



SATURDAY, SEPTEMBER 10TH

COSTELLO CENTER - UPPER MILLYARD - MARKET SQUARE

Health Fair - Live Music - Fitness Classes - Activities
 Games - Healthy Food - Flu Shots & More

See page 6 and back page for all the details!

TABLE OF CONTENTS

Letter from the Director 3	Friday Film Fest 5	Calendar of Events 9
Staff Directory 3	FCOA Update 6	COA Van Trips 10
Crime Prevention 4	State Senator DiZoglio 7	Senior Cup Challenge 10
Notices & Events 5	Resources 8	Live Well Amesbury Fest 12

SUPPORT OUR ADVERTISERS!



WINGATE RESIDENCES
AT HAVERHILL

Independent Living | Assisted Living | Memory Care



THIS IS
LIVING, ENRICHED.

A rejuvenating life awaits you at
Wingate Residences at Haverhill.

Call 978-912-9250 to learn more
or schedule a tour.

ResidencesAtHaverhill.com • 10 Residences Way, Haverhill, MA 01830

Gone But Not Forgotten, LLC

**Headstone Cleaning &
Site Grooming**

978-968-7476

cleaningatgonebutnotforgotten@gmail.com
<https://sites.google.com/view/gonebutnotforgottenllc/home>



**Now Scheduling
Fall Clean-Ups!**

**UnitedHealthcare Senior Care Options is a proud
sponsor of the Amesbury Senior Center Newsletter**

For more information on UnitedHealthcare Senior Care Options call
Hellen Moreira at 978-201-2603, TTY 711

UHCCP.com/MADual

CST25879

 **UnitedHealthcare®**
Community Plan



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Amesbury Council on Aging, Amesbury, MA 06-5290



STAFF DIRECTORY
(978)388-8138

Directorx546
Doreen Arnfield MA, LSW
arnfieldd@amesburyma.gov

Asst. Director/EMHOT.....x543
Courtney Hutchinson MA, MSW, LICSW
hutchinsonc@amesburyma.gov

Program Coordinator & Community Relationsx545
Andrew Suggs
suggsa@amesburyma.gov

Outreach Coordinator.....x544
Nancy Marrs M. Ed
marrsn@amesburyma.gov

EMHOT Case Worker.....x539
Cindy Chapper MSW, LCSW
chapperc@amesburyma.gov

Administrative Asst.x539
Donna Scott
socttd@amesburyma.gov

MOW Site Managerx549
Karena Morse
morsek@amesburyma.gov

Volunteer Social Worker.....x559
Rich Stewart LCSW
stewartr@amesburyma.gov

COA Van Driver.....x541
Tim Danahy
danahyt@amesburyma.gov



We are looking for:
- Receptionists - NEET Drivers
- Greeters - Food Delivery
- Event Staff - and More

Call Andrew at (978)388-8138 x545



A Message from Director Doreen Arnfield

As we enter September, we prepare for the end of summer and beginning of Autumn. Change is in the air.

Maybe we should take some tips from the squirrels as we transition to cooler nights and shorter days. Just as they gather and store their nuts for the winter months, might we want to make sure we gather the necessary resources for the colder days ahead? Are you starting to think about your heating bill and food costs? Is there a backup plan in place if the car is being repaired? What kinds of fun fall/winter activities do we want to do? Maybe now is the time to plan and gather resources like the squirrels. If you have financial concerns, here are a few reasons to call:

- **SNAP – food supplement program**
- **Financial assistance for unexpected bills and expenses thanks to a grant from the Newburyport Society for the Relief of Older Women.**
- **Help with pet food supplies thanks to our community and the Friends of the Council on Aging**
- **Help paying for Vet bills thanks to Age Span**
- **Fuel assistance applications will be out mid to late September**

It's so nice to see our center hustling and bustling again. We have a lot to offer and want there to be something for everyone. We are preparing to distribute a survey mid-winter, and it's more important than ever to hear from each one of you. In the meantime, there is one important question I'd like to ask you to answer and its inside this newsletter on page 8. **Why is the Amesbury Council on Aging/ Senior Center important to you?** Please return your response to the center by September 16th.

VAN - Many have enjoyed the COA Van trips. Take a look inside to see if you'd like to join others going to the Seabrook Loop, the Statehouse, or to the beach!

And finally, our biggest event of the year! Sept 10th it's the Feel Good Festival Health Fair. Thanks to the Friends of the Council on Aging for organizing this fundraiser. There are multiple exercise classes offered, games, music, flu shots and free lunches. Take a look inside for a schedule and list of supporters.

BEREAVEMENT - Thanks to Elara Caring, we are bringing our Bereavement Support Group back! Mia will be facilitating the bi-weekly group which is run the 2nd and 4th Thursdays of every month starting in September. No need to sign up, just drop in.

