



Newburyport Senior / Community Center

Program Guide

January & February

2024



Inclement weather or other unusual circumstances will be announced as early as possible on Facebook and on the COA page of the city website:

<https://www.cityofnewburyport.com/council-on-aging>

Facebook: <https://www.facebook.com/profile.php?id=61554198999907>



a Book study– An orange in Winter: The Beginning of the Holocaust as Seen Through the Eyes of a Child: This intergenerational program with 8th grade students from *Rupert A. Nock Middle School* is a **3-week program**: Jan 2nd, 9th, and 16th. It will be held in the Boardroom at the Senior/Community Center from 12:30-1:15. On January 2nd after introductions, they will handout the books. A book discussion will take place on January 9th and the final meeting will include a meeting with the local Author, Margaret A. McQuillan. Make sure to sign-up on the sign-up wall for this program as spaces are limited! Don't miss it!!!

CHEERS TO 8 YEARS! - Thursday, January 4, 2023

We turned 8, Let's Celebrate!-The Newburyport Senior/Community Center turned 8 years old! Our wonderful facility has officially been open for 8 years! The exceptional community participation and overwhelming support over the last 8 years has certainly illustrated Newburyport's need for a Community Senior Center. Please join us to celebrate our 8th year anniversary on **Thursday, January 4th at noon** to enjoy a root beer float on us! We want to thank-you for participating in our center and community. Pre- registration can be done, by signing up on the clip board wall in the Center's Library!

You can also join us for lunch, served at 11:15 for just \$2. Menu for that day is and it is a hot dog on a bun, baked bean, cinnamon pears, cold slaw, it is offered through Age Span. Sign-up for lunch with Jane in the kitchen for lunch no later than **Dec 30th**.



Winter Breakfast– Wednesday, Jan 31st from 9AM to 10:30AM

Join us for a hot breakfast and great conversation. Breakfast will be served at 9am. We will be serving up Sara's famous overnight stuffed blueberry French toast bake and breakfast sausage with OJ! Pre-registration and payment is required no later than Friday, January 26th. The cost is \$5 per person. Sign-up and pay in the main office with Sara or Mary. Sponsored by the FONCOA.



It's Time for PARTY!!! Don't miss the fun– Wednesday, February 14th from 1PM to 3PM; there will be lot of line dancing, as well as opportunities for couples to swirl around the dance floor. We will have an assortment of tasty appetizers. DJ Chris Brunelle from Party Time Productions will be spinning your favorite songs. Pre-registration is strongly encouraged so we can get an accurate headcount for refreshments!. To pre –register sign up on the sign-up wall in the center's library. This is sponsored by the FONCOA.

Hours of operation: Monday-Friday
8AM to 4PM

Senior/Community Center
PHONE: (978) 462-0430

Village Talks at NOON!

The *Greater Newburyport Village* is a nonprofit 501(c)(3) membership organization, powered by volunteers and their **mission is** to promote living well and independently through community engagement and neighborly support. The Greater Newburyport Village offers shared social, cultural, and educational experiences, builds community, turning the challenges of growing older into opportunities for new experiences, growth, and satisfaction, arranges for neighborly help at home and transportation when needed to successfully navigate the transitions of aging. Village talks are held at the Newburyport Senior/Community Center (SCC) on the Third Thursday of the month **12:00 PM—1 PM**

To sign up for the lunch that precedes the village presentations, please call the main office of the Senior/Community Center.



Wednesday, January 17th – Lee Thomas on the civil rights movement

Wednesday, February 21st -Dyke Hendrickson on the Merrimack River



Superbowl 58 Party at the Senior/Community Center Sunday, February 11th from 6 PM to 10 PM

Bring your friends and family for this fun night! We will be showing the game and sharing in the camaraderie of the game. Hardy game snacks and non alcoholic beverages will be served.

