



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

OCTOBER 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 October schedule includes five interesting topics. See inside for additional information.

- > October 3rd Estate Planning Seminar
- > October 10th Puppy Day at the Senior Center
- > October 17th The Life and Times of Abraham Lincoln
- > October 24th Halloween Party
- > October 31st Learn about Acupuncture

THE REGISTRY OF MOTOR VEHICLES will offer a free workshop on license renewal and REAL ID for residents **Monday, October 1st** at the Newburyport Senior/Community Center. The event begins at 2 pm. All are welcome. Topics to be discussed include:

- > What is the difference between “Standard ID” and “Real ID” driver’s licenses and ID cards;
- > How to renew a Massachusetts Driver’s License or Massachusetts Identification (ID) Card;
- > What are the new federal and state requirements for renewing a Driver’s License or ID card

CHEERS TO THREE YEARS!

On Friday, October 19th, the Newburyport Senior/Community Center will celebrate its third anniversary. The exceptional community participation and overwhelming support over the last few years has certainly illustrated Newburyport’s readiness for a Senior/Community Center. Please join us to celebrate our three year anniversary on Friday, October 19th from 1:00 to 1:30 . We will treat yu to a root beer float to thank you for your support and participation during the past three years!



COMMUNITY DAY EVENTS Always Free and open to all.

Wednesday, October 3rd *Estate Planning Seminar* presented by Atty. Gerald Shyavitz. Nursing Home Medicaid eligibility and planning. This one hour event will cover several topics, including: Using annuities to assist in last minute Medicaid Planning. Preserving and transferring the principal residence as of 2018 for MA and NH residents.

Wednesday, October 10th *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. The Community Day event is an opportunity to meet some of the 'new' Service Dog Project puppies.

Wednesday, October 17th *The Life and Times of Abraham Lincoln with Lee Thomas*

Lee Thomas is a local educator and historian. His presentation on the Life and Times of Abraham Lincoln includes photographs and music from Lincoln's lifetime, from his birth in Kentucky to his youth in Illinois and Indiana to his family and presidency, with an opportunity for Q & A .

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. Talks 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.

Wednesday, October 24th HALLOWEEN PARTY

Get your costumes ready! We will hold our third annual Halloween party on Wednesday, October 24th at 1:00. Refreshments and Halloween candy will be served, as we play games, raffle items, and win prizes! Please join us for this fun celebration.

Wednesday, October 31st *Acupuncture*

Susan Patten is the owner of Newburyport Acupuncture. She has been practicing Chinese Medicine and treating children and adults since 2002. Come discover why this medicine has been around for thousands of years, and what makes it different from Western medicine. Susan will explain a typical intake and reveal common patterns and symptoms and how Chinese Medicine would treat them, such as achy back and joints, poor sleep, anxiety and depression, weight gain, hypertension, and cold and flu prevention. We'll look at why the philosophy of this old medicine makes sense more than ever in our culture today.

Need Help
with your Medicare
Plan Comparisons
for Open Enrollment?



If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should have received an information packet from your plan last month. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year. Open Enrollment begins October 15th and ends

December 7th. SHINE Counselors are available at the Senior/Community Center. They will help you understand *your* plan changes as well as *other options* you may have. Call now to make an appointment: 978-462-0430.

OCTOBER IS

Adopt a Shelter Dog Month – Breast Cancer Awareness Month – Computer Learning Month – Cookie Month – Domestic Violence Awareness Month – International Drum Month – National Diabetes Month – National Pizza Month – National Vegetarian Month – National Popcorn Popping Month – Sarcastic Month – Seafood Month

