Topsfield Council on Aging SENIOR SCOOP

FEBRUARY 2017

Mission Statement:

To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, 60 years of age or older.

COA @ Trinity Episcopal Church

124 River Road

ACTIVITIES, EVENTS & DROP-IN CENTER
Days/Hours: MONDAY, WEDNESDAY, & THURSDAY 9:30 AM to 2:30 PM

COA @ Town Hall

8 West Common Street INQUIRIES, APPOINTMENTS, VISITS

Days/Office Hours: MONDAY-THURSDAY 8 AM to 3 PM; Friday 9 AM to 12 PM

Contact:



Office Phone: (978) 887-1523

Bus Reservations & RSVPs: (978) 887-6866

Friends of the Topsfield Council on Aging

The TopsCOA quickly settled into our new programming space at Trinity Episcopal Church. All programs are housed comfortably in the expansive, accessible property at 124 River Road with ample parking. Our new regular programs have been well received. Our Technology Tips volunteer helped one resident download an e-book from the library and another convert a written document into digital form so that it could be manipulated. On Thursday mornings, Kathy gets the blood flowing in her energetic but comfortably paced Zumba class. Our flexible instructor tailors the level of exercise to meet the needs of the participants. Our ArtVentures have included traveling to the studio of a local artist where we created our own designer paper from pulp, catching up with a college student who is studying art at a local university, and viewing incredible photos from an Arctic expedition. Our first 3 week Ballroom Dancing session has attracted a dedicated group of people seeking exercise and socialization.

January's highlight, though, was our VIP tour of the State House given by Representative Brad Hill and Senators Joan Lovely and Bruce Tarr. Joined by the Rowley COA, thirty Topsfield seniors participated in a mock legislative session, toured the rarely seen Governor's Ceremonial Office, and dined in Nurses Hall. See photos of the tour and many of our activities and trips on the Friends of the Topsfield Council on Aging Facebook page, where updates are often posted. The short month of February is packed with our regular activities as well as some very interesting trips and programs. Highlights include a Valentine's Dinner hosted by the Congregational Church, Coffee & Conversation with an expert on President Lincoln, TLC for Caregivers at Rest Stop Ranch, and the launch of our Back to Campus series-a trip to Providence to see the Providence College men's basketball team take on Marquette.

Take advantage of these mild winter days to join in our myriad activities and...

Seize the Day!

Paula Burke & Beth Wideberg & Peg Beauregard

Regularly Scheduled Events

Game Day



including Scrabble

Most Mondays

9:30 AM -12:30 PM

Technology Tips

Learn how to better use your smartphone, tablet and laptop

on Mondays whenever Game Day is held 11:00 AM -12:00 PM

Tai-Chi

Most Wednesdays

11:15 AM - 12:15 PM

Watercolor Class

Taught by North Shore Artist Bill Duke

Monday, February 13th

9:30 AM -12:30 PM \$20

includes all supplies

Prepay to reserve your spot



Knitting/Crocheting Group

Wednesdays at LBV

2:00 PM - 4:00 PM

Bring your own supplies

Coffee & Conversation

Most Wednesdays

10:00 AM -11:00 AM

Enjoy an easy exchange with specialists in a variety of fields in a comfortable setting.

Zumba

Most Thursdays

10:00 AM -11:00 AM

\$3

Exercise safely in this entertaining and lively class. Kathy will adapt activity level for participants.

Thursday Specialty Luncheons

11:30 AM

\$5 & @ Trinity Church unless otherwise noted

Members of the Friends of the Topsfield COA pay a discounted fee of \$4

RSVP (978) 887-6866

Wk 1: **Birthday Lunch & Super Bowl Rally-**Chili (mild) & Salad

Wk 2: Lunch 'n Learn-Chik Pot Pie LIFE OF A WEST POINT CADET

Wk 3: Lunch 'n Learn-Soup RSVP VOLUNTEER CORPS

Wk 4: Pizza Party

February Highlights

Valentine Dinner

Topsfield seniors are invited to enjoy food and fun, courtesy of the Congregational Church. A delicious homemade roast pork dinner will be served and Emerson Center will be all decked out in its Valentine finery. Entertainment will also be provided.

Date: Monday, February 13th

Time: 5:00 PM

Place: Emerson Center

Bus Transportation is available.

RSVP: (978) 887-6866

Caregiver TLC Day

Mary MacDonald of marymac missions will facilitate a small group of caregivers who can share experiences, develop coping strategies, and create a network as they strive to provide compassionate care to their loved ones. Respite care will be provided at Trinity Church for their loved ones and a lunch will follow for all at Trinity Church.

Date: Friday, February 24th Time: 9:45 AM to 12:45 PM

Place: Depart from and return to Trinity Church

Retreat at Rest.Stop.Ranch Respite Retreat Center, 202 Haverhill Rd.

Bus Transportation is available.

