



Newburyport Council on Aging Senior Citizen News

September—December 2023



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

Senior/Community Center
331 High Street, Newburyport, MA

(978) 462-0430

Newburyport COA Office staffed Monday - Friday 8 AM to 4 PM



FOLLOW US ON Facebook

<https://www.facebook.com/FriendsofNewburyportCOA>

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>

A successful organization such as the Newburyport Council on Aging thrives only because many dedicated and loyal people stand behind it.

The foundation for the present-day Newburyport COA was laid by the marvelous Mrs. (Roseann) Robillard, who poured her heart and soul into the department for 27 years and was instrumental in establishing the amazing Senior/Community Center that so many enjoy today. By her side were wonderful COA Board Members and Friends, who gave of their time, talent, and treasure to make the SCC a reality.

Current-day Board Members and Friends are continuing the tradition of setting policies and raising funds to enhance the lives of older adults and persons with disabilities throughout Greater Newburyport.

Partner organizations-AgeSpan (providing Meals on Wheels, the Traveling Chef, SHINE, and so much more!), Element Care PACE, Newburyport Society for the Relief of Aged Women, Pettengill House, YWCA, Newbury Food Pantry, Our Neighbors' Table, Northern Essex Elder Transport, MeVa, Community Services, local churches and many more impact lives tremendously on a daily basis.

Elected officials throughout the city and the region have been tremendous advocates for the NBPT COA.

So many City of Newburyport Departments contribute to the vitality of the COA. We rely heavily on the Police and Fire Departments, Veterans' Services, DPS, Sustainability and Recycling, the Health Department, NYS, NPL, NPS, all of the financial offices. Interdepartmental collaborations have proven that we can do so much more together than alone.

The COA Staff and Volunteers so often go above and beyond to ensure that those we serve are having their needs met and their lives enriched.

I, personally, want to acknowledge both administrations that have supported me during this wonderful journey. Without their trust, respect, and support, we could not have accomplished all that we did as we emerged from a global pandemic.

I will never forget the wonderful people I have met in Newburyport and beyond. I truly appreciate all of you who went out of your way to help us achieve the goals that we established together. The village serving Newburyport is strong and I am optimistic that the organization will continue to trend upward!

-Paula Burke, retiring COA Director

Message from the Mayor

Hello Council on Aging. This will be the last newsletter for a few months so I'll try to update you on what will be happening in Newburyport. We had a great summer in the city with so many exciting things going on. I was so pleased to attend the Summerfest at the SCC. The Fire Department did a great job working the grill and I loved seeing all the antique cars on display. Thank you to everyone that contributed to this great event. It was the 65th Yankee Homecoming this year and it was co-chaired by the first family of Yankee Homecoming, Jen and Jason Lacroix. The weather was perfect for just about every day of the festival and the Newburyport Waterfront came alive with terrific concerts each night. I love Yankee Homecoming and it's a pretty busy week for me. I love getting to each event and talking to residents. We are so lucky that Yankee Homecoming is still going strong in its 65th year. Thank you to all the volunteers that make it all happen.

This Fall we will say goodbye to someone who has given so much to the COA over the past few years. COA Director Paula Burke will be retiring October 9th and moving on to this next chapter in her life. Paula had a very eventful tenure as director and was charged with bringing the department back after the pandemic. She led with a people first approach and was always looking for ways to make the COA even better. I know Paula will set the department up for future success before she leaves us and I look forward to starting the search for her successor. I hope you join me in thanking Paula for all she has done for Newburyport's seniors, and we wish her the very best in the future.

The next few months will be busy for the city with many projects getting underway. There will also be an election this November when we will elect a new City Council and three School Committee members. The West End Fire Station Project is underway. Streets and sidewalks continue to be repaired across the city. Design for a new Recreation and Youth Services building at 59 Low Street continues. The hope is to bring a presentation to the City Council this Fall. The waterfront is bustling with two important projects: (1) The Market Landing Park expansion project is converting some parking spaces to green spaces while adding more areas for active and passive recreation and (2) The Central Bulkhead Waterfront project, which is being funded with federal and state grant dollars.

At press time, we are still looking to get final approval to two park projects. The first is the Bartlet Mall renovation project that will restore the fountain, clean the water, and add the first fully accessible playground in the city for children of all abilities. The second is removing the on-street parking at Lower Atkinson Common also known to many in town as the Pioneer League. Parking will instead be added to an unused section of the park on a new, much safer gravel lot. My administration has proposed using ARPA funds for this project that will improve the parking on Merrimac Street while also adding the second fully accessible playground behind Pepe Field. We hope by the time you read this those two important projects are underway. I want to thank my administrative team and my department heads for helping move these projects along.

As you can see there is some great work happening around the city and I look forward to overseeing the progress over the next few months. I hope to see you all at a COA event soon.

Onward! Forward!

Mayor Sean Reardon

Join us for LUNCH WITH THE MAYOR on SEPTEMBER 21st & NOVEMBER 16th at 11:30 AM

Pre-register at least a week in advance in person or by calling (978) 462-0430



FEATURED REGIONAL PROGRAM AND EVENTS:

Trails & Sails September 15th-24th

"Discover something special in your backyard"

Tour unique landscapes on land and sea, explore historic properties, and take in cultural experiences of all kinds. Discover what makes Essex County like nowhere else!

Map out the most exhilarating two weeks you have experienced in a long time without leaving the area!

<https://trailsandsails.org/>

Step Up to the Plate for Your Community

Consider assisting many of Newburyport's older adults or persons with disabilities by pitching in with one of our valued partners!

During this period of high inflation, you can help to increase food security by donating to or volunteering at **Our Neighbors' Table** and the **First Parish Newbury Food Pantry**. **Local churches** provide support behind the scenes in myriad ways each and every day.

Our Area Agency on Aging, **AgeSpan** offers multiple programs that improve lives but rely on volunteers.

For example, **Meals on Wheels drivers** deliver nutritionally balanced meals to homebound elders and adults with disabilities throughout the Merrimack Valley as well as offer a well-being check.

Contact AgeSpan to explore an array of volunteer opportunities:

Call: **(800) 892-0890**

or

Email: **VolunteerPrograms@agespan.org**

Drive for NEET

Northern Essex Elder Transport



Flexible opportunities await!

Call: **(978) 388-7474**

Email: **info@driveforneet.org**

Assist the AARP Tax-Aide Team



Volunteers are needed to fill a variety of roles!

Register online: [AARPfoundation.org/taxaide](https://aarpfoundation.org/taxaide)

Email: **MAtaxaide.District4@gmail.com**

Updates from Our OUTREACH SPECIALIST

We are excited about the presenters who will be joining us as part of **Newburyport COA Speaker Series on the 2nd Wednesday of each month at noon**.

