NEWBURY
Council on Aging
May and June 2018
F. Ryburn Lynch Senior Center
Newbury Elementary School
63 Hanover St., Newbury, MA 01951
Phone: 978-462-8114

OUR MISSION STATEMENT
The Newbury Council on Aging will identify, develop, implement, and advocate for programs and services designed to enhance the quality of life and independence of elders in the community and will assist all people with questions relating to aging issues.

OLDER AMERICANS MONTH
ENGAGE AT EVERY AGE: MAY 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation’s observance of Older American’s Month. The 2018 theme, “Engage at Every Age”, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

ANNOUNCEMENT OF ANNUAL MEMBERSHIP MEETING OF THE FRIENDS OF THE NEWBURY COUNCIL ON AGING

The Annual Membership meeting will take place on June 19, 2018 at 5:15 p.m. at the Newbury Council on Aging located at Newbury Elementary School, 63 Hanover Street, Newbury. We are located at Door 29, close to the front entrance of the school. Registration of attendees for the meeting will begin at 5:00 p.m.

The agenda includes:
5. Open forum.

NEWBURY COA BOARD OF DIRECTORS’ ANNUAL MEETING AND ELECTION OF OFFICERS

June 18, 2018 at 1:00 p.m. – The Annual Meeting and Election of Officers will be held in the small conference room across from the NES main office.
CHAIR YOGA

Sharon Gordon, Yoga Instructor (from Roots to Wings in Newbury), will be teaching you one of the gentlest forms of yoga available. Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Classes are held on Wednesdays from 1:00 to 2:00 p.m. at the Senior Center. There are 6 more classes left in the spring series: May 2, 9, 16, 23, 30 and June 6. The cost is $7.00 per class.

We hope you will try Chair Yoga to help with strength, flexibility, breathing and general well-being. Call and make a reservation at 978-462-8114.

Representative for Senator Bruce Tarr

Dick Curran, from Sen. Bruce Tarr’s office, will be at the Senior Center from 11:00 a.m. to 12:00 noon on Thursday, May 10, 2018 and on Thursday, June 14, 2018. He’ll be on hand to answer questions, hear comments and provide assistance. The public is welcome.

VETERANS’ COFFEE HOUR

Thursday, May 3, 2018 and Thursday, June 7, 2018 at 9:30 a.m.

Please join us on the first Thursday of every month at 9:30 AM. Pastries, muffins & coffee will be served. We would love a call if you intend to join us so we may plan accordingly. Call 978-462-8114 for more information.

VAN TRIPS

Thurs., May 10, 2018 – 99 Restaurant, Seabrook, NH
Thurs., May 24, 2018 – Woodman’s Rest., Essex, MA
(established in 1914 by Chubby and Bessie Woodman as a roadside grocery stand).
Wednesday, May 30, 2018 - Agawam Diner
(Nostalgic 1954 rail car diner serving hearty American comfort favorites from morning till night).
Wednesday, June 6, 2018 – The Beach Plum Rest., Portsmouth, NH.
Thurs., June 14, 2018 – Newick’s Seafood Restaurant, Dover, NH.
Thurs., June 28, 2018 – Trip to Fuller Gardens in Hampton, NH. This has always been one of our most popular van trips! Take a step back in time. Fuller Gardens is a delightful oasis situated a stone’s throw from the ocean. The gardens feature horticulture at the highest level, with thousands of varieties that bloom all season long. Formal English Perennial borders, a Japanese Garden and a tropical conservatory are all framed by sculpted hedges.

Suggested donation: $3.00 for local destinations and $5.00 for long distance. Please call 978-462-8114 to reserve a seat on the van. All trips depart from the Senior Center at 63 Hanover Street in Newbury. You can meet us at the Senior Center and hop on the van, or we will be more than happy to pick you up and drop you off at your home.

VAN TRIPS AND SENIOR CENTER EVENTS

We greatly appreciate your call (978-462-8114) to reserve a seat on the van for a trip, or to sign up for Senior Center events. If we do not receive enough interest, trips and events may have to be cancelled. Please check our monthly calendars to view upcoming van trips and events.