We are also having a **Superbowl Square Fund** raiser to benefit the Friends of the Newburyport Council on Aging. **Square will be on sale starting Monday, January 8th** in the Main office. Squares will cost \$10 with 50% of the proceeds going to the FOCOA. There will be 4 opportunities to win. At the end of each quarter a winner will be announced. The winner is decided by looking at the last number of each team's score, matching that number to a square on the grid, and seeing which square those two numbers are in. You will not need to be present to win. We ask that you pre-register at the SCC if you plan on attending the party. Sign up on the sign-up wall in the SCC's Library. The pool table room will be open and showing the game during this event! Come and join the fun with us.

Poetry & Pizza: Food for the Soul and Body– Thursday, January 4th and Thursday, February 1st at 1 PM

"Poetry & Pizza" is growing! Join us in the Dining room to learn about poetry, hear new and emerging local poets, read your own if you wish, and enjoy spirited discussions. Then savor pizza from the best local pizzerias in our community!

**The Pizza for the coming events are sponsored by:
January 4th - Famous Pizza Newburyport
February 1st - Oregano Pizzeria & Ristorante**



A BIG THANK-YOU to our Sponsors!!!!



Parker River Refuge Bird Tour: Friday, January 19, 9 AM -noon. The Parker River National Wildlife Refuge is one of the most visited birdwatching locations in Essex County, and for good reason due to an amazing diversity of birds that spend time of the refuge each year. We will start our morning at the refuge headquarters for an introduction to the birds of Essex County and birding basics. Then, we will put our new knowledge to use as we explore the refuge and walk along their universally accessible boardwalk and search for birds. Bring binoculars if you have them or borrow a pair

from us and dress for the weather. Meet at the Refuge at 9am. This is a free event! You must sign-up at the Senior/Community Center if you plan on attending. **Registration on the clip board in the center's library.**

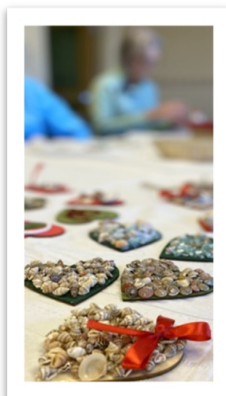


Open Oil Painting Friday's 10 AM to Noon

The open oil painting sessions that have been offered at the SCC for a while now is changing somewhat. Introductory lessons will still be offered for those beginners, but in addition, and to encourage further Artistic growth, the session will be geared more toward an "Open Studio" approach allowing participants to explore their own artistic expression (in oil paint) while under the guidance of an instructor. Because of space limitations, these sessions need to be limited to 12 participants. The cost is \$10 per session., payable to the instructor. If you are interested, contact Rob Brun, the instructor directly at: Neicul58@hotmail.com and happy painting!

Oil Painting Student Art Open House/ Exhibition: Friday, January 12th 11-12 in the Main Lobby

The Friday oil painting session attendees will be displaying their work at the Newburyport Senior/Community Center, during the month of January. We will be hosting a reception/meet and greet with the Artists. This will take place on January 12th from 11 AM to noon. Light refreshments will be served. So please come, view the talent and meet the Artists.



Historic Arts and Crafts Sessions: Monday, February 5, 2024 At 11AM to 12PM **Sailor's Valentines** **Hosted and Sponsored by the Custom House Museum**

Sailor's valentines, intricate seashell mosaics that emerged in the 19th century, were crafted by sailors during long sea voyages as tokens of love for their distant sweet-hearts. Characterized by meticulous arrangements of colorful seashells in symmetrical patterns, these artworks gained popularity in the Victorian era and were often brought back as souvenirs from tropical locations. Despite waning in popularity, Sailor's valentines endure as cherished artifacts, symbolizing both the creativity of sailors at sea and the timeless expression of love and connection."

Join us to create these amazing and historic Hearts that we will use to decorate our Valentines Dance Party! Everyone one who comes to help us will be able to take a beautiful heart home with them! Pre-registration is requested. To register please sign-up on the sign up boards!

