech-savvy generation in an easy, enjoyable way. Send and receive photos, emails, texts and more.

June 28th Greater Newburyport Village -This presentation will explore the Village movement in America, what is happening with our own local Village, what it aims to accomplish, its challenges and plans, and how it is helping local residents daily.



NOT FOR SISSIES

Growing older is not for sissies. There are many losses that can be hard to deal with. If you'd like an opportunity to share your experiences and obtain reassurance, support and encouragement, come to the Senior/Community Center. Jack L. Slatoff, retired clinical psychologist, leads two groups. Feel free to drop in and meet Jack and join in the discussions he will facilitate.

Mondays 1-3 pm Women

Tuesdays 1-3 pm Men

BIRDWATCHING

Bring your binoculars and meet other bird lovers for a narrated early morning walk on the trails of Parker River Natural Wildlife Refuge. The Refuge has varied habitats & a wide array of birds including waterfowl, herons, raptors, shorebirds, gulls & terns. The walk will be short and easy-paced and planned to capture the morning's sounds and sights. Sue McGrath, local birdwatcher, has offered to share her expertise for the enjoyment of elders in the community on **Thursday, June 15th**. Sign up at the Council on Aging, 978-462-0430. The event is free, but space is limited so sign up soon.



PICKELBALL is back for the summer! In addition to a court near the Senior/Community Center, courts at Perkins Playground will be available. Everyone interested in participating in this fun game should contact Pickelball Coordinator & USAPA Ambassador James Jones for more information. Jamesjones631@gmail.com

BOCCE equipment is available at the Senior/Community Center Reception Desk with a proof of identification. Anyone interested in Bocce lessons or instruction should leave their name and contact info

KNITTING GROUP new meets every Tuesday, 10:00 a.m. to 12:00 p.m. in the Art Room on the second floor of the center. We have plenty of needles and yarn and instructions for projects.

HELP FOR THE VISUALLY IMPAIRED The Newburyport Senior/Community Center now has a Merlin LCD enhanced vision machine in the Library. This machine allows people with low vision, macular degeneration, retinitis pigmentosa, glaucoma and cataracts to read and regain their visual independence. The Library is available Monday through Friday from 8 am – 4 pm.

SENIOR/COMMUNITY CENTER BBQ *Save the date-Wednesday, July 26th 1:00 p.m.

Do you enjoy bowling? If so, a group comes together every Wednesday from 10:30 to 12:00 at Leo's Super Bowl – 84 Haverhill Road Amesbury, MA. The Cost is \$5.50 Per Person and Includes Shoe rental and Two Games



WALKING GROUP

Starting this month the popular Walking Group will meet on Tuesday mornings at 9:00 at Graf Rink on Low Street. Any questions about the Walking Group should be directed to LuAnn Kuder at 978-270-4816.



JUNE 2017 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|---|---|--|--|
| <p>For More Information about programs Call Mary Kelly 978-462-0430</p> | | | <p>1</p> <p>9:00 Zumba Gold 9:00 Foot Care 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercise 1:00 Mah Jongg 2:30 Yoga</p> | <p>2 (Dental Cleanings)</p> <p>9:00 Exercise to Music 9:00 Coloring + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p> |
| <p>5 (Elder Law Consults)</p> <p>8:00 Health Insurance 9:00 Exercise to Music 1:00 German talk group 1:00</p> | <p>6 <i>Brown Bag Day</i></p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Low Vision group 11:00 Meditation 11:30 Singing 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p> | <p>7</p> <p>9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community Day 1:30 <i>Retired Readers</i></p> | <p>8</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercises 1:00 Mah Jongg 2:30 Yoga</p> | <p>9</p> <p>9:00 Exercise to Music 9:00 Reiki (by appt) 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1-3 Drop In Painting</p> |
| <p>12</p> <p>8:00 Health Insurance 9:00 Exercise to Music 1:00 German talk group</p> | <p>13</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 Sing A Long 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p> | <p>14</p> <p>9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community Day</p> | <p>15</p> <p>9:00 Health Insurance 9:00 Zumba Gold 9:00 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12-2 Parkinsons group 1:00 Mah Jongg 2:30 Yoga</p> | <p>16</p> <p>9:00 Exercise to Music 10:00 Qigong 11:00 Tai chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1-3 Drop In Painting</p> |
| <p>19</p> <p>8:00 Health Insurance 9:00 Exercise to Music 1:00 German talk group</p> | <p>20</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p> | <p>21</p> <p>9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community Day</p> | <p>22</p> <p>9:00 Health Insurance 9:00 Zumba Gold 9:30 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Arthritis Exercises 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p> | <p>23</p> <p>9:00 Exercise to Music 10:00 Qigong 11:00 Tai Chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p> |
| <p>26</p> <p>8:00 Health Insurance 9:00 Exercise to Music 9:00 Watercolor Painting 1:00 German talk group</p> | <p>27</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p> | <p>28</p> <p>9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns</p> | <p>29</p> <p>9:00 Health Insurance 9:00 Zumba Gold 9:30 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Arthritis Exercises 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p> | <p>30</p> <p>9:00 Exercise to Music 10:00 Qigong 11:00 Tai Chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p> |

