

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

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

March 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



Spring is right around the corner! It has been quite a winter.

Here are the upcoming 'Special' Events:

- ◇ Monday, March 16th at 11:30 – “St. Patrick’s Day Celebration”; entertainment provided by the students of the Seven-Serve from the Tyngsborough Middle School under the guidance of Mrs. Jagers. Tickets are \$10.00 for a traditional corned beef and cabbage dinner.
- ◇ Thursday, March 19th at 8:30 – Special “Breakfast Bingo” provided by Brightview Senior Living. Join us for a free breakfast and fun games with prizes to follow.
- ◇ Wednesday, March 25th at 11:30 – “Highway Appreciation Luncheon” – join us in thanking our great Highway department for all the things that they do for us!

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

This new building opens up so many more opportunities for the senior citizens in Tyngsborough. We can schedule things at the same time because of the additional rooms. We can offer more services, programs, events and activities! I can’t wait for you all to come on by!

Enjoy every day! Barbara.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” - [John F. Kennedy](#)

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

Page 1 - Director’s Message
Page 2, 3 - Activities/Programs
Page 4 - In Case You Didn’t Know
Page 5 - Calendar
Page 6, 7 - Bus/ Health Wellness
Page 8-Aging-Health News

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

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 for 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 every Friday.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for MARCH

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.

FREE TAX ASSISTANCE

Mondays ONLY, Harry Gong, and David Smith, AARP volunteer tax preparers will be available to assist you with your taxes on **Mondays only**. Must call for an appointment. 978-649-9211.

ISSUES AND CONCERNS

Monday, March 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.

DAY OF BEAUTY...

Wednesday, March 11th, 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. Transportation is provided. 12 seats limited.

ST. PATRICK'S DAY Celebration.

Monday, March 16th, 11:00-12:30

Come by and join us for Corned Beef and Cabbage. Irish Music and some Leprechaun Luck! **Tickets \$10.00.**

Must sign up by March 12th.



SPECIAL BREAKFAST BINGO



Thursday, March 19th, at 8:30

Breakfast sponsored by Brightview Concord River-Assisted Living followed by a special Bingo. Come and enjoy a warm breakfast and a few games of Bingo. Breakfast menu: Breakfast Strata, Sausages, Fruit, Muffins and juice. Come win prizes and have fun! Call Tracy at the center to sign up 978-649-9211.

CHAIR MASSAGE

Wednesday, March 18th 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!

"Highway Department Appreciation Luncheon"

Wednesday, March 25th at 11:30

Come and join us in thanking the Tyngsborough Highway Department. They work hard taking care of our town and their generosity provided free bus rides for many of our seniors. Please sign up 2 days in advance. Giant Sub Sandwiches, All are invited. **COST: \$2.00**



NOTICE:

Going forward: when the Center has any kind of special events, we are no longer allowing any one to pick up a ticket for another person. You must come into the Center and pick up your own.

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 MARCH 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.

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.**



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

BROWN BAG PROGRAM

Elder Services of the Merrimack Valley, Inc and the Greater Boston Food Bank have established an Elder Brown Bag Program. Eligible Elders will receive a free bag of groceries on the fourth Tuesday of each month. Brown bags will be distributed at Tyngsborough Council on Aging 169 Westford Rd Tyngsborough. **MUST** have transportation to pick up the bags.

Each participant must register in advance & must be 60 yrs. or older and be low income.

For info call:

Laura Marsan (9789-946-1303),

Dayna Brown (978-946-1368)

Applications are also available at the Tyngsborough Council on Aging. Call or stop by for the application. 978-649-9211

Shop AmazonSmile Foundation

The Friends of the Council on Aging (non-profit organization) have set up a charitable organization with AmazonSmile, a program where Amazon donates 0.5% of the purchase price of the customers to The Friends of the Council on Aging (non-profit organization). In order to enable receipt of donations from this program you must go to <http://org.amazon.com>. Thanks for helping our seniors.

