

Topsfield Council on Aging SENIOR SCOOP

JANUARY 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

Where did 2016 go? We have been so busy that it went by in a flash!

We are excited here at the Topsfield Council on Aging. We have a long list of New Year's Resolutions:

First, we look forward to setting up shop at **Trinity Church on 124 River Road**. Most of our programs will be held at this town treasure nestled in the woods near the Ipswich River. Pastor Johanna Barrett and her congregation have opened up their doors and arms to us. Thanks to the Friends of the Topsfield COA who are helping to fund the programming space.

We are expanding our regular programming to include:

- ♦ **Tech Tips & Trick**
- ♦ **Zumba**
- ♦ **Ballroom Dancing** (3 week session so don't delay)
- ♦ **ArtVentures**

We are planning an **"Insider's Tour of West Point"** for March 26-27. This trip will include a night at the Thayer Hotel, brunch and a private tour with cadets, a staff member, and much more. Details and registration information will be provided in the February Scoop.

Our team welcomes Intern & graduate student Ashor Azeni who will assist while we are in temporary quarters.

We have something for everyone at the newly branded TopsCOA! Join us for 1 or 100 activities/events &...

Seize the New Year!

Paula Burke & Beth Wideberg & Peg Beauregard

Regularly Scheduled Events

Game Day

including Scrabble



Most Mondays

9:30 AM -12:30 PM

Tech Tips & Tricks

Learn how to use your smartphone, tablet and laptop

whenever Game Day is held

10:00 AM –11:00 AM

Watercolor Class

Taught by North Shore Artist Bill Duke

January 23rd

9:30 AM -12:30 PM

\$20

includes all supplies

Prepay to reserve your spot



Zumba with Kathy

Most Thursdays

10:00 AM –11:00 AM

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.

Tai-Chi

Most Wednesdays

11:00 AM - 11:45 AM

Knitting Crocheting Group

Wednesdays at LBV

2:00 PM - 4:00 PM

Bring your own supplies

Thursday Specialty Luncheons

11:30 AM

\$5 @ Trinity Church

unless otherwise noted

Always RSVP (978) 887-6866

Wk 1: Birthday Lunch-Italian + Cake

**Wk 2: Lunch 'n Learn-Soup Sampler
SHAKE THE WINTER BLUES**

Wk 3: Seafood Rolls-Crab & Shrimp

Wk 4: Pizza & Salad

ArtVentures

Find your inner artist, musician, photographer, dancer...

Most Thursdays

1:00 PM

New in 2017

TopsCOA Gathers at Trinity Church

The TopsCOA programs will be housed in Trinity Church on 124 River Road starting January 4th.

Tech Tips & Tricks

On Mondays at 10 AM when Game Day is held, a new service- “Tech Tips & Tricks”- will be offered. A generous volunteer will better acquaint you with your smartphone, tablet and/or computer. No appointment necessary. Just swing by with your device(s).

Wednesday Shoppers Depart at 10 AM

RSVP

In order to accommodate more guests in our expanded programs, the TopsCOA bus will depart Topsfield at 10 AM for Market Basket Plaza in Rowley. We appreciate your patience as we strive to provide more services for all of our clients.

Zumba

RSVP

In an effort to keep our seniors moving especially throughout the long winter, we are excited to announce a new class “Zumba with Kathy” that will be held most Thursday mornings at 10 AM. Since the flexible instructor will design the class around the students’ abilities and ambitions, all levels are welcome in this energetic class (fee=\$3).

Ballroom Dancing

RSVP

Jim Moon is donating his time and sharing his wisdom as he guides us across the floor in a special 3 week session of ballroom dancing lessons. Cast away the winter doldrums in this complimentary course, which will be offered on Wednesday, January 11th, 18th, and 25th.

ArtVentures

RSVP

The new year is the perfect time to leave our comfort zones or resurrect a hobby from the past. Most Thursdays at 1 PM we will seek ArtVentures, opportunities to find our inner artist, musician, photographer, dancer, etc. Every week will be a new adventure.

