

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



169 Westford Rd • Tyngsborough, MA 01879

Mail Address: 25 Bryant Lane

E-mail: broche@tyngsboroughma.gov

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

councilonaging@tyngsboroughma.gov

News & Tyngs



April 2015

The new Senior Center opens up so many more opportunities to help the seniors in our community. The added offices give us the flexibility to bring in more resources. The dedicated exercise room allows us to add more essential programs to keep the seniors healthy. The activity room will make it easier to add more educational programs, craft activities, support groups, meetings, etc. This will add to the overall health and wellbeing of the seniors in and around our town.

We already have such a great group of friendly people that frequent the center on a regular basis. We are hoping to attract more of you. For all of you that are not frequent guests, come on by. We have a variety of regular programs as well as special events and activities. Check us out!

Here are the upcoming 'Special' Events:

- ◆ Thursday, April 2nd at 9:00 – “Pampered Chick Day”
- ◆ Wednesday, April 15th at 11:00 – “Volunteer Appreciation Day”
- ◆ Thursday, April 16th at 8:30 – Senior/Veteran’s Breakfast; sponsored by the Rotary Club; Hospice Speaker – Pamela Connolly from Home Instead 
- ◆ Wednesday, April 22nd at 11:00 – “Earth Day”

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.

Enjoy every day! Barbara.

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel”
- Maya Angelou

STAFF

Barbara Roche - Director
Tracy Pecora - Administrative Assistant
Bernie Mercier - Program Coordinator
Midge Poirier - Meal Site Coordinator
Tom Tiano - Custodian
Louanne Brady - Bus Driver/Outreach
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

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Tyngsborough COA Newsletter

ONGOING ACTIVITIES

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
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

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.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for APRIL

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.

DAY OF BEAUTY...

Wednesday, April 1st, 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. **Last one of the season.**

PAMPERED CHICK DAY

Thursday, April 2nd, 9:00 - 2:00

Ladies: come to the Senior Center for a day of **FREE** pampering, relaxation, enjoyment, and a light lunch. We have a schedule that will keep you educated, pampered and entertained all day. "This is your day". Everyone is welcomed. Must sign up.

ISSUES AND CONCERNS

Monday, April 6th, 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.

WIZARD MUSIC:

Monday, April 13th, 11:00am to 1:00pm

John Kienzle from Wizard Music will provide keyboard melodies "Irving Berlin" for easy listening.

HIGH SCHOOL SPRING CONCERT

Monday, April 6th, 11:45-1:30

Tyngsborough High School will be having their annual Spring Concert. If you would like to get out and enjoy a good time and relax, listen to some music and have a Free lunch. Drop by or call to sign up. 978-649-9211.

VOLUNTEER APPRECIATION DAY

Wednesday, April 15th 11:00-1:00

All Volunteers will be sent a complimentary invitation. If you are not a volunteer and would like to help us recognize our wonderful volunteers, see Tracy for ticket (\$15.00) Space is limited so please sign up early.

SENIOR / VETERAN BREAKFAST

Thursday, April 16th, 8:30

Food Sponsor: Tyngsborough/Dunstable Rotary Club. Followed by a guest speaker: Pamela Connelly, of Home Instead. Topic: Hospice.



EARTH DAY

Wednesday, April 22th, 11:30

Join us for a **FREE** healthy lunch and dessert to help celebrate the 45th anniversary of Earth Day. Following lunch, girl scout Jaylan will tell us about the raised vegetable herb garden she will build for us at our new center and how we can use this produce for some of our center-based lunches.

CHAIR MASSAGE

Wednesday, April 22th 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!

LUNCH BUNCH

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

"Red Robin" 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.

Tyngsborough COA Newsletter

IN CASE YOU DIDN'T KNOW

COA Board Meeting APRIL 21st 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!!!