NEWSLETTER - Coming Soon...we will be adding 3 more pages to our newsletter starting in November – just in time to expand our list of resources and add some nice photos!

Enjoy this beautiful season, I know I will!

Warmly,
Doreen





Nicholas J. Costello Transportation Center

CITY OF AMESBURY COUNCIL ON AGING
68 Elm Street • Amesbury, MA 01913
(978) 388-8138

www.amesburyma.gov/council-on-aging
www.facebook.com/amesburyseniors/

M-F..... 8:00am-4:00pm

MISSION STATEMENT

To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

BOARD MEMBERS

Gayle Yarnall	Chairperson
D. Kliggi Thomas	Vice Chair
Lee Ford	Secretary
Sarah Kearney	Treasurer
Nicholas Costello	Frankie Lallemand
Jon Younger	Sue Ballard
Art Levine	M. Lea Cabeen

CITY COUNCILORS

Jonathan Hickok
Anthony Rinaldi
Roger Deschenes
Nick Wheeler
Peter Frey
Michael Hogg
Adrienne Lennon
Scott Mandeville
Steve Stanganelli



District 1 Councilor
District 2 Councilor
District 3 Councilor
District 4 Councilor
District 5 Councilor
District 6 Councilor
At Large Councilor
At Large Councilor
At Large Councilor

CRIME PREVENTION TIPS WITH RETIRED OFFICER HANSHAW



The month of September is well known for a number of happenings as we slowly approach the end of summer. As temperatures begin to cool, the sunset arrives earlier in the evening and apples become ready for picking; children will return to the classrooms. The annual start of a new school year is always a big event and an important time to talk about safety, even when you don't have a child boarding the school bus. There are many ways kids travel to school and motorists need to be watchful for pedestrians, school buses and especially bicycles. Quite often young people will be distracted by the excitement, so please be careful when sharing the road.

The long-awaited completion of the Elm Street project is nearly here but crews still have plenty of small tasks to handle. Drivers are asked to be watchful for construction crews as work will continue through the late fall in the area. The new pavement, sidewalks, road markings and traffic signals are great compliments to neighborhood and should improve the traffic flow and safety between downtown and Rte. 110. You may have noticed the addition of bicycle lanes on both sides of the street, which are clearly marked. These paths are meant to improve safety for riders, please stay within the marked travel lane and avoid using the bike lane for parking or passing. Drivers who are going 25 mph should have no difficulty staying within the newly marked lanes, which are set to State standards. The landscape of Elm Street is much different than three years ago but this change is certainly for the better.

Friday, Sept. 23RD - 9 am

sponsored by:

FRIENDS OF THE
AMESBURY COUNCIL
ON AGING

Join the COA, members of the Amesbury Fire and Police Departments, Veteran Services and other City departments, as we enjoy a delicious breakfast, talk about issues around town!

Call COA Reception at (978)388-8138 to sign up



HOME HEATING AND ENERGY ASSISTANCE

(a.k.a. Fuel Assistance)

Fuel assistance season runs from November 1st through April 30th and is available for eligible homeowners and renters, including households whose cost of heat is included in the rent (12 month assistance in that case). It pays directly to your primary heating source vendor, and automatically includes electric and telephone bill discounts if you are eligible, saving you money to use for medical or other expenses.

Contact Outreach Coordinator Nancy Marrs for assistance in applying, starting September 26th.

LOW VISION SUPPORT GROUP

I want to sincerely thank Gayle Yarnall for her group leadership over the past five plus years. We wish her a happy retirement in Florida.

My name is Jeanne, also known as Jeanne Marie. I led this group seven years ago. I am open to suggestions for speakers that you would like to have at a future meeting.

If you are suffering from vision loss or know someone that is, please have them get in touch with me at: 978-992-8504.

We meet on the second Thursday of each month from 1 pm to 3 pm. Our next meeting is September 8th, and William Callaghan, President of the Visual Aids Foundation for this Lion's district will be our guest speaker.

VETERANS SERVICES

68 ELM ST. AMESBURY, MA 01913 - 978.388.8136

If you feel moving to an Assisted Living facility might be somewhere in your future, maybe within the next five years. You may want to learn about a VA benefit that is applicable to wartime veterans and their surviving spouses that will assist you with the costs of an Assisted Living facility. The term wartime veteran applies to any veteran who served during a wartime period; the veteran does not have to have served in combat. There are additional criteria that apply before getting this benefit and the Veteran Services staff can explain those criteria.

Also, if you had any injury or illness during your military service and it is still bothering you now or you think it may have been caused by your military service you can file a disability claim with the VA. Typical claims are for hearing loss, tinnitus or the many diseases caused by exposure to Agent Orange, Burn Pits, Jet Fuels or Radiation exposure, the Veteran Services staff can discuss your situation and whether you should file a claim for compensation.

