

Topsfield Council on Aging

Senior Scoop

June 2015

Mission Statement: To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, age 60 and over.

This month we will begin our summer cookouts. Some cookouts will be at the Commons and others will be at the Clubhouse. Please check the newsletter and make sure you remember to RSVP at (978)887-6866.

Good news: The Citizen Petition for a Senior Needs Analysis Study was approved at Town Meeting which authorizes the town to appropriate \$10,000 in funding. This funding will allow for a formal assessment by the University of Massachusetts Gerontology Institute in Boston to evaluate the needs and interests among older residents of the Town.

Be Well- Jodi

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Senior Scoop

JUNE EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Thursday, June 4th

Proctor School Band Concert and Luncheon

Come listen to the school band and then be served a delicious lunch of stuffed chicken breast, whipped potato, mixed vegetables, roll, cookies, coffee and tea. Pick up between 10:15-10:30

Monday, June 8th

Movie and Lunch

Trinity Church, Topsfield

124 River Road

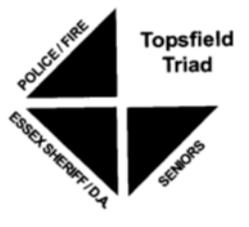
11:30

Movie: Singing in the Rain

Lunch: Sandwich, pickle, chips

\$2.50

RSVP to 887-5570



June 11 from 11:00-2:00

Get Fit to your Car at CarFit and cookout. (FREE)

Topsfield Fair Grounds Midway by the Club House.

Use Lot A River Gate Entrance

- A trained technician will check your Seat Belts, Steering Wheel Tilt, Mirrors, and other safety features of your car.
- Call the Council on Aging at 978-887-6866 for an appointment.

CarFit will help you be a safer driver.

This information is provided as a public service by the TRIAD Topsfield Council. It is not intended to be legal advice. For more information about TRIAD, call 978-887-1523.

SENIOR SCOOP

JUNE EVENTS

RSVP'S ARE NEEDED CALL 978-887-6866

Monday, June 15th

**Bill Duke Watercolor
Class**

9:00 A.M.-12:00 P.M.

Clubhouse

\$20.00

Covers supplies

Tuesday, June 23rd

Stonewood Tavern,

George Peabody Museum and
Tannery

Museum celebrates the life of the well-known international merchant, financier, and benefactor of numerous philanthropies. The Leatherworks exhibits feature leatherworking machinery and tools, photographs, and other artifacts that document the three hundred year history of tanning in Peabody.

Depart: 11:30

Return: 3:00

Tuesday, June 16th

**Oregano Pizzeria Restau-
rant**

Newburyport, Ma

Eat lunch and then roam Newburyport and look in shops or sit and watch the boats.

Depart: 11:30 A.M.

Return: 2:30 P.M.

Tuesday, June 30th

Cookout on The Commons

Surprise Menu

11:30 A.M.

FREE

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

Thursday, 10:00 A.M.

Trinity Church

\$3.00

Notary Service (Free)

Monday-Thursday

10:00 A.M. -2:00 P.M.

Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

Yoga

Friday

9:30 A.M., LBV

.Free To Topsfield Residents

\$3.00 FOR out of towners

Knitting/Crocheting Group

(Free)

Wednesdays 2:00P.M.-4:00 P.M.-LBV

Bring your own supplies.

Senior Center Without Walls(FREE)

Monday and Thursday Bingo 1:00

Tuesday Trivia 1:00

Call the office to sign up

Mini Pedicures

1st Wednesday of the Month

\$15.00

Call Heidi: (978) 352-9772

Bill Duke Watercolor Class-CH

\$20.00 9-noon

Monday, June 15th

VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

Topsfield COA Newsletter

Transportation

Have you taken advantage of THE RIDE? It is available transportation 7 days a week 24 hours a day. It has very reasonable rates and is for both the elderly and the disabled. Call (617) 337-2727 to set up an interview. The RIDE will pick you up for the interview and drive you back home.

