

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



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

November, 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



Fall is here and the days are getting shorter and shorter. Don't forget to turn your clocks back one hour on Sunday, November 6th. It is the time of year to give thanks for all of our family, friends, service members, first responders, volunteers and everyone that gives of themselves for the greater good!!!

I hope you all have had an opportunity to join in some of the fun events and activities here at the senior center. Also, remember, we provide services for the elderly here too!!! In this newsletter is information on fuel assistance, SHINE (serving health insurance needs of everyone!), Wellness Clinic, Outreach, etc. The main priority of the Council on Aging is to link needs with services!

Here are the upcoming November events:

- Wednesday, November 9th – Veteran's Day Celebration
- Wednesday, November 16th – Thanksgiving Celebration; \$5.00 per person, must purchase a ticket by November 9th

We will be closed on Friday, November 11th for Veteran's Day and Thursday, November 24th and Friday, November 25th for Thanksgiving.

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.

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.” - Brian Tracy

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

COA Board Meeting

Meetings are the third Tuesday of each month. Next meeting is November 15th at 3:30. Open to the Public.

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ONGOING ACTIVITIES



**CRYSTAL BOWL
MEDITATION**
First Monday of each month
1:00-2:30 November 7th
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
Wed. 11/9 12:00 Trivial 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.

STRIP PIECING CLASS
Quilting
Instructor Pat Granfield
Every Wednesday, 1:00-3:00

If you are interested in learning how to
make a quilt, stop by and join the
group.

PAINTING CLASS
Every Friday 12:30-2:30



Paint Class Instructor needed
Call 978.649.9211. Ask for Barbara

WII BOWLING
Beverly Rudeen
Every Friday 10:00-11:30

BREATH at EASE
MASSAGE THERAPIST
Louise Doyle Holistic Nurse
\$15.00 Dollars for 15min

Thursday, November 3rd, 12:00PM
Geriatric massage is designed to meet the spe-
cific needs of the elderly. It helps to improve
circulation and relieve pain. If you need more
time than 15 minutes you're welcome to more
time.

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

We are looking for help for women and children
who are at the Women's Battered Shelter. We
could use your help making scarves, mittens,
hats, afghans etc... You don't need to come to
the center if you are more comfortable at home.
If you need any supplies we have yarn, needles
etc.. Just come by. Someone will be glad to help
you. We also could use help with toiletries for
guest bags.

SPECIAL PROGRAMS for NOVEMBER

Don't forget to get out and Vote. Tuesday, November 8th. Polls open 7:00AM-8:00PM. Every vote counts.

CENTER CLOSED

- **VETERANS' DAY, Friday, November 11th**
- **THANKSGIVING HOLIDAY**
Thursday, November 24th
Friday, November 25th

ISSUES AND CONCERNS

Monday, November 7th, 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.

VETERAN'S DAY CELEBRATION

Wednesday, November 9th, 12:00

Join us at our celebration honoring all our brave veterans. Besides acknowledging each one, there will be patriotic music and dessert.

VETERANS' COFFEE HOUR!!

Thursday, November 17th, 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!

CHRISTMAS TREE SHOP

Monday, November 14th, 10:30-12:30

It's that time of year again. Time to get your Christmas list ready. So join us for this shopping trip. Bus is available. Call 978-649-9211.

Homemade PIE MAKERS



The center is looking for anyone who would like to donate a homemade pie. These will be distributed Monday, November 21st for a small contributions. All proceed will go to The Senior and Gift donation for programs.

TRIVIAL PURSUIT DAY

Wednesday, November 9th, 12:00PM

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

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. **Tickets Cost \$5.00**

DAY OF BEAUTY...

Thursday, November 17th, 10:30-12:30

We will be going to Nashoba Valley Technical High. If you would like the cosmetology price listing feel free to come in and pick one up. Bus available to and from. call 978-649-9211

VETERANS ENTITLEMENTS

Thursday, November 17th 10:00-12:00

Tyngsborough Council on Aging is now providing Veterans assistance on the 3rd Thursday of every month. Joseph J. Stavolta will give assistance and answer questions. See pg.8 for more information

CHAIR MASSAGE THERAPIST

Wednesday, November 16th at 11:00

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

WIZARD MUSIC:

Monday, November 21st 11:00

John Kienzle from Wizard Music will provide keyboard Music-Movie, for easy listening.

DOLLAR STORE

Tuesday, November, 22nd 10:30

This is the place to go for your Christmas tape, Christmas cards, wrapping paper, stocking stuffers and more.. Why pay more than a buck when you can get it for a \$1.00. Call for ride 978-649-9211

IN CASE YOU DIDN'T KNOW



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.

