



# 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

**March 2014**

**Email: [broche@tyngsboroughma.gov](mailto:broche@tyngsboroughma.gov)**

This month, I would like to remind everyone that the Senior Center is not just a place to visit for lunch or exercise or to play games... it is also a place where you can find resources to get help that you or a loved one might need. We are here for you! Please call or come by and see us.

Some of the services that we can link you to are:

- ◆ Yellow Dot Program – offered by the COA, Police & Fire Departments
- ◆ Family Caregiver Support Services – offered through Elder Services of Merrimack Valley
- ◆ Fuel Assistance – offered through Community Teamwork
- ◆ SNAP/Brown Bag – offered through the Food Bank
- ◆ Tax Return Service – offered through AARP
- ◆ And so many more...

Here are the upcoming Events:

- ◆ Friday, March 7<sup>th</sup> at 11:30 – “Senior Fraud” Presentation by Pamela Connelly from Home Instead in partnership with our Police Liaison Officer Tom Walsh.
- ◆ Monday, March 10<sup>th</sup> at 11:00 – “Wizard Music” by John Kienzle
- ◆ Monday, March 17<sup>th</sup> at 11:00 – “St. Patrick’s Day Celebration” – food sponsored by Brightview Senior Living; Entertainment provided by the Middle School “7 Serve” students.
- ◆ Wednesday, March 26<sup>th</sup> at 11:30 – “Highway Department Appreciation Luncheon” - they do such great work for the town keeping our roads (and center parking lot!) clean, especially during this crazy winter! And also for the donations for the free bus rides!

*Enjoy every day! Barbara.*

REMINDER: Daylight savings ends at 2:00AM on Sunday, March 9<sup>th</sup>.

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### **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

**Tyngsborough COA Newsletter**  
**ONGOING ACTIVITIES /MARCH**

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**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!"

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**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.

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**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.

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**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.

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**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.

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**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.

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<b>ZUMBA Gold</b>	<b>CRIBBAGE</b>
<b>Every Friday</b>	<b>Every Tuesday</b>
<b>10:30-11:15</b>	<b>10:00 -12:00</b>

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

## SPECIAL PROGRAMS for MARCH

Senior Center has a new email address:

[councilonaging@tyngsboroughma.gov](mailto:councilonaging@tyngsboroughma.gov)



### SOUP FRIDAYS

March, 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.

### ISSUES AND CONCERNS

Monday, March 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.

### 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 14th 2014. Appointments *Mondays ONLY beginning at 12:00*. Call the Senior Center to schedule, 978-649-9211.

### 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 IN-STEAD 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.

### WIZARD MUSIC:

Monday, March 10th, 11:00am to 1:00pm

John Kienzle from Wizard Music will provide keyboard "Irish Melodies" for easy listening. Come in for lunch, relax and enjoy John's music..

### DAY OF BEAUTY

Wednesday, March 12, 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.

### ST. PATRICK'S DAY Celebration.

Monday, March 17th, 11:00-12:30 \$2.00

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.

### CHAIR MASSAGE

Wednesday, March 12, 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!

### HIGHWAY DEPARTMENT "THANK YOU LUNCHEON"

Wednesday, March 26th, 11:30

Come and join us for a FREE lunch to thank 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.

### PHEASANT LANE MALL

Wednesday, March 19th 10:00-11:30

Walk, shop and enjoy the food court.

### FOX TOUR

2014 Saint Patrick's Show Fest

Lively Irish Musical Show Featuring Trooper

Dan Clark & Mary Calaruso

White's of Westport Family Style Dining Tour

Date: Thursday March 13th

Tour Cost: \$69.00 Per Person

Contact the Tyngsborough Council on Aging for more information..978-649-9211 Pick up at 8:30am / home by early evening.

# Tyngsborough COA Newsletter

## IMPORTANT INFORMATION

**COA Board Meeting**  
**March 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 (# of people in family)	60% OF estimated State Median Income
1	\$32,065
2	\$41,932
3	\$51,798

