

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

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

February 2015

COUNCIL ON AGING - SENIOR CENTER



169 Westford Rd • Tyngsborough, MA 01879

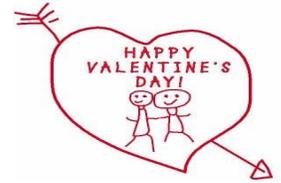
Mail Address: PO BOX 94

E-mail: broche@tyngsboroughma.gov

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

councilonaging@tyngsboroughma.gov

News & Tyngs



As we are in the middle of a cold winter, I want to remind everyone that the Council on Aging is a social service organization offered by the town of Tyngsborough. We are here to help seniors and their families. We are here to link needs with services.

Our new building opens up so many more possibilities. We will have the space to offer more services to help our seniors as well as programs, activities and special events.

I want to thank all the volunteers who helped us pack, move and unpack. It was a lot of work, but well worth it in the end.

Here are the upcoming 'Special' Events:

- Monday, February 2nd at 12:00 – “Groundhog Day”
- Friday, February 6th at 11:45 – “Fire Safety Training” presented by the Office of Fire Prevention of the Tyngsboro Fire Department.
- Monday, February 9th at 11:00 – “Wizard Music”
- Thursday, February 12th at 11:30 – “Valentine’s Day Celebration” food sponsored by the Tyngsboro Police Union; entertainment ‘Tommy Rull’ provided by the LCC.



As soon as we move, we will be adding Line Dancing on Mondays at 10:00 and we will be changing the time of Exercise on Thursdays to 10:15.

REMINDER: We will be closed on Monday, February 16th for Presidents Day.

Enjoy every day! Barbara.

“I believe that if you don't derive a deep sense of purpose from what you do, if you don't come radiantly alive several times a day, if you don't feel deeply grateful at the tremendous good fortune that has been bestowed on you, then you are wasting your life. And life is too short to waste.” – Srikumar Rao

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

Robert McCarthy - Chairperson
Roger Downing - Vice Chair
Patricia Quinn - Secretary
Claire Downing
Charlene Muscato
Fred French
Maryjo Tatseos
Michael Knight
Mildred Poirier
Philip O'Brien
Theresa Martineau

SENIOR LIAISON OFFICER

Thomas Walsh

CORE SERVICES

Bus Transportation
Daily Meals
Exercise
Wellness Programs

Newsletter Index

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Tyngsborough COA Newsletter

ONGOING ACTIVITIES

TAI CHI Exercises

Will be cancelled the months of Jan, Feb, back in March. Lesley went in for knee surgery. The Council on Aging and students wish her a speedy recovery.

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

(Thursday will change to 10:15 in New Center)

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

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.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for FEBRUARY

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.

REMINDER: CENTER CLOSED

Monday February 16th President's Day

ISSUES AND CONCERNS

Monday, February 2nd, 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.

GROUNDHOG DAY

Monday, February 2nd 11:45

Will the groundhog see his shadow this year on his special day? Come make your forecast by **wearing** something that says "**spring,**" or "**winter,**" or just wear groundhog "**brown**"! Join the party and learn the interesting history of Groundhog Day, play a forecasting game, and make a yummy groundhog dessert!



FIRE SAFETY TRAINING

Friday, February 6th, at

11:45 - presented by the Office of Fire Prevention from the Tyngsborough Fire Department. Sign up 2 days in advance for "Soup Friday" at 11:30.

WIZARD MUSIC:

Monday, February 9th, 11:00am to 1:00pm John Kienzle from Wizard Music will provide keyboard melodies for easy listening. Come in for lunch, relax and enjoy some Valentine Songs.

FREE TAX ASSISTANCE

Mondays **ONLY**, starting February 23rd

Harry Gong, and David Smith, AARP volunteer tax preparers will be available to assist you with your taxes on Mondays starting February 23rd, through April 7th 2014. Call the Senior Center to schedule, 978-649-9211.

DAY OF BEAUTY...

Wednesday, February 4th, 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. 12 seats limited.

CHAIR MASSAGE

Wednesday, February 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!

