



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- **Columbus Day: Monday, 10/9**
(office closed)
- **Thanksgiving: Thursday, 11/23**
(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

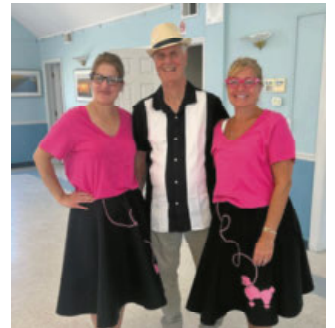
Byfield, MA 01922

w. www.townofnewbury.org

From the Director

By Cindy Currier

Our phone lines are still forwarded to the town offices. When you dial our direct line (978-462-8114), you will hear a message thanking you for calling the Town of Newbury. When you hear that message, dial extension 484 to reach us. We are working with IT to get our phones settled. We appreciate your patience!



The Friends of the Newbury Library are hosting their annual Harvest Festival on **Saturday, October 28th from 10am-2pm**. Festivities include: Touch a Truck; the Soup Contest is back; Literary Pumpkin Contest; Fall Photo Booth; Raffle prizes; Crafts for Kids; and a Bake Sale. Kids and adults are encouraged to come in costume! Volunteer Soup Servers are needed. For more info: <https://newburylibrary.org/getinvolved/friends/>

Through a generous donation from Bob and Jan Tyler-Nelson, we have ten lockboxes (like the kind Real Estate agents use) for us to distribute to seniors in Newbury. These lockboxes have codes that can be shared with Newbury Police to be able to access your home in the event of an emergency. Call us today to get yours!

If you have an idea for a program you would like to see at the Council on Aging, please reach out to us...we are always open to new ideas!

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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)

Be sure to check out the calendar insert for scheduled classes.

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



Did you know the Newbury Council on Aging is one of eight recipients of the funds raised from this event? Funds are used for our medical transportation program. If a senior needs a ride to a medical appointment, and there are no alternatives for that senior, we will use these funds to pay for transportation to their appointment. This event helps us to meet our mission to empower our seniors and help get them where they need to go.

Tickets are limited and are selling fast! You can purchase tickets at Affamata, The Brass Lyon Gift Shop, or The Candy Man. You can also visit the tour's Facebook page: <https://www.facebook.com/nbptchocolatetour/>



Ping Pong

We have heard from several of our pickleball players that they are interested in playing ping pong this winter (as we do not have an indoor option for pickleball). We will be working with the Recreation Committee to come up with a plan for offering ping pong on Tuesdays and Thursdays from 9-11am beginning in January. Stay tuned for more info in the next newsletter, but we would love to hear if you are interested in this program so we can gauge how many tables we may need. Call us today to let us know if you would like to play!



Veterans Day Lunch

In November of 1919, President Woodrow Wilson proclaimed November 11th Armistice Day in recognition of the first commemoration of the end of World War I (when an armistice went into effect at the eleventh hour on the eleventh day of the eleventh month the previous year). In 1938, November 11th was made a legal holiday known as “Armistice Day.” In 1954 after World War II had mobilized the greatest number of service members in American history and after American forces fought aggression in Korea, Congress changed “Armistice” to “Veterans” in order to honor American Veterans of all wars.

We cordially invite all Newbury Veterans and their spouses to a lunch to recognize Veterans Day. Lunch from **The Rusty Can** will be served on **Thursday, November 9th at 12pm at PITA Hall, 8 Plum Island Turnpike**. Please call us at 978-462-8114 to reserve your spot. Registration is required and spots are limited so call us today!



Rug Braiding

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 directly to our instructor. Participants will finish with a 2' x 3' braided rug.

Class meeting times are listed on our calendar insert. Registration is required, so give us a call today to save your spot and confirm dates of upcoming classes. While the class meets weekly, it is not required that participants attend each class. It is recommended you attend class if you need assistance from Laura or you need more materials.

Transportation Options



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' NOTICE 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 #.



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. We have limited availability to transport seniors to local medical appointments or other errands and Wednesdays. We are also fitting in some Thursday shopping and restaurant trips. Do you want to join our Van Driver, Otto Kinzel, for one of these trips? All van riders must be registered and **you must reserve your spot on the van each week. For medical appointments or other errands, please call at least ONE WEEK AHEAD to secure transportation. Rides are on a first come, first served basis.** Call us at 978-462-8114 to reserve your spot. Check the calendar insert for upcoming trip dates!

Note: Our volunteer, Dennis Kondracki, can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that Van staff/volunteers cannot enter the senior's home.



Pickleball

Great news! Three pickleball courts have been painted! We will be setting up three pickleball courts 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 **November**. This is set up as a Round Robin. **Tuesdays are for experienced players and Thursdays are for beginners.** There are no formal lessons, but experienced players will be on hand most Thursdays to offer some tips to new players. All equipment will be provided. Registration is not required...just drop-in and play! Are you new to playing with us? You will need to sign a waiver form when you arrive. 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. Due to how slippery the court surface gets with rain, this program is weather-permitting. If it is raining, pickleball will be cancelled. Unsure if we are playing? Call us at the Council on Aging that morning!



Game Night

One Tuesday evening each month the Newbury Council on Aging is offering a Game Night. Come join us and 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, October 31st (wear a costume to be entered to win a door prize!)** and **Tuesday, November 28th**. **Dinner and dessert will be served. 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, Chess, Checkers, and more...or bring your own game!