Check out these "Things You (your family members, friends, neighbors) Need to Know Now...or Later!"

- ♦ **9/13 "Pettengill House Senior Support Services"**
by Alison Helie, Social Worker
- ♦ **10/11 "Property Tax Relief Programs for Newburyport Seniors"**
by Jill Brennan, City of Newburyport Assessor
- ♦ **11/8 "Aging with Dignity"**
by Mary Crowe, Director of Professional & Community Education of CareDimensions
- ♦ **12/13 "Element Care/Pace"**
by Cynthia Smith, Senior Community Liaison



CONNECTIONS for CAREGIVERS

You are invited to attend this program designed to help caregivers take care of themselves so that they can be their best selves for their loved one. Topics will include reducing stress, focusing on your personal health, and locating support services but your suggestions are always welcome!

The 1-hour program will run on Thursdays at 3 PM between October 19th-November 30th.


LIVING WITH PARKINSONS

Interested in joining a forum for like-minded persons with Parkinson's to discuss topics relevant to your life? Perhaps to share your experiences, support, or tips & tricks? Want to hear guests presenters discuss helpful information...

REACH OUT to our Outreach Specialist, Ann Freeman!

In person: **Monday-Friday 8:30 AM-4:00 PM: COA Office at the Senior/Community Center**

Programming Notes

- ♦ **POETRY & PIZZA:** Food for the Body & Soul is a NEW activity that meets on the 1st Thursday of the month at 1 PM. To learn more about this poetry project, please tune in to Port Media...the Morning Show with Mary Jacobsen aired on August 17th with John Burciaga & Elizabeth Rose. Thanks to *Nicks*, *Epicureo*, *Pomodori*, and *Stone Crust* for generously donating 10 pizza pies to this program that will stimulate your mind and your taste buds! 
- ♦ **COOKING & CONVERSATION** is a program that was recently launched on the 2nd Thursday of each month at 1 PM and has quickly become a crowd favorite. This innovative activity is a discussion and cooking demo that focuses on promoting a healthy, long, and happy life based on the findings of American National Geographic Fellow and New York Times-bestselling author, Dan Buettner who studies the Blue Zones, where the highest number of the world's centenarians reside. We will chat about how centenarians live and how to incorporate those practices into our own lives to promote longevity, as well as prepare fresh and fantastic meals based on those principles. Get ready to taste great, easy-to-prepare meals that will alter the way you spend time in the kitchen! A \$5 donation is suggested to cover the cost of ingredients.
- ♦ **SELF-HELP WITH ENERGY PSYCHOLOGY** is a NEW activity that meets on the 3rd Thursday of the month at 1 PM. Each month we will learn about and practice a variety of Energy Psychology and Energy Healing methods that tends to our needs. These non-invasive techniques will provide you with practical new skills to tackle stress, overwhelm negative thinking, and more! Methods include: EFT tapping, Thought Field Therapy (TFT), and other Energy practices for Emotional First Aid.
- ♦ Rob Brun is back on Fridays between 10 AM and 12 PM to teach OIL PAINTING. Emphasis will be placed on expanding individual artistic growth. Space is limited to 12 and pre-registration with the instructor is required. Email Rob Brun directly at neicul58@hotmail.com
- ♦ The second session of the NEWBURYPORT WOMEN'S ORAL HISTORY GROUP is forming. This oral history group is an opportunity for women with deep roots in Newburyport to tell and share stories in a small, comfortable, confidential setting. Oftentimes it is the life experiences, the stories of the common woman, that get overlooked in history. It is important to change that dynamic, to include those who are not famous or wives of famous men, and equalize the valuable historical contributions made by common women to our culture and society. We hope you will join us in this endeavor to bring the richness of your life to our better understanding of the role and contributions of common women in the Newburyport area. The small group of no more than 8 will gather on the 1st and 3rd Wednesday, October through January, between 1 and 3 PM. A different theme will be explored in each gathering. PLEASE STOP BY A RECEPTION ON SEPTEMBER 27th at 1 PM to see the stories and visuals that 3 women from the inaugural group have created. Thanks to the Friends of the Newburyport COA for supporting this project. To learn more, please contact Mary Kelly.
- ♦ **TABLE TENNIS THERAPY**, offered Tuesdays 1:15 - 2:00 PM, continues to draw players who are looking to play a slower-paced version of Ping Pong. This social event also provides a customized opportunity for individuals living with physical or cognitive impairments, to improve their balance, hand-eye coordination, and more.
- ♦ The **DENTAL HYGIENIST** has been busy on Mondays! To schedule a teeth cleaning appointment, EMAIL gould.ellen@gmail.com directly and pay \$73 upon delivery of services.

Detailed descriptions of most activities appear on the Newburyport COA website:

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

Programming Notes

Next Chapter Book Club meets in person on the 1st Wednesday of every month at 2 PM



Book Club

- ♦ September 6th: *The Circus Train*
- ♦ October 4th: *The Chanel Sisters*
- ♦ November 1st: *Hour of the Witch*
- ♦ December 6th: *The Other Einstein*

by Amita Parikh
by Judithe Little
by Chris Bohjalien
by Marie Benedict

Books are available for request via the library catalog.

Email programs@newburyportpl.org or call (978) 465-4428 x242 with questions or to reserve a book.

LOW VISION SUPPORT GROUP

The LOW VISION SUPPORT GROUP that is
SPONSORED BY...

MASSACHUSETTS ASSOCIATION
for the
Blind and Visually Impaired

promotes confident living with vision loss

meets on the 2nd Tuesday of each month in the Board Room of the SCC at 10 AM, except during JANUARY & FEBRUARY.

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.

Save the dates: SEPT. 12 * OCT. 10 * NOV. 14 * DEC. 12

Questions?? Stephen Baran - Call (978) 837-2097

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

NCM Hub Senior Programming Schedule



Comcast Channel 8 - *Voice of the People*

MON,WED:	6 AM	Fit for Life with Paula
FRI:	8 AM	Fit for Life with Paula
TUE,THU:	6 AM	Stretch with Lisa
SAT:	8 AM	Stretch with Lisa
EVERY DAY:	5 & 7 AM	Jazzercise


Comcast Channel 9 - *Clipper City & Schools*



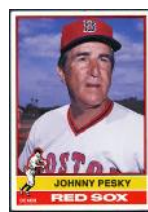
TUE:	8 AM	Stretch with Lisa
TUE,SAT:	10 AM	Fit for Life with Paula
TUE,THU,SAT:	11 AM	Chair Yoga
WED:	11 AM	Stretch with Lisa
SAT:	3:30 PM	Stretch with Lisa
THURS:	8 AM	Senior Exercise with Paula
SAT:	8 AM	Senior Exercise with Susan

Comcast Channel 22 - *Waterside*


Channel 98 is now Channel 22!!

