

Topsfield Council on Aging
SENIOR SCOOP
JANUARY / FEBRUARY 2020

Topsfield Council on Aging Mission Statement:
To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents who are sixty years of age and older or disabled adults.

Town Hall
8 West Common Street, 2nd Floor

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

Office Phone: (978) 887-1523

Bus Reservations & RSVPs: (978) 887-6866

Cancellations due to inclement weather or other unusual circumstances will be announced as early as possible on Facebook and on the COA page of the town website: <https://www.topsfield-ma.gov/topsfield-council-aging>



Friends of the Topsfield Council on Aging

A NEW DECADE calls for extraordinary resolutions!

If you have not yet made Topsfield COA part of your routine, 2020 is the year you should set your sights on us!

There really is something for everyone...

Competitors will love **Game Day**.

Movie buffs will want to view **Monday Movies**, **New on Netflix**, and *Silver Screenings with Vinny*.

Adventurers will yearn to take our **Tuesday Trips** around New England.

The most curious among us will engage easily in **Coffee & Conversation**, **Lunch 'n Learns**, **Book Club**, and **Speaking of TED**.

Our most creative clients will immerse themselves in **ArtVentures** and **handiCRAFTERS**.

Fitness buffs will wisely take advantage of our free classes-**Restorative Yoga**, **Parkinson's Fitness**, **Tai Chi**, and **Dance Out Dementia**.

Offering robust, diverse programming to stimulate the mind, body, and soul and to promote social engagement fulfills only half of our mission.

Fifty percent of our time is spent working with individuals, care-partners, and family members to help senior citizens and adults with disabilities live independently. We match those who have needs with agencies and organizations, such as our Area Agency, SeniorCare, Inc. and the Disability Resource Center in Salem, that can serve clients as efficiently and economically as possible. Every business day, our dedicated volunteer corps of drivers, some with more than a decade of experience, deliver about two dozen meals and conduct well-being checks all over Topsfield; sometimes, they deliver books as part of the Library on Wheels Program.

Volunteer drivers may provide rides to medical appointments if the COA Bus is unavailable or overbooked. They provide companionship for the homebound. Dedicated volunteers make our community better every minute of every day!

We partner with Topsfield's incredible first responders and other town departments to ensure that the senior citizens and adult-disabled are continuously well served. You never have to look far for assistance or guidance. We are here to help all Age in Place and with Dignity.

Happy New Year to all and may 2020 be the year of gaining clarity!

Seize every day!

Paula, Beth, Peg, Greg, Ed, and Maggie

Regularly Scheduled Events

Game Day

Most Mondays
9:30 AM -12:30 PM



Watercolor Class

Taught by North Shore Artist Bill Duke

Monday, JANUARY 13th

Monday, FEBRUARY 10th

9:30 AM -12:30 PM

Prepay \$20 to reserve a seat

Technology Tips RETURNS!

Learn how to use your smartphone, tablet & laptop
Mondays at 10 AM

JAN. 27th
FEB. 24th

Movie Mondays at 1 PM

JAN. 6th "Slumdog Millionaire"
JAN. 27th New (movie) on NETFLIX
FEB. 3rd "It Happened One Night"
FEB. 24th New (movie) on NETFLIX

Dance Out Dementia

Most Thursdays



3:00-3:45 PM
Public Hall

Restorative Yoga

Most Mondays 3:00 - 4:00 PM
Perfect for all levels! Bring a mat & blanket

Parkinson's Fitness Class

Most Tuesdays 1:00 - 2:00 PM

Coffee & Conversation

Most Wednesdays
10:00 -11:00 AM

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

Tai-Chi

Most Wednesdays 11:15 AM - 12:15 PM

Thursday Specialty Luncheons

Unless otherwise noted...

\$5 Town Hall 11:30 AM

Always RSVP (978) 887-6866

1/9: T Chef (Asian Cuisine)-FREE

1/16: Birthday Lunch (Pasta)

1/23: Tailgate Party (Sliders, etc.)

1/30: Chinese New Year Lunch

2/6: Birthday Lunch (Pizza Party!)

2/13: T Chef (Heart Healthy Panini Bar)

2/20: Soup Fest

2/27: Seafood Rolls (Crab, Shrimp) \$8

handiCRAFTERS

Wednesdays 2:00 - 4:00 PM

Topsfield COA sponsors this off-site activity.

