

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



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

January 2017

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



Here's hoping that everyone had safe and happy holiday season! I can't believe that it is 2017 already. Time really flies. Especially when you are having fun! Please come by the center and visit. We have some great programs and activities for all. Even if it is only for a cup of coffee and hanging out with friends, or to make new friends. We have a very friendly atmosphere here!!

Please keep in mind that our main mission here is to link needs to services. If you have any questions or need help with fuel, food, supplies, etc. Please feel free to call us. We are here to help you!!

Here are the upcoming January events:

Wednesday, January 11th at 11:30 – Pizza Party and Birthday Party for 'Everyone'.

Wednesday, January 25th at 11:30 – "Winter Carnival"

We will be closed on Monday, January 16th for Martin Luther King's Birthday.

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

"Happiness is not something you postpone for the future; it is something you design for the present." - Jim Rohn

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
Robert McCarthy
Roger Downing
Patricia Quinn
Claire Downing
Charlene Muscato
Fred French
Maryjo Tatseos
Michael Knight
Jean Jacoppi
Associate: Carol Sides -Secretary

SENIOR LIAISON OFFICER

Thomas Walsh

COA Board Meeting

Meetings are the third Tuesday of each month. Next meeting is January 17th 3:30. Open to the Public.

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ONGOING ACTIVITIES



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

<p>EXERCISE CLASSES Instructor Elaine Corsetti Tuesdays & Thursdays 10:30-11:30 <u>Space available.</u> Cost \$3.00</p>	<p>BINGO Bingo Caller Donna Doulamis Every Tuesday 12:30-3:00 This activity keeps your mind stimulated.</p>	<p>CHAIR YOGA Lynda Gambale Every Wednesday 9:00... \$3.00 Relax your Mind and Body from every day stress.</p>	<p>GAMES (No fee) Mons. 10:00 Dominoes Tues. 10:00 Cribbage Wed. 12:00 Trivial Pursuit. Fri. 12:30 Rummy Cube</p>
<p>ZUMBA GOLD Instructor Leslie Jarvis Wed. 1:45 & Fri. 10:30 Cost \$4.00 Music with a fun, effective workout.</p>	<p style="text-align: center;">BONE BUILDERS</p> <p>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.</p> <p><i>We currently have a <u>wait list</u>, however, initial paperwork and doctor's note can be filled out.</i></p>		<p>WII BOWLING Beverly Rudeen Every Friday 10:00-11:30</p>
<p><u>BONE BUILDERS # 1</u> Wednesdays 10:00 Fridays 9:00</p> <p><u>BONE BUILDERS # 2</u> Mondays 11:15 Wednesdays 11:15</p>	<p style="text-align: center;">THE STITCHERS</p> <p>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.</p>		

SPECIAL PROGRAMS for JANUARY

CENTER CLOSED Monday, January 2nd



**CENTER CLOSED
Monday, January 16th,
Martin Luther King Day**

**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. We'll have a birthday cake to celebrate everyone's birthday. Join us for a great time! **Wed. January 4th is the last sign up day.**

VETERANS' COFFEE HOUR!!

Thursday, January 12th, 9:30AM -

(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!

VETERANS' ENTITLEMENTS

Thursday, January 12th, 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, January 11th, 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, January TBD 11:00

John Kienzle from Wizard Music will provide keyboard easy listening.

DAY OF BEAUTY...

Wednesday, January 18th 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

WINTER CARNIVAL

Wednesday, January 25th 11:30

Warm yourself up this January with a **FREE-LUNCH** of homemade hot soup, bread, hot cocoa and hot cider! Afterwards, we'll bring the winter indoors with exciting games for all! Come join the fun!

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.

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.



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

JANUARY 2017

MON	TUES	WED	THURS	FRI
2 CLOSED NEW YEARS DAY	3 9:30 Wellness Clinic 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo	4 9:00 Yoga 10:30 Walmart 10:30 Pheasant Lane Mall 10:00 Bone Builders 1 11:15 Bone Builders 2 11:30 LUNCH- 12:30 Line Dancing 1:45 Zumba Gold	5 9:00 Line Dancing 10:30 Exercise 11:30 LUNCH-	6 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW- 11:30 Lunch - 12:30 Rummy Cube
9 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH- 11:15 Bone Builders 2 1:00 Knitting	10 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo	11 9:00 Yoga 10:00 Bone Builders 1 11:00 Massage Therapist 11:15 Bone Builders 2 11:30 LUNCH- 11:30 Pizza Party/Birthday Party 12:30 Line Dancing 1:45 Zumba Gold	12 9:00 Line Dancing 9:30 Veteran's Coffee Hour 10:00 Vets Entitlements 10:30 Exercise 11:30 LUNCH-	13 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW- 11:30 Lunch - 12:30 Rummy Cube
16 CLOSED Martin Luther King DAY	17 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo 3:30 COA Meeting	18 9:00 Yoga 10:00 Bone Builders 1 10:30 Day of Beauty 11:15 Bone Builders 2 11:30 LUNCH 12:30 Line Dancing 1:45 Zumba Gold 12:00 Trivial Pursuit	19 9:00 Line Dancing 10:30 Exercise 11:30 LUNCH-	20 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW- 12:30 Rummy Cube
23 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:15 Bone Builders 2 11:30 LUNCH- 1:00 Knitting	24 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo	25 9:00 Yoga 10:00 Bone Builders 1 11:15 Bone Builders 2 11:30 LUNCH- 11:30 Winter Carnival 12:30 Line Dancing 1:45 Zumba Gold	26 9:00 Line Dancing 10:30 Exercise 11:30 LUNCH-	27 AM.. Food Shopping Wal-Mart 9:00 Bone Builders 1 10:00 Wii Bowling 10:30 Zumba Gold 11:30 MOW- 11:30 Lunch - 12:30 Rummy Cube
30 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:15 Bone Builders 2 11:30 LUNCH- 1:00 Knitting	31 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo		 <p style="text-align: center;">ZingerBug.com</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., Jan 4th., 10:30-12:30**
- ◆ **Pheasant Lane Mall, Wed., Jan 4th, 10:30 -12:30**
- ◆ **Day of Beauty, Wed., Jan, 18th 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 JANUARY

