

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

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

December, 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



We recently had some great events with so many in attendance. It has been very exciting. I am so fortunate to be a part of this. We are still doing our 'lunch' Fridays. We need to get the headcount no later than Wednesday before. Even though we are in the new center and have so much more room, we still need to have everyone sign up ahead of time for all events. We had 90 people for our Thanksgiving celebration.

Here are the upcoming December events:

- Wednesday, December 7th at 9:00 AM– Remember Pearl Harbor – 75th anniversary; also let's celebrate Kirk Douglas's 100th birthday (9th). We just happen to have a Pearl Harbor Movie with Kirk Douglas! Come join us for a free breakfast followed by the movie! Must sign up by December 1st.
- Wednesday, December 14th at 11:30 AM– Holiday Party – Join us for Chicken Cordon Bleu and fixings. Tickets are \$5.00 each and available until December 7th.
- Wednesday, December 21st at 10:00 AM– Holiday "Open House" – join us for coffee and treats supplied by the center.
- Wednesday, December 28th at 11:30 AM- New Year's Eve Party – join us for a toast to the new year. Bring an appetizer to share. Entertainment will be provided by Kathy Rodger.



We will be closed on Monday, December 26th for the Christmas Holiday.

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 am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition." - Martha Washington

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

Mildred Poirier - Chairperson
Theresa Martineau - Vice chair
Claire Downing
Roger Downing
Fred French
Jean Jacoppi
Michael Knight
Robert McCarthy
Charlene Muscato
Patricia Quinn
Maryjo Tatseos
Associate: Carol Sides -Secretary

SENIOR LIAISON OFFICER

Thomas Walsh

COA Board Meeting

Meetings are the third Tuesday of each month. Next meeting is December 20th 3:30. Open to the Public.

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ONGOING ACTIVITIES



**CRYSTAL BOWL
MEDITATION**
First Monday of each month
1:00-2:30 December 5th
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 "FREE"
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. 12:00 Trivia Pursuit.. 12/7
 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

Bone Builders is a fitness program. CTI in Lowell sponsors this program. This fitness program requires seniors to use weights and provides balance training. There is also an educational component about osteoporosis-related topics. This program requires twice a week commitment for a minimum of six months. Paperwork is required as part of the research on aging for Tufts University.

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

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.

We currently have a wait list, however, initial paperwork and doctor's note can be filled out.

THE STITCHERS

The Stitching Group meets on Mondays at 1:00PM in the Activity room. This season's projects for the homeless are slippers and afghans. Join us. We will supply your materials for these projects. Learn how to stitch for a cause.

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

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

THE FRIENDS of TCOA

Would like to thank all those who participated in the Annual Fair this year. The fair was an outstanding success, thanks to the many helping hands who made it possible.

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

SPECIAL PROGRAMS for DECEMBER

CENTER CLOSED
Monday, December 26th



ISSUES AND CONCERNS

Monday, December 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.

PEARL HARBOR & KIRK DOUGLAS MEMORIAL

Wednesday, December 7th 9:00

Come help us acknowledge 2 big milestones: The 75th anniversary of Pearl Harbor and the 100th birthday of Kirk Douglas. Sign up for a FREE BREAKFAST and watch the young Kirk Douglas in the movie "In Harm's Way" set at Pearl Harbor, Hawaii.

VETERANS' COFFEE HOUR!!

Thursday, December 8th, 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, December 12th 10:30-12:30

This is your last chance for those last minute things.

DAY OF BEAUTY...

Thursday, December 15th 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

CHAIR MASSAGE THERAPIST

Wednesday, December 14th, 11:00

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

VETERANS' ENTITLEMENTS

Thursday December 15th 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

CHRISTMAS HOLIDAY LUNCHEON/PARTY

Wednesday, December 14th 11:30 at the Senior Center. We will have good food, and lots fun. Tickets are \$5.00pp. Please purchase them at the Senior Center in advance. **Wednesday, Dec 7th, last day to sign up.**

WIZARD MUSIC:

Monday, December 19th, 11:00

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

HOLIDAY OPEN HOUSE

Wednesday, December 21st, at 10:00AM

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. Enjoy free coffee & pastries!

NEW YEAR'S EVE CELEBRATION.

Wednesday, December 28st at 11:30 AM

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



FREE Holiday Greeting Cards are available at the Center.



IN CASE YOU DIDN'T KNOW

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 qualify as low income.

