



HISTORIC TOUR OF THE NORTH SHORE

Presented by Susan Fisher, Tour Guide

Wednesday, Sept 24

Departs at Angelica's at 9:00

(returns at 3:15)

Bewitching sites including the Hale House in Beverly, historic burying grounds, Giles Corey sites, the Thomas Barnard House, and lunch at the Andover Inn in North Andover (paid on your own). Total cost \$20

**Town of Middleton ~ Old Town Hall
38 Maple St./P. O. Box 855
Middleton, MA. 01949**

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The Age of Mastery

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SEPTEMBER/OCTOBER 2019

THANKS TO THE
FRIENDS OF THE MIDDLETON COA

Our wonderful Friends of the Middleton COA do so much for us every month.

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ANNUAL SENIOR PICNIC – FREE!



Where: Danvers Fish and Game Club,
Logbridge Rd, Middleton Rd

When: September 12, 2019 @ 11:30 AM

**Entertainment from vocal stylist Barry Lawton.
Cookout provided by the Middleton 1728 Club.**

**Register by September 5. Transportation available from Angelica's
departing at 10:45 and 11:00 AM. Parking also available on-site.**

B&B Breakfast Speakers

Senior Center Dining Hall

Donation - \$2.25

Call 978-777-4067 to reserve.

9:00am - coffee and conversation

9:30am - homemade breakfast

10:00am - speaker

TUESDAY, SEPTEMBER 3 – Certified Fitness Trainer and Wellness Coordinator Team from the Danvers YMCA discusses programming at the Y.

TUESDAY, SEPTEMBER 17 – Sandy Rubchinuk discusses nutrition including canning and home grown produce.

TUESDAY, OCTOBER 1 – Institution for Savings representative talks about financial programs they offer.

TUESDAY, OCTOBER 15 – Sarah Coletti from Benchmark Senior Living presents information about home care, adult day programs, independent living, assisted living, and nursing home care.

TUESDAY, OCTOBER 29 – VAN TRIP to Light Efficient Design (rescheduled from August). Informational tour of the retail and manufacturing facility. Transportation departs Angelica's at 9:45. Tour begins at 10:00. **Call 978-777-4067 to register.**

CONGREGATE MEALS

MONDAYS, WEDNESDAYS, and THURSDAYS at 11:30

\$2.25 suggested donation

Come early for Coffee Café and conversation. These meals are catered through **NSES**.

****On the 3rd Wednesdays of each month, veterans** are served a complimentary lunch and have an opportunity to interact with the Veterans' Agent, Outreach Advocate and other veterans, along with other guests. Please reserve in advance and let us know if you want a ride.

Please call for a reservation (978 777-4067) or stop in

If you live in town and need to ride to join us, we're happy to pick you up and bring you home in our new Senior Van!



SPECIAL LUNCHES

Coffee Cafe starts at 10:30am
Lunch Served at 11:30am

Thursday, September 12 – ANNUAL SENIOR PICNIC – FREE!

At the Danvers Fish and Game Club and sponsored by the Middleton 1728 Club.
Transportation is available from Angelica's and on-site parking is available. Call for
reservations. Starts at 11:30.

Thursday, October 31 – AUTUMN FEST / HALLOWEEN PARTY

Honey garlic pork Loin w/ Sauce, Roasted Root Vegetables
Autumn Stuffing w/ Cranberries & Apple, Apple Pie, Sourdough Roll

TRAVELING CHEF LUNCH!

Join us as a special chef comes to the center to prepare your
meal in person!



Wednesday, September 11

French Dip Roast Beef w/ swiss, Horse Radish & Caramelized onions
Turkey w/ swiss, Dijon Sauce & Caramelized onions, Au Jus, Baguette,
Sautee Whole Green Beans, Arugula Salad, Vanilla Custard

Wednesday, October 30

American Carvery Choice of: Herbed Roasted Turkey, Pan Gravy, Baked Potato w/ Sour
Cream, Whole Buttered green Beans, Pound Cake w/ Mixed Berry Sauce, Roll

Suggested Voluntary Donation: \$2.25

Please call for a reservation or stop in. (978 777-4067)

We are happy to provide transportation to residents of Oak Knoll, Orchard
Circle or any other senior living community. If you do not drive, we are also
happy to transport you from your Middleton residence.

Going Places...

Our Trips and Special Events are open to all independent persons 55+. Trips may entail extensive walking, stairs/elevators and transfers from the van. You must be able to travel without assistance unless you

notify us otherwise and arrange for a companion. Those with wheelchairs, walkers, and canes are most welcomed at all times on anything we offer. Our vans are equipped to accommodate ambulatory restrictions.

