

Topsfield Council on Aging

Senior Scoop

AUGUST 2014

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.

Office (978) 887-1523 Van Line (978) 887-6866

TRIAD IS LOOKING FOR VOLUNTEERS

Triad consists of a partnership, which involves senior citizens, law enforcement agencies, the fire department and other supportive services. The goals are to reduce victimization of elders, enhance the delivery of law enforcement services to the senior population, and alleviate senior's fears of victimization. The Triad Council meets monthly to create future activities to help senior citizens. If you are interested in volunteering please call (978)887-1523.

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AUGUST EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Tuesday, August 5th

Rockport, Ma Drop Off

Roam the shops in Rockport and do whatever you like for a few hours. Meet back at the bus at 2:30.

Leave Topsfield at 10:30 and leave Rockport at 2:30 sharp.

Wednesday, August 6th

Cookout at The Clubhouse

11:30 A.M.

Sausage, Peppers and Onion on a roll and chips. (Hotdogs will be served for those who don't want sausage).

\$5.00

Tuesday, August 12th

Concord River Cruises

Relax while cruising on the Concord and Sudbury Rivers-enjoying a unique dining experience aboard a pontoon boat. View the homes of the 1800's and nature at its best. Take a cruise where Thoreau and Hawthorne spent time composing their renowned writings. Cruise to the Old North Bridge where the shot heard around the world was fired.

A sandwich lunch is included.

\$28.00

Leave Topsfield at 11:00

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AUGUST EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Thursday, August 14th

Seaport Grille

Gloucester, MA

World Famous lobster roll.

\$9.95

Leave Topsfield at 11:00 A.M.

Tuesday, August 26th

Pickety Place

Mason, NH

The enchanting cottage was chosen by Elizabeth Orton Jones as the model for her illustrations in Little Red Riding Hood. Today it is a mecca for gardeners, foodies and anyone looking for inspiration and relaxation.

Lunch will consist of caprese salad, either sweet and sour pork over plum slaw or roasted vegetable rosemary skewer over parmesan polenta, glazed carrots and ripe peaches and blueberry tart.

\$21.95 + tax + gratuity

Leave Topsfield at 10:30 for a 12:45 lunch reservation.

Tuesday, August 19th

Lizzie Borden's House

Fall River, Ma

and lunch at the Taphouse Grille Restaurant.

Join us for a guided tour at Lizzie Borden's museum and see where the murders were committed.

Leave Topsfield at 9:30 A.M

\$12.50 + lunch

Wednesday, August 27th

Birthday Lunch at Clubhouse

12:00 P.M.

Su-Chang's

\$5(unless birthday month)

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

Cancelled until September

Notary Service (Free)

Monday-Thursday

10:00 A.M. -2:00 P.M.

COA Office

Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

Yoga

Friday 9:30

Little Brook Village

Free for Topsfield residents

\$3.00 out of towners

Knitting/Crocheting Group

(Free)

Wednesdays 2:00P.M.-4:00 P.M.-LBV

Bring your own supplies.

Free Telephone Bingo

Tuesday and Thursday

10:00

Call the office to get your free supplies

Mini Pedicures

1st Wednesday of the Month

\$15.00

Little Brook Village Community Room

Call Heidi: (978) 352-9772

Bill Duke Watercolor Class-Clubhouse

\$20.00

August 18th

VNA Keep Well Clinic

1st and 4th Thursday-WM

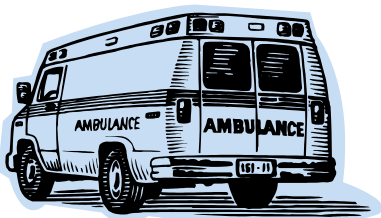
2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

TRIAD NEWS

LOCK BOXES

In a joint venture between Topsfield Fire, Triad, and the COA , there will be ten lock boxes available for senior citizens. Lock boxes will be put outside your home with a key in them. If you have an emergency, the fire department will have access to the lockbox so they won't need to break into your house to gain entry. If there are more than ten people interested, we will have a lottery. If you would like to be included, please call us at (978)887-1523.