VALENTINE'S DAY CELEBRATION

Thursday, February 12th 11:00

Get together here with couples and friends at the TCOA for a "**FREE**" Valentine meal, sponsored by the Tyngsborough Police Union, followed by romantic songs sung by Tommy Rull. Must sign up two days in advance.



Must have a ticket to attend.

MAKE YOUR OWN VALENTINE CARD

Tuesday, February 10th, 9:30 -10:30

Colleen Garry will be here with all the materials to make your own special Valentine card for that special some one in your life. Come by enjoy the day, sign up for lunch 2 days in advance. Followed by bingo afterwards.

NOTICE:

Due to recent confusion, from now on when the center has a special event that requires a **ticket**, you must come into the Center and pick up your own ticket.

For those of you who do not drive, we will make some kind of arrangement to get your ticket to you.

Thanks for your understanding.

Tyngsborough COA Newsletter

IN CASE YOU DIDN'T KNOW

COA Board Meeting FEBRUARY 17th 3:30

Our goal is to help Tyngsborough Elders age safely in place with dignity and independence in the home and community they helped build...because there is no place like home!!!

‘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.

THE FRIENDS OF THE COA

The Friends Board of Directors wish to express their appreciation to each and every Member-at-Large and every Business Member who has supported the “Purpose” of the Friends of the Tyngsborough Council on Aging. All funds received are used to enrich the lives of all the seniors of Tyngsborough.

We owe those who help with the process of raising funds for the New Senior Center of Elder Services, and to all of those who graciously donated for the furnishings to make for a better working environment, “**a Great Big Gratitude of Thanks**”.

We look forward to the day when everyone who comes to the Senior Center is a Friend of the Tyngsborough Council on Aging.

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

Meals on Wheels Drivers Needed call 978-957-2611

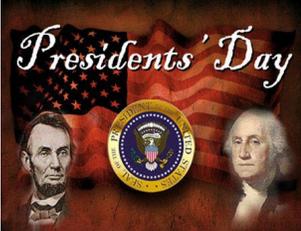
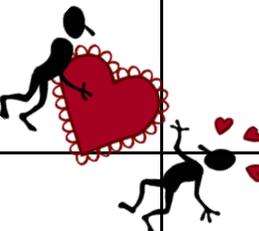
Volunteer MOW drivers are desperately needed in Dracut! You can sign up for 1 day a week or all 5. The time commitment is from 10:00AM to 12:30PM

Volunteers must use their own vehicle, a stipend is paid for the use of gas, must be 18+ and pass a CORI & SORI background checks.

Fuel Assistance

Starting October 1, 2014, we will be accepting clients for fuel assistance. You can schedule your appointment by calling Tracy at the Tyngsborough Council on Aging 978-649-9211. You will be told what to bring the day of your appointment or we will mail you a copy. You can also go to the Community Teamwork in Lowell, 45 Kirk St 2nd floor, phone number is 978-459-6161.