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...	
Bone Builders #2	11:15-12:15
Knitting Group	1:00-2:30

Tuesday.....

Wellness Clinic... 1/3	9:30-12:00
Foot Care...	
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 ... 1/11	11:00-12:30
Trivial Pursuit... 1/18	12:00-2:00
Zumba Gold	1:45-2:30

Thursday.....

Line Dancing	9:00-10:00
Veterans' Coffee Hour... 1/12	9:30-10:30
Veterans' Entitlement...1/12	10:00-12:00
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	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.**
January 3rd, 9:30-12:00.
Blood pressure readings, weight checks and medication reviews. First come, first served.

SHINE

Serving Health Insurance Needs of Everyone. Our New-Counselor will be starting soon. New office hours will be announced and posted. Call 978-649-9211 to schedule an appointment. *Please bring insurance cards and a list of prescriptions you take with you.*



FOOTCARE CLINIC

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

Next appointment,
Tuesday, February 21st 10:00-12:00, \$30.00

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.

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**

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.

UPCOMING in FEBURAY

Reminder: CENTER CLOSED
Monday, February 20th, Presidents Day

FREE TAX ASSISTANCE

Mondays ONLY, starting February TBD,
Harry Gong, AARP volunteer tax preparers will be available to assist you with your taxes on Mondays starting February TBD, through April 10th 2016. Call the Senior Center to schedule, an appointment. 978-649-9211.

VALENTINE'S DAY CELEBRATION

Monday, February 13th 11:30

Get together here with couples and friends at the TCOA for a "FREE" Valentine meal, sponsored by the Tyngsborough Police Union.

LAST DAY FOR SIGN UP IS WEDNESDAY
FEBRUARY 8th

Must have a ticket to attend.

CUPCAKES/COMEDY

Wednesday, February 22nd 12:00

Join us for a sweet afternoon of free cupcake desserts. ***LAST DAY FOR SIGN UP IS***
WEDNESDAY FEBRUARY 15th

MARDI GRAS CELEBRATION

Monday, February 27th, 12:00

Come celebrate Mardi Gras at the COA. You can bring your own mask. We have plenty of beads on hand for all to wear. If you want lunch don't forget to sign up at the kitchen. We'll serve complimentary "Mardi Gras King Cake" for dessert for all!

New News

If any Staff or Board members needs to submit anything in the newsletter please submit 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.

ELDER HOTLINE

From the desk of Peabody COA

Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues.

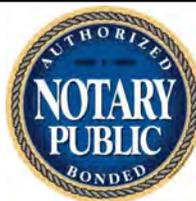
The number is 1-888-243-5337
(TTY: 617-727-4765)

Monday thru Friday 10:00 am- 4:00 pm

This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families, and other information about elder-related issues and programs throughout the commonwealth.

Common concerns include:

- ◆ Debt and Debt Collection Practices.
- ◆ Home Improvement
- ◆ Long-term Care Insurance
- ◆ Telemarketing
- ◆ Health Insurance, Landlord and Tenant Issues
- ◆ Scam Awareness



Notary Public

Rose McGarry

Licensed Professional and Bonded
Notary Public Services
Free to ALL

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.

As we start the new year our goal is to bring Kindness, Caring to all. Last year was a frustrating year with crimes, politics, senseless death, rudeness, impatience. It seems overwhelming, however we need to let you know that we will work to keep our center free of these frustrations. We need to know you can come sit and enjoy a peaceful environment once you walk through the doors at our center. No one should ever be afraid. If you sense some discomforts please don't ignore them. Let us know as soon as possible so that we can begin working to restore order thereby allowing each member to feel safe and happy. If we all remember there should never ever be any physical or verbal abuse we will achieve our goal. Peace Health and happiness!

Rose McGarry, M.Ed., LCSW
Outreach Worker