MARCH 2015

MON	TUES	WED	THURS	FRI
2 10:00 Mexican Dominoes 10:00 Issues/Concerns 11:30 LUNCH– Chicken Louisiana w/Rice 12:00 Tax Prep 1:00 Knitting/Crocheting	3 10:00 T.J Max Plaza..1hr 10:00 Wellness Clinic 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–Shaved Steak w/Peppers, Onions 12:30 Bingo	4 9:00 Yoga 10:00 Walmart* 10:00 Bone Builders 11:30 LUNCH–Popcorn Chicken	5 10:00 Wii Bowling 10:15 Exercise 11:30 LUNCH–Roast Pork w/Whip Potatoes	6 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW-Baked Fish Florentine 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
9 9:00 Tai Chi 10:00 Mexican Dominoes 11:00 Wizard Music 11:30 LUNCH–Sweet & Sour Meatballs 12:00 Tax Prep 1:00 Knitting/Crocheting	10 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–Garlic Baked Chicken 12:30 Bingo	11 9:00 Yoga 10:30 Walmart * 10:00 Day of Beauty* 10:00 Bone Builders 11:30 LUNCH–Cheese Lasagna w/ Meat Sauce	12 10:00 Wii Bowling 10:15 Exercise 11:30 LUNCH–Roast Turkey w/Gravy	13 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW-Krunch Lite Fish 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
16 9:00 Tai Chi 10:00 Mexican Dominoes 11:30 LUNCH– New Orleans Diced Chicken 11:00 St. Patrick Day Celebration  12:00 Tax Prep 1:00 Knitting/Crocheting	17 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Salisbury Steak w/Gravy 12:30 Bingo 3:30 COA Meeting 	18 9:00 Yoga 10:00 Bone Builders 10:00 Pheasant Lane* 11:00 Chair Massage 11:30 LUNCH–Chicken Fillet	19 8:30 Special Breakfast Bingo 10:00 Wii Bowling 10:15 Exercise 11:30 LUNCH–Corned Beef w/Potato	20 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW-Lemon Baked Fish 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
23 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Walmart * 11:30 LUNCH–Teriyaki Chicken 12:00 Tax Prep 1:00 Knitting/Crocheting	24 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–Macaroni & Cheese 12:30 Bingo	25 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH–LS Hot Dog 11:30 “Highway Department Appreciation Luncheon”	26 10:00 Wii Bowling 10:15 Exercise 11:30 LUNCH–Beef Meatloaf w/Gravy	27 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW-Creole Baked Fish 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
30 9:00 Tai Chi 10:00 Mexican Dominoes 11:30 LUNCH–Apricot Glazed Chicken 12:00 Tax Prep 1:00 Knitting/Crocheting	31 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–Stuffed Shells w/Meat Sauce 12:30 Bingo	<p>When you look at a person, any person, remember that everyone has a story. Everyone has gone through something that has <i>changed them</i>.</p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div>		

Tynsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

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.

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

Tynsborough 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 in they end up waiting beyond their pick up time. "Time sitting is time wasted".

REGULAR PROGRAMS AT THE CENTER IN MARCH

Monday.....	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-1:00
Needle Art	1:00-3:00
Tuesday.....	
Wellness Clinic...3/3	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 5/27	12:00-1:15
Thursday.....	
Wii Bowling	10:00-11:30
Exercise	10:15-11:15
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. March 4th, Mon. March 23rd** 10:00am
- Day of Beauty, **Wed. March 11th**, 10:00am
- Pheasant Lane Mall, **Wed. March 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, March 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.

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.**

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.

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.**
- * **Sm/Lg Paper Plates**
- * **Plain Napkins. (holiday seasonal plates)**
- * **Coffee Creamer.**

UPCOMING in APRIL

PAMPERED CHICK Day
Friday, April 3rd, at 9:00

HIGH SCHOOL CONCERT.....TBD

VOLUNTEER APPRECIATION DAY
Wednesday, April 15th, 11:00

SENIOR / VETERAN BREAKFAST
Thursday, April 16th, 8:30

Food Sponsor: TBD; Followed by a guest speaker on "Taking the Mystery out of Hospice and Palliative Care"

EARTH DAY
Wednesday, April 22th, 11:45

LUNCH BUNCH
Wednesday, April 29th, 11:30-1:00

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.

