



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

September 2014

Email: broche@tyngsboroughma.gov

The summer has gone by so fast. And our new senior center is going up fast!!!

Take a ride down Westford Road, you will be amazed! While we are waiting for the building to be completed, you can always join us here at 180 Lakeview Ave for any of our programs, events and activities. Check the newsletter for daily programs. We are still doing "Summer Salad" on Friday's at 11:30 through September.

Here are the upcoming Events:

- ◆ Friday, September 5th – End of the Summer Police Union Cookout at 11:30.
- ◆ Monday, September 15th – Wizard Music by John Keinzle 11:00.
- ◆ Thursday, September 18th at 8:30AM – Veterans/Senior Breakfast served at 8:30 sponsored by the Board of Selectman with a presentation at 9:00 by Pamela Connolly from Home Instead on "Alzheimers".

Reminder: We will be closed on September 1st for Labor Day; and the center will be closed to activities on Tuesday, September 9th for Election Day.

Enjoy every day! Barbara.

"The bond that links your true family is not one of blood, but of respect and joy in each other's life. Rarely do members of one family grow up under the same roof." – Richard Bach.

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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

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

Tyngsborough COA Newsletter

ONGOING ACTIVITIES /SEPTEMBER

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 Start 9/11

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-a-week group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles.

ZUMBA Gold

Every Friday

10:30-11:15

CRIBBAGE

Every Tuesday

10:00 -12:00

RUMMY CUBE

Every Friday 12:00-2:00

Come join our group of rummy cube players. We could use more players for more competition. Keep your brain stimulated. If you would like to come to lunch at 11:30, call the center 2 days in advance to sign up. \$2.00 donation accepted. Volunteers and staff prepare a homemade lunch of the day on Fridays.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for SEPTEMBER

Starting in *October*— SOUP FRIDAYS 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 soup while it lasts. Call two days in advance to add your name to the list. 978-649-9211..small donation accepted.

CLOSED FOR LABOR DAY

Monday, September 1st

POLICE UNION END of SUMMER BBQ Friday, September 5th, 11:30-1:00

This will be the 5th Annual cook out. Come support our Police Officers for the good work they do for our Town. Don't forget to thank them for a wonderful cookout.

STATE ELECTIONS

Tuesday, September 9th, - No Programs

Open for voting 8:00AM-8:00PM

MERRIMACK RIVER VALLEY HOUSE Thursday, September 11th, 9:00-10:15

Merrimack River Valley House (**TOUR**) has been providing housing and service for older women. Enjoy refreshments and a tour of this historical home. Limited to 15.

Refreshments, Tour and Door Prize!

WIZARD MUSIC:

Monday, September 15, 11:00 to 1:00

John Kienzle from Wizard Music will provide keyboard "Beatles" for easy listening. Come in for lunch, relax and enjoy John's music.. Sign up two days in advance for lunch.

Friends of the Tyngsborough COA ANNUAL MEETING

Monday, September 15th, at 1:00PM

All are welcomed. Refreshments will be served. If you have not joined this fun loving group this will be a good time to come in and to get to know everyone. All new thoughts, suggestions and ideas are welcomed for our upcoming Craft Fair

Saturday October 25th 9:00-2:00

Location: Tyngsborough Town Hall, 25 Bryant Lane Tyngsborough, MA. If you are interested in renting a table for \$20.00 please call Jean Kareores (978-649-0731) or Joe Jacoppi (978-649-9076)

LUNCH BUNCH

Last One of the Summer Season

Wednesday, September 17th, 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.

T-Bones

VETERANS/SENIOR BREAKFAST

Thursday, September 18th, 8:30

FREE- Start your day with a healthy breakfast and a smile. Sponsored by the Board of Selectmen. Following breakfast, there will be a speaker: Pamela Connolly from Home Instead— Talk on Alzheimer's. All are welcome to stay afterwards and join in the activities for the day. Sign up at the Center or call, 978-649-9211

Wii BOWLING TOURNAMENT

Thursday, September 25th, 10:00-11:30

Get your bowling shoes on and come to the center to start practicing. Prizes will be awarded, 1st Prize 15.00 Walmart card; 2nd, 10.00 Walmart card. "This is a fun game, a lot of hooting and laughter".

Tyngsborough COA Newsletter

IMPORTANT INFORMATION

**COA Board Meeting
SEPTEMBER 16TH 3:30**

TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs, Exercise, Tai Chi, Paint Classes and other 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 or make a donation you can find the address below.

As many of you know, our new Tyngsborough Senior Center is underway. Although the building will be erected for us, we will be in need of furnishings for the interior of the building.