Cooking and Conversation

Did you know that "you are what you eat" really is true? Would you like to have more energy as you get older? Would you like to feel happier and possibly add years to your life? Join our fun "cooking and conversation" These are demonstration classes and you will learn about healthy cooking styles as well as, how they can improve your life so you can have more fun living it!

Upcoming programs will take place on: Thursday, January 11th, and Thursday February 8th, from 1PM to 3PM.

There will be samples for everyone! Please make sure to pre-registered so the instructor has enough food for everyone, additionally there is a maximum of 25, so make sure to pre-register to get your spot!! This program is \$5 per person due the day of the program.



TEAM TRIVIA- Trivia Rematch between Amesbury, Salisbury and Merrimac COAs will take place on **Thursday, January 25th** the Amesbury Senior Center 68 Elm Street, Amesbury, MA **at 1 PM**. If you would like to attend and be part of the fun, please sign-up on the clip board in the center's library! Don't miss this fun event. If you need transportation please speak directly with the main office!

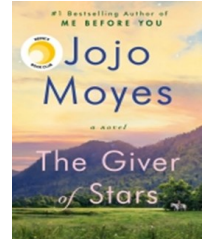


The Next Chapter Book Group invites you to join our monthly book discussion on the first Wednesday of the month at 2pm.

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WEDNESDAY, JANUARY 3RD 2:00—3:00 PM

January's title is **The Giver of Stars** by Jojo Moyes. Based on a true story rooted in America's past, *The Giver of Stars* is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic—a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond."



WEDNESDAY, FEBRUARY 7TH 2:00—3:00 PM

February's title is **The Christie Affair** by Nina de Gramont. London, 1925: In a world of townhomes and tennis matches, socialites and shooting parties, Miss Nan O'Dea became Archie Christie's mistress, luring him away from his devoted and well-known wife, Agatha Christie. The question is, why? Why destroy another woman's marriage, why hatch a plot years in the making, and why murder? How was Nan O'Dea so intricately tied to those eleven mysterious days that Agatha Christie went missing?"

Coffee with the Cops:

Mondays January, 22nd and February 26th at 9AM

Join the fine men and woman of the Newburyport Police Department for great conversation and information. We meet in the Newburyport Senior/Community Center's dining room. Upcoming coffee's will take place on

Mondays January, 22nd, and February 26th.

Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other.

Building relationships. One cup at a time.



The LOW Vision Support Group does **NOT** meet during January and February. They will meet next on the **2nd Tuesday of March!** Its mission is to inform those who are blind or have reduced vision about resources, devices, and practices that will aid them in adapting and maintaining a full and active life.

Questions about this group, call Steve Baran - Call (978) 837-2097

Schedule a ride on the COA Bus: (978) 462-0430

The Newburyport Senior/Community Center will be CLOSED on:

Monday, January 1st

Monday, January 15th

Monday, February 19th



ICELAND Tour 2024



We are planning a fantastic tour to Iceland in 2024. This tour is hosted by Collette Travel, a leader in travel based in RI. We will be having an info session on DATE on TIME, at the Newburyport Senior Community Center.

Iceland: Land of Fire & Ice—An island of dramatic contrasts, uncover Iceland's natural beauty through a land forged by ice and fire. Travel the "Golden Circle" – an epicenter of natural scenic wonders. Stay overnight in a local fishing community and enjoy a picturesque cruise of the bay. Join an explorative coastline walk and visit a maritime museum that illustrates the work of Icelandic fishermen through the centuries. Soak in the mineral-rich waters of the Blue Lagoon. Discover otherworldly wonders and captivating cultures on a fascinating Icelandic journey. We are planning an info session in January, date/time TBA. Plan to join us to find out all this amazing once in a lifetime trip has in store for you!!! More information will be posted on the SCC bulletin board and on our website!