Please give Kevin Hunt or Jeremiah Murphy a call at 978-462-2201 or 978-388-8136 and we'll be glad to explain the criteria for receiving these benefits.

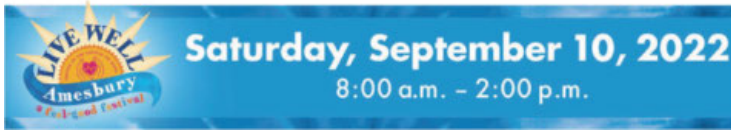
FCOA & COA PET SUPPORT PROGRAM

The Amesbury COA Pet Program, with the support of the FCOA, supplements the cost of pet food and care for low-income older adults living in Amesbury using 200% of the federal poverty limit with minimal assets in the savings. Please contact COA outreach coordinator, Nancy Marrs, for more information and to apply, at (978)388-8138 x544.

Friday Film Fest

MOVIES AND POPCORN - EVERY FRIDAY AT NOON

- Sept. 2ND - Jurassic World Dominion**
 Starring Chris Pratt, Bryce Dallas Howard & Laura Dern
 Directed by Colin Trevorrow
 Runtime: 2 hr 27 min **PG-13**
Four years after the destruction of Isla Nublar, Biosyn operatives attempt to track down Maisie Lockwood, while Dr Ellie Sattler investigates a genetically engineered swarm of giant insects.
- Sept. 9TH - Pinocchio**
 Starring Tome Hanks, Joseph Gordon-Levitt & Lorraine Bracco
 Directed by Robert Zemeckis
 Runtime: Unknown **PG**
A live-action adaptation of Disney's 'Pinocchio'.
- Sept. 16TH - Where the Crawdads Sing**
 Starring Daisy Edgar-Jones, Taylor John Smith & Harris Dickinson
 Directed Olivia Newman
 Runtime: 2 hr 5 min **PG-13**
A woman who raised herself in the marshes of the deep South becomes a suspect in the murder of a man she was once involved with.
- Sept. 23RD - Elvis**
 Starring Tom Hanks, Austin Butler & Olivia DeJonge
 Directed by Baz Luhrmann
 Runtime: 2 hr 39 min **PG-13**
The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.
- Sept. 30TH - Palmer**
 Starring Justin Timberlake, Juno Temple & Alisha Wainright
 Directed by Fisher Stevens
 Runtime: 1 hr 50 min **R**
An ex-convict strikes up a friendship with a boy from a troubled home.



Friends of the Council on Aging

"Live Well Amesbury - a Feel Good Festival"

The Council on Aging's Annual Health Fair is now a featured part of a larger community event focused on health and wellness! The pandemic has taught us many things - most importantly, the importance of community and connection. We hope you will join us at the Health Fair and Festival on Saturday, September 10th. Many fun activities are planned for Seniors and people of all ages!

A showcase of some of the events:

EXERCISE CLASSES at the Upper Millyard from 8:00 AM – Noon offered by the YWCA of Greater Newburyport. Classes will be focused on balance, movement and flexibility geared to Seniors but open to all ages.

MUSIC at Market Square from 9:00 AM - Noon performed by Senior music students from Zach Fields Drum and Music.

HEALTH FAIR at the COA/Senior Center from 10:00 AM – 1:00 PM with ongoing FREE SCREENINGS AND VACCINATIONS. Enjoy MORNING REFRESHMENTS and later, a FREE BOXED LUNCH, while you peruse the fair, talking to local health care providers and others, and picking up some handy giveaways.

"BEAUTY OF THE AGES" Professional photographers will be at the Senior Center/COA to take free individual photos of Seniors which will be available online within 14 days. Appointments are required, so sign up now by calling the COA 978-388-8138.

CONCERT at the Upper Millyard from Noon-2:00 PM presented by "Jump Street". Enjoy the fresh air and some Beatles-era music with family and friends.

SPECIAL DISCOUNTS and activities will be provided at participating local businesses. "Maps" with additional details and shuttle van route will be available at the COA/Senior Center and in Market Square.

You can find updates and more information at the COA/Senior Center and also on Facebook. Find us at www.facebook.com/Friends.AmesburyCOA then please "Like", "Follow" and "Share" our posts with family and friends. **And remember to sign up for your portrait and flu shot appointments by calling COA reception at (978)388-8138.**



The theme and suggested attire for the Live Well Amesbury Festival is colorful and tie-dyed! So join us to make your own tie-dyed shirt! We will have a class on Wednesday the 7th with Andrew and Claire to make some festive shirts for the festival! Sign-up by calling COA reception at (978)388-8138.

Save the Date!

