



Newburyport Council on Aging  
**Senior Citizen News**

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

[RRobillard@cityofnewburyport.com](mailto:RRobillard@cityofnewburyport.com)

**Donna Holaday, Mayor**  
[www.cityofnewburyport.com](http://www.cityofnewburyport.com)

# DECEMBER 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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### OFFICE MANAGER

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Cindy Lee Rand

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**Winter Cancellations:** When Newburyport Schools are closed due to winter weather, the services and programs at the Senior Center are also cancelled for the day. Call the Council on Aging office if you have questions: 978-462-0430.

## Community Day- Wednesday, December 19<sup>th</sup> 1:00-2:00

### Greater Newburyport Children's Chorus

The Greater Newburyport Village is pleased to invite you and your friends to enjoy the delightful voices and spirit of the Greater Newburyport Children's Chorus! The mission of the Chorus is to provide an opportunity for students to enrich their lives with quality vocal music education, choral performances and a joyful, lifelong habit of participation in music and community. We are thrilled to present them to you at our December Village Talk on December 19, from 1pm – 2pm at the Newburyport Senior/Community Center. Please join us. This concert is free and open to the public.

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.

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.

## Community Day-December 26<sup>th</sup> 1:00 -2:00

### Music and Memory Sing-along with Robert Kaplan

Come relax at the senior center and be part of a sing-along, with music that is sure to bring back memories. This casual, unpressured event includes song sheets that will encourage everyone to join in. Robert Kaplan will be playing his guitar to folk music of the late 50's and 60's. Enjoy the songs of artists you know well such as: Elvis, The Beatles, Peter, Paul and Mary, Sam Cooke, and others.

Robert Kaplan-Music and Memory Folk Music Sing-a-Long

[robert@musicandmemory.net](mailto:robert@musicandmemory.net)

## ADVENTURES IN DRAWING WITH ANDY ROBINSON

*This newest drop-in class is being offered every Tuesday from 10:00 to 11:00 in the Art Room starting November 13<sup>th</sup>.*

Andy Robinson is an artist from Boston's north shore with experience in a variety of mediums such as pencil, ink, watercolor, clay, papercraft, recycled sculpture and more. Graduating from Butera School of Art in 2006 at the top of his class in Commercial Art, Andy's main concentration is in Children's illustration. He shares his creativity with not only his community, but spends much of his time fostering imagination in his two young sons at home.

'Adventures in Drawing' art is an introduction to drawing. We will start with some basics and build on them as we go. We will learn to look at things from a different perspective and kindle imagination as we explore various techniques and medium. Please bring the following materials with you to each drop-in class – whichever varieties of brands you prefer:

- > Sketchbook
- > Pencil
- > Kneaded eraser
- > Rubber or Vinyl eraser



**NEW! CORNHOLE** Every Thursday throughout the winter from 1:00 p.m. to 2:00 p.m. in room A. This is a free drop-in group. No sign-up required to participate. Beginners are encouraged to come out and play.

Cornhole (also known regionally as baggo, bags, sack toss, or bean bag) is a game in which players take turns throwing bags of corn (or bean bags) at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. Play continues until a team or player reaches (or exceeds) the score of 21.

**CARD PLAYERS WANTED** Currently looking for 45s and Cribbage players. Come to play every Friday at the Senior/Community Center from 1:00 p.m. to 3:30 p.m. We're planning to Texas Hold 'Em in the spring!

**BIRDWATCHING** Thursday, December 20<sup>th</sup>



Birdwatching at Parker River National Wildlife Refuge on Plum Island Join Sue McGrath of Newburyport Birders for some peaceful time before the holidays in the salt marsh and maritime forest. This popular birding destination has waterfowl, winter raptors, Horned Larks and Snow Buntings. The group will take a brief walk and enjoy all the Refuge's beauty. Participants, please dress warmly in layers, including warm footwear, hat, and gloves. COA van will be at the senior center at 8:15 a.m. for an on time departure at 8:30 a.m. We'll return to the Center in time for participants to have lunch.

**FOOD STAMP MEETING – Thursday, January 17<sup>th</sup> at 2 pm**

The Supplemental Nutrition Assistance Program (SNAP) is more commonly known as Food Stamps. Applications for Food Stamps are always available at the Council on Aging office. Information about the program and help with the application will be available at the Food Stamp Meeting. Even if you already receive food stamps you may be able to increase your monthly benefit. Save the Date!

