

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

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

October, 2016

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

News & Tyngs



As the days get shorter and the cool crisp air is here, we can sit back and enjoy the foliage (if we have any)! We will be preparing soups on Fridays. With an occasional special meal. Any meal ideas or donations of ingredients will be accepted.

Here are the upcoming October events:

- ♦ Tuesday, October 4th (9:00 AM – 12:00 PM) and October 11th (1:00 PM – 4:00 PM) – Flu Clinic by Tyngsboro Family Pharmacy
- ♦ Monday, October 17th – Fall Tea Party
- ♦ Thursday, October 20th – Last Senior/Veteran Breakfast – Sponsored by the Lion's Club; Followed by a presentation from Enterprise Bank “Keeping Seniors Safe: Elder Financial Scams”, AND “Under the Hood Inspection” provided by the students from the Greater Lowell Vocational School.
- ♦ Monday, October 24th – Wizard Music
- ♦ Saturday, October 29th – Friends Craft Fair
- ♦ Monday, October 31st – Halloween Party – Prize for best costume; Entertainment – Kathy Rodger sing-a-long sponsored by the Local Cultural Council.



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.

“I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.” - Groucho Marx

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

Newsletter Index

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ONGOING ACTIVITIES

CRYSTAL BOWL MEDITATION
First Monday of each month 1:00-2:30
October 3rd **Cost \$ 3.00**



TAI CHI
 Instructor Lesley Mathews
Both Mind and Body
Every Monday 9:00...
Cost \$3.00

LINE DANCING
 Instructor Marcella
Every Monday, 10:00-11:00 \$3.00
Every Wednesday 12:30-1:30
Every Thursday, 9:00-10:00 \$3.00

EXERCISE CLASSES
 Instructor Elaine Corsetti
Tuesdays & Thursdays
10:30-11:30
Space available. **Cost \$3.00**

BINGO
 Bingo Caller
 Donna Doulamis
Every Tuesday
12:30-3:00
 This activity keeps
 your mind stimulated.

CHAIR YOGA
 Lynda Gambale
Every Wednesday 9:00...
\$3.00
 Relax your Mind and Body
 from every day stress.

GAMES (No fee)
 Mons. 10:00 Dominoes
 Tues. 10:00 Cribbage
 10:00 Every Second Wed of
 the Month Trivia Pursuit
 Fri. 12:30 Rummy Cube

ZUMBA GOLD
 Instructor Leslie Jarvis
Wed. 1:45 & Fri. 10:30
Cost \$4.00
 Music with a fun,
 effective workout.

BONE BUILDERS # 1
Wednesdays 10:00
Fridays 9:00

BONE BUILDERS # 2
Mondays 11:15
Wednesdays 11:15

Bone builders is a FREE national program that
 provides seniors 60 and over with balance and muscle toning.

WII BOWLING
 Beverly Rudeen
Every Friday 10:00-11:30
Every third Thursday
October 20th 10:00
 After **Free** breakfast.

PAINTING CLASS
 Marie Stabile
Every Friday 12:30-2:30



WANTED
BY the FCOA
 Donations of gently used jewelry, scarves,
 handbags etc.. for resale at the Friends COA
ANNUAL FAIR
 Saturday, October 29th, 2016, 9:00-2:00
 Please bring any donation to the
 Tyngsborough Council on Aging
 169 Westford Rd, Tyngsborough Ma.

SPECIAL PROJECT
KNITTERS and CROCHETERS
Mondays 1:00-2:30

We are looking for help with afghans for
 Women and Children in the Battered
 Women's Shelter. We could use your help
 making these.

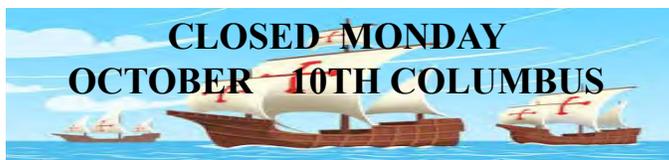
Needles and yarn are supplied. Also accept-
 ing gently used afghans in all sizes as well
 as toiletries for guest bags.

STRIP PIECING CLASS

Instructor Pat Granfield
 Starting Thursday, October 6th,
 1:00-3:00

We will be starting a new class
 if you are interested in learning
 how to make a quilt.

SPECIAL PROGRAMS for OCTOBER



ISSUES AND CONCERNS

Monday, October 3rd, 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.

PARLEE FARM

Thursday, October 6th, 10:30

Let's support our farm and take a trip to do some apple picking, they have 20 varieties of delicious apples, do some flower picking to brighten up your home, and while you're at the Farmstand, take the time to watch them make **Apple Cider Donuts** right before your eyes. You can order a **Warm Apple Crisp at Mary's Country Kitchen** to enjoy at one of their picnic tables, then stroll over to visit **Annie's Animal Barns** to feed their friendly farm animals. **Sign up by October 3rd.**

VETERANS' COFFEE HOUR!!

