

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

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PAID Middleton, MA.
Permit No. 3

CURRENT RESIDENT, OR

Middleton Council on Aging Community Center

Office: 978-777-4067
Open Monday thru Thursday from 9am-3pm.

The Middleton Food Pantry

Winter Hours Starting November 2nd Fridays 1pm-5pm

Proof of residency will be required at the time of registration for
individuals and families in need.

We accept donations when the COA community center is open.

SAVE THE DATE: TUESDAY, NOVEMBER 19TH AT 1PM

**Middleton Council on Aging will be holding a Participant Forum.
Please come to receive updates, share your program ideas and
learn about volunteer opportunities. Meeting will be held at the
COA located at 38 Maple St.**

Don't Forget to Turn Your Clocks Back!

**Daylight Savings Ends on
Sunday, November 3, 2019 at 2am**

The Age of Mastery

Volume XX Issue 6

NOVEMBER/DECEMBER 2019

COA BOARD OF DIRECTORS

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FRIENDS OF THE MIDDLETON COA

Thank you for all of your help and support

<i>Mary Farley</i>	<i>Cindy Dellea</i>	<i>Candy Ogden</i>
<i>Anne MacInnis</i>	<i>Marie Pelletier</i>	<i>Joan Garber</i>
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<i>Connie Coste</i>	<i>Alice Tierney</i>	<i>Cathy Lindquist</i>



A note from our new Director, Jillian Smith . . .

I am excited for the opportunity to be the Director for the Council on Aging for the Town of Middleton. I come to the council of aging after five years as the Programming Director at Ashland Farm at North Andover, a senior living community.

Prior to my work at Ashland Farm at North Andover, I spent eight years providing resources and services to the residents of Ithaca, NY at Lifelong, their senior community center. I am truly grateful to be joining the Town of Middleton in their efforts to grow the Council on Aging and continue to provide quality services to the seniors in the community. I look forward to meeting all of you. Thank you so much for the warm welcome.

B&B Breakfast Speakers

Senior Center Dining Hall

Donation \$2.25

Call (978)777-4067 to make your reservation

9:00am - coffee and conversation**

9:30am - homemade breakfast

10:00am – speaker

TUESDAY, NOVEMBER 5 – “Chefs for Seniors” – Chef Michael will speak on the program offered by this organization that connects seniors with the service of cooking nutritious, affordable, and meals of high quality in their home.

TUESDAY, NOVEMBER 19 – Sarah E. Hull from the Danvers Visiting Nurse Association will talk about the many different services that are available to the surrounding communities through this organization. Karen Kelly, R.N., will offer blood pressure checks to those in attendance. ****Blood pressure clinic available at 9am for those who would like their blood pressure taken**

TUESDAY, DECEMBER 3 – Ann Cote, member of the Middleton Historical Society and Paul Pellicelli from the Middleton Cable will present a film and narration of “Middleton – 1985.” This is a fascinating film of Middleton Square and Route 114, the “way it was.”

TUESDAY, DECEMBER 17 – Deborah Parry is the Activities Director and a Certified Dementia Practitioner at Hathorne Hill in Danvers. She will offer an informative and interactive program that will include “give-aways” as part of her engaging presentation.

CONGREGATE MEALS

Mondays, Wednesdays and Thursdays at 11:30

Please call for a reservation (978) 777-4067 or stop in 38 Maple St

Suggested donation: \$2.25.

Transportation is available for Middleton residents, let us know your need when you call to rsvp. Come early for Coffee Café and conversation. *Thank you, Elder Services of the Merrimack Valley and North Shore for catering these meals.*

****ATTENTION VETERANS: On the 3rd Wednesday of the month veterans** receive a complimentary lunch, as a **thank you for your services**. Gary Bent, Middleton’s Veterans’ Service Agent and an Outreach Advocate will join us for this meal. Transportation is available for Middleton residents, please RSVP by calling (978) 777-4067 or stopping by 38 Middle St.

How to Win a \$25 Bouchard's Gift Certificate

Lunch participants who dine with us on Wednesdays and Thursdays in November and December will be entered into a raffle to win a \$25 Bouchards Gift Certificate, which will be pulled at the end of each lunch! So come on down and enjoy a nice lunch, make some new friends and meet our friendly staff. Please RSVP 24 hours ahead at 978-777-4067. Forgot to register? No problem, call us when you remember and we will let you know if we still have openings! We look forward to seeing you soon!

SPECIAL LUNCHES

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

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

Monday, November 18 – Middleton Electric Light Department

Ray Gouley from the Middleton Electric Company will visit. Ray will speak on the importance of electrical safety precautions, especially the danger of fires which is a number #1 concern at this time of year. He will give out a free LED Flashlight to everyone present as well as three \$50 Market Basket gift certificates.

