



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](http://www.cityofnewburyport.com)

# AUGUST 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.**

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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 June schedule includes the following great events:

- ▶ August 1<sup>st</sup> Yankee Homecoming Volunteer event at 4 pm
- ▶ August 8<sup>th</sup> **Walking The Way Today** pilgrimage.
- ▶ August 15<sup>th</sup> A Tale of Two Cities: Urban Renewal
- ▶ August 22<sup>nd</sup> Aging in Place With Dementia
- ▶ August 29<sup>th</sup> Music by Lenny at 11 am

Look inside for more information about these Community Day topics.

## FARMERS MARKET COUPONS

 will be available at the Newburyport

Senior/Community Center on Wednesday, August 8<sup>th</sup> starting at 9 a.m. Please bring photo I.D. Eligible residents will receive 10 coupons, each worth \$2.50. The coupons can be used to buy fresh fruits and vegetables at the Farmers Markets across Massachusetts, including the Farmers Market at the Tannery in Newburyport on Sunday mornings.

## BIRDING ON NEWBURY'S NEWMAN ROAD

**Date: Thursday August 16** Time: 8:30 am - 11:30am

Meeting Location: Newbury's Lower Green at the junction of Newman and High Roads. Join Sue McGrath of Newburyport Birders on a leisurely walk on Newman Road as we search for birds. This salt marsh crossed by tidal creeks was created in the lowlands and valleys. The unusual, half-upland, half-marine landscape makes for a rich and diverse ecosystem. Wear sturdy footwear. There are no facilities at this site.



## NEW ART CLASS STARTING THIS FALL!

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 September 5<sup>th</sup>. The price is \$10.00 per drop in class. All materials and supplies will be provided.



The Newburyport Health Department is sincerely grateful for the donation of beautiful knitted baby blankets and hats from the Knitting Group at the Senior/Community Center! You may not know that Newburyport is part of the North Shore Mother Visiting Partnership. Public Health Nurse, Pam Palombo, offers free in home visits for Newburyport moms and their newborns. Your wonderful knitted items are included in a baby box that each family receives and moms are so touched by the thought and love that goes into each

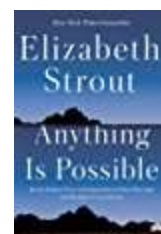
handmade item. Your gifts help welcome a new baby into the community, and are such a special part of each visit. We thank you for all of the talent, time, thought and love that goes into each item.



There's no better way to celebrate the summer harvest than by heading into the kitchen and creating healthy and beautiful meals to enjoy with friends and family! Join Nourishing the North Shore for our Summer Farm to Table cooking and nutrition classes every other Thursday from July 12th through September 6th from 5-6:30 at the Newburyport Senior/Community Center. Each class will highlight local ingredients, with one "star" ingredient featured in each class such as heirloom tomatoes, peaches, sweet corn and beets. These workshops are fun, informative, hands-on and delicious! Classes are led by Allison Lehane, author of the Locavore and Pam Palombo, Newburyport's Public Health Nurse. Printed recipes, take home produce and full bellies are included in each class so come hungry! All proceeds help Nourish achieve their mission to ensure that there is healthy, local produce on every person's plate. All levels of cooking experience are welcome. Please let us know of any food allergies in advance. Dates: July 26th, August 9th, August 23rd, September 6th Time: 5-6:30 Cost: \$30. Nourishing the Northshore is dedicated to creating an inclusive community. If you would like to join us but cannot pay the full fee there are sliding fee slots available – just ask! How to Register: Sign up for one class or the full series! Register online at [www.nourishingthenorthshore.org](http://www.nourishingthenorthshore.org) and find our cooking classes under the programs tab! Call Pam Palombo at the Health Department at 978-465-4410 x3 for any questions or to enquire participate in the sliding fee program.

## RETIRED READERS - CHANGES TO THE BOOK CLUB

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 August 8<sup>th</sup> at 2:00 p.m. to meet Jessica, one of the wonderful librarians from the NPL and discuss the August book selection, "Anything Is Possible" by Elizabeth Strout. We will also be choosing the September book together as a 'NEW' group. 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 each month please call the Newburyport Public Library Reference Desk at 978-465-4428 (press 2).



