

Senior Center
Hours of Operation:
Monday thru Friday
8:00 to 4:00



Bus Hours of Operation:
Monday thru Friday
8:30 -3:00



COUNCIL ON AGING - SENIOR CENTER

180 Lakeview Ave • Tyngsborough, MA 01879

Mail Address: PO BOX 94

E-mail: broche@tyngsboroughma.gov

Phone 978-649-9211, Fax 978-649-9533

News & Tyngs

November 2014

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

SENIOR LIAISON OFFICER

Thomas Walsh

CORE SERVICES

Bus Transportation
Daily Meals
Exercise
Wellness Programs

Newsletter Index

Page 1 - Director's Message
Page 2, 3 - Activities/Programs
Page 4 - Important Info
Page 5 - Calendar
Page 6, 7 - Bus/ Health Wellness
Page 8-Miscellaneous

October was a very busy “activity” month here at the Senior Center. November not as much! We are hoping to be moving into the new Senior Center soon and there is still so much preparation involved with the move.

As Thanksgiving approaches, I would like to give thanks. I want to thank all of the wonderful volunteers that help out at the center each and every day. I want to thank all of the generous contributors that have donated to the Friends of the Council on Aging. These contributions will help with new furniture and/or fixtures for our new senior center. I want to thank Mr. Finnegan for the beautiful senior center that is being built. I want to thank all of the other departments in town for all their continued support throughout the year. And I want to thank all my wonderful seniors for just being them!

If all goes well, we should be in the center before our Holiday Party in December. This will allow us to expand the number of participants. For all these years, we have been limited to 65-70 people.

Here are the upcoming Events:

- ♦ Wednesday, November 12th – Veteran's Day Celebration.
- ♦ Monday, November 17th – Wizard Music by John Keinzle 11:00.
- ♦ Wednesday, November 19th – Thanksgiving Celebration – Food Sponsor is Brightview Senior Living.

REMINDER: We will be closed on Tuesday, November 11th for Veteran's Day; and also on Thursday & Friday, November 27th and 28th for Thanksgiving.

Enjoy every day! Barbara.

“When we seek to discover the best in others, we somehow bring out the best in ourselves.” – William Arthur Ward.

Tyngsborough COA Newsletter

ONGOING ACTIVITIES /NOVEMBER



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. Join us!

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 also 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.

SPECIAL PROGRAMS for NOVEMBER



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.

CENTER CLOSED FOR PROGRAMS

On Tuesday, November 4th, but, open for Election Day 7:00-8:00

CENTER CLOSED

Tuesday November 11th, Veteran's Day

THANKSGIVING HOLIDAY

**Thursday November 27th,
Friday November 28th,**

ISSUES AND CONCERNS

Monday, November 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.

DAY OF BEAUTY...

Wednesday, November 5th 10:00-12:45

Pamper yourself, the price is right! Visit the Beauty Shop, 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.

CHRISTMAS TREE SHOP

Monday, November 10th, 10:00-12:00

It's that time of year again, Time to get your Christmas list ready. Soon Santa will be here.

WIZARD MUSIC:

Monday, November 17th, 11:00 to 1:00

John Kienzle from Wizard Music will provide keyboard "George Gershwin" for easy listening. Sign up two days in advance for lunch.

CHAIR MASSAGE

Wednesday, November 19th 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!

THANKSGIVING DINNER

Wednesday, November 19th, 11:30

Come and enjoy a Thanksgiving Dinner with all the fixings at the Senior Center. Must sign up for dinner by November 14th. Cost \$2.00 Sponsored by Brightview Senior Living.



THANKSGIVING DAY at the HUDSON FISH & GAME

Thursday, November 27th, 12:00

Eating alone on Thanksgiving? No one eats alone!!! Hudson Fish and Game invites all seniors who are eating alone for a free Thanksgiving Dinner at the Hudson Fish & Game in Hudson N.H. If interested call the Tyngsborough COA to make reservations. Call 978-649-9211.

VETERANS' DAY CELEBRATION

Wednesday, November 12th 11:30-1:00

Come show your patriotism and support for our Veterans at the Center. There will be patriotic music, and an Honor Roll to show our support and appreciation to all those who served our country, followed by FREE patriotic cupcakes. Sign up for lunch 2 days an advance. \$2.00 donation for lunch.

Don't forget to turn your clocks back 1 hour on Sunday, November 2nd at 2:00AM.



Tyngsborough COA Newsletter

IMPORTANT INFORMATION

**COA Board Meeting
NOVEMBER 18th 3:30**

‘Good Morning Tyngsborough’

In an effort to meet the needs of Senior citizens in the community, a program called “Good Morning Tyngsborough” has been established by the Tyngsborough Police Department.

Senior citizens or persons with disabilities are welcome to participate in the program. An application can be obtained at the police department or the senior center.

The program consists of a requirement to contact the Tyngsborough Police Department every morning prior to 11:00am. The members will “check-in” with the dispatcher to let us know that everything is okay. If the dispatch center doesn’t receive an answer, an officer is sent to the residence. The officer will attempt to make contact with the member. If contact isn’t made, the officer will obtain a key from a predetermined location and will enter the residence to check on the welfare of the member.

