



Newburyport Senior / Community Center (SCC)

Program Guide

March and April

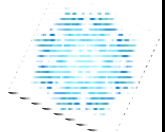
2024



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

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

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



St. Patrick's Themed Event– Wednesday March 13th at Noon– Sponsored by the Friends of the Newburyport Council on Aging

Join us for an afternoon of LIVE Irish Music, food and some tiny Irish dancers! Lunch will be served– which will include homemade Shepard's pie and Irish soda bread. This fun event is sponsored by the Friends of the Newburyport Council on Aging. The cost is \$5 per person. Register and pay at the front desk, no later than Friday, March 8th. For more information check out the flyer on the main bulletin board at the SCC. **Don't miss the FUN!!**

WINGS ALONG THE MERRIMACK

Friday, March 15, 2024

8:30 am - 11:00 am

Join Sue McGrath to search for birds along the lower Merrimack River. The lower Merrimack provides open water for many species of birds. We'll make stops along the river at various locations and discuss the physical adaptations and field marks of the birds we encounter.

River bird spotter



SIGNS of SPRING ALONG THE ARTICHOKE RESERVOIR

Friday, April 19, 2024

8:30 am - 11:00 am

Join Sue McGrath to search for early migrants along the Artichoke Reservoir. We'll search for birds and listen to birdsong. The habitat in this area is very productive. The group will meet at the SCC and then carpool to the various locations. There are limited seats available in the SCC Shuttle, first come/first serve for shuttle seats. Please make sure to pre register for these programs so we know you joining us– we wouldn't want to leave without you!!!



BREAKFAST at the Newburyport Senior/Community Center: Join us for a yummy breakfast homemade by the Director and COA Staff and conversation. Breakfast is \$5 pp and you must sign-up and pay no later than the Monday before the breakfast!

Friday, March 22nd at 8:30am– We will be serving a hot Egg, Sausage, & Cheese strata, Coffee, Tea and Juice

Friday, April 26th at 8:30am– We will be serving Pancakes and Chicken Sausage, Coffee, Tea and Juice. Hope to see you there!

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

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



Newburyport Senior/Community Center Membership Updates will take place the first TWO weeks of April 2024!! We are updating all the information in our database so it is important that if you want to continue to receive our automated phone messages & emails and stay on our mailing list (Newburyport residents only) you will need to make sure to update your membership information during that time!! Volunteers will be stationed in the main lobby to help facilitate this endeavor. Thank-you for all your patience during this time, an accurate database is so very important to our program!

Village Talks

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. Upcoming Village Talks:



Wednesday, March 20th – from noon to 1:00

James Russell Executive Director of the Newburyport Custom House Maritime Museum “A Fun Overview of Irish History and Art”

Continue the celebration of St. Patrick's day by enriching your understanding of Irish art and history. Starting with a discussion of Newgrange, a world heritage, stone age monument older than Stonehenge and the Great Pyramids of Giza, Mr. Russell will explore the early Celtic period by examining beautifully crafted gold collars and clasps, the breathtaking illustrations of the Book of Kells, the development of the iconic Celtic Cross concluding his remarks with the influence of the Vikings and the Norse culture up to the 18th century.

Wednesday, April 17th – from noon to 1:00

Molly Janicki, Certified Horticultural Specialist

April is the time to look forward to gardening. Molly Janicki is a professional gardener based in Newbury, MA. Coming from a long line of botanists and naturalists, she grew up surrounded by the forests of Vermont which instilled in her a deep appreciation for nature. When the links between traditional landscaping and climate change became impossible to ignore, she began teaching others about horticultural solutions that reduce the energy and resources typically required of our landscapes. Using her own photography she will speak about sustainable container gardening, native plants helpful for wildlife, and her journey from traditional to sustainable gardener.

Poetry & Pizza: Food for the Soul and Body– Thursday, March 7th and Thursdays April 4th at 1 PM

March 7: POETRY & PIZZA. 1-3 This month comes in like a Lion (Leo's Pizza the Lion) and out like a Lamb--exploring the edges of self and of life.

April 4th POETRY & PIZZA. 1-3-Sponsor: Domino's Pizza

April is National Poetry Month, celebrating the poetic art in all its forms--from meter to free verse to other special modes of poetic expression. Join us at the Senior/Community Center for a special event featuring emerging and established poets from our local area.

Be with us on **April 10th from 1-3 p.m.** in the main floor Activity room for an extravaganza of Readers who have come to be known favorites of our monthly Poetry & Pizza--plus young poetic talents from the local high school

The Pizza for the coming events are sponsored by:
A BIG THANK-YOU to our Sponsors!!!!