OCTOBER 2018 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Mac & Cheese Crumb Topping Peas Whole Wheat Bread Cookie	2 Teriyaki Chicken Mixed Veg White Rice Multigrain Bread Pineapple	3 Vegetable Soup Cheeseburger Green Beans Chips Fresh Fruit	4 Turkey and Gravy Cranberry Sauce Mashed Potatoes Carrots Whole Wheat Roll Pears	5 Chef's Stew with Veggies and Roasted Potatoes Oat Bread
8 Happy Columbus Day No meals Served or Delivered today	9 Chicken Piccata Lemon Rice Broccoli Oatmeal Bread Fresh Fruit	10 Clam Chowder Tuna Salad 4 Bean Salad Carrot Slaw Hot Dog Roll Berry Cup	11 Stuffed Shells Meat Sauce Zucchini Italian Bread Chef's Dessert	12 Roasted Pork Gravy Mashed Potatoes Garden Salad Whole Wheat Bread Apple Crisp
15 Hot Dog Ketchup, Mustard, Relish Baked Beans Mixed Veg Mandarin Oranges	16 Pasta with Meatballs Marinara Sauce Cauliflower Whole Wheat Roll Pears	17 Traveling Chef Served at Senior Center Roast Pork Loin Sweet Potatoes Buttered Carrots Whole Wheat Roll Bread Pudding	18 Beef Burgundy with Mushrooms + Onions Mashed Potatoes Green Beans Italian Bread Cake	19 Egg Omelet French Toast + Syrup Apples Juice Yogurt Oatmeal Bread
22 BBQ Pork Patty Warm Corn Salad Chef's Veg Burger Bun Applesauce	23 Meatloaf and Gravy Mashed Potatoes Creamed Spinach Whole Wheat Roll Diet Gelatin	24 Broccoli Cheddar Soup Vegetable Frittata Roasted Potatoes Zucchini Dinner Roll Juice	25 Cajun Chicken Sweet Potatoes Collards Corn Muffin Mixed Fruit	26 Potato fish Vegetable Rice Butternut Squash Multigrain Bread Fig Bar
29 Cider Chicken Mashed Potatoes Brussels Sprouts Multigrain Bread Peaches	30 Taco Ground Beef Onions + Peppers Spanish Rice Corn, Sour Cream Tortilla Lettuce + Cheese Rice Pudding	31 Harvest Soup Turkey Cranberry salad Pasta Salad Pickled Beets Sandwich Roll Chocolates	\$2 Donation Per Meal Is Suggested And Appreciated	

OCTOBER Program Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</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>2 Brown Bag Day</p> <p>9:00 Walking Group</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p>	<p>3</p> <p>9:00 Exercise to Music</p> <p>10:00 Painting with Watercolors</p> <p>10:00 French group</p> <p>1:00 Community Day</p>	<p>4</p> <p>9:00 Foot Care</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Coffee Talk</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>2:00 Tapping</p> <p>2:30 Yoga</p>	<p>5</p> <p>9:00 Drum Circle</p> <p>9:00 Dental Clinic</p> <p>10:00 Qigong</p> <p>10:00 Knitting</p> <p>11:00 Tai-Chi Basics</p> <p>11:00 Learn to Forgive</p> <p>12:00 Bingo!</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>8</p> <p>Columbus Day Holiday</p>	<p>9</p> <p>9:00 Ballet/Tap</p> <p>9:00 Walking Group</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>1:00 Ping Pong!</p>	<p>10</p> <p>9:00 Exercise to Music</p> <p>10:00 Painting with Watercolors</p> <p>10:00 French group</p> <p>1:00 Community Day</p> <p>1:30 Stamp Club</p> <p>2:00 <i>Retired Readers</i></p>	<p>11</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>10:00 FLU SHOTS</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>2:30 Yoga</p>	<p>12</p> <p>9:00 Drum Circle</p> <p>9:00 Dental Clinic</p> <p>10:00 Qigong</p> <p>10:00 Knitting</p> <p>11:00 Tai-Chi Basics</p> <p>11:00 Learn to Forgive</p> <p>12:00 Bingo!</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>15</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>16</p> <p>9:00 Walking Group</p> <p>9:00 Ballet/Tap</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>17</p> <p>9:00 Exercise to Music</p> <p>10:00 Painting with Watercolors</p> <p>10:00 French group</p> <p>11:30 Traveling Chef</p> <p>1:00 Community Day</p>	<p>18</p> <p>8:15 Birding with Sue</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Coffee Talk</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>2:00 Tapping</p> <p>2:30 Yoga</p>	<p>19</p> <p>9:00 Drum Circle</p> <p>10:00 Qigong</p> <p>10:00 Knitting</p> <p>11:00 Tai chi Basics</p> <p>12:00 Bingo!</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>22</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>23</p> <p>9:00 Walking Group</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>	<p>24</p> <p>9:00 Exercise to Music</p> <p>10:00 Painting with Watercolors</p> <p>10:00 French group</p> <p>1:00 Community Day</p>	<p>25</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Coffee Talk</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>2:30 Yoga</p>	<p>26</p> <p>9:00 Drum Circle</p> <p>10:00 Qigong</p> <p>10:00 Knitting</p> <p>11:00 Tai chi Basics</p> <p>11:00 Learn to Forgive</p> <p>12:00 Bingo!</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>29</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>30</p> <p>9:00 Walking Group</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>	<p>31</p> <p>9:00 Exercise to Music</p> <p>10:00 Painting with Watercolors</p> <p>10:00 French group</p> <p>1:00 Community Day</p>	<p>The Traveling Chef will be serving a feast of Roast Pork with Sweet Potatoes on Wed. Oct 17th. Seating is Limited! Call 978-462-0430.</p>	

NEW DROP-IN CLASS! Thursday October 4th and Thursday October 18th from 2-3 p.m.

