Topsfield Council on Aging

SENIOR SCOOP

NOVEMBER 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

461 Boston Street E6

INQUIRIES, APPOINTMENTS, VISITS

Days/Office Hours: MONDAY-THURSDAY 8 AM to 4 PM; FRIDAY 9 AM to 12 PM

Contact:

Office Phone: (978) 887-1523

Bus Reservations & RSVPs: (978) 887-6866

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Friends of the Topsfield Council on Aging

As we enter the season of Thanksgiving, in 2017 it seems especially important to express our gratitude for all of our blessings. Each November, we pay tribute to our servicemen and women. We are pleased to host a Coffee & Conversation with three Korean War Veterans on November 6th at 10 AM. On November 14th, we will travel around neighboring towns to visit war memorials, which reflect the spirit of the people living in a community. In preparation for the holidays, we will shop at Market Street in Lynnfield and even bring a Holiday Artisan Fair to a weekly luncheon as part of a special event on the last day of November. We will figure out "What to do with leftover turkey" and learn some valuable money management skills. Please pay close attention to the following:

- **The Topsfield Memory Café will be offered on Nov. 4th at 10 AM at Trinity.**
- **A Clutter Collection is set for Nov. 18th at the Fairgrounds from 9 AM- 1 PM.**
- **A new monthly shuttle bus will run to Newburyport on Nov. 20th at 1 PM.**
- **Zumba, held on Thursdays at Trinity at 10 AM, is free on Nov. 9th, 16th, & 30th.**
- **Registration for December holiday events with limited capacity opens Nov. 1st!**

Every day we are grateful to have the opportunity to serve and spend time with amazing people in jobs that we love.

Seize the Day!

Paula, Beth, Peg, Greg, and Ed

Regularly Scheduled Events

Game Day

Most Mondays

9:30 AM -12:30 PM

Tech Tips & Tricks

Learn how to use your smartphone, tablet and laptop

SUSPENDED UNTIL A VOLUNTEER STEPS FORWARD

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.
TRIAD Tips are shared on the 1st Wednesday of every month.

Tai-Chi

Most Wednesdays

11:15 AM - 12:15 PM

Knitting Crocheting Group

Wednesdays in LBV Community Room

2:00 PM - 4:00 PM

Bring your own supplies

NEW!! Mahjongg

Wednesdays at Topsfield Library

2:00 PM - 4:30 PM

Watercolor Class

Taught by North Shore Artist Bill Duke

NOVEMBER 13th

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
FREE ON NOVEMBER 9, 16, & 30!

Thursday Specialty Luncheons

11:30 AM

$5 @ Trinity Church
unless otherwise noted

Always RSVP (978) 887-6866

Wk 1: **Birthday Lunch-**Pasta + Cake
Wk 2: **Lunch** (Chinese Food) **'n Learn $ Management**
Wk 3: **Tailgate Party** (Sliders, etc.)
Wk 4: No Lunch: Happy Thanksgiving
Wk 5: **Soup Sampler & Artisan Fair**

ArtVenture

Find your inner artist, musician, photographer, dancer…

Most Thursdays

12:30 PM

NOVEMBER Highlights

Topsfield Goes Dementia-Friendly

At our 1st Annual Octoberfest, the Topsfield COA was excited to announce that we are joining a national movement and committing to becoming a Dementia-Friendly Community. Projections are that 16 million people will be living with dementia in 2050. The cost of caring for those with Alzheimer's and other dementias was estimated to total $236 billion in 2016, increasing to $1.1 trillion (in today's dollars) by mid-century. Nearly one in every three seniors who dies each year has Alzheimer's or another form of dementia.

Board members Bette Cullinan and Lynne Bermudez are leading the effort in consultation with our local expert, Mary MacDonald. We will take advantage of resources that are available at the regional and state level and learn from communities that have paved the way.

Our first initiative begins on Saturday, November 4th, when we host the TOPSFIELD MEMORY CAFE from 10 AM to 12 PM at Trinity Church.

The 2-hour program offers guests an opportunity for socializing, networking, and memory-making. Each indoor event will offer an interactive, engaging program for participants of all mental and physical abilities.

Upcoming program themes include:

- **November 4th: Celebrating our Roots**
- **December 16th: Drum Circle**
- **January 6th: Dance Away Dementia**
- **February 3rd: Share the Love with Partner Yoga**
- **March 3rd: Growing Our Hope**

Details about each session will appear on topsfield-ma.gov/coa.

FREE ZUMBA THURSDAYS!

We will offer free Zumba classes on November 9, 16, and 30. Our amazing instructor, Kathy O'Brien, is so excited to share the benefits of this energetic but gentle exercise program that she wants to give you an opportunity to try it out for free. Kathy encourages her students to modify the routine (e.g. by sitting in a chair, not lifting the arms so high) to accommodate their fitness level and physical ability. Dress comfortably.

October TRIAD Tips on Decluttering

TRIAD Chairperson, Ramona Donahueshared her downsizing secrets. Then at a Lunch 'n Learn, David Downs helped us to better understand how we end up with so much stuff. This was a helpful therapy session for those who look around their homes and see so many items that they don't need. Gather up the items that are cluttering up your life and bring them to the River Gate at the Fairgrounds on 11/18 from 9 AM to 12 PM!