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. 978-649-9211

FUEL ASSISTANCE

Elderly Seniors 55+ and individuals 55- can get help with the cost of heating their home even if they rent. Fuel Assistance is available to income-eligible applicants. They also offer free weatherization service and appliance replacement that can help income-eligible clients save on their utility bills. This Fuel Assistance Program helps qualified applicants pay for a portion of their home heating bill.

The program runs from October 1st to April 30th

Eligibility is based on household size and gross annual income of every household member. **Household income cannot exceed 60% of the state median income.** Call for income eligibility.

We will be accepting applications beginning in October, on Tuesdays, and Wednesdays from 9:00-1:00.
Call 978-649-9211 if you'd like to set up an appointment.

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.

INNOVATION ACADEMY & TYNGSBOROUGH HIGH

We are pleased to announce that again this winter students at Innovation Academy & Tyngsborough High will be willing to help with some winter chores. If you need help, please contact Rose McGarry, Tuesday & Wednesday from 9:00-12:00, so we can call Beth Craig at the Tyngsborough High School and Tina Lindberg at the Innovation Academy. Even though we have this support let's hope for a MILD WINTER!

NOVEMBER 2016

MON	TUES	WED	THURS	FRI
<p>Day Light Saving Time Turn Clocks Back 1 hr Nov. 5th 2:00AM</p> 	<p style="text-align: center;">1</p> <p>9:30 Wellness Clinic 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Baked Fish 12:30 Bingo</p>	<p style="text-align: center;">2</p> <p>9:00 Yoga 10:00 Bone Builders 1 11:15 Bone Builders 2 10:30 Walmart 10:30 Pheasant Lane Mall 11:30 LUNCH-Lemon Pepper Chicken 12:30 Line Dancing 1:00 Quilting Class 1:45 Zumba Gold</p>	<p style="text-align: center;">3</p> <p>9:00 Line Dancing 10:30 Exercise 11:30 LUNCH– Meatloaf 12:00 Massage Therapist</p>	<p style="text-align: center;">4</p> <p>AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Stuffed Shells 11:30 Lunch - 12:30 Rummy Cube 12:30 Paint Class</p>
<p style="text-align: center;">7</p> <p>9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Issue and Concerns 11:30 LUNCH-Chicken Drumstick Sweet/Sour Sauce 11:15 Bone Builders 2 1:00 Crystal Bowl 1:00 Knitting</p>	<p style="text-align: center;">8</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH-Alfredo Lasagna 12:30 Bingo</p> <p>Don't Forget to Vote Polls open at 7:00AM-8:00PM</p>	<p style="text-align: center;">9</p> <p>9:00 Yoga 10:00 Bone Builders 1 11:15 Bone Builders 2 11:30 LUNCH–Hamburger 12:00 Veteran's Day Celebration 12:00 Trivial Pursuit 12:30 Line Dancing 1:00 Quilting Class 1:45 Zumba Gold</p>	<p style="text-align: center;">10</p> <p>8:00 SHINE 9:00 Line Dancing 10:30 Exercise 11:30 LUNCH–Beef Stew</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">CLOSED</p> 
<p style="text-align: center;">14</p> <p>9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Christmas Tree Shop 11:15 Bone Builders 2 11:30 LUNCH–LS Hot Dog 1:00 Knitting</p>	<p style="text-align: center;">15</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:00 Foot Care 10:30 Exercise 11:30 LUNCH– Chicken Bruschetta 12:30 Bingo 3:30 COA Meeting</p>	<p style="text-align: center;">16</p> <p>9:00 Yoga 10:00 Bone Builders 1 11:00 Chair Massage 11:15 Bone Builders 2 11:00 Thanksgiving Dinner 11:30 MOW-Veg & Cheese Frittata 12:30 Line Dancing 1:00 Quilting Class 1:45 Zumba Gold</p>	<p style="text-align: center;">17</p> <p>9:00 Line Dancing 9:30 Veteran's Coffee Hour 10:00 VFW Entitlements 10:30 Exercise 10:30 Day of Beauty 11:30 LUNCH-Turkey w/ Gravy</p>	<p style="text-align: center;">18</p> <p>AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Mac & Cheese 11:30 Lunch - 12:30 Rummy Cube 12:30 Paint Class</p>
<p style="text-align: center;">21</p> <p>9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:00 Pie Contribution 11:00 Wizard Music 11:15 Bone Builders 2 11:30 LUNCH–Baked Chicken 1:00 Knitting</p>	<p style="text-align: center;">22</p> <p>10:00 T.J Max Plaza..1hr 10:00 Dollar Store 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Baked Ham 12:30 Bingo</p>	<p style="text-align: center;">23</p> <p>9:00 Yoga 10:00 Bone Builders 1 11:00 Chair Massage 11:15 Bone Builders 2 11:30 LUNCH-Pasta & Meatballs 12:30 Line Dancing 1:00 Quilting Class 1:45 Zumba Gold</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">CLOSED</p> 
<p style="text-align: center;">28</p> <p>9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:15 Bone Builders 2 11:30 LUNCH–Sliced Pork 1:00 Knitting</p>	<p style="text-align: center;">29</p> <p>10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH– Shephard's Pie 12:30 Bingo</p>	<p style="text-align: center;">30</p> <p>9:00 Yoga 10:00 Bone Builders 1 11:15 Bone Builders 2 11:30 LUNCH-Chicken Cordon Blue 12:30 Line Dancing 1:00 Quilting Class 1:45 Zumba Gold</p>	 <p>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, too.</p>	

