



Newburyport Council on Aging
Senior Citizen News
331 High Street
Newburyport, Massachusetts 01950
978-462-0430

RRobillard@cityofnewburyport.com

Donna Holaday, Mayor
www.cityofnewburyport.com

MAY 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.**

Council on Aging Staff:

DIRECTOR

Roseann Robillard

ACTIVITIES COORDINATOR

Mary Kelly

OFFICE MANAGER

Rosemary Coulombe

DRIVERS

Jody Desmond, Bob Dwan
Joyce Crary

LUNCH COORDINATOR

Donna Fronczak

OFFICE VOLUNTEERS

Ann Marie Baia, Patty Smyrski,
Elaine Paglia, Kathy Whiting,
Beverly Jaques, Nancy Brogden
Beverly Bingham, Susan Hammond
Cathy Strauss, Joyce Duncan
Beth Watson, Maureen Kravchuk

BOARD MEMBERS

Frances Munroe, President
Charles Carroll, Vice President,
Annie Maurer, Secretary
Jo An Kincaid, John Green
Richard Eaton, Miller Graf
Yvonne McQuilkin, Cynthia Muir

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

Community Day May 1st 1:00 -2:00

Flower Arranging Workshop – (Pre Registration + \$10 Required)

For all skill levels and just in time for Mothers Day. Event is led by Pat Cannon, owner of the Beach Plum flower shop. Call the COA at 978-462-0430 to sign up.

Community Day May 8th 1:00 – 2:00

Songs of World War II – Ruth Harcovitz will sing favorites from the era, such as “Accentuate the Positive and “White Cliffs of Dover. The show commemorates the end of the second World War in May, 1945.

Community Day May 15th 1:00 -2:00

The Greenway Carousel and the Fox – Newburyport sculptor Jeff Briggs will explain the creative process used in the development of the iconic Greenway Carousel in Boston.

Community Day May 22nd 1:00 -2:00

Service Dog Support for Disabled Veterans – Feed the Dog, Inc. is the only organization in the country that supports disabled veterans with the costs to care for their service dogs. Connie Hellwig, Founder and Executive Director will present the non profit organization's mission and include examples of its success, highlighting some of the Service Dogs that have benefited from their program.

Community Day May 29th 1:00 -2:00

Coastal Voice Therapy – Em McManamy is an experienced speech-language pathologist trained at the MGH Institute of Health Professions. She has advanced training in voice therapy techniques.

This monthly newsletter is available both electronically and in hard copy. Distribution is made possible in part by grants from the Massachusetts Executive Office of Elders Affairs and from the Friends of Newburyport Council on Aging.

A LETTER FROM STATE SENATOR DIANA DIZOGLIO



I am pleased to report that critical funding has been secured to protect our beloved Merrimack River.

In October 2017, a 13 hour-long power outage at the Riverside Pump Station resulted in eight million gallons of raw sewage seeping into the Merrimack. In response to this alarming incident, \$2 million was secured through last year's Environmental Bond Bill toward a new emergency generator for the Greater Lawrence Sanitary District (GLSD), designed to protect the Merrimack from sewage spills when there are power outages. Recently, I met with the Commissioner of the state's Department of Environmental Protection to stress the urgency behind releasing these critical funds. In late March, these monies were finally allocated, allowing the GLSD to go forward and purchase this essential generator.

There is still much to do to ensure the Merrimack is the cleanest body of water in Massachusetts and I am committed to doing all I can to protect and improve its health. However, this is a very positive step in the right direction for communities across the Merrimack Valley.

As always, I welcome any and all feedback on ways we can continue to protect our river. Please feel free to contact me anytime via email at diana.dizoglio@masenate.gov or phone at (617) 722-1604.

Yours in service,
Diana

SHARPS CONTAINER – The Senior/Community Center now has a container for convenient disposal of used syringes. It is located outside, to the right of the front door. All 'sharps' must be in a puncture-proof vessel, such as a detergent bottle or a coffee can. The sharps container has already been filled and emptied twice since it was introduced in March. The Stericycle Disposal Company is responsible for emptying both the container at the Senior/Community Center and a similar container at the Health Department at City Hall.

