



Newburyport Council on
Aging

Senior Citizen News

331 High Street
Newburyport, Massachusetts 01950
978-462-0430

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Donna Holaday, Mayor
www.cityofnewburyport.com

March 2018

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

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OFFICE VOLUNTEERS

Ann Marie Baia, Meg DeGive,
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Cathy Strauss, Joyce Duncan

BOARD MEMBERS

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Jane Kelley, Jack Ronan
Yvonne McQuilken,
John Green, Cynthia Muir
Annie Maurer

COMMUNITY DAYS –

Wednesdays at 1 pm at the Senior Community Center

Every month the Wednesday schedules include a free special presentation to inform, educate, entertain or inspire members of our community. The March schedule includes the following great events:

- ▶ March 7th Estate Planning with Mark Edward Skandier
- ▶ March 14th Ten Tax Tips for Seniors (at 1 pm)
Property Tax Exemptions and Abatements (at 2 pm)
- ▶ March 21 Rounder Records – part 3 – The Studio
- ▶ March 28 Collette Tours – Iceland Trips

Look inside for more information about these Community Day topics

TAX HELP PROGRAM

The Newburyport Council on Aging is providing tax help until April 12th. The free service is intended for Federal and State tax filers of all ages with moderate incomes. The Tax Help program is staffed by trained and experienced volunteers from AARP. Appointments can be made by calling the Council on Aging 978/462-0430. Appointments times are 8:30 a.m. 9:45 a.m. and 11:00 a.m. on Mondays, Tuesdays, Wednesdays and Thursdays.

SENIOR CIRCUIT BREAKER TAX CREDIT

Senior citizens in Massachusetts may be eligible to claim a refundable credit on their state income taxes for the real estate taxes they paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. The maximum credit allowed is \$1,080 for the tax year beginning January 1, 2017. The Tax Help program will assist with this filing. Call for an appointment: 978-462-0430.



COMMUNITY DAYS – 1 pm on Wednesdays – Always Free and open to all.

Wednesday, March 7th

Estate Planning Seminar

An Estate Planning Attorney will provide a basic overview of Revocable and Irrevocable Trusts. He will focus on three major issues:

- Understanding and Qualifying for MassHealth
- Trusts in Estate Planning
- Protecting Assets from the costs of Long Term Care (nursing homes, etc.)

Wednesday, March 14th

Ten Tax Tips for Seniors - followed by - Programs to help pay Property Taxes

Stu Steinberg brings more than 25 years of experience and a broad depth of knowledge to his work. He is about empowering others through education about tax health.

Newburyport City Assessor Jill Brennan will describe and explain several types of property tax exemptions and abatements, and provide handouts defining eligibility requirements, application procedures and filing deadlines.

Wednesday, March 21

Rounder Records Part III: The Studio

Marion Leighton Levy and Ken Irwin are co-founders of Rounder Records. They will talk about their studio experiences at one of the premier independent record companies that featured traditionally-based music, including artists Alison Krauss, George Thorogood, and many more. From studio recollections and music recording in general, Marian and Ken will have a conversation about their perspectives on the independent record business. After their informal introduction, there will be time for questions and answers. Ken and his wife Donna are founding members of Newburyport's Belleville Roots Music Concert Series; Marian is involved in local social justice circles. Both are long-time Newburyport residents who have been in the music business all of their adult lives.

Village Talks are offered by the Greater Newburyport Village for the enrichment of the community. Village Talks occur every third Wednesday of the month at the Newburyport Senior/Community Center, 331 High St., Newburyport. They are free and open to all. For more information please check out the Event Calendar at www.greaternewburyportvillage.org, email info@greaternewburyportvillage.org, or call 978.206.1821. The Greater Newburyport Village is a nonprofit 501 (c) 3 nonprofit membership organization whose mission is to promote living well and independently for a lifetime through community engagement and a network of neighborly support.

Wednesday, March 28th

Vinnie Brown of Collette Tours - Iceland Trips

COA Trips & Tours Travelogue featuring Iceland's Magical Northern Lights presented by Collette Tours. Learn about Iceland's many natural wonders in a land forged by fire and ice and details of our 7 day trip to Iceland November 7 to December 6. Informational details and reservation forms will be available.