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. If you have a doctor’s appointment before 11:00 you will have to cancel your appointment.
3. If Town Hall in Tyngsborough is closed call the center for availability.
4. If you are not sure if the Center is opened, call before coming.

Cancellations will be announced on WCAP Radio

9-1-1 Silent Call Procedure

If you need to call 911 from a touch tone phone but are unable to speak for any reason, such as potential stroke, physical disability, domestic violence, home invasion, no access to TTY or a language barrier, dial 9-1-1 first, then Press 1 if you need **POLICE**; Press 2 if you need the **FIRE DEPARTMENT**; Press 3 if you need an **AMBULANCE**. Community members can follow the Silent Call Procedure steps and have the appropriate services sent to help. If you have any questions or would like more information please feel free to contact Police Chief R. Howe at 978-649-7504 or rhowe@tyngsboroughma.gov

In Case of a State Emergency

With the winter months upon us, don’t forget to stock up on staples for your pantry, such as foods that do not need cooking: bread, crackers, canned tuna, peanut butter, protein bars, milk in a carton, juice, etc. Make sure if you take medication that you have enough on hand to get by for a week or so. In case of a state of emergency you should have enough supplies to survive without leaving your house for a few days. You need to be prepared in case you have to fend for yourself. If there is a state of emergency and the Center is **CLOSED** their will be no bus services, and **NO** staff available to meet your needs. Unless it’s an absolute emergency, call your town’s police dept. 978-649-7504.

Fuel Assistance

If you received Fuel Assistance last year, applications started going out in August. So be patient. If you look below you will see the delivery dates.

Deliverable fuel	August 2014
Gas & Electric	September 2014
Heat Included in the Rent	January 2015

If you have not received Fuel Assistance in the past but you want to apply this year you need to make an appointment with Tracy at the Tyngsborough COA or go to Community Teamwork in Lowell.

Opening enrollment applications will be accepted starting October 1, 2014. You can schedule your appointment by calling 978-649-9211, and you will be told what to bring.

NOVEMBER 14

MON	TUES	WED	THURS	FRI
Tyngsborough Public Library 25 Bryant Lane Hours: Monday 10:30am-8:00pm Tuesday 9:00am-5:00pm Wednesday 10:30am-8:00pm Thursday 9:00am-5:00pm Saturday 9:00am-2:00pm				
3 9:00 Tai Chi 10:00 Mexican Train Dominoes 10:30 Issues and Concerns 11:30 LUNCH- Chicken/Whip Potatoes 1:00 Knitting /Quilting/ Crocheting	4 CENTER CLOSED to PROGRAMS OPEN for ELECTION DON'T FORGET to 	5 9:00 Yoga 10:00 Walmart 10:00 Day of Beauty 10:00 Bone Builders 11:30 LUNCH- Chop Suey	6 10:00 Wii Bowling 11:30 LUNCH- Roast Pork/ Potatoes 11:45 Exercise 	7 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- Fish/Rice Pilaf 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
10 9:00 Tai Chi 10:00 Christmas Tree Shop 10:00 Mexican Train Dominoes 11:00 LUNCH- Veal Patty with Ziti 1:00 Knitting/Quilting Crocheting	11 "CLOSED" 	12 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- LS Hot Dog/ Beans 12:00 Veteran Cele- bration	13 10:00 Wii Bowling 11:30 LUNCH-Roast Chicken/Potatoes 11:45 Exercise	14 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW-Baked Fish/ Brown Rice 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
17 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 Wizard Music 11:00 LUNCH- Sweet Sour Meat Balls 1:00 Knitting/Quilting/ Crocheting	18 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- Chicken Broccoli/Ziti 12:30 Bingo 3:30 COA Meeting	19 9:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH- Thanksgiving Dinner Celebration 	20 10:00 Wii Bowling 11:30 LUNCH-Roast Turkey, Scalloped Potatoes. Squash 11:45 Exercise	21 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- Chicken/Potatoes 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
24 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH- Baked Ham/Sweet Potatoes 1:00 Knitting/Quilting Crocheting	25 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- Beef Meatloaf/Potatoes 12:30 Bingo	26 9:00 Yoga 10:00 Bone Builders 11:30 MOW- BBQ Chicken	27 "CLOSED"	28 "CLOSED" 

Tyngsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

PLEASE NOTE: Effective immediately, all medical trips on Mondays and Wednesdays will be handled by the LRTA Paratransit (Roadrunner) Service. Please call them directly to schedule your trip at 978-459-0152. Thank you for your understanding. We are NO longer scheduling medical rides on Mondays and Wednesdays. It has to be done through the LRTA Paratransit (Road Runner) Service.

The Tyngsborough town bus will still be running medical on Thursdays. However there will be no bus going to Harvard on Thursdays.

Tyngsborough medical bus hours will run from 9:00-1:00.