We are asking you for any donation that you wish to make to help with the furnishings. No amount is too small. Checks can be made out to The Friends of the COA.

Thanks to all of our August 2014 Donors.

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

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** (TTY **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.

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.

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

Alternative Transportation from ESMV is no longer a resource for transportation. They have informed us they are no longer accepting riders.

The Tyngsborough Council on Aging Shredding Service

For those of you who don't have a shredder, you can now bring your bills, or any personal documents to the center to be shredded. There will be no cost. Please give us a call so we know you will be coming. 978-649-9211



SEPTEMBER 14

MON	TUES	WED	THURS	FRI
1 CLOSED LABOR DAY	2 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Wellness Clinic 11:30 LUNCH– LS Hot Dog/Baked Beans 12:30 Bingo	3 9:00 Yoga 10:00 Wal-Mart 10:00 Bone Builders 11:30 LUNCH– Oven Roasted Chicken w/Potatoes	4 10:00 Wii Bowling 11:30 LUNCH– Roast Pork w/Gravy	5 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– End of Summer BBQ 12:00 Rummy Cube 12:30 Paint Class
8 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:30 LUNCH–Sweet & Sour Meatballs 1:00 Needle Art	9 CLOSED for STATE ELECTION MOW-Orange Glazed Chicken	10 9:00 Yoga 10:00 Bone Builders 10:00 Pheasant Lane 11:30 LUNCH– Lasagna w/Meat Sauce	11 9:00 Tour, Merrimack River Valley House 10:00 Wii Bowling 11:30 LUNCH-Roast Turkey w/Gravy 11:45 Exercise	12 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Seafood Newburg 12:00 Rummy Cube 12:30 Paint Class
15 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 Wizard Man 11:00 Lunch – Salisbury Steak w/Gravy 1:00 Friends Annual Meeting	16 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Macaroni & Cheese 12:30 Bingo 3:30 COA Meeting	17 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Chicken Breast Fillet 11:30 Lunch Bunch T-Bones	18 8:30 Veterans/Senior Breakfast. 10:00 Wii Bowling 11:30 LUNCH– Turkey Ham w/Fruit Sauce 11:45 Exercise	19 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH–Krunch Lite Fish 12:00 Rummy Cube 12:30 Paint Class
22 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH– Cheeseburger 1:00 Needle Art	23 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–Stuffed Shells 12:30 Bingo	24 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH– Baked Chicken 12:00 Podiatrist	25 10:00 Wii Bowling Tournament 11:30 LUNCH-Ground Beef Stroganoff 11:45 Exercise	26 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Baked Salmon w/Dill Sauce 12:00 Rummy Cube 12:30 Paint Class
29 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH–Chicken Morney 1:00 Needle Art	30 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–Beef Meatloaf w/Gravy 12:30 Bingo			

Tynsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

When scheduling any medical appointment for Monday or Wednesday you will need to call 72 hours in advance, 3 working days, between the hours of 9:00AM and 12:00PM, weekends are excluded. 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 Tynsborough bus to add another passenger.

The same goes for non-medical rides. We need 72 hours in advance, 3 working days. Call between the hours 9:00AM and 12:00PM, weekends are excluded. No rides will be accepted after 12:00.

Sorry if this is an inconvenience. Route sheets are made up in the morning, then go out to the drivers by 12 noon. By calling late in the day there is always a chance you will not get a ride. So please call the office between the hours 9:00AM-12:00PM

In addition, I would like to explain how the pick up and drop off works. If you have an appointment at 10:30 the bus will pick you up between the hour of 9:00 and 10:00 depending how many passengers are scheduled for the same time.

Return ride home: You will be scheduled to return an hour after your appointment time. If your doctors appointment is at 10:30 the bus will be scheduled to return at 11:30. If the bus drops you off early you will still have to wait for when the bus is scheduled to return, unless the driver is not busy. Still call the office when your ready.

Buy no means is the bus driver to wait for you while you are at your appointment. This delays the bus and other passengers who have called in. They end up waiting beyond their pick up time. "Time sitting is time wasted".

REGULAR PROGRAMS AT THE CENTER IN SEPTEMBER

Monday.....	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-1:00
Needle Art	1:00-3:00
Tuesday.....	
Wellness Clinic... 9/2	10:30-12:00
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... 9/24	11:00-12:00
Podiatrist... 9/24	12:00-3:00
Thursday.....	
Wii Bowling	10:00-11:30
Exercise	11:45-12:45
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, Every Tuesdays pick up starts 9:00AM -11:45AM**
- **Wal-Mart Wednesday, September 3rd 10:00AM-12:00PM**
- **Pheasant Lane Mall Wednesday September 10th 10:00-12:00**
- **Lunch Bunch, Wednesday Sept. 17th 11:30-1:00 Place: T-Bones**

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
Circle Home, Inc.

