



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

NOVEMBER 2018

The MISSION of the Council on Aging is:
to advocate for older adults, to identify their needs, to develop and implement services and programs to meet their health, economic, social and cultural needs, to encourage maximum independence, and to improve their quality of life. **The Council on Aging Office is open Monday through Friday from 8 am to 4 pm.**

Council on Aging Staff:

DIRECTOR

Roseann Robillard

ACTIVITIES COORDINATOR

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OFFICE MANAGER

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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 November schedule includes three interesting topics. See inside for additional information.

- > November 7th **All about BEMER** - a complementary therapy that supports the body's efficiency and capacity to heal itself as nature intended.
- > November 14th **Nautical Newburyport and the Coast Guard**
- > November 28th **Swallowing Sweetness: The facts about sugar**

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 13th.

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 mediums.

Please bring the following materials with you to each drop-in class - whichever varieties or brands you prefer.

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



COMMUNITY DAY EVENTS Always Free and open to all.

Wednesday, November 7th BEMER is the most thoroughly researched and scientifically proven therapy available in the world for increasing blood flow in the smallest blood vessels, increasing your oxygen supply, and removing waste and toxins from the bloodstream while providing more efficient nutrient delivery to the cells. BEMER therapy and the BEMER signal have a total of 5 international patents, many clinical studies and is the subject of over 50 research publications BEMER has also signed a joint development agreement with NASA to incorporate the BEMER signal into astronaut's space suits in order to reduce the negative effects of long-term space travel It is German engineered – Swiss manufactured – each device made by hand. BEMER is not disease or symptom specific therapy. Its effectiveness has been proven over 20 years of use by over 1,000,000 loyal users in 40+ countries. It is being used daily in over 4000 clinics, hospitals and universities for many years. This presentation is provided by **Vanessa Galvanek** www.BMRUniversity.com/whatisBEMER

Wednesday, November 14th **Nautical Newburyport and the Coast Guard** – a *Village talk*



Popular speaker, Dyke Hendrickson will speak about Newburyport and its relationship to the Coast Guard. This talk will be of interest to new and longtime residents of Newburyport and beyond.

Dyke will give away several copies of his book *Nautical Newburyport* to help spread the word about the community's history. Recipients will be asked to pass along the books to family members and friends after they are finished. 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, November 28th **Swallowing Sweetness: The facts about sugar**

Nutrition Discussion with Leigh Hartwell-Sponsored by Elder Services of the Merrimack Valley Nutrition Discussion-The topics expected to be covered include:

- Types of sugar
- Food and Beverage Sugar Content
- Health Effects of High Consumption of Added Sugars
- Tips to Cut Back on Added Sugars
- Artificial Sweeteners
- Q & A with a Dietitian

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. 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 began October 15th and will end on 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. **The Newburyport Council on Aging has many openings still available on Tuesday, November 27th from 2 pm until 6:30 pm. Call now to make an appointment: 978-462-0430.**

NOVEMBER 2018 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>\$2 Donation Per Meal Is Suggested And Appreciated</p>	<p>Reservations For Lunch Are Required. Call Cindy Rand Kitchen Manager 978-462-0430</p>		<p>1 Pork Stir Fry Asian Veg White Rice Oat Bread Mandarin Oranges</p>	<p>2 Egg, Sausage and Potato Bake Baked Apples Roasted Potatoes Muffin Fresh Fruit</p>
<p>5 Meatball Sub Chef's Veg Pasta with Sauce Sub Roll Pears</p>	<p>6 Hot Dog Baked Beans Coleslaw Hot Dog Roll Pineapple</p>	<p>7 Tomato Soup Roasted Chicken Rice Pilaf Brussels Sprouts Whole Wheat Bread Fresh Fruit</p>	<p>8 Beef Stew Potatoes Garden Salad Dinner Roll Fruit Crunch Bar</p>	<p>9 Breaded Fish Mac & cheese Peas & Carrots Multigrain Bread Gelatin</p>
<p>12 Veterans Day No meals Served or Delivered</p>	<p>13 Lentil Stew Chick Peas w/ Pumpkin Rice Cauliflower Oat Bread Pudding</p>	<p>14 Chicken Noodle Soup Cheeseburger Roasted Potatoes Mixed Veg Hamburger roll Fresh Fruit</p>	<p>15 Turkey with Gravy Mashed Potatoes Cranberry Sauce Stuffing Green Bean casserole Pie</p>	<p>16 Lasagna w/ meat sauce Zucchini Italian Bread Mixed Fruit</p>
<p>19 Frittata Steamed Beets Roasted Potatoes Juice Oat Bread Fruit Loaf</p>	<p>20 Shepard's Pie Garden Salad Whole Wheat Roll Pears</p>	<p>21 Tortellini Soup Breaded Chicken bites Vegetable Rice Peas Multigrain Bread Berry Cup</p>	<p>22 Thanksgiving Holiday</p>	<p>23 Thanksgiving Holiday</p>
<p>26 Chick Broccoli Alfredo Pasta Summer Squash Multigrain Bread Peaches</p>	<p>27 Seafood Casserole Butternut Squash Rice Pilaf Whole Wheat Bread Cookie</p>	<p>28 Minestrone Soup BBQ Pork Patty BBQ Sauce Roasted Potatoes Green Beans Yogurt</p>	<p>29 Pot Roast w/ Gravy Yams Creamed Spinach Dinner roll Applesauce</p>	<p>30 Ravioli with Lemon Butter and Peas Cauliflower with Red Peppers Italian Bread Chef's Dessert</p>

