

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

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CURRENT RESIDENT, OR

Middleton Council on Aging Community Center

38 Maple St.

Middleton, MA 01949

Office: 978-777-4067

Open Monday thru Thursday from 9am-3pm

Inclement or Severe Weather Policy: The Council on Aging will be closed when the Middleton School District is closed.

The Middleton Food Pantry

Winter Hours 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.

The Age of Mastery

Volume XX Issue 7

January/February 2020

COA BOARD OF DIRECTORS

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From the Director's Desk . . .

Happy New Year! I am excited to start the New Year at the Middleton Council of Aging. Have you been thinking about your New Year's Resolution? The COA's New Year Resolution is to continue to move toward offering something for everyone. This is a large goal to set. I believe with your input, participation and volunteerism, we will succeed. Please fill out the inserted survey so we can get an idea of what would entice you to come and participate. I challenge you to set the goal of being more engaged as one of your New Year Resolutions for 2020. Start achieving this goal now by attending a new activity at the COA. I look forward to spending 2020 with you!

About Us

Our Mission Statement: Our Mission is to enhance and promote the best quality of life for older adults in our community.

Our Vision Statement: Our vision is to provide a comfortable and welcoming environment. We support the rights and expectations of older adults through social participation, community involvement, workforce training and placement. We strive to offer a variety of programs.

Parking and Transportation: Limited Parking is available at the COA on a first-come, first-served basis. Free transportation is available for programs taking place at the COA. A free shuttle from Angelica's rear parking lot is also available. Additional transportation options are available for those who longer drive. Off-site programs utilizing the van requires a \$5 non-refundable fee paid in advance. For transportation inquiries contact Andy Diskes at 978-777-4067 or andy.diskes@middletonma.gov with 24 hour advance notice.

Life Coaching and Counseling Opportunity: Patrick Maher, LCSW, is an advocate and local veteran who specializes in life coaching for individuals struggling with stress and anxiety. Patrick offers free confidential support for Middleton residents and veterans by appointment. To schedule an appointment please contact Patrick Maher by calling 978-777-4067 or emailing patrick.maher@middletonma.gov.

Home Delivered Meals Service: Meals on Wheels, offered by North Shore Elder Services, is available to homebound seniors. Contact Andy Diskes at 978-777-4067 or andy.diskes@middletonma.gov .

Volunteer Opportunities: The COA is able to offer quality opportunities because of the generosity of volunteers. Program ideas and volunteer instructors are always welcome. If you're interested in volunteering or you have program ideas please contact Jillian Smith by calling 978-777-4067 or emailing jillian.smith@middletonma.gov (subject line: volunteers).

Advertising: If you're interested in advertising in future newsletters please contact Jillian Smith by calling 978-777-4067 or emailing (subject line: newsletter advertising) at jillian.smith@middletonma.gov.

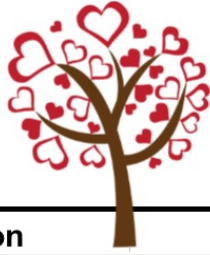
Disclaimer: The Middleton COA is not affiliated with any particular religious faith. The opinions and views expressed by class instructors are their own and do not necessarily reflect the views of the Middleton COA. The Middleton COA does not allow any trading or selling of goods by volunteer instructors on the premises.