FEBRUARY 15

MON	TUES	WED	THURS	FRI										
<p>2</p> <p>10:00 Mexican Dominoes 10:00 Issues/Concerns 11:45 Groundhog Day 11:30 LUNCH– Chicken Cacciatori 1:00 Needle Art</p> 	<p>3</p> <p>10:00 T.J Max Plaza..1hr 10:00 Wellness Clinic 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–A la King Special 12:30 Bingo</p>	<p>4</p> <p>9:00 Yoga 10:00 Day of Beauty* 10:00 Walmart* 10:00 Bone Builders 11:30 LUNCH– Stuffed Shells</p>	<p>5</p> <p>10:00 Wii Bowling 11:30 LUNCH– Baked Chicken Breast 11:45 Exercise</p>	<p>6</p> <p>AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Fiesta Style Fish 11:30 Soup Friday 11:45 Fire Safety Training 12:00 Rummy Cube</p>										
<p>9</p> <p>10:00 Mexican Dominoes 10:00 Walmart * 11:00 Wizard Man Valentine's Songs 11:30 LUNCH– Meatballs with Gravy 1:00 Needle Art</p>	<p>10</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–Salmon Broccoli and Pasta 12:30 Bingo</p>	<p>11</p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH – LS Hotdogs</p> 	<p>12</p> <p>10:00 Wii Bowling 11:30 Valentine celebration 11:30 LUNCH– Chicken Breast</p> 	<p>13</p> <p>AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Fish a la Ritz 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class</p>										
<p>16</p> <p>CLOSED for</p> 	<p>17</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Hamburger /Potatoes Wedges 12:30 Bingo 3:30 COA Meeting</p>	<p>18</p> <p>Ash Wednesday</p> <p>9:00 Yoga 10:00 Bone Builders 10:00 Pheasant Lane* 11:30 LUNCH– Pier 17 Fish</p>	<p>19</p> <p>10:00 Wii Bowling 11:30 LUNCH– Roast Turkey 11:45 Exercise</p>	<p>20</p> <p>AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW - Potatoes Crunch Fish 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class</p>										
<p>23</p> <p>10:00 Mexican Dominoes 11:30 LUNCH - Breaded Chicken Fillet 1:00 Needle Art 12:00 Taxes</p>	<p>24</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Rotisserie Chicken 12:30 Bingo</p>	<p>25</p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Beef Stroganoff Ziti</p> 	<p>26</p> <p>10:00 Wii Bowling 11:30 LUNCH–Baked Ham 11:45 Exercise</p>	<p>27</p> <p>AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW - Cheddar Cheese, Broccoli and egg Baked 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class</p>										
<p>Tyngsborough Public Library 25 Bryant Lane 978-649-7361</p> <p>Winter Hours:</p> <table style="width: 100%;"> <tr> <td style="width: 50%;">Monday</td> <td>10:30am-8:00pm</td> </tr> <tr> <td>Tuesday</td> <td>9:00am-5:00pm</td> </tr> <tr> <td>Wednesday</td> <td>10:30am-8:00pm</td> </tr> <tr> <td>Thursday</td> <td>9:00am-5:00pm</td> </tr> <tr> <td>Saturday</td> <td>9:00am-2:00pm</td> </tr> </table> 		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	<p>“By the time you’re eighty years old you’ve learned <i>everything</i>. You only have to <i>remember</i> it.” – George Burns</p>		
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Tyngsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

PLEASE NOTE: All medical trips on Mondays and Wednesdays are handled by the LRTA (Roadrunner) Service. Please call them directly to schedule your trip at 978-459-0152. Thank you for your understanding.

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 limit 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!). 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.

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. Drivers should not be entering your home, for any reason, at anytime.

Bus drivers are not allowed 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".

BUS ANNOUNCEMENT

When making appointments for our bus, you need to contact the Council on Aging office. The bus phone is strictly for use by the Council on Aging and the drivers, individuals should not attempt to contact the drivers on the bus phone.

Also, seniors should not be calling the bus drivers at home for any bus issues. Any and all requests or issues with the bus should go through the Council on Aging office. Thank you.

REGULAR PROGRAMS AT THE CENTER IN FEBRUARY

Monday.....	
Mexican Train Dominoes	10:00-1:00
Needle Art	1:00-3:00
Tuesday.....	
Wellness Clinic... 2/3rd	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...	11:00-12:00
Podiatrist... Next 3/25th	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

(Special Trips)

- Wal-Mart, **Wed. Feb. 4th, Mon. Feb. 9th** 10:00am
- Day of Beauty, **Wed. February 4th**, 10:00am
- Pheasant Lane Mall, **Wed. February 18th**, 10:00am

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, February 3rd 10:00-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.
- ◆ ***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, March 25th, 12:00-1:15 the podiatrist will at the Center. This is a first come first serve basis.

UPCOMING in MARCH

“St. Patrick’s Day Celebration”
Monday, March 16th at 11:00
Entertainment – Kathy Rodger.



“Highway Department Appreciation Luncheon”
Wednesday, March 25th at 11:30
Giant Sub Sandwiches , All are invited.