SUN,TUE,THU:	6 AM	Fit for Life with Paula
MON,WED:	2 PM	Fit for Life with Paula
MON,WED,FRI:	6 AM	Stretch with Lisa
TUE,THU:	2 PM	Stretch with Lisa
MON,FRI:	9 AM	Exercise with Lisa
WED,SAT:	3 PM	Exercise with Lisa
TUE,THU:	9 AM	Sr. Exercise w/ Susan
TUE,THU:	10 AM	Osteoporosis Exercise
MON,FRI:	3 PM	Sr. Exercise w/ Paula
WED,SAT:	9 AM	Sr. Exercise w/ Paula
SUN:	3 PM	Chair Exercise
EVERY DAY:	5 AM	Jazzercise


Monday	Tuesday	Wednesday
<p>4</p>  <p>MUNICIPAL BLDGS CLOSED</p>	<p>5</p> <p>8:30 Ballet 9:30 Tap Dancing 11:00 Zumba Gold 12:00 Line Dancing <i>1:15-2:00 Table Tennis Therapy</i> <i>2:00-3:30 Ping Pong</i> 2:00 Pastel Painting 3:00 Drawing</p>	<p>6</p> <p>10:00 Fit for Life <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> <i>2:00 NEXT CHAPTER BOOK CLUB</i></p>
<p>DENTAL CLEANINGS by appt 11</p> <p><i>9:00-11:00 McG's Discussion Group</i> 9:15 Exercise to Music 10:15 Exercise to Music <i>10:30-1:00 Chess</i> <i>11:00 Conversazione Italiana</i> 12:00 Gentle Movement <i>1:00-3:00 Party Bridge/Scrabble</i> <i>1:30 Conversación en Español</i> <i>3:00 Deutsche Konversation</i></p>	<p>12</p> <p>8:30 Ballet 9:30 Tap Dancing <i>10:00 LOW VISION SUPPORT GROUP</i> <i>11:00 BLOOD PRESSURE ✓</i> 11:00 Zumba Gold 12:00 Line Dancing <i>1:15-2:00 Table Tennis Therapy</i> <i>2:00-3:30 Ping Pong</i> 2:00 Pastel Painting 3:00 Drawing</p>	<p><i>8:30 AM-3:30 PM Early Voting at SCC 13</i> Fit for Life CANCELED <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> <i>12:00 NBPT COA SPEAKER SERIES:</i> <i>"Pettengill House Senior Support Services"</i> <i>Alison Helie, Social Worker</i> <i>1:30-3:00 NBPT STAMP CLUB</i></p>
<p>DENTAL CLEANINGS by appt 18</p> <p><i>9:00-11:00 McG's Discussion Group</i> 9:15 Exercise to Music CANCELED 10:15 Exercise to Music CANCELED <i>10:30-1:00 Chess</i> <i>11:00 Conversazione Italiana</i> 12:00 Gentle Movement <i>1:00-3:00 Party Bridge/Scrabble</i> <i>1:30 Conversación en Español</i> <i>3:00 Deutsche Konversation</i></p>	<p>19</p>  <p>Most COA Programs Canceled</p>	<p>20</p> <p>9:00 PODIATRIST CONSULTS BY APPT 10:00 Fit for Life <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> <i>11:00-1:00 MODEL SHIP CLUB</i> <i>11:00 TRAVELING CHEF...RSVP!</i> <i>12:00 VILLAGE TALK:</i> <i>"Travels in India"</i> <i>Ellen Golden</i></p>
<p>DENTAL CLEANINGS by appt 25</p> <p><i>9:00 COFFEE WITH THE POLICE</i> <i>9:00-11:00 McG's Discussion Group</i> 9:15 Exercise to Music 10:00-10:30 SERVICE DOG PROJECT 10:15 Exercise to Music <i>10:30-1:00 Chess</i> <i>11:00 Conversazione Italiana</i> 12:00 Gentle Movement <i>1:00-3:00 Party Bridge/Scrabble</i> <i>1:30 Conversación en Español</i> <i>3:00 Deutsche Konversation</i></p>	<p>26</p> <p>8:30 Ballet 9:30 Tap Dancing 11:00 Zumba Gold 12:00 Line Dancing <i>1:15-2:00 Table Tennis Therapy</i> <i>2:00-3:30 Ping Pong</i> 2:00 Pastel Painting 3:00 Drawing</p>	<p>27</p> <p>10:00 Fit for Life <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> <i>12:00 DIRECTOR'S CHOICE</i> <i>Farewell!</i></p>  <p><i>1:00 RECEPTION FOR INAUGURAL NBPT WOMEN'S ORAL HISTORY PROGRAM</i> <i>1:30-3:00 NBPT STAMP CLUB</i></p>