JUNE 2017 Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| Lunch is Served at 11:15 a.m. Please call in your Lunch Reservation 2 days ahead. 978-462-0430 | Requested Donation \$2 | Be Sure To Reserve Early for the June 14th Father's Day Celebration | 1 Pulled Pork Butternut Squash Mashed Potatoes Sandwich Roll Fresh Fruit | 2 Eggplant Parm Pasta Zucchini + Squash Whole Wheat Roll Peaches |
| 5 Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Dinner Roll Cookie | 6 Chicken Teriyaki Mixed Veg White Rice Oat Bread Pineapple | 7 Stuffed Shells Meat Sauce Cauliflower Mixed Fruit | 8 Turkey Tetrazzini Pasta Carrots Whole Wheat Roll Melon | 9 Haddock Sweet Potatoes Green Beans Multigrain Bread Yogurt |
| 12 Hot Dog Baked Beans Potato Chips Hot Dog roll Mandarin Oranges | 13 Lasagna with Meat Sauce Spinach Natural Grain Bread | 14 Fathers Day Celebration Roast Top Loin of Beef Fresh Mashed Potatoes Roasted Squash Strawberry Shortcake | 15 Roasted Pork with Apples and Onions Red Potatoes Butternut Squash Oat Bread Cake | 16 Sage Stuffed Chicken Cranberry Sauce Lemon Broccoli Mashed Potatoes Dinner Roll Pudding |
| 19 Meatloaf Ketchup Sweet Potatoes Mixed Veg Whole Wheat Bread Snack Loaf | 20 Mediterranean Chikn Pasta Chef's Choice Veg Italian Bread Pears | 21 Beef and Broccoli White Rice Carrots Multigrain Bread Pineapple | 22 Turkey and Gravy Stuffing Cranberry Sauce Mashed Potatoes Green Beans Dinner Roll | 23 Mac and Cheese Crumb Topping Peas Honey Wheat Roll Melon |
| 26 Frittata Sausage Potatoes French Toast + Syrup Mandarin Oranges | 27 Pasta and Meatballs Zucchini Dinner Roll Fresh Fruit | 28 Breaded Fish Tartar Sauce Rice Pilaf Mixed Veg Natural Grain Bread Peach Crisp | 29 Citrus Chicken Pasta Salad and Marinated Veggie Salad Wheat Bread Yogurt | 30 Hamburger Cheese slice Burger Bun Ketchup Corn & Peas Applesauce |

Everyone interested in attending the Fathers Day Celebration on Wednesday, June 14th is asked to please reserve your meal before June 9. We want to be sure there is enough food for all.

**HAPPY
FATHER'S
Day!**

NEWBURYPORT COUNCIL ON AGING TRIPS

Please note: Reservations cannot be confirmed until payment is received. For details and to sign up for one of our group tours please contact the Council on Aging in Newburyport @ 978-462-0430.

June 19 – Tall Ships 2017 – Sail through Boston's historic harbor aboard the Provincetown II for a magnificent view of the Tall Ships. Includes Entertainment, Cruise and Lunch at the Venezia Waterfront Restaurant (choice of Chicken Parm or Baked Haddock). \$95pp payable to Best of Times.

