



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

April 2014

Email: broche@tyngsboroughma.gov

Spring is finally here! During April, we like to thank all our wonderful volunteers and the Friends of the Council on Aging. Without all of your support, we would not be able to accomplish all that we do on a daily basis. In the past 12 months, you all have put in well over 7,000 volunteer hours! I commend you, and my staff and I are so appreciative of all your hard work and selflessness.

Here are the upcoming Events:

- ◇ Wednesday, April 2nd – “Spring Fling” party. Entertainment “John Root – Songbirds of the Northeast” sponsored by the Local Cultural Council. 
- ◇ Wednesday, April 9th – “Crafting with Colleen Garry”
- ◇ Tuesday, April 15th – High School Concert
- ◇ Wednesday, April 16th – Volunteer Appreciation Day
- ◇ Thursday, April 17th – Senior/Veteran’s Breakfast sponsored by the Rotary
- ◇ Monday, April 21st – Adorn your “HAT” for the upcoming party.
- ◇ Tuesday, April 22nd – Diabetic Foot Clinic
- ◇ Wednesday, April 30th – “Kentucky Derby” party – lunch sponsored by Brightview Senior Living.

It’s going to be a busy month, but, we will have so much fun!!!

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
- Claire Downing
- Roger Downing
- Fred French
- Michael Knight
- Charlene Muscato
- Philip O’Brien
- Mildred Poirier
- Patricia Quinn
- Maryjo Tatseos

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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- Page 8-Miscellaneous

Tyngsborough COA Newsletter

ONGOING ACTIVITIES /APRIL

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. Sign up two days in advance. 978-649-9211

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
Every Friday
10:30-11:15

CRIBBAGE
Every Tuesday
10:00 -12:00

BOOK GROUP
The third Thursday of each Month.
April 17th 1:00

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for APRIL

FREE TAX ASSISTANCE

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 Monday ONLY beginning at 12:00. Call the Senior Center to schedule, 978-649-9211.

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.



ISSUES AND CONCERNS

Monday, April 7th, 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.

CRAFTING W/ Colleen Garry

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

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

DAY OF BEAUTY

Wednesday, April 9th, 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 Vocational School. If interested call 2 days in advance. Transportation is provided. 978-649-9211.

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.

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 lunch, call the center or drop by. To sign up call 978-649-9211 before by April 8th.

SENIOR / VETERAN BREAKFAST

Thursday, April 17th 8:30

Food Sponsored by the Rotary Club,

9:00.. Speaker ACP will began a talk on Pain relief! Don’t let a pain in the back become a pain in your wallet!

ADORN YOUR OWN RACE HAT

Monday, April 21st, 12:00

Bring in your own spring hat and we’ll supply feathers, tulle, beads, etc. for you to adorn it to wear at our Kentucky Derby Race Day on April 30th. Don’t miss your chance to wear an outlandish hat like the elite do on Race Day!

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.



CHAIR MASSAGE

Wednesday, April 23rd 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!

LUNCH BUNCH

Wednesday, April 23rd 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.

“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 your best Kentucky Derby hat”!



Tyngsborough COA Newsletter

IMPORTANT INFORMATION

COA Board Meeting April 15th, 3:30

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**

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**

Are you a Hospital Inpatient or Outpatient? If You Have Medicare. - Ask!

If you're in the hospital for more than a few hours, always ask your doctor or the hospital staff if you're inpatient or outpatient. Your hospital status ("whether the hospital considers you inpatient or outpatient") affects how much you pay for hospital services (like x-rays, drugs, and lab test) and may also affect whether Medicare will cover what you get in a skilled nursing facility (SNF). For more information call 1-800-MEDICARE (1-800-633-4227).

FUEL ASSISTANCE

April 30th is the last day to sign up, so if you haven't yet, you might want to think about doing it as soon as possible.

Eligibility is based on household size and gross annual income of every household member.

Household income cannot exceed 60% of the state median income.

**To make an appointment,
Call: 987-649-9211**

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.

