



Council on Aging News & Tyngs

COUNCIL ON AGING - SENIOR CENTER
180 Lakeview Avenue • Tyngsborough, MA 01879
Mail Address: PO BOX 94
Phone: 978-649-9211 • Fax: 978-649-9533

February 2014

Email: broche@tyngsboroughma.gov

I hope you all are keeping warm this winter. We have had quite a bit of cold weather here in New England. If you still drive and have not received a yellow dot for your vehicle, please come to the center and sign up. This is a great program for all drivers in case of an emergency.

We are all looking forward to breaking ground on our new senior center. We will continue to update you on the progress. This is a very exciting time for us here. This bigger center will give us so many more opportunities for programs and activities. We will no longer be tripping over each other and rearranging tables and chairs on a daily basis.

Upcoming Events:

- Monday, February 3rd at 10:15 AM – “Crafting with Colleen”
- Monday, February 3rd at 11:00 AM – “Wizard Music”
- Tuesday, February 4th at 11:30 AM – Nutrition Presentation “Fat Facts”
- Friday, February 14th at 11:00 AM – “Valentine’s Day Celebration”
- Wednesday, February 26th at 12:00 PM – “Academy Awards Party”

REMINDER: We will be closed on Monday, February 17th for President’s Day.

Stay warm my friends and enjoy every day! *Barbara.*

STAFF

- Barbara Roche - Director
- Tracy Pecora - Secretary
- Bernie Mercier - Program Coordinator
- Midge Poirier - Meal Site Coordinator
- Tom Tiano - Custodian
- Louanne Brady - Bus Driver
- Phil Molleur - Bus Driver
- Jerry Richall - Bus Driver

COUNCIL ON AGING

- Theresa Martineau - Chairperson
- Robert McCarthy - Vice Chair
- Maryjo Tatseos
- Mildred Poirier
- Michael Knight
- Philip O'Brien
- Charlene Muscato
- Fred French
- Roger Downing
- Claire Downing
- Patricia Quinn

CORE SERVICES

- Bus Transportation
- Daily Meals
- Exercise Programs
- Wellness Programs
- Activity Programs

**Senior Center
Hours of Operation:**
Monday thru Friday
8:00-4:00
Bus 8:15-3:00

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Tyngsborough COA Newsletter
ONGOING ACTIVITIES /FEBRUARY

Tai Chi Exercises
Both Mind and Body
Instructor Lesley Mathews
Every Monday 9:00... Cost \$3.00



The movement is slow, graceful, and fluid. The effort is almost undetectable. Most people are wearing street clothes, and no one has special shoes. "Could this really be exercise? Absolutely!"

MEXICAN TRAIN DOMINOES
Every Monday 10:00-11:30



BINGO
Every Tuesday 12:30-3:00

This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us.

EXERCISE CLASS

Tuesday 10:15/Thursday 11:45
Instructor Elaine Corsetti
Cost \$3.00

Wii TV BOWLING

Every Thursday 10:00-11:30

The Wii TV bowling program helps Senior Citizens stay active and healthy, and it's good exercise and good socialization. Stay for lunch afterwards.

Elder-Chair Yoga Plus
Instructor Lynda Gambale
Every Wednesday 9:00
Cost \$3.00

It includes relaxation for body and mind, as well as gentle stretches to release tension from various areas of the body. All the exercises can be done while sitting in a chair.

OIL PAINTING CLASS
Every Friday 12:30-2:30
Paint Instructor: Michael Vieira
Cost \$5.00

You can learn to paint with this oil painting course for beginners as well as professional painters.

BONE BUILDERS
Wednesdays 10:00/ Fridays 9:00

Bone Builders is a national program that provides seniors aged 60 and up with free twice-weekly group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles. An established curriculum and standardized exercise are used, with ankle weight and hand weights to the individual's capabilities and comfort level. Balance exercises are performed with a chair in front of the participants.