Tuesday, September 1st 10:30-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.

NEWS **iMEDICARE**- *If you need help with your Health Insurance, and are affiliated with Tyngsborough Family Pharmacy, they will be glad to go over the different plans. Just give them a call 978-226-5679.*

PODIATRIST- Wednesday, September 24th 12:00-1:15 the podiatrist will at the Center. This is a first come first serve basis.

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." Also ask about the Yellow Dot Program. 978-649-9211.

WELLNESS CLINIC at ELDERLY HOUSING
Nancy Harding, RN, from the
Circle Home, Inc.

- 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:

- * **Reg. Coffee and Decaffeinated.**
- * **Morning snacks.**
- * **Lg/Med size zip locked bags.**
- * **Cold Cups & Hot Cups - 8 oz.**
- * **Plain Napkins.**
- * **Bacitracin ointment.**
- * **Picture frames w/ 1" wide frames.**

EVENT VOLUNTEERS NEEDED:

Call the center to see what is available. Ask for our Volunteer Coordinator, Roger 978-649-9211.

UPCOMING in OCTOBER

Wednesday, October 1st at 11:00
"Cruise"; food TBD; entertainment: Dance Caliente.



CENTER CLOSED
MONDAY OCTOBER 13th
COLUMBUS DAY

VETERAN/ SENIOR BREAKFAST
Thursday, October 16th at 8:30
Start your day with a healthy breakfast and a smile. Food sponsor is the Lions Club; Speaker, Eleanor Baker from AAA "Safe Driving for Older Adults". **Our annual Under the Hood Inspection. Students from the Lowell Voc will be happy to accommodate you.**

AUTUMN TEA PARTY
Monday, October 20th 1:00
The Tyngsborough Council on Aging will be hosting our Annual Tea Gathering.



Wednesday, October 29th at 11:00
Halloween Party"; food sponsor TBD; Entertainment – Kathy Rodger

FRIENDS ANNUAL FALL CRAFT FAIR **Saturday October 25th 9:00-2:00** Location: Tyngsborough Town Hall, 25 Bryant St. Tyngsborough, Mass.

DAY OF BEAUTY
Wednesday, October TBD 10:00-12:45

REAL ESTATE TAX ABATEMENT
October 17th, TBD 10:30 -12:30

SOUP FRIDAYS
Starts back on October 3rd 11:30

USEFUL INFORMATION

FRIENDLY HOME VISITS

A member from Law Enforcement & The Tyngsborough COA will go to your house to talk with you about:

- ◆ Disability indicator forms.
- ◆ File of Life.
- ◆ Identity.
- ◆ Personal information records.
- ◆ Scams.
- ◆ Shredding.
- ◆ Yellow Dot Program

If you are interested call Barbara or Tracy
978-649-9211

ELDER HOTLINE

From the desk of Peabody COA

Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues.

**The number is 1-888-243-5337
(TTY: 617-727-4765)**

Monday thru Friday 10:00 am– 4:00 pm

This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families and other information about elder-related issues, and program throughout the commonwealth.

Common concerns include:

- ◆ **Debt and Debt Collection Practices.**
- ◆ **Home Improvement**
- ◆ **Long-term Care Insurance**
- ◆ **Telemarketing**
- ◆ **Health Insurance Landlord and Tenant Issues**
- ◆ **Scam Awareness**

ELDER ABUSE

From the desk of Peabody COA

Tyngsborough Council on Aging Elder Service is an agency who works with, Elder Services of the Merrimack Valley to investigate reports of suspected abuse or neglect and provide services to elderly in the community. We strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

REPORTABLE CONDITIONS ARE:

- ◆ Physical, Emotional or Sexual Abuse.
- ◆ Financial Exploitation
- ◆ Caretaker Neglect
- ◆ Self-neglect

WEEKDAYS: 9:00AM to 3:30PM

Call Tyngsborough Elder Services, 978-649-9211

NIGHTS, WEEKENDS & HOLIDAYS

Call the Elder Abuse 24-hour Hotline at
1– (800) 922 -2275

A special THANK YOU from the Friends of the Tyngsborough Council on Aging to St. Jean D'Arc Credit Union. They have generously donated furniture for our new senior center.