# AUGUST

# Program Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 <b>Brown Bag Day</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>4:00 Yankee Homecoming Celebrating Volunteers</p>	<p>2</p> <p>9:00 Foot Care 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>3</p> <p>10:00 Qigong 11:00 Tai-Chi Basics 11:00 Learn to Forgive 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>6</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>7</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 1:00 Ping Pong!</p>	<p>8</p> <p>9:00 Exercise to Music 10:00 French group 1:00 Community Day 1:30 Stamp Club 2:00 <i>Retired Readers</i></p>	<p>9</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>10</p> <p>9:00 Dental Clinic 10:00 Qigong 11:00 Tai-Chi Basics 11:00 Learn to Forgive 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>13</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>14</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Veterans Group 1:00 Bridge 1:00 PING PONG!</p>	<p>15</p> <p>9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>16</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>17</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>20</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>21</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>22</p> <p>9:00 Exercise to Music 10:00 French group 1:00 Community Day 1:30 Stamp Club</p>	<p>23</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>24</p> <p>9:00 Drum Circle 10:00 Qigong 11:00 Tai chi Basics 11:00 Learn to Forgive 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>27</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>28</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>29</p> <p>9:00 Exercise to Music 10:00 French group 1:00 Community Day 1:30 Stamp Club</p>	<p>30</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>31</p> <p>9:00 Drum Circle 10:00 Qigong 11:00 Tai chi Basics 11:00 Learn to Forgive 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>

# AUGUST 2018 Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>Requested Donation</b> <b>\$2</b></p>	<p><i>Various factors beyond our control may cause menu changes during the month</i></p>	<p>1 Sweet Tangy Meatloaf Mashed Potatoes Brussels Sprouts Dinner Roll Fresh Fruit</p>	<p>2 Pork Stir Fry White Rice Mexed Veg Whole Wheat Bread Pineapple</p>	<p>3 Cheese Ravioli Spinach Cream Sauce Cauliflr &amp; Carrots Multigrain Bread Mixed Fruit</p>
<p>6 American Chop Suey Green Beans Italian Bread Peaches</p>	<p>7 Frittata Mashed Potatoes Baked Apples Oat Bread Yogurt</p>	<p>8 Asian Chicken Salad Pasta Salad Whole Wheat Roll Fresh Fruit</p>	<p>9 Beef and Peppers Spanish Rice Corn Tortilla Chef's Dessert</p>	<p>10 Tuna &amp; Egg Pasta Salad Garden Salad Whole Wheat Bread Mandarin Oranges</p>
<p>13 Hot Dog Baked Beans Mixed Veg Hot Dog Roll Pineapple</p>	<p>14 Herbed Chicken Gravy Rice Butternut Squash Whole Wheat Bread Gelatin</p>	<p>15 Meatballs Holey Garlic Sauce Rice Garden Salad Whole Wheat Roll Fresh Fruit</p>	<p>16 Cold Turkey Sandwich Potato Salad Picked Beets Oat Bread Cranberry Sauce Fruited Cake</p>	<p>17 Mac &amp; Cheese Peas Multigrain Bread Mandarin Oranges</p>
<p>20 Chicken Parmesan Pasta with Sauce Caulifl &amp; Broccoli Italian Bread Pears</p>	<p>21 Cheeseburger Roasted Potatoes Coleslaw Burger Bun Brownie Cookie</p>	<p>22 Turkey, Gravy Mashed Potatoes Carrots Whole Wheat roll Fresh Fruit Salad</p>	<p>23 Egg cheese Omelet Zucchini &amp; Tomatoes Cheesy Grits Muffin Juice Yogurt</p>	<p>24 Seafood Salad Cucumber Salad Potato Salad Hot Dog Roll Mixed Fruit</p>
<p>27 Salisbury Steak Gravy Sweet Potatoes Mixed Veg Whole Wheat Roll Peaches</p>	<p>28 Aloha Chicken Rice Corn &amp; Black Beans Oat Bread Fruit Ambrosia</p>	<p>29 Pulled Pork BBQ Sauce Roasted Potatoes Mixed Veg Burger Bun Fresh Fruit</p>	<p>30 Chicken Salad Carrot Slaw Pasta Salad Hot Dog Roll Fruit Loaf</p>	<p>31 Liver Onion Gravy Green Beans Mashed Potatoes Whole Wheat Bread Applesauce</p>

**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 \$1 donation each time you board the van is appreciated.



## **COMMUNITY DAY EVENTS Always Free and open to all.**

**Wednesday, August 1<sup>st</sup>** It's Yankee Homecoming week and the Senior/Community Center is the place to be to honor four outstanding community volunteers. The intergenerational event starts at 54 pm and is hosted by Atria Merrimac Place. All are welcome and the event is free of charge.