ZUMBA Gold	CRIBBAGE
Every Friday	Every Tuesday
10:30-11:15	10:00 -12:00

BOOK GROUP
The third Thursday of each Month.
February 20th 1:00

SPECIAL PROGRAMS for FEBRUARY

CENTER CLOSED Presidents Day

Monday, February 17th



SOUP FRIDAYS

February, 11:30



Nothing beats the *winter* chill like a steaming bowl of homemade *soup*. You're welcome to stop by any Friday and have yourself a bowl of homemade soup while it lasts. \$2.00 donations will be accepted.

"CRAFTING WITH COLLEEN"

Monday, February 3rd, 10:15

State Representative Colleen Garry will be here to help you make a personal valentine's day card with stamps and paper-craft. Supplies will be provide for free.

ISSUES AND CONCERNS

Monday, February 3rd, 10:30-11:30

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry will be here every 1st Monday of the month for issues and concerns.

WIZARD MUSIC:

Monday, February 3rd, 11:00am to 1:00pm John Kienzle from Wizard Music will provide keyboard melodies for easy listening "Love Songs". Come in for lunch, relax and enjoy John's music.. Sign up two days in advance for lunch.

FREE TAX ASSISTANCE

Monday ONLY, starting February 3rd Harry Gong, and David Smith, AARP volunteer tax preparers will be available to assist you with your taxes on Mondays starting February 3rd, through April 7th 2014. Appointments **Mondays ONLY beginning at 12:00**. Call the Senior Center to schedule, 978-649-9211.

NUTRITION PRESENTATION

Tuesday, February 4th, 11:15-12:30

"No- fat, Low-fat, fat-free have been lost with the 90's. The millennium is now all about fats, but the good ones of course! Join Stop & Shop Nutritionist, Julie Menounos, MS, RD, LDN to learn the importance of fat, the difference between the types of fats and understand how non-fat foods are not necessarily non-fattening!"

DAY OF BEAUTY

Wednesday, Feb. 12th, 10:00-12:45

Pamper yourself, the price is right! Visit the Beauty Shop, the Artisan Restaurant and the little Mini Mall at our local Voke School. If interested call 2 days in advance. 978-649-9211. Transportation is provided.

VALENTINE SWEET HEART DINNER

Friday, February 14th, 11:30

Restaurants can be stressful, crowded, and more expensive than normal on Valentine's Day. So get together here with couples and friends at the Tyngsborough Council on Aging. Cost: **FREE**. Sponsored by The Tyngsborough Police Union.

CHAIR MASSAGE

Wednesday, February 12th, 11:00

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes. Come relax!

RED CARPET ACADEMY AWARDS PARTY

Wednesday, February 26, 11:00

Get ready to really dress up for our star-studded Academy Awards gala! Take a walk down the red carpet, nibble on appetizers, sip "champagne", and vote on your ballot for your favorite movie of the year and actors. Lights Camera, Action!

FRIENDS OF THE COUNCIL

Our new treasurer, Jeanne Checchi, will be available at the Center Mondays and Tuesdays from 10:00-2:00 to collect membership dues.

Tyngsborough COA Newsletter

IMPORTANT INFORMATION

**COA Board Meeting
February 18th, 3:30**

FUEL ASSISTANCE

Low-income families and individuals can get help with the cost of heating their home even if they rent. Fuel Assistance is available to income-eligible applicants. They also offer free weatherization service and appliance replacement that can help income-eligible clients save on their utility bills. This Fuel Assistance Program helps qualified applicants pay for a portion of their home heating bill.

The program runs from November 1st to April 30th.

Eligibility is based on household size and gross annual income of every household member. **Household income cannot exceed 60% of the state median income.** The income eligibility by family size is listed below:

FAMILY SIZE 60% OF estimated
(# of people in family) State Median Income

1	\$32,065
2	\$41,932
3	\$51,798



**Senior Center has a new email address:
councilonaging@tyngsboroughma.gov**

THE FRIENDS OF THE COA

Is a non-profit organization which helps raise money for your Senior Center. They help sponsor holiday events, functions, entertainers, programs, new furnishings, etc. Membership fee is \$7.00. If you wish to become a member, make a donation or become a sponsor to help the organization please make a check out to:

**The Friends of the Council on Aging
P.O. Box 94, Tyngsborough, MA 01879**

TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs and events at the Center.