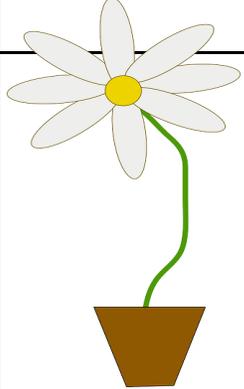
Gentle Arms Daily Transportation Co.
Specializing In Adult Transport.

Door to Door Service. 1-978-809-0033

Ann B. McGuigan cell: 978-376-2804

E-Mail: ann@gadtransport.com

APRIL 14

MON	TUES	WED	THURS	FRI
	1 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 10:30 Wellness Clinic 11:30 11:30 LUNCH- 12:30 Bingo	2 9:00 Yoga 10:00 Bone Builders 11:00 Walmart 11:30 LUNCH- 12:00 Spring Fling “Song Birds”	3 10:00 Wii Bowling 11:30 LUNCH- 11:45 Exercise 	4 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- 12:30 Paint Class
	7 10:00 Mexican Train Dominoes 10:30 Issues/Concerns 11:30 LUNCH- 12:00 Free Taxes 1:00 Needle Art	8 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- 12:30 Bingo	9 9:00 Yoga 9:30 Craft w/ Colleen 10:00 Bone Builders 10:00 Day of Beauty 11:30 LUNCH-	10 11:30 LUNCH- Roast Turkey 11:45 Exercise 10:00 Wii Bowling
14 10:00 Mexican Train Dominoes 11:30 LUNCH- 12:00 Free Taxes 1:00 Needle Art	15 10:00 T.J Max Plaza..1hr. 10:00 Cribbage 10:15 Exercise 11:45 High School Concert 11:30 LUNCH - 12:30 Bingo 3:30 COA Meeting	16 9:00 Bone Builders 11:30 LUNCH- 11:30 Volunteer Appreciation Day	17 8:30 Senior /Veteran Breakfast 9:00 Alternative Care Providers 10:00 Wii Bowling 11:30 LUNCH- 11:45 Exercise	18 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- 12:30 Paint Class
21 10:00 Mexican Train Dominoes 11:00 LUNCH- 1:00 Needle Art	22 10:00 T.J Max Plaza..1hr. 10:00 Cribbage 10:00 Diabetic Shoe Clinic 10:15 Exercise 11:30 LUNCH- 12:30 Bingo	23 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH- 11:30 Lunch Bunch	24 10:00 Wii Bowling 11:30 LUNCH- 11:45 Exercise	25 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- 12:30 Paint Class 
28 10:00 Mexican Train Dominoes 11:30 LUNCH- 1:00 Needle Art	29 10:00 T.J Max Plaza..1hr. 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- 12:30 Bingo	30 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- 11:30 Kentucky Der- by Party		

Tyngsborough COA Newsletter

Bus Info./Regular Programs

TYNGSBOROUGH BUS INFORMATION

NEW INFORMATION:

There have been issues concerning passengers signing up for programs at the last minute to take the bus. If you have not signed up for the bus 2 days in advance for a program, we will not be able to service you. There will be "NO EXCEPTIONS". Please read the newsletter, or check the sign-up board when you're at the Center.

When taking our second bus (the Lowell LRTA) in the morning, please pay the driver only for a one way trip. You could be scheduled on the Tyngsborough Bus for your return ride home. Please call the center when you want to schedule or return. 978-649-9211

- * Please be ready an hour before your appointment time. The bus could come anytime between 1 hour to 30 minutes before your appointment, depending how busy the schedule is. If you are not ready when the bus arrives the bus cannot backtrack for you. YOU MUST BE READY. It's not fair to the other passengers on the bus.
- * The bus driver will also not make extra stops other than your regular scheduled stop that is on the route sheet. So please don't ask for a special trip unless it is confirmed through the office.
- * 4 Bags allowed on food shopping day. Drivers are not allowed to enter your home to bring bags in, they can only bring them to your door. You must bring your own bags into your home.