### **Wednesday, August 8<sup>th</sup> *Walking The Way Today* - An historical, cultural and musical travel Powerpoint presentation on El Camino de Santiago pilgrimage.**

Join contemporary pilgrims Kristine Malpica and Meg Rayne on a visual and musical odyssey along The Way today, on a 500 plus mile trek across France and Spain. Come explore the historical legacy and contemporary heritage of one of Europe's oldest and most significant pilgrimages. Designated as an UNESCO World Heritage Route and the First European Cultural Itinerary, this contemporary pilgrimage attracts thousands of international travelers each year. This fun, informative armchair pilgrim adventure features original, live music, travel tales, tips and more!

As co-founder & Ex. Director of Imagine Studios, a 501 C 3 performing arts community organization, and a performing musician, Kristine Malpica has presented numerous public performances and nonprofit programs in the area since 1998. She is a 2011 Gilman International Study Abroad Scholarship recipient (U.S. Department of State), funding her initial Camino pilgrimage and research, including a series of public lectures at colleges, outdoor clubs, assisted living and other venues. In 2014, she received the University of Massachusetts Boston Beacon Success Fellowship, for archaeological and ethnographic field work in Spain related to the Camino. Her thesis "Cultural Heritage Routes and Branches, Pilgrimage and Tourism on the Way Today," capped her 2015 honors degree in Archaeology/History.

Meg Rayne is an acclaimed singer-songwriter-guitarist, inspirational speaker and social/environmental activist who has performed throughout New England for decades. She joined Kristine on pilgrimage in 2011 and co-wrote songs which will be performed in this program. She has taken the stage and produced numerous albums to raise awareness and funds for safe energy education and other causes along with Dave Guard of the Kingston Trio, Patty Larkin, Bill Staines, Geoff Bartley, and other notables. This presentation includes personal experience as a modern day pilgrim walking nearly 500 miles from France to Spain. This is a fun, informative armchair travel adventure for all!

### **Wednesday, August 15<sup>th</sup> A Tale of Two Cities: Urban Renewal** - Newburyport and Boston's West End

The West End of Boston has been the poster child for some of the more disastrous urban renewal decisions, an unexpected consequence of the Housing Act of 1949. The callous destruction that followed the wrecking ball created vacant lots out of what had been homes and anonymous high rises out of what was once a neighborhood.

By contrast, shortly after the destructive demolition of the West End, the city of Newburyport engaged in a far different urban renewal project from the West End of Boston. Rather than destroying a neighborhood and its people, Newburyport elected to renew itself, through a process which honored the common good as well as the common man and woman who lived and worked there.

Ultimately, both cities became models: the West End for how not to do urban renewal; Newburyport for how to successfully renew a city. Today, while both neighborhoods are flourishing, the West End has no visual or actual connection to its original roots, history and inhabitants, while Newburyport retains the essence of what it once was, reworked into a desirable community.

This talk will examine the two approaches to urban renewal done in a time span very close to one another, along with its very different results.

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](http://www.greaternewburyportvillage.org), email [info@greaternewburyportvillage.org](mailto:info@greaternewburyportvillage.org), or call 978.206.1821.

## COMMUNITY DAY EVENTS Always Free and open to all.

### Wednesday, August 22<sup>nd</sup> Aging in Place with Dementia: A Mind and Body Exercise Program

Matt Call is an exercise therapist who works with hospitals and elder care organizations to improve the well-being of those with dementia. His book, "Aging in Place with Dementia: A Mind and Body Exercise Program", is an in-home treatment program for individuals with dementia. This program effectively treats the symptoms of Alzheimer's and other dementias, making the person more manageable allowing them to remain living at home and out of institutional care. The individuals' caregivers work the program with them.