**EXPLORING CREATIVITY THROUGH WATERCOLOR** with Peggy Poppe RN, MSN, Watercolor Artist.

This class 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. The program is offered every Wednesday in the Art room from 10:00 a.m. to 12:00 p.m. The price is \$10.00 per 2-hour drop in class.



**WATERCOLOR EXHIBIT and SALE December 5- January 7**

Meet the Artists Reception and Small Works Sale December 19<sup>th</sup> 3:00-6:00

The Newburyport Art Association Watercolor Special Interest Group will exhibit at the Newburyport Senior and Community Center in December. Come view Watercolor impressions of local scenes in all seasons. All works are for sale and many are small and suitable for gift giving. On December 9<sup>th</sup> small gifts, cards, and calendars as well as bin work will be available for sale as well.

# DECEMBER 2018 Menu

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

3 Hot Dog Baked Beans Mixed Veg Hot Dog Roll Mixed Fruit	4 Teriyaki Chicken Asian Veg White Rice Whole Wheat Bread Pineapple	5 Seafood Chowder Breaded fish Green Beans Roasted Potatoes Oat Bread Fresh Orange	6 Meatloaf Gravy Mashed Potatoes Carrots Whole Wheat Roll Pudding	7 Eggplant Parmesan Pasta Garden Salad Italian Bread Cookie
10 Pulled Pork BBQ Sauce Butternut Squash Roasted Potatoes Burger Bun Chef's Dessert	11 Italian Chicken and Broccoli Polenta Summer Squash Italian Bread Fresh Fruit	12 Potato Bacon Soup Egg Cheese Omelet French Toast Baked Apples Muffin Yogurt	13 Hot Turkey Sandwich Mashed Potato Peas Cranberry Sauce Cake	14 Beef Burgundy Onions & Mushrooms Pasta Brussels Sprouts Whole Wheat Bread Mandarin Oranges
17 Curried Lentil Stew Rice Pilaf Garden Salad Whole Wheat Roll Berry Cup	18 American Chop Suey Cauliflower Multigrain Bread Gelatin	19 Vegetable Soup Chicken Patty Roasted Potato Burger Bun Fresh Fruit	20 Baked Ham with Pineapple Sauce Au Gratin Potatoes Carrots Dinner Roll Applesauce	21 Baked Fish Sweet Potatoes Green Beans Oat Bread Peaches
24 Mac & Cheese Peas Whole Wheat Bread Pears	25 	26 Corn Chowder Cheeseburger Potato Chips Beets Hamburger Roll Fresh Fruit	27 Chicken Pot Pie Roasted Potatoes Garden Salad Dinner Roll Fruit Loaf	28 Vegetable Frittata Cheesy Grits Zucchini Oat Bread Yogurt
31 Greek Chicken Lemon Rice Pilaf Broccoli Dinner Roll Brownie			<b>\$2 Donation Per Meal Is Suggested And Appreciated</b>	Reservations For Lunch Are Required. Call Cindy Rand Kitchen Manager 978-462-0430



### The Traveling Chef will be back in 2019!

On one day of each month during 2019 the Council on Aging will offer an extra-special lunch at the Senior Center. A signup sheet with menu details will be available at the front desk on the first of the month. Reservations will be limited to 40 diners. The price of each Traveling Chef meal is \$2. In January, the Traveling Chef will be serving Chicken Cordon Bleu.