Thursday	Friday	Saturday / Sunday
<p>7</p> <p>9:00 Port City Ukers</p> <p>10:00-11:30 VEGOUT MARKET Seasonal</p> <p>12:00-2:00 Abstract Art</p> <p>12:00-3:30 Mahjongg</p> <p>1:00 POETRY & PIZZA  NEW!!</p> <p>2:30 Chair Yoga</p>	<p>8</p> <p>8:30-10:30 BIRDING TOUR</p> <p>10:00-12:00 News & Views</p> <p>10:00 Stretch with Lisa</p> <p>10:00-12:00 Oil Painting with Rob</p> <p>11:00 Emotional Support Canines</p> <p>11:15-12:00 INT/ADV Tai Chi</p> <p>12:00 BEG Tai Chi</p> <p>1:00 ZenDoodle RETURNS!</p> <p>1:00-3:00 Game Day</p> <p>1:30-3:00 Ping Pong</p>	<p>9/10</p>
<p>14</p> <p>8:30 AM-6:30 PM Early Voting at SCC</p> <p>9:00 Port City Ukers</p> <p>10:00-11:30 VEGOUT MARKET Seasonal</p> <p>12:00-2:00 Abstract Art</p> <p>12:00-3:30 Mahjongg</p> <p>1:00 COOKING & CONVERSATION</p> <p>2:30 Chair Yoga</p>	<p>15</p> <p>8:30 AM-11:30 PM Early Voting at SCC</p> <p>8:30-10:30 BIRDING TOUR</p> <p>10:00-12:00 News & Views</p> <p>Stretch with Lisa CANCELED</p> <p>10:00-12:00 Oil Painting with Rob</p> <p>11:00 Emotional Support Canines</p> <p>11:15-12:00 INT/ADV Tai Chi</p> <p>12:00 BEG Tai Chi</p> <p>1:00 ZenDoodle RETURNS!</p> <p>1:00-3:00 Game Day</p> <p>1:30-3:00 Ping Pong</p>	<p>16/17</p>
<p>21</p> <p>9:00 Port City Ukers</p> <p>10:00-11:30 VEGOUT MARKET Seasonal</p> <p>11:00-2:00 VACCINATION CLINIC  Flu, Covid, Shingles</p> <p>11:30 LUNCH WITH THE MAYOR</p> <p>12:00-2:00 Abstract Art</p> <p>12:00-3:30 Mahjongg</p> <p>1:00 SELF-HELP w/ ENERGY PSYCHOLOGY</p> <p>2:30 Chair Yoga</p>	<p>22</p> <p>8:30-10:30 BIRDING TOUR</p> <p>10:00-12:00 News & Views</p> <p>10:00 Stretch with Lisa</p> <p>10:00-12:00 Oil Painting with Rob</p> <p>11:00 Emotional Support Canines</p> <p>11:15-12:00 INT/ADV Tai Chi</p> <p>12:00 BEG Tai Chi</p> <p>1:00 ZenDoodle RETURNS!</p> <p>1:00-3:00 Game Day</p> <p>1:30-3:00 Ping Pong</p>	<p>23/24</p>
<p>28</p> <p>9:00 Port City Ukers</p> <p>10:00-11:30 VEGOUT MARKET Seasonal</p> <p>12:00-2:00 Abstract Art</p> <p>12:00-3:30 Mahjongg</p> <p>2:30 Chair Yoga</p> <p>4:00 WHAT WAS PESKY (YAZ, REMY) REALLY LIKE? </p> <p>Presenter: Herb Crehan Recognized authority on Boston baseball history</p> <p>RSVP!</p>	<p>29</p> <p>8:30-10:30 BIRDING TOUR</p> <p>10:00-12:00 News & Views</p> <p>10:00 Stretch with Lisa</p> <p>10:00-12:00 Oil Painting with Rob</p> <p>11:00 Emotional Support Canines</p> <p>11:15-12:00 INT/ADV Tai Chi</p> <p>12:00 BEG Tai Chi</p> <p>1:00 ZenDoodle RETURNS!</p> <p>1:00-3:00 Game Day</p> <p>1:30-3:00 Ping Pong</p>	<p>30/OCT 01</p>

Free programs are italicized



Monday	Tuesday	Wednesday
DENTAL CLEANINGS by appt 2 9:00-11:00 <i>McG's Discussion Group</i> 9:15 Exercise to Music 10:15 Exercise to Music 10:30-1:00 <i>Chess</i> 11:00 <i>Conversazione Italiana</i> 12:00 Gentle Movement 1:00-3:00 <i>Party Bridge/Scrabble</i> 1:30 <i>Conversación en Español</i> 3:00 <i>Deutsche Konversation</i>	3 8:30 Ballet 9:30 Tap Dancing 11:00 Zumba Gold 12:00 Line Dancing 1:15-2:00 <i>Table Tennis Therapy</i> 2:00-3:30 <i>Ping Pong</i> 2:00 Pastel Painting 3:00 Drawing	4 10:00 Fit for Life 10:00 <i>Beginner French</i> 11:00 <i>Conversation en Français</i>
9  INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES MUNICIPAL BLDGS CLOSED	10 8:30 Ballet 9:30 Tap Dancing 10:00 <i>LOW VISION SUPPORT GROUP</i> 10:00 <i>SERVICE DOG PROJECT VISIT</i> 11:00 <i>BLOOD PRESSURE ✓</i> 11:00 Zumba Gold 12:00 Line Dancing 1:15-2:00 <i>Table Tennis Therapy</i> 2:00-3:30 <i>Ping Pong</i> 2:00 Pastel Painting 3:00 Drawing	11 10:00 Fit for Life 10:00 <i>Beginner French</i> 11:00 <i>Conversation en Français</i> 12:00 <i>NBPT COA SPEAKER SERIES:</i> <i>"Property Tax Relief Programs for Seniors"</i> <i>Jill Brennan, Newburyport Assessor</i> 1:30-3:00 <i>NBPT STAMP CLUB</i>
DENTAL CLEANINGS by appt 16 9:00-11:00 <i>McG's Discussion Group</i> 9:15 Exercise to Music 10:15 Exercise to Music 10:30-1:00 <i>Chess</i> <i>Conversazione Italiana CANCELED</i> 12:00 Gentle Movement 1:00-3:00 <i>Party Bridge/Scrabble</i> 1:30 <i>Conversación en Español</i> 3:00 <i>Deutsche Konversation</i>	17 8:30 Ballet 9:30 Tap Dancing 11:00 Zumba Gold 12:00 Line Dancing 1:15-2:00 <i>Table Tennis Therapy</i> 2:00-3:30 <i>Ping Pong</i> 2:00 Pastel Painting 3:00 Drawing	18 9:00 <i>PODIATRIST CONSULTS BY APPT</i> 10:00 Fit for Life 10:00 <i>Beginner French</i> 11:00 <i>Conversation en Français</i> 11:00-1:00 <i>MODEL SHIP CLUB</i> 11:00 <i>TRAVELING CHEF...RSVP</i> 12:00 <i>VILLAGE TALK:</i> <i>"History of Black Population in NBPT"</i> <i>Ghlee Woodworth, Local Historian</i> 1:00 <i>Office Hours w/ Sen. Tarr's Team</i>
DENTAL CLEANINGS by appt 23 9:00-11:00 <i>McG's Discussion Group</i> 9:15 Exercise to Music 10:15 Exercise to Music 10:30-1:00 <i>Chess</i> 11:00 <i>Conversazione Italiana</i> 12:00 Gentle Movement 1:00-3:00 <i>Party Bridge/Scrabble</i> 1:30 <i>Conversación en Español</i> 3:00 <i>Deutsche Konversation</i>	24 8:30 Ballet 9:30 Tap Dancing 11:00 Zumba Gold 12:00 Line Dancing 1:15-2:00 <i>Table Tennis Therapy</i> 2:00-3:30 <i>Ping Pong</i> 2:00 Pastel Painting 3:00 Drawing	25 10:00 Fit for Life 10:00 <i>Beginner French</i> 11:00 <i>Conversation en Français</i> 1:30-3:00 <i>NBPT STAMP CLUB</i>
8:30 AM-3:30 PM Early Voting at SCC 30 DENTAL CLEANINGS by appt 9:00 <i>COFFEE WITH THE POLICE</i> 9:00-11:00 <i>McG's Discussion Group</i> Exercise to Music ? 10:00-10:30 <i>SERVICE DOG PROJECT</i> 10:30-1:00 <i>Chess</i> 11:00 <i>Conversazione Italiana</i> 12:00 Gentle Movement 1:00-3:00 <i>Party Bridge/Scrabble</i> 1:30 <i>Conversación en Español</i> 3:00 <i>Deutsche Konversation</i>	8:30 AM-3:30 PM Early Voting at SCC 31 8:30 Ballet 9:30 Tap Dancing 11:00 Zumba Gold 12:00 Line Dancing 1:15-2:00 <i>Table Tennis Therapy</i> 2:00-3:30 <i>Ping Pong</i> 2:00 Pastel Painting 3:00 Drawing	NOVEMBER 1 8:30 AM-3:30 PM Early Voting at SCC Fit for Life ? 10:00 <i>Beginner French</i> 11:00 <i>Conversation en Français</i> 2:00 <i>NEXT CHAPTER BOOK CLUB</i>

