



# Newbury

*News from the Council on Aging*

## Important information:

### Dates to Remember:

- **Patriots Day: Monday, 4/17**  
(office closed)
- **Memorial Day: Monday, 5/29**  
(office closed)

**Council on Aging Office Hours:**  
**Monday, Wednesday & Thursday**  
**8am-4pm**  
**Tuesday**  
**8am-7pm**

**Our Mission:**  
***Together we empower, enhance,  
 and enrich the lives  
 of our seniors.***

## How to reach us:

p. 978-462-8114  
 e. [coa@townofnewbury.org](mailto:coa@townofnewbury.org)  
 a. 12 Kent Way Suite 100  
 Byfield, MA 01922  
 w. [www.townofnewbury.org](http://www.townofnewbury.org)

## From the Director

*By Cindy Carrier*

Spring has arrived! We have a lot of programs planned over the next couple of months, so be sure to call us to reserve your spot for any upcoming events you are interested in attending. We would love to see you!



As part of our ongoing effort to be a resource to the seniors of Newbury (and their families), we are updating our Outreach Resource Book and we need your input! People often reach out to us to ask if we know of reputable businesses who perform home maintenance services (i.e. plumbers, electricians, landscapers, painters, handymen, housekeeping, etc.). When we receive a call looking for this info, we offer at least three names of local businesses. We are looking for your input to help build a better list of resources. Do you know and trust a local business? Let us know! Recommendations from those who have had positive experiences will help us to better serve the seniors in our community.

Finally, did you know there is a Veterinary Pet Care Program available through AgeSpan? Through the generosity of Meal on Wheels America and PetSmart, AgeSpan can offer people 65 and over help with veterinary bills up to \$300. To find out if you qualify financially, contact your AgeSpan Care Manager at 800-892-0890. If you are not receiving services through AgeSpan, please contact Sandy Jennings at 978-946-1222 for more information.

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## Mahjong

We have started a Mahjong group at the Newbury Council on Aging! We meet **every Tuesday at 1pm**. Do you want to join us? Give us a call to register at 978-462-8114.

## Exercise Classes

### Central Street Playing Fields

#### Field House

**81 Central Street, Byfield**

Stretch & Strength with Eunice James  
**Mondays at 10:30am**

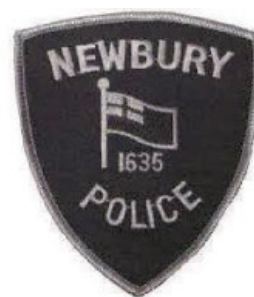
Gentle Yoga with Chris Howe  
**Wednesdays at 10am**

(excluding holidays)

Check out the calendar insert for scheduled classes and call us in the event of inclement weather to ensure classes will still meet.



## Coffee With a Cop



Coffee With a Cop will be on the move for April! **We will meet at the Newbury Police Station at 7 Morgan Avenue on Wednesday, April 12th at 10am** for a tour of the station. Coffee and pastries will be served after the tour and we will have a question and answer session. Come with questions or simply come to take a look at your police station and meet the officers. We will be back at the Newbury Council on Aging on **Wednesday, May 10th at 10am**. This is a chance for our seniors to get to know our Police Officers in a non-emergency setting. Have an idea for a topic of discussion? Let us know! Please call us at 978-462-8114 to register!



## Calling All Experienced and Aspiring Rug Braiders!

We are starting a rug braiding group with the help of instructor Laura Short. If you are already an experienced rug braider, you can bring your projects with you. If you want to learn how to braid a rug, Laura will have a starter kit with materials and she will provide instruction on how to braid a rug. Each class is \$25.00 (paid in cash directly to Laura), which includes both instruction and materials. The goal is to create a 2' x 3' braided rug. This group will meet two Tuesday evenings per month from **4:30-6:30pm** at the Newbury Council on Aging. April and May meeting dates are **April 18th & April 25th; May 9th & May 16th**. Space is limited to five new students, so please call us at 978-462-8114 to register. There is no limit for experienced braiders.

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## Creative Writing Workshop



*Write me a story.*

*Hold your heart in your hand and write!*

*Bring life to your memories, thoughts and senses.*

*Let's enjoy!*

Join Judy Ryan for a creative writing workshop based on a seminar she attended led by Nancy Aronie, author of *Writing from the Heart*. No writing experience necessary. Journals and writing utensils will be provided. Session dates: **Tuesday, April 11th, April 18th, and April 25th from 10-11:30am**. Please call us at 978-462-8114 to register.