FAITH WORKS

The date for Faith Works this spring is **Saturday, May 9th from 8:30- 3:00. All referrals must be in by Friday April 10th**

Adult and Youth volunteers have signed up to devote a day of their time to help people from our Community who need some assistance with household repairs, painting or yard work. Jobs are selected based on need. The adults are not professional laborers but are giving of their time to help others. The supplies and tools will be furnished by the Missions Committee. There is no cost to the client. All work will be reviewed with the client before starting and afterwards to ensure the clients satisfaction.

All referrals must be in by Friday, April 10th.

Clients selected will receive a call and a home visit by members of the Mission Committee in the middle of April to evaluate what they need done and if we can safely meet their needs. Call to sign up at 978-649-9211.



Get the Newsletter by Email! Send an email to broche@tyngsboroughma.gov or fill out a form at the front desk of the New Senior Center. Those on the email list will receive the newsletter before it is available in print!

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

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.

APRIL 2015

MON	TUES	WED	THURS	FRI
		1 9:00 Yoga 10:00 Day of Beauty* 10:00 Walmart* 10:00 Bone Builders 11:30 LUNCH– BB Pork Patty	2 9:00 Pampered Chick Day 11:45 Exercise 11:30 LUNCH– Roast Turkey / Gravy 	3 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Breaded Fish Sticks 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
6 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Issues/Concerns 11:30 LUNCH– Rotisserie Chicken 11:45 High School Concert 12:00 Tax Prep 1:00 Knitting/Crocheting	7 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:00 Wellness Clinic 10:15 Exercise 11:30 LUNCH– Krunch Lite Fish 12:30 Bingo	8 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– American Chop Suey	9 10:00 Wii Bowling 11:45 Exercise 11:30 LUNCH– Salmon Broccoli/Pasta 	10 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Chicken Sweet / Sour 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
13 9:00 Tai Chi 10:00 Mexican Dominoes 11:00 Wizard Music 11:30 LUNCH– Meatballs/ Marinara Sauce 12:00 Tax Prep 1:00 Knitting/Crocheting	14 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Chicken Tetrazzini 12:30 Bingo 	15 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Honey Curry Chicken 11:00 Volunteer Appreciation Dinner	16 8:30 Veteran's / Senior Breakfast 10:00 Wii Bowling 11:45 Exercise 11:30 LUNCH– LS-Baked Ham/ Raisin	17 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Potato Crunch Fish 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
20 CLOSED PATRIOT'S DAY 	21 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Chicken Nuggets 12:30 Bingo 3:30 COA Meeting	22 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 Earth Day 11:30 LUNCH– Stuffed Peppers	23 10:00 Wii Bowling 11:45 Exercise 11:30 LUNCH– Roast Pork/Gravy	24 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Baked Salmon 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
27 9:00 Tai Chi 10:00 Mexican Dominoes 11:30 LUNCH– LS Hot Dogs/ Baked Beans 1:00 Knitting/Crocheting	28 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Breaded Chicken Fillet 12:30 Bingo 	29 9:00 Yoga 10:00 Bone Builders 10:00 Pheasant Lane* 11:30 LUNCH Shepherd's Pie 11:30 Lunch Bunch	30 10:00 Wii Bowling 11:45 Exercise 11:30 LUNCH– Macaroni and Cheese 	

Tyngsborough 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 cell phone for any bus issues. Any and all requests or issues with the bus should go through the Council on Aging office. Hours: 8:00 - 3:00 Thank you.

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

 The Tyngsborough town bus will be taken passengers for Bloodwork and Prescription pick ups on Wednesdays. Thank you for your understanding.

The Tyngsborough town bus will still be running medical on Thursdays. **I ask you to please make your appointment for bloodwork and prescription on Wednesdays.** No Bus on Thursdays to Harvard.