2023

	Thursday	Friday	Saturday / Sunday
	<p>5</p> <p>8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg</p> <p>1:00 POETRY & PIZZA  NEW!!</p> <p>2:30 Chair Yoga</p>	<p>6</p> <p>8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong</p>	<p>7/8</p>
	<p>12</p> <p>8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 2:30 Chair Yoga</p> <p>TRIVIA REMATCH with Amesbury & Salisbury at SCC!</p>	<p>13</p> <p>8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong</p>	<p>14/15</p>
	<p>19</p> <p>8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 1:00 SELF-HELP w/ ENERGY PSYCHOLOGY 2:30 Chair Yoga 3:00 CONNECTIONS FOR CAREGIVERS</p>	<p>20</p> <p>8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong</p>	<p>21/22</p>
	<p>26</p> <p>8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 2:30 Chair Yoga 3:00 CONNECTIONS FOR CAREGIVERS</p>	<p>27</p> <p>8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong</p>	<p>28/29</p> <p><u>Saturday</u></p> <p>8:00 AM-12:00 PM Early Voting at SCC</p>
	<p>8:30 AM-6:30 PM Early Voting at SCC 2</p> <p>8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 1:00 POETRY & PIZZA NEW!! 2:30 Chair Yoga 3:00 CONNECTIONS FOR CAREGIVERS</p>	<p>3</p> <p>8:30 AM-11:30 AM Early Voting at SCC</p> <p>8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views Stretch with Lisa ? 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong</p>	

Free programs are italicized

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Monday	Tuesday	Wednesday
		8:30 AM-3:30 PM Early Voting at SCC 1 Fit for Life ? <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> <i>2:00 NEXT CHAPTER BOOK CLUB</i>
DENTAL CLEANINGS by appt 6 <i>9:00-11:00 McG's Discussion Group</i> Exercise to Music CANCELED Exercise to Music CANCELED <i>10:30-1:00 Chess</i> <i>11:00 Conversazione Italiana</i> <i>12:00 Gentle Movement</i> <i>1:00-3:00 Party Bridge/Scrabble</i> <i>1:30 Conversación en Español</i> <i>3:00 Deutsche Konversation</i>	7  Most COA Programs Canceled	8 <i>10:00 Fit for Life</i> <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> 12:00 NBPT COA SPEAKER SERIES: <i>"Aging with Dignity"</i> <i>Mary Crowe, Director of Professional & Community Education</i> <i>1:30-3:00 NBPT STAMP CLUB</i>
DENTAL CLEANINGS by appt 13 <i>9:00-11:00 McG's Discussion Group</i> <i>9:15 Exercise to Music</i> <i>10:15 Exercise to Music</i> <i>10:30-1:00 Chess</i> <i>11:00 Conversazione Italiana</i> <i>12:00 Gentle Movement</i> <i>1:00-3:00 Party Bridge/Scrabble</i> <i>1:30 Conversación en Español</i> <i>3:00 Deutsche Konversation</i>	14 <i>8:30 Ballet</i> <i>9:30 Tap Dancing</i> <i>10:00 LOW VISION SUPPORT GROUP</i> <i>11:00 BLOOD PRESSURE ✓</i> <i>11:00 Zumba Gold</i> <i>12:00 Line Dancing</i> <i>1:15-2:00 Table Tennis Therapy</i> <i>2:00-3:30 Ping Pong</i> <i>2:00 Pastel Painting</i> <i>3:00 Drawing</i>	9:00 PODIATRIST CONSULTS BY APPT 15 <i>10:00 Fit for Life</i> <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> 11:00-1:00 MODEL SHIP CLUB 11:00 TRAVELING CHEF 12:00 VILLAGE TALK: <i>"Newburyporters in the Civil War"</i> <i>Bill Hallett</i> <i>1:00 Office Hours w/ Sen. Tarr's Team</i>
DENTAL CLEANINGS by appt 20 <i>9:00-11:00 McG's Discussion Group</i> <i>9:15 Exercise to Music</i> <i>10:15 Exercise to Music</i> <i>10:30-1:00 Chess</i> <i>11:00 Conversazione Italiana</i> <i>12:00 Gentle Movement</i> <i>1:00-3:00 Party Bridge/Scrabble</i> <i>1:30 Conversación en Español</i> <i>3:00 Deutsche Konversation</i>	21 <i>8:30 Ballet</i> <i>9:30 Tap Dancing</i> <i>11:00 Zumba Gold</i> <i>12:00 Line Dancing</i> <i>1:15-2:00 Table Tennis Therapy</i> <i>2:00-3:30 Ping Pong</i> <i>2:00 Pastel Painting</i> <i>3:00 Drawing</i>	22 <i>10:00 Fit for Life</i> <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> 12:00 DIRECTOR'S CHOICE <i>Welcome Your New Director!</i> <i>1:30-3:00 NBPT STAMP CLUB</i>
DENTAL CLEANINGS by appt 27 <i>9:00-11:00 McG's Discussion Group</i> <i>9:15 Exercise to Music</i> <i>10:15 Exercise to Music</i> <i>10:30-1:00 Chess</i> <i>11:00 Conversazione Italiana</i> <i>12:00 Gentle Movement</i> <i>1:00-3:00 Party Bridge/Scrabble</i> <i>1:30 Conversación en Español</i> <i>3:00 Deutsche Konversation</i>	28 <i>8:30 Ballet</i> <i>9:30 Tap Dancing</i> <i>11:00 Zumba Gold</i> <i>12:00 Line Dancing</i> <i>1:15-2:00 Table Tennis Therapy</i> <i>2:00-3:30 Ping Pong</i> <i>2:00 Pastel Painting</i> <i>3:00 Drawing</i>	29 <i>10:00 Fit for Life</i> <i>10:00 Beginner French</i> <i>11:00 Conversation en Français</i> 12:00-5:00 BLOOD DRIVE  REGISTER WITH HEALTH DEPT.