“You Can Paint This” with Bill Duke

Artist, Bill Duke, will be at the Newbury COA Senior Center on Wednesday, May 30, 2018 and Wednesday, June 27, 2018 from 9:30 a.m. to 12:30 p.m. You can learn how to paint a lovely watercolor scene with no previous painting experience. Come join us! You must sign up by calling 978-462-8114. Cost: $20.00 (materials are supplied).
COA OUTREACH @ NEWBURY VILLAGE, QUAKER HILL AND OAK RIDGE HOUSINGS

In May and June, Janet DelMare, COA Outreach Case Manager, invites residents to meet her at COA sponsored Blood Pressure Clinics in town for coffee and treats (see below for locations, dates and times). Please stop by one of these clinics to chat with Janet and COA Outreach Nurse, Michele Washkiss.

**Blood Pressure Clinics at Newbury Village** (30 Rolifes Lane) in the Community Room will be held on Wednesdays: May 9th and June 13th from 1:15 to 2:00 PM.

**Blood Pressure Clinics at Oak Ridge** (84 Main St., Byfield) in the Community Room will be held on Tuesdays: May 15th and June 19th from 1:00 to 1:45 PM.

**Blood Pressure Clinics at Quaker Hill** (115 Main St., Byfield) in the Community Room will be held on Tuesdays: May 15th and June 19th from 2:00 to 2:45 PM.

---

**GUEST CHEF LUNCHEONS**

Guest Chefs: Thanks to Andrea Bursaw and Richard Bursaw (Feb. guest chefs) for cooking a delicious lunch of stew, salad, rolls and dessert and to Joe Murphy (April guest chef) for his lunch of grilled franks, potato salad, baked beans and corn bread. We cancelled March’s guest chef luncheon because of a snow storm!

Upcoming luncheon dates are: Tuesday, May 15, 2018 at 12:00 noon and Wednesday, June 20, 2018 at 12:00 noon. Cost: $3.00. Call for reservations at 978-462-8114. If you need a ride, just let us know.

We are always seeking volunteer Guest Chefs and servers. Call us for more information regarding joining the Guest Chef team! Donations received are given to the chef to help defray the cost of food. Call us if you are interested at 978-462-8114.

---

**Stop and Smell the Flowers!**

On Wednesday, May 9, 2018 from 10:00 to 11:15 a.m., we are holding a crafting event at the Senior Center. In partnership with Jan Lorrey Flowers of Newbury, the event is sponsored by our friends at Visiting Angels in Newburyport. We scheduled this event back in March but had to cancel due to a snow storm. We will be creating a mini flower arrangement for you to take home. **There is no cost to you and space is limited to 10 people. First come, first serve.** Coffee, juice and treats will be served. Call us at 978-462-8114 to reserve your spot.

---

**BIRTHDAY BINGO!**

Come to Birthday Bingo at our Senior Center on the 2nd Thursday of every month at 1:00 PM. There will be cake and ice cream to celebrate whoever has a birthday that month and then we will play Bingo. Dates: May 10, 2018 and June 14, 2018.

---

Home delivered meals are available to eligible seniors by calling Elder Services of Merrimack Valley at 800-892-0890.
Annual Volunteer Luncheon - On April 25, 2018, the 21st Annual Volunteer Luncheon was held at the Village Pancake House in Rowley. We would like to thank the Friends of the Newbury COA for generously sponsoring this luncheon each year. The following volunteers were awarded pins for their years of service:

5 Years: Bob Brown, Matt Freedman, Mary Gill, Alba Gouldthorpe, Patty Keys, Carol Larocque, Joyce Machiros, Nina Meader and Kate Murray.
10 Years: Ann Hickey, Jane McNeal and Eloise Schoepppner.
20 Years: Eunice Campbell.

Thank you to all of our volunteers for helping to make our town a better place.

TOWN OF NEWBURY
★ ★ ★ ★
★ Election Day ★
Tuesday, May 8, 2018

The Candidates who will be on the ballot are:
Selectmen: Alicia Greco, Geoffrey Walker,
Assessor: F. N. “Budd” Kelley III, Board of Health: Elaine Byrne, Constable: Charles Alan Colby, Jr.,
Fish Commissioner: Joseph P. “Pete” Fotino,
Library Trustee: Terry Litterst, Richard Ravin,
Planning Board: Rachel McManus, Town Clerk: Leslie Haley, Triton Regional School Committee

S.H.I.N.E.
(Serving Health Information Needs of Everyone)
Mark Sullivan, our COA SHINE Counselor, will help you understand your health insurance needs. Check our newsletter calendar for the dates he will be available at the Newbury Senior Center.
Call for an appointment at 978-462-8114.

