



Newburyport Council on
Aging

Senior Citizen News

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Newburyport, Massachusetts 01950
978-462-0430

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Donna Holaday, Mayor
www.cityofnewburyport.com

April 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

Jody Desmond, Bob Dwan
Joyce Crary

NUTRITION COORDINATOR

Cindy Lee Rand

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Ann Marie Baia, Jeanette Isabella,
Maureen Kravchuk, Patty Smyrski,
Elaine Paglia, Nancy Brogden,
Kathy Whiting, Beverly Jaques
Beverly Bingham, Susan Hammond
Cathy Strauss, Joyce Duncan
Beth Watson

BOARD MEMBERS

Frances Munroe, President
Charles Carroll, Vice President,
Jo An Kincaid, Secretary
Richard Eaton, Miller Graf
Jack Ronan, Annie Maurer
Yvonne McQuilken,
John Green, Cynthia Muir

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 April schedule includes the following great events:

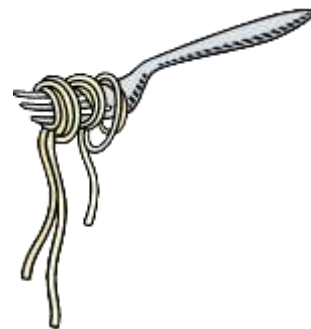
- ▶ April 4th The Importance of Local Real Estate
- ▶ April 11th The Science of Medical Marijuana
- ▶ April 18th Service Dogs – How They Help the World
- ▶ April 25th Aromatherapy 101

Look inside for more information about these Community Day topics.

TRAVELING CHEF

Wednesday, April 18th

This month our Traveling Chef will treat diners to a Pasta Feast. Lunch will be served in the Dining Room at the Senior/Community Center at 11:30 a.m. and will be a choice between Penne pasta and Linguini topped with either Marinara or Alfredo. Each plate of pasta will be accompanied by a dressed salad, and Italian bread with butter. Dessert will be a choice between Strawberry Cheesecake and spumoni. Reservations are required for all lunches at the Senior/Community Center. Please call before Noon on April 11th to be sure you have a seat at the Pasta Feast!



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.

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

Wednesday, April 4th

Discover the importance of local real estate

Barb Cullen - Keller Williams will provide empowering knowledge about buying and selling your home. Come enjoy some Newburyport trivia and complimentary refreshments.

Wednesday, April 11th

The Science of Medical Marijuana

Harvard Neuroscientist and cannabis researcher Dr. Staci Gruber will be at the Newburyport Senior/Community Center 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.

Wednesday, April 18th

Service Dogs: How They Affect the World in So Many Ways.

Join Carlene White, the founder of Service Dog Project, Inc. as she talks about the inspiring and effective ways that service dogs from the Project serve veterans, families of veterans and patients with neurological challenges. Since 2017, the Project has donated 140 balance Danes to military veterans and people with balance issues, including 4 children. They have helped local animal hospitals with their innovative ideas and share a Daily Doggy blog, a live “Trainer Talk” session, and an unscripted “Mail Call”, where they interact with thousands of viewers from around the world. 1 p.m.

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, April 25th

Aromatherapy 101: Learn how to use essential oils to enhance a healthy lifestyle

Jan Swindlehurst, Certified Clinical Aromatherapy Practitioner will show you the basics: what, where, when, why and how to use these beautiful oils to help with a cold, to scent a room, to make a safer cleaning product.

There will be a chance to win a small basket of aromatherapy products.

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.



Join us on Thursday, April 5th for the first Red Socks home game of the season against the Tampa Bay Rays. Game will be shown on the big screen in the dining room at 2:00 p.m. Wear your Red Sox gear and get a free box of Cracker Jacks!

APRIL 2018 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>	<p>3</p> <p>Brown Bag Day</p> <p>9:00 Oil Painting w/ Rob</p> <p>9:00 Ballet and Tap</p> <p>11:00 Meditation</p> <p>12:00 Oil Painting w/ Rob</p> <p>1:00 Bridge</p> <p>1:00 Veterans Meeting</p> <p>1:00 Ping Pong!</p> <p>3:00 Drawing w/ Rob</p>	<p>4</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p> <p>Local Real Estate</p>	<p>5</p> <p>9:00 Foot Care</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Art Lecture</p> <p>11:00 Health Insurance</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>12:00 Arthritis Exercises</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>6</p> <p>10:00 Qigong</p> <p>11:00 Tai-Chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p> <p>1:00 German talk group</p>
<p>9</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>	<p>10</p> <p>9:00 Oil Painting w/ Rob</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>12:00 Oil Painting w/ Rob</p> <p>1:00 Bridge</p> <p>1:00 Veterans Meeting</p> <p>1:00 Ping Pong!</p> <p>3:00 Drawing w/ Rob</p>	<p>11</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p> <p>Medical Marijuana</p> <p>1:30 Stamp Club</p>	<p>12</p> <p>9:00 Zumba Gold</p> <p>9:00 Podiatry</p> <p>10:00 Ballet/Tap</p> <p>11:00 Health Insurance</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>12:00 Arthritis Exercises</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>13</p> <p>9:00 Dental Clinic</p> <p>10:00 Qigong</p> <p>11:00 Tai-Chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p> <p>1:00 German talk group</p>
<p>16</p> <p>Closed For Patriots Day</p>	<p>17</p> <p>9:00 Ballet/Tap</p> <p>9:00 Oil Painting w/ Rob</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>12:00 Oil Painting</p> <p>1:00 Veterans Group</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p> <p>3:00 Drawing w/ Rob</p>	<p>18</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p> <p>Service Dogs</p> <p>2:00 Retired Readers</p>	<p>19</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>11:00 Health Insurance</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>1:00 Mass Senior Action</p> <p>2:30 Yoga</p>	<p>20</p> <p>9:00 Drum Circle</p> <p>10:00 Qigong</p> <p>11:00 Tai chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p> <p>1:00 German talk group</p>
<p>23</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>	<p>24</p> <p>9:00 Ballet/Tap</p> <p>9:00 Oil Painting w/ Rob</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>12:00 Oil Painting w/ Rob</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p> <p>3:00 Drawing w/ Rob</p>	<p>25</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p> <p>Aromatherapy</p> <p>1:30 Stamp Club</p>	<p>26</p> <p>9:00 Zumba Gold</p> <p>11:00 Health Insurance</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>27</p> <p>9:00 Drum Circle</p> <p>10:00 Qigong</p> <p>11:00 Tai chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p> <p>1:00 German talk group</p>
<p>30</p> <p>8:00 Health Insurance</p> <p>9:00 WatercolorPainting</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>				

