

# Topsfield Council on Aging **SENIOR SCOOP**

**APRIL 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**

**New England Business Park / 461 Boston Street E6**

**INQUIRIES, APPOINTMENTS, VISITS**

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



**Friends of the Topsfield Council on Aging**

While Mother Nature played some season ending tricks on us, we persevered and carried out multiple activities every day as winter drew to a close. The new activities added in 2017-*Technology Tips*, *Zumba*, and *ArtVentures*-have been fully integrated into our programming and are drawing in many of our usual suspects but also appealing to new audiences. *Technology Tips* runs most Mondays (except for those days when the watercolor painting class is held) at 11 AM at Trinity. Because of the casual format, anyone looking for help with his/her devices can simply drop-in to request assistance. The Zumba instructor has been impressed with the enthusiasm displayed by her faithful students. Kathy is modifying the classes to meet the fitness goals of the students who turn out each week. The *ArtVentures* have been extraordinary. From getting our hands dirty in local artist Meg Black's studio to seeing photographs taken in the Arctic where the polar bears roam to having a private Irish Step Dancing performance for our St. Patrick's Day celebration, these events appeal to a broad audience. They are conveniently scheduled to start immediately after our regular Thursday luncheons and bus transportation is provided when we travel to a nearby destination. We look forward to bringing back *Ballroom Dancing* in May. All of these activities are designed to stimulate your mind, body and soul. There is no better time to shift out of your comfort zone and try something new.

In April we will celebrate Opening Day and Earth Day. At our Coffee & Conversations, we will prepare for the Annual Town Meeting and Annual Town Election that will be held the first week in May. The most important vote you cast is at Town Meeting. Join us for informative discussions leading up to these events, which celebrate the fact that we live in a democratic society. Throughout April we will interact with the local schools. We have been invited to dine at the Essex Agricultural & Technical School on April 4th. The leaders of our elementary schools will join us for Book Club on April 6th. We welcome Masconomet Intern Haley who will help us throughout the spring until she graduates.

This is a good time to reflect on how the Topsfield COA is integral to our community and how we can enhance our own experiences by collaborating with other groups that make Topsfield the special place that it is to live.

Seize the day!

*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

2nd Monday of month

11:00 AM -12:00 PM

## Watercolor Class

Taught by North Shore Artist Bill Duke

APRIL 24th

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

\$3

## 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**-Chinese Food

Wk 3: **Earth Day Lunch**-Soup & Salad capped off with a special dessert

Wk 4: **Esposito's Calzones & Cupcakes**

## 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

11:15 AM - 12:15 PM

## Knitting ✂ Crocheting Group

Wednesdays at LBV

2:00 PM - 4:00 PM

Bring your own supplies

## ArtVenture

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

Most Thursdays

1:00 PM

# Outreach in Your Community

- **BUS TRANSPORTATION:** Bus transportation is available for appointments on Monday and Wednesday afternoons and on Thursday mornings and for shopping at 9:30 AM on Wednesdays. Donations offset expenses. Call (978) 887-6866 to schedule any pick-up AT LEAST 48 hours in advance.
- **CAREGIVER SUPPORT:** Group and/or individual support is available in Topsfield. Special programs run April-October. Contact Mary MacDonald by email [mary@marymacmissions.com](mailto:mary@marymacmissions.com) or phone (978) 887-4202.
- **FOOD PANTRY:** Top Cupboard Food Pantry is sponsored by the churches of Topsfield. The pantry is open on the 2nd & 4th Saturdays of every month. Food can also be delivered. For information call (978) 887-5570 or visit [www.topcupboard.org](http://www.topcupboard.org).
- **FUEL ASSISTANCE:** Need help with your heating bills? Weatherization Assistance and HEARTWAP Programs are available. (See NSCAP below)
- **GROCERY SHOPPING:** The COA bus is available to bring seniors to Market Basket most Wednesday mornings. Register by calling (978) 887-6866.
- **INSURANCE:** A SHINE Counselor is available to answer your insurance questions. Call (978) 887-6866 to set up a private consultation.
- **LIBRARY:** Library materials can be delivered to your home. Call (978) 887-1528 and ask for the Library Reference Department or email [ask@topsfieldlibrary.org](mailto:ask@topsfieldlibrary.org).
- **MEALS ON WHEELS:** Check your eligibility for this locally administered program by calling SeniorCare at (866) 927-1050.
- **NORTH SHORE COMMUNITY ACTION PROGRAM:** Designed to help people find the stability they need to rise out of poverty. Call (978) 531-0767 x118 to learn about an array of services.
- **NOTARY PUBLIC:** Free Notary Services are available at the COA Office or in your home. Call (978) 887-1523 for details.
- **RMV:** Your local COA participates in the "RMV Near Me" Program. Save time and effort by seeking out our assistance with procuring government issued IDs, acquiring accessible placards, etc.
- **SHREDDING:** Properly destroy sensitive documents & files in the Topsfield COA Office during regular business hours. Please call the office to reserve a time.
- **TAX FILING ASSISTANCE:** Volunteers from AARP assist qualifying (low or middle income) seniors with preparing SIMPLE tax returns. Call (978) 887-6866 to schedule an appointment in Topsfield.
- **VETERANS' SERVICES:** Our local Veterans' Service Officer Dick Cullinan helps veterans, their spouses or surviving spouses determine eligibility for a broad range benefits, programs or services. Call (978)380-8397 or email [veterans@topsfield-ma.gov](mailto:veterans@topsfield-ma.gov).