Reservations are required for events, but if you are unable to attend please call ASAP, 978-777-4067 to cancel as we often have a waiting list. Some fees are non-refundable, especially event fees, as we must commit some time in advance and pay in advance as well. All fees are due at time of registration. If we have had to pay in advance and cannot replace you if you cancel, then fees are non-refundable.

OUT OF TOWN SHOPPING / ERRANDS

RESERVE YOUR SEAT by calling Middleton COA at 978 777-4067

Come to our Breakfast at 9:30am, cooked by Ethel Marino and then go shopping afterwards!

Pick up Time: 10:30am

Return time: 2:00pm (Approximate)

\$4 Transportation Fee. (*Non-refundable and must be paid ahead of time in person. If we do not meet our five person minimum, we will refund the fee.*)

Pick up locations: Middleton COA, Oak Knoll, Orchard Circle, and Angelica's rear parking lot.

Danvers Crossing:

Registry of Motor Vehicles, Dollar Tree, Big Lots, Curtain & Bath Outlet, Planet Fitness

Tuesday, September 3

Tuesday, October 1



Peabody Place:

Walmart, TJ Maxx, Burlington, Trader Joe's, IParty among other stores.

Tuesday, September 17

Tuesday, October 15

***If you do not drive, we can arrange to pick you up at your residence.*

***Everyone must be able to carry their own packages on and off the van.*



MIDDLETON COA VETERAN TRIPS ***(ALL INVITED)***

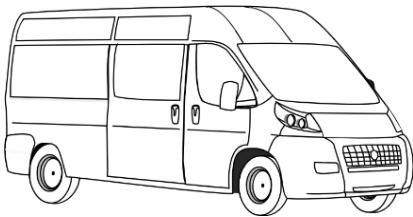
These Trips are part of our History & Veterans Series
3RD WEDNESDAYS OF THE FOLLOWING MONTHS

September 18th **Salem Customs House**
(Fee \$5 for transportation)

October 16th **Saugus Iron Works National Historic Site**
(Fee \$5 for transportation)

Complimentary lunch for veterans at 11:30 at the Senior Center. Trip departures are shortly after lunch. Call or visit Senior Center Reception to sign up!

Please be aware that you may receiving a robo call from the Senior Center advising you of important information regarding any trips you have signed up for. Please do not disregard these messages.



Fall Trips - 2019

Senior Center trips are open to all independent seniors. Trips require walking, stairs/elevators and transfers from the bus.

You must be able to travel without assistance. Reservations are required, call the Senior Center at 978-777-4067. If you are unable to attend, please call to cancel as soon as possible. If you have concerns or questions, feel free to discuss them with our staff.

There is a transportation charge of \$5.00 per trip, unless otherwise noted.

September 27

Applecrest Farm Orchard

Hampton Falls, NH

Leave Angelica's 10:30am (*Lunch and Farm stand shopping*) Return by 3:00pm

October 18

The Encore Boston Harbor Casino

Everett, MA

Leave Angelica's 9:00am

Return by 4:00pm

MORE FALL EVENTS – Save the Date!

September 21

Apple Festival

Boxford, MA

October 7

Topsfield Fair

Topsfield MA

Lunch Bunch Schedule 2019

September 10

The Village- Essex, MA

September 24

My Place by the Sea- Gloucester, MA

October 8

Grassfields- Andover, MA

October 22

The Causeway- Gloucester

Reservations are required in advance with a \$5 transportation fee.

GRANDTIMES with Connie! 10:30 – 11:30 at the Flint Public Library
September 6 – Fish activities and October 8 – Horse Activities

MEMORY CAFÉ

LOCATION: FLINT LIBRARY at 1 South Main Street

When: September 25 from 1:00 PM to 2:30 PM

A Memory Café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends.

Each Memory Café is different. Some cafes invite guest artists, some offer information about memory changes and all Cafes are about relaxing and chatting. All Cafes share these goals.

- To talk with others who understand what you are going through
- To leave behind limitations and instead focus on strengths
- To enjoy the company of others

S.H.I.N.E. Counseling (Serving Health Insurance Needs of Everyone)

Our trained counselor for insurance and prescription and questions about best plans is JOE YOUNGER. Joe is available for confidential counseling on Mondays. Just call the center at **(978) 777-4067** for arrangements.

It is Almost Here! Medicare's Annual Open Enrollment

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2020.

During Medicare's Annual Open Enrollment (October 15 – December 7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) counselors can help you understand your plan changes, as well as explain other options you may have. **Appointments are limited so make your appointment soon.** Please bring your Medicare card and list of prescription medications with you to your appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact 978-777-4067. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845, leave a message and a counselor will return your call as soon as possible.