SHOPPING: Road Runner has a 3 bag limited policy. As you know we have allowed for 4 canvas bags, please add a colored ribbon to your bags. This will help the driver to identify which bags belong together (plastic bags roll around!). To ensure space for all customers on the bus, please be respectful of your fellow passengers and abide by the rules. Passengers are allowed to bring a personal grocery cart to transport their bags and are allowed to use the lift to board their personal cart onto the bus.

With the holidays coming this will be strictly enforced.

Drivers are not allowed to enter your home to bring bags in, they can only bring them to your door step. You must bring your own bags into your home. There should be NO driver entering your home, for any reason, at anytime.

By 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, end up waiting beyond their pick up time. "Time sitting is time wasted".

REGULAR PROGRAMS AT THE CENTER IN NOVEMBER

Monday	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-1:00
Needle Art	1:00-3:00
Tuesday	
Wellness Clinic... Cancelled	10:30-12:00
Cribbage	10:00-11:30
Exercise	10:15-11:15
Bingo	12:30-2:30
Wednesday	
Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage... 11/19	11:00-12:00
Podiatrist... 11/26	12:00-1:15
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
Rummy Cube	12:00-2:30
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, Nov. 5th, 10:00AM-12:00PM**
- **Day of Beauty Wednesday Nov. 5th 10:00**
- **NO Pheasant Lane Mall November.**
- **CHRISTMAS TREE SHOP Monday Nov 10th 10:00**

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
Circle Home, Inc.

Tuesday, **No Clinic: Election Day** 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, November 26th 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:

- * Sugar packets
- * Morning Donuts
- * Lg/Med size zip locked bags.
- * Cold Cups & Hot Cups - 8 oz.
- * Holiday Napkins.
- * 3 ft" roll of clear wrap for basket raffles.

UPCOMING in DECEMBER

CENTER CLOSED

Thursday & Friday, December 25th & 26th

PHEASANT LANE MALL CHRISTMAS SHOPPING

Monday, December 1st 11:00-1:00 Bus limited to 12 seats

NUTRITION CHRISTMAS CELEBRATION

Thursday, December 18th at 11:30AM

Sign up 2 days in advance: Cost \$2.00

HOLIDAY LUNCHEON/PARTY

Wednesday, December 17th 11:30 at the Senior Center. We will have good food, musical entertainment and fun. Tickets are \$10.00. Please purchase them at the Senior Center in advance. Seating is limited. We will be serving Baked Stuffed Chicken for lunch.

Entertainment: Join us and sing-along with Kathy Rodger. Provided by the Local Cultural Council.



HOLIDAY OPEN HOUSE

Monday, December 22nd at 10:00AM

The Staff of the Tyngsborough Council on Aging will be providing coffee and holiday pastry for all seniors. If you know of anyone who would like to get out and listen to a little holiday music and mingle, pick them up, bring them along, and come and sing some holiday songs.

NEW YEAR'S EVE CELEBRATION.

Monday, December 29th at 10:00AM

Come join us for a special gathering. Bring your favorite appetizer to share. We will have a toast with sparkling soda!

CENTER CLOSED

Thursday January 1st.

USEFUL INFORMATION



Winter Weather Preparation



There are a number of ways that winter storms can impact a region and its residents. Winter storms can create a minor inconvenience or paralyze an entire city. These storms can create many hazards, including automobile accidents on icy roads, suffering a heart attack while shoveling snow, or developing frostbite or hypothermia from the extreme cold. Strong winds, extreme cold, heavy snow, and ice from these storms can knock down trees and utility poles, isolate rural homes and farms, and cause structure damage.

Dress for the Season

Wear loose, lightweight, warm clothes in layers. Trapped air insulates. Remove layers to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat. Half of your body heat loss can be from your head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry!

At Home or Work

It is never too early to have you and your family prepared for the winter season. When preparing, think about the potential loss of power, heat, telephone service, and the shortage of supplies in case a storm lasts for an extended period of time.

Make sure to have these items available in your home or at work:

- ◆ Battery powered NOAA Weather Radio
- ◆ First Aid Supplies
- ◆ Flashlight and extra batteries
- ◆ Extra water and high calorie, non perishable foods
- ◆ Extra medicine and supplies to care for infants and the elderly
- ◆ Emergency heating source such as a fireplace, wood stove, or space heater Use properly to avoid a fire, and make sure to ventilate properly!
- ◆ Extra heating fuel, as fuel carriers may not be able to reach you for days.
- ◆ Fire extinguisher and smoke detector.

Vehicles

Every winter people become trapped in vehicles during a winter storm. Being stranded is dangerous and could be a life or death situation. The best way to deal with being stranded is to be prepared. Before the winter season comes, make sure that your vehicle has been winterized and is mechanically sound by checking the following things:

- ◆ Battery, Antifreeze, Wipers and Windshield Washer Fluid
- ◆ Ignition System, Thermostat.
- ◆ Lights, Exhaust System, Heater, Brakes, Defroster.
- ◆ Oil Level (if necessary, replace with a winter grade oil)
- ◆ Tires

