

# 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

May 2014

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

Finally, the flowers and the trees are in bloom! Happy Spring!

We had a very busy April. I hope you all had an opportunity to enjoy the events that we held here at the Senior Center. We are really looking forward to the new center being complete. We will be able to offer more programs with the additional space. It is going to be an exciting time for all of us.

Here are the upcoming Events:

- ◇ Tuesday, May 13<sup>th</sup> – Town Election Day – Center closed for all activities.
- ◇ Thursday, May 15<sup>th</sup> – Senior/Veteran's Breakfast – sponsor: Langdon Place of Nashua.
- ◇ Monday, May 19<sup>th</sup> – Mother's Day Tea Party
- ◇ Wednesday, May 28<sup>th</sup> – Pampered Chicks Day

REMINDER: We are closed on Monday, May 26<sup>th</sup> for "Memorial Day"

*Enjoy every day! Barbara.*

"I am more and more convinced that our happiness or unhappiness depends far more on the way we meet the events of life, than on the nature of those events themselves." – Baron Alexander von Humboldt

## 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

### Newsletter Index

Page 1 - Director's Message

Page 2, 3, - Activities/Programs

Page 4, 5 - Bus/ Important Info / Calendar

Page 6, 7 - Wellness/ Up Coming Program

Page 8-Miscellaneous

### Senior Center Hours of Operation:

Monday thru Friday

8:00-4:00

Bus 8:15-3:00

# Tyngsborough COA Newsletter

## ONGOING ACTIVITIES /MAY

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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**

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**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**

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**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



**COME JOIN THE KNITTING GROUP EVERY**  
**MONDAY 1:00-3:00 PM**

**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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**ZUMBA Gold**  
**Every Friday**  
**10:30-11:15**

**CRIBBAGE**  
**Every Tuesday**  
**10:00 -12:00**

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**BOOK GROUP**  
**The third Thursday of each Month.**  
**May 15th 1:00**

# Tyngsborough COA Newsletter

## SPECIAL PROGRAMS for MAY

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### ISSUES AND CONCERNS

**Monday, May 5th, 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.

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### TOWN VOTING

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

The center will be **CLOSED** to programs and events. Bus will be running for voting, hair-dressers, and prescription p/u. **NO BINGO**

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### 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"**

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### SENIORS/VETERANS BREAKFAST

**Thursday May 15th 8:30**

**Food Sponsored by, Langdon Place.**

Followed by speaker, Steve Brian from Hanford

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## BUS NOTICE

**When scheduling a medical appointment for Monday or Wednesday you will need to call two days in advance, between the hours of 9:00AM and 12:00PM. The Lowell LRTA is not accepting medical rides after 12:00PM; the center has to have the route sheets sent over to them by 1:00PM. There is not always room on the Tyngsborough bus to add another passenger. So please make sure you call your medical in, Monday and Wednesday by 12:00 noon.**

### 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....**

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### CHAIR MASSAGE

**Wednesday, May 21st 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!

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### MEMORIAL DAY CLOSED:

**Monday, May 26th**



### PAMPERED CHICKS DAY

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

Ladies: Get set for a day of **FREE** pampering, relaxation, enjoyment and a light lunch. We have a schedule that will keep you pampered and entertained all day. "This is your day". You must sign up by May 21st.

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**TIME and LOCATION TBD.**

# Tyngsborough COA Newsletter

## IMPORTANT INFORMATION

**COA Board Meeting**  
**MAY 20th, 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**

### STOP Unwanted Junk Mail!

*Want to stop the flood of junk mail you receive by having your name and address removed from **MOST** national mailing lists?*

**Write to: Direct Marketing Association**  
**Mail Preference Service**  
**Box 643, Carmel NH 10512**

State that you would like to be removed from the national mailing list!

**BE SURE TO INCLUDE** your full name, street address, city, state, zip code and signature.

**YOU WILL SEE RESULTS A FEW MONTHS AFTER WRITING!!**



### 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**

## DO NOT CALL LIST

Want to reduce telemarketing calls?