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

REGULAR PROGRAMS AT THE CENTER IN APRIL

Monday.....	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-1:00
Knitting/Crocheting	1:00-3:00
Tuesday.....	
Wellness Clinic... 4/7	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... 4/22	11:00-12:00
Podiatrist...	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. April 1st, Mon. April 20th** 10:00am
- Day of Beauty, **Wed. April 1st,** 10:00am
- Pheasant Lane Mall, **Wed. April 29th,** 10:00am
- Lunch Bunch, **Wed. April 29th,** 11:30 Red Robins

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, April 7th 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, April 22nd, 12:00-1:15 the podiatrist will be 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.**
- * **Wide Fancy Ribbon**

"Thank You for all who have donated the month of March"!

UPCOMING in MAY

Wednesday, May 6th at 11:00 – Cinco de Mayo. food sponsor – TBD; Entertainment Kathy Rodger 

Monday, May 11th at 1:00 - Downton Abbey British Tea Party.

Tuesday, May 12th -TOWN ELECTION
(no activities at the center).

Tuesday, May 19th at 6:00 PM TOWN MEETING.

Thursday May 21st at 8:30 - Veteran/ Senior Breakfast; food sponsor TBD, Speaker TBD

Faith Works this spring is Saturday May 9th from 8:30- 3:00. All referrals must be in by Friday April 10th. Please call the Center if you are interested. 978-649-9211.

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 March 2015 Donors.

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

Aging - Health News



U.S. Veteran's Benefits 101

Veteran's benefits provide those who have served their country, as well as their spouses, financial assistance during their retirement years. Veterans who are at least 65 years-old* and who served during war time (though not necessarily in actual combat) may be eligible for financial assistance through the Department of Veteran Affairs (VA) that can be used to help pay for care. Spouses and surviving spouses of wartime veterans are also often eligible. Veteran's benefits can make all the difference for families

who struggling to pay for care.

The Service Requirement

The foremost eligibility requirement is the service requirement. The veteran must have served at least 1 day during wartime. The dates that the VA considers wartime are below:

World War II: 12/7/1941 through 12/31/1946

Korean Conflict: 6/27/1950 through 1/31/1955

Vietnam War: 8/5/1964 through 5/7/1975, although veterans who served in Vietnam itself ("in country") as early as 2/28/1961 may also qualify.

Gulf War: 8/2/1990 to date to be determined by U.S. government

Dates of service can be established from discharge papers. Copies of lost discharge papers can be requested from the [National Archives](#), or by calling 314-801-0800.

Financial Eligibility

Assistance from the VA is "means tested," which means that only people who seem to genuinely need these benefits will receive an award. It also means that benefits are determined based on the applicant's income, assets, and needs.

Applicants whose countable incomes are over maximum thresholds, including their homes, may still qualify, depending on their age and the amount of their monthly allowable medical benefit. In situations that are borderline, it can't hurt to apply, as decisions are largely made on a case-by-case basis:

This [countable income formula](#) can help you determine what is an allowable medical deduction, and how to arrive at what the VA is determining as "countable income."

How to Apply

To apply for VA health care or determine eligibility, call the VA's Health Benefits Service Center at (877) 222-VETS, or contact a Veterans Benefits Office or VA health care facility (find the nearest location at the [U.S. Department of Veterans Affairs](#)). Or if you live in Tyngsborough call our Veteran Agent Chris Derry @ 978-649-2300 Ex 131

Assistance

VA benefits can be extraordinarily complex, so consider speaking with a Veteran Services Officer (VSO). Veteran Services Officers volunteer throughout the United States, frequently at hubs for veterans like American Legion halls Veteran of Foreign Wars (VFW) lodges. You can locate a VA accredited attorney or VSO/Benefits representative here: <http://www.va.gov/ogc/apps/accreditation/>

You can also visit our [Veteran's Benefit Expert Question and Answer](#) to see answers to common VA benefit questions.

A Place for Mom [Senior Living Advisors](#), who work throughout the country, can answer basic questions about VA benefits, and refer local veteran aid experts for more intensive assistance. They can also help you identify senior communities where Veteran's Aid and Attendance can be used.