VOLUNTEER DRIVERS NEEDED

- ▶ Flexible schedule
- ▶ Mileage reimbursement
- ▶ Supplemental insurance
- ▶ Make a difference
- ▶ Drive locally or to Boston
Make a difference

For the past 36 years Northern Essex Elder Transport (NEET) has been a dependable source of safe transportation for senior citizens. NEET drivers use their own cars to bring senior passengers to their appointments and back home again. Being a NEET volunteer driver is one way of being a Community Hero. If you would like more info about NEET or would like to become a NEET volunteer, call the NEET office at 978-388-7474.

MARCH 2018 Program Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Tax Help Program Every Monday, Tuesday, and Thursday Morning through April 13th. Call for an Appointment 978-462-0430</p>	<p>For More Information about programs call Mary Kelly 978-462- 0430</p>		<p>1 9:00 Zumba Gold 10:00 Ballet/Tap 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercises 1:00 Mah Jongg 2:30 Yoga</p>	<p>2 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 1:00 German talk group</p>
<p>5 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness</p>	<p>6 Brown Bag Day 9:00 Oil Painting w/ Rob 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 Veterans Meeting 1:00 Ping Pong! 3:00 Drawing w/ Rob</p>	<p>7 9:00 Exercise to Music 10:00 French group 1:00 Community Day Estate Planning Seminar</p>	<p>8 9:00 Zumba Gold 9:00 Podiatry 10:00 Ballet/Tap 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercises 1:00 Mah Jongg 2:30 Yoga</p>	<p>9 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 1:00 German talk group</p>
<p>12 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness</p>	<p>13 9:00 Ballet/Tap 9:00 Oil Painting w/ Rob 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Veterans Group 1:00 Bridge 1:00 PING PONG! 3:00 Drawing w/ Rob</p>	<p>14 9:00 Exercise to Music 10:00 French group 1:00 Community Day Ten Tax Tips Real Estate Exemptions 2:00 Retired Readers</p>	<p>15 9:00 Zumba Gold 10:00 Ballet/Tap 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 1:00 Mass Senior Action 2:30 Yoga</p>	<p>16 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 1:00 German talk group</p>
<p>19 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness</p>	<p>20 9:00 Ballet/Tap 9:00 Oil Painting w/ Rob 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 PING PONG! 3:00 Drawing w/ Rob</p>	<p>21 9:00 Exercise to Music 10:00 French group 1:00 Community Day Rouder Records</p>	<p>22 9:00 Zumba Gold 11:00 Health Insurance 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>23 9:00 Dental Clinic 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 1:00 German talk group</p>
<p>26 8:00 Health Insurance 9:00 WatercolorPainting 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness</p>	<p>27 9:00 Oil Painting w/ Rob 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 PING PONG! 3:00 Drawing w/ Rob</p>	<p>28 9:00 Exercise to Music 10:00 French group 1:00 Community Day Collette Tours – Iceland Trips</p>	<p>29 9:00 Zumba Gold 11:00 Health Insurance 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>30 9:00 Dental Clinic 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 1:00 German talk group</p>

ST PATRICK'S DAY PARTY The Coffee Talk group is holding a St. Patrick's Day party on Tuesday, March 13th at 10:00 a.m. in the dining room. Please wear you best green and gold and come celebrate & enjoy some Irish music with us.