June 20 – Foxwoods – Includes \$15 Food Voucher/\$10 Game Play; arrive in time for Bingo. Departs Crossroads Plaza, Salisbury. \$35pp payable to LLJ Haverhill, **due on sign up**.

July 15 – Lighthouse Lover's Cruise & Lobsterbake @ York River Landing –

Enjoy a One Pound Lobster, Chowder & Steamers, Potato & Corn on the Cob followed by a 90 minute narrated cruise through Portland's busy scenic harbor and innermost islands to see lighthouses, forts, lobster boats, seals and seabirds; includes a visit to When Pig's Fly. \$97pp payable to Royal Tours. (Steak Tip option; must order on sign up).

July 20 – Voices of Legends Show – Starring the Master of Vocal Impressions – Eric Kearns. Includes lunch @ Venezia Waterfront Restaurant (Chicken Parm or Baked Haddock). \$85pp payable to Best of Times.

July 27 – Bullets Over Broadway @ Ogunquit Playhouse – Musical adaptation of a Woody Allen comedy featuring Sally Struthers. Includes lunch at Jonathan's (Chicken Piccata or Lemon Baked Scrod) and a visit to Stonewall Kitchen. \$120pp payable to Royal Tours.

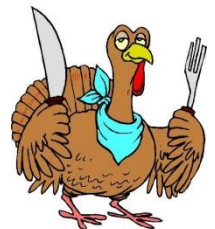
August 2 – Isles of Shoals – Located just 9 miles off the coast the Isles of Shoals are an archipelago of 9 islands steeped with history. Join us for a narrated cruise as we glide past these intriguing islands. Includes lunch at the British Beer Company (Turkey Breast Pasty or Baked Haddock). \$109pp payable to Best of Times.

September 7-11 – Nashville & Memphis – America's Music Cities. Featuring visits to Graceland; the famous Wildhorse Saloon; Beale St., Memphis; Country Music Hall of Fame; and Ryman Auditorium, home of the Grand Ole Opry from 1943 to 1974. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). Includes roundtrip Airfare and transportation / Logan Airport. \$1799pp dbl/2099 sgl. **\$600pp deposit due on sign up**.

September 16 – 24 – Tunica & Memphis – Includes tours of Graceland, Sun Studios, the Rock 'N' Soul Museum and free time on Beale St. Memphis. Visits to the Woodrow Wilson Presidential Museum and O. Winston Link Museum in VA. Transportation by bus; 9 Days/8 Nights; 4 Nights lodging at a Tunica area Casino Resort; includes 8 Breakfasts/6 Dinners. \$820pp dbl/\$1045 sgl payable to Diamond Tours. **\$75 Deposit due on sign up**; final payment due July 7.

September 21 – One Night in Memphis @ Venus de Milo – A musical tribute to that memorable night in Memphis when Elvis, Johnny Cash, Carl Perkins and Jerry Lee Lewis recorded at Sun Studios; dubbed "The Million Dollar Quartet." Includes lunch choice of Chicken Parm or Baked Schrod. \$89pp payable to Best of Times.

October 3 – Winnepesaukee Railroad "Turkey Train" – Enjoy Hart's Turkey Farm famous turkey dinner served right on the train as you relax on a leisurely 2 hour ride around part of Lake Winnepesaukee followed by a visit to Moulton Farm featuring fresh local produce and scrumptious baked goods. \$79pp payable to Royal Tours.



PARKINSONS GROUP

It is important for people with Parkinson's to remember that they live with this disease, they need not die of this disease. Self-management is crucial as there is no cure and only limited treatment. The old saws of diet, hydration, exercise need to be incorporated into a lifestyle. It never ends but relief is in the patient's hands. The group meets every third Thursday at the Senior/Community Center, 131 High St., Newburyport. Admission is always free. The group's local contact is Andrew Mungo, 978-462-0282, 978-518-9143 or portmovies@aol.com

The upcoming Thursday **June 15** meeting of the Newburyport Parkinson's support group will feature a presentation by one of the North Shore's most active Parkinson's groups. Linda and Keith Hall's Parkinson's Fitness (parkinsonsfitness.org) has presented programs widely in or area including Beverly, Topsfield and throughout the North Shore. The Newburyport group is delighted to have the Halls here at the Senior/Community Center. Parkinson's Fitness recognizes that exercise is essential for supporting and improving stability, endurance, balance and cognition. They use singing, using an instrument and dance movements to engage the Parkinson's person. All classes stress welcoming, non-intimidating motivation. Social camaraderie helps underscore the understanding of the frustrations and limitations often associated with Parkinson's.