## Card Making



Looking for an easy craft to make that is meaningful to share? Get creative and make some homemade greeting cards! Join Donna Callahan to make some Spring-themed cards using ink pads, stamps and other embellishments on **Thursday, April 6th at 1pm**. Please call us at 978-462-8114 to register.

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## Cooking for One Presentation

Do you find it difficult to make a meal for one person? Join Leigh Hartwell MS, RDN, LDN, Dietitian from AgeSpan, for a nutrition presentation including a no-cook demonstration on **Thursday, May 18th at 1pm**. Registration is required, so please call us at 978-462-8114 to save your spot.



## Transportation Options

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### *Be a Lucky Charm Volunteer to Drive*

Older adults in your community need help with transportation.

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Call NEET at 978-388-7474 or visit [www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer) to learn more.



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## Need a ride? NEET May Be Able to Help!

NEET (Northern Essex Elder Transport) is a non-profit volunteer program. Volunteers drive seniors to medical appointments and other local errands. **You must register with NEET as a rider in order to access this convenient service.** Most drivers offer local rides, but we do have a couple of volunteer drivers who will take seniors further, including into Boston. This is a volunteer service and rides cannot be guaranteed, but we do our best to match a volunteer driver with our seniors. Contact us at The Newbury Council on Aging at 978-462-8114 to request your registration packet and to schedule your ride. **Registered riders need to provide at least ONE WEEK'S NOTICE prior to their requested ride; two weeks is required for rides into Boston.** Just a reminder: the Council on Aging is closed on Fridays.

**Please note that you will need to provide the following information in order to schedule a ride:** date and time of your appointment; duration of your appointment; physician's name, address and telephone #. **MASKS ARE REQUIRED FOR ALL NEET RIDES.**

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## Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly shopping trips every **Tuesday morning** at 9:30am. **Tuesday afternoons** between 12-3pm, our van is available to transport seniors to local medical appointments. We are also fitting in some Thursday shopping trips well. Do you want to join us for one of these trips? All van riders must be registered and **you must reserve your spot on the van each week.** For Tuesday afternoon appointments, please call one week ahead to secure transportation. Call us at 978-462-8114 to request your registration forms and reserve your spot.

**Note:** We can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that Van staff cannot enter the senior's home. Check the calendar insert for trip dates.



## CPR/AED class

In collaboration with the Newbury Fire Department, we will be offering a basic overview of CPR and the use of an AED (Automated External Defibrillator) on **Monday, April 24th at 11am at the Newbury Council on Aging**. We will also review basic first aid. Newbury Fire Department EMS Coordinator Curtis Walton will lead this program and help us to be better prepared in case of an emergency. This is informational only...not a certification class. Please call us at 978-462-8114 to register for this informative program as spots are limited.

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## Game Night!



One Tuesday evening each month the Newbury Council on Aging is offering a Game Night. Come join us for a light dinner and dessert, play some fun card or board games (or just have some good conversation), and make some new friends! Game nights are held from **4:30-6:30pm** and are scheduled for: **Tuesday, April 11th and Tuesday, May 23rd**. Please **call to let us know if you plan to attend** so we can plan accordingly. Games include: gin rummy, Uno, Scrabble, Bananagrams, Jenga, Sorry, Trouble, Left Center Right, cribbage, and more...or bring your own game!

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## Bingo!

Join us for some rowdy games of Bingo on designated Mondays at the Newbury Council on Aging! Games are 10¢ per card to play. **Schedule: April 3rd, April 10th, May 1st, May 8th, and May 22nd at 1pm.**

## Monthly Blood Pressure Clinic



**Monday, April 3rd  
&**

**Monday, May 1st  
12-1pm**

Please call us  
to reserve your time slot with  
Kim Arsenault RN



## Meet & Greet with Town Administrator Tracy Blais

Do you know what Town Meeting is all about? Do you know what the warrant articles are? Do you have questions about what the voters of Newbury are being asked to vote on? Join us on **Thursday, April 13th at 11am** to meet with Town Administrator Tracy Blais. Tracy will be available to answer your questions about Town Meeting, the warrant articles, and any other town-related questions. Copies of the warrant will be available and light refreshments will be served. Please call us at 978-462-8114 to register.

