

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

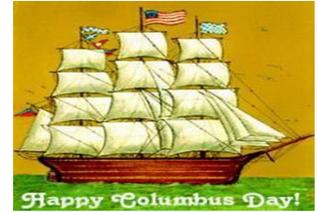
Mail Address: 25 Bryant Lane

E-mail: broche@tyngsboroughma.gov

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

councilonaging@tyngsboroughma.gov

News & Tyngs



October 2015

I hope you all have had an opportunity to visit the new Senior Center. We have volunteer greeters here every day to assist you and answer any questions you may have.

As you have heard we should be receiving our 2nd van, please let us know what other trips that you would be interested in.

Here are the upcoming 'Special' Events:

- ◆ Friday, October 2nd at 10:30 – Wizard Music.
- ◆ Monday, October 5th at 10:00 – Crafting – join us to make some homemade Christmas Ornaments that we can sell at the annual Craft Fair.
- ◆ Thursday, October 8th at 1:00 – Age Appropriate Self Defense w/Leslie Mathews – certified instructor. (\$20.00 per person)
- ◆ Thursday, October 15th at 8:30 – Senior/Veteran's Breakfast; sponsored by the Tyngsboro/Dunstable Lion's Club; followed by "Under the Hood Inspection". Must sign up by October 9th.
- ◆ Monday, October 19th at 1:00 – Fall Tea Party
- ◆ Friday, October 23rd at 11:45 – "SHINE" update
- ◆ Wednesday, October 28th at 11:00 – Halloween Party

REMINDER: It would be very much appreciated if you please remember to sign up for all events by the deadlines stated. It is unfair to those who have signed up if we do not have enough food for everyone!! Also, the sponsors need to plan accordingly. Thank you!

Enjoy every day! Barbara.

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." – Carl Bard

STAFF

Barbara Roche - Director
Tracy Pecora - Administrative Assistant
Bernie Mercier - Program Coordinator
Midge Poirier - Meal Site Coordinator
Tom Tiano - Custodian
Rose McGarry—Outreach Worker

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
Theresa Martineau
Jean Jacoppi

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

NOTE: Leslie will also be teaching an Age Appropriate Self Defense Class on Oct. 8th at one o'clock. Fee \$20.00.

BINGO
Every Tuesday 12:30-3:00

This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement. Come join us.

EXERCISE CLASSES
Tuesday & Thursday 10:30-11:30
Plenty of space available. 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.

MOVEMENT FOR EVERY-BODY
Starting October 14th
Wednesday at 12:30
Cost \$3.00



Best Exercise for Senior's that Need Slow, Soft, and Gentle Moves. Easy to follow step by step exercise to help maintain a healthier life.

Elder-Chair Yoga
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



(Focus on Drawing)
Every Tuesday 1:00 - 3:00

Instructor: Michael Vieira
Cost \$5.00 per class. Space limited

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. **Waiting List Only.**

ZUMBA Gold
Wed.1:45 / Fri.10:30
Space Available Weds.
Fee \$4.00



GAMES
(No fee)
Mon. 10:00 Dominoes
Tues. 10:00 Cribbage
Weds. 12:30 Pinochle
Thurs. 12:00 Mahjong
Fri. 12:30 Rummy Cube

LINE DANCING
Instructor: Marcella.
Every Monday 10:00-11:00
Cost: \$3.00

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for OCTOBER

WIZARD MUSIC:

Friday, October 2nd, 11:00

John Kienzle from Wizard Music will provide keyboard "Beatles Music" for easy listening.

ISSUES AND CONCERNS

Monday, October 5th 10:30-11:30

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry is available here every 1st Monday of the month to hear your concerns.

CRAFTING

Monday October 5th. 10:00

Join us to make homemade Christmas Ornaments to sell at our craft fair, Saturday Oct. 24th

CLOSED FOR COLUMBUS DAY

Monday, October 12th

LUNCH BUNCH

Wednesday, October 14th, 11:30

If you need transportation for this trip, call 3 days in advance 978-649-9211. Head count by Oct. 9th. "99 Restaurant" Lowell MA.