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2023

	Thursday	Friday	Saturday / Sunday
	8:30 AM-6:30 PM Early Voting at SCC 2 8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 1:00 POETRY & PIZZA 2:30 Chair Yoga 3:00 CONNECTIONS FOR CAREGIVERS	8:30 AM-11:30 AM Early Voting at SCC 3 8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views Stretch with Lisa ? 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong	4/5
	9 8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 1:00 COOKING & CONVERSATION 2:30 Chair Yoga 3:00 CONNECTIONS FOR CAREGIVERS	10 VETERANS DAY OBSERVED MUNICIPAL BLDGS CLOSED	11/12 SATURDAY  11:00 Veterans Day Observance City Hall Steps
	16 8:00 Beginner Ukulele 9:00 Port City Ukers 11:30 LUNCH WITH THE MAYOR 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 1:00 SELF-HELP w/ ENERGY PSYCHOLOGY 2:30 Chair Yoga 3:00 CONNECTIONS FOR CAREGIVERS	17 8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong	18/19
	23  MUNICIPAL BLDGS CLOSED	24 MUNICIPAL BLDGS CLOSED	25/26
	30 8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 2:30 Chair Yoga 3:00 CONNECTIONS FOR CAREGIVERS	DEC 1 8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong	

Free programs are italicized

Monday	Tuesday	Wednesday
DENTAL CLEANINGS by appt 4 9:00-11:00 McG's Discussion Group 9:15 Exercise to Music 10:15 Exercise to Music 10:30-1:00 Chess 11:00 Conversazione Italiana 12:00 Gentle Movement 1:00-3:00 Party Bridge/Scrabble 1:30 Conversación en Español 3:00 Deutsche Konversation	8:30 Ballet 5 9:30 Tap Dancing 10:00 SERVICE DOG PROJECT VISIT 11:00 Zumba Gold 12:00 Line Dancing 1:15-2:00 Table Tennis Therapy 2:00-3:30 Ping Pong 2:00 Pastel Painting 3:00 Drawing	10:00 Fit for Life 6 10:00 Beginner French 11:00 Conversation en Français 2:00 NEXT CHAPTER BOOK CLUB
DENTAL CLEANINGS by appt 11 9:00-11:00 McG's Discussion Group 9:15 Exercise to Music 10:15 Exercise to Music 10:30-1:00 Chess 11:00 Conversazione Italiana 12:00 Gentle Movement 1:00-3:00 Party Bridge/Scrabble 1:30 Conversación en Español 3:00 Deutsche Konversation	8:30 Ballet 12 9:30 Tap Dancing 10:00 LOW VISION SUPPORT GROUP 11:00 BLOOD PRESSURE ✓ 11:00 Zumba Gold 12:00 Line Dancing 1:15-2:00 Table Tennis Therapy 2:00-3:30 Ping Pong 2:00 Pastel Painting 3:00 Drawing	10:00 Fit for Life 13 10:00 Beginner French 11:00 Conversation en Français 12:00 NBPT COA SPEAKER SERIES: "Element Care/Pace" Cynthia Smith, Senior Community Liaison 1:30-3:00 NBPT STAMP CLUB
DENTAL CLEANINGS by appt 18 9:00-11:00 McG's Discussion Group 9:15 Exercise to Music 10:15 Exercise to Music 10:30-1:00 Chess 11:00 Conversazione Italiana 12:00 Gentle Movement 1:00-3:00 Party Bridge/Scrabble 1:30 Conversación en Español 3:00 Deutsche Konversation	8:30 Ballet 19 9:30 Tap Dancing 11:00 Zumba Gold 12:00 Line Dancing 1:15-2:00 Table Tennis Therapy 2:00-3:30 Ping Pong 2:00 Pastel Painting 3:00 Drawing	9:00 PODIATRIST CONSULTS BY APPT 20 10:00 Fit for Life 10:00 Beginner French 11:00 Conversation en Français 11:00-1:00 MODEL SHIP CLUB 11:00 TRAVELING CHEF 12:00 VILLAGE TALK: "Holiday Surprise!" TBA 1:00 Office Hours w/ Sen. Tarr's Team
 25 MUNICIPAL BLDGS CLOSED	26 LIMITED PROGRAMS SCC OPEN	27 LIMITED PROGRAMS SCC OPEN

er 2023

	Thursday	Friday	Saturday / Sunday
		8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong	1 2/3
8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 1:00 POETRY & PIZZA 2:30 Chair Yoga	7	8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong	8 9/10
8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 1:00 COOKING & CONVERSATION 2:30 Chair Yoga	14	8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong	15 16/17
8:00 Beginner Ukulele 9:00 Port City Ukers 12:00-2:00 Abstract Art 12:00-3:30 Mahjongg 1:00 SELF-HELP w/ ENERGY PSYCHOLOGY 2:30 Chair Yoga	21	8:30-10:30 BIRDING TOUR 10:00-12:00 News & Views 10:00 Stretch with Lisa 10:00-12:00 Oil Painting with Rob 11:00 Emotional Support Canines 11:15-12:00 INT/ADV Tai Chi 12:00 BEG Tai Chi 1:00 ZenDoodle 1:00-3:00 Game Day 1:30-3:00 Ping Pong	22 23/24
LIMITED PROGRAMS SCC OPEN	28	LIMITED PROGRAMS SCC OPEN	29 30/31 

Services

SUPPLEMENTAL NUTRITION PROGRAMS

Congregate Dining Available Most Weekdays at 11 AM!

We are happily gathering in the Dining Room between 11 AM and 12 PM most days that the COA is open! Lunch menus are available at the SCC and posted on the Newburyport COA's website:

<https://www.cityofnewburyport.com/council-on-aging/pages/nutrition-food-security>

Add your name to our Reservation List by visiting the COA Office or calling (978) 462-0430 at least a week in advance so that our Nutrition Site Coordinator has accurate counts. A \$2 voluntary donation is requested to help defray costs when the meal is not sponsored.

The Greater Newburyport Village and the Friends of the Newburyport COA generously co-sponsor the festive TRAVELING CHEF lunches:

- * **September 20th:** *Chicken Saltimbocca with Creamy Risotto*
- * **October 18th:** *German Meat Pie and Apple Strudel*
- * **November 15th:** *Soup, Salad, & Sandwich (Grilled Cheese)*
- * **December 20th:** *Carving Stations*

Meals on Wheels

The federally-funded Meals on Wheels Program offers well-balanced meals to adults through home delivered services. Volunteers deliver nutritionally balanced meals to homebound elders and adults with disabilities. Menu standards are based on current federal and state guidelines. Each meal contains at least 1/3 of the current daily Recommended Dietary Allowance of nutrients and considers the special dietary (e.g. cardiac, pureed) needs of the participants. While there is no cost for the home delivered meals, a \$2 per meal donation, which is anonymous and voluntary, is suggested. No qualifying person will be denied service based on income or ability to make a donation.