### **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**

# MARCH 14

MON	TUES	WED	THURS	FRI
 		<b>MORNING COFFEE</b> <b>w/ Barbara Roche</b> <b>March 19th, 9:00 @</b> <b><u>Brinley Terrace</u></b>  <b>Discussion:</b> <b>Transportation Issues</b> <b>Common Room</b>	<b>MORNING COFFEE</b> <b>w/ Barbara Roche</b> <b>March 20th, 9:00 @</b> <b><u>Red Pines</u></b>  <b>Discussion:</b> <b>Transportation Issues</b> <b>Common Room</b>	
<p align="center"><b>3</b></p> 10:00 Mexican Train Dominoes 10:30 Issues/Concerns 11:30 LUNCH– Breaded Chicken 12:00 Free Taxes 1:00 Needle Art	<p align="center"><b>4</b></p> 10:00 T.J Max Plaza..1hr <b>10:15 Exercise</b> 10:00 Cribbage 10:30 Wellness Clinic 11:30 11:30 LUNCH- Beef Stroganoff 12:30 Bingo	<p align="center"><b>5</b></p> 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Egg, Broccoli, and Cheese	<p align="center"><b>6</b></p> 10:00 Wii Bowling 11:30 LUNCH- Roast Pork <b>11:45 Exercise</b>	<p align="center"><b>7</b></p> AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:00 Senior Fraud 11:30 LUNCH- Baked Salmon 12:30 Paint Class <b>SOUP</b> <b>Harvest Vegetable</b>
<p align="center"><b>10</b></p> 10:00 Mexican Train Dominoes 11:00 Wizard Music 11:30 LUNCH- Sweet & Sour Meatballs 12:00 Free Taxes 1:00 Needle Art	<p align="center"><b>11</b></p> 10:00 T.J Max Plaza..1hr 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH- Chicken L'Orange 12:30 Bingo	<p align="center"><b>12</b></p> 9:00 Yoga 10:00 Bone Builders 10:00 Day of Beauty 11:00 Chair Massage 11:30 LUNCH- Cheese Lasagna	<p align="center"><b>13</b></p> <b>No Wii Bowling</b> 11:30 LUNCH- Roast Turkey <b>11:45 Exercise</b>	<p align="center"><b>14</b></p> AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Fish Strip/ Oriental Rice 12:30 Paint Class <b>SOUP</b> <b>Corn Chowder</b>
<p align="center"><b>17</b></p> 10:00 Mexican Train Dominoes 11:00 LUNCH- St Patty Day Celebration <b>MOW-Salisbury Steak</b> 12:00 Free Taxes 1:00 Needle Art	<p align="center"><b>18</b></p> 10:00 T.J Max Plaza..1hr. 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH - Teriyaki Dice Chicken 12:30 Bingo 3:30 COA Meeting	<p align="center"><b>19</b></p> 9:00 Yoga 10:00 Pheasant Lane 10:00 Bone Builders 11:30 LUNCH– Chicken Fillet	<p align="center"><b>20</b></p> 10:00 Wii Bowling 11:30 LUNCH– Corn Beef / Potatoes <b>11:45 Exercise</b> 1:00 Book Group	<p align="center"><b>21</b></p> AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Lemon Baked Fish 12:30 Paint Class <b>SOUP</b> <b>Split Pea Lentil Veggie</b>
<p align="center"><b>24</b></p> 10:00 Mexican Train Dominoes 11:30 LUNCH- Apricot Glazed Chicken 12:00 Free Taxes 1:00 Needle Art	<p align="center"><b>25</b></p> 10:00 T.J Max Plaza..1hr. 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH- Baked Macaroni/Cheese 12:30 Bingo	<p align="center"><b>26</b></p> 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- Highway Luncheon <b>MOW -Beef Burger</b> 12:00 Podiatrist	<p align="center"><b>27</b></p> 10:00 Wii Bowling 11:30 LUNCH- Beef Meat Loaf <b>11:45 Exercise</b>	<p align="center"><b>28</b></p> AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Fish Fillet 12:30 Paint Class <b>SOUP</b> <b>Tortellini Veggie</b>



# Tyngsborough COA Newsletter

## Bus Info./Regular Programs

### TYNGSBOROUGH BUS INFORMATION

#### IN CASE OF STATE OF EMERGENCY

#### REMINDER: NO MEDICAL ON TUESDAYS AND FRIDAYS.

*If you need to schedule an appointment on a Tuesday or Friday please call the Alternative numbers listed below.*

- ◆ Effective July 1, 2013, medical appointments to the following locations will be on the corresponding weekday. Latest appointment time is 1:00PM. The dispatcher will not take any appointments after 1:00PM. This makes the pick-up time for the return trip no later than 2:00PM.
- ◆ Nashua: Mondays only. Appointment times between 10:00AM and 1:00PM. Bus travels no further than exit 5.
- ◆ Harvard in Chelmsford: Monday and Wednesdays only. Appointment times between 10:00AM and 1:00PM.
- ◆ No regular medical trips to Westford or Tewksbury. This would be on an exception basis only.
- ◆ No changes to existing bus service for medical appointments in Lowell, Dracut and Chelmsford (except Harvard).

**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**

### REGULAR PROGRAMS AT THE CENTER IN MARCH

<b>Monday.....</b>	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-11:30
Needle Art	1:00-3:00
<b>Tuesday.....</b>	
Wellness Clinic...March 4th	10:30-11:30
Exercise	10:15-11:15
Cribbage	10:00-11:30
Bingo	12:30-2:30
<b>Wednesday.....</b>	
Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage...March 12	10:00-11:30
Podiatrist... March 26	12:00-3:00
<b>Thursday.....</b>	
Wii Bowling	10:00-11:30
Exercise	11:45-12:45
Book Group... March 20th	1:00-2:30
<b>Friday.....</b>	
Bone Builders	9:00-10:00
Zumba Gold	10:30-11:15
Paint Class	12:30-2:30

Lunch is served promptly @ 11:30 everyday  
must make reservations 2 days in advance  
BEFORE NOON call 978-649-9211