SENIOR/VETERAN BREAKFAST

Thursday, October 15th, 8:30

Sponsored by Lion's Club. "FREE"

Come by and start your day with a healthy breakfast. Greater Lowell Vocational School will be here doing Under Hood Fluid Inspections for your car. Speaker... Safe Driving.

REAL ESTATE TAX ABATEMENT-

Thursday October 15th 9:00-11:00

A Representative from the Assessor's office will be at the Center to do Real Estate Tax Abatements.

AUTUMN TEA GATHERING

Monday, October 19th 1:00

Come in and have fun sampling several types of new teas with us at our semi-annual tea gathering. Head count by Oct. 14th. You're more than welcome to bring a light snack. To share.

CHAIR MASSAGE

Wednesday, October 21st 11:00

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes.

SHINE PRESENTATION

Friday October 23rd, 11:45

Elder service will be here doing a presentation on the open enrollment period For Medicare which begins October 15th thru December 7th. They will be answering any questions that you might have.

FRIENDS OF THE COUNCIL ON AGING CRAFT FAIR

Saturday, October 24th, 9:30-2:30

Location: Tyngsborough Council on Aging
169 Westford Rd Tyngsborough, MA.

HALLOWEEN PARTY

Wednesday October 28th 11:00-1:00



Celebrate Halloween with us! Costumes are optional but there will be a prize for the best one. Bring your favorite Halloween recipe to share if you want. Head count by Oct 23rd. Entertainment Sing-a-long with Kathy Rodger, provided by the Cultural Council.

DAY OF BEAUTY...

Wednesday, October TBD 10:00-12:45

FLU & PNEUMONIA SHOTS:

When 9:00-12:00 DATE: TBD

Tyngsborough Council on Aging will be offering Flu shots to anyone over 60. **First Come First Served.**

Call Town Hall...978-649-2300 for date.



Tyngsborough COA Newsletter

IN CASE YOU DIDN'T KNOW

COA Board Meeting October 20th 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!!!

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

SNAP (Supplemental Nutrition Assistance Program) benefits may be available to you. The maximum amount of SNAP benefits could be \$194/month to help with your food. For the handbook, download ncoa.org/SNAPHandbook. To find the application visit BenefitsCheckup.org/MCOA. To get help in applying please contact the senior center and our outreach worker can help you file the application.

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 (978-946-1303),

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

Medicare Open Enrollment Period

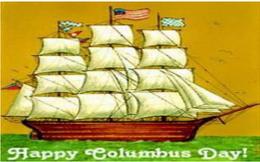
Don't Wait Until It's Too Late!

The annual Medicare Open Enrollment (October 15-December 7) is the time to enroll in or **CHANGE** your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. As always, Open Enrollment is a very busy time so it isn't too soon to schedule your appointment with a SHINE counselor during the Open Enrollment. If you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be receiving information in the mail about changes to your current plan. Be sure to save this information and bring it along with your prescription drug list and your Medicare card, to your SHINE appointment. **Remember: Medicare Open Enrollment ends December 7th!**

Note: The Tyngsborough Council on Aging will be getting a new SHINE COUNSELOR. Check the bulletin boards for sign up sheet or call the center.

You can call **1-800 AGE-INFO (1-800-243-4636)** then **press** or **say 3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. Or for assistance from Medicare customer service representative 24 hours/day, 7 day/week, call **1-800-MEDICARE**.