MARCH 2018 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Requested Donation \$2</p>	<p><i>Various factors beyond our control may cause menu changes during the month.</i></p>		<p>1 American Chop Suey Zucchini and Summer Squash Dinner Roll Peaches</p>	<p>2 Breaded Pollock Potatoes O'Brien Green Beans Whole Wheat Bread Pudding</p>
<p>5 BBQ Pulled Pork Sweet Potatoes Corn Dinner Roll Applesauce</p>	<p>6 Honey Lemon Chichn Veg Rice Pilaf Broccoli Oat Bread Gelatin</p>	<p>7 Beef Barley Soup Cheeseburger Mixed Veg Roasted Potatoes Ketchup Fresh Fruit</p>	<p>8 Turkey Sandwich Gravy Mashed Potatoes Cranberry Sauce Peas Cookie</p>	<p>9 Mac & Cheese Crumb Topping Peas Whole Wheat Bread Pears</p>
<p>12 Chicken Scaloppini Risotto Mixed Veg Whole Wheat Bread Mandarin Oranges</p>	<p>13 Meatball Sub Pasta with Sauce Cauliflower Parmesan Peaches</p>	<p>14 Meals on Wheels menu Vegetable Soup Veg Frittata Roasted Potatoes Apples Yogurt Dinner Roll</p>	<p>15 Corned Beef Cabbage & Carrots Steamed Potatoes Mint Brownie Dinner roll</p>	<p>16 Mediterranean Fish Lemon Rice Creamed Spinach Oat Bread Chef's Dessert</p>
<p>19 Turkey a la King Noodles Carrots Multigrain Bread Pears</p>	<p>20 Hot Dog Baked Beans Ketchup, Mustard, Relish Potato Chips Mandarin Oranges</p>	<p>21 Tomato Soup Meatloaf - Gravy Mashed Potatoes Beets Whole Wheat Bread Fresh Fruit Pie</p>	<p>22 Chic Broccoli Alfredo Summer Squash Whole Wheat Roll Cake</p>	<p>23 Stuffed Shells Marinara Sauce Chef's vegetable Italian Bread Gelatin</p>
<p>26 Bourbon chicken White rice Mixed Veg Oat Bread Fruit Loaf</p>	<p>27 Taco style Ground Beef Peppers and Onions Corn Spanish Rice Tortilla Lettuce and Cheese Mixed Fruit</p>	<p>28 Clam Chowder Baked fish Roasted Potatoes Peas Whole Wheat Roll Yogurt</p>	<p>29 Smothered Pork Sweet Potatoes Collards Italian Bread Applesauce</p>	<p>30 Veggie Lasagna Marinara Sauce Side Salad Dinner Roll Peach Crisp</p>

TRAVELING CHEF – Lunch at the Senior/Community Center will be special on Wednesday, March 21st! The Traveling Chef program will feature a Roast Turkey carving station accompanied by stuffing, baked potatoes with sour cream, roasted butternut squash and cheesecake for dessert. This \$2 lunch is by reservation only. Call 978/462-0430.



SIGNS OF SPRING ALONG THE MERRIMACK RIVER - Join Sue McGrath of Newburyport Birders at the Senior/Community Center on Thursday, March 15th at 8:15 a.m. Sue will provide a narrated tour along the mighty Merrimack River searching for birds and signs of Spring. This free bird watching event is limited to 12 participants and is by reservation only. Call the Senior/Community Center to reserve a seat. 978/462-0430. Participants, please dress warmly, including warm footwear, hat and gloves.



MASS SENIOR ACTION COUNCIL The North Seacoast affiliate of the Mass Senior Action Council now meets at the Newburyport Senior/Community Center on the third Thursday of each month at 1:00 pm. Most meetings will have a speaker and we would also like people to come with any information or questions they may have that are important to the health, life style, and well being of adults over 50 years of age.

THE SCIENCE OF MEDICAL MARIJUANA

Harvard Neuroscientist and cannabis researcher Dr. Staci Gruber will be at the Newburyport Senior/Community Center on **Wednesday, April 11th at 1 pm** to discuss the science of medical marijuana. This Community Day program is hosted by the Friends of Newburyport Council on Aging. The event is free of charge and open to the public.

NEW! Drop-in Ice Skating Group every Tuesday from 10:00 to 11:00. Meeting location -Henry Graf Jr. Memorial Skating Rink-28 Low Street, Newburyport. \$3.00 per person & 5.00 per skate rental. We encourage skaters and spectators. Questions about this group, please e-mail mkelly@cityofnewburyport.com or call 978/518-7738

NEW! SKI CLUB *Calling all Ski Bums!*

Ski Club meeting will be on Tuesday, March 6th at 9:00 a.m. to discuss plans for our Tuesday, March 20th trip to Gunstock Mountain. All are welcome to attend.

NEW! MUSIC GROUP Interested in taking part in a music group? This group will meet on Friday mornings from 9:00 to 10:00 at the Senior/Community Center. The Friday Morning Ceilidh will begin meeting at the end of March. For sign-up information, please contact Mary Kelly at mkelly@cityofnewburyport.com or call 978/462-0430.