# DECEMBER Program Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>4</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>5</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:30 Stamp Club</p>	<p>6</p> <p>9:00 Foot Care 9:00 Zumold 10:00 Ballet/Tap 10:00 Art Lecture 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:00 EFT Tapping 2:30 Yoga</p>	<p>7</p> <p>9:00 Drum Circle 9:00 Dental Clinic 10:00 Qigong 10:00 Knitting 11:00 Tai-Chi Basics 11:00 Learn to Forgive 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>10</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>11</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>12</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day 1:30 Stamp Club 2:00 <i>Retired Readers</i></p>	<p>13</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:30 Yoga</p>	<p>14</p> <p>9:00 Drum Circle 9:00 Dental Clinic 10:00 Qigong 10:00 Knitting 11:00 Tai-Chi Basics 11:00 Learn to Forgive 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>17</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>18</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Veterans Group 1:00 Bridge 1:00 PING PONG!</p>	<p>19</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>20</p> <p>8:15 Birding with Sue 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:00 RFT Tapping 2:30 Yoga</p>	<p>21</p> <p>9:00 Drum Circle 10:00 Qigong 10:00 Knitting 11:00 Tai chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>24</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>25</p>  <p>MERRY CHRISTMAS</p>	<p>26</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 <i>Music &amp; Memory Sing-A-Long</i></p>	<p>27</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:00 EFT Tapping 2:30 Yoga</p>	<p>28</p> <p>9:00 Drum Circle 10:00 Qigong 10:00 Knitting 11:00 Tai chi Basics 11:00 Learn to Forgive 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>31</p> <p>8:00 Health Insurance 9:00 Exercise to Music 9:00 <b>Watercolor with Bill Duke</b> 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>27</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>28</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>		

## 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.

**GENTLE MOVEMENT** - This is a standing and/or seated class is for anyone who would like to improve their posture, balance, flexibility, strength and stability, and better control the symptoms associated with Aging, Parkinson's, Arthritis and other similar conditions. Mondays, 12:00 noon to 1:00 p.m. \$5 per drop in class. \*A caregiver who accompanies a participant can attend at no charge.

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

**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.



### Give the Gift of a Lift

Local seniors need your help with transportation for medical appointments and other important errands. Mileage reimbursement and supplemental insurance provided. Call NEET to become a NEET driver: 978-388-7474. Visit [www.driveforneet.org](http://www.driveforneet.org)

## 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 December 12th at 2:00 p.m. to discuss the December book selection '*Canto*' by Anne Patchett. 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).

## 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 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)

**COUNCIL ON AGING TRIPS** 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

**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, Transfers & 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.

**Full Payment due on sign up, payable to Best of Times.**

**April 24 - Dancing Dream ABBA Tribute Band @ Danversport** – Performing ABBA’s greatest hits from 1973 through 1983. Includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$69 Self Drive payable to Best of Times.

**April 25-29 International VA Military Tattoo – 5 Days/4 Nights;** Includes Tour of U.S. Naval Academy, Annapolis, MD; Musical Stage Show at Toby’s Dinner Theater; Tour of Colonial Williamsburg with Lunch at Historic Tavern; Tour of Norfolk Naval Base; Virginia International Military Tattoo Festival Show (the largest in the U.S.); Tour of Assateague Island, famous for their wild horses.. See Flyer for Details. \$999pp/dbl; \$1299 sgl. **\$50pp Deposit due on sign up; Final Payment due by March 14**

**May 14-16 Penn Dutch Country – 3 Days/2 nights;** Includes new hit show “Jesus” at the Sight & Sound Millennium Theater; “Camelot” at the Dutch Apple Dinner Theater; Dinner at Plain & Fancy; visits to the Bird in Hand Farmers Market and Kitchen Kettle Shops in Intercourse; Tour of Longwood Gardens. \$489pp/dbl payable to Best of Times.

**June 18 – 3 Redneck Tenors @ Danversport** – Duck Dynasty meets Carnegie Hall; a smorgasbord of songs and music including Gospel, Country, Broadway, Pop and Classical. Includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$69 Self Drive payable to Best of Times.

**July 16 – Michael Minor @ Foster’s Clambake Restaurant** – If you’re a fan of Terry Fator you’ll love Michael Minor, Singer, Comedian, Ventriloquist, Celebrity Impressionist; includes full Lobsterbake luncheon with chowder, steamed mussels, corn on the cob, potatoes and blueberry cark or ½ Barbecue Chicken. \$99 payable to Best of Times.

**GERMAN, SPANISH and FRENCH** The Senior Center is the place to meet with other residents who share your native tongue. The German Conversation Group now meets on Mondays at 1 pm in the Art Studio. New members will be welcomed. The Spanish Conversation Group meets in the Boardroom on Mondays at 1 pm. The French Conversation Group meets on Wednesday mornings at 10:00. All of these groups are free of charge. Come share an hour with others who share your knowledge of German, Spanish or French.

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



