OCTOBER 2015

MON	TUES	WED	THURS	FRI
			1 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH– Cheese Lasagna 12:00 Mahjong	2 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:00 Wizard Music 11:30 MOW– Salmon Boat/ Potatoes 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class
5 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Issue and Concerns 11:30 LUNCH– Chicken Fajitas 1:00 Quilting/ Knitting	6 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Baked Fish 12:30 Bingo 1:00 Focus on Drawing	7 9:00 Yoga 10:00 Bone Builders 10:30 Walmart 11:30 LUNCH– Meatball Sub/ Potato Salad 12:30 Pinochle 12:30 Movement for Every-Body 1:45 Zumba Gold	8 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH– Glazed Pork Loins/ Scalloped Potatoes	9 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Tuna Noodle Casserole 11:30 Feast Friday 12:30 Rummy Cube
12 CLOSED for  Happy Columbus Day!	13 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Chicken Marsala over Bowtie Pasta 12:30 Bingo 1:00 Focus on Drawing	14 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Shaved Steak w/peppers onion 11:30 Lunch Bunch “99 Restaurant” 12:30 Pinochle 12:30 Movement for Every-Body 1:45 Zumba Gold	15 8:30 Veteran’s / Senior-Breakfast 9:00 Under the Hood Ins. 9:00 Tax Abatement 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH– Roasted Turkey Dinner w/stuffing	16 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Stuffed Shells with Tomatoes 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class
19 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH– Tuna Salad over Shredded Lettuce 1:00 Autumn Tea Gathering 1:00 Quilting/ Knitting	20 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Baked Ham 12:30 Bingo 1:00 Focus on Drawing 3:30 COA Meeting	21 9:00 Yoga 10:00 Bone Builders 10:30 Wal-Mart 10:30 Pheasant Lane 11:00 Chair Massage 11:30 LUNCH – Pot Roast w/ gravy 12:30 Pinochle 12:30 Movement for Every-Body	22 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH– BBQ Chicken Roasted Potatoes 12:00 Mahjong	23 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Marconi and Cheese/ Tomatoes 11:30 Feast Friday 11:45 Shine Presentation 12:30 Rummy Cube 12:30 Paint Class
26 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH– Pork Diane/sweet potatoes	27 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Egg Salad on shredded lettuce 12:30 Bingo 1:00 Focus on Drawing	28 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Potato Crusted Fish 11:00 Halloween Party 12:30 Pinochle 12:30 Movement for Every-Body 12:00 Podiatrist 1:45 Zumba Gold	29 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH– Meatloaf w/gravy, mash potatoes 12:00 Mahjong	30 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Chicken Parmesan w/ Marinara Sauce Pasta 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class

Tyngsborough COA Newsletter

Bus Info/Regular Programs

BUS DRIVERS

Louanne Brady , Phil Molleur, Jerry Richall,
Will Mercier, Mike Knight, Art Boyle, Jim Allen

BUS NOTICE

To make an appointment for our bus, please call the Council on Aging office at 978-649-9211. Our bus hours are 8:30AM-3:00PM for non-medical.

Medical appointment only, our bus hours are 9:00AM-1:00PM are first pick start at up 8:30AM last pick 2:00PM. Please call before noon, 2 business days in advance. Thank you.

The Tyngsborough COA bus will be taking passengers for Bloodwork and Prescription pick ups on Wednesdays. So please schedule the bus accordingly.

Tyngsborough medical bus hours will run Monday thru Friday from 9:00-2:00. Please make your appointment no later than 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 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 and not the bus phone when you are ready for pick up. NO – ONE should be calling the bus phone or the driver privet cell phone. Thank you.

The bus is for Tyngsborough Residents only!

REGULAR PROGRAMS AT THE CENTER IN OCTOBER

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

Monday.....	
Tai Chi	9:00-10:00
Line Dancing	10:00-11:00
Mexican Train Dominoes	10:00-1:00
Knitting Group	1:00-2:30
Tuesday.....	
Wellness Clinic... Oct. 6th	10:30-12:00
Cribbage	10:00-12:30
Exercise...	10:30-11:30
Bingo	12:30-2:30
Focus on Drawing	12:30-2:30
Wednesday.....	
Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage...	11:00-12:00
Podiatrist... October 28th	12:00-1:15
Pinochle	12:30-2:30
Body Movement	12:30-1:30
Zumba Gold	1:45-2:30
Thursday.....	
Wii Bowling	10:00-11:30
Exercise	10:30-11:30
Mahjong	12:00 1:30
Friday.....	
Bone Builders	9:00-10:00
Yoga	10:00-10:30
Zumba Gold	10:30-11:15
Rummy Cube	12:00-2:30
Paint Class	12:30-2:30

Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC
Tyngsborough Council on Aging
169 Westford Rd 978-649-9211

Nancy Harding, RN, from the
Circle Home, Inc.

- ◆ **Tuesday, October 6th 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 October 28th 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:

- * Cold Cups & Hot Cups - 8 oz.
- * Sm/Lg Paper Plates, and Bowls
- * Plain Napkins
- * Cellophane for Raffle Baskets (3' foot roll)
- * Looking for old jewelry to sell at the Friends Craft Fair. Check out your jewelry boxes to see what you could give for a donation. All proceeds will be going to benefit the Senior Center. Please drop off donation at the Senior Center.

