



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)

# January 2019

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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Every month the Wednesday schedules include free special presentations that are intended to inform, educate, entertain or inspire members of our community.

### Community Day- January 2<sup>nd</sup> 1:00-2:00

*Cure Your Foot Pain* - a hands-on, interactive workshop. Come learn about the role that custom foot orthotics can have in alleviating your pain once and for all.

### Community Day- January 9<sup>th</sup> 1:00 -2:00

*Detection and prevention of malnutrition.* Good Nutrition for Healthy Aging. Pre-registration is required and lunch is included. Seating is limited to 30 people.

### Community Day January 16<sup>th</sup> 1:00 – 2:00

*A Newburyport Marine in World War I: The Life and Legacy of Eben Bradbury*

### Community Day January 23<sup>rd</sup> 1:00 -2:00

*Probiotics and Prebiotics.* What they are and how they can help you?

### Community Day January 30<sup>th</sup> 1:00 -2:00

*Fall Risk Prevention* - Training for Mobility, Stability and Improved Reaction Time

The Council on Aging services and programs at the Senior/Community Center will be cancelled in the event of winter weather. When Newburyport Schools have a Snow Day, so does the Senior/Community Center.  
Call the COA for program updates: 978-462-0430.



Jack Ronan has stepped down from the COA Board after two decades of remarkable service to the City. Jack was appointed to the Board in 2004 by former Mayor Maryann Clancy. His tenure on the Board focused on building a senior center. It was Jack who suggested the 331 High Street location for our excellent Senior/Community Center. Thanks, Jack. You helped get the job done!



## What are You Welcoming in the New Year?

SoulCollage® Workshop-Tuesday, January 8<sup>th</sup> (2-4PM)

SoulCollage® is an intuitive creative process, created by the late Seena Frost, a marital and family therapist, who combined her passions for creativity, spirituality, and psychotherapy. January is a wonderful time to reflect on new beginnings and welcome creative, intuitive messages as we step into 2019!

The process is simple: we select images and combine them on a 5" x 8" mat board. Part art project, part spiritual practice, SoulCollage® allows you to deepen your understanding of

yourself and tap into your inner wisdom. No artistic talent is necessary to enjoy this creative process. The cards you create often produce insights that are surprising and full of depth and significance. SoulCollage® helps you develop a greater understanding and appreciation of how you are one person with many parts.

*Your deck of cards is your unique reflection of yourself in the world, to be used for meditation and guidance. Plus, it is a lot of fun to spend time creating these inspiring cards!*

This workshop is facilitated by Dr. Eliza Goodell, a psychologist and SoulCollage® Facilitator. Cost: \$10. This fee includes all materials—two mat boards, images, glue, cutting tools, protective sleeves for your finished cards and a set of handouts. To pre-register please sign up with the front desk. Payment will be collected at the start of the workshop- Tuesday, January 8, 2019. If you have questions about this workshop, please contact Eliza ([eliza.w.goodell@gmail.com](mailto:eliza.w.goodell@gmail.com)/508-451-1778).

**POSITIVE THINKING** Doesn't it feel great to be around HAPPY and POSITIVE people?! ...Do you want to BE one of those people? Come to a workshop on Thursday, January 17<sup>th</sup> at 2 p.m. to hear the actual SCIENCE behind your thoughts, and WHY it is important for your health to be thinking positively! Learn easy-to-implement tips to begin shifting your thought habits. **Ask questions to improve your understanding.** Listen to real-world examples of how these changes work. Start 2019 off right by taking control of your thoughts and make it your BEST year yet!

## 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.*

'Adventures in Drawing' 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 a sketchbook, pencil and eraser with you to each class.

The instructor is Andy Robinson, 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. He shares his creativity with not only his community, but spends much of his time fostering imagination in his two young sons at home.



## START THE DAY WITH A SONG

Robert Kaplan will bring his music to the Senior/Community on Friday mornings at 9:00 starting in February. Come and sing with him and with others who enjoy starting the day with a song.

## IT TAKES A VILLAGE

As 2018 comes to a close and we enter into 2019 one often spends time in reflection of the past and thinking of the future. We can feel uncertain especially as we slow down or observe family or friends facing difficulties.