APRIL 2018 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Beef Chili Tortilla Chips Green Beans Whole Wheat Bread Mandarin Oranges	3 Balsamic Chicken Cranberry Sauce Mashed Potato Carrots Multigrain Bread Pears	4 Chicken Noodle Soup Egg Salad Hot Dog Roll Marinated Veg Salad Potato Salad Fresh Orange	5 Baked Ham with Pineapple Sauce Mixed Veg Mashed Potato Honey Wheat Roll Carrot Cake	6 Eggplant Parm Pasta with Sauce Parmesan Cheese Zucchini + Red Pepper Italian Bread Pudding
9 Turkey Divan Butternut Squash White Rice Multigrain Bread Peaches	10 Vegetable Frittata Roasted Potatoes Apples Dinner Roll Juice Yogurt	11 Sweet Potato Soup Breaded Fish Rice Pilaf Beets Burger Bun Fruit Loaf	12 Lasagna Meat Sauce Creamed Spinach Oat Bread Chef's dessert	13 Chicken Pot Pie Mashed Potato Broccoli Biscuit Mixed Fruit
16 Closed For Patriots Day	17 Chicken Teriyaki White Rice Mixed Veg Wheat Bread Gelatin	18 <i>Meals on Wheels menu</i> Minestrone Soup Stuffed Shells Meat Sauce Broccoli Dinner Roll Fresh Fruit	19 Roasted Turkey Cranberry Sauce Mashed Potato Carrots Oat Bread Cake	20 Mac & Cheese Peas Italian Bread Applesauce
23 Hot Dog Hot Dog Roll Baked Beans Potato chips Ketchup, Mustard, Relish Mandarin Oranges	24 Parmesan Chicken Pasta Green Salad Multigrain Bread Lorna Doones	25 Beef Veggie Soup Cheeseburger Burger Bun Ketchup Mixed Veg Yogurt	26 Beef & Peppers Tortilla Corn Spanish rice Sour Cream Lettuce Mixed Fruit	27 Seafood Casserole Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears
30 Brown Sugar Meatballs Sweet Potatoes Chef's Veg Honey Wheat Roll Mixed Fruit			Requested Donation \$2	<i>Various factors beyond our control may cause menu changes during the month.</i>

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 wellbeing of adults over 50 years of age.



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! DRUM CIRCLE starting on Friday, April 20th from 9:00 a.m. to 10:00 a.m. Join this group & get ready to DRUM all of your stress away. This FREE group will meet every Friday in Room B at the Senior/Community Center. Please bring your own drum. Sign-up sheet is located at the front table of the center. For questions about this group please contact Mary Kelly at mkelly@cityofnewburyport.com



NEW! SPANISH DISCUSSION GROUP This newest of our foreign language groups meets on Wednesday afternoons at 1 pm up in the Boardroom at the Senior/Community Center. If you know Spanish and would like to converse with other Spanish speakers, come enjoy some quality together.

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.

Happiness is a Choice You Make. The YWCA Greater Newburyport invites you to join them for their 9th annual Engaging Communities Luncheon at Blue Ocean Music Hall on Wednesday, April 25, 2018 with featured author John Leland. He will discuss his most recent book: Happiness is a Choice you Make. This compelling book highlights lessons learned from his yearlong project interviewing the Oldest Old (one of the fastest growing demographic populations). Our focus is on welcoming and embracing the ageing population. Our honorary chair is Roseann Robillard. Please join us! YWCA Greater Newburyport . 13 Market Street, Newburyport, MA 01950. Phone: 978-465-9922

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. Info sheets are available at the COA office.

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 2 – Steve Martin & Martin Short at Tanglewood - \$159 pp payable to 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.



BIRDWATCHING

This month, Sue McGrath will lead a tour to the Artichoke & Cherry Hill [Indian Hill] Reservoirs to point out waterfowl, raptors and songbirds. The group will take several brief walks and enjoy all the areas' natural beauty. Call the Newburyport Senior/Community Center to sign up: 978/462-0430. The outing is free of charge. Participants should dress in layers, including sturdy footwear, hat and gloves. Departure from the Senior/Community will be at 8:30 a.m. on Thursday, April 19th.



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 Debbie Aldrich. 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!