The **July 20** meeting will welcome a speaker whose expertise ranges well beyond Parkinson's Disease to encompass any serious medical diagnosis. Andrew Tollison, PhD is an assistant professor at Merrimack College. His topic is "Health Communication: Regaining a Sense of Control During Times of Uncertainty." He speaks to the emotional impact of a serious medical diagnosis. The uncertainty of illness, the coping with serious illness, managing in daily life, communicating with loved ones as well as casual and work situations, all play a role in emotionally coping with illness.

Exercise, Movement and Dance – for those with Arthritis/Parkinson's Disease *Thursdays, 12:00 – 1:30.*

This class incorporates the latest developments in the Active Aging field, with specific components targeted towards those with Parkinson's and Arthritis. It also incorporates movements from the innovative and exciting Mark Morris Company's Parkinson's Dance program that really takes the concept of traditional exercise to another level of grace and movement. The class instructor is Susan Tribble. She can be reached at susantribble@comcast.net

THE MASS SENIOR ACTION COUNCIL is a 35 year old state wide organization of seniors like you,



working to ensure the best for their future wellbeing by influencing legislation touching all areas of their daily lives. On **Friday, June 16th** 2017 the Mass Senior Action Council, North Seacoast (MSAC) will meet at 10:00 at the Newburyport Senior/Community Center. After a 15 minute business meeting there will be a speaker and discussion. Adults from all area towns and cities are welcome. You do not need be a senior or a member of MSAC to attend.

PINOCHLE is a trick-taking card game typically for two to four players. Anyone interested in playing is invited to the Senior/Community Center on Friday afternoons to play. Other card games regularly played on Friday include 45's and cribbage. We also have Scrabble sets!

DURABLE MEDICAL EQUIPMENT is available at the Senior/Community Center. Items such as folding walkers, wheelchairs, commodes and tub-benches can be borrowed for free. Many other items are often included in the durable medical equipment inventory. Call the Council on Aging office at 978-462-0430 to inquire about specific items. Donations of clean durable medical equipment are always gratefully accepted.



RMV NEAR ME

Need to renew your driver's license or your car's registration? Maybe you can skip a trip to the Registry of Motor Vehicles by renewing online! There is a very 'user friendly' website for computer users to access:

www.massrmv.com

Several of the most common RMV transactions can be easily started and often completed online, thus decreasing wait times at registry branches. These include license renewals (for licensed drivers younger than age 75), registration renewals, change of address, and duplicate license or registration. If you need assistance with an online transaction, the Newburyport Council on Aging might be able to help you. Call the COA at 978-462-0430 to schedule an appointment for assistance in the Computer Lab at the Senior/Community Center. The www.massrmv.com web site also provides the location, hours of operation AND current wait times at each of the RMV branch

offices. The Registry of Motor Vehicles is affiliated with many AAA offices, including the one at Port Plaza in Newburyport. AAA members can visit that convenient location for many RMV services.



COUNCIL ON AGING TRANSPORTATION PROGRAM



Newburyport Council on Aging operates two vans for use by senior citizens and disabled non-elders. To use the Transportation Program, call the Council on Aging office, 978-462-0430. The vans pick up passengers at their Newburyport homes Monday-Friday from 8 am – 3:30 pm. and bring them to any other Newburyport destination, such as medical offices, grocery stores, pharmacies, hair salons and the Senior/Community Center. The Transportation Program operates



Newburyport Senior/Community Center Activities now has a **FACEBOOK** page. Check it often for event and schedule changes.

GERMAN CONVERSATION GROUP The German Conversation Group, led by Yvonne Strachwitz McQuilkin, meets each Monday from 1:00-2:00 to converse informally *in German*.