RSVP: (978) 887-6866

Men's College Basketball in Providence

With this event we officially launch our **Back to Campus Series**, when we visit the wonderful colleges and universities that are an integral part of our New England heritage. Cheer on the Providence College Friars as they take on the Marquette University Golden Eagles in one of their last games of the men's college basketball season. After the game, head down to the court for photos, etc. We will eat lunch at one of the highly rated restaurants on Federal Hill.

Date: Saturday, February 25th

Time: 11:00 AM

Place: Depart for Dunkin' Donuts Center in Providence from Trinity

Cost: \$25 (ticket and bus transportation)

RSVP: (978) 887-6866

"How to Deal with Drought"

The New Meadows Garden Club has invited author of *It's Nature's Way of Plum Island*, Andi Ross, to help us understand one of our most precious natural resourceswater-and how to assist our gardens with a little bit of know-how. Rain collection and utilization will be fully explored along with soil optimization. The public is encouraged to attend this very relevant program. Desserts and drinks will be served. Donations will help defray the cost of the speaker.

Date: Tuesday, February 28th

Time: 12:30 PM Place: Gould Barn

RSVP: (978) 887-6866 (Transportation not available.)

February Trips

Tuesday, February 7th



Celebrating the Fine Art of Browsing: Book Store Scavenger Hunt & Lunch at the Library Restaurant in Portsmouth, NH

Bus departs Trinity Parking Lot at 9:30

Tuesday, Feb. 14th



Lunch at Seaglass
in Salisbury
&
Winter Tour of the
NH Seacoast

Bus departs Trinity at 11:30

Tuesday, February 21st



for Swedish Shopping & Dining

Bus departs Trinity at 9:30

Tuesday, February 28th

View priceless archival documents at the

Commonwealth Museum

& Dine on the Pre-Theatre

Special (3 course dinner) at the Omni Parker House



\$50 inclusive

Bus departs Trinity at 11:30

Saturday, February 25th

Part of our Back to Campus Series!



Men's Basketball:

Providence Friars vs. Marquette Golden Eagles

\$25 (includes game ticket and transportation)

Lunch on Federal Hill

Bus departs Trinity at 11

February Luncheons

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Thursday, February 2nd

February Birthday Lunch &
Super Bowl Rally

Celebrate our February birthdays and the New England Patriots who are heading to the Big Game!



Trinity Church @ 11:30 \$5

Complimentary lunch for those with February birthdays.

Thursday, February 9th

Lunch 'n Learn

The Life of a West Point Cadet



Warm up with some good old-fashioned comfort food...chicken pot pie

Trinity Church @ 11:30 \$5

Thursday, February 16th

Lunch 'n Learn
RSVP Volunteer Corps

Feast on delicious soups while representatives from SeniorCare, Inc. promote volunteerism in our community



Trinity Church @ 11:30 \$5

Thursday, February 23rd

Pizza Party!



Trinity Church @ 11:30 \$5

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	Monday	Tuesday	We	
RSVP (978) 887-6866	STARTING IN FEBRUARY, ALL TRIPS WILL DEPART FROM TRINITY CHURCH 124 RIVER ROAD		9:30 Shop 10:00 Coffe TALES 11:15 Tai-C 2:00 Knitt Registration	
	6	7	negistration.	
Super Bowl LI 6:30 PM	9:30 Game Day 11:00 Technology Tips	9:30 Celebrating the Fine Art of Browsing: Book Store Scavenger Hunt & Lunch at the Library Restaurant in Portsmouth, NH	9:30 Shop 10:00 Coffe A MAN C 11:15 Tai-C 2:00 Knitt	
	13	14 11:30 Valentine Lunch at	9:30 Shop	
RSVP	9:30 Watercolor Class w/ Bill Duke (\$20) 9:30 Scrabble Only	Seaglass in Salisbury & Winter Tour of NH Seacoast	10:00 Coffe DISSECTI GETTYSI 11:15 Tai-C	
(978) 887-6866	5:00 Valentine Dinner-EM Hosted by Congregational Church	3:30 COA Board Meeting-TH Registration for WP trip ends!	2:00 Knitt	
RSVP (978) 887-6866	Happy Presidents' Day Town Hall Closed	9:30 IKEA for Swedish Shopping & Dining in Stoughton, MA	9:30 Shop 10:00 Coffe TREASU TOPSFIEL 11:15 Tai-C	
(0.0) 00.0			2:00 Knitt	
RSVP	9:30 Game Day 11:00 Technology Tips SHINE COUNSELOR IS NOT AVAILABLE IN FEBRUARY	11:30 Commonwealth Museum & Omni Parker House: Pre-Theater 3 Course Dinner Special in Boston	9:30 Shop 10:00 Coffe SKILLED NI 11:15 Tai-C 2:00 Knitti	
(978) 887-6866	10:15 TRIAD-LIB	(\$50 includes transportation) 12:30 PM How to Deal w/ Drought		

