



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

May 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:

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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:

- ▶ May 2nd Meditation/Mindfulness
- ▶ May 9th Flower Arranging
- ▶ May 16th Newburyport in World War II
- ▶ May 23rd Alzheimers/Dementia
- ▶ May 30th Cutting Massage Chiropractic

Look inside for more information about these Community Day topics.

THE FORGIVENESS SUPPORT GROUP facilitated by Lou Lessard this is a safe group setting to allow adults to learn and practice effective ways to forgive ourselves and others. Each week, the group will also explore different areas of the vast subject of forgiveness. From the science of why and how we and our loved ones benefit from forgiveness to why forgiveness is more important today than at any point in human history. This group will be meeting every Friday from 12:00 p.m. to 1:00 p.m. in the boardroom. Starting date is on May 4th.

COFFEE TALK DISCUSSION GROUP now meets on Tuesdays AND Thursday at 10:00 a.m. This is a great way to meet new people and learn more about the Senior/Community Center. Meetings are free of charge, coffee is provided and transportation is available for Newburyport residents. Call 978-462-0430 for a ride.

WALK IT OFF We are starting a walking group in June. If you would like to be part of this group, please sign-up at the front desk of the Senior/Community Center or call (978)-462-0430.

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, May 2nd

Meditation/Mindfulness

Seth Monk was born and raised in Andover, Massachusetts. In 2005, after graduating university, Seth traveled to Germany where he ordained as a Zen Buddhist monk and lived for 8 years in a monastery. During his ordained years, Seth has led healing and meditation groups around the world. He has also practiced with world-famous Buddhist masters, including His Holiness XIV Dalai Lama. His vision is to help meet the increased needs of people who are searching for proven methods to deal with stress, depression and dis-ease through the teachings of clarity, kindness, and peace. Thanks to the Friends of Newburyport Council on Aging for sponsoring this event.

Wednesday, May 9th

Flower Arranging

Mothers Day is coming soon and every mother and grandmother deserves some beauty in her life this week. Our friends at Visiting Angels will provide containers and flowers and greens and directions for assembling all the components into a beautiful arrangement for you to take home. Pre-registration is required. Call the Council on Aging office at 978-462-0430.

Wednesday, May 16th - Village Talk

Newburyport in World War II a two-hour movie; 1-3 pm.

As the number of living World War II veterans dwindles, Jean Foley Doyle has made it her mission to ensure their stories are not forgotten. The author and historian's latest documentary examines World War II history as experienced by Newburyporters, both on the battlefield and the home front.

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, May 23rd at 2 pm

Alzheimers/Dementia

As we get older, our minds and bodies change — and not necessarily in ways that we'd like! This talk will provide the audience with the latest information on how the brain changes in healthy aging as well as in Alzheimer's disease. Moreover, the presentation will address common questions related to genetic risk of Alzheimers disease, the differences between Alzheimer's disease and dementia, and what treatments are just over the horizon. Thanks to Visiting Angels for sponsoring this event!

The presenter is Jonathan Jackson, PhD, Harvard Medical School Instructor in Neurology, Mass General Hospital CARE Research Center Director

Wednesday, May 30th

Cutting Massage Chiropractic

Eric Cutting been practicing chiropractic with soft tissue work (massage) in the Newburyport and Amesbury area for 33 years. He teaches specific rehabilitative exercises and will be discussing some classes that he instructs—*Somatic Movement Therapy* to release tension patterns, *Spinal Stabilization Exercises* to strengthen and engage the core, and *Get On the Ball*, a class on the 26-inch diameter stability ball, to stretch and strengthen most of the muscles, and tune the proprioceptive nervous system which controls balance and coordination.