"Write It Down"

A couple in their nineties are both having some short term memory loss. While in for a checkup, the physician says that physically they’re okay, but since they’re having trouble remembering things, they might want to start writing things down.

Later that evening they’re sitting and reading, when the husband gets up.

"Would you like anything from the kitchen?" he asks.

"Some vanilla ice cream," his wife replies.

"Okay."

"Shouldn’t you write it down so you don’t forget it?" she asks.

"Don’t worry, I won’t forget.

"Well," she says. "A few raspberries on top would be great. You want to write that down?"

"I’ve got it, honey. A bowl of vanilla ice cream with raspberries on top."

"And chocolate sauce, too. Maybe you’ll forget that. Want me to write it down for you?"

A little miffed, he replies, “I’ve got it! Ice cream, raspberries and chocolate sauce. I don’t need it written down, for gosh sakes!"

He waddles out to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife. She stares at the plate a few seconds, then says, “You forgot my toast.”

N.E.E.T. (Northern Essex Elder Transport)

This program provides rides for elders to medical appointments. Arrangements should be made at least 3 business days in advance by calling the COA office at 978-462-8114. Please note that the COA is closed on Fridays. Once the ride is arranged, the volunteer NEET driver will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to an inability to pay. Reservations must be made through the COA and clients should not call the drivers directly.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>9:00 Van/Shopping &amp; Library</td>
<td>1:00 Chair Yoga</td>
<td>9:30 Veteran's Coffee Hour</td>
<td>SENIOR CENTER CLOSED</td>
</tr>
<tr>
<td>7</td>
<td>9:00 Van/Shopping</td>
<td>10:00 – 11:15 a.m. – &quot;Stop &amp; Smell the Flowers&quot;</td>
<td>10:00 SHINE</td>
<td>First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>12:45 Bridge</td>
<td>1:00 Chair Yoga</td>
<td>1:15-2:00 - Outreach Meet &amp; Greet and Blood Pressure Clinic @ Newbury Village</td>
<td>12:30 Knitting</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>12:45 Bridge</td>
<td>9:00 Van/Shopping</td>
<td>1:00 Chair Yoga</td>
<td>10:00 SHINE</td>
<td>SENIOR CENTER CLOSED</td>
</tr>
<tr>
<td>21</td>
<td>9:00 Van/Shopping &amp; Library</td>
<td>12:00 Guest Chef Luncheon (RSVP)</td>
<td>12:30 Knitting</td>
<td>First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td></td>
<td>Outreach Meet &amp; Greet and Blood Pressure Clinics: 1:00 @ Oak Ridge 2:00 @ Quaker Hill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>1:00 Chair Yoga</td>
<td></td>
<td>11:30 – Van trip to Woodman's/Essex</td>
<td>SENIOR CENTER CLOSED</td>
</tr>
<tr>
<td></td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>SENIOR CENTER CLOSED</td>
<td>9:00 Van/Shopping</td>
<td>9:30–12:30 Bill Duke Watercolor Class (RSVP)</td>
<td>10:00 SHINE</td>
<td></td>
</tr>
<tr>
<td>Memorial Day</td>
<td></td>
<td>11:30 – Van trip to Agawam Diner</td>
<td>12:30 Knitting</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>1:00 Chair Yoga</td>
<td></td>
<td>10:00 SHINE</td>
<td>12:30 Knitting</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>--------------</td>
<td>---------------</td>
<td>------------------------------------------------</td>
<td>------------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6:00 – Van trip to Beach Plum Restaurant/Portsmouth 11:00 - 2:00 Chair Yoga</td>
<td>7:00 Veteran's Coffee Hour 12:30 Knitting</td>
<td>8:00 SENIOR CENTER CLOSED First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13:15-2:00 – Outreach Meet &amp; Greet and Blood Pressure Clinic @ Newbury Village</td>
<td>14:00 SHINE 11:00 – Dick Curran, Sen. Tarr's Office 11:00 – Van trip to Newick's Seafood Restaurant/Dover, NH 1:00 Birthday Bingo</td>
<td>15:00 SENIOR CENTER CLOSED First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20:00 Guest Chef Luncheon (RSVP) 12:30 Knitting</td>
<td>21:00 Knitting</td>
<td>22:00 SENIOR CENTER CLOSED First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27:30-12:30 Bill Duke Watercolor Class (RSVP) 11:30 – Van trip to Fuller Gardens, Hampton, NH 12:30 Knitting</td>
<td>28:00 SHINE</td>
<td>29:00 SENIOR CENTER CLOSED First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
</tbody>
</table>
Assisted Living Center ~ Salisbury
An Affordable Solution to Your Assisted Living Needs