December Preview

REGISTER NOW (& prepay when appropriate) for these special holiday events:

*	12/1	Open House at Methuen Memorial Music Hall	Free!
*	12/6	Irving Berlin's *White Christmas* at the Portsmouth Music Hall	$63 by 11/5
*	12/7	Topsfield COA Annual Holiday Party	Free!
*	12/17	Holiday Pops with Keith Lockhart at the Lowell Auditorium	$70 by 11/14

NOVEMBER TRIPS RSVP (978) 887-6866

Tuesday, NOVEMBER 7th

Back to Campus

MERRIMACK COLLEGE

Tour
Merrimack College

Breakfast
Century House
in Peabody

Bus leaves Trinity at 9:30 AM

R
S
V
P

Tuesday, NOVEMBER 14th

Honoring our veterans...

Tour
Local War Memorials

Dine
Ipswich Ale Brewer's Table
Ipswich

Bus leaves Trinity at 9:30 AM

R
S
V
P

Tuesday, NOVEMBER 21st

Prepare for the holidays
at

Gingerbread Construction Company
Wakefield **&**

MARKETSTREET LYNNFIELD

Dine on your own
at Market Street

Bus leaves Trinity at 9:30 AM

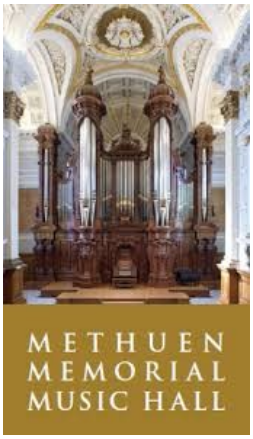
R
S
V
P

FRIDAY, DECEMBER 1st

Dine

TBD

Free Holiday Open House



Bus leaves Trinity at 3:30 PM

RSVP (978) 887-6866 **NOVEMBER LUNCHEONS**

Thursday, NOVEMBER 2nd

NOVEMBER Birthday Lunch

Join us to celebrate with an Italian Feast and birthday dessert

Trinity Church @ 11:30 AM
$5
(free for those with NOVEMBER birthdays)

RSVP

Thursday, NOVEMBER 9th

Lunch 'n Learn

Dine on

Chinese Food

&

Learn

Management Tips
from SeniorCare's
Sarah Wetzel

Trinity Church @ 11:30 AM
$5

RSVP

Thursday, NOVEMBER 16th

Favorite tailgate specialties
-dips, sliders, etc.-
will be served as we mark the halfway point of the football season.

Trinity Church @ 11:30 AM
$5

RSVP

Thursday, NOVEMBER 30th

Soup Sampler

&

Holi- day

Craft Fair

Shop for the entire family when local artisans and retailers bring unique gifts directly to us!

Trinity Church @ 11:30 AM
$5

COA=Council on Aging; EM=Emerson; FD=Fire Dept.; LIB=Topsfield Library;

November

	Monday	Tuesday	Wednesday
			1 9:30 Shop at Rowley Market Place 10:00 Coffee & Conversation **TRIAD TIPS: Police Dept.** 11:15 Tai-Chi 2:00 Knitting-LBV 2:00 Mahjongg-LIB
	6 9:30 Game Day	7 9:30 **Breakfast at** **Century House** ***Back to Campus*** **Merrimack College**	8 9:30 Shop at Rowley Market Place 10:00 Coffee & Conversation **KOREAN WAR REVISITED:** **Cliff Elliott, Norm Isler, & Dick Sr** 11:15 Tai-Chi 2:00 Knitting-LBV 2:00 Mahjongg-LIB
	13 9:30 **Watercolor Class** **w/ Bill Duke** ($20) 9:30 Game Day	14 9:30 **Tour** **Veterans' Memorials** (TOPS,IPS,HAM) **Lunch** **Ipswich Ale Brewer'sTable**	15 9:30 Shop at Rowley Market Place 10:00 Coffee & Conversation **INTRO TO MAHJONGG** 11:15 Tai-Chi 2:00 Knitting-LBV 2:00 Mahjongg-LIB
	20 9:30 Game Day 1:00 **Shop in Newburyport** RSVP	21 9:30 Shop/Dine @ **Market Street** in Lynnfield & **Gingerbread Construction Co.**	22 9:30 Shop at Rowley Market Place? 10:00 Coffee & Conversation **WHAT TO DO WITH MY LEFTOVER TURKEY?** 2:00 Knitting-LBV 2:00 Mahjongg-LIB
	27 9:30 Game Day 10:00-12:00 **SHINE** Counselor by appointment **11:00 CarFit Assessments**-FD (or by appointment)	28 Trip Day is Friday this week #GIVING TUESDAY 11.28.17	29 9:30 Shop at Rowley Market Place 10:00 Coffee & Conversation **GIVING TUESDAY 2017** 11:15 Tai-Chi 2:00 Knitting-LBV 2:00 Mahjongg-LIB