EFT Tapping for Stress Relief with Kerri Morrison from Awaken Holistic Counseling Services.

Emotional Freedom Technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure. People who use this technique believe tapping the body can create a balance in the energy system and treat pain. Kerri Morrison from Awaken Holistic Counseling Services will review the basics of Emotional Freedom Technique with participants to help them get into the practice of remembering the protocol. This class is perfect for people who are new to "tapping" OR who are familiar with the concept and would enjoy some guided simple processes with a teacher. Tapping classes will continue on November 1st, 15th and 28th, and on December 13th and 27th. Classes are at 2 pm.

NEW WORKSHOP! "Fall" Into Aromatherapy - Tuesday, October 2nd at 2 pm

This Fall workshop is perfect for anyone interested in learning about essential oils and how you can make simple products to support your health and well-being. *The workshop is different from the Aromatherapy 101 presentation that was offered here in the Spring.* The Fall Aromatherapy Workshop will be a "hands-on class" where you will make a couple of aromatherapy products for yourself and dive a little deeper into the uses of essential oils. The products you will make will be oriented towards seasonal allergies, colds, headaches, and perhaps a travel soap or cleaning product. There will be a materials charge of \$5.00. If you would like to attend, please contact (via email, cell phone or text):

Jan Swindlehurst, Aromatherapy Educator swindlehurst@gmail.com 781-223-0714

REPAIR CAFÉ – Saturday, November 10th at the Newburyport Senior Center

What do you do with a sweater full of moth holes? A wobbly chair? A flickering lamp? A split seam? A broken earring? Toss it? No way! Bring it to the Repair Café. The Café is free and open to all, tho donations are welcome. You can watch your item being repaired or snack on light refreshments while you wait. This great event is provided by the Time Trade Network of Greater Newburyport and Toward Zero Waste Newburyport. Full details on the Repair Café, including a list of the types of items that can be repairs is available at the website RepairCafeNBPT.org. For additional information contact RepairCafeNBPT@gmail.com or call the Time Trade Network at 978-225-3440

ART EXHIBIT

The Senior/Community Center has been a showcase for some wonderful art. The latest exhibit was produced by our very own Abstract Art Class, led by instructor Andrea Alukonis. Abstraction in art is a non-lifelike portrayal of real world objects, people and scenes that are usually difficult for other people to recognize. Abstract Art portrays what an artist feels and thinks, rather than what he or she sees. An abstract artist uses colors and shapes to express his or her emotions and ideas. Please stop by and enjoy the Abstract Art Exhibit. Perhaps you'll be inspired to join the abstract art painting program, which uses 'no fail' acrylics on canvas. The program meets every Thursday afternoon in the Art Room.

TRANSPORTATION The Newburyport Council on Aging operates two vans to provide local transportation to seniors. The vans are equipped with lifts for passengers who use wheelchairs. 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. A \$2 round-trip donation is appreciated. A team of volunteers using their own cars is on call to drive seniors to out-of-town destinations. Call the Council on Aging office to request a ride; 978-462-0430.

Qi-Yoga

Cultivate energy, strength and flexibility with "Qi-Yoga" a combination of Qigong, Yoga, Breath Control and Acupressure Massage. Rapidly support your health and fortify vitality. Yoga mat required and a sitting cushion. Qi-Yoga meets every Friday at 10:00 a.m. Drop-ins welcome. \$5 per class. Instructor is Nicanor Snow.



Tai-Chi

Come join our ongoing Newburyport Tai-Chi community at the Senior Center.

We are looking for new enthusiastic members who could use a little more spunk in their daily routine. If you got the time, we have the know-how! We have a highly experience instructor and coach who has been with us since 2015. Meet the instructor and the community on Fridays at 11:00am. Drop-ins welcome. \$5 per class.

RETIRED READERS

The Newburyport Senior/Community Center and the Newburyport Public Library are partnering to offer this great group that meets the second Wednesday of the month at 2:00 p.m. Join us on October 10th at 2:00 p.m. to discuss the October book selection, *"Britt Marie Was Here"* by *Fredrik Bachman*. Each month we will read a fiction title and then meet in the Boardroom of The Senior/Community Center to discuss! To reserve a copy of the book each month please call the Newburyport Public Library Reference Desk at 978-465-4428 (press 2).