MAY 2018 Program Calendar




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Brown Bag Day</p> <p>9:00 Ballet and Tap 11:00 Meditation 1:00 Bridge 1:00 Veterans Meeting 1:00 Ping Pong!</p>	<p>2</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day Meditation Mindfulness</p>	<p>3</p> <p>9:00 Foot Care 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Art Lecture 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>4</p> <p>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>7</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness 1:00 Spanish Discussion</p>	<p>8</p> <p>10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 Veterans Meeting 1:00 Ping Pong!</p>	<p>9</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day Flower Arranging</p>	<p>10</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>11</p> <p>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>14</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness 1:00 Spanish Discussion</p>	<p>15</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Veterans Group 1:00 Bridge 1:00 PING PONG!</p>	<p>16</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day Nbpt in World War II</p> <p>2:00 Retired Readers</p>	<p>17</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 11:00 Health Insurance 12:00 Abstract Art 12:00 Parkinsons info 12:00 Reiki 1:00 Mah Jongg 1:00 Mass Senior Action 2:30 Yoga</p>	<p>18</p> <p>9:00 Drum Circle 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>21</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness 1:00 Spanish Discussion</p>	<p>22</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 PING PONG!</p>	<p>23</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>2:00 Community Day Alazheimers/Dementia</p> <p>1:30 Stamp Club</p>	<p>24</p> <p>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>25</p> <p>9:00 Drum Circle 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>28</p>  <p>Memorial Day</p>	<p>29</p> <p>9:00 Ballet/Tap 9:00 WatercolorPainting 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 PING PONG!</p>	<p>30</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day Cutting Massage Chiropractic</p>	<p>31</p> <p>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>	

MAUDSLAY PARK TOUR

The Council on Aging van will drive through Maudslay Park for a narrated tour of that beautiful local resource. There are two opportunities to tour Maudslay: Friday, May 18th at 10 am and Friday, May 25 at 1 pm. Call the Council on Aging office to sign up for a seat on the van: 978-462-0430.

MAY 2018 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Requested Donation \$2</p>	<p>1 Lasagna Meat Sauce Cauliflower & Carrots Wheat Bread Cookie</p>	<p>2 Open Faced Turkey Sandwich with Gravy Mashed Potato Green Beans Cranberry Sauce Peaches</p>	<p>3 Seafood Salad Pea Salad Pasta Salad Hot Dog Bun Fresh Fruit</p>	<p>4 Southwest Chicken Bean/Tomato Salsa Rice Corn & Peppers Multigrain Bread Rice Pudding</p>
<p>7 Teriyaki Pork Stir Fry White Rice Mixed Veg Whole Wheat Bread Pineapple</p>	<p>8 Meatloaf Gravy Mashed Potatoes Chef's Veg Multigrain Bread Yogurt</p>	<p>9 Egg Salad Mixed Green Salad Potato Salad Oatmeal Bread Mandarin Oranges</p>	<p>10 Chicken Cordon Blue Carrots Mashed Potatoes Cranberry Sauce Dinner Roll Blueberry Cobbler</p>	<p>11 Ravioli with Lemon Butter sauce and peas Ratatouille Italian Bread Pears</p>
<p>14 Cheeseburger Roasted Potatoes Beets Burger Bun Mixed Fruit</p>	<p>15 Chicken Caesar Salad Tri Color Pasta Salad Whole Wheat Roll Fresh Fruit</p>	<p>16 <i>Meals on Wheels menu</i> Veg Lentil Stew Rice Brussels Sprouts Cornbread Peaches <i>Traveling Chef at SCC</i></p>	<p>17 Pot Roast Jardinière Gravy Butternut Squash Steamed Potatoes Multigrain Bread Cake</p>	<p>18 Potato Pollock Sweet Potatoes Mixed Veg Wheat Bread Pudding</p>
<p>21 Aloha Chicken White rice Green Beans Oatmeal Bread Fruit Loaf</p>	<p>22 Vegetable Frittata Roasted Potatoes Apples Dinner Roll Juice Yogurt</p>	<p>23 Pulled Pork with BBQ Sauce Sweet Potatoes Creamed Spinach Hamburger Bun Applesauce</p>	<p>24 Turkey Apple Cranberry Salad Carrot Slaw Potato Salad Whole Wheat Bread Peaches</p>	<p>25 Mac and Cheese Peas Italian Bread Mixed Fruit</p>
<p>28  Memorial DAY</p>	<p>29 Hot Dog Potato chips Baked Beans Hot Dog Roll Mandarin Oranges <i>Ketchup, Mustard, Relish</i></p>	<p>30 Tuna Salad Cuke/Tomato Salad Tortellini Salad Multigrain Bread Gelatin</p>	<p>31 Sweet/Sour Meatballs White Rice Broccoli Wheat Bread Pears</p>	<p><i>Various factors beyond our control may cause menu changes during the month.</i></p>