**Sing up NOW!.. for the Massachusetts**  
**“DO NOT CALL REGISTRY”** (include cell phone) Register in two easy ways: online:

www.mass.gov/donotcall or call

Toll free: 1-866-231-2256

# MAY 14

MON	TUES	WED	THURS	FRI
			<b>1</b> 10:00 Wii Bowling 11:30 LUNCH– Italian Sausage w/Pasta <b>11:45 Exercise</b>	<b>2</b> AM.. Food Shopping Wal-Mart.. <b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Baked Fish Florentine 12:30 Paint Class <b>Summer Salad Sunny Fruit</b>
<b>5</b> 9:00 Tai Chi 10:00 Mexican Train Dominoes 10:30 Issues/Concerns 11:30 LUNCH– Cheeseburger 1:00 Needle Art	<b>6</b> 10:00 T.J Max Plaza.. <b>1hr</b> 10:00 Cribbage <b>10:15 Exercise</b> 10:30 Wellness Clinic 11:30 LUNCH–Stuffed Shells 12:30 Bingo	<b>7</b> 9:00 Yoga 10:00 Bone Builders 11:00 Walmart 11:00 Pheasant Lane 11:30 LUNCH– Chicken Marsala	<b>8</b> 10:00 Wii Bowling 11:30 LUNCH– Veal Parmigian <b>11:45 Exercise</b>	<b>9</b> AM.. Food Shopping Wal-Mart.. <b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Cat-fish Strips 12:30 Paint Class <b>Summer Salad Tri Color Pepper Slaw</b>
<b>12</b> 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:30 LUNCH–Grilled Chicken 1:00 Needle Art	<b>13</b> <b>CENTER OPEN FOR VOTING</b> <b>NO PROGRAMS OR EVENTS</b>  <b>BUS WILL BE AVAILABLE FOR HAIR, TJ MAX, VOTING, PERScription P/U</b>	<b>14</b> 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Chicken Fajitas Lunch Bunch <b>I HOP Restaurant</b> 11:30	<b>15</b> 8:30 Senior/Veteran Breakfast, Followed by a speaker. 10:00 Wii Bowling 11:30 LUNCH– Roast Turkey & Gravy <b>11:45 Exercise</b> 1:00 Book Group	<b>16</b> AM.. Food Shopping Wal-Mart.. <b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Salmon Alfredo 12:30 Paint Class <b>Summer Salad Mediterranean Rice</b>
<b>19</b> 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH– Meatloaf & Gravy 1:00 Needle Art 1:00 Mother’s Day Tea	<b>20</b> 10:00 T.J Max Plaza.. <b>1hr</b> 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH–New Orleans Chicken 12:30 Bingo 3:30 COA Meeting	<b>21</b> 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH– Macaroni & Cheese	<b>22</b> 10:00 Wii Bowling 11:30 LUNCH–Turkey Ham <b>11:45 Exercise</b>	<b>23</b> AM.. Food Shopping Wal-Mart.. <b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH–Krunch Lite Fish 12:30 Paint Class <b>Summer Salad Broccoli &amp; Tortellini</b>
<b>26</b> <b>CENTER CLOSED MEMORIAL DAY</b> 	<b>27</b> 10:00 T.J Max Plaza.. <b>1hr</b> 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH– Honey Curry Chicken 12:30 Bingo	<b>28</b> 9:00 Pampered Chicks. A day for relaxation it’s all about you. 11:30 LUNCH –Sweet & Sour Meatballs 12:00 Podiatrist	<b>29</b> 10:00 Wii Bowling 11:30 LUNCH–Chicken Louisiana <b>11:45 Exercise</b>	<b>30</b> AM.. Food Shopping Wal-Mart.. <b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH–Baked Salmon 12:30 Paint Class <b>Summer Salad Fresh Tomato Salad</b>

# Tyngsborough COA Newsletter

## Bus Info./Regular Programs

### BUS INFO

*I would like to thank the few people who took the time to come out and talk with us on bus issues. It was nice to hear the input on some of the things you were concerned about. I hope we have answered most of your questions.*

#### Weekly Bus Schedule:

##### Lunch at the Senior Center:

Monday thru Friday 11:30-12:00 Bus P/U Starts @ 9:15 will return @ 12:00. If you decided to stay longer the bus will return at 2:30 the latest.