January 2020 Programs-Services-Events



Mon	Tue	Wed	Thu	Fri
<p><i>Visit the programs descriptions index on page 6</i></p> <p><i>For more information on offerings</i></p>		<p>1</p> <p>COA is Closed Have a Safe and Healthy New Year</p>	<p>2 9:30AM Exercise 11:30AM Congregate Meal 12PM New Years Celebration with Barry Lawton 12:30PM Scrabble</p>	<p>3 7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza</p>
<p>6 S.H.I.N.E Counseling (by appt.) 9AM Yoga 10:30AM Blood Pressure Clinic 10:30AM Grand Times 11:30AM Congregate Meal 12:30PM Bingo 5:30PM Friends of the COA Meeting</p>	<p>7</p> <p>10AM Newsletter Proofreading Club Meeting 11AM Ethel's Brunch 11:30AM Speaker: Chief James A. DiGianvittorio 1:30PM Exercise</p>	<p>8</p> <p>11:30AM Congregate Meal 12PM The Play's the Thing 6PM NAMI speaker: 7PM NAMI Family Support Group Meeting</p>	<p>9</p> <p>9:30AM Exercise 11:30AM Traveling Chef Congregate Meal 12PM Italian Melodies with Claudio 12:30PM Rummy (card game)</p>	<p>10</p> <p>7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza</p>
<p>13</p> <p>S.H.I.N.E Counseling (by appt.) 9AM Yoga 11:30AM Congregate Meal 12:30PM Bingo</p>	<p>14 10AM Newsletter Mailing Prep 11AM Calendar Design Meeting 12PM Lunch Bunch to Chateau 1:30PM Exercise</p>	<p>15</p> <p>11:30AM Congregate Meal 12PM The Play's the Thing</p>	<p>16</p> <p>9:30AM Exercise 11:30AM Congregate Meal 12PM Italian Melodies with Claudio 12:30PM Words in a Word</p>	<p>17</p> <p>7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza</p>
<p>20</p> <p>COA is closed in Honor of Dr. Martin Luther King's Birthday (observed)</p>	<p>21</p> <p>11AM Ethel's Brunch 11:30AM Speaker Richard Carey from Philips Lifeline 1:30PM Exercise</p>	<p>22</p> <p>11:30AM Congregate Meal 12PM The Play's the Thing 1PM Memory Café</p>	<p>23</p> <p>9:30AM Exercise 11:30AM Congregate Meal 12PM Italian Melodies with Claudio 12:30PM BINGO</p>	<p>24 7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza 10:30AM Grand Times</p>
<p>27</p> <p>28 S.H.I.N.E Counseling (by appt.) 9AM Yoga 11:30AM Congregate Meal and Birthday Celebration 12:30PM Bingo</p>	<p>28</p> <p>11AM Volunteer Meeting 12PM Lunch Bunch to Boathouse Grille 1:30PM Exercise</p>	<p>29 9:30AM COA Board Meeting 11:30AM Congregate Meal 12PM Better Balance Presentation (Balance Clinic to Follow)</p>	<p>30</p> <p>9:30AM Exercise 11:30AM Congregate Meal 12PM Italian Melodies with Claudio 12:30PM Rummikub</p>	<p>31</p> <p>7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza 9AM R.O.M.E.O</p>



February 2020 Programs-Services-Events



Mon	Tue	Wed	Thu	Fri
<p>3 S.H.I.N.E Counseling (by appt.) 9AM Yoga 10:30AM Blood Pressure Clinic 11:30AM Congregate Meal 12:30PM Bingo</p>	<p>4 10AM Newsletter Proofreading Club Meeting 11AM Ethel's Brunch 11:30AM Speaker: Valerie Gikas From Hunt Nursing Home 1:30PM Exercise</p>	<p>5 11:30AM Congregate Meal 12PM The Play's the Thing</p>	<p>6 9:30AM Exercise 11:30AM Congregate Meal 12PM Italian Melodies with Claudio 12:30PM Scat</p>	<p>7 7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza</p>
<p>10 S.H.I.N.E Counseling (by appt.) 9AM Yoga 11:30AM Congregate Meal 12:30PM Bingo</p>	<p>11 10AM Newsletter Mailing Prep 12PM Lunch Bunch to Cracker Barrel 1:30PM Exercise</p>	<p>12 11:30AM Traveling Chef Congregate Meal</p>	<p>13 9:30AM Exercise 11:30AM Congregate Meal 12PM Special Valentine's tea and Desserts 12PM Italian Love Songs with Claudio 12:30PM Canasta</p>	<p>14 7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza 10:30AM Grand Times</p>
<p>17 COA Closed for Presidents Day</p>	<p>18 11AM Ethel's Brunch 11:30AM Speaker Richard Carey from Philips Lifeline 1:30PM Exercise</p>	<p>19 11:30AM Congregate Meal 12PM The Play's the Thing</p>	<p>20 9:30AM Exercise 11:30AM Congregate Meal 12PM Italian Melodies with Claudio 12:30PM Bingo</p>	<p>21 7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza</p>
<p>24 S.H.I.N.E Counseling (by appt.) AM Yoga 11:30AM Congregate Meal and Birthday Celebration 12:30PM Bingo</p>	<p>25 11AM Volunteer Meeting 12PM Lunch Bunch to Petrillo's Kitchen 1:30PM Exercise</p>	<p>26 9:30AM COA Board Meeting 11:30AM Congregate Meal 12PM The Play's the Thing 1PM Memory Café</p>	<p>27 9:30AM Exercise 11:30AM Congregate Meal 12PM Italian Melodies with Claudio 12:30PM Pinochle</p>	<p>28 7:55AM Pike's Hikes 9AM Shopping at Market Basket Plaza 9AM R.O.M.E.O</p>