For more information about the Nutrition Program or to make a referral for home delivered meals, call AgeSpan's Age Information Department: 1-800-892-0890

First Parish Newbury Food Pantry

The mission of the First Parish Newbury Food Pantry is to alleviate the impact of hunger in Greater Newbury/Newburyport communities. We provide healthful, fresh food with compassion and respect to ALL who are in need. **Place your order online or by phone ALL DAY WEDNESDAY and until NOON ON THURSDAY. Distribution is on Fridays** (except major holidays).

To order, visit: www.newburyfoodpantry.org or call: **(978) 358-1077**

Delivery service on Fridays between 10 AM and 1 PM is available to those who do not have transportation or who are immune-compromised. For pick-up orders, after your order is placed, you will be contacted and assigned an arrival time. **Pickups take place Fridays between 2:45 and 4:45 PM. Arrive at 20 High Road in Newbury** at your designated time. Give the volunteer your name and wait in the car. For safety, place your vehicle in park and turn off the engine while groceries are loaded into your vehicle.



Our Neighbors' Table



The ONT MARKET IN AMESBURY IS NOW OPEN on Thursdays, Fridays, & Saturdays!!

See all updates on the ONT website: <https://www.ourneighborstable.org/>

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM Assistance and Updates

Individuals and families should continually examine expenses that may increase SNAP Benefits:

- Medical costs over \$35/month for anyone in a SNAP household who is 60 or older or has a disability
- Increased housing costs (rent/mortgage)

Partners who can help you maximize your SNAP Benefit:

Our Neighbor's Table: (978) 388-1907

Pettengill House:

(978) 463-8801

Services

NEED ASSISTANCE WITH MEDICARE?

Turning 65 or thinking about your Medicare coverage?

SHINE counselors can help you with all things Medicare!

And...mark your calendar: **MEDICARE OPEN ENROLLMENT runs October 15th – December 7th**

This is your opportunity to review your Medicare plans with a 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 a 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.

SHINE = Serving the **H**ealth Insurance **N**eeds of **E**veryone...on or eligible for Medicare.
Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

To schedule a SHINE appointment or for more information, CALL YOUR LOCAL COA!

AARP TAX-AIDE UPDATES



The Tax-Aide volunteer team that has prepared your tax returns for many years, is looking for new recruits! We need volunteers not only to prepare taxes, but also to perform administrative and clerical tasks or to help with computer and network issues. You don't need to understand taxes to assist and make an impact.

Think you might be interested in joining the Tax-Aide team? **You are invited to attend an informal information session, Wednesday, October 11th, 1:00-3:00PM at the Newburyport Senior/Community Center, 331 High Street, Newburyport, MA 01950.**

Or send your contact information to: MAtaxaide.District4@gmail.com.

We'll get back to you. Check us out. Tax work can be more fun than you would imagine!

On January 16th, the Newburyport COA will begin scheduling AARP Tax-Aide appointments.

To schedule a AARP Tax-Aide appointment in 2024, CALL YOUR LOCAL COA!

Trips

Day Trips with



- ♦ **11/16** Abba Tribute Show
- ♦ **12/7** Merry Country Christmas

REGISTER ONLINE

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

Partner Updates

FRIENDS OF THE NEWBURYPORT COUNCIL ON AGING

<https://www.facebook.com/FriendsofNewburyportCOA>

With the recent retirement of Board President Ben Iacono, the Friends of the Newburyport Council on Aging (FONCOA) is now being led by Acting President Deborah Mousley and Acting Vice-President Debra Mandile. New officers will be elected at the Annual Meeting on October 25 (see below.) FONCOA, is a 501 (c) 3 organization that raises funds to support the Newburyport Council on Aging.

Please join us at the Newburyport Senior/Community Center (SCC) for our ANNUAL MEETING LUNCHEON on October 25th, from noon to 2 p.m. We will review last year's successes and share plans for upcoming events. **RSVP by October 17th by visiting or calling the COA Reception Desk at the Senior/Community Center.**

We are working on the **2023 CALENDAR RAFFLE**, the **2024 MEMBERSHIP DRIVE**, and both fun and educational events for our members. We hope you will participate in all of what we have in store in 2024!

-Deb Mousley, Acting President

VETERANS' CORNER



Recently, Congress gave the VA the authority to recognize high blood pressure as a presumed condition for exposure to Agent Orange, a highly toxic chemical sprayed on vegetation in Vietnam. If you were exposed to Agent Orange and you have high blood pressure, the VA now attributes that condition (along with some other medical conditions) to your exposure to Agent Orange. Contact the Veterans' Office at the Newburyport Senior/Community Center to have these and any other service-related questions answered.

We hope you will **join us on 11/11/2023 at 11 AM to honor Veterans on their special day.** **Newburyport's annual Veterans' Day Observance will be held on the City Hall steps.**

-Kevin Hunt

Veterans' Services

Newburyport, Amesbury, Merrimac, & Salisbury

(978) 462-2201

<https://www.cityofnewburyport.com/veterans-services>

Services

Unless otherwise noted, call YOUR LOCAL COA to request services:

TRANSPORTATION

Rides for Newburyport Residents around the City on the COA Bus

NBPT COA's Transportation Program operates most weekdays 8:30 AM to 3:30 PM.

To maximize your chances of securing a ride, please call in requests at least 48 business hours in advance. Medical appointments are always prioritized.

While the service is complimentary, a \$1 voluntary donation to offset expenses is appreciated.



Shopping Shuttles to Walmart in Seabrook, NH

Newburyport residents may register for a bus ride to Walmart departing around 10:30 AM on:

- ⇒ **SEPTEMBER 15th**
- ⇒ **OCTOBER 20th**
- ⇒ **NOVEMBER 17th**
- ⇒ **DECEMBER 8th**

Demand for this service is increasing and capacity is limited. REGISTER EARLY and please let us know ASAP if you must cancel! Call (978) 462-0430

Out of Town Rides with NEET

Rides to out-of-town destinations for residents in the Greater Newburyport region are offered through NEET (Northern Essex Elder Transport, Inc.) New riders must complete the NEET Passenger Registration Packet (see link on NEET's website: <https://www.driveforneet.org/transportation>) or by calling YOUR LOCAL COA.

MeVa



Information about updated ROUTES (intended to accommodate more residents), about service on paratransit vans for those who qualify, and about shuttles into Boston can be found on www.mvrta.com or by calling (978) 469-6878.

MERRIMACK VALLEY TRANSIT (MeVa) continues to offer FARE-FREE service!

