



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- **Juneteenth: Monday, 6/19**
(office closed)
- **Independence Day: Tuesday, 7/4** (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

a. 12 Kent Way Suite 100

Byfield, MA 01922

w. www.townofnewbury.org

From the Director

By Cindy Currier

Did you hear? The Newbury Council on Aging has a new Facebook page! You can check us out here:

<https://www.facebook.com/profile.php?id=100091220526221>



We wanted to take a moment to thank the other departments we collaborate with to either bring programs to our seniors, or who we work with behind the scenes on behalf of our seniors. First, many thanks to EMS Coordinator Curtis Walton of the Newbury Fire Department for giving a group of seniors an overview of CPR, use of an AED, abdominal thrusts, and some basic first aid. Curtis also answered several questions and our seniors walked away feeling a bit more confident in their ability to handle an emergency situation. This is important information for everyone to know and this hands-on workshop was a great reminder for the folks who joined us. We will work with Curtis to offer this program again.

Secondly, the Council on Aging meets regularly with the Police Department, Fire Department, and Health Department to discuss at-risk seniors or those who have been identified as having a specific need. We collaborate as a group to find solutions and maintain contact with those seniors and their families or caregivers on an ongoing basis. Do you have a concern about a senior in our community? Please feel free to reach out to any of our departments for assistance. We are here to help.

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Delvena Theatre Presents: ***Manga, Meatballs & Murder***

Tuesday, June 13th at 12pm

An Italian-themed dinner will be served at noon followed by this interactive murder mystery show... where the audience decides the ending!
Call us at 978-462-8114 to reserve your seat.

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. Registration is not required, but first-time students will need to sign a waiver form.



Coffee With a Cop



Coffee With a Cop will be on the move for June! **We will meet at the Newbury Police Station at 7 Morgan Avenue on Tuesday, June 27th at 12pm.** Lunch will be served and we will walk through the process of what happens when someone is taken into custody. Have questions for the Chief or Deputy Chief? They will be there to meet with folks and answer questions. This is a great opportunity to get a tour of the station if you have not already done so. Community policing is an important component of the Newbury Police Department and this event is an opportunity for our seniors to get to know our Police Officers in a non-emergency setting. Please call us at 978-462-8114 to register!

Are You a Caregiver?



Caregiving can be a lonely journey. We want to help alleviate the often isolating feelings that can accompany being a caregiver. We reached out to Alison Rice, Community Liaison and Licensed Social Worker with Avita of Newburyport, for help. Alison will be here to talk about the importance of caring for yourself as a caregiver of a loved one. She will facilitate this group and lead the participants to share their experiences of being a caregiver, make connections, and help them learn they are not alone. We will also discuss other resources available in the community. We are hopeful this group will turn into a monthly meet-up so we can continue to support one another.

Join us on **Wednesday, June 14th at 12pm**. A light lunch will be served. Please register for this event by calling 978-462-8114.

Celebrate Father's Day (Belated!)



Join us for a belated Father's Day Celebration on **Thursday, June 22nd at 1pm**. Celebrate being a dad, having a dad, or just knowing a dad! This event is open to all to celebrate the dads in our lives! Lunch and dessert will be served. Please register for this event by giving us a call at 978-462-8114.



Learn to Make a Braided Rug

Instructor Laura Short is leading our hand-made rug braiding class. Classes have already begun, but if you are interested in learning this amazing craft please call us at 978-462-8114 to see if we can fit you in! The cost for each class is \$25 (which includes all materials as well as one-on-one instruction from Laura), which is paid up front for four classes at a time. Participants will finish with a 2' x 3' braided rug. Scheduled upcoming meetings: **Tuesday, June 13th; Tuesday, June 27th; Tuesday, July 11th; and Tuesday, July 25th**. Classes are 4:30-6:30pm. Registration is required, so give us a call today!

Transportation Options

You Hold the Key to Help Others

Become a volunteer driver!
Help older adults in your community with their transportation needs.

You decide when and where you want to drive.
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Learn more about this flexible volunteer opportunity.
Visit www.driveformeet.org/volunteer or call 978-388-7474.

Northern Essex Elder Transport, Inc.



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.**



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 and restaurant trips. 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. Check the calendar insert for upcoming trip dates!

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.



Pickleball

Pickleball is here! Three temporary pickleball courts will be set up on the basketball court behind the Field House at the Central Street Playing Fields (81 Central Street, Byfield) on Tuesdays and Thursdays from **9-11am** through September. This is set up as a Round Robin. **Experienced players are scheduled for Tuesdays** and **Beginners are scheduled for Thursdays**. Starting in June there are no longer any formal classes, but Laura Smith will be on hand most Thursdays to offer some instruction and tips to new players. All equipment will be provided: nets, paddles, and balls. Registration is not required...just drop-in and play! Parking is available in front of the courts and restrooms are available inside the Field House. Many thanks to the Newbury Recreation Committee for collaborating with us to offer this program!

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 (or play with old ones)! Game Nights are held from **4:30-6:30pm** and are scheduled for: **Tuesday, June 20th** and **Tuesday, July 18th**. 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!