All crafters are encouraged to bring their own projects to Little Brook Village's Community Room

ArtVenture

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

Some Thursdays at 12:15 PM +

Mahjongg

Wednesdays 1:30-3:30 PM

at TOPSFIELD LIBRARY



Speaking of TED

Most Fridays at 10:00 AM

Participate in lively discussions about thought-provoking TED Talks.

Highlights

New in 2020

- ⇒ **TECHNOLOGY TIPS** returns Monday, January 27th at 10 AM!
- ⇒ *Needleworking* has rebranded...Check out **handiCRAFTERS** on Wednesdays from 2-4 PM. All are welcome at this COA-sponsored activity that is held weekly in Little Brook Village's Community Room at 69 Washington Street.
- ⇒ **CENSUS 2020 IS HIRING!** You can help your community! Apply for one of thousands of temporary #2020CensusJobs. Census results determine the number of seats each state has in the U.S. House of Representatives as well as how funds are spent on roads, schools, and hospitals. Apply online at 2020census.gov/jobs. #ApplyToday

Ongoing Initiatives: Dementia Friendly and Intergenerational

Dementia Friendly Topsfield:

Stay tuned for exciting announcements in 2020!

Indoor Memory Café:

A Memory Café is a friendly gathering space where individuals with memory loss and their care-partners can relax, find friends and mutual support. Join us for laughter, love, information, networking, art, music, dance, and a therapeutic horticulture project.

Topsfield's Indoor Memory Café, co-sponsored by Topsfield COA and Rest-Stop-Ranch, with support from the Topsfield Cultural Council and Friends of the Topsfield COA, takes place on **Saturday mornings, 10 AM to 12 PM, in the Library Meeting Room:**

- ◆ 1/11 **Dance Circle:** Come as you are for a fun, chair-dance experience.
 - ◆ 2/8 **Partner Yoga:** Learn and experience non-verbal communication techniques.
 - ◆ 3/14 **Summer Craft:** Make a sun hat to wear in the Outdoor Memory Café at Rest-Stop-Ranch.
- Walk-ins/Wheel-ins always welcome. RSVP to mary@marymacmissions.com or 978-887-4202

Intergenerational (IG) Update:

Throughout November and December, we were excited to partner with children of all ages to celebrate the season. Alongside GS Troop 82333, we produced materials to ultimately be sewn into blankets that will be donated to Project Linus; since 1995, nearly 8 million blankets created in all 50 states have been "distributed to children in hospitals, shelters, social service agencies, or anywhere that a child might be in need of a big hug" through this special organization. In honor of Veteran's Day, homemade, patriotic cards were delivered to the COA to distribute to thank those who have served. We invited Mrs. Murphy's Proctor School 4th Grade class to join us for *Friendsgiving*, during which we described our favorite Thanksgiving Dinner foods and shared tales from Topsfield past. During *Holiday on the Green*, our elves were hard at work assisting children who visited Santa's Workshop. Young artists and performers from Creative Co-Op shared their artistic and vocal talents to enhance our 2019 Holiday Party; they decorated the stage before putting on showstopping performances. Nearly one hundred Tri-Town senior citizens were serenaded by Masconomet High School musicians during their Annual Winter Concert. WE ARE EXCITED TO PARTICIPATE IN AN *IG OPEN MIC NIGHT* ON FRIDAY, JANUARY 10TH!

Message from Our Health Agent

Safe Holiday Cooking – Give Gifts, not Illness!

Harmful bacteria can grow in food that is not cooked properly or is left out too long. Follow these tips to ensure that your holiday cooking is as safe as possible:

- ⇒ Clean hands thoroughly with soap and water for a full 20 seconds between each task.
- ⇒ Use clean plates and avoid re-using plates that previously held raw meat or poultry.
- ⇒ Separate raw meat, poultry and egg products from ready-to-eat foods.
- ⇒ Use a cooking thermometer to ensure food reaches safe minimum internal temperature.
- ⇒ Chill leftovers within 3 hours of cooking; discard leftovers that have been left out after 3 hours.
- ⇒ Do not transport hot and cold foods in the same insulated container; keep hot foods at 135°F or above and cold foods at 40°F or below.

For more information, visit the Topsfield Board of Health web page at www.topsfield-ma.gov. The USDA offers a Food Keeper app at www.foodsafety.gov. Happy Holidays!

