

Topsfield Council on Aging
SENIOR SCOOP
JUNE and JULY 2016

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.

Staff Offices located at Town Hall, 8 West Common Street, Topsfield, MA

Drop-In Center and Activities at the Emerson Center, 9 East Common Street, Topsfield, MA

Office Phone (978) 887-1523- Appointment/RSVP Line /Van Line (978) 887-6866

I'm sure many of you have heard that I am leaving my job as Executive Director of the Topsfield Council on Aging. I enjoyed my five years serving the seniors in Topsfield. I want to continue to help the seniors in Topsfield so I am planning on joining the Friends of the COA. This group of people are the fundraising arm of the COA. They are paying for the rental of the Emerson Center so seniors can have a drop in center three days a week, plus they paid for our very nice van that drives the seniors to medical appointments and events, they fund our dinners at Thanksgiving and Christmas, help pay for all the paper goods for our events, and anything else we may need. They are a great group of people and I am looking forward to working with them.

We will be at the Emerson Center Monday, Wednesday and Thursdays from 9:30-1:30. Access is available through the green double doors next to the Preschool door. There is an elevator just as you enter. The parlor and library are at the end of the long hall. We will have some events there and someone will be there during the full scheduled time to have a cup of coffee or tea with you.

I wish all of you good health and happiness! It has been my pleasure getting to know so many of you. **Be Well-Jodi**

Senior Scoop

Notary Service (Free)

Monday-Thursday

By Appointment

COA Office

Knitting/Crocheting Group (Free)

Wednesdays-LBV

2:00.-4:00

Bring your own supplies

Scrabble (Free)

Mondays

9:30-11:30-EM

VNA Care Keep Well and Blood Pressure Clinic

Thursdays

See calendar for new locations

Tai-Chi (Free)

Wednesdays

10:00-10:45 EM

Lunch \$3 –EM

Call to RSVP

Thursdays

Mini Pedicure

By Appointment For Men and Women

At your own home

Heidi

(978) 352-9772

\$20.00

Monthly Watercolor Class

Bill Duke Instructor

3RD Monday of the Month-EM

9:30–12:30

\$20.00 Call COA to Register

SHINE Counselor Appointments

4th Monday of the Month

Available at Emerson Center

Call the office for appointment at

(978) 887-6866

Writing Club

First Wed of Month

1:00

Library

Senior Scoop

Top Cupboard Food Pantry

2nd and 4th Saturdays Every Month

8 AM to 10 AM

Trinity Church 124 River Rd

For Topsfield Residents Only.

Proof of Residency Required.

Food can be delivered.

For information call 978-887-5570 or e-mail

www.topcupboard.org.

Donations welcomed.

The COA Suggestion Box will be moving from the COA Office to the Emerson Center because your Ideas and Suggestions are an important part of our programming.

Stop by the Emerson Center to add your ideas in the box.

JUNE EVENTS

Tuesday, June 7th

Cracker Barrel

Tewksbury, Ma

Leave Topsfield at 11:00

Tuesday, June 21st

Heritage Museums and
Gardens

Sandwich, MA

Leave Topsfield at 9:00

\$15/pp

Three galleries and spec-
tacular grounds. Wheel-
chair accessible.-

Note there is a lot of walk-
ing and this is at least a
two hour drive.

Leave Topsfield at 9

Tuesday, June 14th

Giuseppe's

Newburyport, MA

Leave Topsfield at 11:00

Tuesday, June 28th

No Name Restaurant and Mike's Pastry

Boston, MA

Leave Topsfield at 10:30

JULY EVENTS

Tuesday, July 5th

Sea Witch Restaurant and Oyster
Bar
Peabody, Ma

Tuesday, July 19th

Crane Estate
Ipswich, Ma
Guided Tour
\$15.00
Lunch at Choate Bridge
Pub

Thursday, July 12th

Tower Hill Botanic Gardens
Boylston, MA
Leave Topsfield at 9:00
\$9.00 plus lunch at Café

Thursday, July 28th

Ogunquit Playhouse
Ogunquit, ME
Hunchback of Notre
Dame
2:30 Matinee
\$59 group rate for 14
people
Leave Topsfield at 11:00

Trinity Church =TR ,Town Hall-=TH , Town Library=LIB, Little Brook Village=LBV, Washing

JUNE

	Mon	Tue	
			9:30 EM 10:00 Tai-C 1:00 Writer 2:00 Knittin
	6. 9:30 Scrabble-EM 10:00Coffee –EM	7. 11:00 Cracker Barrell	9:30 EM 10:00 Tai-C 2:00 Knitti
	13. 9:30 Scrabble-EM 10:00 Coffee –EM	14.11:00 Giuseppe’s 3:30 COA Board Mtg-TH	9:30 EM 10:00 Tai-C 2:00 Knittin
Note- Call the van line at (978) 887-6866 to re- serve your place on Thursday for Food	20. 9:30 Painting-EM 9:30 Scrabble-EM 10:00 Coffee -EM 10:00 SHINE Appts-EM 10:00 TRIAD Mtg-EM	21. 9:00 Heritage Museum	9:30 EM 10:00 Tai-C 2:00 Knittin
Shopping. If time permits we will stop for coffee on the way back to Topsfield.	27. 9:30 Scrabble-EM 10:00 Coffee-EM	28. 10:30 No Name Rest.	9:30 EM 10:00 Tai-C 2:00 Knittin