Your interview may include:

- ♦ your evaluation of your abilities
- ♦ verification of your disability
- ♦ assessment of your physical and cognitive ability to ride public transportation.

Balance, strength, coordination, range of motion, or general orientation may be assessed. For eligibility, contact:

THE RIDE Eligibility Center
617-337-2727

Alzheimer's Caregiver Support Group

Thursday, June 25th
Topsfield Library
10:00 A.M.

Spectrum Adult Day Health and The COA have joined forces to provide a support group for people with Alzheimer's Disease and other related dementias.

The group will meet once a month depending on availability. Spectrum will run the caregiver group and there will be people there offering free respite care, if needed.

It will be held at the library in Topsfield. For questions, please call the office.

RSVP to the COA at
(978)887-1523

Top Cupboard Food Pantry

Open the 2nd and 4th Saturday of the month.

8:00 A.M.-10:00 A.M.

We have a variety of foods, toiletries, and paper goods. Also, everyone gets \$15.00 gift card to Market Basket.

JUNE

Sun

Mon

Tue

Wed

1.
9:30 Scrabble
1:00 Phone Bingo

2.
1:00 Trivia

3.
9:30 Food Shopping
2:00 Knitting-LB

7.
8.
9:30 Scrabble
11:30 Trinity Movie
1:00 Phone Bingo

9.
1:00 Trivia

10.
9:30 Food Shopping
2:00 Knitting-LB

14.
15.
9:00 Bill Duke-CH
9:30 Scrabble
1:00 Phone Bingo

16.
11:30 Oregano
1:00 Trivia

17.
9:30 Food Shopping
2:00 Knitting-LB

21.
**Happy
Father's
Day**
22.
9:00 Scrabble
10:00 Triad-Lib
1:00 Phone Bingo

23.
**11:30 Stonewood/
Peabody Museum**
1:00 Trivia

24.
9:30 Food Shopping
2:00 Knitting-LB

28
29.
9:30 Scrabble
1:00 Phone Bingo

30
**11:30 Cookout on
the Commons**

E 2015

| | Thu | Fri | Sat |
|---------|----------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------|
| ng V | 4. 9:00 VNA-WM 10:00 Zumba 10:45 Proctor Band and lunch 1:00 Bingo | 5. <i>9:30 Yoga-LBV</i> | 6. |
| ng V | 11. 9:00 VNA-LBV 10:00 Zumba 11:00 CARFIT and cookout. | 12. <i>9:30 Yoga-LBV</i> | 13. 8:00-10:00 Food Pantry 10:00 Strawberry Festival |
| ng V | 18. 9:00 VNA-LBV 10:00 Zumba 1:00 Phone Bingo | 19. <i>9:30 Yoga-LBV</i> | 20. |
| ng V | 25. 9:00 VNA-LBV 10:00 Zumba 1:00 Phone Bingo | 26. <i>9:30 Yoga-LBV</i> | 27. 8:00-10:00 Food Pantry- Trinity |
| | <i>CH=clubhouse At the Fairgrounds LBV=Little Brook Village 69 Washington St</i> | <i>WM=Washington Meadows-92 Wash- ington St.</i> | 30 |

Topsfield COA Newsletter

KEEP WELL HEALTH CLINICS

The VNA Care Network provides free health clinics to Topsfield residents age 60 and over. Experienced VNA Care Network community health nurses provide clinic services including health assessments; blood pressure screening; blood glucose testing; weight, pulse, heart and lung monitoring; lifestyle counseling; teaching (medication, diet, disease management, preventive health, etc.); vitamin B-12 injections, and referrals to community resources. Appointments may be made by calling Maureen Sendrowski, RN, BSN, MPH, VNA Care Network at **1-978-777- 6100 ext. 5603**. Call Maureen for more information.

See Calendar for location and times.

Strawberry Festival, Town Commons

June 13th 10-4:00

Enjoy strawberry shortcake and an array of crafters selling beautiful pottery, textiles, jewelry and more. See a master craftsman rebuild an ancient wall, stone by stone!

Don't miss the Gould Barn display.