A THANKSGIVING Recap: On November 23, 2023, Thanksgiving Day, the Lions Club served 620 meals out of our Senior/Community Center—Thank you to the Lions Club and all of the people who helped make this prepared hot cooked meal possible on Thanksgiving Day for our community!!!



NEW PROGRAM: 3B (Balance, Bones and Brain) begins Monday, February 5th at 2PM



This is a high energy and result driven class with an emphasis on fun. It is geared to folks 50 and over. This class will incorporate **balance exercises** to help prevent falls, **strength training** to improve bone density and **trivia** and brain games to help with cognition. All this with great music! Come try it out for safe and effective movement, have fun and make new friends. Held by Certified personal trainer Brian Coyne with over 20 years of experience. This class is \$6 per class payable at the start of each class. We ask that you sign up on the sign-up wall in the center's library if you plan on trying this class!

NEW PROGRAM: Pottery with Time to Clay—Monday, January 8th from 1PM–3PM.

Join



us for a great instructional class. Everyone will work on creating a great winter themed snowman plate. Class is \$20 per person and includes all materials and supplies. Technique will be taught, fun will be had! You must sign-up and pay no later than January 5, 2024. This plate will be fired after it is painted and you will be called to come back to pick up your finished piece. A February class is planned for Monday, February 12 at 1PM. Project TBA.

My ACTIVE Center Training— Thursday, February 1st at 11AM

Did you know that the Senior Community Center uses a database to track participation? It does and it is super important that everyone checks into our system when in the facility. This helps us know who is attending programs and what programs folks like the most. It also helps us with funding when we apply for grants. There is an ONLINE version of this which allows participants to sign-up or remove themselves from programs. During this training you will learn about our database and how to register online, instead of via the clipboards, for programs you want to attend! I will be holding these training session each month and I hope you can join me to learn about this system, how to use it and why we need it! Sign-up for this training on the sign-up wall in the center's library.





NEW!! FREE Hearing Clinic: January, 12th and February 9th: appointments from 10AM to Noon. Chris Streeter, audiologist from Affordable Hearing, has been in the hearing aid business since 2004, over 19 years. He is licensed to perform hearing tests and provide hearing aids to individuals in Mass and NH.

Chris is a mobile business; meaning, He can take care of my customers in their own homes or at senior centers. He takes pride in keeping hearing aid prices as low as possible understanding that most seniors are on a fixed income. To schedule an appointment, speak with a receptionist at the front desk!

Important Updates from the NCOA Outreach office:

The Outreach Specialist provides information and referral services; advocacy; outreach; home visits; programs and support services and one on one assistance to Newburyport older adults, their families and persons with disabilities. Emerging needs of older adults such as food stability, transportation, housing and homecare options may be addressed. Please contact Ann Freeman, Monday-Friday, 8:30-4:00 at 978-462-0430 for more information.

The Newburyport Council on Aging Speaker Series

"Things you need to know..... or later"



Fuel Assistance: Wednesday, February 7th at Noon. Have you ever wondered the qualification guidelines for this helpful program? Could you or a loved one be eligible? What is the application process like? What is the benefit of this program? Join us to find out all the important details of this program. Mr. Gerald Walsh, Director of Fuel Assistance from Community Action, Inc, will be the presenter. He will be around at the conclusion of the presentation to answer questions privately if needed.

NEET– Out of Town Transportation: Thursday, February 15th at 1PM: Are you looking for a ride to a medical appointment out of town? Northern Essex Elder Transport-or **NEET** is a program serving older adults that provides curb to curb non-lift transportation for medical appointments. Come hear more! This important and informative program will take place on Thursday, February 15, 2024. Dori Sawyer, the NEET Administrator will be here to answer any questions you may have on this important transportation service!



Speaker Series Programs takes place in the small dining room. These events are FREE. Refreshments will be served and we ask that you pre-register for these events by signing-up on at SCC in the Center's library on the sign-up wall. For more information contact the center at 978-462-0430.