LBV=Little Brook Village; TH=Town Hall; TR=Trinity Church; WM=Washington Meadows

2017

	Thursday	Friday	Saturday/Sunday
	2 9:00 VNA-WM 10:00 NO ZUMBA TODAY 11:30 **Birthday Lunch** (Pasta $5) 12:30 ArtVenture: **Art Project at Meridian Day Hab v.2**	3 COA office hours: 9 AM-12 PM	4/5 Saturday **NEW!** **10:00 AM-12:00 PM** **Memory Café TR**
mith	9 9:30 VNA-TR 10:00 Zumba with Kathy **FREE** 11:30 **Lunch** (Chinese Food $5) **'n Learn** **$ Management with SeniorCare's Sarah W.**	10 *Town Hall Closed* *in observance of Veterans' Day*	11/12 Saturday 8:00-10:00 AM *Food Pantry TR* 11:00 AM ***Veterans' Day Observance*** *Veterans' Memorial Green*
	16 9:00 VNA-LBV 10:00 Zumba with Kathy **FREE** 11:30 **Tailgate Party** (Sliders $5) 12:30 ArtVenture: **Silver Screenings with Vinny "Jingle all the Way"**	17 COA office hours: 9 AM-12 PM	18/19 Saturday 9:00 AM to 12:00 PM **CLUTTER COLLECTION** Fairgrounds-Gate A
	23 	24 *Town Hall Closed*	25/26 Saturday 8:00-10:00 AM *Food Pantry TR*
	30 9:30 VNA-TR 10:00 Zumba with Kathy **FREE** 11:30 **Soup Sampler** ($5) & **Holiday Artisan Fair**	**DECEMBER** 1 COA office hours: 9 AM-12 PM 3:30 Dinner TBD **Methuen Memorial Music Hall Open House**	2/3 **NEW!** **10:00 AM-12:00 PM** **Memory Café TR**

BOOK CLUB resumes in 2018!

Because the holiday season is such a busy time for everyone, we will not host a book club gathering again in 2017.

We hope to gain momentum in the new year as we promote lifelong learning through this simple, interactive activity. Ideally, we would have a regular group of between 6 and 12 participants to discuss books with universal appeal. You are encouraged to email your book suggestions (pburke@topsfield-ma.gov) for when we resume in January. We will continue to offer this activity every other month, allowing ample time to read the books.

Board of Directors

Penny Rogers-Chair
William Quinn-Vice Chair
Charlotte O'Toole-Recording Sec.
Lynne Bermudez
Florence Brady
Elaine Crippen
Bette Cullinan
Martha Davis
Jolene Guerra
Ruth Lucy

Next Meeting: November 14, 2017
@ 4:00 PM in Town Hall

All COA Board meetings comply with the Massachusetts Open Meeting Law

Friends of the COA

Yvonne Anderson-President
Kathy Faust-Secretary
Chris Roman-Treasurer
Nancy Beirne
Gracia Clemson
Chris Cotti
Kathy Curran
Mary Margaret Keaney
Susan Whelton
Kathy Yanchus

SUPPORT TopsCOA & BECOME A FRIEND!
P.O. Box 173 / Topsfield, MA

In Gratitude

(with help from Bonnie)

We are grateful to all those who have worked so diligently to make our lives better, safer, healthier, better organized and more fun. In October, we focused on DECLUTTERING starting with TRIAD Tips courtesy of Ramona Donahue, who is in the process of downsizing; we ended with a Lunch 'n Learn by David Downs, who helped to assuage our guilt about accumulating possessions by explaining how it happens as a result of clever marketing techniques by ad agencies! Thanks to our TRIAD team for leading the charge on this effort.

We thank Trinity Pastor Jo Barrett, along with her side-kicks, Poppy and Pete, for sharing some of their fascinating life stories and welcoming us to upcoming events at Trinity Church; see TrinityTopsfield.org for the details. Community Giving Tree volunteers, Rosemary Turgeon and Carol Seaman, provided insight on the inner workings of this unique and local charitable organization. Tri-Town Council Executive Director, Lisa Teichner, discussed the many initiatives her group sponsors to enhance the well-being of Tri-Town residents, especially our youth. In our single ArtVenture this month, Vinny took us behind the scenes of the rollercoaster life of Rita Hayworth.

We are grateful to 2017 Giant Pumpkin Champion, Woody Lancaster, who shared many of his secrets with us during our "just for us" tour of the Topsfield Fair. Thanks, also, to Darcy Fulton who helped coordinate a wonderful outing to the Shaolin Liu Performance Center for the 2017 Manhattan Short Film Festival, which featured her son, John.

Our 1st Annual Octoberfest was a huge success. Thanks to SeniorCare's Traveling Chef team for modifying their schedule to accommodate our special event and to the Friends of the Topsfield COA for sponsoring it. Our Dementia-Friendly consultant, Mary MacDonald, and Girl Scout Maggie Chiffer took time out of their busy schedules to explain their roles in our new movement. Zumba instructor extraordinaire, Kathy O'Brien, led a demo to show how beneficial her exercise class can be to anyone!