19th Annual Newburyport

Chocolate Tour

Saturday, October 1, 2022
12 - 4 pm

Savor fine chocolate goodies throughout our downtown stores.

Organized by Central Congregational Church to benefit:

- Prescription Refill Programs for Elders (Amesbury, Salisbury, Newbury and Newburyport Councils on Aging)
- Newburyport Arts collective
- "Meatball" Amesbury Police new K-9 dog
- Greenstone Gives (support for families after job loss)

Eat Chocolate Be Happy Do Good

COMMUNITY LIVING AT ITS BEST

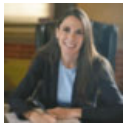
Be Independent for Life

One Nichols Way
Groveland, MA 01834
Nichols-Village.com
CALL 978-372-3930

GROW YOUR BUSINESS
BY PLACING AN AD HERE!

CONTACT US!

Contact Lisa Templeton to place an ad today!
ltempleton@lpicommunities.com
or (800) 477-4574 x6377



A Message from Senator DiZoglio

Hello again,
Today in Massachusetts, there are more than 3,000 children in foster care with a goal of adoption. With waitlists booming, countless children are waiting three or more years to be adopted.

Playing a truly invaluable role in this process are foster parents, providing a safe and stable environment for children who, due to a variety of reasons, cannot be with their biological parents. Children who have been uprooted from their homes need a place where they can feel secure. In all too many instances, they have suffered abuse and/or neglect and have no idea what a loving home feels like. Foster parents help them learn what it is like to eat, sleep, and play in a place that is safe.

In Massachusetts, the rights and responsibilities for foster parents are spread out among an expansive set of laws, regulations and policies through The Department of Children and Families (DCF) that all too often leave foster parents feeling confused and unfairly treated.

That is why I am so grateful the Senate recently passed legislation I co-sponsored, An Act establishing a foster parents' bill of rights, designed to provide foster parents with the resources and supports they need to provide for children in their care.

Specifically, the legislation places into state law that foster parents have the right to pertinent training; information about the child to be placed in their home; access to a social workers and family resource workers; the opportunity to communicate with professionals who work with the child; and be updated on relevant changes in policies, procedures and law.

While many of these rights are already required elsewhere in Massachusetts law, by recognizing these as positive rights possessed by foster parents, rather than mere obligations for state agencies to uphold, the bill would ensure these standards are followed without exception in interactions between the state and foster parents. A copy of this bill of rights would be provided to foster parents to help support them as they support our children in need.

If you have any questions on this or any other issue, please feel free to contact me anytime via email at Diana.Dizoglio@masenate.gov or phone at 978-984-7747.

Yours in service,
Diana

SHINE Saving the Health Insurance Needs of Elders
COST SAVINGS Strategies TIP #1 from SHINE
Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$1,984 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,518 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs

* Primary residence and one vehicle are not counted
If you have any questions about these programs, contact a SHINE counselor or outreach worker at your COA or MassOptions at (1-800-243-4636). You can apply any time and reap big savings!

MOVIE MAKE UP MONDAY
EVERY MONDAY AT 12 PM

Not able to make it to Friday Film Fest, but really wanted to see the movie?

You MUST sign up by calling COA reception at (978)388-8138
Space is limited

We will be replaying movies the following Monday in the Game Room.

Kraft Family Blood Donor Center

Dana-Farber Cancer Institute | Brigham and Women's Hospital
Founding Member, Mass General Brigham

BLOOD DRIVE

HOSTED BY
Caidens Crusaders
68 Elm Street Amesbury, MA 01913
Aboard the Dana-Farber Cancer Institute/
Brigham and Women's Hospital Blood Mobile
parked in front parking

Sunday, September 18, 2022
8:30am 3:00pm

Appointments: Logon For Friday tinyurl.com/CaidensS18
Questions, please call 617-632-3206
Appointments recommended. Walk-ins taken as time allows.

As a special thank you, donors will receive a Kraft Family Blood Donor Center \$10 Gas Card!

PHOTO ID REQUIRED FOR ALL DONORS
Be well hydrated ♦ Drink extra water ♦ Eat before donating

Safely Together & Vaccinated - Dedicated Memory Care in Newburyport

Hear from our families: Avita is more than a care community. It is the kind of heart-centered, comprehensive support system that every family caring for a loved one with Alzheimer's needs and deserves. - Leigh F. resident daughter

Connect with our helpful family advisor: Call: 978.225.7000

Adjacent to Anna Jaques Hospital • 4 Wallace Bashaw Jr. Way, Newburyport, MA • avitaofnewburyport.com

Avita
— of Newburyport —
A Northbridge
Memory Care Community

COMMUNITY RESOURCES

NUTRITION

SNAP BENEFITS:

SNAP is MONEY to be able to buy food at grocery stores, some convenience stores, and some farm stands and farmers' markets. If your application is approved, you will get an EBT card (which looks just like a debit or credit card) to use to pay for your groceries. DTA puts MONEY on the card each month for food. All the major grocery chains accept EBT. Call Nancy at (978)388-8138 x544 for more.

