

# Topsfield Council on Aging

## Senior Scoop

### MAY 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.

The Annual Town Meeting will be held on Tuesday, May 5<sup>th</sup> at 7:00pm. The Town Meeting agenda includes 49 Warrant Articles for discussion and vote by Topsfield residents. One important item on the agenda includes a Citizen Petition for a Senior Needs Analysis Study. Town Meeting approval is necessary to authorize the project and to appropriate \$10,000 in available funding. This funding will allow for a formal assessment by the University of Massachusetts Gerontology Institute in Boston. The study will evaluate the needs and interests among older residents of the Town of Topsfield. Transportation is available on the COA bus by calling 978-887-6866.

#### Board of Directors

Penny Rogers-Chair  
William Quinn-Vice  
Chair  
Jolene Guerra-Secretary  
Alfred DiDonato  
Ruth Lucy  
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Lois Carpenter  
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#### Friends

Marie Coyle-VP  
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Merelyn Adams  
Mary Margaret Keaney  
Gracia Clemson

# Senior Scoop

## MAY EVENTS

**RSVP'S ARE NEEDED**

**CALL 978-887-6866**

### Tuesday, May 5th

#### **The Loft**

N. Andover, Ma

Enjoy a nice lunch at the Loft in North Andover.

Menu includes steak, chops and comfort foods.

Leave Topsfield at 11:30

### Thursday, May 7th

#### **Election Day**

Bus will start pickups at 9:00 A.M. to take you to St. Rose so you can vote.

Breakfast at Daybreak Cafe.

### Wednesday, May 6th

**Are you a Hospital Inpatient or Outpatient? If you have Medicare-Ask?"**

VNA education nurse, Nancy Carney, will present this very important topic.

Light lunch will be served.

12:00 P.M.

\$5.00

### Tuesday, May 12th

**Element Care** in Beverly will pick you up and take you to their place at Cummings Center in Beverly for a free Exercise class and lunch.

Pickup at Town Hall at 10:00 A.M.

**SENIOR SCOOP**

**MAY EVENTS**

**RSVP'S ARE NEEDED**

**CALL 978-887-6866**

**Monday, May 18th**

**Bill Duke Watercolor  
Class**

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

Clubhouse

\$20.00

Covers supplies.

**Tuesday, May 26th**

**Stearn's and Hill Bistro**

Melrose, Ma

Enjoy pizza, a sandwich or  
an entrée and then walk  
around the shops in down-  
town Melrose.

Leave Topsfield at 11

**Tuesday, May 19th**

**Pub 97**

Groveland,, Ma

Try one of 97 different burgers  
or enjoy a salad or other item.

Named a hidden jewel by  
Phantom Gourmet

Leave Topsfield at 4:00 P.M.

**Wednesday, May 27th**

Learn about Veteran's bene-  
fit's Aid and Attendance for  
Veterans **AND** Spouses.

Presented by **Attorney  
Margo Birke**

Light lunch will be served

12:00 P.M.

CH

# Ongoing Events

## Scrabble

Mondays 9:30

Little Brook Village

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## Zumba

Thursday, 10:00 A.M.

Trinity Church

\$3.00

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## Notary Service (Free)

Monday-Thursday

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

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## Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

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## Yoga

Fridays starting May 15th

9:30 A.M., LBV

.Free To Topsfield Residents

\$3.00 FOR out of towners

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## Knitting/Crocheting Group

(Free)

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

Bring your own supplies.

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## Senior Center Without Walls( FREE)

Monday and Thursday Bingo 1:00

Tuesday Trivia 1:00

Call the office to sign up

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## Mini Pedicures

1st Wednesday of the Month

\$15.00

Call Heidi: (978) 352-9772

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## Bill Duke Watercolor Class-CH

\$20.00 9-noon

Monday, May 18th.

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## VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

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# Topsfield COA Newsletter

## Transportation

As many of you know, we didn't have any transportation for a little over a week. There is back up transportation you could qualify for which could help supplement our van service. It is called THE RIDE. It is for both the elderly and the disabled. Call (617) 337-2727 to set up an interview.

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

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## **Alzheimer's Caregiver Support Group**

**First Meeting**  
**Thursday, May 28th**  
**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.

## **New Phone Systems**

The town hall has a new phone system. Call the main number at (987)887-1500 and wait for the person to greet you and then press the number to the department you are calling. You can get to the COA by pressing 2. If you want the van line you press 1 or to speak to someone you press 2.

# MAY

Sun	Mon	Tue	Wed
<i>CH-clubhouse At the Fair-grounds</i>	<i>LBV- Little Brook Village-69 Wash- ington St</i>	<i>WM- Washington Meadows-92 Wash- ington St.</i>	<b>Trinity Church-</b> 124 River Road
3	4 9:30 Scrabble <b>1:00 Phone Bin- go</b>	5 <b>1:00 Trivia 11:00 The Loft 7:00 Town Meet- ing@ Proctor</b>	6 9:30 Food Shopping 12:00 Lunch and L 2:00 Knitting-LBV
10 <b>Happy Mother's Day</b>	11 9:30 Scrabble <b>No Bingo</b>	12 <b>10:00 Exercise Class and Lunch 1:00 Trivia</b>	13 9:30 Food Shopping 2:00 Knitting-LBV
17	18 <b>9:00 Bill Duke-CH</b> 9:00 Scrabble 10:00 Triad-Lib <b>1:00 Phone Bingo</b>	19 <b>1:00 Trivia 4:00 Pub 97</b>	20 9:30 Food Shopping 2:00 Knitting-LBV
24	25 <b>OFFICE CLOSED</b>	26 <b>11:00 Stearns and Hill Bistro</b>	27 9:30 Food Shopping 12:00 Lunch and L 2:00 Knitting-LBV

# 2015

	Thu	Fri	Sat
	<b>LIB-Library</b>	<i>1</i> <i>No Yoga</i>	<i>2</i>
ng Learn V	<i>7</i> 9:00 Vote and Break- fast 9:00 VNA-WM	<i>8</i> <i>No Yoga</i>	<i>9</i> <i>8:00-10:00 Food</i> <i>Pantry-Trinity</i>
ng V	<i>14</i> 9:00 VNA-LBV 10:30 Zumba <b>1:00 Bingo</b>	<i>15</i> <i>9:30 Yoga-LBV</i>	<i>16</i>
ng V	<i>21</i> 9:00 VNA-LBV 10:30 Zumba <b>1:00 Bingo</b>	<i>22</i> <i>9:30 Yoga-LBV</i>	<i>23</i> <i>8:00-10:00 Food</i> <i>Pantry-Trinity</i>
ng Learn V	<i>28</i> 9:00 VNA-WM <b>10:00 Alz Support-LIB</b> 10:00 Zumba	<i>29</i> <i>9:30 Yoga-LBV</i>	<i>30</i>

**TRIAD NEWS**

New legislation mandates smoke detectors be replaced every ten years. The fire department can help you inspect yours to see if it needs to be replaced. If a replacement is needed the fire department Smoke detectors need to be changed every ten years. Call the fire dept. if you would like help determining if they need to be changed or to install new ones. If a replacement is needed the fire department will help you replace it.

**Is your number up?**

Masconomet High School kids will be walking around town and putting up flyers on mailboxes for residences who don't have a number **ON THEIR HOUSE**. This is in place of, or in addition to the number on the mailbox. This is so first responders can get to numbers are low cost and can be bought at Dawson's Hardware.

For any questions please call the office at (978)887-1523.