For info call: Laura Marsan (978-946-1303),

Applications are also available at the Tyngsborough COA Call or stop by for the application. 978-649-9211

FUEL ASSISTANCE

Elderly Seniors 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 doing applications starting in October, on Tuesdays, and Wednesday from 9:00-1:00. Call 978.649.9211 if you'd like to set up an appointment.

HOLIDAY ASSISTANCE

The Holidays are fast approaching. Ideally we should look out for our fellow man each and everyday, but the holidays are especially inspiring. We will be collecting items for seniors 60+ who could use a helping hand. We will reach out to them and hopefully help make their lives better. If you have something to offer it would be greatly appreciated. We will be collecting items until December 16th. There will be a basket at the center for donated items.

- | | |
|------------------------------|--------------------|
| * Hard Candy | Peanuts |
| * Small Juice boxes | Word Search Books |
| * Individual Cracker Package | Small Lap blankets |
| * A sm Gift Item | Food Gift Card |
| * Mittens | Tissues |
| * Hats | Playing Cards |

IN CASE OF 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.

If it's an absolute emergency, call your town 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 978-649-9211 Tuesday & Thursday from 9:00-12:00 so we can call Beth Craig at the Tyngsborough High and Tina Lindberg at the Innovation Academy.

DECEMBER 2016

MON	TUES	WED	THURS	FRI
			1 8:00 SHINE 9:00 Line Dancing 10:30 Exercise 11:30 LUNCH- Beef Burgundy 1:00 Quilting Class	2 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Vegetarian Chili 11:30 Lunch - 12:30 Rummy Cube
5 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Issue and Concerns 11:30 LUNCH-LS Hot Dog 11:15 Bone Builders 2 1:00 Crystal Bowl 1:00 Knitting	6 9:30 Wellness Clinic 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- Vegetable Cheese Frittata 12:30 Bingo	9:00 Yoga 7 9:00 Pearl Harbor Day/ Kirk Douglas turns 100 10:30 Walmart 10:30 Pheasant Lane Mall 10:00 Bone Builders 1 11:15 Bone Builders 2 11:30 LUNCH-Herb Roasted Chicken 12:00 Trivial Pursuit 12:30 Line Dancing 1:45 Zumba Gold	8 9:00 Line Dancing 9:30 Veteran's Coffee Hour 10:30 Exercise 11:30 LUNCH- Baked Fish 1:00 Quilting Class 	9 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Turkey 11:30 Lunch - 12:30 Rummy Cube
12 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-Stuffed Shells 1:00 Knitting	13 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- Chicken Marsala 12:30 Bingo 	14 9:00 Yoga 10:00 Bone Builders 1 11:00 Massage Therapist 11:15 Bone Builders 2 11:30 Christmas Holiday Luncheon 11:30 MOW- Cheeseburger 12:30 Line Dancing 1:45 Zumba Gold	15 8:00 SHINE 9:00 Line Dancing 10:00 Vets Entitlements 10:30 Day of Beauty 10:30 Exercise 11:30 LUNCH-Roast Pork 1:00 Quilting Class	16 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Macaroni & Cheese 12:30 Rummy Cube
19 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- Turkey a la King 1:00 Knitting	20 10:00 T.J Max Plaza..1hr 10:00 Dollar Store 10:00 Cribbage 10:00 Foot Care 10:30 Exercise 11:30 LUNCH- Beef Stew 12:30 Bingo 3:30 COA Meeting	21 9:00 Yoga 10:00 Bone Builders 1 10:00 Holiday Open House 11:15 Bone Builders 2 11:30 LUNCH-Seafood Casserole 12:30 Line Dancing 1:45 Zumba Gold	22 9:00 Line Dancing 10:30 Exercise 11:00 Nail Lady 11:30 LUNCH-Baked Stuffed Chicken 1:00 Quilting Class 	23 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 9:00 Nail Lady 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Eggplant Parmesan 11:30 Lunch - 12:30 Rummy Cube
26 CLOSED 	27 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- Baked Ham 12:30 Bingo	28 9:00 Yoga 10:00 Bone Builders 1 11:30 New Year Eve- Open House 11:15 Bone Builders 2 11:30 LUNCH-Chicken 12:30 Line Dancing 1:45 Zumba Gold 	29 8:00 SHINE 9:00 Line Dancing 10:30 Exercise 11:30 LUNCH-Meatloaf 1:00 Quilting Class	30 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW-Chicken Broccoli Alfredo 11:30 Lunch - 12:30 Rummy Cube

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., Dec 7th, 10:30-12:30**
- ◆ **Pheasant Lane Mall, Wed., Dec. 7th, 10:30 -12:30**
- ◆ **Christmas Tree Shop, Mon., Dec 12th, 10:30-12:30**
- ◆ **Day of Beauty, Thur., Dec 15th, 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 take any trip after 1:00.