Thursday, October 6th, 9:30AM - 10:30AM

(Run by Chris Dery - Town Veteran's Agent) This is an informal group that meets once a month to reminisce about time served and discuss benefits that are available to veterans. Come on down and have a cup of coffee and a donut amongst friends!

NUTRITIONAL FACTS ON SODIUM

Friday, October 7th, 12:00

Presented By Leigh Hartwell Registered Dietitian. Leigh will cover topics like Current Sodium Recommendations, Hidden Sources of Salt, Heart Healthy Sodium, and your Congregate Meals. Leigh will answer any questions you might have.

LUNCH BUNCH - Have Lunch With a Friend

Wednesday, October 12th, 11:30-1:00

If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus. Call 3 days in advance for the bus. 978-649-9211. **99 Restaurant.**

TRIVIAL PURSUIT DAY

Wednesday, October 12th, 12:00PM

Keep your mind sharp by testing your knowledge of trivia. Join in on the fun!

AUTUMN TEA GATHERING

Monday, October 17th, 1:00

Come in and have fun sampling several types of new teas with us at our semi-annual tea. Bring a favorite home-made goodie and a recipe to share with everyone if you like. **Sign up by October 12th**

CHAIR MASSAGE THERAPIST

Wednesday, October 19th, 11:00

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

SENIOR/VETERAN BREAKFAST

Thursday, October 20th, 8:30

Sponsored by Lion's Club. **"FREE"**

Come start your day with a healthy free breakfast. Greater Lowell Vocational School will be here doing Under Hood Inspections "fluid checks" free. It's always good to prepare for the winter months. Guest speaker Prema Nagathan Enterprise bank, Senior Fraud.

WIZARD MUSIC:

Monday, October 24th 1:00

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

FRIENDS OF THE COUNCIL ON AGING CRAFT FAIR

Saturday, October 29th, 9:30-2:30

Location: Tyngsborough Council on Aging, 169 Westford Rd Tyngsborough, MA. If you are interested in renting a table for \$25.00 please call Jean Kareores (978-649-0731) or Joe Jacoppi (978-649-9076)

HALLOWEEN PARTY

Monday, October 31st, 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. Entertainment Sing-a-long with Kathy Rodger, provided by the Cultural Council. **Sign up by October 26th**

IN CASE YOU DIDN'T KNOW

COA Board Meeting NEXT MEETING OCTOBER 18TH

**FLU & PNEUMONIA SHOTS:
Tuesday October 4th 9:00-12:00**

Tuesday October 11th 1:00-4:00

The Tyngsborough Family Pharmacy will be giving out FLU SHOTS to anyone over 60 at the Tyngsborough Council on Aging, 169 Westford Rd. **First Come First Served**



The File of Life program is meant to provide quick and easy access to your basic medical information. It is a red magnetic plastic folder that can be easily kept on the refrigerator for speedy access in the event of an emergency. The file contains important personal information regarding your health and emergency contacts in the event that

you are unable to give the information. The File of Life is also available in a smaller, non-magnetic size that can be carried in a purse or wallet or glove compartment of your car when you are away from home.

Fuel Assistance

If you received Fuel Assistance last year, applications started going out in August. So be patient. If you look below you will have an idea of delivery dates.

Deliverable fuel	August 2016
Gas & Electric	September 2016
Heat Included in the Rent	January 2017

If you have not received Fuel Assistance in the past but you want to apply this year you need to make an appointment with Rose McGarry at the Tyngsborough COA or go to Community Teamwork in Lowell.

Opening enrollment applications will be accepted starting September 11th, 2016. You can schedule your appointment by calling 978-649-9211, and you will be told what to bring.

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!**

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**.

In Case of a State Emergency

With the winter months upon us, don't forget to stock up on staples for your pantry, such as foods that do not need cooking: bread, crackers, canned tuna, peanut butter, protein bars, milk in a carton, juice, etc. Make sure if you take medication that you have enough on hand to get by for a week or so. In the case of a state of emergency, you should have enough supplies to survive without leaving your house for a few days. You need to be prepared in case you have to fend for yourself. If there is a state of emergency and the Center is **CLOSED** there will be no bus services, and NO staff available to meet your needs. Unless it's an absolute emergency, call your town's police dept. 978-649-7504.