OUR NEIGHBORS' TABLE:

WED 10-4, THURS 12-6, FRI 9-3 & SAT 9-1

Our Neighbors' Table offers plenty of local fresh fruits, vegetables, meats, dairy and non-perishable goods available for you for FREE. The ONLY qualification to be a shopping guest of ONT is that you reside in Amesbury, Byfield, Georgetown, Groveland, Merrimac, Newbury, Newburyport, Rowley, Salisbury, South Hampton, or West Newbury. To register go to: www.ourneighborstable.org or call 978-388-1907.

ONT offers a wonderful curbside pick-up to-go meal every Wednesday from 4-6 at the Main Street Congregational Church, 145 Main Street in Amesbury. There are no qualifications or IDs required to pick up hot meals as everyone is welcome!

WEDNESDAY FOOD DELIVERY: WED 1:30 - 3:30 PM

The COA, in partnership with Our Neighbors Table, offers a Food Delivery Program for homebound seniors every Wednesday. COA volunteers pick up the food at ONT Market and bring it to your doorstep. If you are interested, please call Nancy at (978)388-8138 x544.

BROWN BAG: MONTHLY ON THE FIRST TUESDAY

Provides roughly 15 pounds of nutritional food to supplement members meals for the month. Call Nancy at 978-388-8138 x544 for more info.

MEALS ON WHEELS: EVERY MONDAY THROUGH FRIDAY

MOW offers hot meals to homebound seniors. Call AgeSpan at 978-683-7747 for more info.

TRANSPORTATION

NORTHERN ESSEX ELDER TRANSPORT

NEET volunteers offer free rides to seniors for medical and specialty appointments. Please call Nancy at 978-388-8138 x544 for more info.

MVRTA

The MVRTA and the Senior Center offer free rides to members within Amesbury. You must be registered with the MVRTA. Call 978-388-8138 x544 for more information.



HEALTH INSURANCE SHINE - MEDICARE ASSISTANCE

Need assistance with Medicare? SHINE (Serving Health Insurance Needs of Everyone) can help! Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. Call (978)388-8138 to schedule an appointment. Appointments are by phone on Wednesdays.

MENTAL HEALTH

EMHOT - ELDER MENTAL HEALTH OUTREACH TEAM

EMHOT is a completely free and confidential service to residents of Amesbury, Salisbury, Newburyport, Merrimac, West Newbury, and Groveland that are aged 60 and older.



Funded by the Massachusetts Association of Councils on Aging, EMHOT started as the number of elders with mental health concerns continued to increase in our communities and the amount of resources remained limited.

It is our goal that with the Elder Mental Health Outreach Team, we can help our elders return to their previous state of mental and social health by providing free age specific 1-on-1 counseling and services.

To find out more information or enroll in EMHOT, please contact Courtney Hutchinson, M.A., MSW, LICSW (978)388-8138 x543.

VIRTUAL SUPPORT GROUPS

Support groups offered via ZOOM with various COA partners. Please call the COA at 978-388-8138 with any questions and to be connected with support group facilitators.

CAREGIVERS CARING FOR THOSE WITH MEMORY LOSS

TUESDAY, SEPTEMBER 6TH & 20TH, 5:30 PM - 7 PM

WEDNESDAY, SEPTEMBER 7TH, 11 AM - 12 PM

WEDNESDAY, SEPTEMBER 21ST, 7 PM - 8 PM

Offered by AgeSpan - 1-800-892-0890

CAREGIVERS SUPPORT

THURSDAY, SEPTEMBER 1ST, 10 AM

Offered by Constellation Health Services - (978) 904-3059

MONDAY, SEPTEMBER 12TH, 10:30 AM - 11:30 AM

Offered by Care Dimensions - (781) 373-6609

THURSDAY, SEPTEMBER 1ST & 15TH, 1 PM - 2 PM

Offered by AgeSpan - 1-800-892-0890

MEMORY CAFE

TUESDAY, SEPTEMBER 6TH & 20TH, 1 pm - 2 pm

Offered by AgeSpan - 1-800-892-0890



WHY IS THE COUNCIL ON AGING AND THE SENIOR CENTER IMPORTANT TO YOU?