- When you are seeking a safe alternative to living at home alone, turn to the Assisted Living Center ~ Salisbury.
- When you are looking for a socially stimulating environment, turn to the Assisted Living Center ~ Salisbury.
- When you are searching for an all inclusive, affordable senior residential alternative, with your own private unit & bath, turn to the Assisted Living Center ~ Salisbury.

Assisted Living Center ~ Salisbury
Where you Can Have it All
Where you Can Afford it All

(978) 463-9809

Ask about our:
Medicaid Programs
Veteran’s Programs

19 Beach Rd. • Salisbury, MA 01952
www.assistedlivingcenter.org

EVELYN M. NOYES
REAL ESTATE AND PROPERTY MANAGEMENT

P.O. BOX 7
BRYFIELD, MA 01922
c.m.noyes@comcast.net

Tel: 978-465-7408
FAX: 978-465-2918
CELL: 978-375-6145

Seniors! Call for a FREE market analysis

Be Independent for Life
Nichols Village
An Active Adult Community

One Nichols Way
Groveland, MA 01834
Nichols-Village.com
CALL 978-372-3930

LOCAL ADVERTISERS!
DO YOU WANT TO REACH THE LOCAL SENIOR CITIZENS IN A MEDIUM THAT HAS TREMENDOUS RETENTION?

Then advertise in their Senior Citizen Newsletter!
CALL 603-601-8047
EMAIL: seniornewsletter@aol.com
Senior News Publications,
7 Philbrook Terrace, Hampton, NH 03842

LOMBARDI OIL & GAS
Delivering Comfort to Our Community
Service • Installation • Fuel
“Senior Discount Available”

978.465.7200
LombardiOil.com

Heating
Air Conditioning

Community Action, Inc.
Low Income Home Energy Assistance Program

Would you like to know how you could get a 25% discount on your monthly National Grid bills and/or home heating oil at deep discounts?
Homeowners can also receive assistance with heating system repairs, replacements and free home energy audits.

Visit our website to learn more:
www.communityactioninc.org
or call 978-373-1971 ext 218

ATTENTION LOCAL MERCHANTS! SPACE FOR SALE For Advertising Information:
Senior News Publications ~ 7 Philbrook Terrace ~ Hampton, NH 03842 ~ 603-601-8047 ~ email: seniornewsletter@aol.com
NEWBURY TOWN LIBRARY

Tuesday, May 1, 2018 – 6:30 p.m. - TALES FROM THE HOME OF THE WORLD'S WORST WEATHER: A TALK ABOUT MT. WASHINGTON.

Tuesday, May 8th & 15th from 6:30 – 7:45 p.m. – “INNER JOURNEY” - Join us for a 2-day workshop to decrease the effects of stress, and increase vital life forces which are abundantly available from within. Learn the 7 Main Chakras, Aura, and inner Polarities of Feminine and Masculine Energies that contribute to the state of the body, mind and emotions. Sheila Thomson began her work within the wellness industry as a Functional Kinesiologist and Usui Reiki Master. She later became a Board Certified Polarity Practitioner and Educator after years of advanced studies. In 1987, she opened her private practice “True Essence Healing” in Byfield and has assisted many in improving their life experience. Must register ahead of time - space is limited. If you have any questions about this event, please email: Sheila@SheilaBalanceGmail.com with Newbury Library Event in the subject line.