OCTOBER 2016

MON	TUES	WED	THURS	FRI
3	4	5	6	7
9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Issue and Concerns 11:00 Wizard Music 11:15 Bone Builders 2 11:30 LUNCH–Lasagna 1:00 Crystal Bowl 1:00 Knitting	9:30 Wellness Clinic 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Turkey 12:30 Bingo Flu Shots 9-12:00	9:00 Yoga 10:00 Bone Builders 1 11:15 Bone Builders 2 11:30 LUNCH–Frittata 10:30 Walmart 10:30 Pheasant Lane Mall 1:45 Zumba Gold	8:00 SHINE 9:00 Line Dancing 9:30 Veteran’s Coffee Hour 10:30 Exercise 10:30 Parlee Farm 11:30 LUNCH– Beef Stew	AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW- 11:30 Lunch -Chicken Pick of the Day 12:30 Rummy Cube 12:30 Paint Class 12:00 Facts Nutrition
10	11	12	13	14
CLOSED IN OBSERVANCE OF  COLUMBUS DAY <small>NEWBURGH COUNTY</small>	10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Hamburger 12:30 Bingo Flu Shot 1:00-4:00	9:00 Yoga 10:00 Bone Builders 1 11:15 Bone Builders 2 11:30 Lunch Bunch 99 Restaurant Lowell 11:30 LUNCH–Chicken 12:00 Trivial Pursuit 1:45 Zumba Gold	9:00 Line Dancing 10:30 Exercise 11:30 LUNCH– Pork	AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Eggplant Parm 11:30 Lunch - Pick of the Day 12:30 Foot Care 12:30 Rummy Cube 12:30 Paint Class
17	18	19	20	21
9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:15 Bone Builders 2 11:30 LUNCH–BBQ Chicken 1:00 Fall Tea Party	10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:00 Foot Care 10:30 Exercise 11:30 LUNCH–Shep.Pie 12:30 Bingo 3:30 COA Meeting	9:00 Yoga 10:00 Bone Builders 1 11:15 Bone Builders 2 11:00 Massage Therapist 11:30 LUNCH–Salmon 1:45 Zumba Gold	8:00 SHINE 8:30 Senior / Veteran - Breakfast 9:00 Line Dancing 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH–Chicken	AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:30 Zumba Gold 11:30 MOW-Mac & Cheese 11:30 Lunch - Pick of the Day 12:30 Rummy Cube 12:30 Paint Class
24	25	26	27	28
9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:00 Wizard Music 11:15 Bone Builders 2 11:30 LUNCH– Pasta Primeve. 1:00 Knitting	10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Sweet & Sour Pork Meatballs 12:30 Bingo	9:00 Yoga 10:00 Bone Builders 1 11:15 Bone Builders 2 11:30 LUNCH–Hot Dog 1:45 Zumba Gold	9:00 Line Dancing 10:30 Exercise 11:30 LUNCH –Pot Roast	AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Scrod 11:30 Lunch - Pick of the Day 12:30 Rummy Cube 12:30 Paint Class
31				
9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:15 Bone Builders 2 11:00 Halloween Party 11:30 LUNCH– Turkey Broccoli Casserole 1:00 Knitting 		Flu and Pneumonia Shots Tuesday the 4th 9:00-12:00 Tuesday the 11th 1:00-4:00 60+ First come first served.		

Bus Info/Regular Programs

BUS DRIVERS

Maureen Quinn , Jerry Richall,
Will Mercier, Mike Knight

OFFSITE TRIPS / BUS NOTICE

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 –bus will return one hour after drop off.
- ◆ Walmart, Wed. **Oct. 5th**, 10:30-12:30
- ◆ **Pheasant Lane Mall, Wed. Oct. 5th, 10:30 -12:30**
- ◆ Parlee Farm Thurs. Oct. 6th 10:30
- ◆ Lunch Bunch, Wed. Oct. 12th 11:30-1:30,
99 Restaurant... Lowell

Bus Information

Medical trips are Monday thru Thursday.
NO medical on Fridays. When you schedule a medical trip please schedule between 9:00-1:00. The dispatcher doesn't take any trip after 1:00.

- ◆ **Starting ASAP, appointments that do not have a precise time will be added in as a filler. Scheduled appointments will have first priority. (Medical)**

- | | |
|------------------|--------------------------------|
| 1. Banking | 4. Voting |
| 2. Prescriptions | 5. Town Library |
| 3. Post Office | 6. Blood Test (unless fasting) |

Snow Cancellation Policy

IF SCHOOL has CANCELLED The Center will still be open.
If Town Hall offices are closed in Tyngsborough due to a snow storm the Tyngsborough COA will be closed. *When in doubt just call and see if we're open.*

BUS Transportation:

If there is no school in Tyngsborough the elder bus ***WILL NOT RUN.*** *If the schools have a 2-hour delay the bus will not start till 10:00am. If you have a morning appointment before 10:00 you will have to cancel it.*

Cancellations will be announced on WCAP Radio 98.5 & TV News on 4, 5, 7.