Program Descriptions Index (Programs are FREE unless otherwise stated)

Better Balance Presentation with a Balance Clinic to Follow: Joan Fitzpatrick, RN for VNA Care will present and discuss the importance of balance and provide tips on how to best keep on your feet, especially in the winter!

Bingo: (\$1.50 each Monday) is a game in which players mark off numbers on cards as the numbers are drawn randomly by a caller, the winner being the first person to mark off five numbers in a row or another required pattern.

Birthday Celebration: Join us for this great way of celebrating each other's birthdays. A special gift will be given to those with a birthday in the current month. A special thank you to Kay Keenan for making delicious homemade birthday cakes!

Blood Pressure Clinic: Monthly Blood Pressure clinic offered by Middleton Family Practice.

Canasta, a game of the Rummy family where jokers and deuces are wild. The principal object of play is to form combinations of three or more cards of the same rank with or without the help of wild cards. Don't know how to play, no problem, instruction will be provided.

CONGREGATE MEALS: (Suggested donation: \$2.25) Come eat with us instead of eating alone! Transportation is available for Middleton residents. Let us know your need when you call to RSVP. A special thank you to 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.

Ethel's Brunch: (any donation is appreciated) Takes place the first and third Tuesday of the month (this is replacing the previous Tuesday breakfasts). Ethel prepares a homemade specialty that will be served at 11am. Brunch will be followed by a speaker. To see a list of speakers please refer to the speaker list section in this index.

Exercise with instructor Bonnie Peruffo (fee \$5 per class). An exercise program using chairs, light weights and gentle exercises to create strength and better balance. Schedule is Tuesdays 1:30-2:30pm and Thursdays 9:30am-10:30am at the COA Community Center.

Friends of the COA Meeting: is the first Monday of the month at 5:30 pm. The friends are always looking to welcome new "Friends". If you are interested in joining or would like more information, please just stop by and join us. Meetings in the main hall of the COA.

GRAND TIMES with Connie: Drop-in program for caregivers of young children that includes story time, playtime, crafts and presentations. Topics: **January 6th** – All About Cows; **January 24th** – Mittens; **February 14th** – Valentines – Make Your Own. Programs run from 10:30am-11:30am at the Flint Public Library located at 1 South Main St, Middleton.

Italian Melodies with Claudio: Claudio will perform a variety of songs each week.

Lunch Bunch: (\$5 transportation fee and 24 hour advance registration required) Going out to eat is so much fun with friends.

Memory Café: is a welcoming place for people with cognitive changes and their loved ones. Café's vary from guest artists, informational presentations and exercise programs. Middleton Memory Café is located at the Flint Library located at 1 South Main St, Middleton.

NAMI Speaker and Family Support Group: A monthly speaker complimented by resources, conversation and snacks. The Family Support Group Meeting is for caregivers of individuals with mental illness. This group allows family members to speak openly about their challenges and receive support from others who can relate.

Newsletter Design Meeting: A brainstorming meeting on how we can make the newsletter better! Please join us, bring your ideas or come to hear the thoughts of others.