The Senior Center relies on donations, sponsors, grants, and user fees to help lower the cost of programs. If you wish to donate please make check to:

**Council on Aging, Senior Gift and Donation
P.O. Box 94, Tyngsborough, MA 01879**

HELPFUL INFORMATION

Emergency Assistance Elder Care Fund
Call 1-800-892-0890

Brown Bag (call the Center to see if you are eligible for an application) OR 1-800-892-0890

Elderly Housing - Call the Tyngsborough Housing 978-649-9941

Safelink Wireless Phone 1-800-977-3768 or online./line.www.safelinkwireless.com

Mobile Food Pantry

If you are in need of food and do not have transportation, call Sue at 978-454-7174

MEDICAL EQUIPMENT

If you or anyone you know needs a walker, shower chair, tub chair, toilet seat raisers or other small medical equipment, call the Center 978-649-9211.

Alternative Transportation through ESMV. Please call 1.800.892.0890 or 1.888.437.0518 and ask for Gisela Morris Transportation Coordinator. Donations accepted.

Gentle Arms Daily Transportation Co.
Specializing In Adult Transport.
Door to Door Service. 1-978-809-0033
Ann B. McGuigan cell: 978-376-2804
E-Mail: ann@gadtransport.com

FEBRUARY 14

MON	TUES	WED	THURS	FRI
				
3 10:00 Mexican Train Dominoes 10:15 Crafts with "Colleen Garry" 10:30 Issues/Concerns 11:00 Wizard Music 11:30 LUNCH- Hamburger/Baked Beans 12:00 Free Taxes 1:00 Needle Art	4 10:00 T.J Max Plaza..1hr 10:15 Exercise 10:00 Cribbage 10:30 Wellness Clinic 11:30 Nutrition Presenta- tion "Food Fat Facts" 11:30 LUNCH- Thai Diced Chicken 12:30 Bingo	5 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- Stuffed Shells	6 10:00 Wii Bowling 11:30 LUNCH- Beef Stroganoff 11:45 Exercise	7 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Fish a la Ritz 12:30 Paint Class SOUP Sausage & Tortellini
10 10:00 Mexican Train Dominoes 11:30 LUNCH- Apricot Glazed Chicken 12:00 Free Taxes 1:00 Needle Art 	11 10:00 T.J Max Plaza..1hr 10:00 SHINE—TBD 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- Beef Fajita's 12:30 Bingo	12 9:00 Yoga 10:00 Day of Beauty 11:00 Chair Massage 11:30 LUNCH- Sweet Potato Fish Fillet	13 10:00 Wii bowling 11:30 LUNCH- Roasted Turkey 11:45 Exercise	14 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 NO ZUMBA 11:30 LUNCH- Salmon/ Broccoli Valentine Luncheon 12:30 Paint Class NO SOUP
17 CLOSED for PRESIDENTS' DAY 	18 9:00 Breakfast 10:00 T.J Max Plaza..1hr. 10:00 Cribbage 10:15 Exercise 11:30 LUNCH - Chicken Jambalaya 12:30 Bingo	19 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- Low Sodium Hot dog	20 10:00 Wii Bowling 11:30 LUNCH- Turkey Ham/ Raisin 11:45 Exercise 1:00 Book Group	21 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Potato Crunch Fillet 12:30 Paint Class SOUP Spinach, Chicken Wild Rice
24 10:00 Mexican Train Dominoes 11:30 LUNCH- Meat Loaf / Gravy 12:00 Free Taxes 1:00 Needle Art 1:00 Craft Fair re-cap	25 10:00 Cribbage 10:00 T.J Max Plaza..1hr. 10:15 Exercise 11:30 LUNCH- Honey Lemon Chicken 12:30 Bingo	26 9:00 Bone Builders 11:30 LUNCH- Beef Chop Suey 12:00 Academy Awards Party 	27 10:00 Wii Bowling 11:30 LUNCH- New Orleans Diced Chicken 11:45 Exercise	28 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Fiesta Style Fish 12:30 Paint Class SOUP Chicken Chili w/Rice

Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC at SENIOR CENTER

Nancy Harding, RN, from the *Visiting Nurse Association of Greater Lowell*

Tuesday, February 4th, 10:30-12:00 Blood Pressure Readings, weight checks and medication reviews. First come first served.