OPTIMIZE YOUR VOICE

Are you worried about your voice? Do you have difficulty projecting your voice, or do you experience strain, fatigue or a loss of speaking or singing range? Are you curious about how the voice works and want information on how to keep your voice healthy? Come to this drop-in voice session in the Boardroom on **Thursday, May 23rd** 2:00-3:00. This is NOT a singing group, but it might encourage you in new ways. Join us as we learn about the voice and practice good voice habits!



LINE DANCE

Come to the Senior/Community Center and kick up your heels. This newest program begins on **Wednesday, May 1st**. The fun class is open to everyone, even those who have never tried it before. Basic steps will be taught and reviewed each week, then added to when everyone is comfortable. Plan to come every week! The cost is \$5 per class. Songs from multiple music genres will be used - Broadway, folk, swing, standards, traditional, country, and more. The atmosphere will be relaxed and enjoyable. Participants will determine the pace and suggest songs they'd like to dance to. Line Dance instructor is Susan Tribble. Her class will begin at 10:30 a.m. each week starting in May.

**OLDER
AMERICANS
MONTH**



CONNECT, CREATE, CONTRIBUTE MAY 2019

MAY 2019

Meals on Wheels Menu *LUNCH COORDINATOR is Donna Fronczak*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>\$2 Donation Per Meal Is Suggested And Appreciated</p>	<p>Meals are served at 11:30 a.m. at the Senior/Community Cntr. Call in your Reservation 978-462-0430</p>	<p>1 Breaded Fish Roasted Potatoes Brussels Sprouts Burger Bun Tartar Sauce Mixed Fruit</p>	<p>2 Pulled Pork Tacos Pulled Pork Corn & Black Beans Lettuce, Onion Tortilla Warm Rice Pudding</p>	<p>3 Stuffed Shells with Marinara Parmesan Cheese Creamed Spinach Italian Bread Fig Bar</p>
<p>6 Meatballs with Gravy Mashed Potatoes Chef's Veg Oat Bread Berry Cup</p>	<p>7 BBQ Pork Patty BBQ Sauce Sub Roll Sweet Potatoes Corn Pears</p>	<p>8 Chicken Alfredo Broccoli Pasta Garden Salad Italian Bread Fresh Fruit</p>	<p>9 Lamb with Garlic Rosemary sauce Roasted Potatoes Honey Carrots Dinner Roll Chocolates</p>	<p>10 Fish Sticks Mac & Cheese Peas & Onions Whole Wheat Bread Pudding</p>
<p>13 Hot Dog Baked Beans Coleslaw Fresh Fruit</p>	<p>14 Chicken Pasta Primavera Multigrain Bread Peaches</p>	<p>15 Meatloaf with Gravy Creamed Spinach Mashed Potatoes Oat Bread Chef's Dessert</p>	<p>16 Seafood Salad Pasta Salad Three Bean Salad Hot Dog Bun Whole Wheat Roll Cake</p>	<p>17 Frittata Roasted Potatoes Mixed Veg Yogurt Juice Muffin</p>
<p>20 Chicken with Lemon Pepper sauce Rice Pilaf Broccoli Whole Wheat Bread Mixed Fruit</p>	<p>21 Beef Steak Peppers Sub Roll Potato Chips Cauliflower Gelatin</p>	<p>22 Turkey with Gravy Cranberry Sauce Mashed Potatoes Green Beans Oat Bread Fresh Fruit</p>	<p>23 Lasagna with Meat Sauce Carrots Garden Salad Multigrain Bread Cookie</p>	<p>24 Teriyaki Pork White Rice Mixed Veg Dinner Roll Pineapple</p>
<p>27 Memorial Day No Lunches Served or Delivered</p>	<p>28 Hamburger Burger Bun Ketchup Roaster Potato Mixed Veg</p>	<p>29 Chicken Marsala Pasta Green Beans Whole Wheat Roll Mandarin Oranges</p>	<p>30 Egg Omelet French Toast Baked Peaches Yogurt Juice Muffin</p>	<p>31 Cold Turkey Salad with Cranberries Potato Salad Marinated Beets Burger Bun Fresh Orange</p>

Traveling Chef

A very special meal will be offered at the Senior/Community Center on Wednesday, May 22nd. This month the Traveling Chef features a special Spring Menu. The cost is \$2. Reservations are required and can be made by calling the Council on Aging: 978-462-0430.