Thank you for all who have donated in the month of September!!

UPCOMING in NOVEMBER

CENTER CLOSED:

Veterans Day -November 11th
Thanksgiving Holiday-November 26th, 27th

CHRISTMAS TREE SHOP

Monday, November 9th, 10:00-12:00

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

VETERAN'S DAY CELEBRATION

Monday , November 9th, 11:30-1:00

THANKSGIVING DINNER

Wednesday, November 18th, 11:30

Come and enjoy a Thanksgiving Dinner with all the fixings at the Senior Center. Must sign up for dinner by November 13th dead line. Cost \$5.00

THANKSGIVING DAY at the HUDSON FISH & GAME

Thursday, November 26th, 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.

OFF-SITE BUS TRIPS Pick up times.

- *Food Shopping/Wal-Mart : **Friday Mornings**
P/U starts at 9:30am Drop off 10:30 and bus will return at 12:00
- *T.J Max Plaza, Fantastic Sam's **Every Tuesday**
pick up starts 9:45am -11:45am

(Special Trips) Off site

- *Wal-Mart, **Wed. Oct. 7th, 21st 10:30-12:30**
- *Pheasant Lane Mall, **Wed. Oct. 21st, 10:30 –12:30**
- *Lunch Bunch, **Wed. Oct. 14th 11:30 - 1:00**
99 Restaurant

Aging - Health News



Senior Flu Prevention and Taking Care of the Elderly

"Getting the flu can be a nasty experience, no matter what your age or general health, and each year flu shots are a major public health initiative. But, because of the risks to the elderly, senior flu prevention is especially important".

HOW FLU SPREADS

Seasonal (or common) flu is one of the most highly contagious illnesses. It is spread by "respiratory drops"-coughing and sneezing. Someone may touch something with the flu virus on it-such as door knobs, telephones or shopping cart handles-then unwittingly touch their mouth or nose.

And it's not enough to simply stay away from other people who feel sick. People may be contagious one day before they develop any symptoms, and for up to five days after becoming sick, "That's part of the problem; people don't realize they have the virus before they actually feel sick."

Flu symptoms include fever, chills, runny or stuffy nose, headache, sore throat, cough, extreme fatigue, and muscle aches. Nausea, vomiting and diarrhea are sometimes present, but rarely prominent.

FLU ANTIDOTES

Flu season typically runs from October through the end of February, but some years it runs into March and April as well. It is estimated that 10 to 20 percent of the U.S. population contracts influenza each year. Once someone gets the flu, the only real "cure" is to rest and drink plenty of fluids, although a doctor may prescribe Tamiflu® or Relenza®, both anti-viral medications which can keep the influenza virus from spreading inside the body and shorten the duration of symptoms. Both must be taken within 48 hours of the onset of flu symptoms, and neither is a substitute for a flu vaccination.

FLU & SENIOR HEALTH

While otherwise healthy adults can be laid low by the flu for a full week, senior citizens are at risk for becoming much sicker. "They are more vulnerable, once they get the flu, to develop complications. Because the flu is really a pretty severe illness, they may not have as much of what we call 'physiological reserve' as a younger adult. So, seniors will feel very sick from a case of the flu and that puts them at greater risk for complications."

One of the more serious complications is primary viral **pneumonia** or a secondary bacterial pneumonia. Most hospitalizations and deaths from the flu are a consequence of pneumonia and other respiratory disorders. Also, if a senior has any chronic health conditions, such as congestive heart failure, chronic lung disease, even diabetes or renal failure, those could be exacerbated by the flu. And another common complication of the flu is dehydration, so drinking plenty of fluids is especially vital for the elderly.

During flu season, practicing good hygiene can help people avoid catching or spreading the flu. Wash hands frequently, especially after touching door knobs and stair rails in public places. Always cover nose and mouth when coughing or sneezing, and immediately wash hands afterward. And, of course, stay away from people who are sick. People taking care of the elderly especially need to follow this type of common sense senior flu prevention.