# APRIL TRIPS

Tuesday, APRIL 4th

The staff and students of the  
**Essex Agricultural & Technical  
High School**

invite Topsfield seniors to join them for  
lunch at the

***Maple Street Bistro***



**(\$8)**

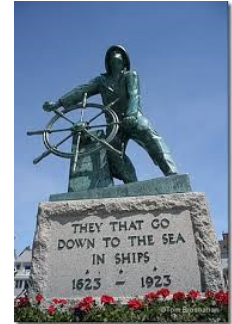
**Pick-up at Trinity at 10:45**

Tuesday, APRIL 11th

(Inclement weather forced the  
postponement from March 14th)

***Adventures in Gloucester***

Dine at the **1606 Restaurant**  
inside the stunning **Beauport Hotel**



Visit some of Gloucester's most  
famous landmarks including the  
"Man at the Wheel"

**Bus leaves Trinity at 10:00**

Tuesday, APRIL 18th

***Adventures in  
Lynnfield/Reading***

Stroll/Shop/Dine at

**Market Street**

**Optional Lunch at any of  
Market Street's Trip Advisor Top-Rated  
Restaurants**

Relax/Shop/Walk around

**Lake Quannapowitt**

Tuesday, APRIL 25th



***Spring Mystery Ride***

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Friday, APRIL 21st

***Run for the Troops***

**Dinner & Silent Auction**

Complimentary meal for veterans (\$20  
for guests) at Andover Country Club

**Free bus leaves Trinity at 5:15**



**APRIL LUNCHEONS**

Thursday, APRIL 6th

**APRIL Birthday Lunch**

Join us to celebrate with an Italian Feast and birthday dessert

Trinity Church @ 11:30  
**\$5**

(free for those with APRIL birthdays)



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Thursday, APRIL 13th

**Lunch**

Chinese Food from  
**Iron Chef**



**S**

**V**

**P**

Thursday, APRIL 27th

Calzones & Cupcakes  
from  
**Esposito Bakery**



**R**

**S**

**V**

**P**

Enjoy delectables from the family owned Italian bakery that first opened in downtown Revere in 1963.

Trinity Church @ 11:30  
**\$5**

Thursday, APRIL 20th


**Earth Day Lunch**

Soup and Salad  
& a special dessert to Honor our home planet



Trinity Church @ 11:30  
**\$5**

# APRIL

|  | Monday   | Tuesday  | Wednesday   |
|--|--|--|---|
|  | 3<br><i>Opening Day: Red Sox</i><br>9:30 Game Day  | 4<br>10:45 <b>Maple Street Bistro</b><br>for lunch courtesy of<br>Essex Ag & Tech(\$8)   | 5<br>9:30 Shop in Rowley<br>10:00 Coffee & Conversation<br><b>FINCOM LIAISON Dana Warren</b><br>11:15 Tai-Chi<br>2:00 Knitting-LBV  |
|  | 10<br>9:30 Game Day<br>11:00 Technology Tips   | 11<br>9:30 <b>Adventures in Gloucester</b><br>Dine at Beauport<br>Hotel & Visit iconic<br>Cape Ann sites<br>4:00 <i>COA Board Mtg—TH</i>   | 12<br>9:30 Shop in Rowley<br>10:00 Coffee & Conversation<br><b>USO YESTERDAY &amp; TODAY w/<br/>Shirley Connelly &amp; Tom Curran</b><br>11:15 Tai-Chi<br>2:00 Knitting-LBV |
|  | 17<br><b>Patriots' Day!</b><br><br>Town Hall Closed | 18<br>10:00 <b>Adventures in Lynnfield / Reading</b><br>Optional Lunch at<br><b>Wahlburgers</b> or ??<br>Relax/Shop/Walk<br>around Market Street<br>& Lake Quannapowitt  | 19<br>9:30 Shop in Rowley<br>10:00 Coffee & Conversation<br><b>NEW MEADOWS GARDEN<br/>CLUB w/ Rose Ann Waite</b><br>11:15 Tai-Chi<br>2:00 Knitting-LBV                      |
|  | 24<br>9:30 <b>Watercolor Class</b><br>w/ <b>Bill Duke</b> (\$20)<br>9:30 Scrabble Only<br>10:00-12:00 SHINE                            | 25<br>9:30 <b>Spring Mystery Ride</b><br><b>with a special guest</b>   | 26<br>9:30 Shop in Rowley<br>10:00 Coffee & Conversation<br><b>REVIEW TOWN MTG WARRANT</b><br>11:15 Tai-Chi<br>2:00 Knitting-LBV  |
|  | <b>May 1</b><br>9:30 Game Day<br>11:00 Technology Tips   | 2<br><b>Adventures in Lynn</b><br>Private tour of <b>Grand Army of the<br/>Republic Museum</b><br>Lunch at <b>Port Hole Pub</b><br>Visit Zimman's, NSCC, Gannon<br>5:45 <b>John Legend</b> at SSU<br>7:00 <i>Annual Town Meeting</i> | 3<br>9:30 Shop in Rowley<br>10:00 Coffee & Conversation<br><b>TOWN MEETING UNPLUGGED</b><br>11:15 Tai-Chi<br>2:00 Knitting-LBV  |