Salmon with Pineapple and Mango Salsa
Quinoa Salad
Brown Rice
Whole Wheat Dinner Roll
Strawberry Mousse

May 2019 Program Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>OLDER AMERICANS MONTH CONNECT, CREATE, CONTRIBUTE MAY 2019</p>		<p>1 9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day Flower Arranging</p>	<p>2 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 1:00 Mah Jongg 2:30 Yoga</p>	<p>3 9:00 Knitting + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>6 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>7 BROWN BAG 9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Low Vision support 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG! 2:00 Painting w. Pastels</p>	<p>8 9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 Low Vision group 10:00 French group 1:00 Songs of WWII 1:30 Stamp Club 2:00 <i>Retired Readers</i></p>	<p>9 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Art Lecture 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:30 Yoga</p>	<p>10 9:00 Knitting + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 12:00 Sing-A-Long 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>13 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>14 9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG 2:00 Painting w. Pastels</p>	<p>15 9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day The Greenway Carousel</p>	<p>16 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>17 8:15 Birding with Sue 9:00 Knitting + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>20 8:00 Health Insurance 9:00 Bill Duke painting 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>21 9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG! 2:00 Painting w. Pastels</p>	<p>22 <i>Traveling Chef!</i> 9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day Feed The Dog, Inc. 1:30 Stamp Club</p>	<p>23 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 1:00 Tour of Maudslay 2:30 Yoga</p>	<p>24 9:00 Knitting + Crafts 10:00 Qigong 11:00 Tai chi Basics 12:00 Bingo! 12:00 Sing A Long 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1:00 Tour of Maudslay</p>
<p>27 MEMORIAL DAY COA Is Closed</p>	<p>28 9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG! 2:00 Painting w. Pastels</p>	<p>29 9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day Voice Therapy</p>	<p>30 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>31 9:00 Knitting + Crafts 10:00 Qigong 10:00 Meet with Senator DiZoglio 11:00 Tai chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>



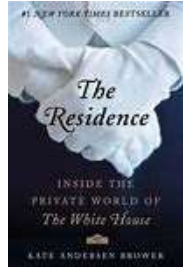
RECYCLE OLD CELL PHONES AND HEARING AIDES AT THE SENIOR CENTER

Cellphones and hearing aides can be recycled. Cellphones are made with precious metals, copper and plastics, all of which can be recycled to make new products. Hearing aides can be sanitized and repurposed. Bring your unwanted equipment 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 drivers to provide curb to curb transportation for our local seniors. 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 May 8th at 2:00 p.m. to discuss "The Residence" by Kate Andersen Brower. 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).



BIRDWATCHING – Friday, May 17th



Sue McGrath of Newburyport Birders will meet the COA van at the Senior Center at 8:15 am for an 8:30 departure to Newburyport parks in search of birds. The van will return to the Center before Noon. Participants need sturdy footwear and dress in layers. Pre-register for this birdwatching trip by calling the Senior Center; 978-462-0430. Seating is limited.

GENTLE MOVEMENT

- This standing or seated class taught by Susan Tribble is for anyone who would like to improve their posture, balance, flexibility and mobility, and better control the symptoms associated with aging and conditions such as Arthritis and Parkinson's. Elements of Yoga, Qi Gong and Tai Chi are included. Soothing music plays in the background. Participants pay \$5 per class. An assistant can attend with the participant at no charge. The class meets every Monday at Noon.

SHOES FOR DIABETICS

You may be eligible to receive a pair of Diabetic Shoes and Inserts at little or no cost to you if Medicare is your primary insurance. A representative from Pro Medical East will be at the Newburyport Senior/Community Center on **Monday, June 10th**. Call the Council on Aging to make an appointment for your 10-minute fitting: 978-462-0430. You must bring your Medicare information, your supplemental insurance information (if you have any) and a completed medical form (available at the Council on Aging office). For more information see www.drcomfort.com.