JANUARY TRIPS

Tuesday, January 10th

Adventures in Reading

Breakfast at
Christopher's

Explore
Jordan's Furniture

OPTIONAL:

"Rogue One: A Star Wars Story"
in 3D IMAX (\$15)

Bus leaves Topsfield at 9:30



FRIDAY, January 13th

Representative Brad Hill
&
Senator Joan Lively
invite Topsfield seniors to
tour and dine
"On the Hill"

Take advantage of this unique
opportunity to go behind the scenes
of the Massachusetts State House
with our local officials



Bus leaves Topsfield at 8:30

Tuesday, January 17th

Adventures in Andover

Tour
Addison Gallery
Free



Lunch at
Samuel's at the Andover Inn



Bus leaves Topsfield at 9:30

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Tuesday, January 24th

Mystery Ride & Lunch

Bus leaves Topsfield at 9:30

Tuesday, January 31st

Adventures in Cambridge



Tour
Harvard Museum of Natural
History (\$10)

Lunch at
Russell House Tavern

Bus leaves Topsfield at 9:30

JANUARY LUNCHEONS

Thursday, January 5th

January Birthday Lunch

Join us to celebrate with an
Italian Feast and
birthday dessert

Trinity Church @ 11:30
\$5

(free for those with January birthdays)



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Thursday, January 12th

Lunch 'n Learn

SHAKE THE WINTER BLUES

guided by Jan Ablon

Choose from a variety of
**Farmer Brown's delicious
soups**



Trinity Church @ 11:30
\$5

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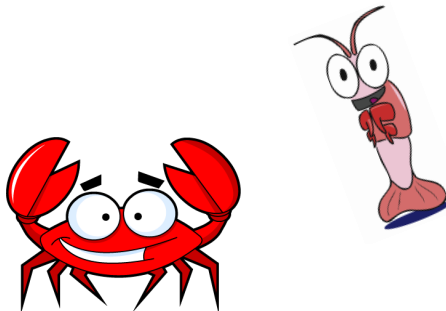
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Thursday, January 19th

Seafood Rolls

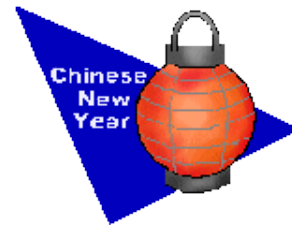
Crab & Shrimp

Trinity Church @ 11:30
\$5



Thursday, January 26th

We will continue to ring in
the new year as we
celebrate



Enjoy delectables from the
Far East
(or close south, Iron Chef)
Trinity Church @ 11:30
\$5

JANUARY

	Monday	Tuesday	Wednesday
HAPPY NEW YEAR!	2 NEW YEAR OBSERVED Town Hall Closed	3 Decompression Day! No formal activities planned	10:00 Shop 10:00 Coffee TRINITY 11:00 Tai-Chi 2:00 Knitting
	9 9:30 Game Day 10:00 Tech Tips & Tricks	10 9:30 ADVENTURES IN READING Christopher's for breakfast Jordan's Furniture Star Wars: Rogue One in 3D at IMAX (\$15) 3:30 COA Board Mtg - TH	10:00 Shop 10:00 Coffee NATURAL 11:00 Tai-Chi 1:00 Ballroom 2:00 Knitting
RSVP (978) 887-6866	16 MLK DAY OBSERVED Town Hall Closed	17 9:30 ADVENTURES IN ANDOVER Addison Gallery of American Art (free) Samuel's @ the Andover Inn for lunch	10:00 Shop 10:00 Coffee FRODO The Nat 11:00 Tai-Chi 1:00 Ballroom 2:00 Knitting
	23 9:30 Watercolor Class w/ Bill Duke (\$20) 9:30 Scrabble Only <i>10:15 TRIAD-LIB</i>	24 9:30 Mystery Breakfast and Tour	10:00 Shop 10:00 Coffee SUPER MY 11:00 Tai-Chi 1:00 Ballroom 2:00 Knitting
	30 9:30 Game Day 10:00 Tech Tips & Tricks 10:00-12:00 SHINE Counselor available by Appointment	31 9:30 ADVENTURES IN CAMBRIDGE Harvard Museum of Natural History (\$10) Russell House & Tavern for lunch	10:00 Shop 10:00 Coffee TALES 11:00 Tai-Chi 2:00 Knitting