Bingo!

Join us for some serious Bingo on designated Mondays at the Newbury Council on Aging! Games are 10¢ per card to play. Scheduled Bingo games are listed on our calendar insert. Once a month we will be serving lunch prior to playing the games:

- Monday, October 23rd
- Monday, November 27th

Please call us to register for Bingo Lunch so we can plan accordingly.



Flu Shot Clinic

In collaboration with the Town of Newbury Health Department, we are hosting a Flu Shot Clinic again this year. We have secured 30 doses of Fluzone High-Dose Quadrivalent influenza vaccine (preferentially recommended for people 65 years and older) as well as 20 doses of Fluzone Quadrivalent regular strength influenza vaccine. Our clinic will be held on **Tuesday, October 17th from 2-4pm at the Council on Aging**. You must register for this event, especially to secure one of the high-dose vaccines. Call us at 978-462-8114 to reserve your vaccine and schedule your time during the clinic. Many thanks to Public Health Director Deb Rogers and Public Health Nurse Pam Lara for this collaboration!



Confused about Medicare? Considering enrollment? Are you already enrolled in a plan that is not in your best interest?

This is your opportunity to learn about Medicare or review your Medicare plans with our SHINE counselor to see what you can expect with your current plan in 2024, or to see if there is another plan that may be more cost-effective for you. You may also benefit from cost-savings programs that our SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs.

Call us at the Newbury Council on Aging at 978-462-8114 and let us know you would like to speak with our SHINE counselor, Max Aloviseti. We will reach out to Max, who will then call you and provide you with free, unbiased, confidential counseling and help you understand Medicare and your options.

Mark your calendar to review your Medicare plan (even if you have the BEST plan right now) during **Open Enrollment: October 15th to December 7th**. Don't wait until the last minute! Call us to ensure you speak with Max before Open Enrollment ends!

Tech Class with Kevin



Our next technology class with Kevin Figueroa of KevTech Services will be **Staying Organized with iPhone & iPad**. In this class, we will learn to take notes, create to-do lists, and manage calendar events using the iPhone and iPad. We will also learn to use Siri, the digital assistant.

Join us on **Monday, November 6th at 2pm** at the Council on Aging.

Please call us at 978-462-8114 to reserve your spot.

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. There will be no class in October. The next class is scheduled for:

**Wednesday, November 8th
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 on **Tuesdays at 1pm!** Check the calendar insert for dates we are playing.

New to Mahjong? Not to worry...Barb Mann is here 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 baking kits from Stonewall Kitchen.
Call for more details and to reserve one today!



Knitting & 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!



Blood Pressure Clinic

Monday, October 2nd
&

Monday, November 6th
12-1pm

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



Coffee and...



Join Kathy for an hour of coffee, snacks, & some fun conversation! This program is held on **Wednesdays at 10:30am**. We have some great ideas to get the conversation started:

Coffee & Trivia: October 4th

Coffee & Crossword Puzzle: October 18th



Thanksgiving Luncheon

The holiday season is quickly approaching! Join us as we celebrate Thanksgiving a week early for a traditional turkey dinner with all the trimmings from Starboard Galley.

Our luncheon will be held on **Wednesday, November 15th** (with a snow date of Thursday, November 16th). Doors open at noon and dinner will be served at 12:30pm.

Join us for one of our biggest social events of the year! Good friends, great food, and live music by Sergei Novikov. You **MUST REGISTER** for this event as seats are limited. Our van will be available for rides to and from PITA Hall, but you will need to reserve your seat early! Please call us at 978-462-8114 to register today.

Craft Fair



We are having a craft fair on **Thursday, November 2nd from 11am-2pm** at the Council on Aging (just before and after our monthly Traveling Chef meal). Members of our knitting and crocheting group as well as our drawing class will have homemade items available for sale. All proceeds go directly to the artist selling their goods.

Are you an artist who would like to participate in this event? Please reach out to our Program Coordinator, Kathy Zaremba, to inquire if a table is available.

Cash only sales

Snow Angels



The Snow Angels program is back! We are collaborating with the Triton Schools' Program Coordinator, Sarah Houghton, to match student and family volunteers with seniors in need of a Snow Angel. Snow Angels is a volunteer program where Triton students (and their families) will shovel snow from seniors' stairs and walkways. These volunteers do not clear driveways. Also, they are students. Any snow removal will occur after school hours or after a major snow event. If you require snow removal to get out of your home by a designated time, this program is **not** for you. We have limited spots available, so call today to get your name on our list.

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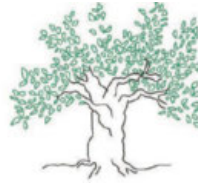


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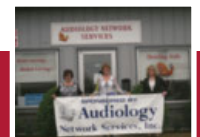
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The printing of this newsletter is prepared by LPI.
The postage is paid for by a grant from the
Executive Office of Elder Affairs.

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.

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, October 5th and Thursday, November 2nd at 12pm**. October's menu: German meat pie, German potato salad, green beans, and apple strudel for dessert. We will be celebrating Oktoberfest this month! November's menu: Grilled Cheese sandwich, tomato soup, garden salad, and a pumpkin square 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 that month's birthdays 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 for both of these meals...call us today to reserve your seat!