The saying "It takes a village", often associated with a former Presidential candidate, is actually an African Proverb which means it takes an entire community of different people interacting with children in order for them to grow in a safe environment. The Village would look out for the children. This philosophy holds true not just for children, but for others as well. Avita of Newburyport hosts a family support group once a month open to individuals, family members and professionals. We share resources and experiences to help those facing memory issues. Attendees help each other decipher the maze of community resources that are available. The group meets the 2<sup>nd</sup> Tuesday of each month from 6-7:30 PM. For more information call 978-225-7000.

# JANUARY 2018 Meals on Wheels Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Reservations For Lunch Are Required. Call Cindy Rand Kitchen Manager 978-462-0430	1 <i>Happy New Year</i>	2 Tomato Soup Breaded fish Potatoes O'Brien Mixed Veg Burger Bun Fresh Fruit	3 Chicken Cordon Bleu Cranberry Sauce Mashed Potatoes Carrots Honey Wheat Roll Tapioca	4 Chick Pea Stew with Spinach Rice Pilaf Cucumbers + Tomatoes Whole Wheat Bread Applesauce
7 Shepard's Pie Green Beans Dinner Roll Pears	8 Lasagna (no meat) Peas Salad Italian Bread Berry Cup	9 Southwestern Soup Chicken Fajitas Corn and Beans Sour Cream Tortilla Fresh Fruit	10 Soy Ginger Pork White Rice Mixed Veg Multigrain Bread Mandarin Oranges	11 Omelet Sausage Baked Apples Fruit Loaf Yogurt
14 Sweet Sour Meatballs White Rice Broccoli Whole Wheat Bread Mixed Fruit	15 Turley a la King Pasta Carrots Biscuit Gelatin	16 Vegetable Beef Soup Cheeseburger Roasted Potatoes Brussel Sprouts Burger Bun Fresh Fruit	17 Seafood Casserole Mashed Potatoes Chef's Veg Oat Bread Cake	18 BBQ Chicken Sweet Potatoes Salad Corn Muffin Peaches
21 Martin Luther King Jr. Day  No Meals Served or Delivered	22 Hot dog Baked Beans Mixed Veg Hot Dog Roll Cookies	23 Lentil Soup Breaded Chicken Beets Vegetable Rice Burger Bun Fresh Fruit	24 Mac and Cheese Peas Whole Wheat Bread Berry Cup	25 Liver Onion Gravy Carrots Mashed Potatoes Multigrain Bread Chef's Dessert
28 Stuffed Shells Meat Sauce Cauliflower Italian Bread Pudding	29 Chicken with Mushroom Sauce Cheesy Grits Salad Oat Bread Fresh Fruit	30 Butternut Soup Frittata Roasted Potatoes Zucchini/Tomatoes Muffin Yogurt	31 Turkey with Gravy Cranberry Sauce Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	<b>\$2 Donation Per Meal Is Suggested And Appreciated</b>

*Thank You*



*The Traveling Chef* is back!

The Newburyport Senior/Community Center will serve an extra special meal once each month during 2019. These Traveling Chef meals are prepared by the same caterer that provides the regular, excellent lunches home-delivered to the Meals on Wheels recipients. The Traveling Chef meals are \$2 per person. They are not available for home delivery.

Reservations are required; 978-462-0430.

Save the Dates for upcoming Traveling Chef lunches at the Senior/Community Center:

- Wednesday, January 9<sup>th</sup>
- Wednesday, February 27<sup>th</sup>
- Wednesday, March 13<sup>th</sup>
- Wednesday, April 10