-Topsfield Board of Health & Health Agent, Wendy Hansbury

Tax Prep Registration Opens January 10th

Starting 1/10/20, call (978) 887-6866, to reserve your one-hour appointment.

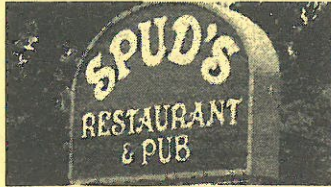
Registration for Tax Prep Appointments with AARP Volunteers opens Friday, January 10th. Low and middle income earners requiring assistance with Simple Tax Filings may sign up for an appointment on a Thursday afternoon at the Topsfield Library mid-February through April 9th.

JANUARY TRIPS

RSVP (978) 887-6866

FRIDAY, January 10th

DINE



(if open for business)

Rowley

SING!!

INTERGENERATIONAL



Topsfield Village Shopping Center

Bus leaves Town Hall at 4:00

Tuesday, January 14th

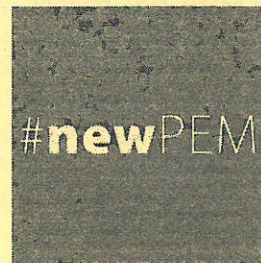
DINE

FRANK

(Restaurant)

Beverly

PRIVATE TOUR



Salem

(\$20 payable on site)

Bus leaves Town Hall at 9:30

Tuesday, January 21st

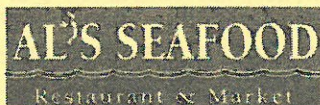
Adventures in North Hampton, NH

SHOP



L.L.Bean Outlet

DINE



Bus Leaves Town Hall at 9:30

Tuesday, January 28th

Adventures in Beverly

TOUR



*The Furniture Institute
of Massachusetts*

DINE



Bus leaves Town Hall at 9:30

**R
S
V
P**

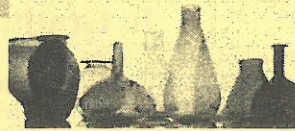
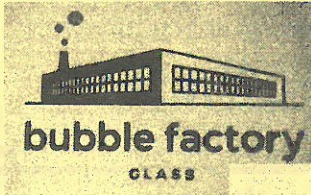
FEBRUARY TRIPS

RSVP (978) 887-6866

Tuesday, February 4th

Adventures in Essex

TOUR & SHOP



DINE



Bus leaves Town Hall at 9:30

Tuesday, February 11th

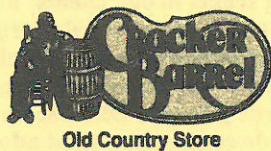


*Luncheon
Salisbury*

Bus leaves Town Hall 11:00

Tuesday, February 18th

DINE & SHOP



Tewksbury

Bus leaves Town Hall 10:30

MONDAY, February 10th



**MUSIC
at EDEN'S
EDGE**

*** FREE CONCERT ***

VISION 2020: PAIRINGS & SIDES

**MUSIC SPEAKS!:
SUITE OF SMALL PLATES**

**"Flutist Orlando Cela and Violinist
Maria Benotti will present a mixed plate
of musical offerings from the Baroque to
the twentieth century, exploring both the
delicate and the robust sides of music for
flute and violin."**

The Barn at Peirce Farm

**FREE SHUTTLE
leaves Town Hall 6:30**

**R
S
V
P**

Tuesday, February 25th

TOUR

**SAINT ANSELM
COLLEGE**

**NEW HAMPSHIRE
INSTITUTE OF POLITICS**

Manchester, NH

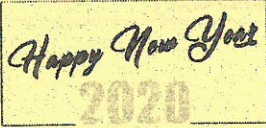
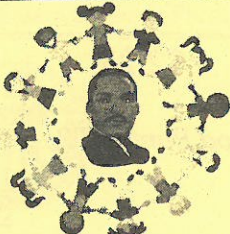
DINE