Thursday, November 21 – TURKEY DINNER

Turkey with gravy and cranberry sauce, whipped potatoes, stuffing, butternut squash, dinner roll, pumpkin pie



Thursday, December 19 – WINTER HOLIDAY

Ham with brown sugar glaze, au gratin potatoes, green beans, Parker House roll, upside down berry cheesecake

Thursday, December 19 – Holiday Concert at Masconomet

Tri-Town Seniors are invited to attend the annual afternoon Christmas Concert at Masconomet Regional High School to be held in the high school auditorium. Transportation will be provided from Angelica's at 11:15 am. A Box Lunch will be given out to everyone upon arrival - prior to the concert. This a free outing. Please call the Middleton Senior Center to reserve – 978-777-4067.

TRAVELING CHEF LUNCH DATES!

Suggested Donation \$2.25

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

Wednesday, October 30

American Carvery: Herbed roasted turkey, pan gravy, baked potato with sour cream whole buttered green beans, pound cake w/ mixed berry sauce, parker house roll



Wednesday, November 20

New England Traditional: Clam chowder with oyster crackers, roast turkey sandwich with cranberry mayo, lettuce and tomato on a Kaiser roll, Boston baked beans, whoopee pie

Wednesday, December 4

Backyard BBQ: Pork kabob, rice pilaf, grilled eggplant, scallions, dinner roll, key lime pie

For reservations please call (978) 777- 4067 or stop in at 38 Maple St.

If you do not drive, we are happy to provide transportation from your Middleton residence, Oak Knoll, Orchard Circle or your senior living community.

Lunch Bunch Schedule 2019

November 12	Giuseppe – Newburyport, MA
November 26	Blue Marlin – Essex, MA
December 10	Hawthorne – Salem, MA
December 24	NO LUNCH BUNCH

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

GRAND TIMES with Connie!

Join us for this free drop-in program for caregivers of young children. The program includes story time, playtime, crafts and presentations.



November 1 – Fall Fun

December 20 – Holiday Fun

**Programs run from 10:30am-11:30am
at the Flint Public Library!**

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

Join us for breakfast at 9:30am, cooked by Ethel Marino, then join us shopping!

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: Tuesday, November 5 & Tuesday, December 3

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

Peabody Place: Tuesday, November 12 & Tuesday, December 17

Walmart, TJ Maxx, Burlington, Trader Joe's, iParty and more...

***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.*

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.

Senior Trip to Neverland Theatre's



A live theatrical version of the classic movie on its 80th anniversary!

Sunday, November 24th at 1pm

Venue: The Bridge at 211, 211 Bridge St., Salem, MA

***Featuring, Ethel Marino,
Middleton resident and town
employee as a Munchkins and
Emerald Citizen.
(85 years young!)***

*And featuring many other talented
adults
from all over the North Shore.*

Directed by Andy Diskes



**Complimentary to Middleton Seniors 60 +
courtesy of The Middleton Senior Center! (30 ticket limit)**

\$5 Transportation Fee (non-refundable) to be paid at time of reservation in person at the Senior Center, 38 Maple St. (30 ticket limit)

Pick up at Angelica's at 12pm. Return approximately 4:30pm.

Unfortunately this venue is not wheelchair accessible.

*Non-Middleton residents may purchase tickets at \$18.50 through website at
www.neverlandtheatre.com*

CRAFTS ARE BACK!

TO REGISTER CALL THE SENIOR CENTER AT 978-777-4067
Or stop in at 38 Maple St.

5 POINT MONEY STAR: Thursday, November 7 from 1PM -3PM
Hands on demonstration and printed instructions for each person. A creative way to give money as a gift for the holiday. You will need to bring 5-crisp bills of any denomination in order to make this 5-Point Money Star. – **FREE**

HOLIDAY CENTERPIECE: Wednesday, December 4 from 1:00PM – 3:00PM
Instructor Mary Landry will teach us how to make holiday centerpieces. In this class we will softly illuminate sparkling glass that we decorate with greenery and festive ribbon. **Class is FREE. There will be a fee for materials, please call after November 11th for material fee details.**

MEMORY CAFÉ

November 27th at 1pm

Flint Library 1 South Main St. Middleton, MA

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 Memory 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

Exercise Opportunities

Yoga with Dot McKeen (fee \$4 per class)

- Mondays 9:30-10:30am COA Community Center

General Fitness with Bonnie Peruffo (fee \$5 per class)

- Tuesdays 1:30-2:30pm COA Community Center
- Thursdays 9:30-10:30am Congregational Church Lower Level

Pike's Hike (FREE)

- Fridays 7:55-9:30am Meet at Angelica's Restaurant rear lot

Bingo!

Join us weekly for bingo on Mondays at 12:30pm

The Middleton Community Aging Needs Volunteers.

If you are looking for volunteer opportunities or want to know how you can help, please contact **William Smith, COA Director** at (978) 777-4067 or william.smith@middletonma.gov