\$2.00 for seniors & \$4.50 for non-seniors

#### OFF-SITE BUS TRIPS Pick up times.

- **Food Shopping/Wal-Mart : Friday Mornings first run.. P/U starts at 9:00am, second run P/U starts at 10:15am**
- **T.J Max Plaza Tuesdays, pick up starts 9:00am bus returns 11:45am**
- **Wal-Mart Wednesday, March 5th P/U starts at 10:00am...2 hr trip. Wal-Mart will be on the first Wednesday of each month.**
- **Day of Beauty Wednesday, March 12th pick up starts 9:00, returns 12:45pm**
- **Pheasant Lane Mall Wednesday, March 19th Pick up starts at 9:00, return 12:00**

# Tyngsborough COA Newsletter

## HEALTH AND WELL BEING/ UPCOMING PROGRAMS

### WELLNESS CLINIC

Tyngsborough Council on Aging  
180 Lakeview Ave 978-649-9211

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

Tuesday, March 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, for assistance. For medicare customer service representative 24 hours 7 days a wk call 1-800-MEDICARE.*

**PODIATRIST** - Wednesday, May 28th 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

#### VOLUNTEERS 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.**

### HIGH SCHOOL SPRING CONCERT

**Tuesday April 15th 11:45-1:30**

The Tyngsborough High School will be having their annual Spring Concert. If you would like to get out and enjoy a good time and relax, listen to some music and have a Free bite to eat, call the center or drop by. To sign up call 978-649-9211. Head count by April 8th

### UPCOMING in APRIL

#### SPRING FLING

**"Song Birds of the Northeast"**

**Wednesday, April 2nd 12:00-1:00**

**With naturalist John Root**

Featuring photographs and recordings of our region's songbirds. Learn how to recognize songbirds by their songs and calls. Discover intriguing information about these birds' behavior.

Some are silly, some are serious, but they each reveal a little bit about how we relate to ourselves and different facets of our daily lives.



#### CRAFTING W/ Colleen Garry

**Wednesday, April 9th 9:30-11:30**

Will be making special Easter cards for friends and family. Come in and join the fun.

#### VOLUNTEER APPRECIATION DAY

**Wednesday, April 16th 11:30-1:00**

We will be honoring and taking notice to all the volunteers for their heartfelt dedication. Please join us to help recognize our wonderful volunteers. Space is limited, so don't forget to sign up early. If you have not been sent an invitation, you are welcome to come for a cost of \$4.00 for lunch.

#### SENIOR / VETERAN BREAKFAST

**Thursday, April 17th 8:30**

**Food Sponsored by the Rotary Club,**

9:00 Speaker ACP will be giving a talk on Pain relief! Don't let a pain in the back become a pain in your wallet!

#### LUNCH BUNCH

**Wednesday, April 23th 11:30-1:00**

**Olive Garden.** Spring is here and this month starts the first quick trip to one of our local restaurants. If you are interested call the COA 978-649-9211.

#### DIABETIC SHOE CLINIC

**Tuesday, April 22nd 10:00**

Comfort and quality are exactly what the doctor ordered. Our shoes, slippers, socks and inserts are designed to keep your feet healthy today and tomorrow. This is a program for all diabetics on Medicare Part B. Medicare Pays 80% and many supplemental insurances will pick up the copay. They also take private pay. The shoes are \$235 with 3 sets of inserts.

#### "KENTUCKY DERBY"

**Wednesday April 30th 11:30**

"Off to the races". Food sponsored by Brightview Senior Living. Entertainment Kathy Rodger. "Don't forget to wear you best Kentucky Derby hat"!



## USEFUL INFORMATION



### Faith Works An Interfaith Day Missions Saturday May 10th



West Chelmsford, Westford, Aldersgate and Centreville United Methodist Churches invite you to become part of our community outreach Day of Missions entitled “Faith Works.” We started this program in 2008 and have met many wonderful clients and families. We installed handrails, replaced broken window panes, raked leaves, washed some windows, repaired ramps, painted rooms and shared a meal with our new friends (we bring a lunch out for the clients).

Client referrals are obtained through Social service agencies, Senior Centers or personal requests and are reviewed by our Faith Works Task force. Jobs are selected based on need. There is NO COST to the clients or participants. All work will be reviewed with the clients before starting and afterwards to ensure the clients satisfaction. All referrals must be received by April 4th.

Clients selected will receive a call and home visit by members of the Faith Works Task Force in the middle of April to evaluate what they need done and if we can safely meet their needs.

If you are interested in this program please call the Tyngsborough Senior Center at 978-649-9211.

### Avoiding Air Bag Fraud

The next time you’re thinking about buying a used car, remember, what you don’t see can hurt you.

We’re talking about air bags. Be sure they’re present and working properly.

As many as 250,000 counterfeit air bags may have been used to replace deployed ones, according to the federal government. But that’s not all.

#### *Air bags fraud also can involve:*

- Stuffing things in the air bag compartment (newspaper, packing peanuts)
- Air bags found in junkyards.
- Stolen air bags.
- No air bags at all.



#### *What To Do:*

Start by simply turning the ignition. If the air bag indicator doesn’t come on at all or stays on, there may be a problem. Also, check Carfax for reported accidents and air bag deployments, and get a mechanic’s inspection.

**Learn more for further facts and reports visit [www.carfax.com](http://www.carfax.com)**