MALNUTRITION AWARENESS WEEK EVENT – MAY 17th

Nutrition advice, healthy snacks and malnutrition screenings will be offered at the Senior/Community Center on Friday, May 17th from 1-3 pm. Malnutrition is a growing concern for older adults and can lead to many health problems. It is defined as a physical state of unbalanced nutrition and can be identified in both undernourished and over-nourished individuals. Come learn the risk factors, signs implications and solutions for the prevention and treatment of malnutrition. Presented by Leigh Hartwell, Registered Dietitian at Elder Services of the Merrimack Valley, Inc.

FRIENDS OF NEWBURYPORT COUNCIL ON AGING MEMBERSHIP DRIVE

The response has been great! There have been over 100 responses with many new individual, family, business and corporate memberships. In addition, many donations have received by the FRIENDS in memory/honor of loved ones. These are the special people who recently received a special tribute thru a membership with the FRIENDS:

In Memory of

- Paul and Marcella Kiszka
- Molly Dym
- Gene Greco

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

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 lunch 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 cake or ½ Barbecue Chicken; specify choice at signup. \$99pp payable to Best of Times.

July 19-21 – Red Sox V Orioles @ Baltimore – Includes 2 evening games from your Lower Reserved Seats; Tour of Camden Yards and US Naval Academy; See Flyer for Details.. 3 Days/2 Nights, 2 Buffet Breakfasts. \$519pp dbl/\$649 sgl. **\$50 deposit due on sign up. Final Payment due June 7, payable to Best of Times.**

August 3-4 – Red Sox V Yankees @ NYC – Enjoy the game from your Terrace Level Reserved Seats; Includes All You Can Eat Thru 5th Inning; Ferry to both Liberty & Ellis Islands; See Flyer for Details. 2 Days/1 night; \$399pp/dbl/\$499 sgl. **\$50 deposit due on sign up. Final Payment due June 28 payable to Best of Times.**

August 5 – CHICAGO @ Winnepesaukee Playhouse – Seduction, Murder, and of course Music take center stage in this bold and brassy Broadway Hit; includes luncheon choice of Grilled Chicken or Baked Haddock @ the Canoe Restaurant & Tavern; \$97pp payable to Royal Tours.

August 10 – Rhode Island Lighthouse Cruise – This 90 minute narrated cruise through Narragansett Bay features 10 of the most picturesque lighthouses in Rhode Island. Includes Brunch Buffet at a local country club. \$98pp Payable to All Around New England.

September 17 – Atlantic City Boys @ Danversport – Featuring music of The Beach Boys, The Drifters, The Bee Gees, Frankie Vallie & the 4 Seasons, plus more! Includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$69pp Self Drive payable to Best of Times.

September 24 – Vermont Foliage Trip – Featuring a tour and demo @ Simon Pearce Glassblowing Factory; a stop at Scenic Queechee Gorge; visit & tour King Arthur Factory, stop at the Gift Shop for some tasty treats! Includes lunch @ the Mill Restaurant; choice of Roasted Shetland Salmon or Tamarack Farms Lamb Burger. \$119pp payable to Best of Times.

October 3-5 – Break for Moose @ Sunday River Resort – Includes admission to Fryeburg Fair, Gondola Ride to top of North Peak overlooking the Mahoosuc Mountain Range, Moose Safari, Sunday River Fall Festival featuring Wife Carrying Contest, 2 night stay @ Grand Resort Hotel with 2 Buffet Breakfasts/2 Dinners; \$479pp/dbl; \$649 sgl. **\$50pp Deposit due on sign up, Final Payment due August 22 payable to Best of Times.** Cancellation Insurance available, see flyer for details.

HELP EVERY LOST PERSON TO SAFETY

The Newburyport Police Department is broadening the HELPS (Help Every Lost Person to Safety) Program. The program benefits at-risk individuals who have conditions that may cause them to wander, be unsafe, or pose a danger to themselves or others. The program is free, voluntary, and confidential, but will provide police officers with valuable information in responding to missing person(s) or a crisis situation. If you are a family member or caregiver for an individual that may fit this criteria and would like to participate, please complete a Registration Form (available at the Council on Aging), attach a current photo of the individual, and send them to the attention of Officer Dani Sinclair at the Newburyport Police Department, located at 4 Green Street in Newburyport.





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

LOW VISION SUPPORT GROUP meets on second Tuesday of each month from 10-11:30 am.