The Massachusetts Senior Circuit Breaker Tax Credit information session: January 18th at 1PM Good news for Seniors! The Massachusetts Senior Circuit Breaker Credit has more than doubled for 2023. This refundable credit may be as much as \$2,590 for qualified renters or property owners. In anticipation, be sure you have records of your property tax payments for all 4 quarters of CALENDAR 2023, and any water or sewer bills. Renters should calculate the total rent paid for 2023, and have the name and address of the landlord they paid. You may be eligible for this credit even if you are not otherwise required to file a tax return. But you must file a Massachusetts tax return to claim it. Join us on 1/18 at 1pm, to learn more about this credit and see if you qualify!

A HUGE Thank you to the Center Congregational Church and the Chocolate Tour for the fantastic donation of \$2000 . This money will be put into an emergency fund that will be available to help seniors in need in our community.





Self-Help with Energy Psychology **Thursday, January 18th and Thursday, February 15th at 1PM**

Join Kerri Vercellini of Awaken Holistic Counseling Services for a 2-part series. This is a review of Resources for Resilience; Energy Psychology and other healing techniques to help manage feelings of stress, trauma, shock, anger, confusion, and need for balance. Join us to learn these helpful, non-pharmaceutical techniques to a better life!

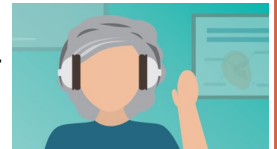
Wellness Room Health Services

Blood Pressure Checks— Newburyport's Health Nurse is checking BP on Tuesday, January 9th & Tuesday, February 13th. This is a FREE clinic



Podiatrist— Do you need your toe nails trimmed? If so, a local Podiatrist will be at the NSCC on Wednesday, January 17th & Wednesday, February 21st By appointment only. To make an appointment speak with the receptionist.

NEW!! Hearing Screenings: Free hearing screenings are offered on Friday, January 12th and Friday, February 9th By appointment only. Appointments can be made at the Reception Desk.



Dental appointments: Monday, January 22nd, January 29th, and Monday, February 5th, February 26th. To schedule a teeth cleaning appointment, please email Gould.ellen@gmail.com Payment of \$73.00 upon delivery of service

SHINE (Serving Health Insurance Needs of Everyone)— SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility. NSCC offers appointments on the following upcoming Wednesdays: January 3rd, 10th, 24th and 31st and February 7th, 14th, and 28th from 8am to noon by appointment ONLY. Appointments can be made with the receptionist. More information about SHINE can be found online at <https://shinema.org/>

AARP Tax Assistance— February— April 15th; Tuesdays & Wednesday at the Newburyport Senior Community Center



Tax Aide Volunteers will be offering free tax preparation services at the Newburyport COA, beginning in early February and running through mid-April. They will prepare (and electronically file) Federal and Massachusetts tax returns for low to moderate income taxpayers. This free service is provided by the AARP Foundation, but you do not need to be an AARP member. All volunteers are trained and certified. **You can call the COA for an appointment beginning January 16th.** You will receive a confirmation letter, specifying the time of your appointment and explaining what tax documents to bring with you. You do not need to wait until receiving all your documents before calling to schedule. **Clients from prior years will receive a call in late December or early January, inviting them to schedule** an appointment.

Making Decisions when it Matters Most: Conversations about Health Care Proxy, Five Wishes and More!

Tuesday, January 30, 2024 at 10:30AM



This program, presented by Care Dimensions, will discuss the importance of advance care planning and making one's health care wishes known through use of Five Wishes and other planning tools. For more information on this program, contact Ann Freeman at 978-462-0430.



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Come and Travel with us!



The Travel program is coordinated through the Directors office. For more information about upcoming travel speak with the Director Sara Landry or check out the flyers located on the Bullentin board in the main lobby or on our message board. Trips are subitized by the Friends of the Newburyport Council on aging.