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## Town Meeting & Election Info

The **Annual Town Meeting** is scheduled for **Tuesday, April 25, 2023 at 7pm** at the **Newbury Elementary School, 63 Hanover Street**. Warrants will be available on the Town Clerk's webpage ([www.townofnewbury.org/town-clerk](http://www.townofnewbury.org/town-clerk)) or we will have copies at the Council on Aging.

The **Annual Town Election** is scheduled for **Tuesday, May 9, 2023 7am-8pm** and voters will decide on the following offices:

- Board of Assessors (1) three year term
- Board of Health - (1) three year term
- Constable - (1) four year term
- Fish Commissioner - (1) three year term
- Fish Commissioner - (1) one year term
- Library Trustee - (2) three year terms
- Moderator - (1) three year term
- Planning Board - (1) five year term
- Select Board - (2) three year terms
- Town Clerk - (1) one year term
- Tree Warden - (1) three year term
- School Committee - (1) three year term
- Trustee of First Settlers Burial Ground - (1) three year term

**Pct 1:** Newbury Fire Station 3 Morgan Avenue **Pct 2:** Newbury Town Library 0 Lunt Street

The **deadline to register to vote** at the Annual Town Meeting (April 25) and the Annual Town Election (May 9) is **April 15, 2023**.

Vote by mail ballots are available at the Town Clerk's office or by visiting the Town Clerk's webpage at [www.townofnewbury.org/town-clerk](http://www.townofnewbury.org/town-clerk)

To register online or check your registration status go to [www.sec.state.ma.us/OVR/](http://www.sec.state.ma.us/OVR/)

If you have any questions, please contact the Town Clerk at 978-465-0862, ext. 482.

## Candidate Forum



The Newbury Council on Aging is co-sponsoring a Candidate Forum with the Newburyport Daily News for the candidates of contested races of this year's Town Election. This forum will be held on **Monday, May 1, 2023 at 11am** in the **Second Floor Hearing Room at the Town Offices at 12 Kent Way, Byfield**. If you cannot join us in person, this forum will be recorded so it can be viewed on Cable Access Chanel 9 and the Town of Newbury's YouTube channel at your leisure.

Newburyport Daily News Editor Dave Rogers will act as moderator. While this forum is not interactive, please feel free to submit questions directly to Dave Rogers at the Newburyport Daily News at [drogers@newburyportnews.com](mailto:drogers@newburyportnews.com) for his consideration.

The deadline for this newsletter is prior to the deadline for nomination papers to be submitted, so we do not know how many races are contested at this time. Please feel free to reach out to the the Town Clerk at 978-465-0862, ext. 482 for more information on contested races.

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## Watercolor Class with Bill Duke



Join instructor Bill Duke for his monthly watercolor class. With Bill's patient instruction, you can create a beautiful watercolor painting. All you need for this class is the desire for some creative fun! No previous painting experience is required. The lesson is \$20, paid directly to Bill. All materials are provided. **This class is limited to 10 participants.** Please call the Newbury Council on Aging at 978-462-8114 to register. The next classes are scheduled for:

**Tuesday, April 11th and Tuesday, May 23rd from 10am-1pm  
at the Newbury Council on Aging**

Please note: to be fair to our outside vendor and because of the waitlist generated for this program, pre-payment of \$20 (cash) for this class is required.



## Movie Matinee

*My Fair Lady*  
Starring Audrey Hepburn, Rex Harrison  
& Stanley Holloway.  
**Wednesday, May 3rd at 1pm**



## TAKE-HOME ACTIVITY KITS

Our Take-Home Activity Kits, which can be picked up at the Newbury Council on Aging, are a way for us to offer fun activities for our seniors to do at home. **Supplies are limited and these kits go fast**, so call us at 978-462-8114 to reserve yours today!

**Limit of ONE KIT PER HOUSEHOLD.** Kits will be held for **ONE WEEK**; if kits are not picked up within one week, they will be made available for another senior.



**Bird Kit**



**Herb Kit**

Call for more details about these kits and to reserve one today!