# JANUARY Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1</p> <p><i>Happy New Year</i></p>	<p>2</p> <p>9:00 Exercise to Music</p> <p>No Painting with Watercolors class today.</p> <p>10:00 French group</p> <p>1:00 Community Day</p> <p>1:30 Stamp Club</p>	<p>3</p> <p>9:00 Foot Care</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Art Lecture</p> <p>10:00 Coffee Talk</p> <p>11:00 Health Insurance</p> <p>12:00 Abstract Art</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>4</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>7</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>No Zumba Gold Today</p> <p>12:00 Gentle Movement</p> <p>1:00 Spanish Discussion</p> <p>1:00 German Discussion</p>	<p>8</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>9</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>10</p> <p>No Zumba Gold Today</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>1:00 Mah Jongg</p> <p>2:00 EFT Tapping</p> <p>2:30 Yoga</p>	<p>11</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>14</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Movement</p> <p>1:00 Spanish Discussion</p> <p>1:00 German Discussion</p>	<p>15</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Veterans Group</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>	<p>16</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>17</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>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>18</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>21</p> <p><b>Senior/Community Center Is Closed today In observance of Martin Luther King, Jr. Day</b></p>	<p>22</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Veterans Group</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>	<p>23</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>24</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>1:00 Mah Jongg</p> <p>2:00 EFT Tapping</p> <p>2:30 Yoga</p>	<p>25</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>28</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>9:00 <b>Watercolor with Bill Duke</b></p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Movement</p> <p>1:00 Spanish Discussion</p> <p>1:00 German Discussion</p>	<p>29</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>30</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>31</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>1:00 Mah Jongg</p> <p>2:00 EFT Tapping</p> <p>2:30 Yoga</p>	

**TRANSPORTATION** The Newburyport Council on Aging operates two vans to provide local transportation to seniors.



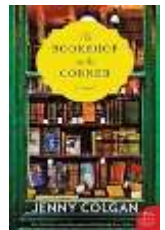
The vans are equipped with lifts for passengers who use wheelchairs. The transportation program is available for all Newburyport senior residents, and for disabled residents of any age. The most requested destinations are grocery stores, medical offices and hair salons but the vans will bring passengers 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 January 9<sup>th</sup> at 2:00 p.m. to discuss the January book selection "The Bookshop on the Corner" by Jenny Colgan. 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).



### **RECYCLE OLD CELL PHONES AT THE SENIOR CENTER**

Did you get a new cellphone this holiday season? Cellphones can be recycled. Cellphones are made with precious metals, copper and plastics, all of which can be recycled to make new products. Bring your unwanted cellphones to the senior center and a donation will be made to Northern Essex Elder Transport, Inc. (NEET). NEET is a non-profit organization working with your local COA to recruit volunteer the drivers to provide curb to curb transportation for our local seniors. [www.driveforneet.org](http://www.driveforneet.org)

**LOW VISION SUPPORT GROUP** promotes confident living with vision loss. 2nd Tuesday of the month except January and February, 10-11:30 at the Newburyport Senior/Community Center . The next meeting will be held on March 12. For more information, call Joanne Maki at 978-792-5667.

### **DISASTER PREPAREDNESS**

Emergencies and disasters strike quickly and often without warning and can force you to be confined to your house or evacuate your neighborhood. What would you do if your basic services – water, gas, electricity or communications – were cut off?

Next month the Senior/Community Center will offer a free seminar to help you learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations, you can still protect and prepare yourself.

Local officials and relief workers may not be able to reach everyone right away. You can deal with disaster better by preparing in advance and by working with those in your support network: your family, neighbors and friends. Knowing what to do is your responsibility. The Preparedness Seminar will help provide the information to empower all who attend.

There are three steps to preparedness: Get a kit; Make a plan; Be informed. The Preparedness Seminar will provide detailed information on all three steps. Every Newburyport household should have received the 2019 Emergency Public Information Calendar. It is a vital tool for use during an emergency. Keep the calendar handy and bring it with you to the Preparedness Seminar.

**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.

**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 Insurance is available). See flyer for details. **Full Payment due on sign up, payable to Best of Times.**

**April 17 – Fenway Park & Swan Boats** – Start the day with an insider’s tour of Fenway Park followed by a tasty lunch at the S & S Deli Style Restaurant, then (weather permitting) enjoy a ride on the famous Boston Garden Swan Boats. A perfect day to share with friends and family. \$92pp payable to All Around New England, **due by March 27.**

**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 payable to Best of Times.

**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 15 – Rail & Sail Essex, CT.** – Enjoy a narrated ride along the Connecticut River Valley aboard a vintage coach pulled by a steam locomotive, then we’ll board the riverboat Becky Thatcher for a 1 ¼ hour ride along the Connecticut River exploring the coves, inlets and rocky shoreline. Includes lunch at a historic inn (choice of Chicken Breast with lemon caper butter sauce or Sliced Sirloin with mushroom gravy). \$108pp payable to All Around New England, due by May 14.

**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.

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

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

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

Anna Jaques Hospital  
Pavilion Medical Home Care  
Lombardi Oil and Gas

