##### Activities at the Senior Center:

Monday thru Friday 10:00-2:30 Exercise, Events, and Programs. Bus P/U Starts @ 9:15 will return @ 12:00. If you decided to stay longer the bus will return at 2:30 the latest.

##### Shopping, Market Basket/ Walmart:

Every Friday Morning, first run starts 9:00AM, second run's pick up starts at 10:15AM. Any special shopping days will be on a Wednesday. Look in your newsletter to see these days.

The first Wednesday of each month is 2hr shopping at Walmart, 11:00-1:00. Bus P/U starts at 10:00 and will return at 12:45. If we happen to have to cancel for any reason we **will not** reschedule the trip, due to set activities going on the rest of the month.

T.J Max Plaza, Fantastic Sam's, Town Hall, Post Office every Tuesday. P/U starts 9:15 and will return at 11:45.

##### Medical:

*We only accept appointments Mondays, Wednesdays and Thursdays.*

Bus hours for medical; Call two days in advance. When Scheduling your medical appointment please schedule between the hours of 9:30 and 1:00. No appointment will be accepted after 1:00.

**Nashua:** Mondays only, 10:30-1:00pm. Bus only travels to Exit 5.

**Harvard Chelmsford:** Mondays and Wednesdays 10:00 –1:00 **NO THURSDAYS.**

Lowell, Dracut, and Chelmsford. NO changes to existing bus service appointments. **(Except Harvard, NO Thursday.) Harvard will be on Mondays and Wednesdays only.**

### REGULAR PROGRAMS AT THE CENTER IN MAY

<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... May 6th	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... May 21st	11:00-12:00
Podiatrist... May 28th	12:00-3:00
<b>Thursday.....</b>	
Wii Bowling	10:00-11:30
Exercise	11:45-12:45
Book Group... May 15th	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, May 7th P/U starts at 10:00am...2 hr trip. Wal-Mart will be on the first Wednesday of each month.**
- **Lunch Bunch Wednesday, May 14th pick up starts 10:30 Place: "I Hop"**

# 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, May 6th 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
- \* Pillsbury Dough bread mixes, such as Cinnamon, Apple Pumpkin etc... Cake mixes.
- \* Coffee

#### VOLUNTEERS NEEDED:

- ***SHINE Counselor, Volunteer needed within the community. Training required, 14 classes over a 7 week period. Call Tracy for more information. 978-649-9211.***
- ***Event Helpers.***

### UPCOMING in JUNE

**COMEDY AND CUP CAKES**  
**Wednesday, June 11th 11:00**  
**Entertainment Music & Magic**



**SENIORS/VETERANS BREAKFAST**  
**Thursday June 19th 8:30**  
**Sponsored by the Lion's Club**  
Followed by speaker, Dr. Thomas Shea. Must sign up in advance.



**ARMCHAIR VACATION TO SPAIN**  
**Wednesday, June 25th 11:00**

See the sights of Spain right here in the air-conditioned comfort of the Senior Center, Followed by a FREE Spanish Luncheon. All seniors are welcome, Must sign up 3 days in advance. We will need a head count. Only 60 seats available. Please see Tracy for tickets.