Thursday, May 10th – 6:15 – 7:15 p.m. – A CELEBRATION OF BOOKS AND THEIR HISTORY – Take a visual journey and explore the variety and wonder of the book. If you think books are only made of paper, you’re in for a surprise. You’ll see books from around the world made from palm leaves, wood, silk, and vellum that are rolled, folded, and strung as well as sewn followed by some of the amazing work contemporary artists are creating with the book form. Before and after the talk, you’ll have a chance to view in person books from Susan’s collection. Susan has been involved with the book for over 30 years as an artist, writer, illustrator, designer, and reader and loves sharing her passion. Please register online for this program.

NEWBURYPORT PUBLIC LIBRARY

Tuesday, May 8, 2018 - 7:00 – 8:15 p.m. - HIDDEN GEMS OF NEW ENGLAND - Have you ever wandered through the woods and wondered who’d been there before? Join author and adventurer Alison O’Leary for a virtual trip over mountains and through the back roads of New England. This program, based on the new book "Inns and Adventures" by Alison O’Leary and co-author Michael J. Tougias, is great inspiration for trip planning! Join us for a fun and informative look at some of the Hidden Gems of New England.

Tuesday, May 15, 2018 - 7:00 – 8:15 p.m. - HIDDEN HISTORY: QUAKERS AND PURITANS IN 17TH CENTURY NEW ENGLAND - Join local author and historian Olga Morrill for a discussion of Quaker history in the Massachusetts Bay Colony. Plymouth Rock and the Puritan landing in 1620 figure prominently in Massachusetts history, but the century and a half between that event and the American Revolution of 1775 is largely a mystery. Few people are aware of the shocking events that occurred in 17th Century New England. Morrill will discuss actual occurrences involving real people in Puritan New England, including events that happened here in the "Old Newbury" and Salisbury area. She will also discuss her book Vagabond Quakers: Northern Colonies. Olga Morrill is a retired librarian who has spent the past 4 ½ years researching the history of the Quakers in 17th century northern New England.

June 16, 2018 - 12:00 noon - 2:00 p.m. - DOG ADOPTION EVENT - Our friends from Last Hope K9 Rescue will be at the Library with several dogs and puppies in need of forever homes. Come by to meet the dogs (and maybe find your new best friend!). Applications should be filled out online in advance for anyone hoping to start the adoption process today. For more information on how to adopt, foster, or volunteer, please visit Last Hope's website at http://www.lasthopek9.org. Last Hope will post a list of attending dogs to their Facebook page by Thursday before the event and keep it up to date until the event.

COA DONATIONS

Thanks to the following people for their recent donations to the COA: John Ferrara, Steve and Heidi From, Joyce Marlowe, Joe Murphy, Alice Rogers, and Tom & Judi Sullivan.
First Parish Community Food Pantry

The all-volunteer, town-wide food pantry currently housed at the First Parish Church at 20 High Road in Newbury offers a wide variety of foods. Not only the non-perishables you would expect, but also meats, eggs, milk, fresh produce, and hygiene products. The pantry is open on Friday afternoons from 3:00 to 5:00 and there are volunteers from all parts of town available to assist you with selection, and carrying bags to your car. Donations of both food and cash are welcomed and can be dropped off Friday afternoons.

Use the Newbury Food Pantry on Fridays - Transportation or Delivery! - Email 2GoPantry@gmail.com to reserve your ride or request delivery. Reservations required. Please reserve by Thursday night for a ride or delivery on Friday.

For Transport: Pick up between 2:30 and 3:15. Return between 4:00 and 4:45. Timing depends on route.
For Delivery: Request by Thursday night. Include phone number. Delivery between 2:00 and 5:00 on Friday. Timing may vary. Note: delivery of groceries is a pilot program for residents of Newbury only.

Don’t miss shopping at this welcoming food pantry. Bring bags for transporting your groceries. No ID required. This is an independent service and is not affiliated with the Newbury COA or Town of Newbury.

Fun Spring Activities for Seniors
American Senior Communities, www.ASCSeniorCare.com

Spring is the season of rebirth. After a long, chilly winter the birds are singing again, flowers are reaching full bloom, and leaves are bright and green. It’s the perfect time to get outside, enjoy the fresh air and try some new activities. No matter your age, there are plenty of ways to stay active, have fun, and appreciate all that spring has to offer.