Name:

Please fill out or use a different paper and drop off in the box in the lobby of the Costello Center, or email your response to suggsa@amesburyma.gov

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SATURDAYS
SEPTEMBER 10TH
8 AM - 2 PM

SEPTEMBER



Amesbury Council on Aging
events at the
Nicholas J. Costello Transportation Center



12 - Coffee Shop
 10:00 - Watercolor w/Muriel
 10:00 - COA Van Day Trip
 Market/Street Lynnfield
 11:15 - Lunch - Lasagna
 12:00 - Mah Jongg Play/Learn
 12:00 - Movie Makeup Monday:
 Pinocchio
 1:30 - Wedding Line Dancing Class

19 - Coffee Shop
 8:30 - COA Van Day Trip
 State House Tour
 10:00 - Watercolor w/Muriel
 11:15 - Lunch - Lasagna
 12:00 - Mah Jongg Play/Learn
 12:00 - Movie Makeup Monday:
 Where the Crawdads Sing
 1:30 - Wedding Line Dancing Class

26 - Coffee Shop
 10:00 - Watercolor w/Muriel
 11:00 - COA Van Day Trip
 Restaurant Review Club
 11:15 - Lunch - Teriyaki Pork
 12:00 - Mah Jongg Play/Learn
 12:00 - Movie Makeup Monday:
 Elvis
 1:30 - Wedding Line Dancing Class

6 - Coffee Shop
 9:00 - Busy Needles
 10:00 - Cornhole Team Practice
 11:15 - Lunch - Hawaiian Meatballs
 12:30 - BINGO

13 - Coffee Shop
 9:00 - Busy Needles
 10:00 - Cornhole Team Practice
 11:15 - Lunch - Turkey Chili
 12:30 - BINGO

20 - Coffee Shop
 9:00 - Busy Needles
 10:00 - Cornhole Team Practice
 11:15 - Lunch - Meatloaf
 12:30 - BINGO

27 - Coffee Shop
 9:00 - Busy Needles
 10:00 - Cornhole Team Practice
 11:15 - Lunch - Chicken Pot Pie
 12:30 - BINGO

7 - Coffee Shop
 9:30 - ZUMBA
 10:00 - Cards: 45s
 10:30 - Exercise for Everyone
 11:15 - Lunch - Pork Ribeye
 11:30 - Technical Support
 12:30 - Cards: Duplicate Bridge
 1:00 - Tie-Dye Shirt Making

14 - Coffee Shop
 9:30 - ZUMBA
 10:00 - Cards: 45s
 10:30 - Exercise for Everyone
 11:15 - Lunch - Egg Salad
 11:30 - Technical Support
 12:30 - Cards: Duplicate Bridge

21 - Coffee Shop
 9:30 - ZUMBA
 10:00 - Cards: 45s
 10:30 - Exercise for Everyone
 11:15 - Lunch - Hot Dog
 11:30 - Technical Support
 12:30 - Cards: Duplicate Bridge

28 - Coffee Shop
 9:30 - ZUMBA
 10:00 - Cards: 45s
 10:30 - Exercise for Everyone
 11:15 - Lunch - Ravioli
 11:30 - Technical Support
 12:30 - Cards: Duplicate Bridge

8 - Coffee Shop
 9:00 - Balance Class w/Jennifer
 10:00 - Fit For All Exercise Class
 10:00 - Seabrook Loop
 10:00 - Senior Social Society
 11:15 - Lunch - Mac & Cheese
 1:00 - Low Vision Support Group
 1:00 - Bereavement Support Group
 2:00 - Painting with Claire

15 - Coffee Shop
 9:00 - Balance Class w/Jennifer
 10:00 - COA Van: Essex
 10:00 - Fit For All Exercise Class
 10:00 - Senior Social Society
 11:15 - Lunch - Chicken Saltimbocca
 12:00 - Monthly Birthday Party
 Performance by Joe Carson
 2:00 - Painting with Claire

22 - Coffee Shop
 10:00 - Fit For All Exercise Class
 10:00 - Seabrook Loop
 10:00 - Senior Social Society
 11:15 - Lunch - Basil Salmon
 1:00 - Bereavement Support Group
 2:00 - Painting with Claire

29 - Coffee Shop
 9:00 - Balance Class w/Jennifer
 10:00 - Fit For All Exercise Class
 10:00 - Senior Social Society
 11:00 - Cornhole Tournament VS SSC
 11:15 - Lunch - Taco Salad
 2:00 - Painting with Claire

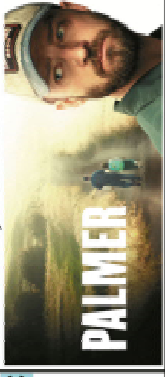
1 - Coffee Shop
 10:00 - COA Van: NAA in NBPT
 10:00 - Fit For All Exercise Class
 10:00 - Senior Social Society
 11:15 - Lunch - Ham Sandwich
 2:00 - Painting with Claire

9 - Coffee Shop
 10:00 - COA Van: Plum Island
 11:15 - Lunch - Chop Suey
 12:00 - Friday Film Fest
 PINOCCHIO

16 - Coffee Shop
 11:00 - COA Van: Seabrook Loop
 11:15 - No Lunch - Agespan Staff Day
 12:00 - Friday Film Fest
 WHERE THE CRAWDADS SING

23 - Breakfast w/the Chiefs
 11:00 - COA Van: Cider Hill Farm
 11:15 - Lunch - Sliced Turkey
 12:00 - Friday Film Fest
 ELVIS

30 - Coffee Shop
 10:00 - COA Van: Seabrook Loop
 11:15 - Lunch - Beef Burgundy
 12:00 - Friday Film Fest
 PALMER



COA Van Trips!