### Wednesday, August 29<sup>th</sup>

Lenny Pearl will be entertaining the lunch crowd at the Senior/Community Center from 11:00 a.m. until Noon. Lenny has been performing his musical review for the past twenty-five years specializing in Sinatra era music including the sounds of Tony Bennett, [Dean Martin](#), [Bobby Darin](#), [Neil Diamond](#) and [Cab Calloway](#). Reserve a \$2 lunch and enjoy something special for dessert!



## PARKINSONS DISEASE SUPPORT GROUPS

- ▶ [Beverly \(MA\) Support Group](#)  
Meets every 2<sup>nd</sup> Monday of the month from 1:00 – 3:00 PM at the Beverly Council On Aging, 90 Colon St., Beverly MA 01905. 978-638-7745 or [rcjames@bu.edu](mailto:rcjames@bu.edu)
- ▶ [Brentwood \(NH\) Support Group](#)  
Meets every 3<sup>rd</sup> Thursday from 1:00 – 3:00 PM at the Hilton Auditorium in the Rockingham County Nursing Home, 117 North Rd. in Brentwood NH. Paul Gustavson [pegustavson@aol.com](mailto:pegustavson@aol.com)
- ▶ [The American Parkinson's Disease Association \(APDA\) at Boston University Medical Center](#). An excellent patient-focused help resource, Parkinson's Help Line 800-651-8466 or [www.apdama.org](http://www.apdama.org)
- ▶ [Parkinson's Disease Foundation](#). Another excellent group, affiliated with the American Parkinson's Disease Association. Contact Jill McClure 800-457-6676 or [www.pdf.org](http://www.pdf.org)
- ▶ [Parkinson's Fitness- A fun group](#). Linda Hall 781-572-5918 or [www.parkinsonsfitness.org](http://www.parkinsonsfitness.org)

# GREENLEAF SUPPORTIVE DAY

Amesbury Council on Aging



68 Elm Street | Amesbury, MA | (978) 388-8138 | [www.amesburyma.gov/senior-community-center](http://www.amesburyma.gov/senior-community-center)

## *"Respite for Your Family Tree"*

The Greenleaf Supportive Day Program offers socialization and meaningful recreational activities as well as supervision, nutrition, and support services in a community-based setting.

## **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

- ▶ **August 28-30 – Spectacular Saratoga** – 3 days/2nights, 5 meals; Enjoy visits to Saratoga Springs and Saratoga Raceway, with grandstand seating and a special luncheon pkg.; 2 hour scenic Dinner Cruise on Lake George; a train ride along the Hudson River aboard the vintage rail cars of the Saratoga & North Creek Railway, try your luck at the Saratoga Casino. \$499pp dbl/\$649 sgl; payable to Best of Times. **Payment due on sign up.**
- ▶ **September 12 – Kenny & Dolly @ Danversport Yacht Club** – An unforgettable Tribute Show; “Together Again” starring Wendy T and Marty Edwards recreating the magic of Country Music’s Favorite Couple – Kenny Rogers & Dolly Parton; includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$92 Bus/\$69 Self Drive payable to Best of Times.
- ▶ **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 6 – 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.
- ▶ **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.**

## **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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month. Meetings are at 1:30 p.m. [NewburyportStampClub@comcast.net](mailto:NewburyportStampClub@comcast.net)

**COIN CLUB** Interested? Call Mary Kelly, Activities Coordinator 978-462-0430. Maybe we can add Coin Club meetings to the schedule!

**FORGIVENESS GROUP**-(Fridays in the Boardroom from 11:00 to 12:00). The Forgiveness Support Group, facilitated by Lou Lessard, is a safe group setting to allow us to learn and practice effective ways to forgive ourselves and others. Each week, the group explores 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.

**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](mailto:mkelly@cityofnewburyport.com)



**GERMAN, FRENCH and SPANISH 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, French or Spanish. The German group meets on Fridays at 1 pm and the French group meets on Wednesdays at 10 am. The Spanish group meets on Mondays at 1 pm. All three groups meet up in the Boardroom at the Senior/Community Center. Sprichst du Deutsch? Tu parles allemand? ¿Habras español? You are welcome to attend!