Historic Arts and Crafts Sessions: 11am to Noon
Sponsored by the Custom House Museum



Rope Art: Monday, March 4th : Join us to create these amazing and historic Hearts rope art pieces. You be able to take your creation home!

Scrimshaw Art: Monday April 1st : here you will learn about the art of scrimshaw. You won't want to miss it!

Pre-registration is requested– there is a limit of 10 per class. 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, March 14th, and Thursday April 11th, from 1PM to 3PM.

There will be samples for everyone! **NEW: You must pre-register and pay in order to reserve your seat!!! Sign-up and payment can be done through the Front Desk.**

There is a maximum of 25 and this program usually max's out!! Don't wait to get your seat, sign-up today!!

FUN INTERGENERATIONAL PROGRAMS



PEN PALS NEEDED!!!!

Third grade, Bresnahan students are seeking pen pals! If you are interested in sharing your story and building a friendship with a Bresnahan elementary student, please sign-up with Mary Kelly in the Main Office! Seniors will be paired with students and will exchange letters from **now until June**. This project will culminate with juice and cookies at the Senior Center where you will be able to meet your pen pal! Registration is open until the March 15th cut off! Don't delay!



The Bresnahan is also seeking Mystery Readers! If you would like to **donate your time** to read to a class please sign-up today! The sign-up with available dates/times is located at the Senior/Community Center's on the sign up wall. **Books will be provided to you by classroom**



Intergenerational Book Study– Join 8th graders from the Nock Middle School for this amazing program. The book is Remarkably Bright Creatures by Shelby Van Pelt.

Book Summary: After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago. Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors—until he forms a remarkable friendship with Tova. Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late.

Shelby Van Pelt's debut novel is a gentle reminder that sometimes taking a hard look at the past can help uncover a future that once felt impossible. **Meetings will take place on Fridays in March from 12:20-1:20 in the Senior/Community Center Boardroom.**

My ACTIVE Center Training– Thursday, March 1st at 11AM and April 4th 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.

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

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, Mahjonn, **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!!!!



Coffee with the Cops: Mondays March 25th and April 22nd 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. 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 will meet next on the Tuesday **March 12th and then on April 9th.** 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 Senior Center will be open for administration and lunch only on Friday March 29th. This is an Administration Staff day.
We are sorry for any inconvenience this may cause.

TEAM TRIVIA– We NEEW YOU!!! A Trivia Rematch between Amesbury, Salisbury and Merrimac COAs will take place on Thursday, March 28th at the Newburyport Senior/Community Center 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!





Adult Pottery with Time to Clay—Dragon Fly Plate:

Monday, March 11th from 1PM–3PM. Join us for a great instructional class. Everyone will work on creating a great dragon fly 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 March 8, 2024. This plate will be fired after it is painted and you will be called to come back to pick up your finished piece.

Adult Pottery with Time to Clay– Glass Fusion Garden Stakes:

Monday, April 8th from 1pm to 3pm This class is a bit different. In April, we will be playing with glass! Using precut glass pieces we will create beautiful garden stakes. You won't want to miss this fun class– you will create 2 beautiful works of glass art! You must pre register and pay for this class with the front desk. This class is \$20 per person. This project will be fired after it is assembled and you will be called to come back to pick up your finished piece.



March-Youth Art Month

The Newburyport Public Schools are proud to announce the **Annual Youth Art Exhibit** in celebration of Youth Art Month. Newburyport art teachers Benjamin Ober, Kirsten Borne, Pam Standley-Jamison, Tran Jost, Andrew Smith, Mary Rakoski, and Aileen Maconi selected outstanding artwork representing their respective schools.



Student work from kindergarten to grade 12 will be on display at the Newburyport Senior Center from **March, 4th through April, 4th**. The exhibition includes over 200 works, including 27 pieces of two-dimensional artwork as well as a smattering of three-dimensional work that represents each school and will fill the first and second floors of the senior center. **A reception for the artists and their families will be held on April 4th from 4:00 to 6:30 pm at the Senior Center.** The Newburyport Education Foundation has sponsored this event.



Chamber Music Concert– March 27th 11am to Noon

Please join us for the Nock Chamber Music Concert on Wednesday, March 27th, at the Newburyport Senior Center from 11:00 to 12:00. You will hear a variety of styles played and sung by their talented musicians.

Sam Parr, our cellist, will play the Swan. Odysseus Brown, our pianist, will share a Nocturne by Chopin. Nora Baker, our vocalist, will sing some original songs as well as some beloved standards. Sarah Ann Hajjar, our fiddle player, will get your feet stomping and hands clapping with some wonderful fiddle music.