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.

Thanks to all of our February 2015 Donors.

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

Aging - Health News

The DASH diet – Dietary Approaches to Stop Hypertension – can help you reduce blood pressure without sacrificing flavor and variety.

If overall health and longevity is your focus, then the DASH diet might be for you. DASH stands for Dietary Approaches to Stop Hypertension, and it's an eating plan meant to change your overall approach to food, encouraging healthy habits that help reduce or prevent high blood pressure. The essentials of the DASH diet include minimizing unhealthy levels of sodium, sugars, saturated fats and trans fats, and [increasing the consumption of nutrients](#) such as potassium, calcium and magnesium, which help lower blood pressure.

The recommended sodium intake for most Americans on the DASH diet is 2,300 mg; those who already have high blood pressure or other risk factors are advised to lower sodium even further, to 1,500 mg.

Health Benefits of the DASH Diet

Research by the National Heart, Lung, and Blood Institute (NHLBI), which helped develop the DASH diet, has shown that the diet works: “DASH lowers high blood pressure and improves levels of blood lipids (fats in the bloodstream), which reduces the risk of developing cardiovascular disease.” According to the Mayo Clinic, the DASH diet may help you reduce your blood pressure by as much as a few points in only two weeks.

Not only does the DASH diet help with hypertension, the healthier eating plan can lead to weight loss for many individuals, simply due to the change to a more nutritious diet. DASH dietary guidelines are also similar to recommendations for preventing many other health issues, such as osteoporosis, cancer, heart disease, stroke and diabetes.

What to Eat on the DASH Diet

There is ample information available from the NHLBI on [how to introduce the DASH diet](#) into your daily eating, including tips for making the change gradual and doable. For a 2,000-calorie-per-day diet, the DASH plan recommends:

- 1. Grains – 6-8 servings:** Focus on whole grains to maximize your energy and fiber intake. Examples include whole wheat bread and rolls, whole wheat pasta, oatmeal, brown rice and popcorn.
- 2. Vegetables – 4-5 servings:** Veggies are rich in vitamins and minerals, including the potassium, magnesium and fiber you need in order to help reduce blood pressure. Fresh and frozen are best, and make sure to choose frozen or canned vegetables that are low sodium or without added salt.
- 3. Fruits – 4-5 servings:** Fruits are also rich in potassium, magnesium and fiber, as well as being low in fat, for the most part. Edible peels contain extra nutrients, but watch out for canned fruits and juices. Go for the options without added sugar.
- 4. Dairy – 2-3 servings:** Low-fat and fat-free dairy products, such as nonfat milk, reduced-fat cheese and low-fat frozen yogurt, are important sources of calcium, vitamin D and protein. Be careful of cheeses, though, which can be high in sodium.
- Lean meats, poultry and fish – 6 servings or fewer:** Although the DASH diet recommends reducing meat portion sizes in general, poultry and meats that have been cleaned of skin and fat provide much-needed protein, magnesium and iron. [Fish is rich in omega-3 fatty acids](#), which can help lower cholesterol.
- 1. Nuts, seeds, and legumes – 4-5 servings a week:** Nuts, seeds and legumes, such as almonds, peanuts, walnuts, sunflower seeds, kidney beans and lentils, are high in calories but also very high in magnesium, protein, potassium and fiber. Soybean-based products like tofu also fit in this category.
- 2. Fats and oils – 2-3 servings:** The DASH diet recommends that fats and oils comprise 27% or less of daily calories. Too much fat (especially trans fat and saturated fat) increases a variety of health risks, but healthy fats like margarine, vegetable oil and light salad dressing can help with the absorption of vitamins.
- 3. Sweets and added sugars – 5 or fewer servings per week:** You don't have to avoid *all* indulgences; just be smart about it. The Mayo Clinic says, “When you eat sweets, choose those that are fat-free or low-fat, such as sorbets, fruit ices, jelly beans, hard candy, graham crackers or low-fat cookies.”