REGULAR PROGRAMS AT THE CENTER IN APRIL

Monday.....	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-11:30
Needle Art	1:00-3:00
Tuesday.....	
Wellness Clinic...April 1st	10:30-11:30
Exercise	10:15-11:15
Cribbage	10:00-11:30
Bingo	12:30-2:30
Wednesday.....	
Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage...April 23rd	11:00-12:00
Podiatrist... May 28th	12:00-3:00
Thursday.....	
Wii Bowling	10:00-11:30
Exercise	11:45-12:45
Book Group... April 17th	1:00-2:30
Friday.....	
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, April 2nd P/U starts at 10:00am...2 hr trip. Wal-Mart will be on the first Wednesday of each month.**
- **Day of Beauty Wednesday, April 9th pick up starts 9:00, returns 12:45pm**
- **Lunch Bunch Wednesday, April 23rd pick up starts 10:30 Place: Olive Garden.**

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.

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Tyngsborough seniors 60 years and older. Contact TCOA if you are in need of one. "Place on your refrigerator or glove box of your car". 978-649-9211. "Also ask about the Yellow Dot program."

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:

- * 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.***

UPCOMING in MAY

TOWN VOTING

Tuesday May 13th 7:30am-8:00pm

The center will be closed to programs and events.

LUNCH BUNCH

Wednesday, May 14th 11:30-1:00

If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus, just call 3 days in advance 978-649-9211. We are open to all suggestions where you might like to go. Please let Barbara or Tracy know. **This month will be going to I Hop**

SENIORS/VETERANS BREAKFAST

Thursday May 15th 8:30

Sponsored by the

Followed by speaker, Steve Brian from Hanaford

MOTHER'S DAY TEA PARTY

Monday, May 19th 1:00

Come celebrate motherhood at our annual Mother's Day Tea Party. There will be several different teas to taste, and if you'd like, bring a home-made goody to share. **Must sign up by May 15th....**

MEMORIAL DAY CLOSED:

Monday, May 26th

PAMPERED CHICKS DAY

Wednesday, May 28th 9:00 - 2:00

Ladies: come to the Senior Center for a day of **FREE** pampering, relaxation, enjoyment and a light lunch. We have a schedule that will keep you educated, pampered and entertained all day. "This is your day". Don't forget to bring your friends; everyone is welcome. Please sign up in advance.

BUS INFORMATION

LRTA BUS POLICY

The LRTA Road Runner is a 2 day advanced notice transportation service. It can be used for many purposes including medical, shopping, social and recreational. It's for individuals at least 60 years of age and older or anyone disabled, and offers **curb-to-curb service**. Individuals with disabilities and medical trips take priority over all other trip requests. Medical trips are on Monday, Wednesday, and Thursday. Shopping, social, and recreational trips may be denied on busy days, due to the limited seating or due to the number of stops.

When booking a trip please have the following information available before calling:

- **The address of both your pick-up and drop-off.
- **The pick-up and/ or appointment time for both your pick-up and return.
- **The name and number of your Doctor.

Please remember:

- **Cancellations must be made at least 1 hour in advance.
- **No same day trips or changes can be made.
- **Please be ready to board the bus half hour before arrival.

The driver will wait only 5 minutes. If you are not ready and the driver leaves, your trip status will be recorded as a No-Show. You will not be able to reschedule another trip for the same day if you miss your trip. Service is provided with the LRTA lift equipped vehicles and is intended to safely and efficiently accommodate as many customers per trip as possible.

MEDICAL APPOINTMENTS:

Medical Trips run on Monday, Wednesday, and Thursday from 9:00 - 1:00PM. Please call 2 days in advance to schedule your appointment. The Tyngsborough Council on Aging will **NOT** accept any calls the day before.

JUST A REMINDER of 2 important policies regarding bus rides:

- 48 hour advance notice is required for all rides.
- Only 1 round trip ride per day per person.

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 10:00 and 1:00PM. Bus travels no further than exit 5
- ♦ Harvard in Chelmsford: Monday and Wednesdays only. Appointment times between 9:30AM 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**).