# 2017

|  | Thursday  | Friday  | Saturday/Sunday  |
|--|---|---|--|
|  | 6<br>9:30 VNA-WM<br>10:00 <b>Book Club</b><br>10:00 <b>No Zumba</b><br>11:30 <b>Birthday Lunch</b> (\$5)<br>1:00 ArtVenture: <b>Spring Craft</b><br>7:00 Masconomet Concert             | 7<br>COA office hours: 9 AM-12 PM   | 8/9  |
|  | 13<br>9:30 VNA-TR<br>10:00 Zumba with Kathy (\$3)<br>11:30 <b>Lunch</b> (Chinese-\$5)<br>1:00 ArtVenture: <b>TBD</b>  | 14<br>COA office hours: 9 AM-12 PM  | 15/16<br><u>Saturday</u><br>8:00-10:00 AM<br><i>Food Pantry TR /</i>                       |
|  | 20<br>9:30 VNA-LBV<br>10:00 Zumba with Kathy (\$3)<br>11:30 <b>Earth Day Lunch</b><br>(Soup & Salad w/ special<br>dessert \$5)<br>1:00 ArtVenture: <b>Local<br/>Artist Audrey Boyle</b> | 21<br>5:15 Dinner & Silent Auction<br>supporting <i>Run for the Troops</i> .<br>Complimentary meal for<br>Topsfield veterans (guests \$20).<br>RSVP by April 5th.<br>Free shuttle bus provided. | 22/23  |
|  | 27<br>9:30 VNA-TR<br>10:00 Zumba with Kathy (\$3)<br>11:30 <b>Esposito's Calzones &amp;<br/>Cupcakes</b> (\$5)<br>1:00 ArtVenture: <b>Music</b>   | 28<br>COA office hours: 9 AM-12PM<br>5:00 <b>"Art in Flowers"</b>   | 29/30<br><u>Saturday</u><br>8:00-10:00 AM<br><i>Food Pantry TR<br/>Masco Music Parents</i> |
|  | 4<br>9:30 VNA Clinic-WM<br>10:00 Zumba with Kathy (\$3)<br>11:30 <b>Birthday Lunch</b> -\$5)<br>1:00 ArtVenture: <b>DANCER/<br/>PHOTOGRAPHER Jim Moon</b>                               | 5<br>COA office hours: 9 AM-12 PM   | 6/7  |



## **Book Clubbing as a Community on April 6th!**

We are very excited to join the Community Read and explore the popular book by Bert and John Jacobs, *Life is Good*, for our April selection. We will truly approach this as a joint venture as members of the TriTown School Union team, Proctor principal Sarah O'Leary, Steward principal Michelle Costa, and Superintendent Scott Morrison join us to share how important messages in the book are being integrated into the Topsfield elementary schools' curricula. We will meet on the first Thursday of the month, **April 6th**, at 10 AM at Trinity to



### **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  
Next Meeting: April 11, 2017 @ 4:00 PM in TH

### **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 TopsCOA & BECOME A  
FRIEND!

P.O. Box 173 / Topsfield, MA

### ***In Gratitude***

There are so many people to thank for making what can be a dreary month quite spectacular. The Masconomet Student Council led by advisor Ben Hanchett hosted an incredible St. Patrick's Day Dinner; the best part was the hospitality shown by all of the students. Our own St. Patty's Day event featured students also...local Irish Step Dancers performed for the COA as well as for the Trinity Preschoolers who got their first taste of this unique dance style. We are forging a collaboration with the Northeast Arc and had retired CEO Jerry McCarthy provide an overview, just before we traveled over to Meridian Day Hab to engage in a project with several clients. We look forward to working with Suzanne and Carrie again on ArtVentures and other projects. We kicked off the month with a delicious birthday lunch prepared by Chris Bandereck of the Topsfield Bake Shop and then headed over to the production area where co-owner Mary Bandereck shared secrets of one of her trades...food styling.

We enjoyed Coffee & Conversation with retired nurse, Sandy Conant, who shared vital tips on how to evaluate skilled nursing facilities, Water Superintendent, Greg Krom, who updated us on many projects his department is working on, and Ph.D. Bob Spillman who enthusiastically presented "The Best in Science & Technology in 2016".

Thank you to Norm Isler, without whose help it would have been impossible to take our 2 day "Insider's Tour of West Point." We look forward to future collaborations with the Topsfield Historical Society.