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: June 5th, June 26th, July 17th, and July 31st at 1pm. The July 3rd game will be held at 2pm.**

Monthly Blood Pressure Clinic



**Monday, June 5th
&**

**Monday, July 3rd
12-1pm**

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

Senior Prom



It's Prom Season and we're hosting our very own Senior Prom! Get dressed up (or don't...no worries!) and come join us for an evening of good food, great friends, and dancing! Dinner will be served and we will have lots of music so we can get our groove on! Want to join us? Call us at 978-462-8114 today to register. This event will be held on **Tuesday, June 6th from 4:30-6:30pm** at PITA Hall, 8 Plum Island Turnpike. Don't miss out on the fun!

Our van will be available to provide door to door service. Seats are limited for this event and registration is required...call us today at 978-462-8114 to reserve your spot!



Medicare & You Informational Session

Confused about Medicare? Considering enrollment? The SHINE Program can help!

Are you, a friend or a loved one turning 65 years old, and/or considering retirement and confused about Medicare? You are not alone! A SHINE counselor can explain your options. Join Lisa Rose, Regional SHINE Program Director for AgeSpan, for an "Introduction to Medicare" informational session on **Tuesday, June 27th at 5pm** at the Newbury Council on Aging.

Learn about the structure of Medicare, when to enroll, and helpful tips to choose plans that suit you, your lifestyle and your Medicare insurance needs.

This session will be presented by a certified SHINE Counselor who provides free, unbiased, Medicare health insurance information and will help guide you through your Medicare options so you will be an empowered, educated consumer.

A light dinner will be served. Please call us at 978-462-8114 to register for this event!



Friends of the Newbury Council on Aging Annual Meeting

Do you know about the Friends of the Newbury Council on Aging? Our Friends group is a private 501(c)3 non-profit organization whose sole purpose is to raise money through contributions and fundraising activities to support the programs of the Newbury Council on Aging. The Friends will be holding their Annual Meeting in-person on **Tuesday, June 13th at 6pm** at the Newbury Council on Aging at 12 Kent Way. Their agenda for the meeting is as follows:

1. Financial Report FY 2023
2. Review of Council on Aging Activities 2022/2023
3. Presentation of programs planned for FY 2024
4. Election of officers for the Friends of the Newbury Council on Aging
5. New Business
6. Adjournment

If you would like to attend the meeting, please RSVP by sending an email to:
info@friendsofthenewburycoa.org

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 class is scheduled for:

**Tuesday, June 20th 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.

Mahjong



We're playing Mahjong every Tuesday at 1pm!

New to Mahjong? Not to worry...we have people who are willing to teach you how to play. Come join the fun!

Give us a call at 978-462-8114 to let us know you are coming.

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.

This month we are offering **Stonewall Kitchen Snack Kits**.
Call for more details and to reserve one today!



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!



Coffee and...



Join Kathy for an hour of coffee, snacks, & some fun conversation! We have some great ideas to get started:

Coffee & U B the Judge: Wed. 6/7 & 7/12 @ 10am

Coffee & Crossword Puzzle: Wed. 6/14 & 7/19 @ 10am

Coffee & Trivia: Wed. 6/21 & 7/5 @ 10am

Coffee & Current Events: Wed. 6/28 & 7/26 @ 10am

Exploring Africa



Join us for a trip to Africa from your seat when Paula Wright joins us on **Wednesday, June 21st at 1pm** to share photos and stories from her numerous travels to the continent. Learn about the wildlife, culture, and customs of the world's second largest continent. Please call us at 978-462-8114 to register. Refreshments will be served.

Downsizing with Celine Muldowney



Being a homeowner is both time and money consuming. As people age and their needs change, living arrangements may be at the top of their mind. Is your home too big for your needs? Are you heating seven rooms when you live in three? Have you deferred maintenance due to the cost or effort it takes to make the repairs? Are you considering downsizing? Are you overwhelmed by the thought of how to do that?

Local Realtor Celine Muldowney will be joining us for an informational talk about downsizing: things to think about, how to prepare your home, and how the process works. Have your questions answered by an expert in the field!

Join us on **Tuesday, June 13th at 5:30pm** for a presentation by Celine followed by a Q&A session. Don't be left in the dark and have your home lose value! A light dinner, coffee/tea, and dessert will be served. Please call us at 978-462-8114 to register.



Independence Day Ice Cream Social



We are celebrating July 4th a day early with an ice cream social! We will have chocolate, vanilla, and strawberry ice cream from Hodgies and lots of toppings. Call us at 978-462-8114 to let us know if you will be joining us on **Monday, July 3rd at 1pm**.

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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, June 15th and Thursday, July 6th at 12pm**. June's menu: Grilled Chicken Kabobs, rice pilaf, Ratatouille, pita bread, and berry parfait with lemon pudding for dessert. July's menu: Turkey Cranberry Salad Sandwich, corn chowder, garden salad, and strawberry shortcake 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. Our van is available for transportation both days...call to reserve your seat!