NOVEMBER Program Calendar




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><i>Transportation is available from your Newburyport home to any other Newburyport location including the senior center. Call the COA office to request a ride. 978-462-0430</i></p>		<p>1</p> <p>9:00 Foot Care 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Art Lecture 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:00 EFT Tapping 2:30 Yoga</p>	<p>2</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>5</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>6</p> <p>The Senior/Community Center is open today only for lunch and Wards 5/6 voting. All other activities are cancelled for this day.</p> 	<p>7</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 Retired Readers</p>	<p>8</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>9</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>12</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>13</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>14</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 11:30 Traveling Chef 1:00 Community Day</p>	<p>15</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 12:00 Reiki 1:00 Mah Jongg 2:00 RFT Tapping 2:30 Yoga</p>	<p>16</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>19</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>20</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>21</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group</p> <p>There is no Community Day event today due to preparations for a Thanksgiving Day event</p>	<p>22</p>  <p>23</p>	
<p>26</p> <p>8:00 Health Insurance 9:00 Exercise to Music 9:00 Watercolor with Bill Duke 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>	<p>29</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 2:00 EFT Tapping 2:30 Yoga</p>	<p>30</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>

The Lions Club will be serving a Free Thanksgiving Dinner at the Senior/Community Center on Thursday, Nov 22nd at Noon. No reservation is needed. Come and enjoy the holiday in a beautiful place with delicious food and thankful people.

NEWBURYPORT 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



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.

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. **Payment due on sign up; Sorry - No Refunds 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, 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. **Final Payment due by 11/16/18 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.

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.

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

Join Fallon Health at an informational presentation on November 7 at 2:30 pm at the Newburyport COA, 331 High St., Newburyport, MA to learn about the Medicare Advantage and Medicare Supplement plan options available to you. With nearly 40 years of providing coverage to those with Medicare, Fallon has become a plan that people can rely on. To reserve space or for accommodation of persons with special needs, *call us toll-free at 1-888-377-1980 and speak with a member of our Medicare team.*

EFT Tapping for Stress Relief - Thursdays from 2-3 on November 1, 15 and 29.

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 29th, and on December 13th and 27th. Classes are at 2 pm.

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

Fallon Health Member Meeting At Fallon Health, we offer meetings *designed specifically for Fallon Senior Plan™ members.* We encourage you to join us on November 7 at 1:30 pm at the Newburyport COA, 331 High St., Newburyport, MA to learn more about your current plan as well as other options that may be available to you. To reserve space at an upcoming meeting or for accommodation of persons with special needs, call us toll-free at 1-888-377-1980 (TRS 711), 8 a.m.–8 p.m., Monday–Friday (Oct. 1–March 31, seven days a week.), and speak with a member of our Medicare team.

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 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.

FREE ART LECTURE SERIES Thursday November 1, 2018 10:00 a.m. to 11:00 a.m. Artist-Doug Johnson

A popular Newburyport Artist, Doug Johnson is creating unique working bead painting. You must come see it to believe it. He works with tiny beads to form a complete artistic statement in a variety of subjects. Creating coveted works of art for over the past 30 years, Mr. Johnson has crafted more than 200 glass canvases, many now housed in private collections or proudly displayed in corporate lobbies. Fidelity Investments owns eight of his works. Doug has also been featured on several TV programs

BIRDWATCHING Waterfowl at Cherry Hill Thursday, November 15th

The Cherry Hill Reservoir is a perfect setting for waterfowl viewing. This public water source hosts plenty of waterfowl and they spend the fall on the water. Other species that can be seen here are Ruddy duck and Ring-necked Duck, geese, Pied-billed Grebe, Mergansers, American coot and Bufflehead. . Meet Sue at the Senior/Community Center at 8:30 a.m. The group will board the Council on Aging van and head to Indian Hill Reservoir in West Newbury. Participants, please dress warmly, including warm footwear, hat and gloves. The van will return everyone to the Senior Center by 11:30 a.m.

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.

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 November 14th at 2:00 p.m. to discuss the November book selection, "*Brooklyn*" by Colm Toibin. 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).



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

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 meets 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

CALENDAR RAFFLE

Throughout the month of November, 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 during 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

The Friends of the Newburyport Council on Aging will hold its 22nd Annual Membership Meeting on Tuesday, November 13, 2018 at 3:00 p.m. in the Senior/Community Center, 331 High Street. Age is irrelevant - EVERYONE is invited and encouraged to attend! Ben Iacono, FoNCOA President, will welcome the guests, and will review what the Friends group has been involved with, and what has been funded, this past year. Newburyport Council on Aging Director Roseann Robillard will review the daytime, evening and weekend uses of the Center we celebrate the completion of three years of service. There will be a short business meeting, followed by refreshments. The ever popular November raffle calendars will be sold, and people can renew or establish their annual memberships - still only \$10. We hope to see you there.

The Friends of Newburyport Council on Aging is a charitable 501(c)(3) non-profit organization committed to providing financial support to the needs of the Council on Aging. The Friends solicit funds from individual and corporate memberships and donations. Various other fundraising activities are held to further support and expand the Council on Aging programs and services. Enhancing the visibility of the Friends and COA within the Community continues to be an important objective.

Donations to the Friends have supported these Services and Needs.....

Augmenting Building Construction Funds	Tower Garden
Brown Bag Transport Program	Ping Pong Table
Daily Newspapers	Volunteer Recognition Programs
Musical entertainment	Membership Awards
Knowledge Enhancement Programs	New Van Purchase
Defibrillators	Bench Dedication