Windham, NH
Bus leaves Town Hall at 9:30

January

RSVP (978) 887-6866

Monday	Tuesday	Wednesday
		1
		 <i>Town Hall Closed</i>
6	7	8
9:30 Game Day Special Edition: Jeopardy! 1:00 Movie Monday "Slumdog Millionaire" 3:00 Restorative Yoga	TRIP DAY IS FRIDAY THIS WEEK <i>1-2 PM Parkinson's Fitness</i>	9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: IG RESOLUTIONARIES 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
13	14	15
9:30 Painting w/ Bill Duke 9:30 Game Day 3:00 Restorative Yoga	9:30 BREAKFAST Frank (restaurant), Beverly PRIVATE TOUR (\$20 fee) #newPEM <i>1-2 PM Parkinson's Fitness</i> 4:00 COA Board Meeting	9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: WHAT ARE YOU STREAMING? 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
20	21	22
 <i>Town Hall Closed</i>	9:30 Adventures in North Hampton, NH SHOP L. L. Bean Outlet DINE Al's Seafood <i>1-2 PM Parkinson's Fitness</i>	9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: KOREAN WAR REVISITED 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 handiCRAFTERS-LBV
27	28	29
9:30 Game Day 10:00 TECHNOLOGY TIPS Returns!! 1:00 New (movie) on NETFLIX 1:00 Shopping in Seabrook 3:00 Restorative Yoga	9:30 The Furniture Institute of Massachusetts DINE: Bertucci's 10:00-12:00 SHINE Counselor by app't-LIB <i>1-2 PM Parkinson's Fitness</i>	9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: NUTRITIOUS EATING ON A BUDGET 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 handiCRAFTERS-LBV


2020

RSVP (978) 887-6866

Thursday	Friday	Saturday/Sunday
<p>2</p> <p>10:00 VNA-WM</p> <p>NO PROGRAMMING THIS WEEK</p>	<p>3</p> <p>NO PROGRAMMING THIS WEEK</p>	<p>4/5</p> <p><u>Saturday</u></p> <p><u>Sunday</u></p>
<p>9</p> <p>10:00 VNA-TH</p> <p>11:30 Traveling Chef (Asian Cuisine)</p> <p>12:15 Learn: Health Benefits of Volunteering Ruth Lindsay, RSVP Director</p> <p>1:00 Dance Out Dementia</p>	<p>10</p> <p>10:00 Speaking of TED</p> <p>4:00 DINE: Spud's (if open)</p> <p>7:00 Intergenerational Open Mic Night Village Shopping Center</p>	<p>11/12</p> <p><u>Saturday</u> 8 - 10 AM Food Pantry-TR 10 AM INDOOR MEMORY CAFÉ-LIB Dance Circle</p> <p><u>Sunday</u> 3:00 PM THS presents Halifax: The Extraordinary Massachusetts Response Gould Barn</p>
<p>16</p> <p>10:00 VNA-LBV</p> <p>11:30 Birthday Lunch (Pasta)</p> <p>12:15 ArtVenture: Trinity Music Director Laura Proctor</p> <p>1:00 Dance Out Dementia</p>	<p>17</p> <p>10:00 Speaking of TED</p>	<p>18/19</p> <p><u>Saturday</u></p> <p><u>Sunday</u></p>
<p>23</p> <p>10:00 VNA-TH</p> <p>11:00 Book Club</p> <p>11:30 Tailgate Party (Sliders, etc.)</p> <p>12:15 ArtVenture: <i>Silver Screenings with Vinny</i></p> <p>1:30 Dance Out Dementia</p>	<p>24</p> <p>10:00 Speaking of TED</p>	<p>25/26</p> <p><u>Saturday</u> 8 - 10 AM Food Pantry-TR</p> <p><u>Sunday</u></p>
<p>30</p> <p>11:30 Chinese New Year Lunch</p> <p>12:15 ArtVenture: Making Valentines with Kendra</p> <p>1:30 Dance Out Dementia</p>	<p>31</p> <p>10:00 Speaking of TED</p>	