JANUARY 2017

Wednesday	Thursday	Friday	Saturday
4 p in Rowley ee & Conversation UNITY PANEL Chi ing LBV	5 9:30 VNA-WM 10:00 Zumba with Kathy (\$3) 11:30 Birthday Lunch (\$5) Italian w/ Cake 1:00 ArtVentures: Demo at Artist Meg Black's Studio	6 COA office hours: 9 AM-12 PM	7
11 p in Rowley ee & Conversation RAL HEALING Chi oom Dancing ng-LBV	12 9:30 VNA-TR 10:00 Zumba with Kathy (\$3) 11:30 Lunch (soup-\$5) 'n Learn SHAKE THE WINTER BLUES 1:00 ArtVentures: Life & Times of a Midlife Musician	13 8:30 Tour & Lunch "On the Hill" Visit MA State House Courtesy of Rep. Brad Hill & Sen. Joan Lovely COA office hours: 9 AM-12 PM	14 8:00-10:00 <i>Food Pantry TR</i>
18 p in Rowley ee & Conversation S TO LOGS: ure of Topsfield Chi oom Dancing ng-LBV	19 9:30 VNA-LBV 10:00 Zumba with Kathy (\$3) 11:30 Lunch Seafood Rolls (\$5) 1:00 ArtVentures: Close Encounters of the Polar Kind	20 COA office hours: 9 AM-12 PM	21
25 p in Rowley ee & Conversation STERY GUEST Chi oom Dancing ng-LBV	26 9:30 VNA-TR 10:00 Zumba with Kathy (\$3) 11:30 Chinese New Year Lunch (\$5) 1:00 ArtVentures: Valentine Craft (\$5)	27 COA office hours: 9 AM-12 PM	28 8:00-10:00 <i>Food Pantry TR</i>
FEBRUARY 1 p in Rowley ee & Conversation OF COA PAST Chi ng-LBV	2 9:30 VNA-WM 10:00 Zumba with Kathy (\$3) 11:30 Birthday Lunch (\$5) Italian w/ Cake 1:00 ArtVentures: Building a Smart Wardrobe on a Budget	3 COA office hours: 9 AM-12 PM	

BOOK CLUB to Prep for West Point Trip!

Flavia in *Sweetness of the Bottom of the Pie* stole our hearts in Dec. Our next selection takes us behind the scenes at the US Military Academy as a group prepares to get the **“Insider’s Tour of West Point” on March 26-27**. Trip details will appear in the February Scoop. Join us as we discuss this revealing book:

Absolutely American

by David Lipsky

Thursday, February 9th at 10:00 AM at Trinity Church

Copies are available at the Circulation Desk in the library.

Board of Directors

Penny Rogers-Chair

William Quinn-Vice Chair

Charlotte O’Toole-Recording Sec.

Florence Brady

Annette Cohen

Elaine Crippen

Martha Davis

Alfred DiDonato

Jolene Guerra

Ruth Lucy

Next Meeting: January 10, 2017 @ 3:30 PM in TH

All COA Board meetings comply with the
Massachusetts Open Meeting Law

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

SUPPORT OUR EXPANDED
PROGRAMMING. BECOME A FRIEND!

P.O. Box 173 / Topsfield, MA

In Gratitude

As we begin a new year, we must first take time to first reflect on 2016. We do so with fond memories.

We are grateful to the members of the Congregational Church who made space available for us starting in May. With that opportunity, we were able to establish dynamic programs upon which we are building today. Thanks to the Friends of the Topsfield COA who financially supported our efforts to increase our programming at the Emerson Center. Without their support, we would stagnate.

We are grateful to all of our volunteers who deliver Meals on Wheels, serve as ambassadors, assist with events and activities, educate us about important issues facing seniors today and so much more. Our SHINE Counselor added many time slots to accommodate the increased demand during Open Enrollment Season. Our Town Assessor joined us for Coffee & Conversation to shed light on abatements available through the state and the town. Thank you to the town employees whose guidance makes it possible to offer expansive Veteran and Senior Tax Work-Off Programs. The local garden clubs spoiled us throughout the holiday season. The Topsfield Garden Club often creates seasonal arrangements to be distributed through our MOW Program. The New Meadows Garden Club not only offered a Boxwood Center-piece Construction Workshop but also provided centerpieces for our Annual Holiday Dinner that was sponsored by the Friends! Together we look forward to a wonderful 2017!