FREE DURABLE MEDICAL EQUIPMENT

The SCC has a storage shed filled with a range of durable medical equipment (wheelchairs, walkers, rollators, canes, and more) to provide assistance and promote independence. We are pleased to offer this helpful service free of charge thanks to the generosity of community donors.

Please stop by to donate/borrow during our regular hours of operation, most weekdays, 8 AM to 4 PM.





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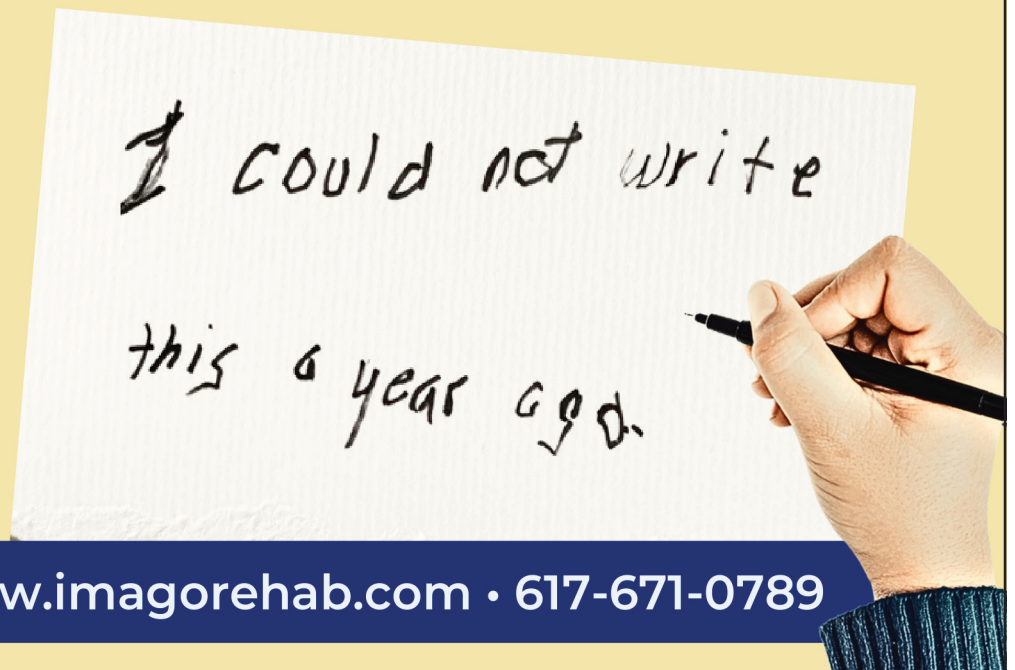
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Erin Sheehy * Alice Sheridan

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Debra Mandile, Acting Vice-President

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Patricia McGrath, Corresponding Sec.

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Jeanette Isabella * Art LeBlanc

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directly to the
Newburyport
COA WEBSITE!

AGENCIES/ORGANIZATIONS PROVIDING VITAL SUPPORT:

- AgeSpan
(978) 683-7747
- PACE (Element Care)
(978) 712-3360
- NSRAW (Newburyport Society for the Relief of Aged Women)

www.agespan.org

www.elementcare.org

www.NSRAW.org

NBPT F/T COA STAFF

DIRECTOR

TBA

OFFICE/TRANSPORTATION MGR

Rosemary Coulombe

ACTIVITIES COORDINATOR

Mary Kelly

OUTREACH SPECIALIST

Ann Freeman

BUS DRIVER/SCC STEWARDS

Scott Martin & John Charron

SUPPORT LOCAL

Local non-profits that make a difference every day!

⇒ Friends of the Newburyport COA

Mail checks payable to FONCOA

331 High St., Newburyport, MA 01950

⇒ Newbury Food Pantry

Mail checks payable to Newbury Food Pantry

20 High Rd., Newbury, MA 01951

⇒ Our Neighbors' Table

Mail checks payable to ONT

194 Main St., Amesbury, MA 01913

⇒ Veterans Legacy Initiative

Mail checks payable to VLI

331 High St., Newburyport, MA 01950

Return Service Requested
Newburyport, Massachusetts 01950
331 High Street



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I'VE SAVED FOR A LIFETIME, AND NOW I COULD LOSE IT ALL?

-What if I lose my house
and life savings to a
nursing-home stay?

- What if after my death,
my adult child divorces or
dies? Will my estate
transfer to their spouse?
What about my
grandchildren?

- What if my adult child is
battling creditors or
addiction and inherits the
estate?



Don't miss this powerful educational session with critical guidance on grandchildren's trusts for education; trusts for children with special needs; and how the SECURE Act affects your ability to create a multi-generational legacy.

Tuesday, October 10
Newbury Town Library
0 Lunt St., Byfield, MA
2:00 – 4:00 p.m.

To register, go to www.newburylibrary.org and click on
"events."

Beasley & Ferber

The Elder and Disability Law Firm
*Concord, Bedford, Nashua, Exeter (NH) and North
Andover (MA)*

www.beasleyferber.com



Attorney Edward Beasley



Greg Gagne, ChFC

NEWBURYPORT COMMUNITY RESOURCES

AgeSpan: Connecting people with unbiased information, referral, quality services and advocacy 1-800-892-0890. Contact AgeSpan regarding Meals on Wheels

Churches: Several churches in Newburyport serves people in a variety of ways. Contact them directly to see what programs are available.

Community Action, Inc: Provides resources for those to overcome poverty. Assists with Fuel Assistance requests (978) 373-1971

Community Services on NBPT: Serves children, individuals, and families from Newburyport, Newbury, and West Newbury. Call (978) 465-7562

Elder Abuse Hotline: To report any form of suspected abuse(physical, verbal, financial, emotional, neglect, sexual, self-neglect)1-800-922-2275

Food Security: For groceries or meals contact Our Neighbor's Table, Amesbury-(978) 388-1907 (SNAP cards info) or First Parish Newbury Pantry (978) 358-1077

Health Insurance: SHINE Counselors are available to answer Medicare questions. Call (978) 462-0430. Medicaid; Call AJH Financial Services (978) 463-1123

Jeanne Geiger Crisis Center: Provides services and programs to empower individuals to end Domestic Violence. Call (978) 388-1888

Library Services: The Newburyport Public Library offers a full range of services. For more info call: (978) 465-4428.

Mass 2-1-1: Connects callers to information regarding health and human services; to government benefits and services; non-profits and support groups.

Newburyport Society for Relief of Aged Women: Contact Pettengill House

Pettengill House: Provides information, education, case management, and basic needs. Call (978) 463-8801

Local Tax Relief: Contact NBPT Assessor's Office

Transportation: Contact the COA for local rides and to schedule NEET rides throughout the region. MeVa for fare-free regional transportation.

Veteran's Services: Contact Kevin Hunt at (978) 462-2201