2016

Wed	Thu	Fri	Sat
Chi-EM s Club-LIB ng-LBV	2.9:30 VNA-WM 9:30 Food Shopping 11:30 \$3-Lunch-EM	3.	4.
8. Chi-EM ng-LBV	9. 9:30 VNA-EM 9:30 Food Shopping 11:30 \$3-Lunch-EM	10.	11. 8:00-10:00 Food Pantry-TR
15. Chi-EM ng-LBV	16. 9:00 VNA-LBV 9:30 Food Shopping 11:30 \$3-Lunch-EM	17.	18.
22. Chi-EM ng-LBV	23. 9:30 VNA-EM 9:30 Food Shopping 11:30 \$3-Lunch-EM	24.	25. 8:00 -10:00 Food Pantry-TR
29. Chi-EM ng-LBV	30. 9:30 Food Shopping 11:30 \$3-Lunch-EM		

	Mon	Tue	V
	<p style="text-align: right;">4.</p> <p>HAPPY FOURTH OF JULY</p> <p>OFFICE CLOSED</p>	<p style="text-align: right;">5.</p> <p>11:00 Sea Witch</p>	<p style="text-align: right;">9:30 EM</p> <p>9:30 Food Sho</p> <p>10:00 Tai-Chi</p> <p>1:00 Writers C</p> <p>2:00 Knitting</p>
	<p style="text-align: right;">11..</p> <p>9:30 Scrabble-EM</p> <p>10:00 Coffee -EM</p>	<p style="text-align: right;">12.</p> <p>9:00 Tower Hill Botanic</p> <p>3:30 COA Board Mtg-TH</p>	<p style="text-align: right;">9:30 EM</p> <p>9:30 Food Sho</p> <p>10:00 Tai-Chi</p> <p>2:00 Knitting-</p>
	<p style="text-align: right;">18 .</p> <p>9:30 BILL DUKE-EM</p> <p>9:30 Scrabble-EM</p> <p>10:00 Coffee -EM</p> <p>10:00 SHINE Appts-EM</p> <p>10:00 TRIAD Mtg-EM</p>	<p style="text-align: right;">19.</p> <p>Crane Estate</p>	<p style="text-align: right;">9:30 EM</p> <p>9:30 Food Sho</p> <p>10:00 Tai-Chi</p> <p>2:00 Knitting-</p>
	<p style="text-align: right;">25.</p> <p>9:30 Scrabble-EM</p> <p>10:00 Coffee-EM</p>	<p style="text-align: right;">26.</p>	<p style="text-align: right;">9:30 EM</p> <p>9:30 Food Sho</p> <p>10:00 Tai-Chi</p> <p>2:00 Knitting-</p>

2016

Wed	Thu	Fri	Sat
		1.	2.
6. Shopping -EM Club-LIB -LBV	7. 9:30 VNA-EM	8.	9. 8:00-10:00 Food Pantry-TR
13. Shopping -EM -LBV	14. 9:00 VNA-LBV 11:30 BBQ-Common	15.	16.
20. Shopping -EM -LBV	21. 9:30 VNA-EM 11:30 BBQ-EM	22.	23. 8:00 -10:00 Food Pantry-TR
27. Shopping -EM -LBV	28. 9:30 VNA-WM 11:00 HunchBack of Notre Dame-	29.	30.

SHINE Appointments

Marylou Fierro is our new SHINE Counselor

The SHINE Program (**S**erving the **H**ealth **I**nsurance **N**eeds of **E**veryone) is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare or their caregivers.

Marylou will be available at the Emerson Center on the 4th Monday of the month by appointment.

Call the office, (978) 887-6866 for questions or to arrange a date.

SAVE THE DATE

ANNUAL STRAWBERRY FESTIVAL

The Strawberry Festival supports the Topsfield Historical Society. Meet friends or new neighbors while hulling strawberries on Friday June 10 at the Emerson Center from 6:30 until done.

To volunteer call Jan Ablon at (978) 887-9510. or email at jmablon@gmail.com.

Saturday, June 11

10-4

Town Common (Rain or Shine)

Senior Scoop

THEATRE GROUP

The Theatre Group is active again!

Let us know if you are interested in joining.
There are plans to attend performances in Boston, Ogunquit and other venues across the area.
Transportation by van is included.
If you are interested call (978) 887-6866.

Board of Directors

Penny Rogers-Chair
William Quinn-Vice Chair
Charlotte O'Toole-Clerk
Jolene Guerra
Alfred DiDonato
Ruth Lucy
Florence Brady
Lois Carpenter
Martha Davis
Annette Cohen
Elaine Crippen

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Marie Coyle-Vice President
Kathy Faust-Secretary
Chris Roman-Treasurer
Merelyn Adams
Mary Margaret Keaney
Effie Ypsilantis