THANK YOU

On June 18th, the Topsfield Triad Commission held a very successful "carfit" event. Twelve seniors were given the opportunity to check how their cars "fit them." Drivers went through a 12-point checklist with their vehicle, with technicians recommending minor adjustments that help their car "fit" better for comfort and safety.

Thank you to the Triad volunteers, the fire and police, AAA and everyone else who made this day a success.

Top Cupboard Food Pantry

The Topsfield Food Pantry is open the 2nd and 4th Saturday of the month from 8:00-10:00 A.M. It is located at Trinity Church on River Road. If you are unable to get to the food pantry, call Jodi at (978) 887-1523 to arrange for a drop off.

If you would like to donate food and/or other items we are in need of the following:

- Elbow macaroni(no other pasta)
- Jelly
- Fruit
- Vegetables (not corn or green beans)
- Macaroni and cheese
- Coffee
- Toilet paper
- Paper Towels
- Napkins
- Men's Razors
- Bars of Soap

Please drop the food off at any of the churches or the COA at Town Hall.

Sundays 4:00-6:00 pm

CONCERTS ON THE COMMON

August 3, *4Guys in Tuxes*

August 10 *Jumpin' Juba*

August 17th *Merrimac Valley
Concert Band*

August 24th *The Renowns*

Are you or your spouse a Veteran?

There is a veteran's agent in town who can help veterans and their spouses see what services might be available for them.

Dick Cullinan
**can be reached at (978) 887-
0335.**

AUGUST 2014

9:30 Mon	Tue	Wed	Thu	Fri
				1. 9:30 Yoga LBV
4. 9:30 Scrabble-LBV	5. 10:30 Rockport 10:00 Phone Bingo	6 9:15 Shopping 11:30 Cookout at the clubhouse. 2:00 Knitting-LBV	7 9:00 Well Clinic-WM 10:00 Phone Bingo	8 9:30 Yoga LBV
11 9:30 Scrabble-LBV	12 11:00 Concord River Cruise 10:00 Phone Bingo	13 9:15 Shopping 2:00 Knitting-LBV	14 9:00 Well Clinic-LBV 11:00 Seaport Grille 10:00 Phone Bingo	15 9:30 Yoga LBV
18 9:00 Bill Duke 9:30 Scrabble-LBV	19 9:30 Lizzie Borden Museum	20 9:15 Shopping 2:00 Knitting-LBV	21 9:00 Well Clinic-LBV	22 9:30 Yoga LBV
25 9:30 Scrabble-LBV	26 10:30 Pickity Place 10:00 Phone Bingo	27 9:15 Shopping 12:00 Su Chang's 2:00 Knitting	28 9:00 Well Clinic-WM 10:00 Phone Bingo	29 9:30 Yoga LBV

Topsfield American Legion - Post 255

Presents a

Sho' nuf!!! Southern Barbeque

With Bluegrass Group

E.C. & The Moonshiners / Guests

(SPONSORED BY TOPSFIELD INSTITUTION FOR SAVINGS)

August 9, 2014 3-7 PM

Topsfield fairgrounds – Picnic Area

(Coolidge Hall if raining)

Ribs or Chicken, corn bread, BBQ beans, cole slaw

soda, water & beer available

Hot dogs, chips & juice for the kids

Tickets until August 1, Adults - \$13, Children under 10 - \$5

After August 1, Adults \$15, Children under 10 - \$6

purchase tickets AT GRENIER ASSOCIATES

49 MAIN STREET – DOWNTOWN TOPSFIELD - (978) 777-7000

contact a Legion member

OR MAIL A CHECK TO:

Topsfield American Legion – Post 255 P.O. Box 243

Topsfield, MA 01983

THE BUS WILL BE AVAILABLE FOR RIDES

*****Important: please indicate choice of ribs or chicken*****