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 group will meet every Friday in Room B at the Senior/Community Center. Please bring your own drum if you have one. For questions about this group please contact Mary Kelly at mkelly@cityofnewburyport.com

BIRDWATCHING Fall Birding at Salisbury Beach State Reservation - Thursday, October 18th.

Join Sue McGrath for a birding program and learn the importance of the coastal habitats. Meet Sue at the Senior/Community Center at 8:15 a.m. The group will board the Council on Aging van and head to Salisbury Beach State Reservation. Participants, please bring a windbreaker & wear sturdy footwear. The van will return everyone to the Senior Center by 11:30 a.m.

NEW ART CLASS STARTS THIS MONTH

Exploring Creativity through Watercolor - Peggy Poppe RN, MSN, Watercolor Artist - Peggypoppepaints.com

Meet Peggy: "As I learned to paint I became aware of the personal benefits I experience while painting. I become fully engaged with what I see. My mind focuses in the moment and I find I can put aside my worries and any pains I might be experiencing. My goal is to help you to share that experience with you. As I get lost in the process, seeing, exploring how water and paint moves on the paper and the effects of adding different colors, painting wet on wet and painting on dry paper. All results are intriguing. I am a member of the Newburyport Art Association and participate in juried shows. I am the founder of the NAA Watercolor Featured Interest Group. The class I will lead in September will help you to explore your creative side. Have you been looking for ways to quiet your thoughts and focus in the current moment? Did you ever wish you were artistic? Then this is the class is for you. No prior painting experience is required. Although we will explore various watercolor techniques the purpose of the class is to have fun and let go of any judgment and expectations.

This new program will be offered every Wednesday in the Art room from 10:00 a.m. to 12:00 p.m. starting October 3rd. The price is \$10.00 per drop in class.



HONORING TWO FRIENDS

There are two benches located outside the front door of the Senior/Community Center. This month they will be dedicated in memory of two men.

George H. Lawler, Jr. lived his life in service to community with vision that contributed to the restoration of our downtown district and the building of our Senior/Community Center.

Dr. Arthur Plouff was a Newburyport native, a tireless advocate for senior citizens, a former president of the Council on Aging Board and a true friend of the COA.

There will be a dedication ceremony and reception at the Senior/Community Center on Friday, October 12th at 11:00. All are invited.

FLU CLINIC

Flu season is right around the corner! A flu vaccine is needed every season for two reasons. First, your immunity to previous flu vaccines decreases over time. Second, the flu viruses are always changing! Each year a new vaccine is formulated to match the viruses that are likely to be the biggest troublemakers. The Newburyport Health Department will be holding a flu clinic at the **Newburyport Senior Community Center on Thursday, October 11th from 10-12 AM**. High dose vaccine for those age 65 + will also be available. Flu vaccine is free of charge, but please be sure to bring your insurance card. Short sleeve shirts are a good choice if you choose to visit the clinic. For additional dates and locations of clinics contact Pam Palombo at 978-465-4410 x3. As part of national preparedness month, there will also be a limited supply of FREE bags filled with information and supplies that may be of help in the event of an emergency.