The Newburyport Low Vision Support Group is sponsored by the Massachusetts Association for the Blind and Visually Impaired (MABVI). Its mission is to inform those who are blind or with lessening vision about resources, devices, and practices that will aid them in adapting and maintaining a full and active life. For more information, call Joanne Maki at 978-792-5667.

PAINTING WITH PASTEL If you've never tried pastels or would like to brush up on pastel skills, artist Ann Harter is offering a new class in pastel painting at the Senior/Community Center. Pastel is the purest and most vibrant medium. It offers rich color control, and quick results. This \$5 class will provide an understanding of the concepts and techniques of pastel painting for every level of experience. Participants will explore different subjects, textures, papers, and application. Beginners will learn the basics, and experienced students will polish their technique. Everyone will gain a deeper understanding of the medium. Painting with Pastel currently meets every Tuesday at 2 p.m. Class size is limited to 15 students

OUR SPONSORS MAKE NEWSLETTER POSSIBLE

Your Personal Assistant, Deb Rogers-Thornton 978-815-6492
Element Care

Twomey, LeBlanc, & Conte Funeral Home 978-465-9323

Country Center for Health & Rehabilitation 978-465-5362

Law Offices of Connolly & Connolly 978-462-2251

Avita of Newburyport 978-225-7000

Brigham Health & Rehabilitation Center 978-462-4221

Port Healthcare Center 978-462-7373

Nichols Village 978-372-3930

Peggy Connolly Hereforyou728@yahoo.com 781-424-7999

Community Action, Inc. 978-373-1971

Assisted Living Center – Salsbury 978-463-9809

Institution For Savings 978-462-3106

Anna Jaques Hospital 978-463-1000

Lombardi Oil & Gas 978-465-7200

Wingate Residences 978-912-9250

The Senior Citizen News is published monthly by
Senior News Publications, 7 Philbrook Terrace, Hampton NH
603-601-8047

Seniornewsletter@aol.com

BOCCE BALL – Bocce is an Italian ball sport that combines elements of curling and bowling into a fun lawn sport. Bocce is often played in teams and is a relaxing way to spend time outdoors with friends. No experience is necessary to have a ball at Bocce. Open play at the Senior/Community Center every Monday thru Friday 8-4. Instruction is available on Thursdays at 1 pm. Come play!

ART EXHIBITS – The participants in the Senior/Community Center Abstract Art Class will be displaying their artistic creations during the entire month of May. The display cabinets in the Living Room will feature a very special private collection.

SPRING CARD MAKING – This free program includes all the supplies needed. It will be held in the Arts and Crafts room on Friday, May 10th.

WALK IT OFF – We're up and walking again. Meet in the garden picnic area at 8:50 a.m. on Tuesdays in May. Leave your name with the Council on Aging: 978-462-0430

TALL SHIP TOUR

Tour the tall ship Santa Maria on Wednesday, June 5th! It is a replica of the 1492 Christopher Columbus sailing vessel. Through the efforts of the Custom House Maritime Museum, this tall ship will be in Newburyport from May 31st until June 10th. It will be docked at the waterfront, right behind the Maritime Museum. There will be many scheduled events and tours during her



week-long visit. A private early morning coffee and tour has been arranged for senior citizens on Wednesday, June 5th. This will avoid the crush of school groups later in the day and possible long lines in the hot afternoon sun. The special event for senior citizens is from 7 – 9 A.M. on Wednesday, June 5th. A limited supply of tickets are available at the Council on Aging office. These tickets are free, thanks to the generosity of Changing Tides Café, and the law office of Mead, Talerman and Costa. There will be ample parking for private cars at the waterfront lot behind the Custom House. The Council on Aging vans will also be available to provide transportation. Call now to reserve your ticket and a ride: 978-462-0430.

GUIDED TOUR OF MAUDSLAY STATE PARK

The Council on Aging is offering two opportunities this month to visit and learn more about Maudslay State Park. The outings include a Regional Interpretive Coordinator from the State Department of Conservation and Recreation. She will describe the various blooming flowers and shrubs as the COA van travels thru the park. She will provide information and history about Maudslay. To reserve a seat on the van, please call the Council on Aging office and choose either which date you would prefer: Thursday, May 23rd at 1:00 p.m. or Friday, May 24th at 1:00 p.m.