Get Outside! Senior Activities to Enjoy this Spring - The change of season to the warmer weather offers the perfect opportunity to get out of the house for a bit on a daily basis. Here are a few fun spring activities for the elderly that allow you to get active, improve your mood and even promote social interaction with others:

- **Do some gardening** - Gardening is undoubtedly one of the best spring activities for seniors. Even if you have some limited mobility, modifications can be made to allow you to participate in many garden activities. Pulling weeds and planting flowers increases your physical activity levels by improving flexibility and endurance.

- Gardening has mental health benefits, too; it can relax you, reduce your stress and give you a rewarding feeling of accomplishment.

- **Start a daily walking routine** - Walking is one of the best exercises for seniors, and spring is the perfect season to head outside and enjoy a walk through the neighborhood or nearby park. If you can, find a buddy to walk with to help make this a social activity you look forward to daily.

- **Start spring cleaning tasks** - Did you know clutter can increase your stress levels? It’s true! Getting organized is a great spring cleaning chore, so take a few days and start going through the storage spaces in your home and clearing out some of the items you no longer need on a daily basis. You can even get family members to help and share memories as you go through your belongings. Plus, they can help you make some decisions about what to keep and what to donate, sell or throw away.

- **Enjoy a picnic in the park** - Pack a picnic basket with some snacks, grab a blanket and find a grassy area to sit outside and simply bask in the sun to get some much-needed vitamin D (just don’t forget the sunscreen). Or, enjoy lunch on your favorite patio at your senior living community or local restaurant.

- **Feed the birds** - Birdwatching is a stimulating activity many seniors enjoy. Head to a park and feed the ducks and geese some cracked corn, or hang a bird feeder outside your window to enjoy watching them feast right in the comfort of your home.

- **Have fun with the grandkids** - Children love being outside, so find some activities you can enjoy together. For instance, kite-flying or drawing pictures with sidewalk chalk.

- **Shop at a local farmer’s market** - Spring is a great season to visit farmer’s markets in your area and wander through them, plus you can potentially get some great deals on fruits, vegetables, flowers or crafts.
THINGS TO DO

NEWBURY TOWN LIBRARY

Tai Chi – Wednesdays from 5:30-6:45 PM and Fridays from 9:00-10:15 AM – Tai Chi is a type of martial art very well known for its defense techniques and health benefits. This martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of "meditation in motion" which promotes serenity and inner peace.

Tong Ren Healing – Wednesdays from 7:00 - 8:00 PM. Tong Ren combines western knowledge of anatomy and physiology with the ancient principle of "chi" (or life force energy), to create what many consider to be a powerful new healing modality.

NEWBURYPORT LIBRARY: Free movie matinees every Wednesday afternoon at 2:30 PM.

- May 2 “The Disaster Artist” (R)
- May 9 “Roman J. Israel, Esq.” (PG-13)
- May 16 “Molly’s Game” (R)
- May 23 “I, Tonya” (R)
- May 30 “Marshall” (PG-13)

At the time our newsletter went to print, June’s movie schedule was not listed on the Newburyport Public Library’s website.

BOOK BITES: A COOKBOOK BOOK GROUP - If you love cooking, enjoy talking about food and always have your nose in a cookbook, then this book group is for you! This group meets monthly on the first Monday of the month. Participants are asked to bring a dish to share from that month’s cookbook and their own serveware. Space is limited and registration is required. You must sign up a week in advance. This group cannot accommodate drop-ins.

Monday, May 7, 2018 – 6:30 – 8:30 p.m. – “FOOD SWINGS” by Jessica Seinfeld.

Monday, June 4, 2018 – 6:30 – 8:30 p.m. – “APPETIZERS” by Martha Stewart.

To all Volunteers born in May & June

May 3 Carol Larocque
May 5 Gloria O'Connell
May 9 Alix Mc Ardle
June 16 Isabelle Champoux

GREATER NEWBURY ELDERS PET FUND

The Newbury COA supports Animal Control Officer Carol Larocque’s Greater Newbury Elder Pet Fund in assisting elders with pet food needs. Call Carol for more information: 978-465-8555. Donations are always welcome.

"Beautiful young people are accidents of nature, but beautiful old people are works of art."

- Eleanor Roosevelt -