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dnesday	Thursday	Friday	Saturday
in Rowley ee & Conversation OF COA PAST Chi ting LBV for WP trip begins!	9:30 VNA-WM 10:00 Zumba with Kathy (\$3) 11:30 Birthday Lunch (chili) & Super Bowl Rally (\$5) 1:00 ArtVentures: Movie West Point: The First 200 Years	COA office hours: 9 AM-12 PM	4
in Rowley ee & Conversation F MANY HATS Chi ting-LBV	9:30 VNA-TR 10:00 Book Club 10:00 NO ZUMBA 11:30 Lunch (chik pot pie-\$5) 'n Learn THE LIFE OF A WEST POINT CADET 1:00 ArtVentures: The Arts at West Point	10 COA office hours: 9 AM-12 PM	8:00-10:00 AM Food Pantry TR
in Rowley ee & Conversation ING LINCOLN'S BURG ADDRESS Chi ting-LBV	9:30 VNA-LBV 10:00 Zumba with Kathy (\$3) 11:30 Lunch (soup-\$5) 'n Learn RSVP VOLUNTEER CORPS 1:00 ArtVentures: Presidential Art	17 COA office hours: 9 AM-12 PM	18
in Rowley ee & Conversation RE HUNTING IN D: BOX TOP SHOP Chi CANCELLED ing-LBV	9:30 VNA-TR 10:00 Zumba with Kathy (\$3) 11:30 Pizza Party (\$5) 1:00 ArtVentures: Musical Improv	9:45 Caregiver TLC Day at Rest Stop Ranch in Topsfield Transportation from/to Trinity COA office hours: 9 AM-12 PM	8:00-10:00 AM Food Pantry TR 11:00 Providence Friars vs. Marquette Men's Basketball (\$25 includes bus)
MARCH 1 in Rowley ee & Conversation prsing essentials thi ng-LBV	9:30 VNA-WM 10:00 Zumba with Kathy (\$3) 11:30 Birthday Lunch (\$5) Italian w/ whoopie pies 1:00 ArtVentures: Demo at Topsfield Bake Shop	COA office hours: 9 AM-12 PM	

BOOK CLUB to Prep for Trip to West Point!

In preparation for our March "Insider's Tour of West Point," our club chose a book that chronicles daily life at the United States Military Academy in arguably one of the most tumultuous period in the leadership incubator's history. The Rolling Stone writer who authored the nonfiction book embedded himself within Company G-4 (the Guppies) at West Point and for 4 years traced the lives of several cadets whose post-graduation plans were dramatically impacted by the events of 9/11.

The TopsCOA Book Club convenes again on:

Thursday, February 9th at 10:00 AM at Trinity Church to discuss *Absolutely American* by David Lipsky, now available at the Circulation Desk of the library.

Board of Directors

Penny Rogers-Chair

William Quinn-Vice Chair

Charlotte O'Toole-Recording Sec.

Florence Brady

Annette Cohen

Elaine Crippen

Bette Cullinan

Martha Davis

Alfred DiDonato

Jolene Guerra

Ruth Lucy

All welcome at Board Mtg on 2/14 at 3:30 TR

Friends of the COA

Yvonne Anderson– Acting President

Kathy Faust-Secretary

Chris Roman-Treasurer

Merelyn Adams

Gracia Clemson

Chris Cotti

Kathy Curran

Mary Margaret Keaney

Kathy Yanchus

Support TopsCOA and

BECOME A FRIEND: P.O. Box 173

Those we love...

February is the best time of the year to acknowledge those whom we love. We love our primary bus driver, Greg Young, who will now drive exclusively for the TopsCOA. We love Shelagh, whose flexibility allows us to expand our trip offerings and Ed, who steps in when other drivers are not available. We love our Meals-on-Wheels drivers who faithfully deliver meals and conduct well-being checks in almost all weather conditions. We love our ambassadors, Nancy, Jen, Diane, Vinny and Bonnie, who assist at our programming site to ensure that all supplies are restocked and that all guests feel welcome. We love our hosts at Trinity Episcopal Church, who have embraced us fully. We love the members of the Congregational Church who are sponsoring a Valentine's Dinner with entertainment. We love our service providers who assist all year long-Joan from VNA Care, Marylou our SHINE Counselor and Charlie and his AARP Tax Advising team. We love artist Bill Duke who creates a unique watercolor painting each month and guides us through the process of recreating it. We love residents like artist Meg Black, who invited us into her studio and shared her unique talent. We love those who enrich our lives when they join us for Coffee & Conversation or present at a Lunch 'n Learn. In January, we were introduced to "The Nature of Topsfield" by outgoing ConsCom Administrator, Lana Spillman, and "How to Shake the Winter Blues" by therapist Jan Ablon. We love volunteers like Ballroom Dancing instructor Jim Moon who brings joy through movement. We love our intern, Ashor, our Board members and our Friends, whose support makes so much of our programming possible! We are truly grateful as we continue along this journey to enrich the lives of all seniors who call Topsfield home.