

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



May 2015

In April, we had a “Volunteer Appreciation” event. Our volunteers are extremely valuable and help with our day to day activities. We have all types of volunteer positions available. In the new center, we will be looking for volunteers to greet new people. This is a great opportunity to meet new people and get involved in the community. There are no special skills required, except for a smile! Please call me if you are interested!

Here are the upcoming ‘Special’ Events:

- Wednesday, May 6th – Cinco de Mayo Celebration
- Monday, May 11th at 1:00 – “Downton Abbey” Tea Party
- Thursday, May 21st at 8:30 – Senior/Veteran’s Breakfast; sponsored by the Lion’s Club.

If we are still in the old building, there will be no activities at the center on Tuesday, May 12th due to voting. There is a special Town Meeting on Tuesday, May 19th.

REMINDER: We will be closed for Memorial Day on Monday, May 25th.

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.

Enjoy every day! Barbara.

Remember that not getting what you want is sometimes a wonderful stroke of luck. –Dalai Lama

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



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

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

LINE DANCING
Starting May 4th
Every Monday 10:00-11:00

We are starting a new class at the new center.

COST \$3.00

ZUMBA Gold
Every Friday
10:30-11:15

CRIBBAGE
Every Tuesday
10:00 -12:00

RUMMY CUBE
Every Friday 12:30-2:30

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 MAY

CLOSED May 25th for Memorial Day



Monday, May 4th, 10:30-11:30

ISSUES AND CONCERNS

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry will be here every 1st Monday of the month.

CINCO DE MAYO

Wednesday, May 6th at 11:00

Come celebrate this Mexican holding with us. It will be a fun-filled fiesta with a free taco bar, Piñata and a “Macarena” lesson! Entertainment: “Kathy Rodger”



Monday, May 11th at 1:00 - Tea Party

Sample great British tea with a touch of history, Downton Abbey style. Dress up in vintage clothes if you wish, and bring an old fashion dessert to share. Don't forget to bring your tea cup too!

WIZARD MUSIC:

Monday, May 11th, 11:00am to 1:00pm

John Kienzle from Wizard Music will provide keyboard melodies “Jerome Kern” for easy listening.

TOWN VOTING - “OLD BUILDING”

Tuesday May 12th 7:30am-8:00pm

The center will be **CLOSED** to programs and events. Bus will be running for voting, hair-dressers, and prescription p/u. **NO BINGO**

NOTE: if we are in the NEW BUILDING, business as usual!!!!

CHAIR MASSAGE

Wednesday, May 20th 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!

SENIOR / VETERAN BREAKFAST

Thursday, May 21st, 8:30

Food Sponsor: Lion's

Speaker: TBD

LUNCH BUNCH

Wednesday, May 13th, 11:30-1:00

“I Hop” 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 MAY 19th 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!!!

HELPING HAND PROGRAM

The helping Hand Program was founded in 1991 to help defray the high cost of durable medical equipment. This in-kind program provides free donated equipment, such as wheelchairs, canes, commodes, special walkers to those whom otherwise would not be able to afford it. For more information, please call (617.722.2230), email (ayershelpinghand@gmail.com) or visit the website.

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.

'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.

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

BENEFITS CHECKUP

Millions of seniors and adult with disabilities qualify but are not enrolled in programs that could help them pay for prescription drugs, medical care, food, or heat for the homes. Benefits Checkup is a free, confidential on line service to see if you qualify for benefits and take the first steps towards applying. Go to: www.benefitscheckup.org

MAY 2015

MON	TUES	WED	THURS	FRI
				1 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- Creole Fish 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
4 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Issues/Concerns 11:30 LUNCH- Fish Sandwich 1:00 Knitting/Crocheting	5 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:00 Wellness Clinic 10:15 Exercise 11:30 LUNCH- Salisbury Steak 12:30 Bingo	6 9:00 Yoga 10:00 Bone Builders 11:00 Cinco de Mayo 11:30 LUNCH- Rotisserie Chicken Entertainment: Kathy Rodg- 	7 10:00 Wii Bowling 11:45 Exercise 11:30 LUNCH-Apricot Glazed Chicken	8 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- Sweet Potato Fish Fillet 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
11 9:00 Tai Chi 10:00 Mexican Dominoes 11:00 Wizard Music 11:30 LUNCH- Hamburger 1:00 Downton Abbey British Tea Party	12 OLD BUILDING—no programs or events. NEW BUILDING: 10:00 Cribbage 10:15 Exercise 11:30 Lunch- Chicken a la King 12:30 Bingo 	13 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- Chicken Nuggets 11:30 Lunch Bunch	14 10:00 Wii Bowling 11:45 Exercise 11:30 LUNCH- Roast Turkey w/Gravy	15 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW-Breaded Fish Strips 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
18 9:00 Tai Chi 10:00 Mexican Dominoes 11:00 Walmart 11:30 LUNCH- Chicken Meatballs w/Gravy 1:00 Knitting/Crocheting	19 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- Beef Stroganoff 12:30 Bingo 3:30 COA Meeting	20 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH- Oven Roasted Chicken	21 8:30 Veteran's / Senior Breakfast 10:00 Wii Bowling 11:45 Exercise 11:30 LUNCH-Roast Pork w/Gravy	22 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- Potato Crunch Fish 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
25 Closed 	26 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- BBQ Chicken Breast 12:30 Bingo	27 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- Cheese Lasagna 11:00 Pheasant Lane 	28 10:00 Wii Bowling 11:45 Exercise 11:30 LUNCH- Baked Ham	29 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- Broccoli, Egg and Cheese Bake 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class

Tyngsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

To make an appointment for our bus, please call the Council on Aging office at 978-649-9211. Our office hours are 8:00AM—4:00 PM. Please call before noon, at least 2 days in advance. 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 COA bus will be taking passengers for Bloodwork and Prescription pick ups on Wednesdays.

The Tyngsborough COA bus still takes passengers for medical appointments on Thursdays (except Harvard).

Tyngsborough medical bus hours will run from 9:00-2:00. Please plan your appointments accordingly.

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 follow 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. Please call the office when you are ready for pick up. Thank you.

REGULAR PROGRAMS AT THE CENTER IN MAY

Monday	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-1:00
Knitting/Crocheting	1:00-3:00
Tuesday	
Wellness Clinic... 5/5	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... 5/20	11:00-12:00
Podiatrist... 6/24	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 11:00 AM 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, Fantastic Sams **Every Tuesday** pick up starts 9:00AM -11:45am

(Special Trips) Off site

- *Wal-Mart, **Wed. May 6th, Mon. May 18th** 11:00am time may vary
- *Lunch Bunch, **Wed. May 13th**, 11:30 "I Hop"
- *Pheasant Lane Mall, **Wed. May 27th**, 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, May 5th 10:00-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.
- ◆ **Podiatrist. New England Foot & Ankle will be at the Center June 24th 12:00- 1:30**
First come first served. Please call the Center and let us know you are coming. Their growth in the community is a direct result of the caring and personal treatment they give to patients. Fee \$25.00

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 Pastries**
- * **Lg/Med size zip locked bags.**
- * **Cold Cups & Hot Cups - 8 oz.**
- * **Sm/Lg Paper Plates, and Bowls**
- * **Plain Napkins.**
- * **Coffee and Creamer.**
- * **Wide Fancy Spring & Summer Ribbon**
- * **Lg Gift Baskets for Raffles**

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

UPCOMING in JUNE

Wednesday, June 10th at 11:00 –
"Virtual Vacation to France"

Thursday, June 18th at 8:30 –
Senior Breakfast; food sponsor—TBD.
Speaker – TBD.

Wednesday, June 24th at 12:00 –
"Summer Solstice White Party and Ice Cream Social"; Ice cream sponsor – Tyngsboro Firefighter's Association; food sponsor – TBD

Wednesday June 24th 12:00-1:30
Podiatrist, first come first served.

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 for Tyngsborough resident. \$10.00 non-resident. If you wish to become a member or make a donation you can find the address below.

Thanks to all of our April 2015 Donors.

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

Aging - Health News

Tai Chi for Seniors Benefits Both Body and Mind

For many seniors seeking a way to get low-impact exercise that improves health and requires no special equipment, Tai Chi is an excellent solution.

Because Tai Chi can be done indoors or out, and as a group activity or by yourself, it suits both people who like to work out alone at home and those who prefer to get their exercise in a social setting



Ancient Tradition Meets Effective Exercise

Developed in China more than 2,000 years ago, Tai Chi is a gentle form of exercise that's been described as "meditation in motion." In other words, the motions are slow and controlled. Perhaps you've seen people practicing Tai Chi at the gym or in the park

While people in Western culture have quietly been practicing it for some time, it's only quite recently that Tai Chi has started to be studied by Western science. What researchers have found is that Tai Chi provides a great workout for your body in a number of ways.

The Benefits of Tai Chi

Studies have shown that regularly practicing Tai Chi benefits seniors in a number of ways:

- ◆ Improves symptoms of arthritis
- ◆ Improves symptoms of Parkinson's disease
- ◆ Effectively reduces stress
- ◆ Provides overall pain relief
- ◆ Improves feeling of overall well-being
- ◆ Improves flexibility

Lowers blood pressure

Now there are multiple studies suggesting that Tai Chi may help increase arterial flexibility – which sounds complicated but is really as simple as the ability of your arteries to expand and contract as blood pulses through them. So it follows that a high level of arterial flexibility is a good indicator of overall cardiovascular health, while poor arterial flexibility is an excellent indicator of circulation problems and risk of heart disease.

When someone says "physical fitness," we normally think of strength and speed – how much you can lift and how far or fast you can run. But it turns out that flexibility is also one of the core components of physical fitness.

In a study published in the American Journal of Physiology, a team of researchers "tested the hypothesis that a less flexible body would have arterial stiffening." They tested the flexibility of 526 adults (with ages ranging from 20 to 83) by conducting a sit-and-reach-for-your-toes test. What the team found is that in middle-aged and older subjects, arterial stiffness "was higher in poor-flexibility than in high-flexibility groups."

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!