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

- ▶ **October 11 –Buddy Holly @ Lake Pearl, Wrentham** – A Tribute to the Music of Buddy Holly, Richie Valens, The Big Bopper & more; includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$92 Bus/\$69 Self Drive payable to Best of Times.
- ▶ **October 17 – Castle in the Clouds/Hart’s Turkey Farm** – Visit Lucknow, a 16 room turn-of-the-century mansion with stunning views overlooking Lake Winnepesaukee. Includes lunch @ Hart’s Turkey Farm; choice of Turkey, Roast Beef or Broiled Haddock Dinner (please indicate choice at sign up). \$82pp payable to Royal Tours.
- ▶ **Nov. 11 – Patriots vs. Titans @ Nashville** – Choice of 3 Day/2 Night Pkg. \$1499pp/dbl; 4 Day/3 Night Pkg. \$1999pp/dbl; 5 Day/4 Night Pkg. \$2399pp/dbl. All pkgs. Include RT airfare with transfers from Boston & reserved seats to Pats V. Titans game @ Nissan Stadium. See Flyer for Details. **\$600 Deposit plus Ins. Fee (if selected) due on signup; Final Payment Due 09/01/18 payable to Best of Times.**
- ▶ **November 15 – Rod Stewart @ Venus de Milo, Swansea** – The Ultimate Tribute Show starring Rob Caudill; Some Guys Have All the Luck!; includes luncheon choice of Chicken Parm or Baked Schrod. \$92 Bus/\$69 Self Drive payable to Best of Times.
- ▶ **Nov. 30-Dec. 6 - Iceland’s Magical Northern Lights** – 7 Days; 10 Meals; Includes air and r/t transportation to/from Logan Airport. \$3499pp dbl; \$3999 sgl; payable to Collette. \$500pp deposit due on signup or \$540pp if purchasing Travel Protection Plan. See flyer for details. **Reservations made after May 25 based upon availability.**
- ▶ **December 7 – Holiday Pops** – Matinee Show includes lunch @ Venezia Waterfront Restaurant (choice of Chicken Parm or Baked Schrod). \$149 Bus/\$125 Self Drive payable to Best of Times. NOTE: Symphony Hall has limited handicap accessibility, please advise at sign up if assistance is required. **Final payment due & no refunds after October 15 for this ticketed event.**
- ▶ **Feb. 22-March 3, 2019 – New Orleans & Western Caribbean Cruise – 10 Days/9 Nights**; Includes 3 day/2 night pre-cruise tour in New Orleans, 8 day/7 night cruise aboard the Norwegian Breakaway; R/T airfare from Logan Airport. Starting @ \$2629pp/dbl, add \$500pp Taxes, Tranfers & Govt. Fees. (Optional Ins.available). See flyer for details. **\$400pp Deposit required on Sign up; Deposit by 09/01/18 and receive \$100 On Board Credit for Free. Final Paymnet due by 11/16/18 payable to Best of Times.**

KNITTING FOR NEWBORNS is back from summer vacation! Join us at 10:00 a.m. every Friday in the art room to craft hats and Afghans for infants born at Anna Jacques Hospital. All skill and experience levels are welcome!

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 in the Art Room on the 2nd and 4th Wednesday of each month. Meetings are at 1:30 p.m. NewburyportStampClub@comcast.net

HELP WANTED

I'm a local Interior Designer and I'm looking for a retired senior to work with me on some local projects, like hanging pictures, other odd jobs for some of my clients. It's a part time or on-call type agreement. Often we have some carpentry needs. Perhaps there are seniors that are still active, who drive and have some tools to work with an Interior Designer. Payment would be hourly. Need dependable, presentable, responsible, drivers with access to tools, and who wouldn't mind helping us out to do minor jobs. For more information contact Debra Worthington at 617-633-3005. See the website at www.worthingtoninteriors.com



CALENDAR RAFFLE

During the month of October, the Friends of Newburyport Council on Aging will be selling tickets for a Calendar Raffle. The tickets are \$10 each. Daily prizes are \$50, \$100, and \$200. This is how it works:

1. Each day in the month of November a raffle ticket will be drawn. The holder of that ticket will win the amount of money assigned to that day.
2. After the raffle ticket is drawn, it is placed back into the raffle so that each entry has a chance to win every day of the month. Last year one person won TWO \$200 prizes!
3. Winners will be notified and will receive a check through the mail.
4. All proceeds of this Calendar Raffle will benefit Friends of Newburyport Council on Aging.



Calendar Raffle tickets are available at the Reception Desk at the Senior/Community Center

BROWN BAG PROGRAM

Each month participants in the Brown Bag Program receive a bag of free groceries. A typical Brown bag contains both perishable and shelf-stable foods including cereal, beef stew, canned tuna, spaghetti, pasta sauce, raisins, apple juice, instant oatmeal, fresh vegetables and cheese. There is no cost involved. The program is a collaboration of the Greater Boston food bank and Elder Services of Merrimack valley, Inc. Brown Bag Recipients must be 60 years of age or older or a disabled adult living in elder housing and must be low income, as measured by participation in at least one program for which proof of income has been demonstrated. This includes enrollment in Mass Health, food Stamps, Fuel Assistance, or similar programs, which establish that recipients earn a maximum of \$22,459 yearly for a single person, \$30,351 yearly for a couple. Applications for the Brown Bag Program are available at the Newburyport Senior/Community Center. Call 978-462-0430 and we will mail you an application. When enrolled in the program, Newburyport participants receive their Brown bag on the first Tuesday of each month. The bags can be picked up at the Senior/Community Center or delivered to the homes of Newburyport residents.