Sign up for COA Van Trips by calling (978)388-8138 or visiting COA Reception on the 2nd floor of the Costello Center. Members are responsible for their own costs on trips.

Rides on the van are \$2 each way for out of town members. Rides for Amesbury residents are a \$2 suggested donation each way.

Thursday, September 1st @ 10 am - NAA in Newburyport

The Newburyport Art Association, alongside Band of Brushes and Newburyport 10, present "En Plein Air," an exhibition celebrating plein air painting around New England. Enjoy the exhibit and then head next door for lunch at Starboard Galley.

Friday, September 9th @ 10 am - Plum Island/Joppa Flats

Head to Plum Island for a fun day exploring the beautiful nature. Check out Mass Audubon's Joppa Flats Education Center and the reservation.

Monday, September 12th @ 10 am - MarketStreet Lynnfield

Head to the outdoor shopping complex in Lynnfield and check out the shops, grab some lunch, or just walk around and take in the sights.

Thursday, September 15th @ 10 am - Woodman's of Essex

Enjoy a scenic drive down to Essex and stop for lunch at Woodman's of Essex.

Monday, September 19th @ 8:30 am - State House Tour

Our trip to the State House with Senator DiZoglio has been rescheduled for the 19th. All original winners still have their space reserved. Very limited spots will be available for this trip via lottery. Sign up with reception by September 14th to enter.

Friday, September 23rd @ 10 am - Cider Hill Farm

Head over to Cider Hill Farm for lunch, some local shopping, and check out "Gourdeous Gourds" as they hand letter pumpkins.

Monday, September 26th @ 11 am - Restaurant Review

The Restaurant Review Club has been invited out to The Villa in Middleton to check out their restaurant. Enjoy a great lunch with friends and try somewhere new! They are very excited to welcome us to their restaurant and will have a special discount for our members.

Thursday, September 29th @ 11 am - Cornhole Tournament

We are headed to the Salisbury Senior Center for an end of Summer BBQ and Cornhole Tournament for the third leg of our Senior Cup Tournament! Everyone is welcome (and encouraged) to play, or

just come along to root on team Amesbury, enjoy a nice lunch and make some new friends!

The Seabrook Loop - Weekly @ 10 am

A regular route for the van takes members to Seabrook for their shopping needs. The van can swing through all the plazas including Job Lots, Market Basket/TJ Maxx, Hobby Lobby, Good Will, Walmart, Kohls, Home Depot, Lowes and more. Alternating Thursdays and Fridays:

**Fri., Sept. 2nd - Thurs., Sept. 8th - Fri., Sept. 16th
Thurs., Sept. 22nd - Fri., Sept. 30th**

CORNHOLE ★ Tournament ★

**Thursday, September 29th
11:30 am - Salisbury Senior Center**

The latest challenge for the Senior Cup! Join us as we head to the Salisbury Senior Center for a Cornhole rematch and an end of summer BBQ! Come and play or just root on your friends!

Join us Tuesdays at 10 am in the Costello Center parking lot for "practice" and to challenge your friends!

Call (978)388-8138 x545 to sign up!



MONTHLY BIRTHDAY PARTY THURSDAY, SEPTEMBER 15th AT 12 PM

Join us for a good time with friends, some live music, raffles and of course some cake!

Live Performance by: **Joe Carson**

Call Reception at (978)388-8138 to reserve your spot



FCOA MONTHLY RAFFLE



The FCOA is holding a monthly raffle fundraiser. Two winners will be chosen each getting 1/3 of the prize money, and 1/3 going to the FCOA to help support programming at the Center.

The drawing will be held at the monthly birthday party and we will be playing Jokers Wild! You need not be present to win, but highly encouraged! Tickets are \$1 each and on sale at COA Reception.

Fall into a Wonderful Volunteer Opportunity



Your time will be well spent helping local seniors with transportation.

You decide when and where to drive.

Call 978-388-7474 or visit www.driveforneet.org to learn more and start helping today!