NEW! SPANISH DISCUSSION GROUP There has been some interest in beginning a discussion group for men and women who are fluent in Spanish and who would enjoy chatting with other Spanish speakers for an hour once each week. If you want to add your name to that list, please call Mary Kelly, Activities Coordinator at the Senior/Community Center, 978/462-0430.

GERMAN AND FRENCH DISCUSSIONS GROUPS These are not classes that will help you to learn a foreign language. They are lively discussion groups for men and women who are already fluent in German or French. The German group meets on Fridays at 1 pm and the French group meets on Wednesdays at 10 am. Both groups meet up in the Boardroom at the Senior/Community Center. Sprichst du Deutsch? Tu parles allemand ? You are welcome to attend!

GENTLE MOVEMENT Every Monday at Noon - \$5 per class. Here are ten reasons why you should attend:

1. Follows exercise guidelines for individuals aged 50 to 95, offering modifications for all fitness levels
2. Uses safe, easy-to-follow movements derived from multiple Fitness/Dance genres
3. Is designed to increase flexibility, coordination, balance, and strength
4. Can be performed entirely seated (with standing options)
5. Adheres to fitness guidelines for Active Aging, Parkinson's, and Arthritis
6. Is performed to familiar and soothing music
7. Increases vocal ability and facial expression
8. Activates all the senses through deep breathing and relaxation postures
9. Increases confidence in walking and moving
10. Provides a friendly, supportive atmosphere

SPRING ARTS – free TALK SERIES

On the first Thursday of each month at 10 a.m. in the Art Room of the Senior/Community Center. No registration required!

- ▶ Thursday, April 5th **Roseann Hunter: Handmade Rugs**
Roseann is an expert on hand made rugs; rag rugs, Shaker-Confurte, knitted rugs, and hand bags. The history of rug making will be discussed and questions are welcome.
- ▶ Thursday, May 3rd **Lully Schwartz, Painter, using a variety of media**
Lully is a well-known local painter, and a teacher of painting. Lully's work has been displayed in local galleries for many years. Slides of Lully's work will be shown and discussed.
- ▶ Thursday, June 7th **Bill Duke, Professional Watercolor Artist**
Bill will share some of his painting techniques. These professional techniques will be discussed and demonstrated. Come and learn. Questions are welcome.

MEDICARE SCAM

This is pretty important to get to people with Medicare, their families and friends or adult kids who help parents with Medicare. Here's what you need to know to protect yourself, family and friends throughout the US.

Starting 4/1/18 Medicare will start a yearlong project to replace all current Medicare cards for beneficiaries to convert to alphanumeric ID numbers. Currently the ID number is your social security number. This is starting to hit the media.

Scammers are opportunistic - First of all the new Medicare card will come to you in the mail. You don't need to request it or do anything. It will show up.

WHAT'S THE SCAM?

Somebody from "MEDICARE " will call to tell you are getting a new Medicare card. But until it comes you will need a temporary card. Fee for the card is between \$5-50 dollars. They want personal information, bank account or credit card so they can process your temporary card.

THINGS TO REMEMBER

Medicare will never call you unless you ask them to. Medicare does all communications by mail unless you ask them to call. Ditto for anybody saying they "work with Medicare to make sure you get everything you are entitled to" .

HOW TO PROTECT YOURSELF FROM THIS ONE?

First of all spread the word. Feel free to share these notes. Use your answering machine to screen calls or just don't even answer a number you don't recognize. If it has happened to you or your friends or loved ones and personal info had been given out – which happens considerably more often than you think so don't feel bad or stupid - immediately take action to protect yourself against identity theft.