Great Day trips

Monday, July 15, 2024– Jimmy Buffet Tribute Show & Lobsterbake at Foster's in York, ME:

What screams "It's summertime" more than lobsters and Jimmy Buffett. Join *Best of Times Travel* and the *Newburyport Senior Community Center* for the Ultimate Jimmy Buffett Tribute Show featuring Jimmy and Parrots combined with a fantastic lobsterbake at Fosters in York, Maine!



Grab your "beach chair, your suntan oil, and your favorite drink", and get ready for a virtual trip to the islands! From the West Indies and Jamaica to cities all over the east coast, *Jimmy and the Parrots* have been playing to delighted crowds for years.

Jimmy and the Parrots were Voted "2012 and 2014 Trop Rock Entertainer of the Year" and were also Nominated in the "Band of the Year" category in 2017. They are the most requested Jimmy Buffett Tribute band in the country and perform not only all the great Buffett songs you love, they also play our favorite songs by the Beach Boys, Paul Simon, Harry Belafonte, Bob Marley, among many others.

Your Meal Includes:

WHOLE BOILED 1 1/4 lb. LOBSTER, Clam Chowder, Fresh Steamed Mussels, Fresh Main Clams, Corn-on-the- Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter, & Beverage. A 1/2 BBQ CHICKEN is available as a Non-Lobster Alternative

This trip will likely SELL OUT, so **DON'T wait to get your seat**. Tickets are on sale beginning January 2nd at the Center. To register, use the envelope system. Travel payment envelopes are located at the reception desk!

**TRIBUTE
BAND**

Thursday, April 25th – The Beach Boys: Ultimate Tribute Show! At the Castleton in Windham NH:

Best of Times Travel celebrates "America's Band – The Beach Boys" with the ultimate Beach Boys tribute show featuring **Still Surfin**. *Still Surfin* has been performing the greatest hits of the Beach Boys for over 20 years. Their performances are as true to form as the originals in concert, featuring the incredible five part harmonies of the Beach Boys, so much so you just might forget this is a tribute show. Lunch is your choice either: Apple Cranberry Stuffed Chicken Or Veg. La-sagna and also Includes: Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. **Meal choice is due at sign-up.**

Includes Transportation, Plated Luncheon, Meal Tax, Meal Gratuity, and Show Ticket!

This trip will also likely SELL OUT, so **DON'T wait to get your seat**. Tickets are on sale beginning January 2nd at the Center. To register, use the envelope system. Travel payment envelopes are located at the reception desk!

Pricing for all day trips will be announced on January 1st. Flyers will be posted at the Newburyport SCC with all payment information.

Message from the Mayor of Newburyport, Sean Reardon

Happy New Year Council on Aging!! 2024 is certainly shaping up to be an exciting year. I hope everyone had a wonderful holiday season. There is always so many wonderful things happening around the city during the holidays. The end of 2023 saw us welcome two new department heads to the city. Kevin Bourque as our Head Librarian and Sara Landry as our new Director of the Council on Aging. I am so thrilled to have these two dynamic professionals on board. One of the best parts of my job is recruiting talented individuals to come work for Newburyport. Both have hit the ground running and we are lucky to have them.

We had an election in the city in November and we will have two new city councilors and two new school committee members take office on January 2nd. Heath Granas will be the new Ward 3 Councilor and Ben Harman will be the new Ward 4 Councilor. Andy Boger and Kathleen Shaw will be our two new School Committee members. There are many initiatives that will be brought to the Council in the early part of the year. The first being a new Recreation Center at 59 Low Street. This Rec Center will be home to the new and improved Newburyport Recreation and Youth Services Department. The hope is to bring this plan to the entire community in the form of a public meeting and then submit the full design plan to City Council. Once the Council has a chance to vet the plan in a number of public meetings, we will submit a bond order for the build and also submit a change for zoning. Some other important initiatives the City Council will tackle early in 2024 will be zoning for the Waterfront West Overlay District and senior affordable housing at the vacant Brown School. I look forward to working with the Council on these important issues and I hope we can find some compromises to help move things forward. Collaboration is how difficult things get done.