Breakfast Bingo
Thursday March 19th at 8:30
sponsored by Brightview Senior Living; followed by a special Bingo.

Volunteering Directly for a Cause

People of any age, if you have a talent or skill you would like to share or just want to try something new, please call us to discuss the possibilities and options. For more information contact Barbara or Tracy at 978-649-9211 or complete the convenient form below and mail it or leave it in the office. We will get back to you!

Name: _____
Address: _____
Phone: _____
E-mail: _____

Yes! I would like to volunteer: (Please check all that apply)

<input type="checkbox"/> Greeter	<input type="checkbox"/> Intergenerational
<input type="checkbox"/> Special Events	<input type="checkbox"/> Friendly Visiting
<input type="checkbox"/> Kitchen Help	<input type="checkbox"/> Tutoring
<input type="checkbox"/> Class Leader	<input type="checkbox"/> Office Work
<input type="checkbox"/> Shopping	<input type="checkbox"/> Repairs
<input type="checkbox"/> Respite	<input type="checkbox"/> Host/Hostess
<input type="checkbox"/> Other (please specify below)	

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

DONATIONS NEEDED:

- * **ALL types of Broths, Veg, Beef, and Chicken.**
- * **Morning Donuts.**
- * **Lg/Med size zip locked bags.**
- * **Cold Cups & Hot Cups - 8 oz.**
- * **Plain Napkins.**
- * **Coffee Creamer.**

Aging - Health News

5 Reasons Volunteerism is Great for Seniors

As a volunteer, retirement can afford you the chance to work on a project or issue that is important to you – simply for the passion of it, rather than for a paycheck. Seniors have a unique set of skills and knowledge to offer as volunteers: a lifetime of experience can help you help others in a myriad of ways, from mentoring and tutoring younger generations, to providing career guidance, to offering companionship and care.



Volunteerism isn't just beneficial for those being helped – research shows that volunteering confers mental and physical health benefits for those doing the helping. It also fosters positive social and family relationships and contributes to a positive image of seniors as a healthy and vital part of our society. Here are just a handful of reasons volunteer activity is beneficial:

1. **It helps bridge the generation gap.** Young people are often encouraged to volunteer as a way to broaden their horizons, improve their college prospects, build their resumes and help others while doing it. Seniors who volunteer have a unique opportunity to work with and assist younger generations — and learn from them, too.
2. **It helps change the way people think about older adults.** By using their talents and skills out in the world in a variety of ways, seniors demonstrate that they are active, involved and essential to a healthy community.
3. **It is good for mental health and can help prevent Alzheimer's.** The National Institute on Aging has reported that participating in social leisure activities and meaningful, productive activities such as volunteering may lower the risk of health problems in seniors, including dementia, as well as improving longevity. Being a volunteer can help keep the brain and the body active, which contributes to continuing cognitive health, according to numerous studies.
4. **It helps prevent senior isolation and depression.** In addition to getting seniors out of the house and into the community, volunteering has a positive effect on psychological wellness: according to the Corporation for National and Community Service, those who volunteer experience greater life satisfaction, a sense of purpose and accomplishment, more stress resilience, and lower rates of depression.
5. **It promotes healthy physical activity.** Volunteering can be good for keeping the body active, whether you're building houses for Habitat for Humanity or walking around your favorite museum as a volunteer docent. Maintaining a healthy level of physical fitness as we age helps ward off disease, injury and even dementia.

Live Your Ideals: Volunteering Directly for a Cause

You don't have to look for a specific senior-friendly program to make a volunteer experience meaningful. There are dozens of opportunities everywhere – all you need to do is look around for the causes you care most about and identify where your help is needed. For example, animal lovers can volunteer at an animal shelter or the Humane Society, helping with everything from “foster parenting” to taking dogs on a daily walk (getting both dog and human some of the physical activity they need). Those who are compassionate about fighting hunger can volunteer at their local soup kitchen, a food bank, or [Meals on Wheels](#), or even advocate for hunger relief at the social or political level. Helping veterans, children, or those affected by natural disasters are also very rewarding volunteer opportunities.