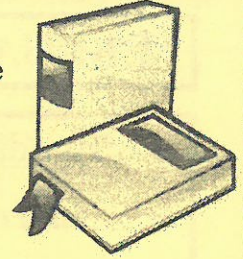
February

RSVP (978) 887-6866

Monday	Tuesday	Wednesday
3	4	5
<p>9:30 Game Day 1:00 Movie Monday "It Happened One Night" 3:00 Restorative Yoga</p>	<p>9:30 Adventures in Essex TOUR The Bubble Factory Glass Studio DINE The Village Restaurant <i>1-2 PM Parkinson's Fitness</i></p>	<p>9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: EVERYTHING YOU EVER WANTED TO KNOW ABOUT ABE 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 handiCRAFTERS-LBV</p>
10	11	12
<p>9:30 Painting w/ Bill Duke 9:30 Game Day 3:00 Restorative Yoga 6:30 Music at Eden's Edge: "Suite of Small Plates" The Barn at Peirce Farm, Topsfield</p>	<p>11:00 Seaglass Annual Valentine's Luncheon <i>1-2 PM Parkinson's Fitness</i> 4:00 COA Board Meeting</p>	<p>9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: Sharing Our HEARTwarming Tales 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 handiCRAFTERS-LBV</p>
17	18	19
 <p>PRESIDENT'S DAY <i>Town Hall Closed</i></p>	<p>10:30 Cracker Barrel <i>1-2 PM Parkinson's Fitness</i></p>	<p>9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: 2020 CENSUS DEMYSTIFIED 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 handiCRAFTERS-LBV</p>
24	25	26
<p>9:30 Game Day 10:00 TECHNOLOGY TIPS 1:00 New (movie) on NETFLIX 1:00 Shopping in Seabrook 3:00 Restorative Yoga</p>	<p>9:30 Back to Campus St. Anselm College NH Institute of Politics DINE The Common Man Windham, NH <i>1-2 PM Parkinson's Fitness</i></p>	<p>9:00 Shop at Rowley Market Place 10:00 Coffee & Conversation: 2020 ELECTION PREVIEW- BEHIND THE WARDEN'S DESK 11:15 Tai-Chi 1:30 Mahjongg-LIB 2:00 handiCRAFTERS-LBV</p>

BOOK CLUB

Our growing Book Club has resolved to explore a variety of book styles to tie into the Tri-Town's Community Read selection and to collaborate with Vinny to tie into one of his engaging *Silver Screenings* presentations!



Jan. 23rd: Citizens of London by Lynn Olson

Feb. 27th: Unfinished Marriage by Joan Anderson
Radical Kindness by Angela Santa Mero

Mar. 26th: The Only Woman in the Room by Marie Benedict

The Topsfield COA Book Club selection is generally available at the Circulation Desk of the Topsfield Library five weeks prior to the meeting date.

Board of Directors

Penny Rogers: Chairperson
OPEN: Vice-Chairperson
Rusty Brady: Recording Secretary
Lynne Bermudez
Open
Joan Chiffer
Elaine Crippen
Kim Love
Ruth Lucy
Hannah Adelman Menzer
Charlotte O'Toole

Upcoming Meetings:

Tuesday, January 14, 2020

Tuesday, February 11, 2020

@ 4 PM in Town Hall, 2nd Floor

All are welcome!

Friends of the Topsfield COA

OPEN: President
Kathy Yanchus: Vice-President
Susan Whelton: Recording Secretary
Chris Roman: Treasurer
Nancy Beirne
Mary Anne Cosgrove
Chris Cotti
Kathy Curran
Mary Margaret Keaney

**BECOME A FRIEND and/or SPONSOR
to support Topsfield COA**

Tax deductible donations can be mailed to:

P.O. Box 173 / Topsfield, MA

In Gratitude

We are grateful to the Coffee & Conversation guests who illuminated our holiday season. In his moving "Remembrance Day" presentation, Dexter Bishop traced the evolution of Veteran's Day. When Beth helped the group formulate a list of favorite activities that took place during our first year at 8 West Common St., Eric Roth's Sing-along was at the top of the list, so everyone got very excited when he returned with neighbor and friend, Hannah Adelman Menzer, for a holiday sing-along. Our Friendsgiving Celebration with Mrs. Murphy's 4th grade class was definitely a highlight; guests of all ages appreciated Vinny's *Silver Screenings: Friendsgiving Edition!* Darcy Fulton visited a few times to share updates and highlights of the *2019 Holiday on the Green* that she and a dedicated team had coordinated. An anchoring activity at this special Topsfield Tradition is Santa's Workshop, which was led by Chief Elves Nancy Beirne and Shirley Connelly on behalf of the Topsfield COA and their Friends; assistant elves Annette Cohen, Vinny Mortellite, and Janet Brown rounded out the workforce that helped more than 100 children transform recycled holiday cards into keepsake ornaments. Two of the children receiving custom ornaments belong to Topsfield's new Town Administrator, Kevin Harutunian, who made a special effort to attend the *Holiday on the Green* festivities even before swearing in!