Together the group will perform Spring by Vivaldi, the Entertainer by Scott Joplin, and Calliope Meets Frank, a raucous group fiddle tune.

This program will be in our dining room, so feel free to bring your own bag lunch, join us for our congregate meal or just enjoy a cup of coffee while you enjoy the beautiful music!

Come join in the fun and bring a friend!!



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.

My Parkinson's Disease Story

April is Parkinson's Awareness month. Every 6 minutes, someone will be diagnosed with Parkinson's disease (PD) in the U.S. This April, for Parkinson's Awareness Month, we want everyone to take 6 minutes to raise Parkinson's awareness. Write a My PD Story to powerfully illustrate what it's like to live with Parkinson's and if there are programs and resources that can provide hope and support. This can be your 6 minutes to spread awareness. The class will be a closed and confidential group.



Date: Tuesday, April 16, 2024

Time: 1:30 PM 02:45 PM

Location: Newburyport Senior/Community Center

Fee: Free

For more information and to register contact Ann at the C.O.A at 978-462-0430.

Self-Help with Energy Psychology

Thursday, March 21st and Thursday, April 18th 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!

Do you attend regular programs at the Newburyport Senior/Community Center: 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!!!



Calling all WALKERS— We are working on starting a group of bi monthly walkers to meet up and walk the rail trails together this spring and summer! If you are interested in meeting other folks who also want to get out side, enjoy the local trails and get some exercise all while being social— then make sure to join our interested list! Sign up for more information on the Sign up wall!

Save the Date: Wednesday May 1st 1pm –3pm Spring Fling Dance Party with DJ Chris Brunelle!



YES its TRUE— 3B Fitness— Mondays at 2pm is now **FREE for March and April!!!** This is a high energy and result driven class with an emphasis on fun. It is geared to folks 50 and over. This class incorporates **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! Thanks to FONCOA for sponsoring this amazing class!!!

Wellness Room Health Services



Podiatrist– Do you need your toe nails trimmed? If so, a local Podiatrist will be at the SCC on Wednesdays, By appointment only. To make an appointment speak with the receptionist. He is currently booking on May 15th!

NEW!! Hearing Screenings: Free hearing screenings are offered on the 2nd Friday of each month, By appointment only. Appointments can be made at the Reception Desk. He is currently booking on April 12th and May 10th



Dental appointments: 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. SCC offers appointments on the following upcoming by appointment ONLY. Appointments can be made with Ann Freeman, LSW. More information about SHINE can be found online at <https://shinema.org/>

Healthy Habits for a happy life– A Monthly Nutrition and Healthy Living program

This informative and fun program features important health tips and tasty samples. It is **free** but you must pre-register. Sign-up on the Sign-Up Wall!!! **Upcoming classes dates and topics:**

Wednesday March 27th at 1pm -Successful Aging—You will learn about- What does it mean to age well? What are the barriers to healthy living? Understanding our history and what changes can we make now that will make a difference. This class is a great kick off to this series you wont want to miss it!

Wednesday, April 24th at 1pm: - Sugar and the Body— Making sense of Sugar, the Tobacco of the 21st Century. This class will focus on Sugar, the good, the bad and the ugly.

Future Classes: (sign up for as many as you like!)

5/29 - Protein: the Body's Own Superman:

6/26 - Fat- Fats that Heal- Fats that Kill

none in July

8/28- Love your Fruits & Veggies- Eat More to Live Longer

9/25 - Salt Taste Bud Thriller or Silent Killer

10/23 - Stay Regular- Enjoy the Power of Fiber in Your Diet

11/27 - Dairy Foods- Calcium & Vitamin D Superstars

none in December



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IMPORTANT PROGRAM UPDATE: News and Views on **March 15th** will take place in the **Arts and Crafts/Computer** room due to a mandatory staff training webinar in the boardroom!

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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 Bulletin 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

We still have space on this day trip, but **DON'T wait to get your seat, as they are selling quickly.** To register, use the envelope system. Travel payment envelopes are located at the reception desk!



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. Lasagna 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!

Tickets are on sale now, at the Center. To register, use the envelope system at the front desk. Travel payment envelopes are located at the reception desk.

Happy Spring, Council on Aging.

We are slowly but surely making our way through winter. I hope everyone is staying safe and staying warm.

We have the State of the City Address coming up on Wednesday February 28th at 7pm in the City Hall auditorium. This event is a great opportunity to celebrate all we have accomplished in the last year and also look ahead to what's next. It is free to attend and open to the public.