SERVING MEDICAL MARIJUANA PATIENTS AND RECREATIONAL CUSTOMERS

- Private consultations available in person or by phone
- Knowledgeable, experienced, and friendly staff
- Wide variety of products, including tinctures, gummies, and topicals
- Supportive store environment
- All products lab tested

Call 978-834-6800

**3 North Shore
Locations:**

Amesbury
49 Macy Street

Salisbury
107 Elm Street

Salem
50 Grove Street

See our products online and order ahead at www.atgcannabis.com | email info@atgcannabis.com

Please Consume Responsibly. Marijuana can impair concentration, coordination and judgment. Do not operate a vehicle or machinery under the influence of this drug. For use only by adults 21 years of age or older. Keep out of the reach of children. This product has not been analyzed or approved by the Food and Drug Administration (FDA). There is limited information on the side effects of using this product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential harms. It is against the law to drive or operate machinery when under the influence of this product. KEEP THIS PRODUCT AWAY FROM CHILDREN. There may be health risks associated with consumption of this product. Marijuana can impair concentration, coordination, and judgment. The impairment effects of Edible Marijuana Products may be delayed by two hours or more. In case of accidental ingestion, contact poison control hotline 1-800-222-1222 or 911. This product may be illegal outside of MA.

Community Action, Inc.

Low Income Home Energy Assistance Program

Would you like to know how you could get a **32% discount** on your monthly National Grid bills and/or home heating oil at deep discounts?

Homeowners can also receive assistance with heating system repairs, replacements and free home energy audits.

Visit our website to apply:

www.communityactioninc.org
or call 978-373-1971 ext. 218



Our distinctive floral designs stand alone!

We Specialize In Business and Residential Design

Office Interiors • Grand Parties • Intimate Dinners
Weddings • Event Décor • Sympathy Arrangements

Terrence Gleason, Floral Designs

8 Market Square • Amesbury, Massachusetts

(978) 388-9031 | www.greenery-designs.net
greenerydesigns1@verizon.net



**Free Delivery
for all Seniors**

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

RTN Federal Credit Union

Building financial strength for you and your family

- Savings accounts
- Insurance products
- Car loans/mortgages
- Access to financial and estate planning

Contact us today!



978-388-0959 • rtn.org
100 Macy St. • Amesbury, MA 01913



NCUA Federally insured by NCUA Equal opportunity lender MSIC

Vermette's Market

Since 1943

6 Pond Street, Amesbury, MA

978-388-0320

We offer: **Fancy Meats, Produce, Beer, Wine, Liquor, Lottery** and More!

www.VermettesFoodmart.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Amesbury Council on Aging, Amesbury, MA 06-5290

Amesbury COA

68 Elm St
Amesbury, MA 01913



Saturday, September 10, 2022

8:00 a.m. – 2:00 p.m.



Follow us for
updates on
Facebook!

Council on Aging Health Fair

Costello Center @ 68 Elm Street

10:00 a.m. – 1:00 p.m.

Refreshments & a Special Box Lunch

Chair Massages

Fun Activities, Freebies, & More!

Flu Shots & Free Professional Photos for Seniors
Call (978) 388-8138 for appointments. Limited availability!

YWCA Greater Newburyport Fitness Classes

in the Upper Millyard

For all ages and abilities!

8:00 a.m. – Hatha Yoga

Mat or towel required

9:15 a.m. – 20/20/20

Low impact aerobics, strengthening & core

10:30 a.m. – Zumba Gold

Mat or towel required

Many local businesses
are offering drawings,
discounts, giveaways
or special activities!

Pick up a "Map" at the
Council on Aging or
in Market Square. Maps
will include details on
participating businesses!

Zach Field Drums & Music "Feel Good" Music in Market Square

9:00 a.m. – Noon

Performances by Senior music students

12:30 p.m. – 1:00 p.m.

JumpStreet Concert in the Millyard

Children's Activities

Health & Wellness Tips

Poster Contest

Games in the Millyard

FREE Face Painting

Rock Painting

And more!

SPONSORS: Lectric Connection | Linden Financial Group | Atria Merrimack Place

YWCA Greater Newburyport | Anna Jacques Hospital | Zach Field Drums & Music

Age Span | Assisted Living Locators | Gould Insurance Agency | Newburyport Bank

Alternative Therapies Group | Align Credit Union | Amesbury Chevrolet | Attorney Jacqueline Voss Lees | Avita | Elizabeth Calsey House | Holmes Physical Therapy

Stop & Shop | Jackson Lumber & Millworks | Jason R. Ebacher | M. Silver Company | Maplewood Rehabilitation & Nursing | Paul C. Rogers & Sons Funeral Homes

R.C. Briggs Insurance Agency | RTN Federal Credit Union | Seacoast Orthopedics | Jennifer Freeman | Wingate Residences at Haverhill | Shaheen Bros., Inc. | The Healing Rose