TRAVELING CHEF

Wednesday, May 16th

This month our Traveling Chef is providing a Panini Grill day. Diners at the Senior/Community Center will have a choice between a Chicken Panini or an Italian Panini. The chicken option includes marinated chicken breast, provolone cheese, roasted peppers and fresh basil pesto. The Italian Panini option is made with Genoa salami, pepperoni, ham, mortadella mozzarella, fresh tomato, and sweet red pepper. Lunch will be served in the Dining Room at the Senior/Community Center at 11:30 a.m. Reservations are required for all lunches at the Senior/Community Center. Please call before Noon on May 11th to be sure you have a seat at the Panini Grill!



Every May, the Administration on Aging leads our nation's observance of Older American's Month. The 2018 theme, *Engage at Every Age*, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.



Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

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!

NEW! SPANISH DISCUSSION GROUP This newest of our foreign language groups meets on MONDAY 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.

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.

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.

TAX HELP PROGRAM

Once again the Council on Aging partnered successfully with AARP and the IRS to provide a free filing service for Federal and State tax returns. The Tax Help Program began in February and ended in mid-April. 220 local residents had their taxes filed here at the Senior/Community Center. Many of them also applied for the Circuit Breaker Tax Credit. We expect to offer the Tax Help Program again next year and will start making appointments in January.

INTERGENERATIONAL GARDENING

There are six raised planters on the patio at the Senior/Community Center. Two are planted with strawberries which are greatly enjoyed through the spring and summer months. Two planters will soon be filled with tomato plants and colorful annual plants. And the other two planters will be 'edible gardens' tended by the young students at the Bresnahan School. The children and their teacher will visit their planters every schoolday at about 1:30 pm. They will prepare the soil for planting, plant and label seeds, water the gardens, measure the growth of the plants, and harvest their edibles before the school year ends. Feel free to stop by any weekday and say 'hello' to the young gardeners when they're working on their project. Encourage their efforts and thank their teacher for the important lessons his students will learn through their intergenerational gardening project.

REIKI is a Japanese technique that is used to heal physical and mental trauma, and to support mental clarity and spiritual well-being. Reiki is not affiliated with any particular religion or religious practice. It is not massage nor is it based on belief or suggestion. In Japanese, the word "rei" refers to a higher intelligence that permeates all living and nonliving entities and guides the inherent functioning of the universe. The word "ki" refers to the nonphysical energy that flows through everything that is alive, including plants, animals, and human beings—because of this, ki is also often called "life force energy". The combination of these two words is what defines reiki as "spiritually guided life-force energy."



To administer Reiki, a practitioner channels life force energy through his or her hands unto another. It's said that the aforementioned spiritual guidance enables the Reiki to flow through the affected parts of the subject's energy field and charges them with positive energy. It raises awareness in and around the physical body where negative thoughts and feelings are contained. This causes the negative energy—such as stress, anxiety, physical pain, sadness, confusion, etc.—to loosen its grip, allowing the touch of the Reiki healer to swoop in and clarify the energy pathways.

Treat yourself to a Reiki session at the Newburyport Senior/Community Center. The Reiki Master is available every Thursday from 12 until 4 pm. Call Peg Connolly at 978-465-0245 to schedule your appointment. A donation at time of service would be appreciated. Reiki Donation Envelopes are available in the Wellness Room.