Also that night, we will be presenting the 2nd Annual Public and Community Service Awards. These awards celebrate incredible service performed in our great city. Community service was one of the themes of my campaign three years ago and I've tried to highlight unsung heroes doing great work when we can. These awards were a highlight last year and we have another great group to honor this year.

The three big issues we hope to address this year are building a Rec Center at 59 Low St, bringing in Senior Affordable Housing at the former Brown School and agreeing on a sensible development plan at Waterfront West. The Rec Center proposal is currently in committee at the City Council and the next public discussion will take place on March 4th. We are still working on an RFP to send out for the Brown School and we've had some great discussions with New England Development around their 4-plus acre parcel on the waterfront.

I want to personally thank those of you that made it to the polls on January 23rd for the Whittier Regional Vocational School Building Project Special Election. Over 21,000 votes were cast across 11 communities, where voters overwhelmingly came out to vote down the proposal for the \$444M school. Now we have an opportunity to pave a new path forward with Whittier and continue the great collaboration between the 11 communities that we saw during the weeks leading up to the vote. I am forming a task force made up of town administrators and elected officials from the 11 communities to revisit the Regional Agreement that formed Whittier back in 1967. We will use this group to work directly with the Whittier administration as they decide how best to renovate their current building. We have been told by Whittier that we will be getting no additional capital requests this year. We will also continue to work with our state legislators for help with Whittier at the state level.

Spring will be here soon. I am looking forward to warmer weather and of course St. Patrick's Day. I hope to see you all soon at the COA and maybe even at "Lunch with the Mayor"

Mayor Sean Reardon

Lunch with the Mayor will take place on Thursday, March 28th at 11:30AM—sign-up for a lunch with Jane; the Meals Manager from Age Span, in the dining room.



Important NOTES from the Friends of the Newburyport Council on Aging (FONCOA): The Annual Membership drive is now underway!! Mailing has gone out and membership applications are available at the SCC to pick up. Membership is an important piece of our fundraising, please consider joining today!! The Friends subsidizes a number of programs taking place at the SCC. We hope to help keep programs assessable to all by keeping the cost of programs low. In March and April the FONCOA will be

covering the instructor cost of the **3B Fitness Class** so that this class will be **FREE** for everyone!!! Try a class and get moving on us!! We are also subsidizing the St. Patrick's Party! By doing so we are helping to keep that cost to just \$5 per person. We look forward to seeing you at the SCC!!



331 High Street
Newburyport, Massachusetts 01950

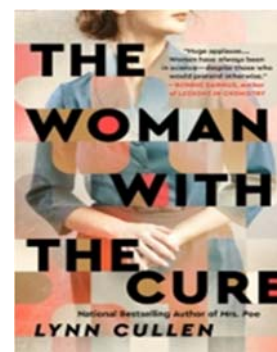
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Next Chapter Book Group (IN PERSON)
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Community Center 331 High Street, Newburyport, MA,
01950

The Next Chapter Book Group invites you to join our monthly book discussion on the first Wednesday of the month at 2pm. We will be meeting at the Senior Community Center. This meeting will be held in the Boardroom. Registration is not required, and masks are optional.



This month's title is **The Woman With the Cure** by Lynn Cullen.

"In 1940s and '50s America, polio is as dreaded as the atomic bomb. No one's life is untouched by this disease that kills or paralyzes its victims, particularly children. Outbreaks of the virus across the country regularly put American cities in lockdown. Some of the world's best minds are engaged in the race to find a vaccine. The man who succeeds will be a god.

But Dorothy Horstmann is not focused on beating her colleagues to the vaccine. She just wants the world to have a cure. Applying the same determination that lifted her from a humble background as the daughter of immigrants, to becoming a doctor—often the only woman in the room—she hunts down the monster where it lurks: in the blood.

This discovery of hers, and an error by a competitor, catapults her closest colleague to a lead in the race. When his chance to win comes on a worldwide scale, she is asked to sink or validate his vaccine—and to decide what is forgivable, and how much should be sacrificed, in pursuit of the cure."

Next Chapter Book Group (IN PERSON)
WEDNESDAY, APRIL 3RD 2:00—3:00 PM Senior/Community Center 331 High Street, Newburyport,
MA, 01950—This month's title is TBD.

Books are available for request via the library catalog. Click [HERE](#) to put a copy on hold. Email programs@newburyportpl.org or call 978-465-4428 x242 if you have any questions, or to have a librarian put the book on hold for you.