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## Knitting and Crocheting Group

Join us on **Thursdays at 10am** at the Council on Aging for a drop-in group! Bring your own projects that you have already been working on, or we have some knitting supplies. This is not limited to knitting and crocheting...any fiber crafters are welcome to join us!



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## Coffee and...

Join Kathy for an hour of coffee, snacks, & some fun conversation! We have some great conversation starters:

**Coffee & Crossword Puzzle: Wed. 4/5 & 5/3 @ 10am**  
**Coffee & U B the Judge: Wed. 4/19 & 5/24 @ 10am**  
**Coffee & Trivia: Wed. 4/26 & 5/31 @ 10am**  
**Coffee & Current Events: Wed. 5/17 @ 10am**



## Beeyonder...

Want to travel to some foreign lands without leaving Newbury? We're doing just that! We have connected with Beeyonder, an organization that provides online virtual tours that take place in various locations around the world in real-time, allowing us to speak with our tour guide directly and be interactive. Interested? We have booked two tours this Spring:



**Tulips of the Magnificent Keukenhof Gardens in Amsterdam on Wednesday, April 12th at 12:30pm.** Every year millions of tulips are grown in the Keukenhof Gardens just south of Amsterdam. They are imaginatively and artistically laid out in a variety of different garden styles and are a riot of color and feast for the eyes. Our tour guide will take us around and show the best sights and explain how and why tulips are such a big thing in Holland - and the world!

**The Great Pyramids by Camel on Thursday, May 18th at 10am.** Come join us as we take a ride through the desert around the Giza plateau, taking in the last of the Seven Wonders of the World. We will get up close to the great pyramids as our tour guide takes us back to the time of the builders and the pharaohs who commissioned them. We will start off by taking a look at the great sphinx before mounting our camel and riding up the giant causeway making our way round the great pyramids out to one of the most iconic views on Earth!

Registration is required. Call us at 978-462-8114 to reserve your spot.  
Light refreshments will be served.

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### Mother's Day Tea



Join us for a tea party to celebrate Mother's Day on **Thursday, May 11th at 12pm at the Council on Aging** with some delicious finger sandwiches, pastries, and, of course, tea! Enjoy a nice lunch and listen to some great live music from Sergei Novikov.

Seats are limited and you **must register** for this event! Call us at 978-462-8114 to reserve your spot. Due to the limited number of seats, guests are not allowed to RSVP on behalf of someone.

### Veterans Lunch

We invite Newbury's Veterans and their spouses to a lunch to recognize Memorial Day and remember those who died while serving in the military.



Join us on **Thursday, May 25th at 12pm** at the Newbury Council on Aging. Please register for this event by calling us at 978-462-8114.

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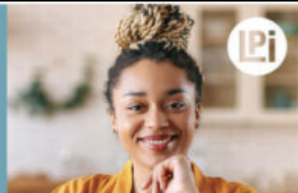
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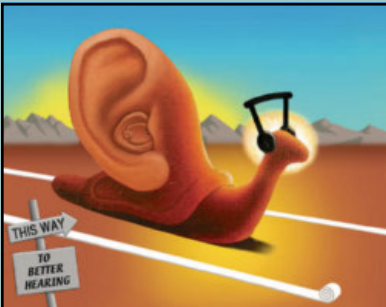
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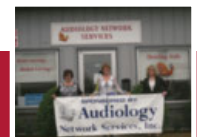
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Newbury Council on Aging

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The printing of this newsletter is prepared by LPI.  
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Executive Office of Elder Affairs.

Join Us for Lunch with  
The Traveling Chef



Traveling Chef meals are **free** meals provided by the Newbury Council on Aging in collaboration with AgeSpan's Traveling Chef Program.

Unlike the pre-packaged take-home Grab and Go Meals, the Traveling Chef program has returned to its original concept of serving a hot meal in-person at the Council on Aging. Join us for our next Traveling Chef meals on **Thursday, April 27th and Monday, May 15th at 12pm**. April's menu: grilled panini sandwiches, garden salad, and fresh fruit for dessert. May's menu: grilled kabobs, rice pilaf, pita bread, and berry parfait for dessert. We have limited seats available, so please call us at 978-462-8114 **AT LEAST ONE WEEK PRIOR TO THE MEAL** to reserve your seat. We also celebrate birthdays of the month with a special dessert. If you reserve a spot and cannot make it, please give us a call to cancel your reservation.