This is the Government website; <https://www.medicare.gov/forms-help.../your-medicare-card.html>



GRANDPARENTS RAISING GRANDCHILDREN The number of grandparents raising grandchildren is on the rise. Grammys and granddads are stepping up to take care of their 'grand families' often with little or no time to plan when circumstances arise that are likely beyond their control. One program that can help is WIC, a program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify. WIC brochures are available at the Newburyport Senior/Community Center. The Commission on the Status of Grandparents Raising Grandchildren has an interactive website devoted to fostering education, networking, research, programs and support to grandparents and all relatives raising grandchildren. <http://massgrg.com/web/index.html>



OLD CELL PHONES WANTED

Did you get a new cellphone this holiday season? Cellphones can be recycled. Cellphones are made with precious metals, copper and plastics, all of which can be recycled to make new products. Bring your unwanted cellphones to the senior center and a donation will be made to the Northern Essex Elder Transport, Inc. (N.E.E.T) N.E.E.T provides affordable transportation to elders through our volunteer drivers.

NEWBURYPORT STAMP CLUB

Adults in the Greater Newburyport area who are interested in stamp collecting are invited to attend meetings of the Newburyport Stamp Club. The group meets at the Newburyport Senior/Community Center on the 2nd and 4th Wednesday of each month. Meetings are at 1:30 p.m. The Stamp Club Coordinator is Neil Foley.

NEWBURYPORT COUNCIL ON AGING TRIPS 2018

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.

March 21-23 - Atlantic City @ Resorts Casino & Hotel – 3 days/2 nights on the Boardwalk; includes \$90 Casino Pkg. (\$25 Slot Play, \$65 Meal Credits); 1 Show (based on availability); on board coffee & muffins day of departure. \$229pp dbl/\$314 sgl payable to Yankee Line Tours. \$50 deposit on sign up, balance due 02/21/18.

March 28 – COA Trips & Tours Travelogue – featuring Iceland’s Magical Northern Lights, presented by Collette Tours; 1:00pm @ Newburyport Senior/Community Center. Kindly RSVP 978-462-0430.

April 26 – Kings & Queens of Country – Join us for a Country Hoedown and Line Dancing @ The Log Cabin in Holyoke, MA; featuring the sounds of Patsy Cline, Johnny Cash, Hank Williams, Tammy Wynette and more! Buffet Luncheon includes Honey Glazed Chicken and Country Brisket. \$94pp payable to Royal Tours.

May 22-24 – The 1000 Islands – Featuring Castles & Sunsets; Erie Canal Cruise – Includes 3 days/2 nights @ Riveredge Resort, Alexandria Bay, NY; visits to mysterious Singer Castle and romantic Boldt Castle; historic Erie Canal cruise; Wine & Cheese reception; 2 dinners/2 breakfasts/1 lunch. \$604pp dbl/\$735 sgl payable to Tours of Distinction. **\$50 deposit on sign up; balance due 04/18/18.** NOTE: Some walking required on 2 islands.

June 6 – Jazz ‘n’ Blues Cruise – Aboard the M/S Mt. Washington, Lake Winnepesaukee. \$94pp, Royal Tours.

June 19 – Eaglemania @ Danversport - \$69 Self Drive/\$92 Bus, Best of Times.

July 31 – Spirit of Boston -2 ½ Cruise on Boston’s Historic Harbor; Rock til you Dock, \$98 Bus, Best of Times.

August 5 – Cabbage Island Clambake – Boothbay Harbor, ME; \$125pp, Royal Tours.

August 28-30 – Spectacular Saratoga – 3 days/2nights, 5 meals; \$499pp dbl/\$649 sgl; Best of Times.

September 12 – Kenny & Dolly Tribute Show @ Danversport - \$69 Self Drive/\$92 Bus, Best of Times

October 11 – Buddy Holly Tribute Show @ Lake Pearl, Wrentham - \$69 Self Drive/\$92 Bus, Best of Times

October 17 – Castle in the Clouds & Hart’s Turkey Dinner - \$82pp, Royal Tours.

November 15 – Rod Stewart Tribute Show @ Venus de Milo, Swansea - \$69 Self Drive/\$92 Bus, Best of Times.

November 30-December 6 – Iceland’s Magical Northern Lights - See details above; Collette Tours.

December 8 – The Reagle Players Christmas Show - \$92pp, Royal Tours.



RETIRED READERS gather at the Senior/Community Center on the 2nd Wednesday of each month from 2 – 3:30 pm to discuss the book of the month. The March book selection is:

The Museum of Extraordinary Things by Alice Hoff

TUESDAY MORNING DROP IN This is a great way to meet people and learn about the community. Drop in any Tuesday morning at 10. You’ll be welcomed by David, and Martha, and a dozen or so other men and women who enjoy good coffee and friendly conversation. There’s no ‘agenda’, sometimes a guest speaker will attend. The Drop In gatherings end at lunch time, so think about staying at the Senior/Community Center for a \$2 mid-day meal.