Winter is here. Please stay warm and safe. There are resources here in the city to help. Sign up for Snow Angels if you need some help shoveling your walkway and steps (through Youth Services). I will be continuing my Lunch with the Mayor series at the COA. Come on down and let me know what's on your mind. I also have office hours every Friday from 830-10am and the last Thursday of the month from 6-7pm. Happy Winter!

Lunch with the Mayor will take place on Thursday, January, 18th at 11:30AM—sign up for a lunch with Jane; the Meals Manager from Age Span, in the dining room.

Regular Classes at the Newburyport Senior /Community Center(NSCC)

We have a whole host of amazing programs that take place here at the Newburyport Senior Community Center! Please make sure to stop by the Newburyport Senior Community Center and pick up the activities trifolds that have all the important day/time information on our regular programs. We offer regular programs such as **Health and Wellness:** Ballet Dance, Exercise to Music, Line Dancing, Tai Chi (Beg. & Adv), Stretch; **Games and Sports (drop in):** Bridge, Chess, Mahjongg, **Arts/Crafts/Hobbies:** Historical Craft Class, Open Art Studio, Ukulele Class (Beg. & Inter), Language groups (Spanish, German and French) and **Additional Services and Programs:** On site fitness room, Onsite billiards room, Support Groups, and SO MUCH MORE!!!!

Do you attend regular programs at the NSCC? If so, make sure you have a MySeniorCenter scan card. It is super important that everyone that attends programs, checks into the system when they arrive. Accurate data is very important as our center relies on grants and public funds to keep going! Help us by swiping in and pre registering! If you don't have a green and white swipe card, visit the main office and we can get you one!!!





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A very Happy New Year to All Friends of The Newburyport Council On Aging!

With the start of the new year, we thought it was a good idea to refresh the accomplishments we did during 2023. It is through the FRIENDS on the Newburyport Council On aging (FONCOA) your donations, that have made 2023 programs possible! **The 2023 programs funded by the FONCOA were:** Winter Christmas Holiday Program, the Spring Fling, the Summer Cookout (with firefighters at the grill) and car show, the Delvena Theater production “ Julia”, An evening with Harvey Leanard, the Luncheon with Veterans (food provided by American bar and Grill) on Memorial day, Co Sponsors Greater NBPT Village, the monthly traveling Chef provided by AgeSPan, provided ICE MELTS to seniors in need, yarn for knitting quilts for seniors in need (distributed), funded Monitor for Center’s display of Activities and building and event navigation (training is also has been funded)and continue to supply Newspaper, coffee, tea, paper product for Newburyport Senior Community Center.

2024 Campaigns and Programs We have successfully finished the FONCOA Annual Raffle campaign during the month of November. This campaign, along with our Membership campaign has been our primary fund raisers over the years. We ask you to continue to be as generous in the past and encourage your friends to join this non-profit organization to help us make this center a fun and resourceful one. We have many plans to expand this year, bringing more social events and more opportunities to sponsor our New Director, Sara Landry’s effort in making the Senior/Community center a place to engage with friends.

FONCOA will be kicking out our membership campaign in January. Please look in your mail during the month ahead for our Membership form. The form can also be picked up at the senior Center. Please note we have also placed a separate mailbox at the center specifically for our organization. Please deposit all membership forms there for safe keeping.



On Behalf of the Friends, we wish you a happy New Year and a Healthy year ahead. We look forward to seeing you at the center! Please stop in for a coffee at Cindy’s cafe! It’s the best coffee in town and it’s free! Sponsored by the FONCOA because of your generous donations!

Thank you!

Deborah Mousley and the Entire FONCOA board of directors.