Newsletter Proofreading Meeting: COA volunteers who proofread the newsletter meet today.

Pike's Hike: Pike Messenger leads a Hike in our local Middleton trails. Fridays 7:55-9:30am Meet at Angelica's Restaurant rear lot.

Pinochle: The object of the game is to accumulate points by winning tricks, or melding a combination of cards. Don't know how to play, no problem, instruction will be provided.

R.O.M.E.O: Retired Old Men Eating Out is an out-to-eat program for men looking to get out and have guy time. Please RSVP your attendance 24 hours before the outing. First outing will be at Freddy's Café. Transportation provided. Pick up time will begin at 9am.

Rummikub: is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. Don't know how to play, no problem, instruction will be provided.

Rummy (card game): is a group of matching-card games notable for similar gameplay based on matching cards of the same rank or sequence and same suit. The basic goal in any form of rummy is to build melds which consists of sets, three or four of a kind of the same rank; or runs, three or more cards in sequence, of the same suit. Don't know how to play, no problem, instruction will be provided.

Scat: A simple draw and discard game. Players have a three card hand and the aim is to collect cards in a single suit worth 31 points or as near as possible to that total. Don't know how to play, no problem, instruction will be provided.

Scrabble: Scrabble is a word game in which two to four players score points by placing tiles bearing a single letter onto a board divided into a 15x15 grid of squares. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns, and be included in a standard dictionary or lexicon. Don't know how to play, no problem, instruction will be provided.

Advertisement space

S.H.I.N.E. Counseling (Serving Health Insurance Needs of Everyone. Trained counselor, Joe Younger, is here on Mondays (by appointment only) to assist you with finding the best health and prescription plans that meet your needs. Call 978-777-4067 to schedule an appointment.

Shopping at Market Basket Plaza: (cost \$2) Fridays with pick-ups starting at 9:00am. 24 hours sign-up required. In town errands available upon request.

Speaker List: for this newsletter: **TUESDAY, JANUARY 7th** – Middleton Police Chief James A. DiGianvittorio will speak on the issues of concern that affect daily life.; **TUESDAY, JANUARY 21st** – Richard Carey from Philips Lifeline will speak on the lifeline service that is available to seniors.; **TUESDAY, FEBRUARY 4th** - Valerie Gikas and her associates from the Hunt Nursing Home will speak about the Hunt Nursing Home as it is today. They will also take blood pressures for those who wish to take advantage of this special service.; **TUESDAY, FEBRUARY 18TH** – Care Dimensions – Home MD – will introduce their new and innovative medical service of providing MD and personalized primary care to patients 65 years and older in their home or wherever they reside.

The Play's the Thing: Each week Any Diskes will present scenes from classic movies and plays that will be read by members of the group who volunteer for the roles. Don't want to read, no problem, come be the audience.

Traveling Chef: (Suggested Donation \$2.25) The menu for the next two months: **January** - Asian Style Cuisine includes Chinese Chicken Wing (2 each) & Boneless Ribs (2 oz) with Sweet & Sour Sauce, Vegetable Fried Rice, Sesame Ginger Broccoli, Fortune Cookie and Fresh Pineapple. **February** - Panini Bar includes a Choice of Tuna Melt or Chicken Caprese Panini with Mozzarella with Basil and Tomato. Sides are Italian Wedding Soup with Crackers, Mixed Green Salad with House Dressing, Potato Chips and Cream Cheese Brownies.

Volunteer Meeting: A meeting for anyone interested in becoming a volunteer for the Council on Aging. Come find an opportunity that is right for you!

Words in a Word Game: the group will be presented with a word and as a group you will try to make as many 4 letter or longer words. Proper nouns and duplicate words do not count. Don't know how to play, no problem, instruction will be provided.

Yoga with Dot McKeen (fee \$5 per class). Yoga is using your breath to guide movement. This gentle stretching class is performed all while sitting in a chair and is great for improving posture and balance. Class schedule is Mondays 9-10am at the Congregational Church, 66 Maple St.

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