Bus Info/Regular Programs

BUS DRIVERS

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. Nov. 2nd, 10:30-12:30
- ◆ **Pheasant Lane Mall, Wed. Nov. 2nd, 10:30 -12:30**
- ◆ **Christmas Tree Shop, Mon. Nov. 14th, 10:30-12:30**
- ◆ **Day of Beauty, Thurs. Nov. 17th, 10:30-12:30**

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 schedule any trips 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) |

* Please be ready an hour before your appointment time. The bus could come anytime between 1 hour to 30 minutes before your appointment, depending how busy the schedule is. If you are not ready when the bus arrives the bus cannot backtrack for you. **YOU MUST BE READY.** It's not fair to the other passengers on the bus.

* ***For booked appointments, we will get you there on time, but, for return time, there could be a small waiting period due to unforeseen conditions such as traffic, short of drivers or too many stops in a day.***

* **If we cannot accommodate a medical appointment and you have Masshealth call their customer service # at 1-800-841-2900.**

REGULAR PROGRAMS AT THE CENTER IN NOVEMBER

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 Dominoes	10:00-1:00
Issues and Concerns... 11/7	10:30-11:30
Bone Builders #2	11:15-12:15
Knitting Group	1:00-2:30
Crystal Bowl... 11/7	1:00-2:30

Tuesday.....

Wellness Clinic... 11/1	9:30-12:00
Cribbage	10:00-12:30
Footcare Focus... 12/20	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... 11/16	11:00-12:30
Quilting Class	1:00-3:00
Zumba Gold	1:45-2:30

Thursday.....

SHINE... 11/10	8:00-12:00
Line Dancing	9:00-10:00
Veterans Coffee Hour... 11/10	9:30-10:30
Veterans Entitlements 11/17	10:00-12:00
Exercise	10:30-11:30
Massage Therapist...11/3	12:00-3:00

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



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.
November 1st, 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

Thursday, November 10th, 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.***

****Mark your calendar for Medicare Open Enrollment: October 15 – December 7 and use this opportunity to review your Medicare plans for 2017. Tell your friends and family!****

UPCOMING in DECEMBER

**CENTER CLOSED
Monday, December 26th**

**CHRISTMAS TREE SHOP
Monday, December 12th**

This is your last chance for those last minute things.

**CHRISTMAS HOLIDAY LUNCHEON/PARTY
Friday, December 16th 11:30** at the Senior Center. We will have good food, musical entertainment and fun. Tickets are \$5.00pp. Please purchase them at the Senior Center in advance. **Last sign up day Dec 9th.**

Entertainment: **TBD**

**HOLIDAY OPEN HOUSE
Wednesday, December 21st, at 10:00AM**

The Staff of the Tyngsborough Council on Aging will be providing coffee and holiday pastry for all seniors. If you know of anyone who would like to get out and listen to some holiday music and mingle, pick them up, bring them along, and come and sing some holiday songs.

**NEW YEAR'S EVE CELEBRATION.
Wednesday, December 28th at 11:00AM**

Come join us for a special gathering. Bring your favorite appetizer to share. We will have a toast with sparkling soda! Entertainment Kathy Rodger.



**CENTER CLOSED
Monday January 2nd.**

New News

If any Staff or Board members needs to submit anything in the newsletter it needs to be submitted by the first week of the month. Anything after the 10th will go in the following month.



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.

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. 3' tall
- * Sewing Machine.

Thanks to all who make things possible with your donations.



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



SENIOR CITIZEN VETERANS or the WIDOW(ER) OF A VETERAN FINANCIAL AND MEDICAL ASSISTANCE

Tyngsborough Council on Aging, 169 Westford Rd,
Tyngsborough, Ma. # Phone 978-649-9211

Is now providing Veterans' assistance on the 3rd Thursday of every month. Joseph J Stavolta will give assistance and answer questions for:

Entitlements and Disability Claims Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115). The Commonwealth provides a uniform program of financial and medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible *dependents of deceased veterans are provided with the same benefits as they would were the veteran still living.*