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.



RETIRED READERS

Wednesday, May 9th and Wednesday June 13th

Each month a small group of seniors gathers at the Senior/Community Center for book discussion. In May, the discussion will focus on the book "Let the Great World Spin" by Colum McCann. This book won the 2009 U.S. National Book Award for Fiction and the 2011 International IMPAC Dublin Literary Award.

The June book selection is "LaRose" by Louise Erdrich. This is an emotionally haunting contemporary tale of a tragic accident, a demand for justice, and a profound act of atonement with ancient roots in Native American culture.

BIRD WATCHING in Newburyport's Parks

The Council on Aging van will leave from the Senior/Community Center at 8:30 a.m. on Thursday, May 17th.

Join Sue McGrath of Newburyport Birders as we search for birds in several of Newburyport's parks.

Participants will need to dress in layers and wear sturdy footwear

TRANSPORTATION The Newburyport Council on Aging operates two vans equipped with lifts for passengers who need a little extra help. The transportation program is available for all Newburyport senior residents, and for disabled residents of any age. The most requested destinations are grocery stores, medical offices and hair salons but the vans will bring passengers to any Newburyport destination. Call the Council on Aging office to request a ride; 978-462-0430. A \$2 round-trip donation is appreciated at the time of service

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.

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

DIABETIC SHOES

Adults with foot problems, diabetes and Medicare are eligible to receive a free pair of diabetic shoes and inserts. A representative from Pro Medical East will be at the Senior/Community Center on Tuesday June 19th. Please call the Council on Aging to make an appointment: 978-462-0430.

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, 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.

BOCCE BALL is Back! Bocce is an Italian ball sport that combines elements of curling and bowling into a fun lawn sport. Bocce is often played in teams and is a relaxing way to spend time outdoors with friends. No experience is necessary to have a ball at Bocce. If you're interested in learning how the game is played, feel free to swing by our courts any Thursday at 1:00 p.m. to learn this fun game. We have one set of bocce balls. Feel free to bring your own.

COMPUTER LAB ASSISTANCE Susan-Monday & Wednesday- 12:00 p.m. to 3:00 p.m.
Andy-Wednesday 9:00 a.m. until 12:00 p.m.

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.



PARKINSONS SUPPORT GROUP The guest speaker for the May 17th Parkinson's Support Group will be Laurie Lavoie MS OTR/L of Northeast Rehab. Laurie is the Outpatient Clinic Manager at the Pease NH NE Rehab office. She will discuss physical therapy and exercise issues. This group will meet on Thursday, May 17th from 12:00 p.m. to 1:30 p.m. in Room A.



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. NewburyportStampClub@comcast.net

DRUM CIRCLE Every Friday 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 if you have one. 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



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 *David Bean*. 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. The May winner will be selected at the Friends May meeting.
- 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.
- It's so good to have a Friend! This month the Friends are sponsoring Community Day presentations on Meditation/Mindfulness and on Flower Arranging. Future plans of the Friends including raising funds for a new Council on Aging van and dedication of benches at the front door of the Senior/Community Center in honor of two V.I.P.s who worked long and hard to make their vision of a senior center become a reality. Stay tuned for more information!
- Everything the Friends group does helps to highlight and enhance the services and programs for Newburyport elders. Thank you for being a Friend!

THANK YOU to our sponsors! The following local businesses have been faithful supporters of this monthly newsletter. They deserve our appreciation and our business.

Country Center for Health and Rehabilitation
Avita of Newburyport
Twomey, LeBland & Conte Funeral Home
Brigham Health and Rehabilitation Center
Law Offices of Connolly and Connolly

Nichols Village
Institution for Savings
Community Action, Inc.
Port Healthcare Center
Assisted Living Center - Salisbury

Anna Jaques Hospital
Pavilion Medical Home Care
Lombardi Oil and Gas