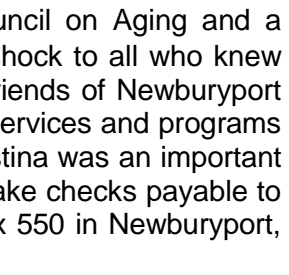
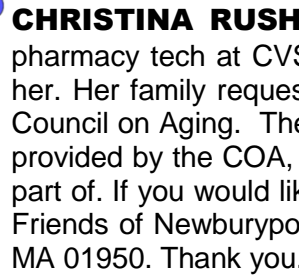
FRENCH CONVERSATION GROUP meets on Wednesdays from 10-11 am.

SINGING GROUP Come and sing on the second Tuesday from 11:30 to 12:30 in the Boardroom. Come and listen, or come and sing – all voices welcome! May 9th



COLORING GROUP New time! Coloring group now meets on Friday at 9:00 a.m. in the art-room on the 2nd floor. This is a calming, focusing activity for both men and women. All supplies are provided.

This monthly newsletter is available both electronically and in hard copy. Distribution is made possible in part by grants from the Massachusetts Executive Office of Elder Affairs and from the Friends of Newburyport Council on Aging. Call the Council on Aging to add your name to the mailing list



CHRISTINA RUSHTON POWER was a van driver for the Council on Aging and a pharmacy tech at CVS. Her unexpected death on May 19th was a shock to all who knew her. Her family requested donations in her memory be sent to the Friends of Newburyport Council on Aging. The Friends will use the donations to support the services and programs provided by the COA, including the Transportation Program that Christina was an important part of. If you would like to send a donation in her memory, please make checks payable to Friends of Newburyport Council on Aging and send them to P.O. Box 550 in Newburyport, MA 01950. Thank you.

THE FRIENDS OF NEWBURPORT COUNCIL ON AGING, a charitable 501(c)3 non-profit organization committed to providing financial support to the needs of the Council on Aging, currently has several vacancies on our 15-person Board of Directors. Also, additionally and specifically, the Friends is searching for a fiscally knowledgeable volunteer to serve on the Board as an officer, in the position of FONCOA Treasurer. The Board meets monthly in the Senior/Community Center. If you are interested and/or would like additional information, please contact Ben Iacono, FONCOA President, at biacono@comcast.net, or mention your interest to Council on Aging Director, Roseann Robillard. We hope that you will join us!

The Daily News is now available every morning at the Senior/Community Center thanks to the generosity of the Friends of Newburyport Council on Aging.



FRANCES RESLEWIC, formerly of Chase Street in Newburyport, has recently resigned from her position on the board of the Newburyport Council on Aging. She relocated to Florida last month to be closer to her sister and her daughter following the death of her husband, Henry C. Reslewic. Fran was first appointed to the Board in 2001. She had retired from her job as secretary to the Director of Special Education in the Newburyport Public School System. In addition to her excellent office skills, Fran was known for her creative talents and her piano playing. She accepted the position of Secretary/Clerk of the COA Board and was much appreciated by her fellow Board members. Newburyport residents of any age who are interested in a seat on the COA Board are invited to attend the monthly meetings and submit a letter of interest to Board President, Francis Munroe c/o Council on Aging, 331 High Street, Newburyport MA 01950

PICKLEBALL is back for the summer season!

The sport of Pickleball is played with a paddle and plastic ball and combines elements of tennis, badminton, and pingpong. The game is usually played on a regulation badminton court with the net placed lower to the ground. Pickleball can be played as singles or doubles, and the area that players defend is smaller than in tennis.

To play Pickleball, the ball is served diagonally and points can only be scored by the side that serves. Players on each side must let the ball bounce once before volleys are allowed. There is a 7-foot no-volley zone on each side of the net to prevent spiking. The first side to score 11 points and lead by two points wins the game.

Every Thursday from 9-12 during July & August, two courts will be set up on the basketball courts next to the Newburyport Senior/Community Center for play.

Those interested in playing Pickleball & have questions should contact Mary Kelly Activities Coordinator at (978) 462-0430 or the Newburyport Pickleball Coordinator, James Jones at E-mail-

jamesjones631@gmail.com