**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.

**COMPUTER LAB ASSISTANCE** Susan is in the Computer Lab on Monday & Wednesday- 12:00 p.m. to 3:00 p.m. Andy is here on Wednesday 9:00 a.m. until 12:00 p.m. Their help is free of charge and they know their stuff!



**OLD CELL PHONES WANTED**

Have you recently started using a new cellphone and wonder what to do with your old cellphone? 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.

**FRIENDS OF NEWBURYPORT COUNCIL ON AGING BEAUTIFICATION PROJECT**

With the recent landscaping improvements underway at Cushing Park, the Friends of the Newburyport Council on Aging (FONCOA) has initiated and undertaken to “spruce up” the look of their very successful book collection bins at Cushing Park. This project was spearheaded by Friends President Ben Iacono.

The Friends sought out artists and ideas from the local area and we were extremely pleased that the students from the Newburyport and Pentucket Regional High School Art Department volunteered and stepped up to create a most beautiful scene displaying landscapes, wildlife and landmarks of the local river/ocean/marsh area. We would like to acknowledge their creativity, skills, and teamwork in working with each other in a collaborative way. It is noteworthy, also, that this occurred while many were involved with finals and graduation activities.

A huge thanks and much appreciation to the student artists from NHS Paul Goguen, Carmela Murphy, Ellie Kerns; and from PRHS Casey Hunt, Casey Pratt, Katie Rosa. To their teachers/advisors from NHS Aileen Maconi, Mary Rakoski; and from PRHS Marcia Nadeau, Sean Bixby. Also with much appreciation our supporting cast - Paint donation/Advisor by Port Paint n Paper Jack Boland, Bob Mandel; Bin owners Recycle That Matt Libby; Council on Aging Coordination provided by Activities Director Mary Kelly; Planning/Advisors from the Art Association Elena Ruocco Bachrach, Local Artist/Teacher Robert Brun. Also support from the Director of the Parks Department Lise Reid and the Newburyport Parks Commission.

The new look has generated a lot of interest and many nearby residents have lauded the effort to enhance their appearance. The Friends are grateful for every one’s efforts. The book collection bins have been an extremely successful ongoing fundraiser for over 9 years. The Friends is a charitable 501(c)(3) non-profit organization committed to providing financial support to the needs of the Newburyport Council on Aging. Follow the Friends on Facebook and visit our website at [www.foncoa.org](http://www.foncoa.org)

**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	Nichols Village	Anna Jaques Hospital
Avita of Newburyport	Institution for Savings	Pavilion Medical Home Care
Twomey, LeBland & Conte Funeral Home	Community Action, Inc.	Lombardi Oil and Gas
Brigham Health and Rehabilitation Center	Port Healthcare Center	
Law Offices of Connolly and Connolly	Assisted Living Center - Salisbury	



## **BOCCE AND PICKLEBALL**

These two free outdoor games are popular at the Newburyport Senior/Community Center. Stop by and join the fun, make some new friends, and enjoy the summer.

**Bocce** lessons are offered each Thursday at Noon during the month of August. No pre-registration required. Weekly Bocce games are held every Tuesday from 9:00 a.m. to 11:00 a.m. & Thursday from 12:00 p.m. to 3:00 p.m.



**Pickleball** is offered for players at all levels of experience. Demo paddles are available. Instructions and games are free. Park at the Senior/Community Center parking lot and play on the basketball court near the patio every Monday, Wednesday and Friday through the end of August. Free lessons from 9-10 for new players. Open play from 10-Noon for all experience levels.



For more information about Pickleball or to subscribe to Newburyport Pickleball's email list for updates and announcements, contact James Jones at [jamesjones631@gmail.com](mailto:jamesjones631@gmail.com). Please include your first and last name, email address, and your hometown.

## **Hospice Volunteer Training Class**

Newburyport Senior/Community Center  
331 High Street  
Newburyport

Thursday, August 16<sup>th</sup>  
9:00 am to 4:00 pm  
Lunch & Refreshments

Call Jodi to register at **800-331-1044**  
For more information email Deb Goodsell at [dgoodsell@hshospice.com](mailto:dgoodsell@hshospice.com)



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