SHINE - If you need help with your Health Insurance, please call this number 1-800-243-4636, or for assistance from medicare customer service representative 24 hours 7 days a wk call 1-800-MEDICARE.

PODIATRIST - Wednesday, March 26th at 12:00 To make an appointment call: 978-649-9211.

WELLNESS CLINIC at ELDERLY HOUSING Nancy Harding, RN, from the *Visiting Nurse Association of Greater Lowell*

- Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30**.
- Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00**.

CLASSIFIED Section

VOLUNTEERS / DONATIONS NEEDED:

DONATIONS NEEDED:

- * Low-Sodium Broth, Chicken, Beef, and Vegetable
- * Soup Crackers
- * Donuts/cookies
- VOLUNTEER NEEDED:
- BINGO CALLER!!
- SHINE Counselor, Volunteer needed within the community. Training required, 14 classes over a 7 week period. Call Tracy for more information. 978-649-9211.

UPCOMING in MARCH

ST. PATRICK'S DAY Celebration.

Monday, March 17th, 11:00-12:30

Come by and join us for Corned Beef and Cabbage, Irish Music and some Leprechaun Luck! Food will be provided by Brightview Senior Living. Sign up cut off date March 12th at noon.

HIGHWAY DEPARTMENT "THANK YOU LUNCHEON"

Wednesday, March 26th, 11:30

Come and join us in thanking the Tyngsborough Highway Department. They work hard taking care of our town and their generosity provided free bus rides for many of our seniors. Please sign up 2 days in advance.

SENIOR FRAUD

Friday March 7th 11:00

"Rising incidents of scams targeting older adults present an enormous threat to seniors' security, both financially and emotionally. HOME INSTEAD Senior Care has teamed together with area police departments to share their insights and research on the "anatomy of a Scam", and provide a Senior Fraud Protection Kit. The presentation informs of the latest scams being perpetrated on older adults and offering a variety of resources and tools to help avoid becoming a victim of these scams. Police Officer Tom Walsh, will represent the Tyngsborough Police Dept."

SAND CANS

Come in anytime to pick up a sand can. Last year we filled plastic coffee cans for folks to take for the trunk of their cars or steps. Be safe this winter. Think ahead!

USEFUL INFORMATION

HEALTHCARE SCAM SCARY

The rhetoric, surveys and polls issued by politicians and news media on the potential and progress of the Affordable Care Act, known popularly as Obamacare, obscures further a shaded corner of the nationwide chaos and confusion-- the rapid growth of schemes and scams designed to rip off uncounted amount of money from the bewildered. The bulk of those are seniors.

A major highway to their homes is in cyberspace: the Internet

Messages from official-looking websites warn of being dropped from insurance coverage, report Supreme Court decisions that have changed the multitude of rules and regulations you heard were coming into play, or urge you to act quickly to take advantage of never-to-return opportunities for expanded health-care coverage.

The telephone is also a weapon crooks use to clobber the unsuspecting.

Fraudsters claiming to be Medicare officials may, for example, explain that the current identification cards are being phased out and, to send you a new one, they have to confirm your Social Security number, bank account number, and other personal information.

No one is immune, so your first rule is : **TRUST NO ONE.**

- * Do not respond to the quiet and comforting voice. Do not push any buttons to get more information. **HANG UP.**
- * If you have concerns or questions, call your nearby Social Security office or your medical insurer.
- * Go on line to the official Social Security or Medicare website and check the latest information posted.
- * These agencies, as the case with most official government agencies at all levels, do not request personal information from you by telephone or email.

SNOW CANCELLATION POLICY

1. If there is no school in Tyngsborough the elder bus WILL NOT RUN.
2. If there is a two hour school delay there will be no morning appointments, bus will start at 10:00.
3. If Town Hall in Tyngsborough is closed, all other depts. will be closed. including The Senior Center.
4. If you are not sure if the Center is opened, call before coming.

**Cancellations will be announced on WCAP
Radio 980 & TV News on 4, 5, 7.**