ELDER LAW SOLUTIONS was founded by Attorney Margot Birke to focus on the intricate legal and financial needs of older and disabled adults. She is available by appointment on the first Monday of each month for private consultations at the Senior/Community Center. Call the Elder Law Solutions Office to make an appointment: 978-465-5407.

VETERANS GROUP

All veterans are invited to attend a monthly gathering at the Newburyport Senior/Community Center on the 2nd Tuesday of each month. The gathering will begin at 1 pm in the Boardroom.

PICKLEBALL - Newburyport Places to Play Winter/Spring Schedule and Locations

Sunday Night Pickleball

When: Sunday nights 5:30 – 8:00PM from October 1 – April 22, 2018

Where: Racquet Club of Newburyport, 178 Low St., Newburyport

(Note: The Club will be closed on Super Bowl Sunday (Feb 4) and Easter (April 1).

Number of Courts: 4-5 courts

Fee: \$6 to the Racquet Club to cover basic overhead. \$2 drop-in fee to cover the group's equipment costs, including tape, balls, etc. Please sign in and pay the \$6 Racquet Club fee at the desk when you enter. The Club only takes cash. You can put your \$2 drop-in fee in the container down on the court.

Complimentary Lessons: Available from 5:30 – 6:30PM. Demo paddles are available to use.

Dedicated Courts: There are dedicated courts for each skill level (Beginners, Advanced Beginners, Intermediates, and Advanced.) You can determine your skill level by referring to the by the IFP & USAPA's Player Level Rating System posted every Sunday night.

Monday & Thursday Pickleball

When: Mondays and Thursdays 10:00-1:00PM. Starts November 16 – May 31

Where: George W. Brown School, 42 Milk Street, Newburyport MA 01950

Number of Courts: 2 semi-permanent taped pickleball courts on an indoor gymnasium

Fee: \$6 fee to cover Brown School gymnasium rental and pickleball equipment.

Parking: Parking is available in the school's parking lot on the Lime Street side. Additional street parking is available.

Entrance: Please use the side entrance off Lime Street.

Complimentary Lessons Are Not Available: Unfortunately, we are unable to provide complimentary lessons at the Brown School due to the larger than anticipated number of players and only two courts.

- ▶ For more information or to subscribe to Newburyport Pickleball's email list for updates and announcements, please send your full name, email address, and your city or town to James Jones at jamesjones631@gmail.com. James is the USA Pickleball Association's (USAPA) Ambassador for Newburyport and a pickleball addict. *Newburyport Pickleball is dedicated to providing opportunities to learn and play pickleball in our community.*

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.



READING 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 until 4 pm.

FRIENDS OF NEWBURYPORT COUNCIL ON AGING

- Each month the Friends present an appreciation gift to one of their members. The gift is a \$25 Market Basket Gift Certificate. Last month's winner of the appreciation gift was Jeanne Thistle. Everyone who becomes a member of the Friends is eligible to win! Call the Council on Aging office to inquire about membership: 978/462-0430.
- Recycle That! There are two containers located at Cushing Park on Kent Street. The containers are receptacles for unwanted books. What happens to the collected items? They are sorted to determine the best possible use. Books, CDs and DVDs in good condition are sent to the secondary book market for reuse. As a last resort, items are recycled to recover the basic materials for use in newly manufactured products. By dropping your used books in the collection box, you are reducing the volume sent daily to local landfills and incinerators. And each time the container is emptied the Friends of Newburyport Council on Aging, earns funds!
- We welcome you as our friend! Open enrollment for membership to the Friends of Newburyport Council on Aging is ongoing. Stop by the Senior/Community Center for an application. You may be interested in an individual, family, business or corporate membership. Gift donations in honor or memory of loved ones are most appreciated. Thanks you for being a Friend!
- Your donations have supported the Brown Bag Program, a Tower Garden, Defibrillators, musical entertainment for seniors, Ping Pong, and much more!