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
Manicure Service...	9:00-2:30
Line Dancing	10:00-11:00
Mexican Dominoes	10:00-1:00
Issues and Concerns... 10/3	10:30-11:30
Bone Builders #2	11:15-12:15
Knitting Group	1:00-2:30
Crystal Bowl... 10/3	1:00-2:30

Tuesday.....

Wellness Clinic... 10/4	9:30-12:00
Cribbage	10:00-12:30
Footcare Focus... 10/18	10:00-2:00
Exercise	10:30-11:30
Bingo	12:30-2:30

Wednesday.....

Yoga	9:00-10:00
Bone Builders # 1	10:00-11:00
Bone Builders # 2	11:15-12:15
Chair Massage... 10/19	11:00-12:30
Zumba Gold	1:45-2:30

Thursday.....

SHINE... 10/6-10/20	8:00-12:00
Line Dancing	9:00-10:00
Veterans Coffee Hour... 10/13	9:30-10:30
Wii Bowling... 10/20	10:00-11:30
Exercise	10:30-11:30

Friday.....

Bone Builders #1	9:00-10:00
Wii Bowling	10:00-11:30
Zumba Gold	10:30-11:15
Rummy Cube	11:00-2:30
Paint Class	12:00-2:30

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

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

Sarah Kinghorn / Christine Quiry, BSN RN CFCN



Next appointment, Tuesday, Oct 18th, 12:30-3:00

Prices:

- ◆ Clinic Appointment: \$30.00 / Home Visit: 60.00
- ◆ Clinic appointments are 30 minutes.
- ◆ Ending with a relaxing foot massage. Can't beat the treatment.
- ◆ *Checks made payable to Footcare Focus.*

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

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

- ◆ The first Tuesday of each month.

October 4th, 9:30-12:00.

Blood pressure readings, weight checks and medication reviews. First come, first served.

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.**



SHINE

Thursdays, October 6th-20th, 8:00-12:00 *Serving Health Insurance Needs of Everyone.* Our Counselor Chuck Kluga will be holding office hours at the Center every other Thursday. Call 978-649-9211 to schedule an appointment. ***Please bring insurance cards and a list of prescriptions you take with you.***

UPCOMING in NOVEMBER

CENTER CLOSED:

Veterans Day –Friday, November 11th
Thanksgiving Holiday–November 24th, 25th

CHRISTMAS TREE SHOP

Monday, November 14th, 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

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

THANKSGIVING DINNER

Wednesday, November 16th, 11:30

Come and enjoy a Thanksgiving Dinner with all the fixings at the Senior Center. Must sign up for dinner by November 9th deadline. Cost \$5.00

THANKSGIVING DAY at the HUDSON FISH & GAME

Thursday, November 24th, 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.



CENTER CLOSED:

Veterans Day –Friday November 11th

New News

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!!!

CLASSIFIED SECTION

DONATIONS NEEDED:

- * Hot Coffee Cups - 8 oz.
 - * Coffee
 - * Sm Dessert Plates, Lg Holiday Paper Plates
 - * Medium Paper Bowls
 - * Clear Wrapping paper to wrap baskets.
- ⇒ We need volunteers to help deliver homebound meals to our seniors. If you are interested please call 978-649-9211 and ask for Barbara Roche.
- ⇒ If you would like to be a greeter, we're looking for you! If you are interested please call Tracy Pecora at 978-649-9211.

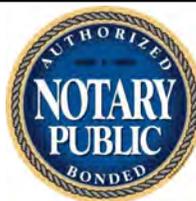
Thanks to all, who make things possible with your donations.



Outreach Worker Rose McGarry

Hours Tuesdays and Wednesdays 9:00-2:00

The Outreach program provides information and referrals to seniors and their families about programs and services provided by the Council on Aging and other agencies in the elder network. Rose works collaboratively with many agencies serving seniors, including home care, legal assistance, protective services, housing and visiting nurses.



Notary Public

Rose McGarry

Licensed Professional and Bonded
Notary Public Services
Free for 55 and over

Service Hours
Tuesdays and Wednesdays
9:00am - 1:00pm
Call for an appointment
978-649-9211

The Nail Lady

Louise Fuller

Manicuring Service
October 9:00-2:30

If you would like to take advantage of this 55+ program give the center a call at 978-649-9211. It's not just for women, men too!

Women's Full Manicure	\$10.00
Women's Mini Manicure	\$5.00
Women's Pedicure	\$15.00
Men's Manicure	\$ 5.00
Men's Pedicure	\$ 15.00



Don't forget to stock up on batteries for the winter months, in case you lose power. AAs, Cs, and Ds. Check all your flash lights and radios.