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/SNAP Handbook](http://ncoa.org/SNAP_Handbook). To find the application visit BenefitsCheckup.org/MCOA. To get help in applying please contact the senior center and our outreach worker Rose can help you file the application. Call 978-649-9211

HOME DELIVERED MEALS

Tyngsborough Residents can call the

Elder Service of the Merrimack Valley 1-800-892-0890 to see if they qualify.

The Tyngsborough Council on Aging is distributing meals from our new facility.

We will be doing homebound and short-term care for the elderly. If you are 60 and older you may qualify to have a meal delivered to your home for a small donation of \$2.00.

REGULAR PROGRAMS AT THE CENTER IN DECEMBER

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... 12/5	10:30-11:30
Bone Builders #2	11:15-12:15
Knitting Group	1:00-2:30
Crystal Bowl... 12/5	1:00-2:30

Tuesday.....

Wellness Clinic... 12/6	9:30-12:00
Foot Care...12/20	10:00-12:00
Cribbage	10:00-12:30
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
Massage Therapist ... 12/14	11:00-12:30
Quilting Class	1:00-3:00
Zumba Gold	1:45-2:30

Thursday.....

SHINE... 12/1, 12/15, 12/29	8:00-12:00
Line Dancing	9:00-10:00
Veterans' Coffee Hour... 12/8	9:30-10:30
Veterans' Entitlement...12/15	10:00-12:00
Exercise	10:30-11:30
Nail Lady... 12/22	11:00-2:30

Friday.....

Bone Builders #1	9:00-10:00
Wii Bowling	10:00-11:30
Zumba Gold	10:30-11:15
Nail Lady... 12/23	9:00-12:00
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.
December 6th, 9:30-12:00.**
Blood pressure readings, weight checks and medication reviews. First come, first served.

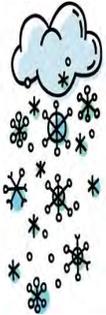
SHINE

Thursdays, December 1st, 15th 29th and , 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.*



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



1. No Meals Program at Tyngsborough COA if schools are closed.
2. If there is no school in Tyngsborough the elder bus WILL NOT RUN.
3. If there is a two hour delay there will be no morning appointments. Bus will start at 10:00.
4. If Tyngsborough Town Hall is closed call the center for availability.

UPCOMING in JANUARY

CENTER CLOSED

Monday, January 2nd , New Year's Day
Monday, January 16th, Martin Luther King Day

ANNUAL FAIR recap.

Monday, January TBD 1:00 2:00

The purpose, success and outcome of the Annual Fair will be discussed. We're open to new ideas to make this already successful event even better. Come and join the conversation.

PIZZA PARTY / BIRTHDAY FOR ALL! Wednesday, January 11th, 11:30

Come celebrate National Pizza Week and everyone's birthday by making your own pizzas! We'll supply the dough, sauce and cheese, for the pizza, just bring in your favorite toppings. Will have a birthday cake to celebrate everyone's birthday. Join us for a great time. **Wed. January 4th is the last sign up day.**

FOOTCARE CLINIC

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

Next appointment,
Tuesday, December 20th,
10:00-12:00, \$30.00

New News

If any Staff or Board members needs to submit anything in the newsletter please submitted by the 5th of each month. Anything after that date will not be submitted.



Outreach Worker Rose McGarry

Hours Tuesdays and Wednesdays 9:00-2:00

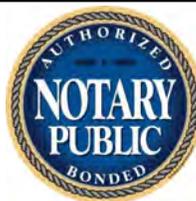
The Outreach program provides information and referrals to seniors and their families about programs and services provided by the Council on Aging and other agencies in the elder network. Rose works collaboratively with many agencies serving seniors, including home care, legal assistance, protective 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
- * Hard Candy
- * Individual Cracker Packages.

The Friends of TCOA continues to ask for gently used jewelry, scarves and handbags for the next sale. We are also collecting toiletries for the homeless shelter. Both these donations can be dropped off in the coat room.



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 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.