We participated in extraordinary ArtVentures thanks to local expert Ben Nutter who took his "Architectural Tour of Topsfield" on the road and Claudette and Eileen who guided us through the creation of wonderful folk art projects.

The Friends hosted the third and largest signature event of the year, our 2019 Holiday Dinner. The amazing coordinating team, led by the talented Beth Wideberg, consisted of Kathy Curran, Kathy Yanchus, Susan Whelton, Charlotte O'Toole, and Rusty Brady. The Creative Co-Op provided incredible entertainment for this special evening.

The local garden clubs generously donated their time to add seasonal sights and scents to our clients' homes. A large team from Topsfield Garden Club created evergreen arrangements to be delivered along with Meals on Wheels. New Meadows Garden Club hosted a Boxwood Tree Construction Workshop that attracted a large group of DIYers; the next day, they delivered homemade centerpieces that adorned Public Hall on the evening of the Holiday Party and went home with guests. One of our dedicated VNA nurses, Joan Fitzpatrick, offered a Stroke Prevention Seminar to a large, attentive audience. Anthony Bonanno made arrangements for a unique dining experience at the only prison restaurant in America, The Fife & Drum.

We are forever grateful for our volunteers and partners.

We remain true to our vision to positively affect the lives of every person, business and organization within the communities we serve.



INSTITUTION FOR SAVINGS

BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1820.

978-462-3106 • institutionforsavings.com



SENNOTT INSURANCE

(An Affiliate of Cross Insurance)

Home ~ Business

Auto ~ Life

16 South Main Street

Topsfield Crossing

Topsfield, MA

887-4900

Mackey FUNERAL HOME

Serving Boston's Northshore Since 1971



Carrying forward with the tradition of compassion, honor and reliability for Boston's North Shore families, at our new location in Middleton, Massachusetts.

Personalized Funeral Planning and Affordable Cremation Plans.

PRE PLANNING OPTIONS

Email: mackeyfh@gmail.com

Middleton, MA ~ 978-774-0033 ~ www.mackeyfuneralhome.com

BUYING
Coins, Coins, Coins!!
Silver ~ Gold ~ Jewelry

TOPSFIELD COIN & JEWELRY

Topsfield Village
30 Main St., Topsfield, MA
978-561-1893

MEMBER - WHITTIER HEALTH NETWORK
MASCONOMET
Healthcare Center

SUBACUTE, LONG TERM & RESPITE CARE SERVICES

(978) 887-7002

www.whittierhealth.com

123 High Street, Topsfield, MA

Accepts all HMO's, Medicare and Commercial Insurance

At Home Elder Support

www.thompsonelderassist.com

978-239-1809



Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930



(Former Site of Barton Stone)

Rita Buscarini
Associate

22 Brown Square
Ipswich, MA 01938
Phone: (978) 356-2334
1889memorials@verizon.net

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,
7 PHILBROOK TERRACE, HAMPTON, NH 03842

TO ADVERTISE IN THIS NEWSLETTER

Please call

Steve Persichetti

at 978-457-2612 for immediate response!!

OR email seniornewsletter@aol.com

Your AD belongs right here!!

REACH YOUR CUSTOMERS 365 DAYS A YEAR!



North Shore Senior Care

Home Health Care Services

2 South Main St.
Middleton, MA 01949

978-223-3434

www.northshoreseniorcare.net

"Quality Of Life Begins At Home"

DONATIONS TO THE COUNCIL ON AGING

Please consider making a tax deductible donation in memory of or in honor of a loved one. Or, you can support a service provided by the
Topsfield Council on Aging.

Donations may be mailed to The Topsfield Council on Aging, 8 West Common Street Topsfield, MA 01983 or to The Friends of the COA, PO Box 173, Topsfield, MA 01983

Disclaimer: Programs and advertisements are a resource and do not constitute an endorsement by the Town of Topsfield. Be a wise consumer and ask questions.

"This newsletter is partially funded
by the Executive Office of Elder Affairs."

Senior Citizen Newsletter

Topsfield Council on Aging
8 West Common St.
Topsfield, MA 01983

U.S. Postage
Paid
Topsfield, MA
Permit No. 51

(Deliver to Addressee or Current Resident)

If you do not want this newsletter mailed to you, please contact our office