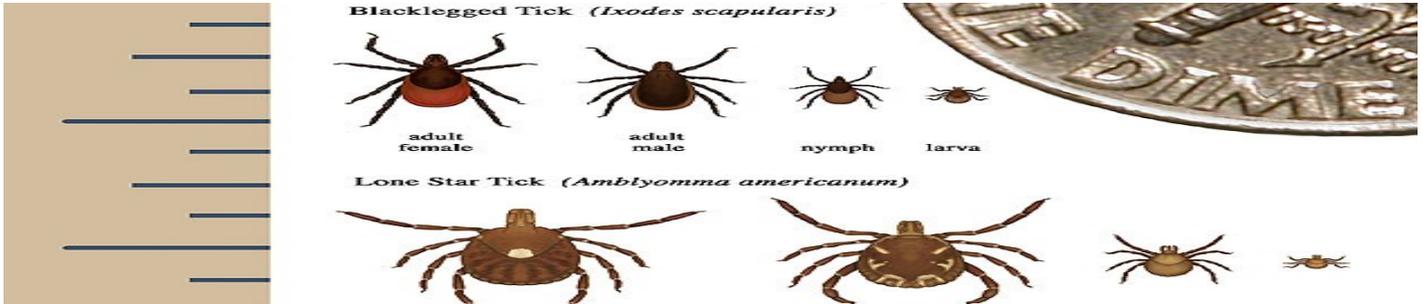
### THINGS TO KNOW!

Social security typically does NOT publish the phone numbers of their local offices. However, you can reach them, toll-free, at [1-800-772-1213](tel:1-800-772-1213) (TTY [1-800-325-0778](tel:1-800-325-0778) for deaf or hard-of-hearing ) for their automated telephone services to get recorded information and conduct some business 24 hours a day. You can speak to a Social Security representative between **7 a.m. and 7 p.m. Monday through Friday**. Generally, **you'll have a shorter wait time if you call during the week after Tuesday**.

One person's observation about email from "the federal government" or any of its branches: **JUST PRETEND THEY DON'T HAVE EMAIL!! No federal office will email you!** If you have a concern, contact the federal agency via a secure web-site (typically a ".gov" or, occasionally a "[usa.gov](http://usa.gov)"). If in doubt about a web-link, go through the COA or the local police, or call a congressional office (check the web) for an appropriate contact number with respect to federal concerns.

## USEFUL INFORMATION

# Tick season is coming: They'll bug you this spring



## TICK FACTS

Ticks can only crawl; they cannot fly or jump. Ticks found on the scalp have usually crawled there from lower parts of the body. Some species of ticks will crawl several feet toward a host. Ticks can be active on winter days when the ground temperatures are above 45 degrees Fahrenheit.

There are two groups of ticks, sometimes called “hard” ticks and “soft” ticks. Hard ticks, like the common dog tick and deer tick have a hard shield just behind the mouthparts (sometimes incorrectly called the “head”) unfed hard ticks are shaped like a flat seed. Soft ticks do not have the hard shell and they are shaped like small raisin. Soft ticks prefer to feed on birds or bats and are seldom encountered unless these animals are nesting or roosting in an occupied building.

### Remove the tick promptly and properly:

Using tweezers, grasp the tick as close to the skin as possible.

Gently pull the tick in a steady, upward motion.

Wash the area with disinfectant when trying to remove the tick.

- \* **DO NOT** touch the ticks with your bare hands.
- \* **DO NOT** squeeze the body of the ticks this may increase the risk of infection.
- \* **DO NOT** put alcohol, nail polish, or Vaseline on the tick.
- \* **DO NOT** put a hot match or cigarette on the tick in an effort to make it “back out.”
- \* **DO NOT** use your fingers to remove.

While removing a tick, if the tick's mouthparts break off and remain in your skin, don't worry. The mouthparts alone cannot transmit Lyme disease, because the infective body of the tick is no longer attached. The mouthparts can be left alone. They will dry up and fall out by themselves in a few days, or you can remove them as you would a splinter.

After cleaning the area, watch the site of the bite for the appearance of a rash 3 to 30 days after the bite. The rash will usually be at least 2 inches in diameter initially and will gradually expand to several inches in size. Rashes smaller than the size of a quarter are usually a reaction to the bite itself and do not mean you have Lyme disease. If you develop this type of rash or flu-like symptoms, contact your health care provider immediately. Although not routinely recommended, taking antibiotics within three days after a tick bite may be beneficial for some persons. This would apply to deer tick bites that occurred in areas where Lyme disease is common and there is evidence that the tick fed for more than one day. In cases like this you should discuss the possibilities with your doctor or licensed health care provider.